

PAST THE DUTCHIES!
Ollie Watkins celebrates his late winner last night

Yes! Olé, Watkins!



LIONS ROAR Jubilant Southgate and his team



**ENGLAND 2
HOLLAND 1**
NOW BRING ON SPAIN: SEE PAGES 2,3,4,5 & SPORT

CROSSBOW HORROR KILLINGS

BBC MAN FAMILY SLAIN



DEVASTATED BBC's John

BY DAN WARBURTON
RACING commentator John Hunt's wife and daughters were killed in a crossbow horror.
The BBC star found Carol and children Hannah and Louise dying at home.
Suspect Kyle Clifford, right, was later found by police.



FULL STORY: PAGES 6&7

Race commentator finds wife and daughters dying



TRAGIC Carol, Louise and Hannah



EURO 2024

EDAM



ROARING
England fan in lion costume



SOFA SO GOOD
This Morning's Josie Gibson with supporters



DELIGHT
Pop diva Adele



SMILES
Pop star Sheeran and pal



TEAMWORK Dutch fans lift an England supporter in a wheelchair down a set of stairs



CONGRATS Ollie gets a kiss from partner Ellie



HARRY UP... AND PRAISE THE JORD
Kane's parents Kim and Pat in red and blue and behind them Pickford's wife Megan

BY **ANDY LINES**
Chief Reporter, in Dortmund

FANS were overjoyed as Ollie Watkins took England to the Euro 2024 final with a superb last-minute goal against the Netherlands last night.

Around 25,000 supporters roared on the Three Lions as they beat the Dutch 2-1 in Dortmund to reach Sunday's final against Spain at the Olympiastadion in Berlin.

A scramble has already started for tickets for England's first ever major tournament final abroad.

For the third consecutive time in

Germany, England fought back from behind. Captain Harry Kane equalised after England went behind to a Xavi Simons goal.

Supersub Watkins, who came on for Kane, became the hero with a stunning 90th minute winner.

Afterwards, the entire squad applauded fans – including pop stars Adele and Ed Sheeran – to thank them for cheering them on.

They then went into the stands to see their loved ones for the last time until after the final.

Manager Gareth Southgate has said the team's HQ will be a WAG-

free zone as they concentrate on lifting their first trophy since 1966.

King Charles congratulated them for reaching the final. He said: "If I may encourage you to secure victory before the need for any last minute wonder goals or another penalties drama, I am sure the stresses on the nation's collective heart rate and blood pressure would be greatly alleviated!"

Aston Villa fan Prince William added: "What a beauty, Ollie! Congratulations England!"

Keir Starmer watched the match with Dutch PM Dick Schoof in the

ENGLAND!

BUSTERS!



Joy in Dortmund as England beat Netherlands with last-minute goal

US, where they are at a Nato summit. No10 confirmed our footie-loving PM will attend the final.

As Mr Starmer met Joe Biden in the Oval Office at the White House, he was asked if football is coming home. "It looks like it," the PM replied.

The President added: "It's because of the Prime Minister."

Fans leaving the ground were delighted. Anaesthetist Simon Courtman, 56, of Plymouth, Devon, said: "It has been written in the stars. We are not quite sure how we got this far but we have. Now for Berlin."

Ashley Beaumont, 35, from

Birmingham, who runs a motorcycle sales firm, said: "This is amazing. The team has been criticised but they never give up. It will be a tough game in Berlin – the Spanish look good."

Two England fans who booked their flights on Skyscanner the very second Trent Alexander-Arnold's winning penalty hit the net against Switzerland in the quarter final on Saturday were also delighted.

Neal Weekes, 59, an auctioneer from Greenwich, South East London, said: "It was worth it. We are in the final – I can't wait until Berlin."

Neal and fellow former non-league

footballer Fil Sollof, also 59, from Loughton, Essex, will fly back to England today and return to Berlin via Warsaw on Saturday.

"Fil, a property services owner, said: "Spain will be tough but we can do it."

A party atmosphere gripped the city as an estimated 80,000 Holland fans and 30,000 England supporters mixed in the city's bars. The spirit of the occasion was marred by one incident when Dutch fans launched an attack on England supporters.

Five suffered minor injuries but none required hospital treatment.

The Netherlands fans even

bellowed The Beatles' Hey Jude – which has become a fans' anthem to England ace Jude Bellingham – and We Are The Champions by Queen, before joining a huge snaking march to walk to the game.

It was the first time at the tournament that England fans had been outnumbered inside and outside a stadium. Dortmund is barely an hour's drive from the Dutch border and many fans had come over for a day out, even though thousands did not have tickets for the match.

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ELATED Supersub Watkins & teammates celebrate



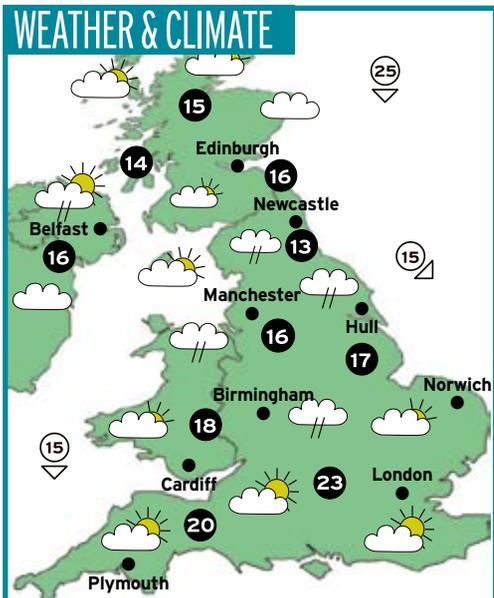
POST MATCH Declan Rice celebrates with Kobbie Mainoo



THRILLED Manager Gareth Southgate



LOVE Shaw's girlfriend Anouska Santos



TODAY Clouds will build bringing a threat of showers
 Early sunshine in the south, however, clouds will build in from the north during the day. Scattered showers will track southwards and may merge into longer spells of rain and be locally heavy and thundery. Mostly light winds.

5-day forecast

	Fri	Sat	Sun	Mon	Tue
London	18c	19c	22c	21c	21c
Newcastle	14c	14c	17c	19c	20c
Leeds	13c	14c	17c	17c	18c
M'chester	16c	16c	19c	19c	19c
Liverpool	17c	17c	19c	19c	19c
B'ham	16c	17c	20c	19c	20c
Cardiff	17c	18c	19c	19c	19c
Plymouth	17c	18c	19c	18c	19c
Belfast	16c	17c	18c	17c	18c

BIGGER PICTURE
 Today's historical average high: 20.8
 July 2024 average high so far: 18.1
 July historical average high: 20.4
 All averages based on CET Mean Max Temp. Historical info from 1961-1990 (Source: Met Office)
CLIMATE FACT: Labour has appointed one of the country's foremost climate experts, Chris Stark, (the former head of the UK's climate watchdog) to lead a "mission control centre" aimed at delivering clean and cheaper power by 2030.

10 MIN CROSSWORD

	1	2		3	4	
5						6
7			8			
9				10	11	
			12			
13		14			15	
16						

- ACROSS**
 1 State or declare openly (7)
 7 Viper (3)
 8 Farewell (5)
 9 One-on-one contest (4)
 10 Sues (anag) (4)
 13 Fruit liquid (5)
 15 Age (3)
 16 Acrobat (7)
- DOWN**
 2 Indian currency (5)
 3 Linen (4)
 4 _ generis, Latin for 'unique' (3)
 5 Virgil ____, Netherlands centre-back (3,4)
 6 July 16th, say (7)
 11 Origin (5)
 12 Blood vessel (4)
 14 Freezing (3)
- WEDNESDAY'S SOLUTIONS**
 Across: 2 Museum, 5 Cava, 6 Nevada, 7 Amid, 8 Yea, 11 Tale, 13 Crutch, 14 Oily, 15 Troops. Down: 1 Calm, 2 Mandy, 3 Edam, 4 Mbappé, 7 Avocet, 9 Athos, 10 Sumo, 12 Lift.

THE LOTTERY

LAST NIGHT'S LOTTO: 8, 9, 13, 19, 26, 48
 Bonus: 54. No winner of £2m jackpot.
THUNDERBALL: 7, 14, 26, 30, 37
 Thunderball: 7. No winner of £500k top prize.
HEALTH LOTTERY: 26, 30, 37, 38, 39 Bonus: 6.
TUESDAY'S EUROMILLIONS: 6, 15, 19, 28, 39
 Lucky Stars: 7 & 11. No winner of £14m jackpot.
MONDAY'S SET FOR LIFE: 11, 34, 35, 44, 45
 Life Ball: 10. No winner of £10k a month for 30yrs.



EURO 2024

It's the Final



WEMBLEY

Fans react at BoxPark as England go close



NEWCASTLE

Equaliser is celebrated at Central Park fanzone



MANCHESTER

Supporter is driven to drink at AO Arena

England fans prepare for a date with history, and the Spanish, amid wild scenes around country



NERVY Fans at BoxPark Wembley

BY JEREMY ARMSTRONG
 in Times Square, Newcastle

HUNDREDS of miles from Dortmund but still right behind the Three Lions, millions of fans roared England into the history books last night.

At homes and in fan parks around the country, supporters watched as Gareth Southgate's side bounced back against Netherlands to reach their first-ever tournament final on foreign soil. Spain, in the final in Berlin on Sunday, will be a tougher task for Southgate's men. But the die-hard fans singing in the rain back home could not care less.

Hundreds were soaked by the persistent drizzle in the Time

Square fanzone in Newcastle – and by the flying beers as Harry Kane's first-half equaliser went in.

And by the time Ollie Watkins fired in the 90th-minute winner, few fans even noticed the weather.

"Rain doesn't stop the Georgies," said Leah Warren, of Blyth, Northumberland, a Newcastle Utd season ticket holder for 23 years.

"We're always getting soaked at St James' Park. England were so much better tonight, much more intensity and positivity. Fingers crossed for Sunday and Spain." Steve

Hardy, 65, said: "What a way to win. I cannot believe it. That never happens to England!"

"That was an epic victory to make the final. Maybe it is going to be our year after all." His friend, Martin Shields, 62, added: "That has just given the whole country a lift. What a night and what a great win. Putting Watkins on as sub was a masterstroke."

Bill Ginn, 62, of Washington, Tyne & Wear, added: "We got there in the end. That was one hell of a finish by Ollie."



TAKE A PEEK Fan suffers at the AO Arena in Manchester

HOLA, ESPANA!

countdown



CROYDON
Jubilant fans see England go through to Final



MANCHESTER
Fans celebrate win with a shower of confetti



LONDON
Olly Murs on the equaliser

WEMBLEY
Crowd celebrate as England march to final

Magnificent." Goalkeeper Jordan Pickford's former PE teacher, Jim Welch, told the Mirror: "I was so nervous I had to watch it at home. But I had a bet on and won that as well!"

Ecstatic Paul Jones, a retired publisher, of Whitley Bay, North Tyneside, added: "Southgate has really turned it around after years of failure."

"They have not been world beaters but they played really well against Netherlands and they have got the job done."

"I think we can do it against Spain."

Brothers Daniel Candlish, 25, and Jack Salkeld, 22, of Low Fell, Gateshead, also paid tribute to manager Southgate.

"He has taken some stick,"

said rail worker Daniel. "Who would be a football manager?"

"Especially in the England job. It is an impossible task."

Kane Bartell, 27, an upholsterer of Stanley, Co Durham, said: "Gareth is a hero when they win and a villain when they lose. So he can really enjoy this victory."

It was a sweet evening, especially for fans who recalled England's two

previous semi-finals abroad – against West Germany and Croatia in the 1990 and 2018 World Cups.

The Road to Victory screens at the AO Arena had around 4,000 fans watching the game in Manchester.

Charity worker Paul Eaton, 58, originally from Rossendale but now living in the city, said: "They've struggled at times at the Euros but you have to hand it to Gareth. It takes some doing, despite all the criticism which he has received. But they will face very tough opposition on Sunday."

More than two million supporters watched the action in

pubs, bars, beer gardens and restaurants across the land.

While Dortmund was a sea of orange with an estimated 50,000 Dutch supporters, entire streets, bars and cafes back home were awash with red, white and blue.

The TV audience was estimated at around 27 million, the biggest of the year for ITV after the BBC enjoyed bumper ratings of just under 26 million in our quarter-final defeat of Switzerland, with a TV audience of 18 million, and 6.9 million online.

Other fan zones in Leeds, Liverpool, London, Birmingham, Nottingham, Brighton and Hastings were full of loyal supporters. In total, fans

YOU CAN LOOK NOW Fan in London feels the pressure

downed around nine million extra pints, worth more than £40million in sales. Emma McClarkin, chief executive of the British Beer and Pub Association, told how the Euros had provided a big lift to publicans.

An extra 28.8 million pints were sold during the Switzerland game on Saturday, worth £138.2m. Overall, fans were expected to boost the UK economy by £491.4m.

Research by VoucherCodes.co.uk, the UK discount site, predicted total retail sales would reach £352m.

People were also expected to spend £39.6m on sportswear, £16.3m on electricals, and £8.2m on decorations, with many predicted to stock up for a BBQ before the final on Sunday.

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“ They were so much better.. more intensity and positivity. Fingers crossed for Sunday

LEAH WARREN WHO LOVED WATCHING THE GAME IN NEWCASTLE



Baldwin 'went off script' in gun death

BY MORGAN LEE

ALEC Baldwin broke basic rules of safety around firearms when a film-maker was shot dead on a movie set, a court heard yesterday.

On the first day of the actor's trial for involuntary manslaughter, special prosecutor Erlinda Ocampo Johnson said he "went off script"

Actor on trial

when he pointed a loaded rifle at Halyna Hutchins, 42.

He told the court in Santa Fe, New Mexico: "The evidence will show that someone who played

make believe with a real gun and violated the cardinal rules of firearm safety is the defendant, Alexander Baldwin."

Halyna died while filming the western Rust not far from the court. Baldwin, 66, left, denies the charge.

The trial continues.



BBC STAR



DRAMA Armed officers search for killer yesterday

BY DAN WARBURTON, SASKIA ROWLANDS and SERENA RICHARDS

NEIGHBOURS last night told of their shock at the horror crossbow massacre that shattered the peace of their quiet suburban street.

They also paid tribute to victims Carol Hunt, 61 – wife of BBC horse-racing commentator John – and their daughter's Hannah, 28, and Louise, 25.

The devastated 5 Live star arrived home to find his tragic family gravely wounded. They died at the scene, despite the best effort of paramedics.

Carol, Hannah and Louise had been tied up before they were killed.

Footage posted online showed a man striding away from the scene with a three foot crossbow wrapped in a sheet under his right arm.

The killings sparked a 24-hour manhunt that ended last night when suspect Kyle Clifford, 26 – a former soldier and Louise's ex-boyfriend – was found by police and taken to hospital.

Su Kehinde, a friend of the Hunts, laid flowers at the scene of the tragedy yesterday. The 60-year-old said: "They were the loveliest, gentlest family.

"They were the meekest human beings. They did not deserve this. They were beautiful souls."

Su's daughter April, 32, told how Hannah "always had a smile".

Residents said Louise ran dog-grooming business Groom and Glow from the detached house in a cul-de-sac.

One, William Nourallah, added: "She was a gorgeous girl. She was happy every time I saw her. It's a waste of a life."

Neighbour Glyn Nicholas, 77, claimed Louise was so upset by the break-up with her boyfriend she crashed her car. He said: "She was driving home last week and drove into a wooden telegraph pole not far from the house.

"I didn't know Hannah too well but Carol was very quaint, a nice, polite and quiet lady.

"John is a BBC radio commentator, on horse-racing mostly. I believe he may have been at Lingfield yesterday.

"This is awful, the whole community is in shock."

A friend of Louise's added: "I can't think of anything bad to say about her. A really lovely person all round."

Carol, Hannah and Louise were found



SUSPECT

Clifford. Below, in Army uniform



COUPLE John and Carol

injured at their home in Bushey, Herts, at 7pm on Tuesday after what police described as a targeted attack. Sources said

other weapons may have been involved.

Former security guard Clifford was found in a cemetery near his home at Enfield, North London. One local claimed he had hidden in a nearby



AT RACES Commentator

We've designed a new logo especially for our customers

Specsavers

FAMILY CROSSBOW HORROR

Unimaginable

» Racing's John finds wife and 2 girls dying after attack at home » Neighbours tell of shock.. suspect found after 24-hr manhunt



LOUISE
Daughter. Below, with Clifford



CAROL
Mum was described as 'polite'



HANNAH
Locals said she always had smile



CLUES Forensics at family home



IT'S OVER
Suspect is taken to ambulance

TERROR SCENE
Man with crossbow near home

church. Witnesses said armed officers pounced and bundled him into the back of an ambulance. Police had earlier searched a house in the area.

One could be heard shouting: "Armed police, come to the door and raise your hands."

A neighbour said: "They kept going in and out carrying guns. There's been helicopters flying around all day."

Nearby St Michael's CofE Primary School was put into lockdown as the drama unfolded. Head Jade-Simone Bacon said: "We've kept the children inside. So we've not had them on the field or playground."

"We have just kept them within the

building as though it were like a wet playday so we don't cause the children any distress."

The MoD last night confirmed that Clifford was a trooper in the Queen's Dragoon Guards but added: "He didn't serve very long."

A picture shows him in his Army gear with camouflaged face.

Hertfordshire Police said last night: "Following an extensive search, Kyle Clifford, aged 26, was found in the Enfield area by officers this afternoon."

"He is receiving medical treatment having been found with injuries. No shots were fired by police. At this

stage, we believe the suspect was known to the victims."

Bedfordshire, Cambridgeshire and Hertfordshire Major Crime Unit's Det Insp Justine Jenkins added: "This continues to be an incredibly difficult time for the victims' family."

"Following extensive enquiries, the suspect has been located and nobody else is being sought in connection with the investigation at this time."

"We have had an overwhelming number of calls and would like to express our gratitude to the members of the public who have contacted us."

"This incident will be of concern to local residents. Additional officers will

be in the area today so please do speak to them if you need to."

John's fellow commentators offered support to their grieving friend, who has another daughter aged 23.

ITV and Sky star Matt Chapman posted: "No words needed for what has happened to [John Hunt] and family today. Impossible to comprehend the pain. Just know we are all here for you John. We love you pal, racing loves you."

BBC Radio 5 Live presenter Mark Chapman broke down in tears at the start of the Euro 2024 pre-match show. He said: "This has been a heartbreaking day. John Hunt is our

colleague and our friend. On behalf of everybody connected to 5 Live sport, our love and thoughts and support are with John and his family."

BBC said in a note to 5 Live staff: "The news about John Hunt's family is utterly devastating."

"Our thoughts are with John and his family and we will provide him with all the support we can."

Home Secretary said Yvette Cooper was said to be urgently considering the findings of a Home Office review to see if tougher crossbow laws were needed in the wake of the attacks.

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VOICE OF THE

DAILY **Mirror**

Bosses are a shower

THAMES Water stands on the brink of financial collapse.

Yet the privatised company still found the money to pay its bosses huge bonuses.

Chief executive Chris Weston got an extra £195,000 for just three months' work.

There can be no justification for these rewards for failure. In the past year, Thames Water was responsible for 16,990 sewage discharges – up from 8,015 the year the before.

It is now urging regulator Ofwat to raise bills to fund work it should have done years ago.

Households should not have to pay more because Thames Water chose to pay out billions in dividends to shareholders rather than put it into cleaning up our seas and rivers.

Environment Secretary Steve Reed is expected to read the water companies the riot act when he meets them today.

They don't need a dressing down, they need to be shown the door.

Prisons pain

ONE of the worst legacies Labour has inherited is the broken justice system.

Jails in England and Wales are dangerously overcrowded due to the Tories' failure to build jails to replace the crumbling Victorian estate.

It has forced Labour to continue the policy of releasing prisoners early. To make matters worse the probation service, which is supposed to oversee them, is close to breaking point.

Probation officers say they can barely cope now, let alone when thousands of prisoners are let out early.

The Tories are in no position to criticise Labour for a dire situation which is entirely of their own making.

Their failed policies have made our streets less safe and our prisons less effective.

Roar power

YET again the Three Lions have proved their doubters wrong.

Yet again Gareth Southgate has weaved his magic and taken England to a major final.

Only Spain stands in the way of this team making history on Sunday.

COME ON ENGLAND

I haven't cheered as much since, oh, Thursday night..



STARMER'S SUPPORT



QUIZZED Starmer talks to journalists on plane to Nato event

Whirlwind of key summit meetings is perfect timing

ANALYSIS

BY JOHN STEVENS POLITICAL EDITOR

AS Joe Biden gripped Keir Starmer's hand, there was genuine joy as the President showed off his blindingly white teeth.

The Nato summit in Washington DC is perfectly timed for the Prime Minister.

Yesterday, he was able to gladhand the leaders of Britain's closest allies on just his sixth day in the job.

He reassured Volodymyr Zelensky that our commitment to Ukraine will not

change and began a "reset" of relationships with European leaders including Olaf Scholz. But for the White House, the gathering comes at a very tricky time as some of Mr Biden's biggest

supporters question his re-election bid.

Welcoming leaders at a convention centre in the Capitol, his frailties were at times clear to see. Greeting Italy's Giorgia Meloni he seemed to struggle to lean down to kiss the 5ft premier.

When Mr Starmer strode in, he looked delighted as he shook the newcomer's hand as they shared a joke.

The PM has brought an Arsenal shirt as a gift for his host. It is numbered 46, a nod to Mr Biden being the 46th President.

While the atmosphere may be full of bonhomie at the moment, these get-togethers will be a whole lot more challenging for Mr Starmer if Number 45, Donald Trump, manages a return.

Russia eyes arrest of Navalny widow

A MOSCOW court has ordered the widow of Russian opposition leader Alexei Navalny to be arrested in absentia.

Mr Navalny, convicted of extremism, died aged 47 in an Arctic prison in February. Widow Yulia Navalnaya, 47, right, who lives abroad, vowed to continue his work and faces charges of involvement in an extremist group.

Mr Navalny blamed the Kremlin for his nerve agent poisoning in 2020.



SHAKE ON IT

Joe Biden and PM Keir Starmer in Washington, DC yesterday

ARMS CASH

With Volodymyr Zelensky

“ The battle against time is the one fight he can't win

GEORGE CLOONEY ON BIDEN RE-ELECTION BID



GREETING

With France's Emmanuel Macron

KEIR: I

» He says Joe, 81, is not too old

BY JOHN STEVENS Political Editor in Washington, DC
KEIR Starmer insisted Joe Biden is not too old to be US President, as George Clooney urged him to call off his re-election bid.

The Prime Minister last night visited the Oval Office during his first foreign trip to Washington, DC.

Mr Starmer and wife Victoria then attended a White House dinner for leaders and spouses to mark Nato's 75th year.

Earlier, the PM was greeted by Mr

Biden at the summit. It came as pressure grows for the 81-year-old to quit the presidential race after his poor TV debate against Donald Trump.

Actor Clooney, who hosted a fundraiser for Mr Biden last month, urged the Democrats to pick a new candidate, warning he "cannot win".

He said: "I love Joe Biden. As a senator. As a vice president and as President. I consider him a friend, and I believe in him. Believe in his character."

"Believe in his morals. But the one battle he cannot win is the fight against time. None of

us can." He added in the New York Times: "It's devastating to say it but the Joe Biden I was with three weeks ago at the fundraiser was not the Joe 'big F-ing deal' Biden of 2010."

"He wasn't the Joe Biden of 2020. He was the same man we all witnessed at the debate."

Labour has said it will require House of Lords peers to retire at the general election after they turn 80.

But asked whether similar age limits should apply to world leaders including Mr Biden, 61-year-old Mr Starmer said: "The simple fact is our

FOR WHITE HOUSE BID



“Change of government makes no difference to support”
KEIR STARMER ON UK BACKING FOR UKRAINE



ARRIVAL
With wife Victoria at airport



BEST OF ALLIES
Mr Starmer and Mr Biden in Oval Office



CRACKDOWN Steve Reed

Reed to rap water chiefs amid fury at sewage spills

BY LIZZY BUCHAN
Deputy Political Editor

WATER bosses will today be hauled in for urgent talks with Environment Secretary Steve Reed.

He is expected to meet executives of all 16 water companies amid mounting fury over sewage spills.

Mr Reed said yesterday: “The previous government turned a blind eye as water bosses pocketed millions in bonuses while pumping record levels of sewage into rivers, lakes and seas.

POCKETED

“No more. The new government will work with the water regulator to ban bonuses for polluting water bosses.”

Water company chief executives have pocketed more than £26million in bonuses since 2019.

A source close to Mr Reed said the Tories had weakened regulation, allowing the sewage system to crumble and illegal sewage dumping to hit record levels.

The election was a “reset moment” for the water industry, the source added. ■ Ofwat is today due to tell consumers how much their water bills could rise over the next five years.

Fight to save 2,800 jobs at steel works

UNION leaders held talks with Business Secretary Jonathan Reynolds aimed at saving steel jobs.

Unite chief Sharon Graham said the discussions, over how to switch to greener production, had been “extremely positive”.

In January, Tata said it would close blast furnaces at its plant in Port Talbot, South Wales, which could lead to 2,800 job losses.

The Labour governments in Wales and Westminster are pushing Tata not to pursue any compulsory redundancies.

Mr Reynolds said: “Decarbonisation does not mean deindustrialisation, and I will be working to safeguard jobs.”

BACK BIDEN

» Clooney quit call to pal » Ukraine's Nato talks boost

House of Lords is massive. It's the second biggest political chamber in the world.

“That is the primary driver of retirement at 80. We've got 800-plus members of the House of Lords... it doesn't reflect on how elected representatives are chosen in other countries.”

Mr Biden has said only “the Lord Almighty” could persuade him to quit the race.

The visit is the first time Mr Starmer has met the President, though Mr Biden congratulated the PM by phone on a “hell of a victory” in the General Election. The President called Britain

“the best of allies” and “the transatlantic knot” tying Nato together when they met in the Oval Office last night.

Mr Starmer also met Ukrainian president Volodymyr Zelensky yesterday.

He pledged to keep giving Ukraine £3billion of military aid a year until at least 2030, adding that the war-torn nation was on an irreversible path to joining Nato.

Mr Starmer said later: “The change of government makes no difference to the support we will provide.”

He also met German

Chancellor Olaf Scholz and the French President Emmanuel Macron. This morning Mr Starmer will address Nato allies at a special session on Ukraine. He will say: “Nato was



PLEA George Clooney & Biden last month

founded by the generation who defeated fascism. They understood not just the value of our strength, but the strength of our values. Those values are under attack once again.

“Putin needs to hear a clear message – of unity and determination, that we will support Ukraine with whatever it takes, for as long as it takes to uphold our shared values and security.”

US Secretary of State Antony Blinken said Ukraine will be allowed to join Nato but only after its war with Russia ends. The

US and others have also said Ukraine must address corruption and other systemic issues.

But a joint statement from all 32 Nato allies was last night due to cement Nato's commitment to Ukraine as “irreversible”.

Russian President Vladimir Putin opposes Ukraine joining Nato, saying it threatens Russia's security and interests.

But Nato Secretary General Jens Stoltenberg said: “All allies agree Ukraine will become a member but it's too early to say when that will happen.”

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The Final Fiver

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#onyourteam



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DELAYS Rachael Franklin
Patients' wait for diagnosis is increasing

BY **MARTIN BAGOT**
Health Editor

NHS delays in diagnosing breast cancer are getting worse, an analysis of hospital data has found.

Charity Breast Cancer Now looked at the NHS target for 90% of urgent referrals to be told whether or not they have the disease within 28 days.

In the year to April, the target was met for 66% of patients with the disease. But in April it was 55%.

A treatment target for sufferers has also been missed for three years.

BCN's Rachael Franklin said: "We're seeing more people waiting longer for the care they should be able to count on."

A Conservative Party spokesman said: "Our Conservative Government worked hard to deliver better outcomes."



CRUELTY Panned ducks
Activists call for Olympic foie gras ban

EXCLUSIVE
BY **NADA FARHOUD**
Environment Editor

OLYMPIC organisers have been urged to remove foie gras from its VIP menus.

Despite promoting what it calls "eco-friendly" food, thousands of dishes that include the pâté are being offered in premium hospitality packages in Paris.

More than 30,000 people have signed a petition calling for the dish, the production of which is illegal in the UK, to be taken off menus.

Sharon Nunez, president of Animal Equality, said: "Foie gras made by force-feeding is criminal, quite literally in many countries.

"It causes unimaginable pain to ducks and geese, puts undue pressure on our precious resources and risks human health."

FAST FASHION: PAGE 19

After 500 days waiting.. a good heart for Evie

Family's joy as girl, 5, gets transplant



WAITING OVER
Chloe and David with Evie and Theo



EXCLUSIVE
BY **JEREMY ARMSTRONG**

A LITTLE girl who spent over 500 days on a transplant waiting list has received the gift of a new heart.

Evie Green's parents went through a whirlwind of emotions during the five-year-old's overnight operation.

The Mirror has followed Evie's fight for life since she fell ill and spent a year in Newcastle's Freeman Hospital.

Parents Chloe, 29, and David, 35, had to make 100-mile round trips to and from their home in Middlesbrough while looking after her big brother Theo, six.

Finally, the news they had been longing for came with a donor organ being found.

Chloe said: "It was a mismatch in terms of blood type but perfect in terms of antibodies.

"We had a long wait as the tests were carried out. It was torture. Evie went into the operating theatre at quarter to midnight. I didn't sleep a wink. We didn't see her until 11am."

The transplant took nine hours, with Evie taken off a mechanical Berlin Heart that kept her alive.

Chloe added: "She was over the moon when we told her she was going for the transplant. We didn't have a moment to say goodbye."

Describing her emotions, Chloe said: "It's 5% excitement, then anxiety, grief for

the donor and worry." The date of the op cannot be given to protect the donor's identity. But Chloe said: "We've been through so much, more than a year and a half in hospital. It is hard to put into words how we feel about the donor family. They saved the life of our little girl. "They will always be part of our lives."

Chloe paid tribute to the Mirror for raising awareness and believes the situation for recipients has improved due to Max and Keira's Law. Some 28 million people are now prepared to be organ donors, a rise of 5.5 million since our

Change the Law for Life campaign began in 2016.

Evie needed an urgent transplant after a cardiac arrest. She was backed by the parents of Max Johnson, 16, the campaigner given a new heart at the Freeman.

Her condition affected her heart's ability to pump blood around the body. Last year her health deteriorated and she had open heart surgery. Her heart

stopped, but surgeons brought her back. They believed she would have to wait up to two years for a donor heart.

NHS Blood and Transplant urged more young people and families to sign the NHS Donor Organ register.

Experts believe Max and Keira's Law, meaning that adults are assumed to be donors unless they opt out, will lead to 700 more transplants a year.

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KEPT ALIVE Little Evie had been put on a mechanical Berlin Heart

5.5
Million more would-be organ donors since Mirror's 2016 campaign

“
The donor family has saved Evie's life and will always be part of us

CHLOE GREEN
EVIE'S MOTHER

OVER THE MOON Evie was thrilled to hear of new heart

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Sainsbury's



NEGATIVITY Kym Marsh Kym's shock and stress at outcry over toyboy lover

EXCLUSIVE BY MARK JEFFERIES Showbiz Editor

KYM Marsh has been left "shocked and stressed" by the reaction to her new toyboy Samuel Thomas.

The actress and former pop star, 48, is dating Sam, 29, a year after her third marriage broke down.

She met her "soulmate" while working on 101 Dalmatians The Musical.

They made the relationship official on social media at the weekend but got a negative reaction.

A source close to Kym said: "Kym is so happy with Sam. It felt natural to tell the world. But the reaction from some people has been harsh and shocking."

HEADSTRONG

"Kym has been saying it is stressful and she doesn't want to put any pressure on their romance which is still in the early stages."

Alongside a photo of the pair together kissing, Kym wrote: "Met the most amazing man ever!"

Some fans questioned the romance and Kym told the sender of one mean message to "do one".

One of Kym's friends told the Mirror this week: "Kym is headstrong and throws herself into romance, I hope she doesn't get hurt."

Kym's ex-husbands are soap stars Jack Ryder and Jamie Lomas, and army major Scott Ratcliff.

Care fears as support staff 'replace docs'

DOCTORS' support staff have become substitutes for them in hospitals and GP surgeries, it is claimed.

Prof Martin McKee of the London School of Hygiene and Tropical Medicine said creating the new role of physician associate had been a quick fix to hire more medics.

But they were only intended to help doctors.

Prof McKee added: "In many hospitals and primary care facilities they have become substitutes."

Some medics say hiring PAs should stop while concerns are addressed.



Queen Camilla: I'm net amused

WIMBLEDON white was the order of the day as royals and celebs made the most of the weather.

The sun finally came out, just in time for smiling Camilla's arrival at SW19. The Queen later met the Centre Court ball boys and girls.

Other royals enjoying the sunshine included Zara Tindall and husband Mike as well as Peter Phillips and his girlfriend Harriet

Sperling. The Princess of Wales' parents, Michael and Carole Middleton, also attended day 10 of the championships.

Among the stars taking in the action were Undertones singer and activist Feargal Sharkey, Abba's Bjorn Ulvaeus, football legend Graeme Souness, actors Keira Knightley and Richard E Grant and documentary-maker Louis Theroux.



DAPPER Richard E Grant



RIGHT TONE Feargal & Elizabeth Sharkey



NET CALL Graeme Souness & wife Karen



TAKE A BOW Keira Knightley is all smiles



MATCH POINT Zara Tindall & husband Mike



WATER-LOU Bjorn and TV star Theroux

Wills: Homelessness is touching too many



TARGET Prince of Wales

BY RUSSELL MYERS Royal Editor
PRINCE William takes a step closer today towards his goal to end homelessness.

The Prince of Wales launches the next stage of his five-year programme Homewards.

It aims to bring together those experiencing homelessness with businesses, charities and local authorities.

The project, run by his Royal Foundation team, has been

Next bold stage to end ordeal

working in targeted locations to build relationships in public and private towards realising his aim.

At a special event to mark the first anniversary of the scheme, William will say: "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."

One of the successes includes involving 11 leading companies, such as Homebase and Ikea.

Homewards will soon launch an exhibition with the Saatchi Gallery and will feature in an ITV documentary series. A former

rough sleeper who became a chief fire officer told how William had used the trauma of losing his mother aged 15 to identify with the struggles of others.

Sabrina Cohen-Hatton, now an advocate for Homewards, said: "One thing the prince does know is trauma, and you could really see that coming through with empathy and compassion."

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LABOUR VOW TO BRING BACK

I'LL RESTORE FAITH IN COPS

» Yvette: Policing job like no other



» Problems have cast long shadow

EXCLUSIVE
BY LIZZY BUCHAN
Deputy Political Editor

HOME Secretary Yvette Cooper is vowing to bring back trust in the police and the justice system after years of Tory chaos.

Ms Cooper, attending today's Police Bravery Awards, praised ordinary officers' daily heroism and said she would always back them.

Writing below exclusively for the Mirror, she said: "Policing really is a job like no other - officers go to

work never knowing what they will face... but knowing their overwhelming responsibility is to uphold the law and protect people. That is public service at its finest and it must never be taken for granted."

But she said confidence in policing and the criminal justice system has fallen in recent years and "problems with standards have cast a long shadow". She said:

"Community concern about anti-social behaviour, rising street crime and shoplifting have soared, but there are fewer neighbourhood police on our streets. There is a growing fear when things go wrong, no one will come and nothing will be done."

In a swipe at the Tories, she said: "This Labour government of service is determined to make it a mission - one that rises above party politics - to work with police forces and

communities to restore confidence and trust." Labour has vowed 13,000 more neighbourhood police officers and PCSOs in England and Wales.

It will ban persistent offenders from town centres with new Respect Orders and have tougher sanctions for possession and sale of machetes, zombie knives and swords.

Assaulting shop workers will become a specific crime and Labour will end the approach meaning thefts under £200 are rarely probed.

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These remarkable heroes deserve respect

PRIDE was mixed with deep sadness among the 14 heroic police officers I presented the Police Bravery Award to last year.

They had shown the most extraordinary courage, wading into the freezing waters at Babbs Mill Lake in the West Midlands, when four

YVETTE COOPER
HOME SECRETARY

children tragically fell through the ice. The overwhelming emotion as they collected their award was the deep distress that those young lives had

been lost. As new Home Secretary, those dedicated officers will always have my backing and my support.

In recent years, confidence in policing and the criminal justice system has fallen. We need to restore respect for the remarkable work of the police - not just those receiving

bravery awards tonight, or those who will posthumously receive the new Elizabeth Emblem in the coming year.

Safety and security are the bedrock on which all other opportunities are built. That's why we're determined to rebuild confidence in policing and to make our streets safe.



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LAW AND ORDER TO STREETS

Let's draw, Bridge



BRIDGET Phillipson drew inspiration from youngsters on a trip to a nursery yesterday.

The Education Secretary promised a "sea change" in early years learning on a visit to Ark Start Oval in Croydon, South London.

She also joined in the artistic fun.

Labour has promised more childcare places at 3,000 new school-based nurseries.

Kendall: I'll get young working

LIZ Kendall will today set out plans to get young people into work.

The Work and Pensions Secretary, right, will press ahead with a commitment to introduce a youth guarantee scheme.

It will offer all 18 to 21-year-olds training, apprenticeships, or support to find work.

She will say in Leeds: "We'll tackle the root causes of worklessness."



Pressure's on to axe benefit limit

KEIR Starmer is facing growing pressure to axe the Tories' controversial two-child benefit limit.

Former Shadow Chancellor **John McDonnell** said it was inevitable the government would concede on the issue.

Anas Sarwar, right, Labour's leader in Scotland, added: "We will continue to push for it to happen."



House of Lords exit for Prezza

FORMER Deputy Prime Minister **John Prescott** has ceased to be a member of the House of Lords.

The Labour peer, 86, inset, joined the upper house in 2010 but had only spoken once in the chamber since a stroke in 2019, official records show. He had not voted since February 2023.

Others who departed included **Jeffrey Archer** and **Conrad Black**.



PROBATION AT BREAKING POINT

EXCLUSIVE BY **SOPHIE HUSKISSON** Political Correspondent

PROBATION staff will tomorrow warn Justice Secretary **Shabana Mahmood** that the service simply cannot cope.

Ms Mahmood will also be urged to commit to long-term investment to

attract more staff to the profession amid public safety fears.

And she will be told Labour has the chance to avoid strikes by reopening pay negotiations.

Keir Starmer is expected to sign off emergency measures to let thousands

of prisoners out of jail early to ease overcrowding. But **Ian Lawrence**, of the union **Napo**, said: "We cannot simply cope with the sheer volume of people emerging from prison as it is, let alone with the early release."

VOICE OF THE MIRROR: PAGE 8

“We cannot simply cope with the sheer volume of people emerging from prison as it is

UNION CHIEF IAN LAWRENCE FEARS EARLY RELEASES WILL MAKE IT WORSE

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End of line for Royal Mail's post trains after 200 years

BY NATASHA WYNARCZYK
Consumer Editor

ROYAL Mail is stopping using its own trains to transport post for the first time in almost 200 years.

It will also halve its domestic flight services to 18 and deliver more mail by road and commercial rail.

Its six trains are almost 30 years old and nearing the end of their usage. Royal Mail said there would be no

SHAKE-UP Royal Mail train

job losses, while driver roles would be created. In 2022, the firm said it planned to triple the amount of post sent by rail.

The service, which began in 1830, hit the headlines in 1963 during the £2.6million Great Train Robbery.

Royal Mail owner International Distribution Services is said to have agreed a £3.5billion buy-out by Czech Daniel Kretinsky.

Citizens Advice said post delays hit almost one in six people, or 7.2 million, in spring.



Harry cheers UK's Invictus

THE Duke of Sussex has hailed the injured and sick UK personnel and veterans taking part in the first Invictus Games to include winter sports.

A 64-strong Team UK has been named for February's games in Vancouver and Whistler, Canada.

Some face physical and mental injuries sustained while serving the UK either at home or abroad.

Harry, 39, said: "We're excited to see their passion, determination and resilience on full display."

Harper

Beckhams in picture tribute to youngest child as she turns 13

BY MARK JEFFERIES Showbiz Editor

LOOKS like the Beckhams are having a ball for daughter Harper's 13th birthday...

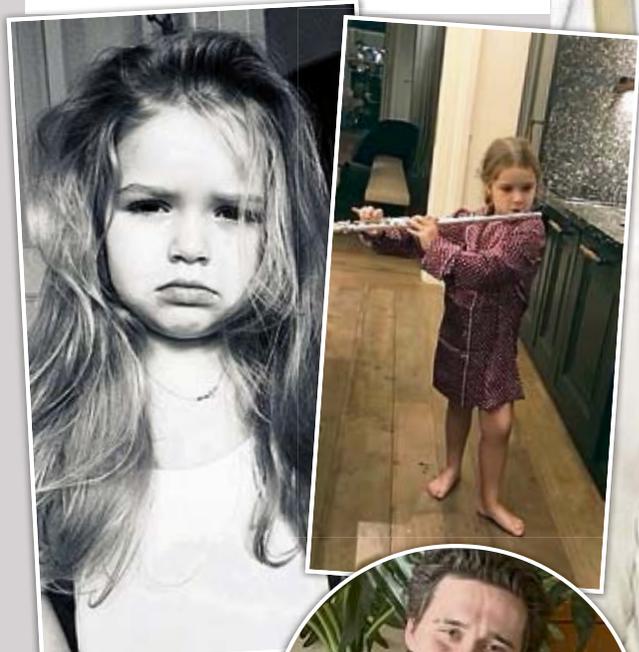
David and Victoria released a family picture of them with their youngest child in a stunning white dress as she became a teenager yesterday, while sons Brooklyn, 25, Romeo, 21, and 19-year-old Cruz are decked out in dinner suits.

The couple also shared a montage of Harper snaps at different ages, including one of her playing the flute and another looking sulky.

Victoria, 50, posted: "You really are our everything Harper Seven and we are so proud of the happy, beautiful, talented young lady you are becoming. We love you so, so much."

David, 49, added: "Daddy is so proud of you. Always be the beautiful person that you are."

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OUR LITTLE BEAUTY
B&W snap as toddler, playing flute, cuddle from Brooklyn, right, and snap with Victoria and David



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birthday



HARPER'S A QUEEN Birthday girl with, from left, Cruz, Romeo, Victoria, Brooklyn and David in family photo

UNI IN THE DOCK

BY **CALLUM PARKE**

MORE than 5,000 students are suing a university over disruption to their tuition caused by strikes and the pandemic.

Students and graduates at University College London are seeking damages after teaching was cancelled or moved online.

UCL, in Central London, said it was not under an obligation to provide in-person, campus-based tuition. Students' lawyers told a London hearing last month the

City students in Covid claim

case should be managed through a group litigation order. But yesterday the High Court rejected that.

Judge Jeremy Cook said: "I do not consider a GLO will help to promote fairness, save costs or allow the claims to be dealt with in a timely and efficient manner." A

trial of several "test cases" is due to be held in 2026. UCL Prof Kathy Armour added: "We are pleased the court refused the GLO application which would have only caused further delay to this claim."

Matthew Patching, of law firm Marcus Parker, representing students, said UCL should focus on making a settlement proposal.

He added: "Today's important decision brings UCL students and our clients at more than 100 other universities one step closer to receiving fair compensation."

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DAILY Mirror

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SHARPER Staying up late

Life is more of a hoot for night owls

BY **MARTIN BAGOT**
Health Editor

PEOPLE who like to stay up late could be mentally sharper than morning people, analysis suggests.

Those who get between seven and nine hours of sleep performed best in cognitive tests.

But night owls who tend to wake up later and stay up later performed better than early risers.

Imperial College London examined UK Biobank data on 27,000 people.

The study, published in the journal *BMJ Public Health*, categorised people by their natural inclination to be an early riser, night owl or "intermediate".

Author Dr Raha West said: "Just enough sleep, not too long or too short, is crucial for keeping your brain healthy and functioning at its best."



GREEN GIANT Shrek

Shrek, Fiona and Donkey back in 2026

BY **ELLIE IORIZZO**

GRUMPY green ogre Shrek is back for a fifth time, with at least three of the original stars up for fairytale fun.

Mike Myers returns as the giant, Cameron Diaz as Fiona, and Eddie Murphy as Donkey, in *Shrek 5*, due out on July 1 next year.

It will be 25 years since the trio first appeared in the massive hit comedy, which took £383million at the box office and spawned three successful sequels, in 2004, 2007 and 2010.

It's unclear yet whether Antonio Banderas' *Puss In Boots* will also make a comeback. One of the franchise's favourite characters, Puss had two spin-off films.

Shrek, based on the 1990 picture book from writer William Steig, won the best animated feature Oscar in 2002.



Ruth Longford

RUTH Langford gets hair extensions as she prepares for her reported return to *Loose Women* next week.

The star, 64, who split from Eamonn Holmes in May, has them just for volume. Pictured right after a trim, she explained: "My hair got thinner in menopause."



2 kids at the same school die

Deaths are 'not linked' to infection

BY **HOLLIE BONE** and **LIAM THORP**
TWO children have died at a primary school gripped by an outbreak of an infectious parasite.

But health officials say it is "unlikely" the deaths are linked to the germ.

One of the youngsters, a girl aged six, was born with a "life-limiting condition". The other is believed to be five.

Head Michelle Beard said: "The entire school community is devastated to have learned of the sad recent passing of two of our younger children.

"Both filled their classes with joy during their time with us and they will forever be in our hearts."

UK Health Security Agency chiefs said the cause of the deaths had not been confirmed last night.

They attended Millstead Primary in Liverpool, which caters for youngsters

with special needs. The mum of the six-year-old told how her daughter needed round-the-clock care but was not expected to die so soon.

She said: "She meant the world to us. She was always happy, especially when at school. We are going to be lost without her.

"She was a fighter and was loved by everyone, especially her teachers. The school was a lifeline, they gave us a break. My daughter got so much out of it."

Staff have been dealing with the outbreak of Giardiasis since last month. Caused by the parasite giardia lamblia, it can lead to diarrhoea, stomach cramps and bloating.

But it is generally not a serious risk to health and can be treated easily.



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PLATFORM OF SUCCESS
Keely Hodgkinson loves fashion as she poses for mag

Pictures: ELLE UK / Lara Angelil



Fast fashion

Team GB athletes dress for Olympic success

BY JEREMY ARMSTRONG

RUNNER Keely Hodgkinson has got winning covered on and off the track.

The 800m star is on course for Olympic gold... and is winning medals in the fashion stakes too as she poses for a magazine shoot.

The 22-year-old hopes to improve on the silver she won in the Tokyo Olympics at

the Paris Games, which start this month. And she said: "I get ready for a track meet as if I'm going out. It's like a stage; you're preparing to perform. I spray on the perfume - always got to smell good."

Keely, from Wigan, Gtr Manchester, set a British record in the 800m when she came second in Tokyo, in front of crowds reduced by the pandemic in 2021. Now, with Paris 2024

just 15 days away, she told ELLE UK: "This one will be completely different. I'm looking forward to the Olympic experience."

Team GB team-mate, heptathlete Katarina Johnson-Thompson, 31, is also going for gold in Paris. The Liverpoolian features in a shoot for Vogue and talks of her love of Jurgen Klopp and karaoke.

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KAT'S IN VOGUE
Heptathlete Katarina poses on the track

Pictures: Delali Ayivi / British Vogue



Competitors track (and field) special delivery

EXCLUSIVE BY JEREMY ARMSTRONG

THIS is the invitation which every elite athlete in Britain dreams of, but so few receive.

The postcard from Mark England, Team GB's Chef de Mission in Paris, reads: "On behalf the British

Olympic Association, it gives me great pleasure to confirm your selection for Team GB at the Olympic Games in Paris."

Embossed with the Lion emblem, it was sent to 328 athletes - 174 women and 154 men - last week.



On behalf of the British Olympic Association, it gives me great pleasure to confirm your selection to compete for Team GB at the 2024 Olympic Games in Paris. Your journey has been many years in the making and your selection is just reward for that dedication and commitment. ... to make your mark in history as you become

THIRTY-ONE people a day lose their lives to secondary, advanced breast cancer in the UK. I still can't believe it, and I'm going to be one of them.

Seeing 31 sets of boobs let loose in Westminster can't help but underline the point though.

Parliament has had a lot to say, but those stunning bosoms have voiced the only thing worth listening to as far as I'm concerned.

Hats (and bras) off to Nadia Sawalha and the group of women who went topless yesterday, some of whom are, like me, living with secondary breast cancer, and who have undergone mastectomies.

This was no joke: their brave stand was made to extend lives - including many of their own, and maybe mine. They were calling for the drug

Linda Nolan

Speaking from the heart



Enhertu to be licensed for use in England for women with a particular type of secondary breast cancer, as it already is in Scotland.

The drug can extend life by months, but right now here in England, you are denied it. It makes me so angry saying it out loud.

While I'm waiting to find out if I'm medically suitable for it, many of these women, including Nadia's good friend, Hannah, know they are.

Yet they have zero control over getting it - and with cancer, you have precious little control already. A few

months doesn't sound like much. To me, and people like me, every day means everything. It is why we fight.

The fact I am alive this week means I will get to meet my new great-niece, who was born yesterday. More weeks will mean more lunches with my school friends, more bingo with my sisters. Maybe even wins.

The new Government seems to value women, so I plead with them to listen. I'm in awe of these fabulous ladies and want to thank them.

I also hope they had their vests to hand, it's nippy for July.



ANGER Nadia Sawalha with pals Hannah and Helen



EXCLUSIVE BY EMMA PRYER

PROUDLY topless, daubed in paint, 31 women gathered at Westminster yesterday to demand the approval of a "life-extending" cancer drug.

The group, representing the 31 lives lost to advanced breast cancer every day in the UK, included actress and Loose Women presenter Nadia Sawalha.

Nadia's close friend Hannah Gardner, who has incurable breast cancer, was also at Parliament calling for Enhertu to be made available on the NHS.

Campaigners have been lobbying decision-makers for months after learning that the pioneering drug had been blocked for use in England.

Nadia, 59, said: "Our message to the decision-makers is, 'You have the power. Let's see it. Show us you care because this could be your mother, your sister, your daughter.'"

Enhertu is the brand name for trastuzumab deruxtecan, an antibody drug which could give terminally ill patients, with a subtype of incurable breast cancer

Protesters go

called HER2-low secondary breast cancer, an additional six months of life.

But the drug, estimated to cost around £10,000 per patient per month in the US, is deemed too expensive by the National Institute for Health and Care Excellence, the body which approves drugs.

It has been approved in 14 other European countries, including Scotland - with Wales and Northern Ireland likely to follow England's lead. The Mirror has called for a NICE review.

Nadia said: "For many of these women, it will be too late now, but what about the generations to come?"

"We need to ensure that the next time a breakthrough drug for breast cancer emerges, there is a memory of what happens when you mess with women. Nobody wants to get their t*** out, but we need to be seen and heard."

Campaigners held a meeting in May with representatives from NICE, NHS

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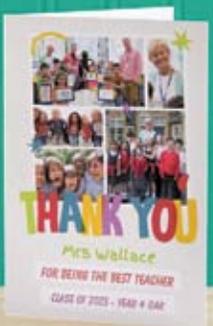
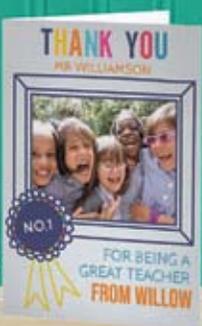
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Stop blocking our breast cancer drug



BREAST WISHES
Group of 31 in London yesterday



PREPARED Nadia, right, and Helen Addis

topless to demand life-extending treatment

England and pharmaceutical companies AstraZeneca and Daiichi Sankyo, which developed the drug.

Yet two months later, discussions have reached a stalemate.

Hannah, a former clinical trial manager from Twickenham, South West London, said: "AstraZeneca revealed they had even offered NICE a lower rate than Scotland, which was a real drop mic moment, yet nothing has changed. The treatment remains

out of reach for the 1,000 women a year it's thought it would benefit."

The protest was set up by Helen Addis, an executive on ITV's *Lorraine*, who created breast cancer awareness campaign Change and Check.

The mum of three, who has battled primary breast cancer, said: "I feel like I am forever looking over my shoulder hoping it won't return, but feel good doing something active like this."

Hannah sees Enhertu as her last

hope. Diagnosed around the same time as pal Helen, her cancer has returned and spread.

She recently celebrated her autistic daughter Lilah Rae's fourth birthday with a trip to Weymouth and advocates fiercely.

She said: "My daughter's the reason, because she's not losing a second more of me than she needs to."

"People should be able to live safe in the knowledge that they are getting

the best standard of care on the NHS, but they are not."

British artist Sophie Tea, who has previously painted women with mastectomies and complete reconstructions, did the body painting.

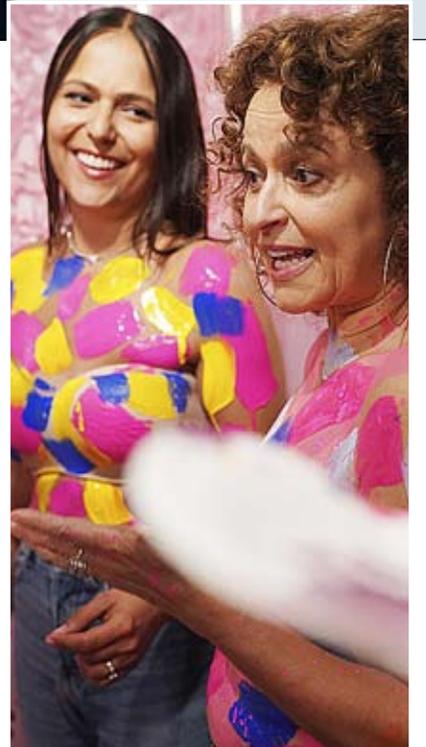
She said: "These women have the confidence to stand up for who they are and what they want. That's powerful and I feel honoured to help."

Many of the group have lost one or both breasts to cancer.

And while Nadia hasn't had breast cancer, she has been deeply affected by pals like Hannah and Helen. She says: "I never walk around naked, so this is insane. But if I can help create noise around this, I will do anything."

A Department of Health and Social Care spokesman said: "We are currently waiting for NICE to publish its final guidance on Enhertu."

"NICE and NHS England stand ready to consider any new improved commercial offer from the suppliers."



PROUD Hannah Gardner listens to Nadia



HOW DOES ENHERTU WORK?

Some breast cancer cells have higher than normal levels of a protein called HER2 on their surface and that stimulates them to grow.

Enhertu (the brand name for the drug trastuzumab deruxtecan)

attaches to the HER2 proteins and can stop cancer cells growing. It also helps the body's immune system destroy cancer cells.

When it becomes attached to the proteins, it delivers the chemotherapy drug deruxtecan

directly to the breast cancer cells to kill them.

Enhertu also kills any neighbouring cancer cells, even if they do not have a higher level of HER2 on their surface.

Source: Breast Cancer Now

Air steward kept in Dubai for 'attempting suicide' is freed

BY GRAINNE NI AODHA

A TRAVEL ban imposed in Dubai on an Irish woman reportedly charged with attempted suicide has been lifted, Irish premier Simon Harris said yesterday.

Tori Towey, 28, a flight attendant, was charged after waking up in a police station following a brutal attack, Irish parliamentarians were told.

Dubai authorities had also reportedly banned Tori, of Co **BAN LIFTED** Tori Towey



Roscommon, from leaving the UAE state. Mr Harris said: "I've just been informed the travel ban has been lifted, that the embassy will take Tori to the airport as soon as she is ready.

"No effort will be spared to get Tori home. She's not a criminal, she's a victim of gender-based violence."

Sinn Fein leader Mary Lou McDonald had criticised what she said was the "medieval, grotesque treatment of women" in the UAE.

OUR DAILY PUB QUIZ

- 1 Which supermarket has a premium range called The Best?
- 2 In what year did the Apollo 11 Moon landing take place?
- 3 Which star won the first ever I'm a Celebrity... Get Me Out Of Here?
- 4 In Harry Potter, where do the Weasleys live?
- 5 What colour is found on around 75% of the world's flags?

ANSWERS: PAGE 43



Roar-plugs for Katy

BY MARK JEFFERIES Showbiz Editor

KATY Perry goes in for the drill to nail a DIY theme in her new music video.

The Roar singer, 39, looks equipped for any job around the house as she brandishes a hammer, flexes her biceps

and shows off her fully loaded tool belt over seriously short shorts.

In the plug for Woman's World, out today, she also wears knee-length boots, a stars-and-stripes bikini top and downs booze - not very health and safety.



GIRDER YOUR LOINS Hammer time for Katy and dancers as they balance on beam

Pact's not

Tarby and Tom

EXCLUSIVE BY MARK JEFFERIES Showbiz Editor



OLD pals Jimmy Tarbuck and Sir Tom Jones have made a pact that when one of them dies, the other will sing at the funeral.

The Scouse entertainer and Welsh pop legend have known each other for some 50 years. And now both have reached the age of 84, they have decided to make plans for their send-offs.

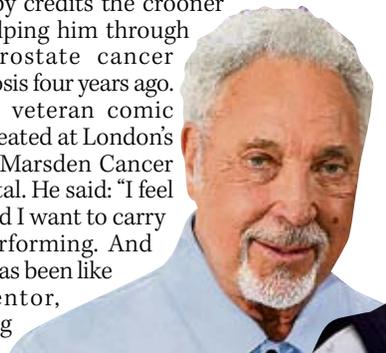
Tarby reveals: "Tom and I have made a secret pact. If I go first, he's going to sing at my funeral and if he goes first, then I am going to sing at his.

"He is a great friend and is still the best singer of them all today. 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 just say 'Thank you very much' and drink them."

Tarby credits the crooner for helping him through his prostate cancer diagnosis four years ago.

The veteran comic was treated at London's Royal Marsden Cancer Hospital. He said: "I feel OK and I want to carry on performing. And Tom has been like a mentor, helping



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DRILLER QUEEN
Katy has tools for the job

CROC CULLED

BY ROD MCGUIRK

THE crocodile that killed a 12-year-old girl while she was swimming with her family has been shot dead by rangers.

Wildlife experts had been trying to trap or cull the 14ft male since it attacked the girl last week.

The rangers shot the saltwater croc with the permission of the traditional landowners of Palumpa in the Australian Outback.

The girl's death was the first fatal

Girl's killer shot dead by rangers

crocodile attack in the Northern Territory since 2018, when a woman was killed while gathering mussels in a river.

Police said analysis had confirmed it was the

crocodile that killed the girl in Mango Creek. Senior Sergeant Erica Gibson said: "The events of last week have had a huge impact on the family and local police are continuing to provide support to everyone impacted."

Hunting crocs was outlawed in 1971 and numbers have risen from 3,000 to 100,000.



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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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unusual..

agree to funeral send-off deal

me throughout. We have such lovely memories together. He took me over to America all those years ago and I stayed with him in his house in California.

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

The tireless comedian, who has been married to Pauline since 1959, is currently on tour with An Evening With Jimmy Tarbuck, visiting towns and cities including

Leeds, Chester, Blackpool and Exeter. In addition to telling jokes and stories about his life, he invites the audience to take part in a question-and-answer session as well as a sing-a-long.

His tales include the late Queen poking fun at him, acting "like a nervous schoolgirl" when he met Elvis Presley and going to school with John Lennon.

He says: "People ask me why I haven't retired... I'd miss performing and making people laugh too much."

■ Tickets for An Evening With Jimmy Tarbuck are at jimmytarbuck.com.

mark.jefferies@mirror.co.uk
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PALS Tom & Jimmy

HEART ATTACK.. THEN AN 18-HR AMBULANCE WAIT

BY **MARTIN BAGOT** Health Editor
A HEART attack patient has told how he waited 18 hours for an ambulance rather than the target of 18 minutes.

Retired teacher Glynn Evans, 76, who believes the heart failure he now has is worse because of the

delay, has joined 40,000 signing a petition to tackle what the British Heart Foundation calls "the worst heart care crisis in living memory".

The charity's campaign is highlighting the thousands of patients being left disabled or who lose their lives due to 999 delays. The NHS

standard states Category 2 emergency calls for heart attacks is 18 minutes. A new 30-minute average target was set for 2023, which has been met just once since May 2021.

Glynn, of Bourne, Lincs, who had his heart attack in Cornwall in April 2022, said: "I'm not sure my heart

failure would be as bad if it hadn't taken so long." The Association of Ambulance Chief Executives has reported 32,000 people in May alone may have come to harm as a result of 999 delays.

martin.bagot@mirror.co.uk
 @MartinBagot



PETITION Glynn Evans



COSTLY Getaways switch Hols on hold as hikes lead to a rethink

EXCLUSIVE BY **NATASHA WYNARCZYK** Consumer Editor

MORE than a third of people have not booked their summer holidays yet due to increased costs.

And cheaper destinations such as Turkey and Tunisia are also overtaking traditional favourite Spain.

Travel deals platform HolidayPirates said the average total cost of a summer package getaway has jumped from £2,022 in 2023 to £2,363 this year.

It said interest in Turkey has doubled, and searches for Tunisia have gone up 79%. Prices have dropped for stays in both countries.

Interest in Spain is down by almost half after 15% price increases.

Raphael Giacardi, of HolidayPirates, said: "Many are heading where the best deals take them rather than old favourites."



HOT TOPIC Sunny spells Five months of weather chat in a life

BY **MARK JEFFERIES** Showbiz Editor

PEOPLE typically talk about the weather five times a day, for a total of nine minutes, adding up to five months over a lifetime.

The average is an hour a week, with 9% saying they are very good at predicting rain, wind or shine.

People check the forecast 11 times a week via an app, the TV or googling it – posting seven weather comments online a week.

A quarter said we should not moan about the weather but 28% want to move to a better climate.

OnePoll added that 86% prefer our weather talk to take place in person.

The poll of 2,000 adults was for Warner Bros Pictures and its release of movie Twisters on July 17.

The UK has 30 twisters a year, the Met Office said.



Stone's flash of inspiration

SOMETIMES basic instinct takes over as Sharon Stone shows when she rushed topless from a dip to her canvases during the US heat wave.

The actress, 66, who lives in California, explained: "Sometimes I have to go from pool to painting."



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My ice agony

Corrie star Faye reveals she hid breakdowns on TV dance show



Bus seat row man stabbed

A MAN was stabbed on a bus after confronting a fellow passenger who had his feet up on the seats.

The man, in his 50s, was stabbed several times after a struggle just after 3am on Tuesday, police said.

The suspect then got off the 64 bus at East Croydon railway station, South London.

The injured man made his own way to hospital for treatment, after which police were alerted.

Metropolitan Police are appealing for information.

STRUGGLE
Faye Brookes needed support of loved ones

BY JANINE YAQOOB TV Editor

ACTRESS Faye Brookes has revealed she suffered "breakdowns" while appearing on Dancing on Ice.

The former Coronation Street star, 36, said she was under crushing pressure to be perfect while struggling behind the scenes in the 2021 series.

She said: "I felt like I had to be this princess that I could do it all and I was perfect."

"No, no, no. Nobody saw the bruises, nobody saw the tears, the breakdowns that I had over that. It was quite lonely at times."

"I'm not saying it's lonely at the top, because I'm not at the top, but my Dancing On Ice was in lockdown so we were stuck with these rules and had to really abide by these rules, every week, every Sunday - doing what we were told just so the show could go up."

Faye joined Coronation Street as Kate Connor in 2015 and stayed on the ITV soap for four years.

Despite her struggles, she finished runner-up on Dancing On Ice with partner Hamish Gaman.

At the time she had been dating personal trainer Joe Davies after breaking off her engagement to singer Gareth Gates in 2019.

Speaking to former

Strictly Come Dancing star Kevin Clifton, 41, for the first episode of her Not Fazed with Faye podcast, she recalled: "I really felt that at times I was so caught up in my head and I couldn't get out of my head."

"I needed my loved ones near me, just a support system, someone to talk to."

Faye split with Joe in 2022 and began dating theatre director Iwan Lewis.

They were friends for 11 years before finally getting together, while they were starring in the touring production of Legally Blonde.

They will celebrate their first wedding anniversary next month, and Faye said: "Getting married and moving to the Cotswolds was the best decision I ever made."

"I've never been so content. I honestly never thought I could be this happy. I'm feeling very content, very settled."

"On top of that, I've been blessed with Iwan being my best friend and marrying him, and we are very happy in our little world."

Since Dancing On Ice, Faye has been in West End show Chicago as well as Strictly Ballroom: The Musical, alongside Kevin.

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IN STRICTLY
Faye and Hamish; inset hubby Iwan

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DUCKING AND DIVING Newborn leaps from nest



WINGING IT Chick dives into the water



...and jump!

THESE little 'uns take to jumping from a bird box like a duck to water. The hooded mergansers, which dive for small fish to survive, were snapped by Steve Furcich, 66, near Lake Bavaria in Minnesota, US.

He said: "The chicks all hatch within 24 hours of each other and jump out of the nest 24 hours later. "But not until the mother is outside the nest calling to them."



DUCKS IN A ROW Ducklings with their mum

THE DIARY

with Ashleigh Rainbird



BRIGHT Laura, Charlotte and Susanna in day-glow

Highlights of the morning

IF red isn't your colour, there are plenty of other options to choose from to be in style this summer.

You can even be inspired by a pack of highlighters, as demonstrated by the Good Morning Britain team.

Laura Tobin (yellow), **Charlotte Hawkins** (green) and **Susanna Reid** (pink) demonstrated high-vis chic at ITV this week - a cheerful alternative to **Rita Ora's** red.



What is meant for you will never pass you

Wise philosophy from Love Islander **Mimii Ngulube**.



SITCOM SCRIBE Corden

Corden says air fryer idea is a **Brynner**

It's good to see **James Corden** is open to suggestions for the Gavin and Stacey finale (this time, it's final, etc) - even if he only has until Friday before the script must be finalised.

While chatting to Capital Breakfast, it was suggested to him that Uncle Bryn could have developed an obsession with an air fryer, following his commitment to his iPad course.

"That isn't in the script..." started James. "But there's a real strong chance that it could. Such a funny idea! Because he would be... he'd cook everything in an air fryer. And he wouldn't stop talking about it."

Expect host **Chris Stark** to be credited as an additional writer when the Christmas special airs.



LOOKING GREIGHT

1

8 outfits in two days

2



3



4



5



6



7



8

Rita free to skydive into crazy new experiences

Rita Ora is planning to go skydiving now she is free from an insurance contract preventing her from doing anything "crazy".

The singer had to insure her body while filming *Descendants: The Rise Of Red* for Disney+, in which she plays the Queen of Hearts - hence her eight recent all-red outfits.

Producers would rather the character famous for saying "orf with her head" still had her own intact - so risk assessors stipulated the star had to take it easy for the duration of filming.

Now Rita is chomping at the bit to live dangerously.

She says: "It's insurance on your body - basically for the duration of the thing you do, it says 'don't do anything crazy'. It's when I'm shooting a movie, but the movie's done so, see ya!"

"I like experiences - I'll be that girl that jumps out of a plane," she told

radio host **Elvis Duran** in New York, where she has been parading around in her character's favourite colour.

In a separate interview, Rita joked she feared her marriage to **Taika Waititi** was doomed during their wedding ceremony when an Elvis impersonator was brought out as a surprise, singing the opening line to *Suspicious Minds* - "we're caught in a trap".

She admits she suggested it was not the best way to start their marriage.

"I've trapped my husband, is that what we're doing?" she laughed.

But Rita and New Zealand actor Taika are still going two years strong, so she needn't have worried.

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The two-handed design ensures it is ergonomic and easy to use, while the wire brush



guard protects the user from any debris. Plus, with the tool-less brush changing mechanism, you can quickly and easily switch between different types of cleaning brushes for hard or delicate surfaces, even with gloves on.

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said: "It's powerful, easy to use, and perfect for keeping my outdoor space looking great." Dave R (verified buyer).

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DEMOLITION Illegal complex
Millionaire's man cave is topless mess

BY ADAM ASPINALL

THE roof has been ripped off "the UK's biggest man cave", which is finally being demolished after a 10-year planning battle.

Millionaire Graham Wildin, 70, continuously defied court orders to knock down his illegal 10,000sq ft complex, even serving jail time over it.

The row began in 2014 when he built the leisure annex, complete with a bowling alley, casino and cinema, at the back of his home in Cinderford, Glos.

Workers started pulling it down last month, and this week the roof had been removed, revealing the gutted inside.

A Forest of Dean District Council spokesman said "we will look to recover the full cost of the demolition from the landowner in due course".



RESULTS Prof Sackley

High-volume therapy aids Parkinson's

BY JANE KIRBY

A KIND of speech therapy based on talking loudly is better for Parkinson's patients than NHS treatments, a trial has found.

In a study of 40 speech and language centres, the Lee Silverman technique got better results than the NHS treatments tested, which vary by locality.

Some Parkinson's patients speak quietly or mumble, so the Lee Silverman Voice Treatment includes training them to speak more loudly.

Prof Catherine Sackley, of the NIHR Nottingham biomedical research centre, said: "Results show the method is effective and it can be cost-effective."

The study on 388 patients found those having NHS therapy fared no better than those in the no-therapy control group.



SAVED FAMILY
Brave Theo recovering in hospital

LEG WOUNDS
Theo's thigh after savaging

XL BULLY HERO, 11

Dog savages lad protecting siblings

BY ADAM ASPINALL

A BRAVE boy of 11 was viciously attacked after running at an XL Bully to draw it away from his little brother and sister.

Hero Theo Scarpato was leaving church with his family when the snarling dog approached them.

Theo drew the dog away from his brother, nine, and sister, seven.

But mum Tina, 41, said: "The dog chased him around a parked car before lunging forward and locking on to the back of his right thigh. Theo's leg was pouring with blood."

"He was shaking with fear and screaming 'help me'. My other children were both shaking and screaming."

The Bully's owner managed to pull it away

but it left a deep cut and five puncture wounds on Theo, which were stitched in hospital. Medics told Tina had the dog bitten Theo elsewhere, it could have been fatal.

The dog has since been destroyed. Tina said: "Theo also said he ran away from us as he didn't want the dog to hurt his little brother and sister so he really is our true hero."

"Theo is healing well and is due to have his stitches out next week."

"This traumatic event has affected the whole family."

She said the attack in Newport, South Wales, on June 30 had taken its toll on Theo but that the keen rugby and football player cannot wait to get back on the pitch.



DANGER An XL Bully

adam.aspinall@mirror.co.uk
X @MirrorAsp

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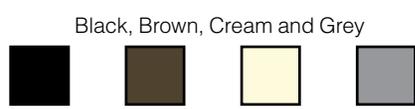


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BY LAURA ARMSTRONG

Danny Dyer admits he has problems with staying clean, almost a decade after going into drug rehab.

The former EastEnders, 46, who reveals he would stay up all night smoking crack at the height of his addiction, finally sought help in 2016 after his problem became too much for him to handle.

He went on to beg BBC bosses for a break from work as his marriage to Jo Mas also hit the rocks.

But the dad of three managed to turn his life around with the help of rehab, therapy and meditation.

However, Danny confessed it is still an effort every single day not to lapse back into using drugs.

And he paid tribute to wife Jo, 47, for sticking by him through the years, saying it is now his turn to look after her.

"You know, it's still quite tricky," he says. "You know, I had many years of it after that. Do you know what I mean? I went to rehab in 2016. It all just became too much for me. I just lost the sense of who I was and I think that I just knew I needed to change something.

"And so I took it upon myself and I think most people that do go to rehab need to take it upon themselves to go.

"You need to be there on your own will because otherwise you'll just go back to doing what you were doing really. It was me taking ownership of my life and going, 'You're going to f***ing die. What the f*** are you doing?'

"I obviously had a big hole inside of me. Why am I doing this? And I suppose I had a really good capacity for drugs and I never really wanted to go to bed ever.

"But I think I needed to take ownership of it because I could see where it was going."

The star, who was known to millions as Albert Square's Mick Carter, said the moment he realised he needed help came when he froze on stage on Broadway after staying up all night binging on drugs.

He said: "I've heard about people that had dried [up] on stage, because it's a massive thing, and it had never happened to me.

"I thought that I could sit up all night, smoking crack, and then walk on stage, and of course you can't do that. It's a ridiculous idea.

"I've done this play so much, and I just didn't have a clue what to say. The worst thing was the other actors, who knew I'd been out, all looking at me. It was just their horror. As if to go, 'Come on then, pr**k'.

And that made me worse because I thought, 'Oh sh**, I'm not just letting myself down, I'm letting all that down.

"Then [actor] Andy de la Tour shouted the line out and I snapped into this and I did it, and said it.

"I came off stage going, 'I can't go back on, I can't'. I just had a major panic attack but I just had to get on with it."

After the wake-up call, Danny checked himself into a remote rehab facility in South Africa.

And he said he deliberately avoided The Priory because he did not want any home comforts.

He went on: "I'm not knocking The Priory, I've never been there. But I know that it's all fresh bed linen and, you know, little candles next to your bed. And I needed to sit on a f***ing dorm, you know, with other addicts and scrub toilets. They break you down completely

DANNY DYER

I still struggle with addiction every day



SWEETHEART
Jo and Danny
at 2018 event



PROUD Danny
with Jarrod and
twin grandkids

and got rid of all my ego b****ks that I had going on at that time. We need an ego. It's important, because it gives us drive and ambition and all them things. But when it's your ego making most of the decisions, you're f***ed.

"And mine was f***ing out of control. I was playing up to this character of whatever I'd created, I suppose. So how do you deal with your addiction day to day? It's a decision every day, isn't it? It's an effort every day.

"I had a lot of therapy and I grew up a lot and I started to feel very grateful for my family and who I am and what I've got around me. And that's what it was about, really, gratitude."

Danny first met childhood sweetheart Jo when they were both kids growing up

on an East London council estate. They went on to have daughter Dani, now 26, who has twin girls with England footballer Jarrod Bowen, and then came daughter Sunnie, 16, and son Arty, nine.

But the actor, who found fame starring in 2004's The Football Factory, admitted he went off the rails after landing his role as Mick in EastEnders and it was wife Jo who bore the brunt.

Speaking to Elizabeth Day's How To Fail podcast, he explained: "Of course it f***ed my head up when I became really famous and I didn't quite know what to do with it. And I suppose she stood by me for a lot of sh** and had to be very patient with me.

"And so now we get to a stage where it's my turn to be very patient and

accommodating. I mean, I can tell what mood she's in by the way she walks down the stairs, you know, the creaking of the stairs, whether it's on me today or not.

"Of course I do believe in the marriage vows – in sickness and in health, for better for worse.

"But it's hard to stay in a relationship for that long with attention, and with me being a p*** many years, because I was one.

"I hold my hands up. I lost the plot many years.

"I didn't quite know who I was. A suppose she had to suffer all that

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SMART MOVES
Danny said seeking help saved him



TV BOOZER
In Queen Vic as landlord Mick



ROYAL LINKS
On Who Do You Think You Are?

ad a lot therapy d grew a lot and eel very ateful for y family

national level. So yeah, you know, we are still together.” Since leaving EastEnders in 2022, Danny has gone on to host Channel 4’s Scared of the Dark and filmed travel doc Absolutely Dyer: Danny and Dani Do Italy. He has also appeared in Celebrity Bake Off and Celebrity Gogglebox, alongside his eldest.

revealed he was a descendant of King Edward III. But he told Elizabeth the glory was not all it was cracked up to be, revealing he turned up to the glitzy awards do, but missed out on an actual gong. He recalls: “How can someone like me potentially win the first BAFTA for Who Do You Think You Are? Although I didn’t get a f***ing BAFTA for it, which was weird. I stood in the queue and all the producers and the director got one, and I went, ‘Where’s f***ing mine? It’s my family.’”

Elizabeth Day’s How to Fail podcast, and bonus feature Failing with Friends, are available now.

features@mirror.co.uk
X@DailyMirror

the His two-part documentary, Danny k for Dyer: How to Be a Man, aired on Channel 4 in April. But outside of Albert Square, one of ot for his biggest TV successes was his BAFTA-winning 2019 episode of Who Do You and I Think You Are? in which investigators on a

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LIFE live it w

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

REALISATION
Tasha knew Andrew was the one during Love Island baby task



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**

"I blamed my parents for 'making me deaf'... now I appreciate their support"

Edited by
HANNAH BRITT

Dress to impress



Embroidered dress, £90, Monsoon. Sandals, stylist's own

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.



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

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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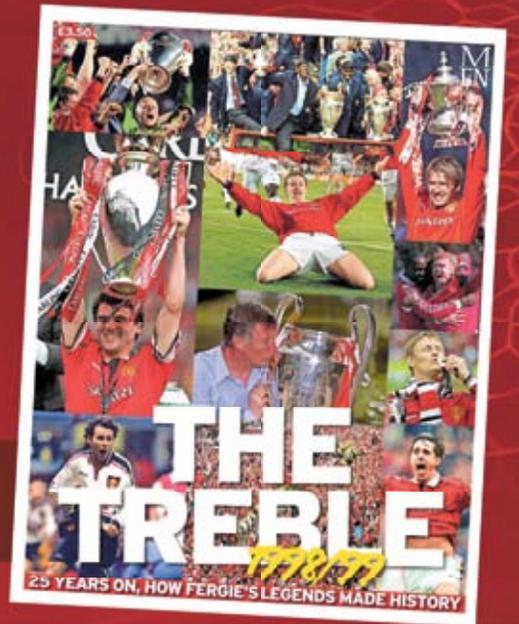
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dearcoleen@mirror.co.uk



DEAR COLEEN

Happy we're back together but I'm still not convinced

Dear Coleen

I'm a woman in my 30s with two young children and I separated from my husband a few months ago. He moved in with his mum and I stayed in the family home. It had been horrible. I literally couldn't wait to see the back of him as the arguments were horrendous.

However, over the past few weeks we've been getting on well, in fact better than we have in a long time. I started to find him attractive again and it almost felt like it did when we were first together.

We made the decision to try again, so he moved back in, which the kids were delighted about. Things have been going OK, but it's not as good as I expected it to be. We're having sex and getting on, but it just feels like something is missing. I still don't feel loved I suppose and maybe that's because I don't trust him yet.

He is trying to be more considerate and take my feelings into account and things are so much better, but I feel a bit disappointed that it doesn't feel as good as it did when we were living apart.

If you have some insight, I'd welcome any advice.

Coleen says

You've made progress, but I think it's a process and you have to keep building on the positive changes you've made. It sounds like you needed the separation



and it probably felt like a bit of a honeymoon from real life, so it's not a huge surprise that you ended up getting on better and started seeing each other as individuals again instead of just parents. Maybe it felt romantic and you were excited to see each other.

I think you should work on bringing that feeling into your lives now - make a conscious effort to spend time alone and go out together without the kids.

You have to find a way to put as much effort into your romantic life as a couple as you

do with the children. And you've got to keep talking - about how you feel, what you need and what you want in the future.

Maybe you'd benefit from support in terms of some relationship counselling if you find it hard to talk to each other.

It takes time and patience to rebuild trust, but if you're both committed to making the marriage work, then it's possible. And if you do make it work, you'll have to overcome the challenges together and you'll be stronger as a couple as a result. Good luck.

“ I still don't feel loved because I don't trust him yet ”

COLEEN'S WORDS OF WISDOM

We all know the phrase "Don't judge a book by its cover". Here's the thing, people might look like they have the best lives, but they're struggling. Someone may appear beautiful and confident, but inside they don't feel good enough. Try to read the whole book.

PROBLEMS? Tell Coleen Nolan about them and she'll give you an honest answer... every weekday in the Daily Mirror

EMAIL: dearcoleen@mirror.co.uk - sorry, but Coleen can't reply personally
WRITE TO: Coleen Nolan, The Daily Mirror, One Canada Square, London E14 5AP

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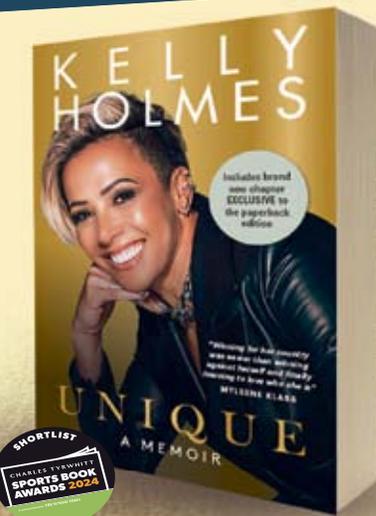
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SHORTLIST
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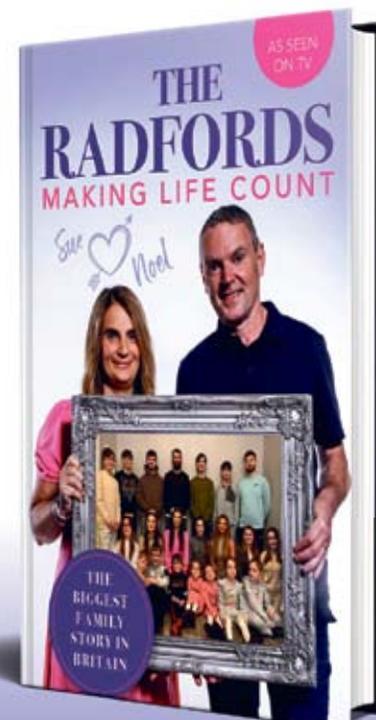
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YOUR **DAILY Mirror** COMMUNITY CORNER

Let's do this together

Edited by **SIOBHAN McNALLY**



I bumped into my 25-year-old self this week when I spent the evening catching up with an old friend I hadn't seen in 30 years.

"Do you remember you loved The Bangles and Suzanne Vega? And we drank Pernod and black and would dance to Like An Egyptian in that old geezers' East End pub?" I reminisced with Servet.

It turns out my old friend has only been living a stone's throw away from the Daily Mirror office in East London. After finding each other again all these years later, I popped over after work and we spent a raucous three hours together over a bottle of wine and bar snacks.

We met while working for a printing firm back in the early 1990s in Hackney Wick, back when the canals around the area used to regularly be dredged by police looking for counterfeit printing plates used to knock up fake £50 notes.

The old E9 industrial area is now achingly hip but back in the day, villains were always trying to pass their dodgy cash over the bar at Lea Tavern, which used to sell rollmops and cheap lager to men smoking Capstan Full Strength.

Sadly it was demolished and developers have built a trendy residential and artists village and renamed it Fish Island quarter. "It was definitely fishy when we worked there," I laughed.

Servet used to make me mixed tapes back in the 90s - she loves music, but despite that passion, she has tried - and failed - many times to learn to play the guitar.

She looks pretty much the same as back then, save a few grey hairs around the edges, but there was an air of melancholy about her. Things had been tough but she was still my old friend - gravel-voiced, deep, intense and always generous.

People are less likely to lose friends any more due to social media, but Servet and I come from a time before Wastebook, as she calls it, and we simply lost touch when we started new relationships and moved away from London.

Half Turkish and half Spanish, Servet comes from a big family we visited once in Barcelona and stayed with her uncle Tony, who we recalled had terrible flatulence.

"Remember Las Ramblas?" she reminded me.

"Yesss," I yelped excitedly. "We spent all our money partying in jazz clubs and swooning over US sailors, who would walk up Las Ramblas from the harbour in their white uniforms looking like Richard Gere in An Officer And A Gentleman."

She's a single mum of two and a "ganny" now to her 11-month-old grandson.

Her eyes are full of her children, but her sparsely furnished flat hints at upheaval and trauma.

I wish I had been there to help my friend in her hour of need, but as we gabbed away, like old times, I'll be there now for the ones to come.

■ Did you suddenly reunite with an old friend after many years? Email siobhan.mcnally@mirror.co.uk or write to Community Corner, PO Box 791, Winchester SO23 3RP.



"My multi-talented daughter Vicky Strachan made this fantastic wedding cake for a bride who loves penguins," says proud mum Janet Strachan in Barnsley, South Yorkshire.

"Vicky can turn her hand to anything - she sews, crochets, knits, paints, draws and makes memory teddies for family."

■ Send your best cakes, bakes and dinner plates to siobhan.mcnally@mirror.co.uk

There once was a...

A little risqué limerick from Bernie Thorne, in Southend-on-Sea, who tells us: "My dad use to say this many years ago."

*Mary had a little bear,
To it, she was most kind,
And everywhere where Mary went,
You could see her bear behind!*

■ Send your nonsense rhymes in to me at siobhan.mcnally@mirror.co.uk

Feeding time at the ZOO



My late dad used to call our family meal times "feeding time at the zoo", which was probably about right because my kid brother refused to eat cooked vegetables and had carrots and fruit cut up for him - like in a chimp enclosure.

Now that I think about it, my teenager is very similar and only eats ham and cucumber sandwiches for her school packed lunch.

Inspired by TDL's lack of imagination, Dave Roberts in Southsea, Hants, thought he'd give them a go. "Lovely. Well done TDL," he emailed.

"It took me back to my school packed lunches which my mum made with Hovis bread and margarine. Monday was leftovers from Sunday roast, while Tuesday was dripping," he recalls.

"Wednesday was Cheshire cheese and syrup (try it!). Thursday was her 'big shop' so I'd get the scrapings from the bottom of every old jar. But the Friday treat was money to go to the chippy.

"Mind you, my lunches were better than my mate Paul's who got a flask of oxtail soup with 'bread and bloody butter' every single day."

As Dave left the family home and went to college, his palate got an education in

uninspiring meals. "That's not to suggest she wasn't an accomplished cook," explains Alan.

"But my father would reliably burn everything before giving up and reaching for the tin opener."

The reader in Sheerness, Kent, dreaded the cry of "it's on the table" in the evening. "I knew vegetable warfare would break out when I'd struggle to keep my cabbage and carrots down and my dad would demand that I eat all my 'greens' otherwise I wouldn't get pudding."

"But my dad made puddings and they were just as unpalatable as lamb chops and broccoli (every Tuesday) and stew with dumplings (every Thursday)."

But things weren't all inedible in the Atkinson household, as Alan recalls. "Friday tea was fish and chips from the chippy, ham and eggs on Saturday, and homemade steak and kidney pie with peas on Monday."

"But Sunday dinner was best - a delicious roast then jam roly-poly and a glass of Ribena while listening to Two-Way Family Favourites on the wireless!"

■ Take us back to the sights, sounds and smells of your family dinners. Email siobhan.mcnally@mirror.co.uk

student fare. "Things got a bit more exotic in my student days," he remembers.

"Remains of last night's takeout, the bits that the cat had turned her nose up, sandwiched between Mother's Pride. Cold onion bhaji sarnie, anyone?"

The battle of the vegetables also happened at Alan Atkinson's dinner table, where his mother served up many

uninspiring meals. "That's not to suggest she wasn't an accomplished cook," explains Alan.

"But my father would reliably burn everything before giving up and reaching for the tin opener."

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■ Take us back to the sights, sounds and smells of your family dinners. Email siobhan.mcnally@mirror.co.uk

Please note, if you send us photos of your grandchildren, we'll also need permission of one of their parents to print them... Thanks!

Yours, Siobhan

THOUGHT OF THE DAY
The oldest form of theatre is the dinner table.
MICHAEL J FOX

The past is catching up with smokers as shocking news from Cancer Research UK reveals 160 new cases of smoking-related cancers are being diagnosed every day - an increase in 17% since 2003.

Chuffed to be puff-free

had been a smoker for nearly 50 years.

"I was feeling pretty unhappy having lost and had a bit of a chesty cough. I took one drag, coughed, and threw the cigarette away and I have never wanted another one since."

Now living in Watford, Herts, but still a Leyton Orient season ticket holder, Greg adds: "I certainly feel better for giving up. My partner of 30 years has never smoked and she was delighted when I gave up. I can't understand why I did it for all those years."

■ How did you give up the death sticks? Email siobhan.mcnally@mirror.co.uk



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TODAY'S TV



with TRICIA MARTIN



DEEP CHATS
Manpreet and Charles

EMMERDALE
ITV1, 7.30pm

Dawn worries about Evan's cough and after he's rushed to hospital, Kim covers for him but Billy is guilt-ridden that he wasn't around when they both needed his support.

Manpreet decides to check up on Charles and the atmosphere is awkward until she tells him she misses him. Will that revelation change things between them after everything that's happened?

And Gail plots a way to try to reconcile Mandy and Rhona, but can her scheming lead to a truce between the pair?



LIFELINE
Sharon offers Reiss work

EASTENDERS
BBC1, 8.15pm

Desperate to clear debts, Reiss decides to rent the spare room, which doesn't impress Sonia. He's thrown a lifeline when Sharon offers him work chasing debts, but will putting aside a little of the money for himself prove costly?

Jay's the only one who invites Phil to a family dinner Billy and Teddy are arranging, but it's a tense gathering.

And when Ian says he's going to a council course in Manchester, Cindy's not happy, while Peter accuses his dad of lying.

MAGIC GARDEN
Laurence, with Jayne and Martin



Great escape rooms

OUTRAGEOUS HOMES
Channel 4, 10pm

FOR interior designer Laurence Llewelyn-Bowen, more is more - and he's certainly been among friends in this series.

In tonight's final episode he meets tattooist Nicola - whose home is a dazzling homage to William Morris patterns - and Skye, who lives surrounded by skulls.

Meanwhile John has turned his Essex semi into a round-the-world

trip, with each room celebrating a different country, including one decked out as a Japanese tea room.

Then there's magician Jayne and her jousting champion husband Martin in Weston-super-Mare.

Their garden has been turned into a fairground. But that's just the start. "How old is the house?" asks Laurence. "1930s," they reply.

"Hmm, kind of looks older, with it being painted to look like a medieval castle..."

The couple take Laurence into a

dining room that looks fit for a banquet, with red velvet drapes, candles and fake stone walls.

"And we have the lute music playing, always," says Jayne, though she admits the food doesn't have to be medieval and sometimes they'll have a Chinese takeaway.

There's nodding agreement from Martin, who's dressed in "one of" his Henry VIII outfits.

He's clearly a fan of dressing up,

PICK of the DAY

because in his wedding pictures he's wearing a full chicken costume. There's a glimpse inside Jayne's magic room - painted purple and full of her magic books and stuffed tigers.

There's also a room with a gold foil wall that's a joyful celebration of chocolate.

It's a house that would leave most of us speechless, but Laurence hits the nail on the head: "Sometimes a little bit of lunacy is good."

CHALLENGE
Noel helps Odin, who has a malformed spine



THE SUPERVET: NOEL FITZPATRICK
Channel 4, 8pm

It seems like every day brings a tricky new case to challenge (but rarely defeat) our man.

This week's patients include Caucasian Shepherd dog Odin who has wobblers syndrome, caused by malformed vertebrae, along with disc issues, meaning he struggles to walk.

But guess who has invented titanium implants that could save Odin's life - if the operation is a success? Meanwhile tiny toy poodle

Monty was a mighty star at agility until a larger dog jumped on him in the park.

Many vets would say that he's too small to perform a hip replacement on, however, owners Dave and Di are crossing their fingers, hoping Noel isn't one of them.

And the Suprvet teams up with prosthetics expert Alan to help Malamute husky Maya.

Three years after losing a foot when she was hit by a train, osteoarthritis is blighting her life.

Can the pair create a prosthetic foot that will help Maya get back on four feet again?

SAUSAGE PARTY: FOOTTOPIA

Prime Video

In 2016's animated hit film *Sausage Party*, Frank, a humble banger, leads a group of supermarket foods on a journey of discovery to find out what really happens after they are plucked from the shelves by shoppers.

And the hot news for fans of the film is here comes second helpings.

Star Seth Rogen and his co-writer Evan Goldberg have turned the

comedy hit into an eight-part TV show that sees food take over the world.

Seth led the film's cast as Frank alongside *Bridesmaids'* Kristen Wiig as love interest Brenda the bun. And both are back for the small-screen version, again joined by Michael Cera and Edward Norton.

"It's got all the heart, double the puns, and triple the food-on-food sex," joked Rogen and Goldberg.

"In other words, it's exactly what the world needs right now."

SILLY STUFF
Frank and Brenda return



In the **DAILY MIRROR** Saturday



LOVE TV NEWS
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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

GO FROM ENEMIES TO FRENEMIES

TAKE TIME TO THINK

BeGambleAware.org 18+

7	<p>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.</p>	<p>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. 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. 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)</p>	<p>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? 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. 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.</p>	<p>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. 8.00 The Supervet: 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. 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.</p>	<p>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 8.00 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. 9.00 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. 10.00 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) 11.30 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)</p>
8	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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. 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)</p>	
9	<p>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)</p>				
10	<p>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)</p>				
11	<p>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)</p>	<p>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.</p>	<p>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. ★★★</p>		
12 midnight	<p>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</p>	<p>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</p>	<p>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)</p>	<p>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)</p>	<p>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)</p>

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

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 **Singletown** The former couples have one last date – with one another.

12.45-1.00am Unwind with ITV

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**

5 USA Freeview 21

9.00am **NCIS** **9.55** Entertainment News on 5 **10.00** **NCIS** **12.00noon** **Law & Order** **2.55** Entertainment News on 5 **3.00** **Law & Order**

6.00 **NCIS** Triple bill. Three similar execution-style killings take place; Gibbs's former commanding officer is accused of murder; a gunman takes Ducky and Kate hostage.

9.00 **Blue Bloods** Danny is charged with using excessive force, and Frank must decide whether to stand up for his son or defend the reputation of the NYPD. Tom Selleck stars.

10.00 **Law & Order: Special Victims Unit** Double bill. A photograph of a murder scene is leaked online; photos of a teenage rape victim are leaked on the internet.

12.00m't **Law & Order: Special Victims Unit** **1.55** **Law & Order** **3.00** **The Blacklist** **3.50** Entertainment News on 5 **4.00-6.00am** Teleshopping

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

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

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

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

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

ANGLIA As ITV1 except: **1.25-1.30pm** ITV News Anglia **6.00-6.30** ITV News Anglia **10.30-10.45pm** ITV News Anglia

WESTCOUNTRY As ITV1 except: **1.25-1.30pm** ITV News West Country **6.00-6.30** ITV News West Country. The latest headlines. **10.30-10.45pm** ITV News West Country

S4C **6.00am** Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Bois y Rhondda **12.30** Y Byd ar Bedwar **1.00** Prynghawn Da **1.55** Newyddion S4C a'r Tywydd **2.00** **LIVE** Seiclo: Tour de France. Coverage of stage 12, featuring a 203.6km route from Aurillac to Villeneuve-sur-Lot. **4.40** Sali Mali **4.45** Crads Bach y Traeth **4.50** Sion y Chef **5.00** Stwnsh **6.00** Dan Do. A newly refurbished traditional stone cottage. **6.15** **LIVE** Sgorio. Caernarfon v Crusaders (kick-off 6.30pm). The Europa Conference League First Qualifying round game at Stadium Nantporth. **8.30** Rownd a Rownd. Jason becomes determined to find out the truth. **9.00** Newyddion S4C a'r Tywydd **9.30** Seiclo: Tour de France. Highlights of stage 12. **10.00** Sgwrs Dan y Lloer. Elin Fflur is joined by presenter Alex Jones. **11.00-11.35pm** Cais Quinnell



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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 Sauzee **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 Bettfred 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 **1.00am** Paranormal: Caught on Camera **2.00-4.00am** Teleshopping

5ACTION 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** Hephworth **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

1.00 As BBC World Service **5.20** Shipping **5.30** News **5.43** Prayer **5.45-6.00am** Farming

BBC RADIO 5 LIVE

693/909kHz 6.00am 5 Live Breakfast **9.00** Nicky Campbell **11.00** Chris Warburton **1.00pm** Tennis **5.00** 5 Live Drive **7.00** 5 Live Sport: The Euro Leagues Podcast **8.00** 6-Love-6 **9.00** 5 Live Sport: 5 Live Rugby Union **9.30** 5 Live Sport: 5 Live Cricket **10.00** Lisa McCormick **1.00am** Dotun Adebayo **5.00-6.00am** Wake Up to Money

BBC RADIO WALES

FM: 94.6MHz 6.00am News Update **6.05** Wake Up with Radio Wales **6.30** Country Focus **7.00** Radio Wales Breakfast **9.00** Wynne Evans **12.00noon** The Phone In **2.00** Michela Chiappa **5.00** Radio Wales Drive **6.30** Beena and Amrit **7.00** Aleighcia Scott **10.00** Eleri Sion **12.00m't** Relax with Radio Wales **1.00-6.00am** As Radio 5 Live

CLASSIC FM

100-102MHz 6.30am Classic FM Breakfast with Dan Walker **9.00** The Classic FM Hall of Fame Hour with Dan Walker **10.00** Aled Jones **1.00pm** Anne-Marie Minhall **4.00** Margherita Taylor **7.00** Relaxing Evenings **10.00** Calm Classics **1.00am** Bill Overton **4.00-6.30am** Early Breakfast

ABSOLUTE RADIO

DAB 6.00am Ben Burrell **10.00** Leona Graham **1.00pm** Jay Lawrence. Pop and rock tracks. **4.00** Bush **7.00** Danielle Perry **10.00** Emil Franchi **1.00-6.00am** Dan Noble

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

YOUR VOICE

Edited by AMANDA EVANS

Treasured memories

Every Monday we print your treasured family photos in our popular Your Memories section. So, if you have an old picture you'd like to share with us please email or write to Your Memories at yourvoice@mirror.co.uk or Daily Mirror, One Canada Square, London, E14 5AP and include the photo and some information about who's in it and when and where it was taken. Please don't send originals as we can't return them.

End rewards for failure

■ I thought the reason we privatised companies back in the 1980s was so they could deliver a modernised utility that is cheaper and more efficient than a publicly-owned service.

However, just like some of the failed rail operators, Thames Water is now looking to raise prices to cover their debts. On top of this, shareholders have still been paid, in addition to bonuses for senior management.

In what business have you heard of dividends and bonuses paid for failure? In football, you get the sack, not a bonus. I hope the Government will let them fail so this utility can be taken back into public ownership.

Jeffrey Williams, East London

TAKE NOTICE... AND WIN £25

This amusing sign outside a local pub made David Webster in Taunton, Somerset, smile.



■ Please send your funny signs to the address below. Sorry, but photos can't be returned.

No time to lose for timid Nato

■ GIVING Ukraine all the weapons and systems they are asking for and even allowing them to attack targets in Russia with Nato equipment may not be enough for them to defeat Putin.

Nato is far too timid in wanting to avoid direct confrontation with Russia. Putin's threats about using nuclear weapons are hollow when Nato's retaliation would lead to Russia's destruction.

Nato should be more proactive and use its massive air superiority to impose a no-fly zone for Russian aircraft and drones over Ukraine. This would give the Ukrainians the best chance of victory.

If Biden and Nato don't do enough this year to help Ukraine, there is a real danger a Trump Presidency will allow Putin to win.

■ What is the point of Nato? It opposes Putin in Ukraine but is blind to atrocities committed by the Israeli Defence Force in Gaza.

Why? Because Israel is defined as a "friendly power" and "friendly powers" can engage in genocide without Nato turning a hair.

The bombing of a children's hospital by Russian forces is rightly condemned as a war crime. Similar bombings by Israel are met with a deafening silence from Nato.

And Nato members have also been happy to sell weapons to Israel. The hypocrisy is palpable.

■ There can be no excuses. Evil Putin is continuing to commit atrocious war crimes following the cowardly

THE BIG ISSUE

Prime Minister Keir Starmer branded Vladimir Putin's missile strike on a children's cancer hospital in Ukraine "depraved". At least 40 people were killed, including a doctor, and 140 injured, sparking global outrage. One of the biggest missile strikes in months, it targeted the vulnerable and the desperate. You say...



bombing of a children's hospital in Kyiv. Hopefully the tyrant has scored an own goal in light of the Nato summit in Washington.

But Trump is lurking in the background and it doesn't bode well for Nato countries. Putin is fully aware of this. This is why Nato members must unite as never before because the safety of the world is at stake.

■ How much longer must the West sit on the fence?

Instead of mealy-mouthed words of condemnation, Western leaders should respond with robust action against Russian tyrant Putin.

You will never defeat a bully with timidity as it only serves to empower them. Nato will prove to be on the wrong side of history.

Michael Smith, Chatham, Kent

■ Every country should issue an international arrest warrant against Putin for genocide and other war crimes. He would then know if he dares to set foot in another civilised country, he will be arrested immediately.

It's about time someone in his inner circle had the guts to do us all a huge favour.

■ This monster must be stopped. How many more lives have to be lost in Ukraine before Putin's reign of terror is halted?

He has been allowed to carry out wicked attacks, such as this latest outrage on the children's hospital, and nothing is being done about it.

■ So Putin called the genocide of innocent people in Ukraine as a "special operation"?

Does this maniac truly believe he has the support of other countries in what he is doing?

I think he doesn't care. He believes he is the most important living leader and will continue to carry out these horrific attacks.

David Hodges, Scunthorpe, Lincs

Protect our library staff

■ There is a concern that libraries will lose librarians in council cuts and install more self-service checkouts.

When I was a child, I would go to the local library with my borrowing cards, flick through the index card catalogue, and there would be a librarian who knew the books and had suggestions for me.

Now I use a computer to find a book, read a hundred reviews online, check it out on a screen and don't speak to anyone. The old way was much better.

Dennis Fitzgerald Melbourne, Australia

Tweet of the day

Environment Secretary Steve Reed says the Government will tackle big bonuses for water bosses...

@SteveReedMP - The previous government turned a blind eye as water bosses pocketed millions in bonuses while pumping record levels of sewage into our rivers, lakes and seas. No more. The new government will work with the water regulator to ban bonuses for polluting water bosses.

■ I hope Labour supporters don't expect rapid change because after 14 years of total chaos, it's going to take a while to steady the ship.

However, after just a couple of days in power, we have already seen positive change, with Wes Streeting sitting down with junior doctors to discuss pay claims.

A feather in the cap already and we can now look forward to a future under Labour - a party that gets things done.

Alan Robinson, Liverpool

THE BIG QUESTION

Every day we'll be asking your opinion on one of Britain's big talking points. You can have your say and vote at mirror.co.uk

The Prime Minister has announced he will launch a Strategic Defence Review next week, which will decide whether the armed forces has the troops and equipment it needs in the face of growing threats.

Should there be a review of the UK's armed forces?

YES 97%

NO 3%

Yes. After 14 years of cuts, something needs to be done. I sometimes wondered whose side the Tories were on.
ERIQ

No. Why the review? Anyone with a smidgen of intelligence knows that we don't have enough armed forces personnel and equipment.
SNOWCAT

Yes. It's about time it was done. Do you feel safe these days?
EMPEROR_ADRAINUS

No. These reviews happen regularly with the armed forces. The results are the same and the problems are the same.
JACKSW

Yes. We must always be protected, no matter what it takes. God save our country.
MARIPOSA

No. Where's all this money going to come from? Rabbit out of hat?
KAREN20T



So glad to see Chrissie back

Actress Tracy-Ann Oberman is making a return to our screens soon as Chrissie Watts in EastEnders. Her character left the soap nearly 20 years ago after going to prison for murdering her husband, Dirty Den.

The soap hasn't been the same since great characters like Angie and Den left. Bringing back Chrissie will make a huge difference. I hope show bosses have some juicy storylines in store.
Wendy Parsons Newton Abbot, Devon

Pub quiz answers

How many of our daily pub quiz brainteasers did you manage to get right?
1. Morrisons
2. 1969
3. Tony Blackburn
4. The Burrow
5. Red

To have your say, go to mirror.co.uk

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5x more powerful than a standard garden hose: For a powerful clean.

Features a fine mesh filter: To keep your Jet Hawk – and whatever you're washing – safe from debris and detritus.

Perfect for cleaning cars, bikes and more while you're away from home: If you're on a long distance bike ride, have

driven on some muddy tracks or just want to clean your wellies before putting them back in your boot you can get a deep pressure washed clean in moments without looking for a power source.

Lather up with the included Soap Dispensing Bottle: Water, air and detergent are combined into a cleansing foam that helps you shampoo bikes, cars and more!

Connects to your outdoor hose, too: If you're pressure washing at home you can choose to connect Jet Hawk to your hose for even more convenient cleaning.

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Ioniq EV is a dream... for petrol heads

HY'S 5N LETS YOU SHIFT GEARS AND REV THE 'ENGINE' TOO

This week we test a groundbreaking motor which will be my car of the year unless something emerges from under the radar in the next five months.

It's the Hyundai Ioniq 5 N. And it's electric – so why is it groundbreaking? Because it's the first high performance EV we've driven that shows an electric car could appeal to a petrolhead.

Let's get straight to why that's so. As we've explained before, it's extremely easy to get high performance from an electric car because EVs come with a large power source (the battery) and

then it's just a matter of channeling that energy into powerful electric motors.

This car has a lot of power. It's 89kWh battery feeds two electric motors that together produce a combined 601bhp.

The top speed is 161mph and 0-62mph takes only 3.4sec.

But it's not the performance that makes this car stand out – a Porsche Taycan and Tesla Model S Plaid can match these numbers – instead it's what the engineering behind it does for the driving experience.

Hyundai's software boffins have managed to simulate the

THE FACTS

Hyundai Ioniq 5 N Five-door crossover

Price: £65,000

Engine: Two electric motors, 89 kWh battery, 601bhp

0-62 mph: 3.4 sec

Range: 280 miles



sound and response of a petrol engine that can rev to 8,000rpm and shift gears through an eight-speed dual clutch gearbox.

To summon this you press N e-shift Mode (there are a lot of

modes and combinations to play with) and then use the steering wheel paddles to 'shift' up and down through the gears.

The torque curve (usually flat in an EV) has been calibrated to

ELECTRIC PUG PLUG



Peugeot has reduced the prices of several key electric models.

Both the E-208 and E-2008 have seen their prices reduced by £3,000 so the entry-level E-208 now costs from £28,600 and the E-2008 £32,700. This at least brings them

closer to the price of their petrol engined equivalents.

The E-308 hatchback and its estate bodied brother have been reduced by £1,500 too.

But they still seem pretty expensive at £38,550 and £39,750 respectively.

SOLD ON OLD MOTORS

June marked the eighth consecutive month of decline in retail car sales, the Society of Motor Manufacturers and Traders has revealed. Why? A leading factor is the average price of new cars, which has shot up almost 40 per cent in five years. Many manufacturers are offering big discounts to tempt punters but it's not having the desired effect.

I also think many of us are deciding our current car, even it is quite old, is more than adequate. They are quick enough, economical enough, safe enough and have a sensible level of technology that is easy to live with.

And they are reliable. If you look at cars in places like southern Spain, Portugal and Greece, you'll see a more "make do and mend" attitude. I think we're going in that direction too. Certainly we have no intention of replacing our 20-year-old Saab any time soon.



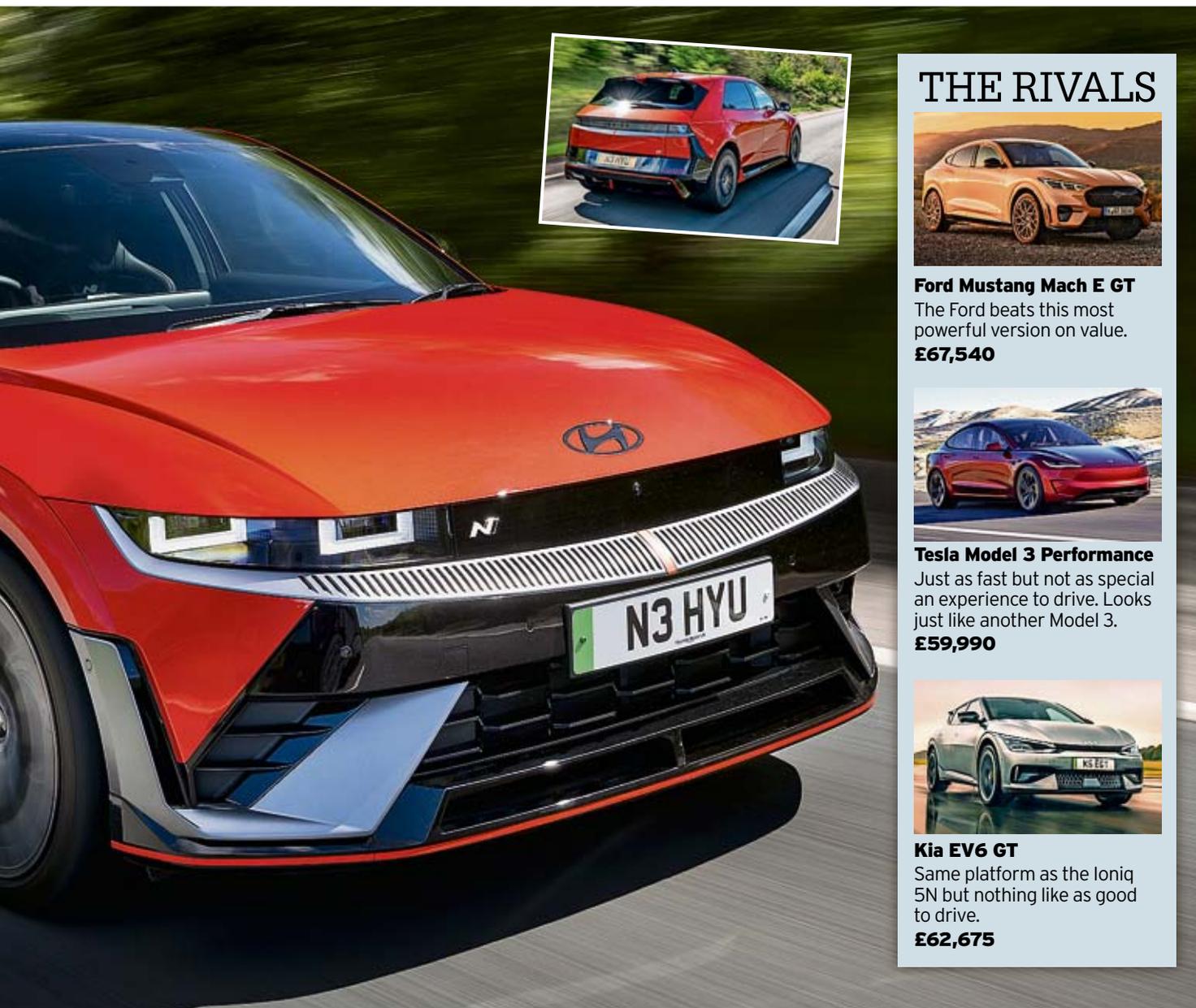
with COLIN GOODWIN



Even Kia is having to make an effort to accelerate sales of its electric models, announcing competitive packages from now until September 30. Buyers of the ECV6 SUV will pay 2.9% APR and be given a £2,000 deposit contribution. The Niro and Soul EVs get the same APR but there's no minimum deposit and Kia will chuck in a £1,500 contribution. Finally, the EV, Kia's largest electric EV, is available with a 4.9% APR with no minimum deposit, but no contribution.



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THE RIVALS



Ford Mustang Mach E GT
The Ford beats this most powerful version on value.
£67,540



Tesla Model 3 Performance
Just as fast but not as special an experience to drive. Looks just like another Model 3.
£59,990



Kia EV6 GT
Same platform as the Ioniq 5N but nothing like as good to drive.
£62,675



HOT AS HEL

This is an unusual partnership: Caterham Cars has got together with the RAF to produce a one-off special that pays tribute to the Puma HC2 helicopter. Caterham, makers of the iconic Seven sports car, used parts from a decommissioned Puma that was based at RAF Benson near Oxford. Sections of the aircraft's aluminium skin have been used for the car's body and kept in NATO green, while the chassis is painted in Desert Sand. The helicopter's quilted soundproofing lines the Seven's door panels and transmission tunnel. This special 360R will be auctioned off in September and the proceeds given to the Mission Motorsport and RAF Benevolent Fund charities. It was on display at last weekend's British Grand Prix and is expected to raise more than £100,000.



VANTASTIC PRIZE

There are dozens of awards ceremonies in the car world. Most of them are deadly boring and simply held to make money for the organisation hosting it (often magazines like Autocar, What Car? and Auto Express) in the hope of attracting advertising from the winning car companies. But there are a few that appeal to me, one being the Van Conversion of the Year competition. Sponsored by eBay, the inaugural awards were held last year and won by publican Paul White who'd turned an old ambulance into a mobile bar to create the AmBEERlance. This year's competition closes on August 11. It's well worth entering if you've converted a van into a camper or something more bizarre as the prize is £10,000. To inspire you, eBay has created its own van based on a Mk1 Ford Transit once the property of the German fire department. Go to pages.ebay.co.uk/van-conversion-awards for more details.

make the motors feel like an internal combustion engine. You even get engine braking, and a rev limiter too.

The simulated engine noise is very impressive and although it won't fool you into thinking you're burning petrol it's close to the real thing.

If you're finding 601bhp is not doing the business for you then you can press a red button on the steering wheel and activate something called N-Grin.

Childish name but thumbing this button brings in an extra 10bhp that you'll have for a maximum of 10 seconds – long

enough for overtaking. It's all frightfully clever.

It also solves one of the problems of very high performance EVs, in that driving them enthusiastically can make you feel disorientated and even mildly sick. By aping the sound and responses of a petrol high performance car you're brought back into more familiar territory.

Obviously taking a standard Ioniq 5 and giving it this level of performance would be foolhardy without some serious work to

“ Simulated engine noise is impressive. You feel you are in a pretty special car ”

the suspension. Hyundai's engineers have added extra welds to the body, and structural adhesive, as well as strengthening the steering rack, battery and electric motor mounts.

You have a selection of driving modes that adjust damping to three different levels. The softest one is the best for normal driving because the sportiest setting is a bit too jarring. Mind, with 2,235kg of control at speed a hard 'sport' setting is useful. The Ioniq 5N

feels well made and the interior detailing makes you feel you're in a pretty special high performance car. It should do, bearing in mind that its price starts at £65,000. But considering how much development work has gone into it, it's not so bad – especially as the Ford Mustang Mach E GT is two grand more and nothing like as good.

This Hyundai stands as the benchmark for what can be done with clever electronics and engineering. It is a performance EV that will be judged against others – the current benchmark in other words.



SUZUKI EV TAKEOVER

Suzuki has announced it'll launch its first fully electric car next year and that it will be followed by further EV models through to 2030.

The company will also give a few models the chop including the extremely cool Jimny LCV and even more annoyingly, the excellent Ignis, above. That one is very light and very efficient and I'd wager is more environmentally friendly than a lot of electric cars.

BIG NEED FOR SPEED

The Goodwood Festival of Speed's star is rising, following the cancellation of the famous Geneva Motor Show.

It has now become one of the motoring world's most important showcases for new models, with more and more manufacturers choosing the Sussex event to launch their newest wares.

This weekend, several new cars will



break ground at the FoS, including Mini's new John Cooper Works E prototype. The production car will be launched later this year.

We tested the regular electric Mini Cooper barely a week ago and were less impressed with the machine.



BLACK PACK

Volkswagen has announced a raft of Black Editions for its Polo, Taigo, T-Roc, above, and new Golf models.

Styling details vary from model to model but the gist of it is black elements such as the roof, roof rails, mirror cappings and alloy wheels.

Regardless of model, Black Edition cars come with upgraded lights, heated front seats and wireless charging.

Every year loads of manufacturers come out with Black or White editions. It's a bit boring and surely someone could be a bit more imaginative and do a yellow or lime green edition?

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ADVENTURE
Engineer
Andy in the
Antarctic



PLOTTING A WHOLE NEW COURSE

WHEN engineer Andy Palin was made redundant, he was unsure what to expect from the next chapter of his life. Andy, 55, from Gainsborough, Lincs, was worried about finding work, let alone starting something brand new.

But he decided to start learning again through the Open University, and it led to the adventure of a lifetime – supporting vital research on Earth's most remote continent, the Antarctic.

“When I found out my employers were planning to close the site I'd worked at for 10 years, I had some big decisions to make. When weighing up my options I heard about the OU but initially had doubts about committing to six years of study,” says Andy.

“I worried that it was too late in my career to make that sort of investment, so I chose a subject that wasn't directly linked to my job as an electrical engineer. I decided to study Natural Sciences purely out of personal interest.”

Having gained technical qualifications throughout his career, Andy knew he was capable of learning, but taking on a whole new area of study was daunting.

“I needn't have worried,” he says. “They take you from the very basics to the point of a high level of understanding.”

“The resources are interactive, and you can take it at your own pace.”

Four years into his OU degree, while applying for jobs, Andy spotted an irresistible prospect.

The British Antarctic Survey was looking for an electrical engineer who would have the

chance to support their research team in Antarctica.

“I'd always been fascinated by Antarctica and the story of Captain Cook's failed mission to get there. Apparently, he circumnavigated it.

“Imagine not being able to find a continent – it must have been the harsh conditions that kept him away,” says Andy.

He wasted no time throwing his hat in the ring and was thrilled to be offered the role.

“I honestly think my OU studies helped me get through that recruitment process – I could feel the focus of the interview change when I mentioned it,” Andy recalls.

“Although I was applying for an engineering role, I could demonstrate through what I'd learned and the course I was taking, that I could take a scientific approach to my work.”

“Not to mention all the other skills you develop through OU study – commitment, self-motivation – it says something about your character. Being an OU student helped open the door.”

Andy's dream trip became a reality last December when he set off for his first season in Antarctica, where the Rothera Research

Station became his home for 12 weeks.

“We celebrated new year 2024 on the bridge of the RRS Sir David Attenborough – that's going to take some beating. The last day of the journey was spectacular. I was speechless seeing Antarctica for the first time, getting up at 3am for two days in a row just so I didn't miss a thing.”

With full days exploring sustainable ways to generate power at Rothera, while maintaining and updating the site electrics, Andy still managed to carve out time to study.

“I did a couple of tutorials in Antarctica – you don't get more flexible than that”

“Days were long and there was so much to do, so I'd get up very early and get through some of my reading to keep on top of things,” he says.

“I even did a couple of tutorials from Rothera – you don't get more flexible than that.”

Andy is looking forward to going back to Antarctica again in December and he is so pleased he committed to a degree.

“I'm such a big advocate of the OU experience, it was exactly what I needed,” he says.

“That's not to say it's been easy. OU study is demanding, especially in the run-up to a deadline. But still, I often think I could keep studying like this for ever.”

“Some people would be looking to the end of their career at 55, but I didn't want that,” he says.

“I feel like the OU threw me a lifebelt – it made employers sit up and take notice. I'm so glad I went for it.”

➔ The Open University offers a wide range of distance and online courses, some of which are free introductory modules. You can obtain various levels of qualifications from degrees to masters and diplomas to certificates.

Check out open.ac.uk to find out more about the dozens of subjects on offer (from accountancy to sport and fitness). To complete an average degree you can study part time (16 to 18 hours per week for six years) or full time (32-36 hours per week for three years).

FINANCE

Edited by
**GRAHAM
HISCOTT**



Barratt home goals letdown

COMPLETIONS SET TO DROP BY 7%

BARRATT has announced plans to reduce the number of homes it builds next year, despite Labour's promise to fix the housing shortage.

With high mortgage costs still suppressing demand, the company anticipates a further 7% decrease in new home completions in the upcoming financial year, following a nearly 20% drop in the year ending June 30.

Barratt Developments, which has finalised a £2.5 billion purchase of competitor Redrow, predicts home completions will fall to between 13,000 and 13,500 in 2024-25, down from 14,004 the previous year.

A “challenging macro backdrop” was blamed, however, Barratt expects the inflation of building costs will slow over the coming year. The housebuilder also



revealed underlying pre-tax profits for the year ending June 30 will be “slightly” better than anticipated. Despite this, shares dropped by 3%.

Keir Starmer's government has set a five-year target to build 1.5 million homes, and pledged to overhaul planning rules.

Barratt said: “We welcome the new government's urgency and focus on housebuilding and reform of the planning system as key to both unlocking economic growth and tackling the chronic undersupply of new homes.”

The company is waiting for the Competition and Markets Authority to approve its Redrow deal. The merger, set to form Barratt Redrow, would create a powerhouse expected to build 23,000 homes annually, generating £7 billion in revenue.

SPOONS SALES BOOST

JD Wetherspoons has reported a 5.8% rise in drinks and food sales as it continues to sell many of its pubs. The chain said the increase came in the 10 weeks to July 7, despite wet weather. Year to date sales are up 7.7%.

It comes after the firm sold 26 properties, with a further 10 on the market or under offer.

Chairman Tim Martin said: “The gradual recovery in sales and profits following the pandemic has continued in the current financial year. Total sales are again at record levels, with fewer pubs. Sales per pub are approximately 21% higher than pre-pandemic levels, which has helped to compensate for the very substantial increase in costs.”

➔ Car insurer Direct Line is to appear on comparison websites for the first time. The brand announced the move yesterday, accepting that 90% of customers use them to look for policies.

It will launch on the sites with new motor insurance products, scheduled to be available “in due course”. The brand said it will increase choice and broaden the product range available.



FTSE 100

up 53.70 at 8193.5

Oil = \$85.45

Abrdn	165.0	+6.0	Imperial Brands	2066.0	+14.0	Shell Plc	2833.0	-1.0
Anglo American	2407.5	+28.0	International Airlines Grp	178.0	+5.1	Smith & Nephew	1092.0	+14.0
AB Foods	2453.0	+16.0	International Distribution Services	329.6	-1.4	Smiths WH	1182.0	+24.0
Admiral Group	2624.0	+31.0	ITV	82.5	-0.5	Standard Chartered	721.4	+12.2
AstraZeneca	12078.0	+134.0	JD Sports	111.5	-0.1	Taylor Wimpey	151.7	+0.9
Aviva PLC	483.1	+7.7	Kingfisher	262.6	+5.3	Tesco	310.6	+2.2
BAE Systems	1280.0	+11.5	Land Securities	635.0	+14.0	Unilever	4408.0	+38.0
B&M European	440.8	-0.2	Legal & General	232.0	+3.2	United Utilities	1066.0	+24.0
BAT	2488.0	+11.0	Lloyds	58.1	+0.3	Vodafone	72.4	+1.4
Balfour Beatty	399.2	+6.8	Marks & Spencer	296.9	+6.6	Whitbread	2924.0	+9.0
Barclays	219.6	+2.8	National Grid	941.6	+11.8	Reach PLC	98.2	-0.8
BR Land Co	410.2	+7.6	NatWest Group	322.7	+0.1			
BP	454.7	+0.4	Next	8892.0	+218.0			
BT	139.9	-0.6	Ocado	362.7	+13.8	Euro	1.159	
Capita Group	19.0	+0.1	Pearson	1007.5	-2.5	Australian Dollar	1.841	
Carnival	1276.0	+3.5	Persimmon	1442.5	+23.5	Bulgarian Lev	2.186	
Centrica	139.7	+3.5	Prudential	735.2	+20.0	Canadian Dollar	1.705	
Compass	2161.0	+8.0	Reckitt	4321.0	+74.0	Egyptian Pound	61.662	
Currys Plc	73.4	+0.7	RELX	3595.0	0.0	New Zealand Dollar	2.029	
Diageo	2502.5	+24.5	Rentokil Initial	467.2	+1.3	Polish Zloty	4.753	
Direct Line	199.2	+6.3	Rio Tinto	5224.0	+6.0	South African Rand	22.239	
Easyjet	478.3	+12.9	Rolls-Royce	454.2	+6.5	Swiss Franc	1.109	
Ferguson	14685.0	-20.0	J Sainsbury	260.8	+6.4	Thai Baht	44.637	
Frasers Group	836.5	-4.0	SSE	1842.5	+17.5	Turkish Lira	38.787	
GlaxoSmithKline	1505.0	-5.0	Severn Trent	2617.0	+53.0	UAE Dirham	4.537	
Halfords	146.6	+1.0	Serco	185.0	+4.7	US Dollar	1.252	
Hays	89.7	+0.8						
HSBC	670.5	+1.0						

Holiday £

Euro	1.159
Australian Dollar	1.841
Bulgarian Lev	2.186
Canadian Dollar	1.705
Egyptian Pound	61.662
New Zealand Dollar	2.029
Polish Zloty	4.753
South African Rand	22.239
Swiss Franc	1.109
Thai Baht	44.637
Turkish Lira	38.787
UAE Dirham	4.537
US Dollar	1.252

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CARLISLE



GOOD GROUND HOPE FOR PORTA

BY DAVID YATES
DONNACHA O'BRIEN is on weather watch after declaring Porta Fortuna for tomorrow's Group 1 Tattersalls Falmouth Stakes - in spite of a "not ideal" racing surface on Newmarket's July Course.

A total of 29mm of rain fell on Tuesday, two days before the start of the three-day July Festival, which begins this afternoon on ground officially described as 'good to soft, soft in places'.

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).



DRY RUN Porta Fortuna prefers fast ground

O'Brien (right) warned the daughter of Caravaggio, who thrived on 'good to firm' going to capture the Coronation Stakes at Royal Ascot last month, would miss the fillies' test in the event of testing conditions.

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 field yesterday morning. "The soft ground

"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 ITV: 1.50, 2.25, 3.00 & 3.35 JACKPOT



NEWSBOY 2.10 INDIVIDUALISM 2.45 B ASSOCIATES 3.20 ORIGINTRAIL 3.55 WATHBAH 4.28 WAR MEMORIAL 5.03 EVELYN'S PHOENIX

GOING: Good-Good to Firm in places. COURSE: Right-handed, undulating pear-shaped course of 1m 5f with a testing uphill finish. DRAW: Low numbers best. TOP TRAINERS: T Easterby 28-318 (8.8%), R Fahy 18-135 (13.3%), K R Burke 18-108 (16.7%), J Jardine 11-145 (7.6%), G Tuer 11-64 (17.2%), D O'Meara 7-43 (16.3%), C Johnston 7-42 (16.7%), E Bethell 7-29 (24.1%), N Tinkler 7-52 (13.5%).

2.10 LAKE DISTRICT HANDICAP (5) 1m 3f Winner £4,187 (5 run) (1) 21-097 ROLL IT IN GLITTER (23) M & D Easterby 4 10-2..... Joanna Mason 75 G

2.45 MOLSON COORS HANDICAP (6) 6f Winner £3,402 (13 run) (1) 4 508167 B ASSOCIATES (15) J Jardine 4 10-0 (CD)..... A Mullen 70 G

3.20 32WEST BRITISH EB FILLIES' HANDICAP (4) 6f Winner £8,374 (9 run) (1) 7 50-236 ORIGINTRAIL (19) B Haslam 5 10-2 (D)..... P Mulrennan 85 GF

3.55 RACING TV MAIDEN FILLIES' STAKES (GBB RACE) (5) (2-Y-0) 7f Winner £3,726 (6 run) (1) 3 57 APULIA (15) D Loughnane 9-2..... T Greatrex 71 G

4.28 RACHAEL BELL WEALTH MANAGEMENT MAIDEN HANDICAP (5) 7f Winner £4,187 (8 run) (1) 7 482-25 GUNDOGAN (19) E Bethell 3 9-9 (SF)..... C Rodriguez 72 G

5.03 MUCKLE MAJESTIC HANDICAP (6) (3-Y-0) 1m 1f Winner £3,402 (6 run) (1) 2 79293 TAKES TIME (48) D Loughnane 9-9..... T Greatrex 71 H

3.00 BET BOOST AT BET365 HANDICAP (HERITAGE HANDICAP) (2) (3-Y-0) 6f Winner £51,540 (16 run) (1) 4 3-5440 MILITARY (20) (B) A P O'Brien (IRE) 9-9 (D)..... R L Moore 102 G

5.20 BLANDFORD BLOODSTOCK HANDICAP (3) 1m Winner £15,462 (10 run) (1) 4-5070 TEMPUS (22) (B) A Watson 8 10-2 (D) (EW)..... H Doyle 91 G

DAILY MIRROR LIVE RACING COMMENTARIES AND RESULTS with Sports Radio CALL 0901 609 0416 (65p per min) GREYHOUND COMMENTARIES AND RESULTS CALL 0901 609 0434 (65p per min)

NEWSBOY 1.50 ANCIENT WISDOM 2.25 ELECTROLYTE (NAP) 3.00 MOSWAAT 3.35 HAMISH 4.10 MISS FASCINATOR 4.45 LEAD ARTIST 5.20 TWIRLING

1.50 BAHRAIN TROPHY STAKES (G 3) (1) (3-Y-0) 1m 5f Winner £113,420 (5 run)

(5) 311-28 ANCIENT WISDOM (40) (C) (SF) C Appleby 9-3 W Buick 121 G 6-1 (9-2) Broke well, steadied and raced in touch behind leaders, 8th of 16, 171 behind City Of Troy (9-2) at Epsom Downs 1m 4f 3yo Grp 1 (1) qd in Jun

(2) 82-12 KINESIOLOGY (35) (Doubtful) J Harrington (IRE) 9-3 DOUBTFUL 9-4 (9-5) Tracked leader briefly, soon settled behind leaders in 3rd, 2nd of 5, nk behind Portland (9-5) at Leopardstown 1m 4f Listed stks 3yo (1) qd in Jun

(4) 3-2418 PORTLAND (21) A P O'Brien (IRE) 9-3 R L Moore 111 G 14-1 (9-2) Towards rear, ridden 2f out, made no impression, 8th of 12, 8l behind Jayarebe (9-2) at Royal Ascot 1m 2f 3yo Grp 3 (1) qd in Jun

(1) 41-323 ROYAL SUPREMACY (20) A Balding 9-3 O Murphy 114 G 40-1 (9-2) Held up towards rear, headway out wide over 2f out, 3rd of 14, 8l behind Calandagan (9-2) at Royal Ascot 1m 4f 3yo Grp 2 (1) qd in Jun

(3) 2-122 SPACE LEGEND (20) (F) W Haggas 9-3 James Doyle 117 G 9-2 (9-2) Raced keenly, held up towards rear of mid-division, 2nd of 14, 6l behind Calandagan (9-2) at Royal Ascot 1m 4f 3yo Grp 2 (1) qd in Jun

(6) 11 AIN'T NOBODY (22) K Ryan 9-2 T Eaves 110 GF 5-1 (9-5) Chased leader near side, ridden over 1f out, ran on to lead towards finish, won at Royal Ascot 5f 2yo stks (1) qd in Jun beating Galbaldon (9-5) by 1/2, 27 ran

(5) 1 AOMORI CITY (28) (D) C Appleby 9-2 W Buick 94 GF 4-6fav (9-7) Handy, pushed along and led over 2f out, won at Nottingham 6f 2yo nov stks (5) qd in Jun beating Intrusively (9-7) by 1/4, 6 ran

(2) 31 BILLBOARD STAR (14) (CD) E J-Houghton 9-2 C Bishop 96 G 13-8fav (9-7) Made all, clear over 1f out, ran on strongly, unchallenged, won at Newmarket 6f 2yo nov stks (4) qd in Jun beating Praetorian (9-5) by 2 1/4, 9 ran

(3) 12 ELECTROLYTE (23) (D) (F) A Watson 9-2 James Doyle 107 G 40-1 (9-3) Raced stands side, mid-division, 2nd of 22, ns behind Rashabar (9-3) at Royal Ascot 6f 2yo Grp 2 (1) qd in Jun

(4) 1 RAJEKO (38) (D) M Bell 9-2 O Murphy 93 GF 10-1 (9-7) Mid-division on outside, headway under pressure 2f out, won at Windsor 6f 2yo nov stks (4) qd in Jun beating Jayman Tai (9-2) by nk, 11 ran

(1) 214 WHISTLEJACKET (21) (BF) (SF) A P O'Brien (IRE) 9-2 R L Moore 109 GS 10-1fav (9-3) Led near side, ridden and headed 2f out, 4th of 13, 1 1/4 behind Shalimar (9-2) at Royal Ascot 5f 2yo Grp 2 (1) qd in Jun

GOING: Soft-Good to Soft in places. COURSE: July course is an undulating galloping track of 2m. All races upto a mile are on the straight course. DRAW: Little effect. TOP TRAINERS: C Appleby 77-246 (31.3%), J & T Gosden 56-240 (23.3%), R Hannon 34-312 (10.9%), W Haggas 29-166 (17.5%).

3.35 PRINCESS OF WALES'S STAKES (GROUP 2) (1) 1m 4f Winner £70,888 (6 run)

(5) 53-351 GIAVELLOTTO (55) (C) M Botti 5-9-11 O Murphy 116 G 7-2 (9-3) In touch, headway to track leaders over 3f out, shaken up to lead 2f out, ridden and ran on, won at York 1m 6f Grp 2 (1) qd in May beating Vauban (9-3) by 5l, 6 ran

(2) 52-197 OUTBOX (11) (CD) A Watson 9-9-11 H Doyle 111 G 50-1 (9-2) last of 7, 19l behind Dubai Honour (9-2) at Saint-Cloud (FR) 1m 4f Grp 1 (1) qd in Jun

(4) 512-72 ARREST (63) (D) (F) J & T Gosden 4-9-8 K Shoemark 119 GS 11-4 (9-2) Raced wide in touch, headway and close up 5f out, 2nd of 6, 7l behind Point Londsale (9-2) at Chester 1m 5f Grp 3 (1) qd in May

(6) 111-12 HAMISH (41) (D) (SF) W Haggas 8-9-8 T Marquand 123 GS 4-1 (9-2) Held up in touch in 4th, closed on outside over 2f out, 2nd of 5, 1l behind Luxembourg (9-2) at Epsom Downs 1m 4f Grp 1 (1) qd in May

(1) 1-1140 MAXI KING (23) (D) Raphael Freire 4-9-8 David Egan 107 G 18-1 (9-11) Always towards rear, 15th of 16, 11l behind Bellocchio (9-7) at Royal Ascot 1m 6f hcp 0-105 (2) qd in Jun

(3) 117-25 TIME LOCK (41) (D) Harry Charlton 5-9-5 R L Moore 116 GF 12-1 (8-13) Chased winner 4f, ridden over 3f out, well beaten final 2f, last of 5, 24l behind Luxembourg (9-2) at Epsom Downs 1m 4f Grp 1 (1) qd in May

6-5 Hamish, 3 Arrest, 5 Giavelotto, 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.

4.10 BRITISH STALLION STUDS EBF MAIDEN FILLIES' STAKES (GBB RACE) (2) (2-Y-0) 6f Winner £20,616 (9 run) (1) 3 ADON VALLEY G Boughey 9-2 Billy Loughnane 20-1 (9-0) 10th of 15, 16l behind Bedtime Story (9-0) at Asc 7f 2yo stks (1) qd in Jun

(6) 212-77 AL MUSMAK (21) R Varian 9-5 (D) S De Sousa 110 G 10-1 (9-2) 7th of 12, 7l behind Jayarebe (9-2) at Royal Ascot 1m 2f 3yo Grp 3 (1) qd in Jun

(2) 21-32 BOLD STYLE (69) C Appleby 9-5 (D) W Buick 107 G 11-4 (9-5) 2nd of 4, 3/4l behind Boiling Point (9-5) at Newmarket 7f 3yo stks (1) qd in Jun

(3) 21 LEAD ARTIST (55) J & T Gosden 9-5 (D) (SF) K Shoemark 108 G 6-4fav (9-4) won at York 1m nov mdn stks (2) qd in May bt Under Siege (9-4) by 5l, 6 ran

Hamish eyes the big prize NEWSBOY'S TV PICKS

HAMISH (3.35) is fancied to register the first Group 2 prize of an outstanding career in the Princess Of Wales's Stakes at Newmarket today.

He's now eight years old but William Haggas's stable stalwart has shown no sign of slowing down.

At Newbury in April, Hamish scored an eighth Group 3 victory, with today's rival Arrest back in seventh.

Last time out, Tom Marquand's mount got within one length of Luxembourg in the top-tier Coronation Cup at Epsom, and a reproduction of that effort will put Hamish, for whom give in the ground on the July Course is a massive plus, very hard to beat.

After an agonising nose defeat in the Group 2 Coventry Stakes last month, ELECTROLYTE (2.25) gets the vote in the same-level Kingdom Of Bahrain July Stakes.

The Archie Watson-saddled youngster took a big step forward at Royal Ascot, going under in the photo-finish to 40-1 winner Rashabar.

Recent rainfall has come to the aid of ANCIENT WISDOM (1.50), who should take plenty of beating in the Group 3 Bahrain Trophy Stakes.

Conditions should also play to the strengths of MOSWAAT (3.00), who is capable of outrunning his odds in the Bet Boost At bet365 Handicap.



Horse Racing & Sports Tips ALEX GORRIE HE IS THE MAN IN THE KNOW! WE ENDED LAST YEAR IN STYLE WITH FIVE WINNING MONTHS IN A ROW! WINNERS INCLUDED: WON 7/1 WON 9/2 WON 5/1 WON 7/2

TOP DOG'S BAGS SHEFFIELD 11.01 Nowhereman (6-1-4) 11.18 Fameys Select (2-1-4) 11.34 Ballymac Archer (5-2-6) 11.52 Droopys Know How (2-3-1) 12.09 Crystal Power (4-5-2) 12.26 Mags Promise (Nap) (3-4-1) 12.42 Keplar Titan (6-5-2) 12.59 Horsesarester (4-3-5) 11.17 Droopys Racer (1-2-5) 1.33 Cosby Boy (1-2-4) 1.51 A Kiss For Luck (1-6-5) 2.07 Aero Luna (3-4-1)

DONCASTER



NEWSBOY
2.35 LINDWALL
3.10 EBONY MAW
3.45 CHANCELLOR
4.20 AIR FORCE INDI
4.55 CHARENCEY
5.30 CHATTY
6.00 HURT YOU NEVER

BOUVERIE
2.35 LINDWALL
3.10 MYBOGMARX
3.45 AYSAERTH
4.20 AIR FORCE INDI
4.55 CHARENCEY
5.30 CHATTY
6.00 HURT YOU NEVER

GOING: Good to Soft.
COURSE: Left-handed, galloping pear-shaped track.
DRAW: High numbers best on the straight course.

1ST TIME BLINKERS: 5.30 Delicacy.
CHEEKPICES: 2.35 Champagne City, 3.10 Can Can Girl, Kojin, Swift Tuttle, 4.55 Inner Temple, Terabb, 5.30 Mohave Dancer, 6.00 Jesse Luc, Jojo Rabbit, Phoenix Star, Rambuso Creek.

2.35 GO RACING IN YORKSHIRE AMATEUR JOCKEYS' HCAP (DIV 1) (6) 1m 6f 15yds Winner £3,576 (11 run)

- 1 (1) 240 MARBUZET (12) (B) T Easterby 5 11-3 (SF) Mr T Easterby (5) 54 GF
2 (10) 455 CHERY COLA (14) Miss S West 8 11-1 DOUTFUL
3 (2) 5/3 LINDWALL (14) M & D Easterby 6 10-11 Miss Serena Brotherton 49 SF
4 (4) 217 ZEPHYLN (14) Ewan Williams 5 10-10 (EW) Mr E Cagney 53 SF
5 (3) -08 MRS MEADER (22) J Felden 8 10-11 Miss S Bowen 57 S
6 (9) -44 GRIFTER (16) (V) J Candlish 5 10-8 Mr S Dorey 55 GF
7 (6) 640 CHAMPAGNE CITY (28) Brookhouse 10 1-0 Miss Stephanie Waley (5) 55 GF
8 (7) 7-4 CUBAN CIGAR (14) (B) Russell 6 10-2 F Miss Margot Scudamore (5) 48 SS
9 (6) 084 SIR JOSEPH SWAN (16) A Watson 6 10-11 Miss B Hampson 48 SS
10 (11) -07 MILLTOWN LILY (23) M Hammond 6 9-11 Miss Becky Smith 52 GF
11 (5) 888 FAST DEAL (21) Chapman 7 9-11 Miss A Bowers-Carter (7) 39 SF
BETTING: 11-4 Marbuzet, 9-2 Lindwall, 5 Cuban Cigar, 6 Grifter, 8 Zephyln, 14 Sir Joseph Swan, 16 Champagne City.
2023: No corresponding race.

3.10 GO RACING IN YORKSHIRE AMATEUR JOCKEYS' HANDICAP (DIV 2) (6) 1m 6f 15yds Winner £3,576 (10 run)

- 1 (4) 123 EBONY MAW (24) Ewan Williams 7 11-2 (F) Mr E Cagney 52 S
2 (9) 326 KOJIN (21) Williams 6 11-0 (EW) Mr N Sangster (7) 53 G
3 (6) 097 ROYAL OBSERVATORY (10) K Host 4 10-11 Miss Laurel Frost (5) 45 ST
4 (7) 655 CAPTAIN HADDOCK (34) (V) H Main 7 10-11 Mr Henry Main (3) 50 G
5 (8) 135 CLIFFTOP HEAVEN (21) A Watson 7 10-10 (C) Miss B Hampson 52 G
6 (1) 402 MYBOGMARX (14) (B) M Hammond 6 10-9 (SF) Miss Becky Smith 51 ST
7 (3) 904 SWIFT TUTTLE (23) Greenall & J Guerrero 5 10-4 Miss P Wynne (7) 50 S
8 (2) 627 CAN CAN GIRL (21) Craig Lidster 6 10-2 (BF) Mr Matt Brown (5) 54 GF
9 (10) 7 MONTICELLO (41) N Mechie 10 9-11 Miss A Cooke (5) 27 GS
10 (5) 580 FROEWEHLIN (72) J Norton 6 9-13 Miss Lauren Sanders (7) 49 ST
BETTING: 2 Myboymarx, 5 Ebony Maw, Clifftop Heaven, 6 Can Can Girl, 15-2 Kojin, Swift Tuttle, 8 Captain Haddock, 33 Royal Observatory.
2023: No corresponding race.

3.45 NAPOLIENS CASINO AND RESTAURANT EBF MAIDEN STAKES (5) (2-Y-0) 6f Winner £3,672 (11 run)

- 1 (11) 62 AYSGARHT (25) C Cox 9-7 (F) R Kingscote 81 G
2 (6) CHANCELLOR J & T Gosden 9-7 R Havlin
3 (9) CREST OF ESTEEM K P De Foy 9-7 H Crouch
4 (3) FEAR AND FAST I Mohammed 9-7 D Allan
5 (7) HAMMER THE HAMMER K Ryan 9-7 S Gray
6 (8) HUNDRED CAPS J Camacho 9-7 Ryan Sexton
7 (2) 0 MISSON COMMAND (39) G Scott 9-7 C Shepherd 43 GF
8 (1) 240 REPOSADO (22) Raphael Freire 9-7 (SF) C Beasley 88 G
9 (4) SPRINGBOK R Fahney 9-7 (EW) J Garrity 81 GF
10 (5) 35 STUDIOS (10) M Loughnane 9-7 R Dawson 65 ST
11 (10) ZADKIEL J & S Quinn 9-7 J Hart
BETTING: 7-4 Reposado, 7-2 Chancellor, 11-2 Aysgarth, 15-2 Hammer The Hammer, 8 Springbok, 14 Hundred Caps, 16 Zadkiel, 25 Crest Of Esteem, Studios.
2023: SKY WARRIOR 3 8 13, Richard Kingscote Evens Fav (R Varian), drawn (11), 10 ran.

4.20 PPM NOVICE STAKES (GBB RACE) (5) 6f Winner £4,320 (9 run)

- 1 (8) 1 FLOWSTAR (22) D O'Meara 3 9-11 (D) Mark Winn (3) 82 G
2 (7) 15- AIR FORCE INDI (308) K R Burke 3 9-6 (D) (SF) S James 92 GF
3 (4) FORMBY J Camacho 3 9-4 (EW) Ryan Sexton
4 (3) 5-2 ISTANBLUE (26) Miss A Murphy 3 9-4 J Hart 82 ST
5 (2) MAVERICKO M Dods 3 9-4 C Beasley
6 (6) 5 SPELLBINDING (10) A French 3 9-4 P Dennis 89 GF
7 (9) 324 TOURIST (28) H Kobeissi 3 9-4 (BF) R Kingscote
8 (1) 00 WIGGINS B (30) D & N Barron 3 9-4 B Robinson 55 ST
9 (5) 06 MILAIKKA (16) R Guest 3 8-13 C Shepherd 43 GF
BETTING: 5-4 Air Force Indl, 7-2 Flowstar, 9-2 Istanbul, 5 Tourist, 14 Formby, 16 Mavericko, 50 Spellbinding, 100 Milaikka, Wiggins B.
2023: SWISS STAR 3 8 13, Richard Kingscote Evens Fav (R Varian), drawn (11), 10 ran.

4.55 ALAN WOOD PLUMBING AND HEATING HANDICAP (4) 7f Winner £5,653 (11 run)

- 1 (11) 051 SNAZZY JAZZY (25) S Spencer 9 9-12 (CD) Dale Swift 82 GS
2 (8) 674 GREAT MAX (12) D O'Meara 5 9-11 (D) Mark Winn (3) 84 GF
3 (2) 960 WILDPELL (6) R Fell & S Murray 4 9-10 (C, D) W F Egan 84 G
4 (10) 130 MUSICAL MYSTERY (16) E Dunlop 5 9-9 (D) (EW) C Shepherd 84 G
5 (4) 885 CARRILLO (25) R Carr 4 9-8 (D) J Hart 83 GF
6 (5) 351 OUTRAN THE STORM (27) R Fahney 6 9-8 (D) (SF) J Garrity 84 G
7 (9) 167 TERABAB (26) C Fellows 3 9-7 (D) H Crouch 81 G
8 (7) 732 CHARENCEY (5) J Williams 4 9-6 (D) (F) Josephine Gordon 86 G
9 (6) 116 SO LOGICAL (36) J & T Gosden 3 9-5 (BF, D) R Havlin 83 GF
10 (1) 157 INNER TEMPLE (36) A Watson 3 9-5 (D) C Beasley 82 SF
11 (10) 927 GET THE MUSIC ON (2) C Cox 3 9-4 (D) R Kingscote 85 ST
BETTING: 9-2 Outran The Storm, 5 Charencey, Snazzy Jazzy, 6 So Logical, 7 Great Max, Terabb, 10 Musical Mystery, 14 Carrillo.
2023: RIOT 6 10 2, Daniel Tudhope 9-2 (D O'Meara), drawn (11), 10 ran.

5.30 BOWEL CANCER SCREENING PROGRAMME SAVES LIVES HCAP (RND) (5) (3-Y-0) 1m Winner £4,397 (8 run)

- 1 (5) 45- RUN FOR THE SUN (255) E Dunlop 9-11 C Shepherd 75 G
2 (2) -78 ONTICOMEYHONEY (16) C Cox 9-11 (EW) R Kingscote 77 ST
3 (7) 223 DELICACY (15) (B) R Hannan 9-8 (F) J Hart 77 ST
4 (1) 532 CHATTY (19) T Easterby 9-7 (BF) (SF) D Allan 80 GF
5 (8) -84 NEW STATESMAN (166) E Walker 9-6 H Crouch 77 ST
6 (3) 876 ESCAPE ACT (17) D M Simcock 9-5 C Planas (3) 71 GF
7 (6) 888 HOWE DANCER (21) C Fellows 9-4 C Beasley 76 ST
8 (4) 703 KORROOR (14) J Camacho 9-2 DOUTFUL
BETTING: 7-4 Chatty, 7-2 Delicacy, 6 New Statesman, 7 Escape Act, 8 Run For The Sun, 10 Onticomeyhoney, 12 Korroor, 20 Mohave Dancer.
2023: PANNING FOR GOLD 9 4, Jamie Spencer 21 Fav (D M Simcock), drawn (9), 10 ran.

6.00 SUMMER SATURDAY SERIES AT DONCASTER HANDICAP (5) 6f Winner £5,234 (13 run)

- 1 (11) 009 ZAMAN JEMIL (19) (V) J & S Quinn 4 10-4 (D) J Hart 54 GF
2 (4) 608 SPARKLING RED (17) M Dods 4 10-3 C Beasley 70 GF
3 (13) 131 HURT YOU NEVER (7) Adrian Nicholls 5 10-2 (CD) (SF) Mia Nicholls (5) 87 G
4 (12) 384 JOJO RABBIT (17) R Carr 6 10-2 J P Sullivan 76 G
5 (8) 0-6 DELAGATE THIS LORD (13) R Fell & S Murray 10 10-2 (D) R Dawson 71 G
6 (10) 005 RAMBOSO CREEK (31) K Ryan 5 10-2 (EW) S Gray 72 G
7 (5) 442 PALS BATTALION (29) D O'Meara 3 9-12 Mark Winn (3) 71 GF
8 (9) 205 DOCTOR VUBY (26) M & D Easterby 3 9-10 S James 75 ST
9 (7) 237 SHALOWALONG (39) T Easterby 6 9-8 (D) D Allan 75 G
10 (3) 260 PHOENIX STAR (13) Jessica Macey 8 9-7 (D) T Jakes (5) 73 G
11 (2) 851 FRANK THE SPARK (26) P Midgley 4 9-6 (F) B Robinson 70 G
12 (6) 77- SPEAR FIR (439) S Whitaker 5 9-2 P Dennis 70 G
13 (1) 348 JESSE LUC (40) M Murphy & M Keady 4 8-12 C Shepherd 75 ST
BETTING: 7-2 Hurt You Never, 4 Frank The Spark, 5 Pals Battalion, 8 Ramboso Creek, 10 Jojo Rabbit, 12 Phoenix Star, Shalowalng, 14 Doctor Vuby, Delagate This Lord.
2023: BE PROUD 7 10 0, Paul Mulrennan 11-1 (J Goldie), drawn (12), 15 ran.

NEWBURY



NEWSBOY
5.50 ELLARIA SAND (NB)
6.25 STAPLEFORD PARK
7.00 CONCIERGE
7.35 VANISH
8.10 GISELLES DEFENCE
8.45 AL KHAWANEEJ RIVER

BOUVERIE
5.50 QUEUE DOS
6.25 BRIAN
7.00 MOE'S LEGACY
7.35 CASTLE COVE
8.10 GISELLES DEFENCE
8.45 FICTIONAL

5.50 IRE INCENTIVE EBF FILLIES' RESTRICTED NOVICE STAKES (4) (2-Y-0) 6f Winner £6,480 (14 run)

- 1 (11) 7 CASTRO AURUM (13) Darryll Holland 9-2 (Doutful) DOUTFUL
2 (5) 0 DYNAMITE DIVA (83) B Millman 9-2 O Searle (5) 22 GS
3 (9) 4 ELLARIA SAND (13) A Watson 9-2 (SF) J Bryan 75 G
4 (2) 4 GEO (16) E J-Houghton 9-2 R Davies 70 GF
5 (13) 7 GLAMOROUS JEWEL (33) C Mason 9-2 C Hutchinson (3) 27 GF
6 (10) 47 KALEIDOSCOPE EYES (19) M Attwater 9-2 DOUTFUL
7 (7) 7 LENTEN LILY J Portman 9-2 R Hornby
8 (6) 0 PERFECT RUBY (5) A Hannan 9-2 P Dobbs 33 GF
9 (2) 36 QUEUE DOS (12) J S Moore 9-2 (F) D Probert 80 GF
10 (4) 4 ZIZI R Hughes 9-2 (EW) F Marsh
11 (14) 4 FLEETWATER J S Moore 9-0 J Leavy (5)
12 (3) 5 LILLY'S BET (19) (H) W Knight 9-0 M Ghiani 64 GF
13 (8) THISCOULDBEFUN J S Moore 9-0 L Keniry
14 (1) WEST KIRBY J Portman 9-2 T Whelan
BETTING: 3 Queue Dos, 7-2 Ellaria Sand, 4 Geo, 6 Lilly's Bet, 8 Zizi, 16 Lenten Lily, 20 Thiscouldbefun, Perfect Ruby.
2023: MAPMAKER 9 9, Hector Crouch 11-10 Fav (Darryll Holland), drawn (7), 8 ran.

6.25 JUDDMONT EBF RESTRICTED NOVICE STAKES (3) (2-Y-0) 6f Winner £16,200 (11 run)

- 1 (10) 0 BARRY'S BOY (15) D Coakley 9-2 G Bass (3) 46 GF
1001-19-2 10th of 13, 141 behind Caburn (9-2) at Sal 6f 2yo nov stk (2) gf
2 (3) 3 PENE CLIFFS J Portman 9-2 R Hornby
Sergei Prokhoriev gelding out of Tout Va Bien.
3 (7) SILVER ARROW Miss A Murphy 9-2 A Farragher
Dark Angel gelding out of Murephyouthemom.
4 (6) 42 STAPLEFORD PARK (21) C Fellows 9-2 (F) F Marsh 80 GF
61-9-7 2nd of 10, 51 behind Line Of Force (9-7) at Rip 6f 2yo nov stk (5) gs
5 (8) 8 THINK OF A NAME (37) W Knight 9-2 M Ghiani 56 ST
501-19-7 8th of 9, 151 behind Al Quadra (9-7) at Lingfield 6f nov stks (5) pol
6 (5) 423 BRIAN (19) S Kirk 9-0 (SF) L Keniry 99 G
281-19-5 3rd of 15, 101 behind Bedtime Story (9-0) at Asc 7f 2yo 1st stk (1) gf
7 (2) 49 CARDEROCK (55) R Hannan 9-0 P Dobbs 76 G
201-19-7 9th of 20, 61 behind Mr Chaplin (9-7) at Newbury 6f 2yo mdn (4) gd
8 (9) 05 CORRIAMO (15) M Trengoning 9-0 (EW) D Costello 76 G
15-2-19-5 5th of 14, 51 behind Tilted Kilt (9-7) at Knp 7f 2yo mdn stks (4) pol
9 (4) 0 FUNALLTHEWAY (10) J S Moore 9-0 J Leavy (5) 63 H
1001-19-7 11th of 15, 71 behind Zimnatura (9-7) at Don 5f 2yo nov stk (2) sft
10 (11) 41 INCONSPICUOUS (27) G Kelleway 9-0 H Davies 81 GS
14-1-19-4 won at York 6f 14y in gs in Jun beating Isla Bella (9-2) by 11/4, 14 Jan
11 (1) MISTER KNOCKOUT E J-Houghton 9-0 G Downing
Rumble Inthejungle colt out of Drawing.
BETTING: 4-5 Brian, 11-2 Stapleford Park, 8 Inconspicuous, 10 Mister Knockout, Carderock, 12 Corriamo, 14 Silver Arrow, 25 Pene Cliffs.
2023: SPANISH BLAZE 9 0, Trevor Whelan 50-1 (M Trengoning), drawn (11), 12 ran.

7.00 DONNINGTON GROVE VETS HANDICAP (5) 6f Winner £5,757 (11 run)

- 1 (3) -88 REDREDROBIN (48) M Saunders 7 10-3 (D) W Carson 58 G
2 (5) 354 HARRY'S HALO (41) (H) K Frost 4 10-1 (D) (SF) A Pinna (7) 75 S
3 (7) -59 COOPERATION (30) (H) M Attwater 6 10-0 (D) B Burns (3) 74 ST
4 (10) 86 DAYMAN (37) D F Davis 5 9-12 L Keniry 66 ST
5 (8) -88 CONCIERGE (27) (V) R Hannan 8 9-10 (CD) (EW) N Currie 62 SS
6 (9) 47 UNICO (19) C Gordon 3 9-8 (D) R Hornby 70 GF
7 (4) 564 SILENT FLAME (15) (B) B Millman 6 9-6 (BF, CD) (F) Edmunds 68 GS
8 (11) 613 MOE'S LEGACY (17) (V) R Hannan 3 9-2 (D) D Probert 71 G
9 (1) 663 LAND OF MAGIC (27) (H) R Cook & J Bridger 3 9-0 S D Bowen (5) 68 G
10 (6) -00 MEIMUN JOHNNY (10) (B) Craig Benton 7 8-12 (D) G Rooke 49 GF
11 (2) 584 INVINCIBLE NAVY (12) (B) R Cook & J Bridger 3 8-7 Ethan Jones (5) 69 G
BETTING: 4 Harry's Halo, 9-2 Moe's Legacy, 11-2 Silent Flame, 13-2 Land Of Magic, 8 Invincible Navy, 10 Cooperation, Unico, Redredrobin, Dayman.
2023: THE CRUISING LORD 7 10 1, Kaiya Fraser (5) 7-4 Fav (R Brisland), drawn (5), 11 ran.

EPSON



NEWSBOY
6.05 ALLONSY
6.40 BALAYAGED
7.15 FAHRENHEIT SEVEN
7.50 BUY THE DIP
8.25 BLUEFLAGFLYINGHIGH
9.00 HELLO COTAI

BOUVERIE
6.05 ALLONSY
6.40 BALAYAGED
7.15 FAHRENHEIT SEVEN
7.50 BUY THE DIP
8.25 BLUEFLAGFLYINGHIGH
9.00 HELLO COTAI

6.05 BETFRED NIFTY 50 HANDICAP (5) (3-Y-0) 1m 4f Winner £4,449 (5 run)

- 1 (4) 163 VOLTO DI MEDUSA (27) R Guest 9-10 P Cosgrave 76 G
2 (2) 331 ALLONSY (12) R Beckett 9-10 (SF) R Clutterbuck 87 GF
3 (5) 402 SECRET BEACH (14) B Brookhouse 9-8 (F) J Gilligan 76 G
4 (3) 492 TURING (17) (V) K Jones 9-6 Dylan Hogan 75 ST
5 (1) 303 SHOW ME A HERO (37) (V) M Bell 9-4 K Stott 78 ST
BETTING: 6-4 AlloNSy, 5-2 Secret Beach, 6 Show Me A Hero, Turing, 13-2 Volto Di Medusa.
2023: FLASH BARDOT 9 9, Rose Dawes (5) 9-1 (J Channon), drawn (4), 6 ran.

6.40 BRITISH EBF RESTRICTED MAIDEN FILLIES' STAKES (GBB RACE) (4) (2-Y-0) 7f Winner £5,400 (7 run)

- 1 (5) 2 BALAYAGED (12) C Johnston 9-2 (SF) P Cosgrave 83 GF
2 (4) 50 BOLLY DOLLY (19) (B) Miss A Murphy 9-2 R Clutterbuck 60 GF
3 (2) 4 ENCHANTED WAY (19) A Watson 9-2 Laura Coughlan (3) 70 GF
4 (7) LADY JUSTICE S Williams 9-2 D Muscutt
5 (3) 43 SUZETTE (18) O Pears 9-2 C Hardie 74 GF
6 (1) 4 MUM'S CALLED (31) D F Davis 9-0 W Cox 73 G
7 (6) SCARLET SUNSET I Mohammed 9-0 K Stott
BETTING: 5-4 Balayaged, 7-2 Suzette, 9-2 Enchanted Way, 5 Mum's Called, 16 Scarlet Sunset, 20 Lady Justice, 33 Bolly Dolly.
2023: ALNOURY 9 2, Pat Cosgrave 11-10 Fav (R Hughes), drawn (2), 7 ran.

7.15 BETFRED 'THE CLASSIC BOOKMAKER' HANDICAP (4) 6f Winner £6,019 (7 run)

- 1 (1) 209 CAPOTE'S DREAM (43) (B) T Ward 7 10-2 (D) R Coakley 81 G
2 (5) 008 WATCHYA (16) G Baker 5 9-13 (D) P Cosgrave 78 ST
3 (6) 193 NORTHCUFF (12) M Murphy & M Keady 4 9-12 (D) (F) Sorcha Woods (7) 81 G
4 (4) -69 FIERCE (14) (B) G & J Moore 4 9-8 T P O'Neally 82 ST
5 (7) 331 FAHRENHEIT SEVEN (7) M Usher 3 9-7 (SF) T Heard (3) 83 G
6 (3) 078 TWITCH (19) (B) Craig Benton 6 8-13 (D) R Clutterbuck 61 G
7 (2) 106 SOUTH BANK (24) S C Williams 3 8-10 (D) Dylan Hogan 77 ST
BETTING: Evens Fahrenheit Seven, 7-2 Northcuff, 8 Fierce, Capote's Dream, 10 Watchya, 12 Southbank, 33 Twitch.
2023: No corresponding race.

BEST LONGSHOT (Today's best each-way bet): PALMAR BAY (3.00 Newmarket)

TODAY'S FAB 4 TIPS

NORTHERNER'S NAP GREAT MAX (1.50 Doncaster)
TOPSPOT KITTY ROSE (4.45 Newmarket)
NEWMARKET'S BEST SPACE LEGEND (1.50 Newmarket)
SPEEDHORSE ELMONJED (3.00 Newmarket)

GOING: Soft.
COURSE: Left-handed oval track of 1m 7f, straight mile joins the main circuit just under 5f from home.
DRAW: High numbers have a slight advantage on the straight course.
TOP TRAINERS: R Hannan 52-459 (11.3%), Waggas 41-191 (21.5%), A Bolding 30-259 (11.6%), E Walker 22-166 (13.3%), R Beckett 21-171 (12.3%).
TOP JOCKEYS: Pat Dobbs 19-153 (12.4%), David Probert 18-245 (7.3%), Rob Hornby 8-170 (4.7%), Marco Ghiani 6-32 (18.8%), Liam Keniry 4-74 (5.4%).

7.35 PUMP TECHNOLOGY NOVICE STAKES (GBB RACE) (4) (3-Y-0) 1m 2f Winner £6,480 (9 run)

- 1 (6) 14 CASTLE COVE (20) W Haggas 9-11 (BF, D) (F) A Farragher 92 G
2 (3) 0-7 DIFFERENT DRUM (2) Allan 9-4 M Ghiani 56 GS
3 (5) 3 FOREST GATE (37) E J-Houghton 9-4 G Downing 80 G
4 (9) 0 HANNSBORO (37) H Evans 9-4 G Rooke 36 G
5 (8) 6 SIR LOWRY'S PASS (26) E Walker 9-4 DOUTFUL
6 (2) 2 VANISH (10) Owen Burrows 9-4 (SF) T Whelan 95 G
7 (7) 3- KATE THE COOK (248) (H) R Beckett 8-13 R Hornby 81 ST
8 (1) VALENTINESHOULD Miss H Knight 8-13 D Probert
9 (4) 3-4 WINDCRACK (186) (H) A Bolding 8-13 (EW) W Carver (3) 87 SF
BETTING: 13-8 Vanish, 7-2 Castle Cove, 11-2 Kate The Cook, 7 Forest Gate, 10 Windcrack, 20 Valentineshoould, 50 Hannasboro, Different Drum.
2023: TONY MONTANA 9 4, Kieran Shoemark 8-13 Fav (J T Gosden), drawn (2), 7 ran.

8.10 WIN RACES WITH JONNY PORTMAN HANDICAP (5) 1m 2f Winner £5,757 (10 run)

- 1 (4) 212 GISELLES DEFENCE (5) J Williams 4 10-0 (BF, D) (SF) J Leavy (5) 79 G
2 (2) 15- NIERNBY BAY (204) H Candy 5 9-13 (EW) T Whelan 74 ST
3 (5) 706 OVERNIGHT OATS (43) (H) Dr R Newland & J Insole 4 9-12 D Probert 71 G
4 (3) 464 ABU ROYAL (22) H Main 4 9-9 A Farragher 77 GF
5 (7) 828 DOUBLE JUMP (7) C Cox 3 9-9 (F) D Costello 71 GS
6 (10) 63- WILLY CAMPBELL (288) S Kirk 3 9-7 L Keniry 65 ST
7 (8) 327 JOHNJAY (34) R Teal 4 9-7 (BF) H Davies 76 G
8 (9) 642 TIPSY TIGER (44) W Stone 3 9-5 P L Jamn 73 S
9 (6) -16 LAURA BAY (28) D Mennisier 3 9-4 (CD) B Sayette 70 G
10 (11) -50 LAWN RANGER (34) M Attwater 9 9-3 (D) W Carson 70 G
BETTING: 7-2 Giselles Defence, 11-2 Double Jump, 13-2 Johnjay, 7 Topsy Tiger, Abu Royal, 15-2 Willy Campbell, 8 Niarnby Bay, Laura Bay.
2023: GALLANT LION 3 8 11, Hector Crouch 8-1 (A Carroll), drawn (10), 12 ran.

8.45 SINDERRILLA INCINERATING TOILET HANDICAP (5) 1m 5f Winner £5,757 (9 run)

- 1 (2) 354 WESTERN STARS (26) J Boyle 5 10-3 J Leavy (5) 75 G
2 (4) 011 FICTIONAL (9) R Hughes 4 10-1 (SF) F Marsh 69 ST
3 (7) 189 KITTY FOYLE (41) Daisy Hitchins 4 9-13 T Whelan 72 ST
4 (1) 56- HY BRASIL (279) C Dyson 7 9-13 (D) C Hutchinson (3) 43 G
5 (8) 16 QUEENSLAND BOY (26) J Williams 4 9-11 (EW) D Probert 70 G
6 (5) 314 CONTINUANCE (21) (H) M Keighley 3 9-3 (Doutful) DOUTFUL
7 (5) 313 AL KHAWANEEJ RIVER (28) M Trengoning 3 8-13 (F) D Costello 69 GF
8 (3) 244 GREY OWL (17) E Lavelle 4 8-12 H Davies 73 GF
9 (6) 305 FOREST HILLS (28) B Millman 3 8-10 B Sayette 69 GF
BETTING: 2 Fictional, 4 Al Khawaneej River, 5 Grey Owl, 6 Forest Hills, 7 Western Stars, 8 Queensland Boy, 20 Kitty Foyle, 25 Hy Brasil.
2023: KYLE OF LOCHALSH 3 9 3, Hollie Doyle 11-8 Fav (H Morrison), drawn (7), 10 ran.

SINGLE SHOT STAR (Top in-form jockey with just one booked ride) Jack Mitchell: SEA EMILY RUN (4.10 Newmarket)

IN FORM TRAINERS: D & C Butler 6-14 (43%), W Stone 3-7 (43%), B Haslam 5-13 (38%), Darryll Holland 5-13 (38%), C Appleby 8-23 (35%), C Cox 5-15 (33%), S & E Crisford 3-9 (33%), W Haggas 14-42 (33%), B Millman 2-7 (29%).

JOCKEYS: Edward Greatrex 6-14 (43%), Mia Nicholls 3-7 (43%), William Buick 12-36 (33%), Ryan Moore 7-23 (30%), Adam Farragher 4-14 (29%), Jim Crowley 5-19 (26%), Christian Howarth 3-12 (25%), Pat Cosgrave 5-20 (25%), Shane Gray 5-20 (25%).

EPSON

RESULTS & PRICES

LINGFIELD

2.30: COME ON YOU SPURS (Billy Loughnane 4-5 1; Aljaded (9-1) 2; Newfangled 3-1, 3. 6 ran. 2/1, 1/4, 3/4. (R Spencer). Tote: £1.80, £1.20, £3.30. Trifecta: £108.29. Trifecta: £163.20. CSF: £32.78. NR: Miss Raindrop.
6.50: JIMMY MARK (Rossa Ryan 3-11) 1; Change Of Fortune (4-1) 2; City Escape (100-30) 3. 9 ran. 1/1, nk. (W Kitchow). Tote: £4.00, £1.70, £1.20, £1.60. Trifecta: £17.10. Trifecta: £140.64. Trifecta: £49.20. CSF: £14.44. NRs: Dappled Light, Zambesi Magic.
7.20: AROLLA (O Murphy 11-8) 1; Groovy Baby (9-2) 2; Prophets Path (10-1) 3. 12 ran. 3/4, hd. (Harry Charlton). Tote: £2.38, £1.10, £1.60, £2.50. Tote: £2.78, £1.70. Trifecta: £36.00. CSF: £7.76. NRs: Amphius, Hannasboro, King's Conquest.
7.50: IMPERIAL EXPRESS (O Murphy 11-4) 1; King's Scholar (4-1) 2; Worrals (15-8) 3. 5 ran. 3/4, 1/2. (A Bolding). Tote: £3.75, £1.70, £2.20. Tote: £3.40, £1.50. Trifecta: £28.70. CSF: £13.72.
Placepot: £55.20.
Quadpot: £8.30.

KEMPTON

4.05: GOD OF FIRE (Liam Wright 4-11) 1; The Bay Warrior (11-1) 2; Beau Fern (8-1) 3. 7 ran. 2/1, 1/4, D & C Kubler). Tote: £1.37, £1.70, £1.40. Tote: £5.00, £1.80, £1.50. Trifecta: £15.25. Trifecta: £26.10. CSF: £5.43. NRs: Blethlych Storm, Huddle Park.
4.35: MISS EL FADLY (L Morris 5-2) 1; Tiete (12-1) 2; Cristiano (17-2) 3. 12 ran. 15-8f Savannah Grey, 3/4, shd. (Sir M Prescott). Tote: £3.50, £1.30, £3.60, £2.60. Tote: £3.50, £1.30, £3.60, £2.60.
5.05: MOC LOVEN (P Bradley 7-1) 1; Nazron (11-8) 2; Kiss And Run (9-1) 3. 5 ran. 1/4, 1/4, (S Dow). Tote: £8.00, £1.30, £2.10. Tote: £15.60. Trifecta: £38.60. CSF: £17.05.
Placepot: £38.10.
Quadpot: £7.60.

YARMOUTH

2.40: KODEBREAKER (R Kingscote 7-2) 1; Top Button (9-2) 2; Twilight Guest (100-30) 3. 8 ran. 7/1, 3/4. (M Herrington). Tote: £4.50, £1.20, £1.90, £1.30. Tote: £4.50, £1.20, £1.90, £1.30. Tote: £4.50, £1.20, £1.90, £1



JAMES WADE

THE VIEW FROM THE OCHE

Blackpool is my tower of strength

I MIGHT be making my 19th straight appearance in the World Matchplay this weekend in Blackpool, but this is the least I have ever taken my position in darts for granted.

I have been at the top of the game for two decades and really proud of that.

If you look at the world rankings from 2010, I am there in second place. Some bloke called Phil Taylor pipped me to the top. I don't remember him, he must have been a flash in the pan.

Most names in that top 20 are gone. Only Raymond van Barneveld (below) and Gary Anderson are on that list and joining me at Winter Gardens this week.

It was a challenge to qualify this time around, but it has made me even more determined never to be in that position again.

It is no secret I love the World Matchplay.

It is the first tournament that I won and I have been in a further five finals since.

I have had success at the Matchplay, but it is not just about that. For me, it is the setting, the venue, the crowd. It is perfect.

Not many will know this, but I still don't know who I am going to play, despite the fact the draw was completed last week.

I don't like to know who I am playing. It is a challenge for my management, my wife and particularly my good friend, Dan. Five times I've had to put the phone down while he talked about the draw.

It is not a superstition, it is more, with the greatest of respect, the opponent is irrelevant. If you prepare properly and do the right things, you will win.

Some have been beaten by just looking at the draw. I'll find out who I play when I get there and Sky Sports interview me.

I have prepared great this week. In the words of Elton John: Did you think this fool could never win? Look at me, I'm coming back again!

James Wade's column is sponsored by Elitecompetitions.co.uk - use code WADE25 for 25% off tickets



GOLF

SCOTTISH OPEN, NORTH BERWICK



I WILL PUTT THIS BEHIND ME

Rory admits he had big grapple walking round Manhattan to ease his US Open pain and says: I have learned a lot

BY CRAIG SWAN
RORY McILROY has fired back at post-Pinehurst criticism.

But as he opened up on the deep hurt of his US Open disaster and his desire to make immediate Major amends at Royal Troon next week, he cited a career theme of hitting back hard from painful moments.

McIlroy returns to action today at the Genesis Scottish Open for the first time since his meltdown in North Carolina (above).

The Northern Irishman was criticised in the aftermath and caddy Harry Diamond was also firmly in the firing line from high-profile coach Hank Haney and PGA pro turned TV

pundit Smylie Kaufman. But he retorted: "It's unfair. These guys who 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 FedEx-Cups that I've won with Harry? Or the two Ryder Cups?"

"Someone said to me once: 'If you would never take advice from these people, you would never take their criticisms, either.' I think 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 something that's been a bit of a theme throughout 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 sought solace. Or New York, to be exact.

He gave an insight into the aftermath as he revealed: "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. 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 days, which was good. I had my AirPods in, I had 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 by eight at Congressional.

He said: "I think as you

achieve more in the game, you can soften the blow. It's been a while since I've won a Major. It hurt, but I felt worse after some other losses. I felt worse after Augusta in 2011 and worse after St Andrews. It was up there with the toughest." McIlroy can rectify Pinehurst at Troon and said: "Yeah, I stewed on what happened for a couple of days. Hopefully when I get that next opportunity, it won't pass me by. Hopefully, I'll handle it better than I handled it a few weeks ago."

McIlroy goes into the Scottish Open as the 15-2 favourite, followed by Xander Schauffele at 17-2 and Collin Morikawa at 14-1.

'I've taken tough moments and turned them into great things'

'I walked New York with my Air Pods in... I was alone with my thoughts'

SELECTED TEE TIMES

8:28 R MacIntyre, R McIlroy, V Hovland
8:39 X Schauffele, W Clark, T Fleetwood (r)
1:43 L Aberg, H Matsuyama, C Morikawa
1:54 M Fitzpatrick, J Spieth, E Ferguson



TODAY'S ABC GUIDE TO FIVE UK MEETINGS

CARLISLE - CA DONCASTER - DO EPSON DOWNS - EP NEWBURY - NB NEWMARKET - NM Abu Royal 8.10 NB Adoon Valley 4.10 NM Ain't Nobody 2.25 NM Air Force Indi 4.20 DO Al Ameen 7.50 EP Al Khawanej River 8.45 NB Al Musmak 4.45 NM Alonsy 6.05 EP Alzash 5.20 NM Ancient Wisdom 1.50 NM Aomori City 2.25 NM Apulia 3.55 CA Aramram 3.00 NM Arrest 3.35 NM Aysgarth 3.45 DO B Associates 2.45 CA Balayaged 6.40 EP Barry's Boy 6.25 NB Battman 4.28 CA	Beale Street 4.28 CA Beechwood Star 2.35 DO Berrygate 2.45 CA Billboard Star 2.25 NM Blueflagflyinghigh 8.25 EP Bolly Dolly 4.45 NM Brave Empire 6.40 EP Braveheart Boy 3.00 NM Brian 2.45 CA Bustam 6.25 NB Buy The Dip 2.10 CA Byzantine Empress 7.50 EP Cabrillo 3.20 CA Can Can Girl 4.55 DO Capote's Dream 3.10 DO Carderock 6.25 NB Castle Cove 7.35 NB Castro Aurum 5.50 NM Chancagne City 2.35 DO Chancellor 3.45 DO Charency 4.55 DO Charles Morin 9.00 EP	Chatty 5.30 DO Cherry Cola 2.35 DO Chips And Rice 8.25 EP CliffTop Heaven 3.10 DO Commander Crouch 9.00 EP Concierge 7.00 NB Conquest Of Power 7.50 EP Continuance 8.45 NB Cooperation 3.45 DO Corriamo 6.25 NB Crest Of Esteem 3.45 DO Cuban Cigar 2.35 DO Dark Vintage 3.20 CA Dayman 3.00 NM Delegata This Lord 6.00 DO Delicacy 5.30 DO Different Drum 7.35 NB Doctor Vuby 6.00 DO Dorban Lake 3.00 NM Double Jump 8.10 NB Dream Voyage 4.10 NM Dynamite Diva 5.50 NB Ebony Maw 3.10 DO	Edgewater Drive 2.45 CA Electric Avenue 7.50 EP Electrolyte 2.25 NM Elitaria Sand 5.50 NB Elmonjed 3.00 NM Emily Post 3.20 CA Enchanted Way 6.40 EP Escape Act 5.30 DO Etretat 5.03 CA Evelyn's Phoenix 5.03 CA Fahrenheit Seven 7.15 EP Fear And Fast 2.35 DO Fictional 8.45 NB Fierce 7.15 EP Fifty Nifty 5.20 NM Fleetwater 5.50 NB Flowstate 4.20 DO Forest Gate 7.35 NB Forest Hills 8.45 NB Formby 4.20 DO Frank The Spark 6.00 DO Freewheelin 3.10 DO Fullthetway 6.25 NB	Geo 5.50 NB Get The Music On 4.55 DO Giavellotto 3.35 NM Giselles Defence 8.10 NB Glamorous Jewel 5.50 NB Great Max 4.55 DO Grey Owl 8.45 NB Griffier 2.35 DO Guilteau 7.50 EP Gundogan 4.28 CA Hamish 3.35 NM Hammer The Hammer 3.45 DO Hannasboy 7.00 NB Harry's Halo 7.00 NB Haworth Star 2.45 CA Hello Cotal 9.00 EP Heim Rock 5.20 NM Hot Like Me 4.10 NM Hour By Hour 2.45 CA Hundred Caps 3.45 DO Hurt You Never 6.00 DO Hy Brasil 8.45 NB Imperial Guard 3.00 NM Inconspicuous 6.25 NB	Individualism 2.10 CA Inner Temple 4.55 DO Invincible Navy 7.00 NB Iris Dancer 3.20 CA Istanbul 4.20 DO Jesmond Dawn 2.45 CA Jesse Luc 6.00 DO Johnjay 8.10 NB Jojo Rabbit 6.00 DO Kaleidoscope Eyes 5.50 NB Kate The Cook 7.35 NB Kinesiology 1.50 NM King Of The Jungle 4.55 CA Kitty Foyle 8.45 NB Kojin 3.10 DO Korroor 5.30 DO Kristal Klear 2.35 DO Lady Chartwell 4.28 CA Lady Flora 3.55 CA Lady Justice 6.40 EP Land Of Magic 7.00 NB Laura Bay 8.10 NB Lawn Ranger 8.10 NB	Lead Artist 4.45 NM Lenten Lily 5.50 NB Lilly's Bet 5.50 NB Lindwall 2.35 DO Local Bay 8.25 EP Lumbourge 4.28 CA Magic Mild 4.10 NM Majestic Newlaw 4.28 CA Mamba 5.03 CA Marbuzet 2.35 DO Maverick 4.20 DO Maxi King 3.35 NM Meimun Johnny 7.00 NB Millaikka 4.20 DO Miltown Lily 3.00 NM Miss Fascinator 2.35 DO Miss Raincloud 4.10 NM Mission Command 3.55 CA Mister Knockout 3.45 DO Mohave Dancer 6.25 NB Moe's Legacy 7.00 NB	Monticello 3.10 DO Mostar Dreams 3.20 CA Moust 3.00 NM Mount King 2.10 CA Mrs Header 2.35 DO Mum's Called 6.40 EP Mumayaz 7.50 EP Mystical American 4.55 DO Muy Barato 9.00 EP Myboymax 3.10 DO Mystical Queen 4.10 NM Native American 4.45 NM Naturalia 2.10 CA New Statesman 5.30 DO Niabyl Bay 8.10 NB Northcliff 7.15 EP Onthemoneyhoney 3.20 CA Origintrail 3.20 CA Ottago 7.50 EP Outbox 3.35 NM Outrun The Storm 4.55 DO Overnight Oats 8.10 NB Palmar Bay 3.00 NM Pals Battalion 6.00 DO	Patronage 5.03 CA Pearl Of Windsor 4.10 NM Perfect Ruby 5.50 NB Phoenix Star 6.00 DO Pine Cliffs 6.25 NB Pinpoint 2.45 CA Portland 1.50 NM Serving With Style 8.45 NB Show Me A Hero 5.50 NB Silver Swan 7.00 NB Silent Flame 7.00 NB Silver Arrow 6.25 NB Sir Joseph's Pass 2.35 DO Sir Lowry's Pass 7.35 NB Snazzy Jazzy 4.55 DO So Logical 4.55 DO Socialite 4.45 NM Southbank 7.15 EP Space Legend 1.50 NM Sparkling Red 6.00 DO Spear Fir 5.30 DO Speed Court 8.25 EP Spellbinding 4.20 DO	Saachi 9.00 EP Safwan 5.20 NM Scarlet Sunset 6.40 EP Sea Emily Run 4.10 NM Secret Beach 6.05 EP Sergeant Wilko 3.00 NM Sidney's Son 3.55 CA Show Me A Hero 6.05 EP Shy Hi Bye 3.20 CA Sidney's Son 2.45 CA Silent Flame 7.00 NB Silver Arrow 6.25 NB Sir Joseph's Pass 2.35 DO Sir Lowry's Pass 7.35 NB Snazzy Jazzy 4.55 DO So Logical 4.55 DO Socialite 4.45 NM Southbank 7.15 EP Space Legend 1.50 NM Sparkling Red 6.00 DO Spear Fir 5.30 DO Speed Court 8.25 EP Spellbinding 4.20 DO	Springbok 3.45 DO Stapleford Park 6.25 NB Sterling Knight 5.20 NM Strive 9.00 EP Studio 3.45 DO Suzette 6.40 EP Swift Tuttle 3.10 DO Swiss Time 5.03 CA Tales 8.25 EP Tayala 4.55 DO Tempus 5.20 NM Teraab 6.25 NB Think Of A Name 6.25 NB Thunder Blue 5.50 NB Thiscouldbefun 3.00 NM Thunder Blue 5.50 NB Wiggins B 4.20 DO Wildfell 4.55 DO Will Campbell 8.10 NB Windcrack 7.35 NB Woodday Wonder 3.00 NM Zabriskie Point 3.00 NM Zadkiel 6.40 DO Zaman Jemil 3.00 NM Zephlyn 2.35 DO Zizi 5.50 NB	Urban Sprawl 5.20 NM Valentia Island 4.10 NM Valentineshoud 7.35 NB Vanish 7.50 EP Vinaka 5.05 EP Volto Di Medusa 4.05 EP War Memorial 6.28 CA Watchya 7.15 EP Watthab 3.55 CA West Kirby 5.50 NB Western Stars 8.45 NB What Times Tea 5.03 CA Whistlejacket 2.25 NM White Umbrella 4.25 CA Who Wants Me 3.55 CA Wiggins B 4.20 DO Wildfell 4.55 DO Will Campbell 8.10 NB Windcrack 7.35 NB Woodday Wonder 3.00 NM Zabriskie Point 3.00 NM Zadkiel 6.40 DO Zaman Jemil 3.00 NM Zephlyn 2.35 DO Zizi 5.50 NB
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WIMBLEDON THE CHAMPIONSHIPS 2024

DAY 11
SW19



ELENA THE QUEEN BEE ON CENTRE

BY NEIL McLEMAN

ELENA RYBAKINA gave a Royal Command Performance on Centre Court - and then admitted she did not know the Queen was there to watch her.

The Russian-born Kazakhstani is the hot favourite to be crowned champion after ending Ukrainian Elina Svitolina's emotional run.

The 2022 winner (above) needed only 61 minutes to triumph 6-3 6-2 - and nailed another seven aces to take her tournament tally to 31.

Told Camilla was in the crowd, the world No.4 said: "Oh, wow, I didn't even see it. That's amazing. It is always tough to play against Elina. She is a fighter. Despite the score, it was not easy."

Svitolina had worn a black ribbon during her fourth-round win to mourn the victims of a Russian missile attack on a children's hospital in Kyiv.

And the world No.21 said she was motivated to play well to publicise the atrocities in her country and bring some needed cheer back home.

"It's very sad for me because I couldn't win this match," said the Ukrainian No.1. "But it's a privilege to play Wimbledon 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 thank those who have let Ukrainians share their homes. It's bigger than sport."

Rybakina will now face 2021 French Open champion Barbora Krejčíková, 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.



NO KIDDING... HE CAN WIN

Novak backed by pal Kyrgios to win record title

BY NEIL McLEMAN
NICK KYRGIOS thinks Novak Djokovic winning back the Wimbledon title will be child's play because the "young guys" are not big enough to beat him.

The seven-time champion yesterday got a walkover into the semi-finals after Alex De Minaur pulled out with a hip injury.

And while 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.

From being a serious doubt to even play here after having knee surgery on June 5, Djokovic is now only two wins from a record 25th Grand Slam singles title - and equalling Roger Federer's record of eight Wimbledon wins.

Carlos Alcaraz or Daniil Medvedev would await him in the final on Sunday.

But today he will prepare to play the world No.25 with his hitting partner Kyrgios (circle).

And Kyrgios said: "For Novak, it's probably the best thing to happen for him with his knee, two days off, especially at his age, 37, and with that knee. I don't think you should doubt this man."

"He is a different type of athlete. We found a time

ago that he wasn't human and we are still trying to figure out what he is.

"We are going to go out and play some points and see how his knee is feeling. But right now, he looks to be 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 Fritz 3-6 7-6 6-2 3-6 6-1.

The Queen's Club runner-up, who lost a five-set epic to

Djokovic at the French Open at 3am, said: "He's a legend everywhere but especially here in Wimbledon. I expect

a big, big fight. Let's see what happens."

World No.9 De Minaur became the 19th player to withdraw or retire during the tournament - a new Wimbledon record.

The Aussie said he was devastated after suffering a tear to his cartilage in his win over Arthur Fils.

He said: "The problem with me going out and playing is that one stretch, one slide, one anything could make this injury go from three-to-six weeks to four months. It was too much to risk."

THE BEST BY A SMILE

Legend Djokovic having fun with his daughter Tara on the practice court



DOUBLE OR NOTHING, ANDY

ANDY MURRAY has had a second offer to return to Wimbledon and play doubles next year.

The former world No.1 is set to retire at the Olympics in less than a

month. But his old partner Feliciano Lopez (left) sent a plea to pair up in the legends event.

Asked whether he would revive their fruitful partnership in 2025,

Lopez said: "I would love to. Andy, I'm waiting for you next year."

It comes after Ash Barty said: "Maybe Andy will play in the Invitational with me here next year!"



CYCLING TOUR DE FRANCE

MOUNTAIN WIN FOR JONAS

JONAS VINGEGAARD beat his rival Tadej Pogacar in a two-man sprint after a brutal day in the mountains.

Pogacar kept the yellow jersey but it was the two-time defending champion (far left), who earned a psychological victory at the end of an epic battle in the Massif Central.

His win comes just three months after he was in hospital with broken ribs and a collapsed lung. The pair

left all their rivals in their wake and Vingegaard outprinted his opponent in Le Lioran to finish half a wheel ahead for the stage win.

"It is, of course, very emotional for me. Coming back from the crash," said Vingegaard, trying to hold back tears. "It means a lot."

Pogacar leads overall with Remco Evenepoel 1:06 behind from Vingegaard in third, 1:14 back.



BOXING BRIT ACE EYEING ALVAREZ

EUBANK WANTS CANELO

BY CHRIS McKENNA

CHRIS EUBANK JR insists he still wants to face Canelo Alvarez, despite opting to sign a deal with UK promoter Boxer.

The Brighton fighter (left) was in talks to face Mexican Alvarez (right) in September.

But it appears less likely he will take on the undisputed super-middleweight champion as signing

with Ben Shalom ties him to Sky Sports. Canelo wants an opponent for September 14 under the

Premier Boxing Champions banner, who have a deal with Amazon Prime. But Eubank

Jr said: "Big fights are in the pipeline - Canelo Alvarez, Terence Crawford, Conor Benn,

Billy Joe Saunders - and that's just off the top of my head."



RUGBY UNION INTERNATIONALS



COACH: MY HELL AS I CHEATED A HORRIFIC DEATH

FROM **ADAM HATHAWAY** in Auckland
ENGLAND assistant coach Andrew Strawbridge has recounted how he cheated death and should not be alive - let alone on the current tour.

The New Zealander, who was with the All Blacks at the last 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 island expecting to have to bring her husband's body back to New Zealand.

Strawbridge (above, left) lost his right eye and was not expected to work again, but here he is a key member of Steve Borthwick's coaching team.

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 anti-biotics.

"I don't remember

anything else. The infection got into my body and I developed sepsis and blood clots on my brain and behind my eye. It was pretty grim.

"My wife was called to take the body home, essentially. I think I was resuscitated three times. She had plenty of horrible things to hear, that you don't want to hear about a spouse.

"But I was very lucky. There was a guy called Dave Galler - the head of ICU at one of the big hospitals here in Auckland. He came and helped, which is why I'm still alive. We made it back to New Zealand and eventually I got well enough to leave the hospital."

But that was not the end of the matter.

Strawbridge added: "I was told that I would suffer from chronic fatigue for the rest of my life and I wouldn't work again. Those were all good things to tell a competitive b****d!"

Strawbridge's main role is now helping England's attack and contact work.

Borthwick today names his side for Saturday's second Test, with Fin Baxter and Bevan Rodd competing for loose head.

SIX UP FOR SATURDAYS

FROM **ADAM HATHAWAY**
SIX NATIONS bosses are ready to scrap Friday and Sunday games and put on five Super Saturdays.

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. Twickenham chiefs are thought to be in favour of the change as transport problems, and local residents, mean Friday games are out and Sunday games often have a flat atmosphere.

The 2025 fixtures are set in stone, with France opening against Wales on Friday January 31, but the change could be made in 2026 - the year the World Rugby Nations Cup starts.

CRICKET



ENGLAND v

ATKINSON DIET OF WICKETS HITS THE WINDIES

SEVENTH HEAVEN

Atkinson's incredible debut gets him straight on the Lord's honours board



Gus skittles 'em with seven scalps on debut to upstage Jimmy Anderson's farewell Test

BY **MIKE WALTERS**
[@MikeWaltersMGM](#)

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 Test debut, including a memorable burst of three wickets in four balls.

On the day English cricket rolled out the red carpet for departing legend Jimmy Anderson, new boy Atkinson stole the show.

Never mind Yul Brynner, Charles Bronson, Steve McQueen, James Coburn, Robert Vaughn, Brad Dexter and the German bloke - this was a magnificent seven for the scrapbook.

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 of the first day, England were sailing over the horizon on 189-3 in reply, already 68 in front, with Zak Crawley's

dashing 76 leading the charge. If Atkinson's dreams all came true, the tourists' worst nightmares were up there with Freddy Krueger taking over neighbourhood watch on Elm Street.

Anderson's family - wife Daniella, daughters Lola and Ruby, father Michael and mum Catherine - were afforded the honour of ringing the bell before 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 Surrey pace bowler 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. And 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 knee surgery, before Atkinson turned it into the Chelsea power show.

His removal of Alick Athanaze, Jason Holder (first ball) 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, Atkinson's county team-mate and fellow England debutant, took a fine tumbling catch to send Da Silva packing.

For a lad who isn't first choice behind the stumps at Surrey, his glovework - like England's catching in general - was excellent.

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.

Graham Onions took 5-38 against West Indies here in 2009, but he took four more balls to complete his 'Michelle Pfeiffer' (five-for) than Atkinson.

When 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 got 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 (left).

Although Ben Duckett fell early in England's reply, Ollie Pope's 70-ball 50 had taken England into the lead before he was yorked by Holder. Crawley (76 off 89) looked set for a fifth Test century until he was beaten for pace by Seales.

But this was Atkinson's day in seventh heaven.



WEST INDIES

DAY ONE, FIRST TEST
LORD'S



Dream for man who outshone a legend

BY MIKE WALTERS
ENGLAND hero Gus Atkinson glanced up at his name on the dressing room honours board 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 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 teammates 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 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. A lot of the focus 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."

West Indies assistant coach Jimmy Adams admitted his side faces an uphill battle to save the Test, saying:

"They were pretty friendly bowling conditions early on and England didn't give us many freebies."

"For young men who have never toured England before, with the exception of Jason Holder and the captain, it was a searching examination."

"We have not faced Gus Atkinson before but he has had a really good season in county cricket. "It's going to be difficult for us from here, but that is the nature of Test cricket - if you have a bad day, you have to try and work your way back into the match."



UPHILL BATTLE
Jimmy Adams admits his young side found it difficult



SCOREBOARD

Lord's, England won toss

WEST INDIES: First Inns

K Brathwaite b Atkinson	6
M Louis c Brook b Stokes	27
K McKenzie c Crawley b Atkinson	1
A Athanaze c Root b Atkinson	23
K Hodge c Pope b Woakes	24
J Holder c Brook b Atkinson	0
J Da Silva c Smith b Atkinson	0
A Joseph c Woakes b Atkinson	17
G Motie not out	14
S Joseph c Pope b Atkinson	0
J Seales lbw Anderson	2
Lb7	7
Total (41.4 overs)	121
Fall: 34, 36, 44, 88, 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 Inns

Z Crawley b Seales	76
B Duckett c Da Silva b Seales	3
O Pope lbw Holder	57
J Root not out	15
H Brook not out	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 (left)	7-49 v India, Lord's, 1946
GUS ATKINSON	7-43 v West Indies, Lord's, 1995
JOHN LEVER	7-45 v West Indies, Lord's, 2024
ALEC BEDSER	7-46 v India, Delhi, 1976
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

RUGBY LEAGUE WARRINGTON v LEEDS, 8PM



BRAD READY FOR RHINOS RESCUE JOB

BY DAVE CRAVEN
BRAD ARTHUR reckons he can capitalise on his "unusual" situation and get Leeds firing after being appointed head coach until the end of the season.

The Aussie has joined on a short-term deal and should be in the country in time to see them face Warrington tonight.

Arthur (above) - who bossed NRL side Parramatta for ten years before being sacked in May - will work alongside current Rhinos assistants Chev Walker and Scott Grix.

Leeds have been looking for a new head coach since Rohan Smith was axed last month.

But sporting director Ian Blease 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, while Salford's Paul Rowley (inset) is a name that won't go away.

However, initially, the fallen Super League giants are just intent on rescuing this campaign. They are only two points off the play-off spots after wins over Leigh and London since Smith's exit.

With 11 games to go, Arthur, who led Parramatta to the NRL Grand Final two years ago, admitted: "I can't wait to get started. 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.

"Clearly the club wanted a change of direction. However, we have to realise Rhinos place a heap of importance on this season, not just future plans.

"There's a lot of footy still to be played and the chance to challenge for the play-offs, especially with the talent we have.

"As well as making the most of that opportunity, the work we are all able to do over the next

four months will help set the standards for the future and whatever lies ahead of myself and the club.

"It is an unusual situation but a fantastic opportunity for everyone."

Blease only arrived at Headingley himself last month after leaving Salford and almost immediately oversaw Smith's exit.

He was impressed by Arthur's "aura" and "experience".

On the potential for him to sign long-term at Headingley, Blease said: "We're still talking about that. There's obviously rumours about him and he's admitted to me he's still an NRL coach who rates himself as an NRL coach. All options are still open."



Staveley poised to quit Toon



BY IAN MURTAGH

AMANDA STAVELEY is set to leave Newcastle less than three years after brokering the Saudi Arabia deal which ended the Mike Ashley era.

Staveley (above) and husband Mehrdad Ghodoussi have been the public faces of Newcastle since the controversial takeover by the kingdom's Public Investment Fund.

Their departures come just months after the Ripon-based businesswoman denied she was stepping down after diluting her own shareholding from 10 percent to six percent.

Staveley's shareholding will be sold to the PIF and the Reuben brothers - PIF already have an 80 percent stake.

Their exits will spark major change at Toon, but there is no suggestion chairman Yasir Al-Rumayyan will quit.



STILL A CUT ABOVE

Salah - without his trademark curls - meets boss Slot and gets stuck into a workout



SALAH SLOTS RIGHT BACK IN

BY CHRIS MCKENNA

MO SALAH met with new Kop boss Arne Slot for the first time as the Liverpool star returned for pre-season training yesterday.

The Egypt forward and Japan midfielder Wataru Endo arrived at Kirby for fitness testing before they begin team training today.

Salah was sporting a shaved head after chopping off his curly locks.

He was not involved in any major tournament this summer, so will undergo a full pre-season to prepare for the new campaign.

Salah, 32, has just one year left on his contract with the Reds, but there is no panic for the player or the club on the matter.

Liverpool have no intention of selling their star man in this window after turning down a huge £150million offer from Saudi club Al-Ittihad last year.

They are confident Salah is committed to the club and will give his all next season - even if he ends up running down his contract without a renewal.

Virgil van Dijk and Trent Alexander-Arnold are also in similar situations.

Slot - who joined the Reds from Feyenoord - will hope all three can sign new deals in the coming months, but there is no pressure from the club on them.



CRAIG: I'LL HAVE WALE OF A TIME

CRAIG BELLAMY is determined to banish the negative perception of him as he steps into his first senior management role with Wales.

Bellamy courted controversy on and off the pitch during a colourful playing career that saw him win 78 Wales caps between 1998 and 2013.

The former Wales captain (left) seemed to get into as many scrapes as he scored Premier League goals for the likes of Liverpool, Newcastle and Manchester City. But Bellamy, who turns



45 on Saturday, believes coaching experience at Anderlecht and Burnley (under Vincent Kompany) has prepared him for a four-year Wales deal. "I know the perception of me," said Bellamy.

"It will be important to dismiss those concerns. I want to impact people's lives in a positive way."

MANCHESTER UNITED

GONE VAN DE BEEK

Donny's sad farewell to United fans

BY DAVID McDONNELL

DONNY VAN DE BEEK sent an emotional message to Manchester United fans after the end of his nightmare four-year spell at Old Trafford.

Van de Beek, who joined from Ajax for £40million in 2020, only made 62 appearances for United and scored just two goals.

Injuries and poor form blighted his time at the club and the Dutch midfielder is now joining La Liga side Girona. United will receive an initial £400,000, potentially rising

to £3.8m with add-ons. Writing on Instagram, Van de Beek, 27, said: "From the moment we arrived at Manchester United, we felt extremely welcome and we are grateful for that.

"Thank you to everyone at the club for making us feel at home. A special thanks to all the fans that made these years unforgettable.

"Besides the football, the birth of our two children here ensures that Manchester will always have a special place in our hearts."

BYE AND SELL. Van de Beek has quit Old Trafford to join Girona in Spain

UNITED IN THE RED

BY DAVID McDONNELL

MANCHESTER UNITED suffered a huge net loss of £71.4million between January and March this year - largely due to their early Champions League exit.

The heavy loss, compared to a deficit of £5.6m for the same three-month period last year, was also down to the fact there were nine fewer games at Old Trafford, compared to the same period last year. And Erik ten Hag's side also had fewer domestic home cup draws than in the previous campaign.

Revenue from matchday and broadcast deals fell by £33.5m, with total revenues dropping by 20 percent, although United are still predicted to enjoy a record-breaking revenue of £660m for the full financial year.

United plan to cut a 1,100-strong workforce by 250.

Sissoko's a Clever signing



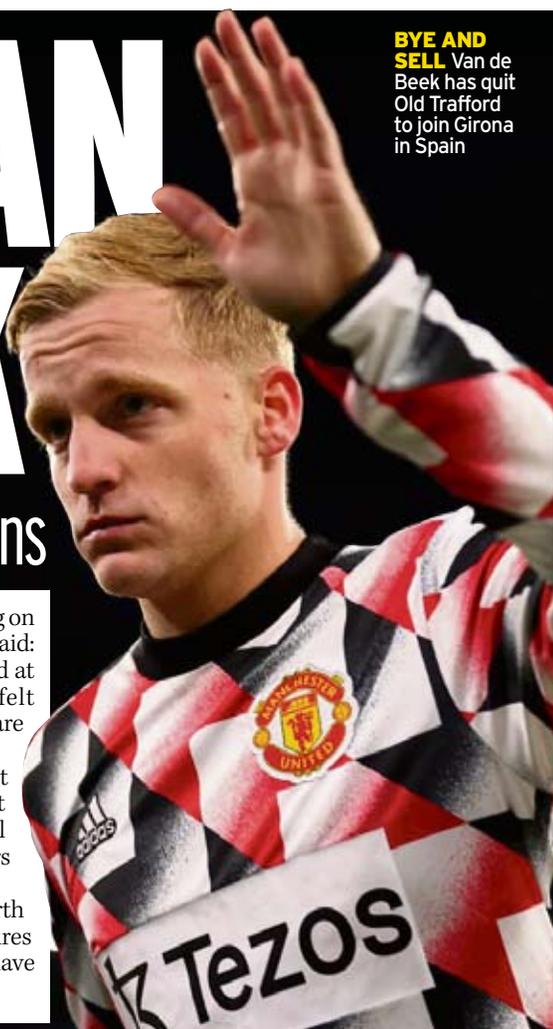
TOM CLEVERLEY reckons Watford have made a "statement signing" after bringing midfielder Moussa Sissoko back to the club on a two-year contract.

The former France international (above) joins on a free transfer following the expiry of his contract at Ligue 1 side Nantes.

The 34-year-old will be reunited with his former team-mate and now manager Cleverley, having played for the Hornets in their 2021-22 Premier League campaign.

Cleverley said: "It's a statement signing. It shows you the ambition that myself and the club have got moving forward.

"He brings a real powerhouse to the middle of the pitch. He's a consistent performer."





HOLLAND 1

Simons 7

ENGLAND 2

Kane 18 pen, Watkins 90+1



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Irish say hi, Heimir

HEIMIR HALLGRIMSSON has been appointed as the new head coach of the Republic of Ireland.

He replaces interim manager John O'Shea, who has been in charge since Stephen Kenny's departure in November last year.

Hallgrímsson (below) has managed Iceland and Jamaica and was joint Iceland coach from 2013 - a spell which included their famous Euro 2016 win over England - before becoming sole head coach for a further two years until 2018, when he led them to a first World Cup.



Hallgrímsson said: "Ireland is a proud footballing nation. We have a young team that has genuine potential. I look forward to guiding them towards results ensuring we qualify and compete at major tournaments on a regular basis."

His first competitive match is against England in the Nations League in Dublin on September 7.

RESULTS & FIXTURES

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

Alvarez 23, Messi 52 Att: 80,102
UEFA CHAMPIONS LGE—1st q'fying rd 1st Leg: Borac 1 KF Egnatia 0, 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 Wd 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 4hrs 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

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 Llapl (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 (7.45), Srijman v Linfield (8pm).
Friendly: Chester FC v Stoke (7.45).

CRICKET

Women's 3rd T20 Int'l: 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).

RUGBY LEAGUE

Betfred Super League: Warrington v Leeds (8pm).

Spain? Juan more win and we make history!



GLEE AMIGOS

Jubilant England stars Konsa, Bellingham and Watkins

FROM SIMON MULLOCK in Dortmund
HARRY KANE has challenged England to seize the chance of history after another dramatic Euros night in Dortmund.

Kane will become the first Three Lions captain to lead a team out in a major final on foreign soil.

Substitute Ollie Watkins' sensational injury-time winner broke Dutch hearts last night and booked a clash against Spain in Berlin on Sunday.

England's record goalscorer was also on target, firing home from the penalty spot to drag his team level with his 66th international goal after a foul from Denzel Dumfries.

Skipper Kane said: "There's one more game to make history. That's what we're excited about.

"It's been a tough journey, but there's one more - 90 minutes, 120 minutes, penalties - whatever it takes, we'll be there.

"History made. Amazing achievement. I'm so proud of everyone. Every player, every member of staff.

"To do what we've done away from home is really special.

"There's that feeling that there's one more left and we need to do that on Sunday."

Kane also paid tribute to Watkins after his clincher.

He was replaced by the Aston Villa striker with nine minutes remaining. And when fellow sub Cole Palmer found Watkins, his unerring finish sent England to the final.

Kane said: "We talk about being ready. We're a big team at being ready.

"When it matters, you might get five minutes, one minute, but you can make a difference, you can win us a tournament.

"Ollie has been waiting, he's been patient. What he did was outstanding and he deserves it. Especially in the first half, we had a lot of control.

"Second half, there were a few tired legs out there. Overall, I thought we deserved to win it."

Jude Bellingham, who plays

for Spanish champions Real Madrid, warned La Roja that they would be foolish to write off England.

Bellingham said: "We told you last time we live to fight another day. Another late goal, but it would be nice to score first and have that peace of mind. When they scored the first goal, I didn't think we were playing badly, it was a good finish, to be fair.

"I am really proud of the boys, the reaction, attitude and mentality. Quality is one thing, but those characteristics you can't learn in training - you get it from experience and each other. Now it is one more game.

"We are tired, it has been a long season - but this is one last push for our country and for history."



ONE LAST PUSH
Kane's team - he hugs Watkins, above - are on the brink of glory



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BOY WONDER Lamine Yamal sits with his mum and brother after Spain's win over France on Tuesday night

LAMINE WAS TOUCHED BY PURE GENIUS

BY **SIMON MULLOCK**
SPANISH wonder boy Lamine Yamal was famously touched by genius when he was a baby - he had his photograph taken with Lionel Messi before the Argentine superstar had the world at his feet.

Yamal, who will celebrate his 17th birthday preparing for the following day's Euro final, was just a few months old when he was given a cuddle by Messi (below) during a photoshoot for a charity calendar.

Another pic shows the eight-time Ballon d'Or winner splashing football's latest pretender in the bathtub alongside the Spaniard's mother, Sheila Ebana.

Mum was in the stadium on Tuesday night and broke down 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 (above), probably his country's best player in Germany despite Yamal grabbing the glory, said: "I am very proud of him.

"People will remember the goal, that starring moment from a kid who is 16. And 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 and the incredible future 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."

Spain's players could not hide their delight when Yamal showed he has another side to his game that illustrated how quickly he is learning the ropes.

Yamal's strike made history. He is the youngest player to score a goal at the Euros finals - and in the last minute of the game he became the youngest-ever player to be booked at the Euros, for a cynical trip on Theo Hernandez.

Yamal, who made his Barcelona debut at the age of 15, brought his homework to the Euros after being given a personal tutor to help guide him through his fourth year at school. He has passed his exams with flying colours.

Yamal, whose mother was born in Equatorial Guinea and whose father hails from Morocco, said: "I can concentrate on the Euros. I had hoped my first goal would be a great goal.

"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."



HOLLAND 1

Simons 7

ENGLAND 2

Kane 18 pen, Watkins 90+1

Mainoo's total football left the Oranges squashed



NOT unusually, an English player was squeezed by orange, surrounded by Dutch opponents.

But this was no ordinary English player, he 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 characterised by Bukayo Saka - arguably England's player of the tournament - tormenting the Dutch defence. Mainoo is 19 years old, Saka 22, Foden 24.

Oh, and then there is 21-year-old Jude Bellingham.

Clearly, there are more immediate ramifications of 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.

In this win against the Dutch (the Three Lions celebrate, left), Mainoo showed the English future is very bright indeed.

His performance in the first 45 minutes was so accomplished that it was hard to believe it did not create the platform for an English half-time lead.

It is the composure that first catches the eye, the willingness - no, the eagerness - to take the ball in difficult areas, a hallmark of a high-class midfielder.

Then, there is the directness, the 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 which saw him break up a promising Dutch attack that threatened to give Ronald Koeman's side an undeserved lead just before the break. He

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AGAINST OLL ODDS
Rice, Mainoo and Shaw celebrate victory after Watkins' late winner



EURO 24 RESULTS

ROUND OF 16

GAME 37	GERMANY	2-0	DENMARK
Havertz 53 pen, Musiala 68			
GAME 38	SWITZERLAND	2-0	ITALY
Freuler 37, Vargas 46			
GAME 39	SPAIN	4-1	GEORGIA
Rodri 39, Ruiz 51, Williams 75, Olmo 83 Le Normand 18 og			
GAME 40	ENGLAND	2-1 (aet)	SLOVAKIA
Bellingham 90+5, Kane 91 ET Schranz 25			
GAME 41	PORTUGAL	0-0 (aet)	SLOVENIA
PORTUGAL win 3-0 on penalties, after extra time			
GAME 42	FRANCE	1-0	BELGIUM
Vertonghen 85 og			
GAME 43	ROMANIA	0-3	HOLLAND
Gakpo 20, Malen 83, 90+3			
GAME 44	AUSTRIA	1-2	TURKEY
Gregoritsch 66 Demiral 1, 59			

QUARTER-FINALS

GAME 45	SPAIN	2-1 (aet)	GERMANY
Olmo 51, Merino 119 ET Wirtz 89			
GAME 46	HOLLAND	2-1	TURKEY
De Vrij 70, Muldur 76 og Akaydin 35			
GAME 47	PORTUGAL	0-0 (aet)	FRANCE
FRANCE win 5-3 on penalties, after extra time			
GAME 48	ENGLAND	1-1 (aet)	SWITZERLAND
Saka 80 ENGLAND win 5-3 on penalties, after extra time Embolo 75			

SEMI-FINALS

GAME 49	SPAIN	2-1	FRANCE
Yamal 21, Olmo 25 Kolo Muani 8			
GAME 50	HOLLAND	1-2	ENGLAND
Simons 7 Kane 18 pen, Watkins 90+1 (below)			



FINAL

GAME 51	SPAIN	V	ENGLAND
Olympiastadion Berlin SUNDAY, KICK-OFF 8pm			



ANDY DUNN

Britain's best Sports Writer

even had time for an audacious reverse pass with the inside of his right heel that created another half-chance for England.

His understanding with Foden and Saka grows with every game.

There is a conveyor belt of young talent but these players – Mainoo, Saka, Bellingham and Foden – will be the driving force of a new-generation England.

And, don't forget, Declan Rice does not turn 26 until next year.

Maybe under the next England boss, they may be even bolder, more adventurous – maybe they will be allowed to truly run free.

Having said that, there was an irony about the Dutch break-

through that will not be lost on Southgate (with Virgil van Dijk, far right) and Steve Holland.

The calls from pundits and fans had been for England to be on the front foot, to commit more

men to advanced areas. And that is exactly what they did. Alas, one of the unintended consequences was the Xavi Simons screamer, Rice being left isolated in a deep central position and mugged by



the Paris Saint-Germain player. OK, the strike was a beauty, but in previous games, the opponent would not have had that space.

Still, at least it was a sign of a positivity that was rewarded, with the generous assistance of VAR as Harry Kane won a controversial penalty (below).

And, to a large extent, that positivity was usually generated by Mainoo and by Foden.

At times, Foden was running the show and the idea he should not be as automatic a starter as Kane looked ludicrous.

Again, it is hard to imagine a future England coach would swap Foden for any other player in the world in his position.

Right now, there are more important matters to consider – such as the final – but when the dust settles on this, there is at least one thing that should be taken from it by England fans.

No matter what some think, England will be a tournament force for a long time to come.



HOLLAND 1

Simons 7

ENGLAND 2

Kane 18 pen, Watkins 90+1

HAPPY... AND

Three Lions make history but the night belongs to boss Southgate as he finds that midas touch



OLLIE HAD COLE CALL

FROM BACK PAGE

it all in. I don't think I've hit a ball that sweetly and in such a special moment.

"I had loads of texts from people saying I was going to come on and score - hopefully they can do that for the final and give me the lottery numbers."

When he celebrated in front of the England fans, Gareth Southgate shouted 'one more'.

And the delighted Three Lions manager, who saw a Harry Kane penalty cancel out Xavi Simons' opener in the first half, said: "We showed character, we showed resilience.

"They have all got each other's backs and they showed that.

"We've had some incredible nights but to be able to take the team to a first final (on foreign soil) is something I'm immensely proud of. But we are here to win. We've got a day less to prepare than Spain. It's a huge task but we are fighting."



FROM **JOHN CROSS** in Dortmund
@johncrossmirror

THIS will go down as one of England's greatest nights.

The night they made history by reaching their first major final on foreign soil and a night which deserves to define manager Gareth Southgate's eight-year reign.

Ollie Watkins wrote his name into England's footballing folklore with the injury-time winner. What a way to win a match.

At the final whistle, England's players fell to their knees in delight before being mobbed by

the substitutes and coaching staff. Then they all ran over to the England fans behind the goal to carry on the celebrations.

Now they head to Berlin for Sunday's final and the dream is still alive. After such heroics, only a fool would write off their chances of beating Spain.

Where has this England team been hiding? They were all heroes, they gave everything, and were brilliant to watch.

Yet again it was all about the ending.

After their last-gasp comeback against Slovakia and the penalty shoot-out glory against

Switzerland, this time they did the job in 90 minutes - thanks to the impact of late subs Watkins and Cole Palmer.

Who on earth said Southgate's weakness was game management? Watkins and Palmer made him look a tactical genius last night.

When the game was slipping away from England, Southgate took off Harry Kane and Phil Foden for

Watkins and Palmer. Some were shaking their heads in disbelief but what an inspired move it proved to be.

In injury-time Palmer threaded the ball through to Watkins and the Aston Villa striker turned sweetly before drilling a low shot into the far corner to send England fans delirious.

Southgate has been through the whole range of emotions in this

HOLLAND	ENGLAND
44%	56%
3	4
2	3
1	3
3	0
10	6
0	3
3	0

Referee: Felix Zwayer (Germany)



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GLORIOUS



RATINGS by SIMON MULLOCK [mirror.co.uk/sport/football](https://www.mirror.co.uk/sport/football)

HOLLAND		ENGLAND	
BART VERBRUGGEN	7	JORDAN PICKFORD	7
Brighton keeper produced two smart saves to deny Kane and Foden when England were in the ascendency		No chance for Simons' goal. Virtual spectator for much of the game but produced save to deny Van Dijk	
NATHAN AKE	6	MARC GUEHI	7
Struggled to contain Saka and forced to ask Gakpo to drop in to help him out before Holland sat in to frustrate		Back after suspension and justified his inclusion totally. Guehi has been a revelation during the tournament	
VIRGIL VAN DIJK Booked	7	JOHN STONES	7
Holland's captain produced some timely blocks and interceptions when his team were under the cosh		Bang on form at right time. When he gets his passing right, gives England more impetus building from the back	
STEFAN DE VRIJ	6	KYLE WALKER	7
Found movement of England midfield a problem. Got better when Veerman came on to offer defence protection		Hasn't always been at his best in this tournament, but was last night. Tight on Gakpo and a willing attacker	
DENZEL DUMFRIES Booked	7	KIERAN TRIPPIER Booked	6
Gave away penalty, produced a brilliant goalline clearance then struck the crossbar with a header		Great credit for playing out of position and defensively sound. If only he had a left foot to get crosses in	
TIJJANI REIJNDERS	6	DECLAN RICE	6
Another who found himself chasing shadows as the Three Lions dominated the ball in the first half		Not strong enough when Dutch took the lead but grew in stature to provide the midfield base to press	
JERDY SCHOUTEN	5	KOBBIE MAINOO	8
Didn't know when to press and when to sit in and often failed to do both. Gave too much space to opposition		Another stellar performance beyond his years from the 19-year-old. Much more than a defensive midfielder	
CODY GAKPO	6	BUKAYO SAKA Booked	7
Not given a kick by the tenacious Walker and often forced to offer protection to Ake		Gave the Dutch a torrid time with his trickery and pace and willingness to come in off the touchline	
XAVI SIMONS Booked	7	JUDE BELLINGHAM Booked	7
Small in stature but not talent. The PSG midfielder powered past Declan Rice to blast the Dutch ahead		Asked to play on the left and didn't disappoint. A display that was full of discipline and invention on the ball	
DONYELL MALEN	5	PHIL FODEN	7
A threat with his pace whenever the Oranje were able to counter but replaced at the break by Weghorst		One effort cleared off the line, another clipped the outside of the post. Much better in a central role	
MEMPHIS DEPAY	4	HARRY KANE	6
Lasted 33 minutes before forced off with injury and gave a performance Man United fans would recognise		Forced Verbruggen into a smart save. Redemption for World Cup penalty miss by equalising from the spot	
SUBS		SUBS	
Joey Veerman (Depay 35)	7	Luke Shaw (Trippier 46)	6
Wout Weghorst (Malen 46)	6	Ollie Watkins (Kane 80)	
Joshua Zirkzee (Dumfries 93)		Cole Palmer (Foden 80)	
Brian Brobbey (Simons 93)		Conor Gallagher (Mainoo 93)	
		Ezri Konsa (Saka 93)	

For all the reaction and analysis with our reporters on the ground in Germany after England's showdown with Holland...

SCAN ME



1-2
Watkins fires home at the death to get the party started for England

★ **SPAIN v ENGLAND**
EURO 2024 FINAL
SUNDAY, JULY 14
KICK-OFF 8PM

tournament. From being hit with beer cups after a goalless draw with Slovenia to dancing in front of the same England fans after beating Switzerland.

The last person to expect any different is Southgate but this night belongs to him. After the rollercoaster of emotions, no one deserves it more than him. And of course they had to do it the hard way because it was a nightmare start for them.

Declan Rice was caught in possession by Xavi Simons and the Dutch midfielder stormed forward before rifling a shot past Jordan Pickford. But, rather

than drop their heads, the Three Lions roared back.

Kane saw a long-range shot saved and was quickly at the heart of things again in an all-round display that must have silenced critics.

When Bukayo Saka had an effort blocked, Kane smashed the rebound over but was caught by the high right foot of Denzel Dumfries.

Referee Felix Zwayer, who initially awarded a goal-kick, was sent to the VAR screen and gave a penalty, which Kane smashed home.

And, just as encouragingly,

England were playing their best football of the tournament.

Foden's quick feet set put him clear on goal but Dumfries cleared off the line (left).

Inter Milan defender Dumfries, involved in everything, crashed a header against the bar at the other end. Then Foden curled a brilliant shot against the outside of the post.

This was turning into a Dortmund humdinger.

Kobbie Mainoo was running the show in midfield, Saka was electric down the right, and Foden was showing his class. This was the performance fans

had long been waiting for. But while England, who brought on Luke Shaw for Kieran Trippier at half-time, started the second half well, they soon lost a bit of zip and edge until Southgate (far left) made more changes.

He definitely needed to switch – and became a tactical genius in the blink of an eye.

Just when England looked to have run out of steam, their subs proved to be the match-winners.

Palmer threaded a pass through for Watkins, who smashed it home.

What a finish.



EURO 2024 SEMI-FINAL



HOLLAND 1 ENGLAND 2

WAT A

From **ANDY DUNN** in Dortmund
OLLIE WATKINS told Cole Palmer before they came on to the Dortmund pitch that they were going to fire England to the Euros final.

From a Palmer pass, Watkins struck the most dramatic of late winners to sink the Dutch and set up a showdown with Spain in Berlin on Sunday.

And the emotional Aston Villa striker said: "I swear on my life - I

swear on my kids' life - I said to Cole at half-time ... 'we're coming on and you're going to set me up.

"I knew as soon as he got the ball he was going to play me in and then you've got to be greedy - touch and finish. When I saw it go in the bottom corner... oh my life, the best feeling ever.

"It was like it was in slow motion. I didn't want to get off the pitch at the end. I wanted to soak

TURN TO PAGE 58

SUMMER OLLIE DAYS
Watkins celebrates after firing England into final which left Southgate (bottom) delighted



Ollie: I told Palmer we would fire team to final



NEWSPAPERS SUPPORT RECYCLING
The recycled paper content of UK newspapers in 2023 was 45.5%

PUZZLES



Speedbreaker

Target time:
15:03
mins

Test your codecracking skills against us! We took 15 minutes and 3 seconds to complete this puzzle – can you do better? We've taken a completed crossword puzzle and replaced each letter in the grid with the same number throughout. The completed grid will include all letters of the alphabet. If you find it hard to get going, call the Extra Letter line where you will also find a little bit of extra help. Remember, none of the answers are proper nouns.

Solutions in Saturday's Daily Mirror

ABCDEFGHIJKLMNOPQRSTUVWXYZ

1	2	3	4	5	6	7	8	9	10	11	12	13
		R										N
14	15	16	17	18	19	20	21	22	23	24	25	26
							U					

£75 to be won!
Which letter is represented by the number '1' in today's Speedbreaker? Call **0903 681 3000** (£2/call) or text **SPEED** and your answer, name and postcode to **61011** (£2/text)
Last Thursday's winner: Movva Brooks, Chesterfield

SOLUTIONS
Call **0903 659 6060** (80p/min) for 5 extra letters or the full solution, or text **SPEEDCLUE** to **61011** (£1/text) for 5 extra letters. Deduct one minute from the target time for each extra letter used.

Calls to solutions line cost 80p/min + network access charge and texts cost £1 + 1 standard network rate message. Calls to the Speedbreaker competition line cost £2/call + network access charge and texts cost £2 + 1 standard network rate message. You may receive free promotional messages, to opt out end message with NO INFO. Competition lines close midnight tonight. Min age 18+. SP: MI Telecom Ltd. Helpdesk 0330 880 6060. Full T&C's at www.mirror.co.uk/rules.

18	23	26	4	9	15	9	3		25	26	18	16	
20			26		20		20		20			20	
2			25		14		3	20	14	6	11	4	
9	2	17	26	11	24	3	9		19			21	
7		16			24		12			10		20	
	21	24	2	26	4		8	9	16	16	9	7	
4		4							6			20	
20	24	21	24	U	3	R	13	N	17	23	26	5	26
14		11			24		3			1			18
20			6		1	26	26	17	23	8	5	9	
22	24	20	3	5	1		12		9			6	
24			19		16		6		16				3
9	10	10	11		9	13	5	26	4	21	9	7	

Just a bit of fun

Which one of our three definitions is correct?

VERACIOUS

- 1 Roofed gallery
- 2 Truthful
- 3 White hellbore

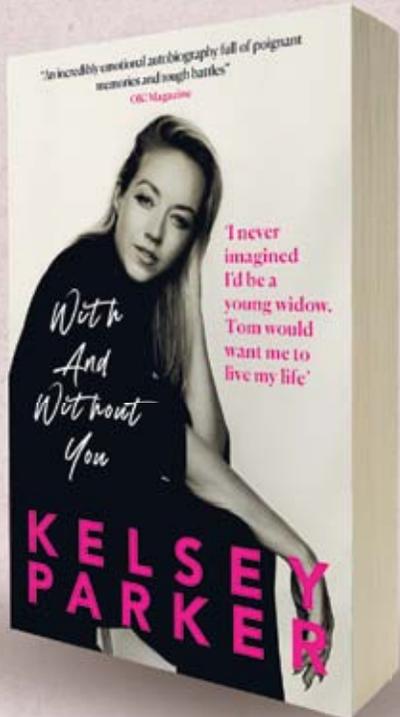
Solutions in tomorrow's Daily Mirror

Scribble pad

NOW IN PAPERBACK

KELSEY PARKER

With And Without You



'An incredibly emotional autobiography full of poignant memories and tough battles'

– OK! MAGAZINE

Available from Amazon, selected supermarkets and all good bookshops. Also available in ebook.

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. Solutions in tomorrow's Daily Mirror

Adhesive Rodrigo, pictured	Always	Sailing vessels	The Guilded period drama series	Spud Torn cloth	Abandon				
			TV series, Byker						
Quest	Target	Play dishonestly			Place for buying and selling				
			Fresh-water mammal	show or plan					
Chair part	Decompose	Manage	Summit		Pitch Twelve inches				
				William, Scottish town					
Endure	Wheel spindle	Badly lit	Cardinal number		Vessel for flowers	Which person Tumult	Finish	Norse god	
			Substitute	Directly above Frozen water					
Loudness	Unlock	Annoyance Single entity						Unwell	
				Colour	Mix with a spoon	Of the nose	Racket Sabres, e.g.		
Female swan			Gifts				Or nearest offer (abbr.)	Enemy	
Make things with wool	Lazy			Large extinct elephant	Part cut off	Cry raise false alarms			
			Confession					Four-sided figure	
			Appear	Region		Flowering shrub Ventilated			
					Happy and pleased		Badger's burrow	And others (2,2)	
			Nought	TV show, It Ain't Half Hot		Edition			
					Make mistakes		Chew and swallow		
			Engrave	Pictured, France		Crowd actor			
					Danson, Cheers star		Telephone (abbr.)		



Su-doku corner

EASY SU-DOKU

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

The rules for Su-doku couldn't be easier. All you have to do is fill the empty squares so that each row, column and 3x3 block contains all the numbers 1 to 9.

Solutions in tomorrow's Daily Mirror

SU-DOKU TOUGHIE

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

The rules for Su-doku are easy, but this one's a toughie! Each number from 1 to 9 must appear only once in each horizontal and vertical line, and only once in each 3x3 grid.

Solutions in tomorrow's Daily Mirror

KILLER SU-DOKU

11	8	5	17		8		13	
				12		11	12	
17		7				9	7	
8		14		14			19	
25				12	13	11		
10	5		6					
		14		13	9		17	
11		7				13		11
8		17		11				

Killer Su-doku is based on the traditional grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But the dotted squares must be filled with numbers that add up to that in the left corner.

Solutions in tomorrow's Daily Mirror

FUTOSHIKI

		>		>			
		<		<			
						<	
							3

Insert the numbers one to five in each row and each column, making sure that no number is repeated. The only symbols to guide you are the "greater than" (>) and "less than" (<) signs.

Solutions in tomorrow's Daily Mirror

CHECK THE SOLUTIONS NOW! Call **0903 659 6060** (80p/min) to hear **SU-DOKU 5 NUMBER CLUES** or **FULL SOLUTIONS** to the easy and toughie su-dokus. Or text **EASYCLUE** or **TOUGHCLUE** to **61011** (£1/text) for **5 CLUES**.

Word Ladder

	LIVE	
Long mark		
Narrow road		
Ground		
Loan		
Take charge		
	DEAD	

Using the clues provided, fill in each step of the ladder with a new word, changing one letter at a time.

Solutions in tomorrow's Daily Mirror

Brickwork

1			
2			
3			
4			
5			
6			
7			

Enter the solutions to the clues in their numbered layers of the wall. Each word must be an anagram of its neighbours, plus or minus one letter.

- Spicy
- Party-giver
- _ Africa, say
- Yells
- Ejects
- Throw
- Drunkard

Solutions in tomorrow's Daily Mirror

Bingo

Thu Jul 11 2024
Game 26 Day 4

68	90	46
79	70	18
48	87	19
21	58	

HERE are the numbers for **Day 4** of **Game 26** on your Bingo card.

TO WIN a full house **£100** prize, all **15** numbers on the **Game 26** grid must be correctly crossed off with the **Daily Mirror** numbers. If you're still short, buy the Sunday Mirror and the Sunday People for more numbers and the another chance to win a **£100** prize. **TO CLAIM** call **01420 525501** from **10am to 3pm on Mondays only**. No responsibility is accepted for failure to claim in the stated hours. Calls charged at national rate. Standard Reach PLC rules apply, see mirror.co.uk/2024bingorules. Full terms as previously published.

Wordsearch

Can you find all the listed words meaning 'power' in the grid?
Solutions in tomorrow's Daily Mirror

E	C	Y	Q	Q	L	M	A	Z	P	Z	W	P	P	S
C	U	L	T	T	E	K	K	F	O	J	D	A	I	F
R	D	R	A	I	H	M	K	L	T	G	N	N	O	S
O	I	U	E	W	R	G	U	E	E	W	E	Q	A	C
F	N	O	M	A	A	O	I	S	N	W	C	M	R	O
Z	T	G	E	W	P	C	H	M	C	R	J	E	H	M
X	E	I	P	C	R	T	M	T	Y	L	W	S	T	M
E	N	V	L	T	N	S	U	U	U	O	E	U	G	A
N	S	W	G	C	I	A	V	W	P	A	O	D	N	N
E	I	K	Y	M	N	L	N	E	A	L	Y	I	E	D
R	T	G	A	W	A	L	S	I	C	J	A	V	R	M
G	Y	N	A	C	Q	R	O	G	M	P	I	I	T	I
Y	Y	R	P	B	O	K	R	H	S	O	V	M	S	A
D	B	K	E	H	Q	S	R	T	J	M	D	F	W	J
V	A	E	Q	B	X	T	D	H	A	Y	A	D	I	M

- | | | |
|-----------|------------|----------|
| AUTHORITY | ENERGY | POTENCY |
| BRAWN | FORCE | SINEW |
| CLOUT | HORSEPOWER | STRENGTH |
| COMMAND | INTENSITY | VIGOUR |
| DOMINANCE | MIGHT | VIM |
| DYNAMISM | MUSCLE | WEIGHT |

YESTERDAY'S SOLUTIONS

QUIZWORD
ACROSS: 3 Sister Act, 8 Hoon, 9 Man About, 10 Sonora, 13 Black, 14 Redpath, 15 Bod, 16 Dreyfus, 17 Ascot, 21 Lesser, 22 The House, 23 Budd, 24 Local Hero.
DOWN: 1 Whose Body, 2 Moonraker, 4 Ismay, 5 Tancred, 6 Robb, 7 Chub, 11 Narcissus, 12 Chuter Ede, 14 Ros, 15 Bulrush, 18 Clear, 19 Choo, 20 Rhea.

CROSSWORD
ACROSS: 3 Mandatory, 8 Lion, 9 Onlooker, 10 Tremor, 13 Utter, 14 Sitting, 15 Bin, 16 Butcher, 17 Piste, 21 Emblem, 22 Breather, 23 Odin, 24 Detergent.
DOWN: 1 All thumbs, 2 Nonentity, 4 Acorn, 5 Dolphin, 6 Toot, 7 Reek, 11 First lady, 12 Agreement, 14 Sir, 15 Bear hug, 18 Rerun, 19 Urge, 20 Bale.

TWO-SPEED COFFEEBREAK
ACROSS: 1 Core, 4 Wild, 6 Cave, 8 Used, 11 Late, 13 Medical, 14 Van, 16 Dimes, 18 Habit, 21 Darts, 22 Total, 24 Sea, 25 Lateral, 28 Root, 30 Sale, 31 Unit, 32 Tent, 33 Snap.
DOWN: 1 Chum, 2 Rued, 3 Salad, 4 Wet, 5 Dean, 7 Valid, 9 Sedate, 10 Digit, 12 Ever, 15 Astral, 17 Males, 19 Boar, 20 Talon, 23 Latin, 24 Spot, 26 Rain, 27 Leap, 29 Out.

TUESDAY'S SPEEDBREAKER
1=D, 2=L, 3=N, 4=X, 5=S, 6=W, 7=Y, 8=T, 9=R, 10=H, 11=M, 12=K, 13=P, 14=A, 15=B, 16=Z, 17=Q, 18=G, 19=I, 20=U, 21=F, 22=V, 23=E, 24=J, 25=C, 26=O.

ARROW WORD

	C	P	A	R	D	
T	W	I	C	E	B	E
O	P	I	N	I	O	N
J	O	H	N	S	L	I
D	E	N	B	I	G	O
E	R	A	S	S	M	I
N	M	E	C	H	A	N
R	N	O	A	H	F	E
O	A	N	T	I	B	I
B	A	R	I	C	O	N
G	R	I	N	G	E	N
W	R	O	N	G	R	O
A	W	N	B	E	T	S
W	A	X	E	T	H	I
G	A	S	A	P	I	S
M	O	T	H	E	R	T
R	A	I	L	W	A	Y
I	N	V	I	T	E	W
P	R	E	E	N	S	R

EASY SU-DOKU

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

SU-DOKU TOUGHIE

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

KILLER SU-DOKU

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

FUTOSHIKI

1	3	<	4	<	5	2
4	1	<	2	<	3	5
3	4	5	>	2	1	
2	5	>	3	>	1	4
5	2	1	4	>	3	

MIRRORGRAM

VEGETARIAN
30-SEC BRAIN TEASER
Beginner 30;
Intermediate 13;
Advanced 272.
JUST A BIT OF FUN
2 Kind of green tea

WORDSEARCH

B	I	V	D	E	G	A	R	T	R	G	V	E	T	L
S	U	P	E	R	S	T	I	T	I	O	N	U	A	C
C	X	Y	I	E	L	J	C	E	B	I	R	A	C	
L	U	S	T	I	N	G	H	B	Y	M	A	U	L	V
S	M	C	K	X	C	A	B	E	U	L	E	F		
E	O	J	X	E	N	T	H	S	A	O	X	B	A	I
T	N	J	X	A	R	V	G	G	D	A	I			
I	D	L	O	X	H	G	S	E	L	U	L	L	R	
G	E	C	W	S	N	E	B	I	N	L	E	E	L	G
R	A	Z	P	R	C	Z	C	N	I	F	E	R	O	
Z	W	G	T	T	E	D	E	A	F	E	N	R	O	
H	A	P	P	Y	A	U	N	Z	A	L	S	B	U	
C	L	J	U	P	X	E	K	E	S	N	D	M	U	
L	Z	O	T	O	X	B	O	S	N	N	E	U	D	
E	A	R	B	A	D	A	C	A	R	B	A	T	C	

BRICKWORK

Sue, Ruse, Curse, Source, Euros, Rose, Roe.

WORD LADDER

Wolf, Wold, Bold, Bald, Band, Bang, Fang.

In the Daily Mirror every Saturday there's

£1000

to be won in our Big Name prize crossword

RUSSELL GRANT

mirror.co.uk/horoscopes



Aries March 21-April 20

A lively conversation will make you see someone in a new light. Trust your instincts and embrace the romantic atmosphere. If you sense someone can be trusted you are probably right. You're ready to compromise to maintain harmony in a marriage and other important relationships.

For more call **0905 789 4171** (80p/min + network access charge)

Taurus April 21 - May 21

Unexpected encounters or impromptu invitations could pave the way for an exhilarating new romance if you are single. If you're in a relationship, your home will fill your heart with happiness. While responsibilities may keep you tied to your home, there's actually nowhere else you'd rather be.

For more call **0905 789 4172** (80p/min + network access charge)

Gemini May 22 - June 21

You're the one calling the shots now. Even so, if you bite off more than you can chew, it could start to feel overwhelming. You're getting fed up with constantly being on the go. You can change this by freeing up your calendar of commitments and carving out some time to relax.

For more call **0905 789 4173** (80p/min + network access charge)

Cancer June 22 - July 23

Volunteering your time can bring personal and professional fulfilment. By joining a charity, you can enrich your life in ways you never thought possible. 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.

For more call **0905 789 4174** (80p/min + network access charge)

Leo July 24 - August 23

Make a decision on what you want to do and concentrate all your effort on this. You won't be disappointed. It stands to reason if you spread your focus across a variety of interests, you will achieve minimal progress. Someone close with disappointing news needs your sympathy.

For more call **0905 789 4175** (80p/min + network access charge)

Virgo Aug 24 - Sept 23

Frustration will be caused by the uncooperative atmosphere felt at home. Someone seems to be deliberately causing waves. Travelling to faraway destinations will bring satisfaction. Positive news will give you something exciting to anticipate and look forward to.

For more call **0905 789 4176** (80p/min + network access charge)

Libra Sept 24-Oct 23

News is good and positive developments can be expected if you are involved in transactions. Even so it will be important to respond swiftly to questions and communications. There will be time to take a break later but for now, you don't want to be the one who causes delays.

For more call **0905 789 4177** (80p/min + network access charge)

Scorpio Oct 24 - Nov 23

An opportunity you won't want to miss could lead to improvements in your personal life or career. Your family and work life combine; you might be thinking about starting your own business. Although it will require a lot of effort, the satisfaction you'll gain from this will be worth it.

For more call **0905 789 4178** (80p/min + network access charge)

Sagittarius Nov 23 - Dec 21

Domestic arrangements will be managed better thanks to the introduction of labour-saving appliances. When it comes to work, it's important 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.

For more call **0905 789 4179** (80p/min + network access charge)

Capricorn Dec 22 - Jan 20

Putting more focus on your closest relationships can bring benefits but be prepared to face challenges to your beliefs when things get confusing. Remember that complex issues cannot be seen in black and white. Stay open-minded when encountering strange or unusual ideas.

For more call **0905 789 4180** (80p/min + network access charge)

Aquarius Jan 21 - Feb 19

Encourage openness and clarity in all relationships. Making certain that everyone is fully informed about a shared concern will strengthen your bond. You will be delighted by improvements in your financial situation. Spending quality time with loved ones can bring harmony back into your life.

For more call **0905 789 4181** (80p/min + network access charge)

Pisces Feb 20 - Mar 20

Keeping the flame alive in romantic and platonic relationships needs work. Creating memories together rekindles a spark in your marriage and friendships. If single, a spontaneous trip could lead to an encounter with someone special. Don't forget to prioritise your relationships.

For more call **0905 789 4182** (80p/min + network access charge)

Calls cost 80p per minute plus your telephone company's network access charge - maximum of 5 minutes duration. You must be over 18 and have the bill payer's permission. Service provider Spoke. Helpline 0333 202 3390

CARTOONS



Summer specials Good Food daily recipe to collect

One-pan piri piri chicken dinner

Try this one-pan piri piri chicken for a family dinner and adjust the chilli levels to suit your family's tolerance. You can use a whole chicken instead, if you like

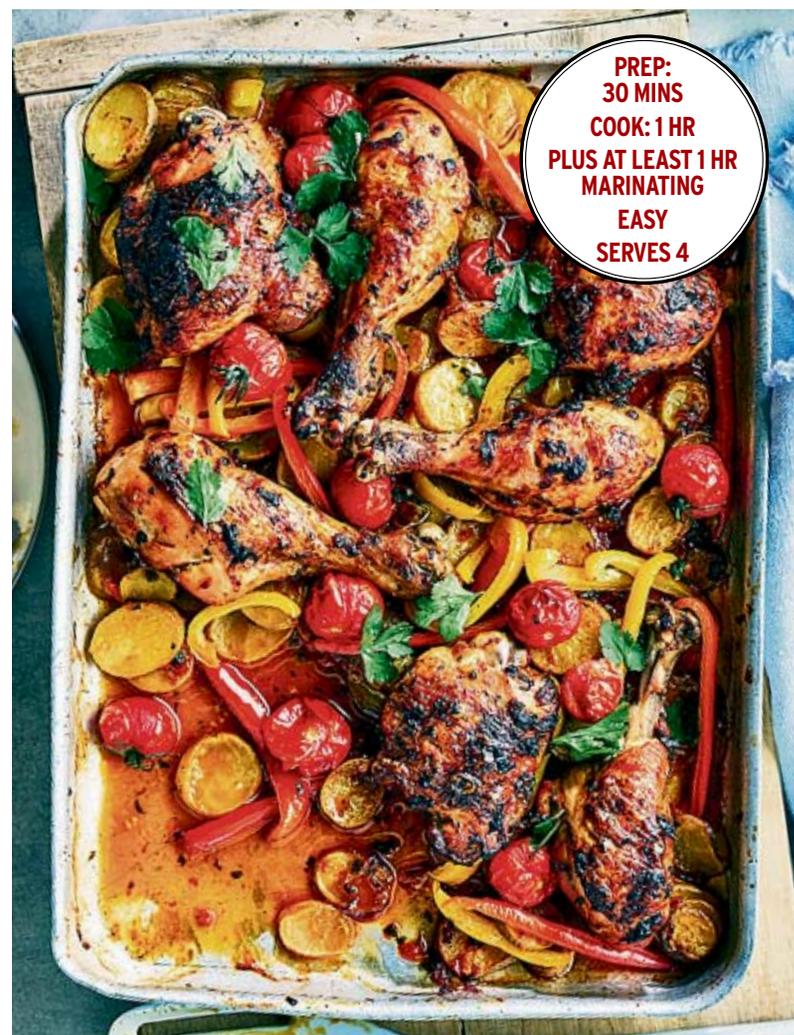
- 1kg bone-in chicken thighs and drumsticks (equal quantities of each saves any arguments)
- 500g baby potatoes, thickly sliced
- 2 peppers (1 red, 1 yellow), thickly sliced
- 200g cherry tomatoes
- Handful of coriander leaves, chopped
- Buttered corn on the cob, to serve

FOR THE MARINADE

- 1½ tsp smoked paprika
- 25g light brown soft sugar
- 1 lime, zested and juiced
- 1 tsp dried chilli flakes (use less if you prefer less heat)
- 2 garlic cloves, chopped
- 4tbsp olive oil
- ½ bunch of fresh oregano, leaves picked or 1tbsp dried oregano
- 1 red chilli (optional), deseeded and chopped
- 1tbsp red wine or port (optional)

1 Pound all the marinade ingredients together with 1tsp salt using a large pestle and mortar, or blitz in a mini chopper to create a loose paste. Slash each chicken piece a few times, then tip into a bowl and coat in the marinade. Cover and chill for at least 1 hour or up to 24 hours.

2 Heat the oven to 220C/200C fan/gas 7. Tip the chicken along with the marinade and potatoes into a roasting tin. Toss together, then arrange the chicken on top of the potatoes, thighs skin-side up. Roast for 35-40 mins until the chicken has browned.



PREP: 30 MINS
COOK: 1 HR
PLUS AT LEAST 1 HR MARINATING
EASY
SERVES 4

3 Remove the tin from the oven and mix the peppers in with the potatoes, baste the chicken in some of the juices in the tin and turn the drumsticks. Nestle the cherry tomatoes in among the chicken and roast for another 20-25 mins until the chicken is cooked through, the skin is crisp and the vegetables are

nicely roasted. Scatter with the coriander and some flaky sea salt, if you like, and serve straight from the tin with the buttered corn on the side.

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TOMORROW'S RECIPE: GRILLED AUBERGINE TABBOULEH