

SUNDAY PEOPLE

COME ON ENGLAND!

E-EDITION

JULY 14, 2024

EUROS FINAL

England v Spain

Tonight,
8pm



TROPHY HUNTERS
Bellingham,
Kane and
Watkins

LAND OF HOPE

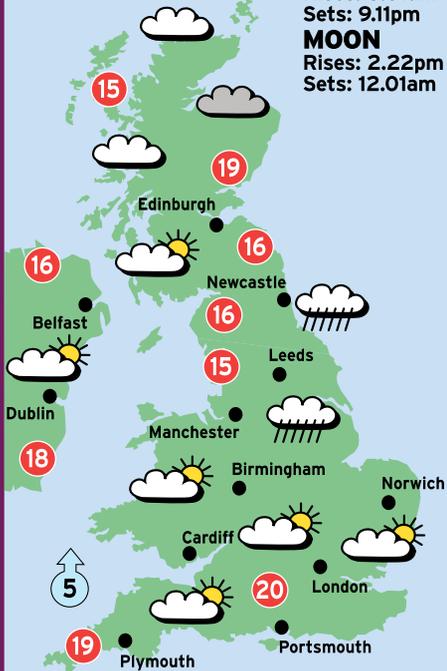
GLORY BECKONS FOR ENGLAND HEROES

See pages 2,3,4,5,6,7,8,9 & SPORT

TODAY'S WEATHER

Today will be dull and cloudy with patchy outbreaks of rain across northern England and parts of Scotland. There will be variable amounts of cloud elsewhere with some periods of sunshine breaking through, the best of these in the south and but there may be a few showers too. Breezy for North Sea coasts.

SUN
Rises: 5.01am
Sets: 9.11pm
MOON
Rises: 2.22pm
Sets: 12.01am



4 DAY OUTLOOK

	MON	TUES	WED	THUR
Birmingham	19c	20c	19c	19c
Cardiff	19c	20c	19c	19c
Edinburgh	20c	20c	19c	18c
Liverpool	21c	20c	20c	19c
London	21c	22c	22c	22c
Manchester	21c	20c	20c	18c
Newcastle	19c	19c	20c	18c
Norwich	22c	21c	22c	21c
Plymouth	18c	20c	18c	19c

ABROAD YESTERDAY

	C	F		C	F		
Amsterdam	th	15	59	Madrid	s	29	84
Athens	s	37	99	Majorca	s	30	86
Barcelona	s	25	77	Malaga	f	28	82
Benidorm	f	28	82	Malta	s	32	90
Corfu	s	33	91	Marmaris	s	34	93
Crete	s	31	88	Miami	sh	29	84
Ibiza	c	28	82	Paris	f	21	70
Larnaca	s	34	93	Sydney	f	16	61
Las Palmas	s	26	79	Tenerife	s	27	81

- : not available, m: misty, c: cloudy, s: sunny, r: rain, dr: drizzle, sn: snow, f: fair, fg: fog, sh: showers, th: thunder, hl: hail, sl: sleet

FREE
MAG
INSIDE



THE LOTTERY

Last night's numbers:

LOTTO: 22, 27, 37, 38, 49, 51. **Bonus:** 59.
THUNDERBALL: 1, 22, 27, 28, 36.
Thunderball: 8. £500k is the top prize.
HEALTH LOTTERY: 5, 6, 19, 21, 37.
Bonus: 9. £100k is top prize.
FRIDAY'S EUROMILLIONS: 12, 18, 24, 25, 39. **Lucky Stars:** 8 & 10.



EURO 2024

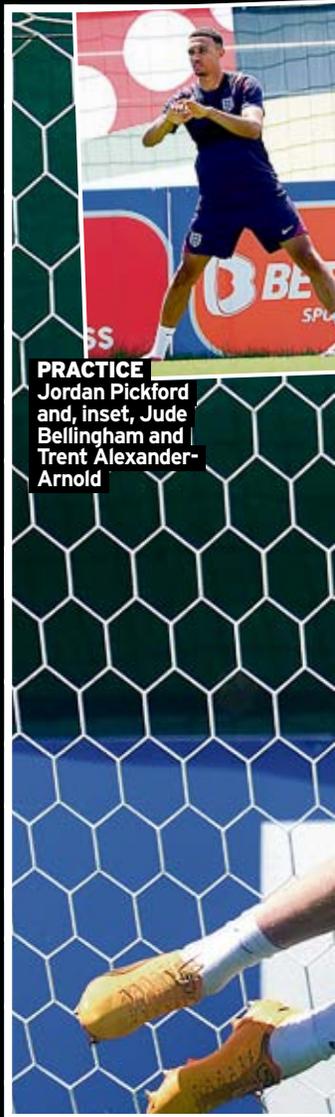
CONTROL
Kyle Walker yesterday



FIELD OF DREAMS
Southgate and Kane inspect the pitch



PRACTICE
Jordan Pickford and, inset, Jude Bellingham and Trent Alexander-Arnold



APPLAUSE
Bukayo Saka waves to staff as team leave hotel

Southgate: I'm not a believer

I BELIEVE

BY PAUL BYRNE and ANDY LINES in Berlin

GARETH Southgate wants to make dreams come true for the fans and the players tonight.

On the eve of tonight's Euro 2024 final, the England boss said: "I'm not a believer in fairytales but I am a believer in dreams."

"We have had big dreams... but you have to make those things happen."

Millions are hoping the Three Lions can end 58 years of hurt tonight and lift their first major trophy since the 1966 World Cup.

But defeat will mean more heartache for Southgate, who three years ago saw his side lose to Italy after a penalty shootout in the Euro 2020 final at Wembley.

Speaking before tonight's showpiece, South-



FATE Gareth talks last night

Gaffer says the team is

gate, 53, said: "Fate, the run that we've had, the late goals, the penalties, that does not equate to it being our moment. "We have to make it happen."

And captain Harry Kane, 30, said: "We are really desperate to go that one step further than we did last time."

He said beating Spain in Berlin's Olympiastadion "would mean everything".

And he added: "For the fans to have that moment would be very special. But we have been here before and it was a tough finish in the

last Euros. So there is that extra hunger and fire in the belly to make sure this one goes our way."

"I know what it would mean to me and I know what it would mean to our country if we won the final. You have that in your mind and you use it as motivation."

"I'm extremely excited for the opportunity to make a lot of people, including myself, happy tomorrow night. I would swap everything I have done in my career to have a special night and a win tomorrow evening."

Tonight will be the first time an England men's team has played in a major final on foreign

BRING IT ON, ENGLAND



KICKS
Harry
Kane

**TRAINING
SESSION**
Bellingham
gets warmed
up for tonight's
big match



in fairytales but...

IN DREAMS

set to make it happen tonight

soil. Yesterday Southgate urged his players to make history. The coach, who will take charge of the team for the 102nd time, said: "If I wasn't here managing the team I would be at home supporting the team. I am a fan in the dugout and I've always wanted England to be successful."

"I'm very proud of the players and now we have a history-making possibility rather than a fear."

Prince William, President of the Football Association, who will be at the match, yesterday wrote on

social media: "We are so proud of you all England, just one last push to finish the job!"

Prime Minister Keir Starmer, who will also be there, said: "You're here not because of luck but because of your graft and hard work. Whatever happens, you have united the country, and we are all behind you."

Yesterday the England players were put through their paces for the last time at their training base in Blankenhain, before they made the three-hour coach journey to the German

capital. All 26 players took part in the session, which means Southgate has a full squad to choose from tonight.

Spain, who are seeking a record fourth title at the Euros, are 4/6 favourites after winning all six of their matches in the tournament, with England at 11/10.

Coral's John Hill said: "This is the first time England are not favourites to win a match at Euro 24, but patriotic punters are taking no notice of those odds, with some even backing England to win on penalties."

Also in the stadium tonight will be the players' families. It is understood England's WAGs have all made a pact to get matching tattoos if the team win and the players have vowed to do the same.

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HUNGER Harry Kane

HERR WE GO: PAGES 4&5



EURO 2024



LOCAL HEROES Nottingham council thinks its St George's flag is biggest

Party spirit goes on across nation

BY **SERENA RICHARDS**

AS the nation comes to a standstill tonight, supporters back home will gather in pubs, fan parks, cinemas and millions of living rooms.

Sunny spells before and during the match over much of the country should also boost the boozing - and Monday's hangover.

Industry chiefs estimate 10million extra pints will be poured to toast the final, as pubs stay open until 1am. The British Beer and Pub Association says it will give pubs and breweries a £48million shot in the arm.

Chief executive Emma McClarkin said: "There is no better place to watch our teams and soak up the atmosphere than the great British pub."

Trade body UK Hospitality said England's performance in the tournament had boosted business by £800million. Supporters will also be watching on big screens at fan zones, concert venues, sports grounds and cinemas. British

Airways passengers can view it on a livestream. Over 15,000 fans chosen by a ballot will watch on a 16-metre screen at the O2, while Boxpark sold out its three London venues at Wembley, Croydon and Shoreditch.

Millions more will be watching at home - with shops expecting a massive sales boost.

Tesco expects to have sold four million packs of beer and cider over three days, while Aldi anticipates selling 37 beers every second in the lead up to kick-off.

But many stores are closing early ahead of the game. Sainsbury's is shutting its local stores at around 7.30pm instead of 10pm or 11pm and Tesco Express stores will also shut by 7.30. Venues everywhere were flying the flag at the weekend - with Nottingham's council HQ boasting it has the biggest. Actors preparing for the Kynren outdoor

history show in County Durham and students on the infamous Otley run pub crawl in Leeds also got into the spirit.



FEARED Viking actors in Bishop Auckland, Co Durham



CHEERED Otley Run pub crawlers in Leeds yesterday



FLAG DAY Above the bars at the Printworks leisure complex in Manchester

HERR

MONUMENTAL England fans fly the flag at the Brandenburg Gate yesterday

Picture: ANDY STENNING



JOY Mike Armstrong with his son Rowan

BY **ANDY LINES** Chief Reporter and **PAUL BYRNE** in Berlin

FANS were bolting for Berlin last night to watch England's biggest ever game abroad.

All were backing Gareth Southgate's team to beat Spain today and end 58 years of hurt.

Supporters bellowed Football's Coming Home at the fanzone near the Brandenburg Gate.

If it does it will be England men's first major tournament win since the 1966 World Cup at Wembley.

Across Berlin there were flags from towns and cities from Truro and Plymouth to Barrow and Ashington.

There were four separate Burnley flags outside the Brandenburg Gate.

Thousands took advantage of airlines putting on extra flights to

FANS IN A FRENZY



WE GO

Flights sell out as supporters flock to Berlin for historic final



ARRIVALS From England at the main train station



GREETINGS English and Spanish fans shake hands



THUMBS UP From fans at Berlin station



make last-minute trips. Ryanair said it sold out and Stansted Airport was described as "totally rammed".

Some had to fly via Vienna, Amsterdam, Paris and Frankfurt – and even Ibiza – as planes filled up.

Julian Pottle, 52, wife Helen, 47, son Charlie, 17, and daughter Summer, 13, originally from North London, flew from Sydney.

They paid £450 each, face value, for their final tickets six months ago.

"We're in the neutral area – but quite close to the Spanish fans," said Julian, a QPR fan.

"We can't wait, we can definitely win it but I do think it's time for Southgate to be brave.

"We love Harry Kane but think Ollie Watkins should start. He's got so much more pace and we need that."

They are among 50,000 England

supporters, with 30,000 expected to be in the stadium.

Steve Prince, 47, from Worksop, Notts, flew to Warsaw where he got a train to Berlin.

"I got my ticket months ago but I was only ever going to come if

England got through," he said. "Watching your country in a final abroad in Germany was something I dreamed about as a kid."

One man took dedication to new levels by hitchhiking to Berlin.

Konrad Gajewski, 27, had already

got from his home in Gloucester to Dover by yesterday – and was trying to thumb a lift while holding a sign reading: "It's coming home."

Konrad said: "I just wanted to go and paint my face in a St George's Cross and soak up the atmosphere with the fans."

Fans forced to stay at home include marketing manager Jamie Nash – who is getting married today.

Nevertheless, Jamie, 33, from Northampton, will watch the action with bride Emma Clayson, 30, and guests.

"It'll just add such an amazing atmosphere to the closure of our wedding," he said.

"If England win, everyone's going

to remember the wedding and everyone's going to remember where they were when England won the Euros."

Adrian Salomon, 42, a magician from York, is watching at home with his Spanish wife Azahara, 42, and their son Tristan, seven.

He said: "It will be tense but fun between us." Azahara, who is flying her lucky Spanish flag from their 2010 World Cup win, said: "We'll do a little bit of Spanish tapas and English beer."

Another expat, electrician Terry O'Connell, 39, is watching with son Brandan, 18, in Australia.

They originally flew to Germany for the earlier games but had to return.

"I'm gutted we won't be in Berlin but we will be roaring the lads home," said Terry, originally from Norton near Middlesbrough.

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GAME ON For fans arriving yesterday

50k

England fans in Berlin, with 30,000 expected to be in stadium tonight



EURO 2024

TROPHY HUNTER Ollie with Exeter teammate



Ollie packs punch

EXCLUSIVE
BY SIMON MURPHY

SUPER sub Ollie Watkins has fired England to the cusp of Euros glory - but his childhood coach reveals he got to his first international final by packing shopping.

Our exclusive picture shows a teenage Ollie in his early playing days mixing with fans of League One side Exeter on his first major foreign match - in football-mad Brazil.

But as a youngster, Ollie and his Under-11s team-mates helped pack shopping at a supermarket so they could afford to go to an Arsenal-run tournament featuring clubs from around the world.

His singer mum Delsi-May even performed at a £5-a-head fundraiser to send Buckland Athletic there - only for the kids to suffer

final defeat. Mark Taylor, Ollie's former coach for the Devon-based side, revealed the team were woken by a suspicious 3am fire alarm before the big match.

Now, after Ollie, 28, grabbed the injury time winner in the Euro semi-final, the nation will be hoping he can go one step further when England take on Spain.

Retired police officer Mark, 64, whose then-team lost 2-1, said: "We needed money to go as opposed to just the parents paying.

"We thought it would be a good idea that the kids should earn the right, not just in football terms, but earn the right to go by doing things.

"They had to have a parent with them but Ollie would be there doing the bag packing.

"The parent would oversee two or three doing the bag packing and we would ask

people for contributions to us to play in the tournament.

"But [when we were there] we were woken up at three o'clock in the morning because the fire alarm went off - dubiously.

"We had to wait outside to be counted, got back to bed at four o'clock in the morning and we had to be up for eight o'clock for breakfast and the match kick-off at 9.30."

Ollie got another taste of international football when he played for Exeter in Brazil. He was just 18 when he took part in a match in Rio de Janeiro to mark 100 years since the club played there in 1914 for what was officially Brazil's first game.

Ollie was again a sub, coming on at the historic Stade de Laranjeiras in the O-O friendly encounter with top-tier side Fluminense's Under-23s.



TRIP Forward at Brazil match

MAINOOS

Kobbie and family after semis win



FODENS

Phil & smiling family on Instagram



PICKFORDS

His mum Sue hugging Megan

BY PATRICK HILL

THEY are brothers in arms on the pitch, off it England superstars' success is a family affair.

Millions of fans cheering on Our Boys owe a debt of gratitude to the players' nurturing, supportive parents.

Two of the heroes behind the heroes are Jude Bellingham's proud parents Mark and Denise.

Real Madrid star Jude, 21, is said to have been moulded by ex-West Midlands police sergeant Mark, a once prolific non-league striker.

Jude said: "Seeing the way he played and the atmosphere, it made me fall in love with football so he was probably my first hero."

Now a Fifa-licensed agent, Mark guides the midfielder's career. Jude, whose 18-year-old brother Jobe plays for Sunderland, said: "He'd always give me tips on what I could do and now it gets to a certain age and it sort of flips and that's brilliant."

Denise, who Jude calls "Queen", lives with him in Madrid's exclusive La Finca neighbourhood. He admits she still makes his bed.

He said: "The role my mum is playing is massive. I think... it's probably the biggest role of anyone, even probably more than my coaches and managers."

Man City's Phil Foden, one of five kids raised on a Stockport council estate, is a dad-of-three himself but is still close to his parents Phil Foden Snr and Claire Rowlands.

Foden, 24, turned down City's 2018 title-winning celebrations with team-mates as he had arranged to go night fishing with his father. Claire, 44, said: "I don't really get it myself but Phil and

POWER TO THE PARENTS

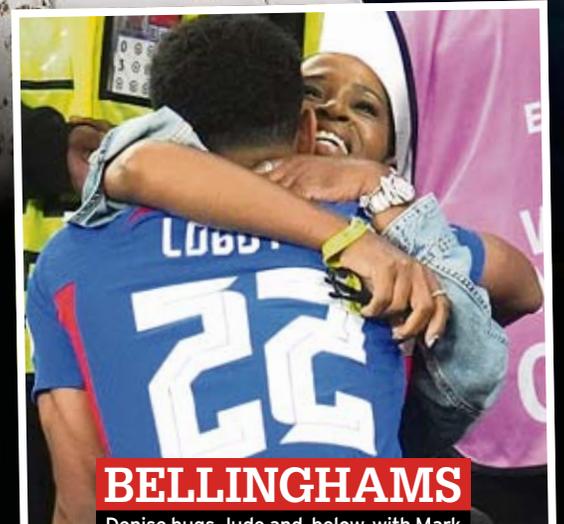


KANES

Harry celebrates with Kane clan, his wife Katie, in pale blue, his dad Pat, in dark blue next to him, and mum Kim in red, behind



WE ARE FAMILY



BELLINGHAMS

Denise hugs Jude and, below, with Mark



Meet the heroes so crucial to Our Boys' success

his dad love it. Once he gets his rod out there's no going back.

Goalkeeper Jordan Pickford, 30, married to ever-supportive Megan Davison, used to be sent training at Sunderland's youth academy with

Tupperware containers of chicken and pasta by mum Sue.

She showed him tough love when, aged nine, he threw a tantrum and kicked the posts after conceding a goal. His coach Mark Prudhoe

recalled: "His mam came and gave him a little clip, to tell him to stop being a baby."

Family man and captain Harry Kane's wife Katie, parents Kim and Patrick and older brother Charlie

rarely miss an England game. The striker, 30, born in Walthamstow, East London, inherited his talent from his late grandfather, semi-pro Eric Hogg.

His great aunt Bette Bovington said: "Sometimes when Harry scores he

looks up to the sky and I always think he's giving a little wave to Eric.

"We're all so proud of Harry. He's doing his best for his country."

Man United star Kobbie Mainoo, 19, is being supported by parents Felix and Abena. He also has two sisters, Ama and Elfia and an older brother, Jordan Mainoo-Hames, a contestant on the fifth series of Love Island.

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EURO 2024

Lad's ice cream soothed penalty woe

SAKA was cheered up by a schoolboy's letter after missing the last penalty in England's 2020 Euro final defeat.

Teddy Gregory, then seven, sent him his £5 pocket money to buy some ice cream in August 2021.

He wrote: "Even Father Christmas knows how good you are because he got me the Arsenal kit with your name on it."

Saka arranged for Teddy to tour the club's Emirates stadium, and have a

kickabout and ice cream. Heartwarming footage of their meeting has been viewed well over a million times.

Asked why he wrote to his idol, Teddy, from Ryde on the Isle of Wight, said: "Because people were being racist to Saka, bullying him."

Saka told the lad: "Thank you for your letter. I was upset and it made me happy."

A friend of Saka said the star had stayed in touch with Teddy ever since.



THANKS Saka and fan Teddy

NOMINATIONS NOW OPEN!



SCAN ME TO NOMINATE



DAILY Mirror

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PRIDEOFBITAIN.COM



EXCLUSIVE

BY EMMELINE SAUNDERS and UGOCHI BENJAMIN

AS Bukayo Saka walks on to the pitch tonight, he will have prayed, eaten his lucky Twix and exchanged a last-minute kiss with girlfriend Tolami Benson.

He'll have laced up his custom gold and cream Furon v7+ boots and styled his hair with the comb he never leaves home without.

The 22-year-old "Starboy", as he was dubbed by fans as a teenage wunderkind, came up through Arsenal's youth academy after being scouted and signed aged nine.

Since then he has evolved into one of England's star men – scoring the 80th minute equaliser against Switzerland and a penalty to exorcise the demons of his miss in the 2020 final.

One of the proudest people watching him tonight will be Mark Harvey, his PE teacher from Years 7 to 11, who told how the boy had "unbelievable" talent at the game but was unusually modest about it when he was at school.

"The one thing that always sticks with me is that he would never showboat," recalls Mark. "For a young boy, and specifically with footballers, whenever they are talented unfortunately there tends to be a lot of ball-hogging."

"They don't really see the pitch very well at that young age, but he did. He was able to see the whole game in front of him. That kind of vision is unusual for a young person to have."

Born to Nigerian parents who moved to the UK in the 1980s for a better life, the young Saka lived in a two-bed terraced house in Greenford, West London.

He discovered his love of football aged three and spent hours kicking a ball around the small green outside with dad Yomi and older brother Abayomi, until they would beg him to go to bed.

Some of his neighbours still live in the cul-de-sac, where one remembers the lad showing his formidable ball control as he nipped past a sign forbidding ball games.

"There were never any windows broken when Bukayo played!" laughed the neighbour.

Just as Saka's celebrity exploded in 2019, the family moved to a larger home in Hertfordshire. His new success meant he could pay the £2.3million price tag.

Parents Yomi and Adenike had made many sacrifices to support his dream – working menial jobs to make ends meet, while giving up evenings and weekends to ferry their son to matches.

Adamant he must prioritise his education if he wanted to become a professional, the youngster would do his maths homework in the back of the car as they drove the length and breadth of the country for fixtures.

"We worked closely with the family, his mum and dad were unbelievably supportive," says Mark, who still works at Saka's old school Greenford High.

"For young people like that, they need



GIRLFRIEND With Tolami Benson, 23

the support of the family, because they need to be grounded but they also need to be warned about the ultra-competitive world they're going into.

"His mum and dad knew that, and they really did push education as a priority for him."

In five years of secondary school, Bukayo "never missed a bit of homework," says his old teacher.

"I can go into his whole behaviour record, there's nothing on him. He was the role model student. For me, knowing him like I do, and how he's developed from a young man, it's clear he's still the same person now in interviews."

At school, Saka became the team's secret weapon. Their tactics would be, "get the ball to Bukayo, everyone else get the hell out of the way!"

"I remember fixtures where we'd take him down to play other schools. This would be year eight, year nine and I can remember jokingly telling him one game, 'I don't want you to use your left foot, everything's got to be on your right foot'," says Mark. "And he still dominated!"

"He won the Middlesex Cup in year nine, which is something we haven't done since as a school. That's still in our trophy cabinet."

Saka had a small circle of four or five close friends at school, but was never the leader of the pack.

"A couple of the others were louder, but Bukayo was never that sort," laughs Mark. "I know they're still friends now. They go for food every now and again. They keep him grounded, and he would say the same thing himself. He doesn't forget where he comes from."

It was with his community in mind that Saka opened the New Balance store in Westfield, White City, last December – insisting the organisers invite students from his primary and secondary schools to come and meet him.

"He remembers being in this school, so to have gone on to become an England football star, he wants to pay that back to the community," says Mark.

When Saka left secondary school



CUDDLE After the Switzerland game

SENSATIONAL. BUKAYO SAKA



STAR BOY TO STAR MAN



PROMISE Celebrating his goal against Swiss and, above, in Arsenal kit as a lad

Hero's PE teacher on the upbringing that turned talent into world beater

with four A*s and three As at GCSE, Mark was not sure they would remain in contact. But they still communicate, mostly by text, before and after big games.

"Throughout last year's season, as an Arsenal fan I was sending him regular messages," he says. "Before each game I send him a little good luck message, 'I hope everything goes well'.

"At the Euro quarter-final against Switzerland [when Saka equalised at 80 minutes before England won on penalties] I got a little bit emotional.

"When he scored I turned into an absolute fanboy and sent him a



message straight away, and another one at the end of the game."

Polite almost to a fault, Saka still calls his PE teacher "Sir" or "Mr Harvey". "He told me he can never call me anything other than Sir, which is lovely," Mark chuckles affectionately.



PRIDE With PE teacher Mark and, left, his old home in Greenford, West London But Saka's path to glory has not always run smoothly.

After the Euro 2020 final, where he missed the penalty that handed victory to Italy, he and several other Black players suffered racist abuse.

Just 19, it was devastating for Saka,

who said at the time: "I knew instantly the kind of hate I was about to receive."

He and Mark "spoke about racism very briefly," he recalls.

"Knowing Bukayo and the family, I can imagine he took two or three days out from social media to be with his family and friends, and had some time to reflect, then he got back out there and let the game do the talking," he says. "Sadly, there are always going to be a small minority who are going to tarnish the game.

"What's good to see is the footballing community got behind Bukayo and we drowned out those voices, which is the right way to do it." Today Saka will walk on the pitch

knowing his school is behind him. Students have been chanting his name on the way in and out.

"The atmosphere on the day of the semi-final was amazing," says Mark. "We had an international day where students celebrate their heritage, and what was lovely to see was they were all going out singing England songs and his name.

"We've got a mural of him in the school gym and two signed tops he's donated. We cite him all the time when we speak to our students about the character strengths he possesses.

"His long jump record has never been beaten. He really is the perfect role model for us, and I will always speak highly of him."

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Zelensky 'can forget' Biden Putin blunder

BY SIMON MURPHY

UKRAINE'S Volodymyr Zelensky yesterday said he is able to forget Joe Biden's gaffe in which he called him "President Putin".

His forgiving words followed the US president's embarrassing blunder at the NATO summit.

Asked about the under-pressure 81-year-old's slip, Mr Zelensky said: "It's a mistake. I think the United States gave a lot of support for Ukrainians."

"We can forget some mistakes. I think so."

The war-torn country's leader was speaking during a visit to Ireland where Taoiseach Simon Harris hugged him at Shannon Airport.

Asked for his message to Ireland, Mr Zelensky said: "Thank you so much for your support, thanks to Ireland for hosting a lot of Ukrainian refugees."

Mr Biden has faced pressure to stand down from the presidential race.

Hollywood star George Clooney, 63, a Democratic fundraiser, has written an article saying the President had won many battles, "but the one he cannot win is the fight against time".

CORRECTIONS & COMPLAINTS

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Baldwin gun trial: The reality show



DEATH Halyna Hutchins

BY SASKIA ROWLANDS and SARAH ROBERTSON

HOLLYWOOD star Alec Baldwin is set to use his manslaughter trial ordeal in a reality TV show.

It comes after a judge threw out the case against the 66-year-old actor accused of fatally shooting cinematographer Halyna Hutchins on the set of movie Rust in 2021.

As he headed into court in Santa Fe, New Mexico, on Thursday he and wife Hilaria were being filmed by documentary videographer

Jenna Rosher - who owns California-based Althea Films. She is said to have had special access to video the pair.

Last month the actor announced plans for new reality show The Baldwins.

Set to be screened next year, it is being billed as a fly-on-the-wall peek into family life with their seven children.

But it is not yet known if courtroom scenes will be included. Baldwin - who faced up to 18



ACCUSED Baldwin on set of Rust

months' jail if convicted - was on trial accused of shooting Ms Hutchins and wounding director Joel Souza. The prosecution

claimed he behaved recklessly during a scene rehearsal. But Judge Mary Marlowe Sommer dismissed the case after it emerged police and prosecutors hid evidence about ammunition used. Baldwin always maintained he did not pull the gun's trigger, claiming others on the set were responsible for safety checks.

Rosher's website says she has produced, directed and filmed social, political and music documentaries for TV and film.



COURTROOM TEARS With hug from his wife Hilaria

Devastation... beyond words

BY DAN WARBURTON and SASKIA ROWLANDS

HEARTBROKEN BBC commentator John Hunt, whose family was killed in a crossbow attack, spoke out for the first time yesterday.

The horse racing radio pundit and surviving daughter Amy, 23, told of their despair in a moving message.

The pair said: "The devastation we are experiencing cannot be put into words."

"We would like to thank people for their kind messages and for the support we have received in recent days. These have provided great comfort to us for which we are very grateful."

"As you can imagine, this is an extremely difficult time for us, and we need time and space to come to terms with what has happened and start the grieving process." Their words came four

Anguished dad & daughter's moving message after triple crossbow killing

days after Mr Hunt's wife Carol, 61, and daughters Louise, 25, and Hannah, 28, were tied up and shot in their home in Bushey, Herts.

It is understood one of

the dying victims managed to ring the police during the horror attack and another sent a desperate last text to her partner urging them to dial 999. Police launched a



VICTIM Hannah, 28



DEAD Wife Carol with husband John



SHOT Louise, 25

manhunt for Louise's ex-boyfriend Kyle Clifford, 26, who served in the Queen's Dragoon Guards. They raided his home in Enfield, North London, and some local schools were locked down.

On Wednesday, he was found in a nearby cemetery and taken to a trauma centre with suspected self-inflicted chest injuries. He was arrested on suspicion of the triple murder on Thursday.

More than 50 mourners attended a church service on Thursday.

Afterwards, friend Lea Holloway tearfully said: "I'll miss Carol like crazy. I can't believe this has happened. It's the thing nightmares are made of."

Det Supt Rob Hall said: "Our thoughts remain with the victims' family at this tragic time. The investigation is moving at pace. Inquiries are continuing."

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BBC DANCE CONTEST IN CRISIS AS

Joy over return of cancer-hit Amy

PRO dancer Amy Dowden's return to Strictly can't come quick enough for head judge Shirley Ballas.

Amy, 33, was diagnosed with breast cancer last year and, after gruelling treatment, was told in February that doctors could find "no evidence" of the disease.

Shirley said: "Amy is an ex-student of mine - I've known her all her

dancing life. She's incredible and does a lot for women's health.

"Of course, she is Amy Dowden MBE now, might I say, for the work she's done. I've been there through Amy's darkest times and I've been there through her brightest

"And I know her brightest

light is now, that she's back on the show, because she was mortified when she couldn't go on last year.

"I hope she gets an amazing partner and I know that she's going to be doing some great work, and carrying on the wonderful messages that she's putting out there."



HEALTHY Amy Dowden

Shirley: My stalker hell ...I don't go out alone

EXCLUSIVE BY LAURA ARMSTRONG and JANINE YAQOUB

SHIRLEY Ballas fears being stalked after having to call police over a fan's disturbing behaviour.

The Strictly judge, who has faced vile death threats in the past, said the man - who believes he knows her - "lunged" at her in one alarming encounter. He also took photos of her car and home.

Shirley, who has since beefed up her security, spoke exclusively to the Mirror's Invite Only podcast just days before Gavin Plumb was sentenced to life for plotting to kidnap, rape and kill TV presenter Holly Willoughby.

Shirley said police had confiscated her suspected stalker's phone and computer.

She also told how her driver will always get out of the car first and scan the area to make sure it's safe.

The 63-year-old, who has been rocked by Holly's ordeal, said: "I like to be a free bird but we're coming into times where you have to be more vigilant.

"I'm careful not to go out alone. If it's at night, I'm always a little bit nervous.

"Thankfully, the BBC's duty of care towards me has been 1,000%. They've been fantastic." This year, Strictly celebrates its 20th anniversary and

Shirley promises a show that will be "the most magnificent on Earth".

The dance contest has also been given the royal seal of approval after the Princess of Wales, 42, Princess Charlotte, nine, and Prince Louis, six, visited the set at Elstree Studios.

Months later, it was revealed that Kate was battling cancer.

Shirley, who has had her own cancer scare, said: "I think it was remarkably brave of Kate to talk about her issues. I think the whole country wishes her the very best and she has a speedy recovery."

Shirley, who revealed that the young royals sat in the judges' chairs, added: "They were so well behaved and beautifully poised.

"Charlotte, she's a little dancer... she's got things going with a little bit of jazz."

Shirley had another brush with royalty last year when she sent a copy of her debut novel, *Murder on the Dance Floor*, to the Queen - who replied with a handwritten thank-you letter.

"I don't know how she got on with that steamy book," Shirley laughed.

"I was hoping she'd pass it to the King and he could also enjoy it."

■ *Murder on the Dance Floor: The Sequin Mysteries* is out in paperback. The sequel *Dance to the Death* will be released on October 10. Listen to Shirley's full interview at podfollow.com/inviteonly



ICON Strictly judge Shirley



CHATTY With our Janine and Laura

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2ND PRO LEAVES UNDER A CLOUD

Strictly
reeling

● Graziano gets the boot amid claims of gross misconduct

● SECOND shock for fans after Giovanni's exit from family show

BY SARAH ROBERTSON

STRICTLY Come Dancing fans were shocked yesterday after Graziano Di Prima was sensationally booted off the BBC show.

The professional dancer, 30, was fired following a complaint about his behaviour towards TV star Zara McDermott that amounted to gross misconduct.

Zara, 26, was partnered with the Italian dancer in last year's series.

Graziano's shock sacking comes as Strictly reels from allegations against fellow Italian pro Giovanni Pernice, 33.

Neither man will be part of the Strictly 2024 line-up.

Within minutes of his exit yesterday, Graziano said in a statement: "My intense passion and determination to win might have affected my training regime.

"I deeply regret the events that led to my departure from

AT ODDS
Sherlock actress Amanda & Giovanni on last year's Strictly

Strictly... I understand it's best for the show that I step away."

Graziano, who is married to Italian dancer Giada Lini, added: "I remain committed to being strong for my family and friends."

But he hinted there were "aspects of this story involving external influences" and said: "When the time is right, I will share my story."

Last night, former Love Island star and documentary maker Zara had not commented on the matter.

But one source reportedly said: "It is incredibly brave of Zara to have come forward.

"It is never easy for a woman – or indeed anyone who has been mistreated – to do that."

According to reports, Zara did not raise the complaint about Graziano but she was contacted by BBC chiefs after a number of Strictly staff expressed concerns about his behaviour.

A BBC spokesman said yesterday: "We can confirm Graziano Di Prima is no longer a part of the line-up of professional dancers for the upcoming series.

"The BBC has established and robust duty of care procedures and if issues are raised, we will always take them seriously and act swiftly". It comes as

Giovanni has been mired in "serious complaints" about alleged "threatening and abusive behaviour" since his last celebrity partner, Sherlock star Amanda Abbington, 50, quit the show after just five weeks.

The BBC announced in May he would not be returning for this year's special 20th anniversary series.

But show sources reportedly said that Graziano's "awful" behaviour makes Amanda's claims – that Giovanni bruised her toe during rehearsals – seem "miniscule".

Graziano joined Strictly in 2018 and has previously danced with presenter Vick Hope, Loose Women star Judi Love and actor Kym Marsh. His pairing with Zara lasted six weeks.

In the wake of his sacking, some fans have threatened to boycott Strictly, which attracts more than 10million viewers when it airs on Saturday nights in

the run-up to Christmas.

One said online: "What in the world is in the drinking water [at] Strictly? I can't deal with this bs anymore."

PR expert Mark Borkowski said the latest rows could eclipse stories about the 'Strictly curse' – where celebs taking part in the show dump their partners after getting close to dancers.

He said: "This is more structural – about the way people go about their training. I feel for the BBC and for people caught up in the maelstrom of this because it's careers [at stake]."

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PUTTING ON A SHOW Graziano dances with Zara

VOICE OF THE

SUNDAY
PEOPLE

Chance to revitalise country

ON Wednesday, in a spectacle of pageantry and pomp, King Charles will stand in the House of Lords and read out Keir Starmer's to-do list.

It's a chance for the new PM to show Britain what a difference Labour can make. That the General Election wasn't just about voting the Tories out but about changing the country.

Whether it's giving people stronger rights at work, free breakfast clubs for primary school kids or cracking down on anti-social behaviour – the King's Speech will include changes that people will feel in their daily lives.

And it'll be a shock seeing a government setting out to do so much so soon – after Rishi Sunak's administration sat on its hands, accomplishing next to nothing in years.

But many will be annoyed if some measures – like the removal of the Tories' nasty two-child benefit cap – don't make the cut.

Keir Starmer has described Wednesday as a "downpayment" on more changes to come.

A big part of why Britain trusted Labour after 14 years of Tory chaos is faith that they won't over-promise and under-deliver.

But tearing up the Tories' most immoral policies should always be on the PM's mind.

We'll keep reminding him it's the right thing to do.

War on creeps

AI has the potential to make our lives easier by automating mundane tasks and improving access to information.

But at its worst it can be a friend to creeps and weirdos who create vile images.

As AI tools have become so sophisticated so rapidly, it's become simpler and cheaper to make fake sexual images and even videos that appear to show celebrities. Or anyone.

Innocent women – and it's almost always women – can have their faces cut and pasted on to all manner of sexual material.

Once shared online it's almost impossible to remove them.

These images are not merely pornographic, they're abusive.

Channel 4 presenter Cathy Newman, a victim of so-called deepfakes, is right to say the intention of those making such content is to degrade women.

Sharing such abusive images is already illegal but the government must press ahead with plans to outlaw their creation.

One more win

All the best of luck to Gareth Southgate and the England team tonight.

You've already succeeded in uniting the nation behind you – something anyone who paid attention during the election might have thought an impossible task.

Win or lose, you're already national heroes.

Bring it home and you'll be living legends.

No pressure.



Jason Beattie

Guest columnist

TIME FOR A TONY SILENCE

Shortly after the 1997 general election I was sent to interview John Major.

"Don't come back without a story," was the instruction from my then editor.

Major was civil but tight-lipped when I asked what advice he had for his successor William Hague. In

desperation I blurted out: "So, are you going to be a back-seat driver?" To which he replied: "No."

This was enough to craft a story around the line "Major: I'll not be a back-seat driver."

This came to mind as I read yet another interview

with Tony Blair in which he offered advice to the new Labour government.

Perhaps he means well but I'm not convinced his interventions are helpful to an administration seeking to find its feet.

Like Sir John, Sir Tony has had his time.



Party crashers ditched

Wrecked Cons will have limited role from now on

We've all been there. You are driving and there is an accident on the other side of the road.

The police wave you on but it is hard to resist slowing down to catch a glimpse of the wreck.

That is what it's like observing the Tories now. You don't want to rubberneck at the pile-up and, frankly, it's not a sight for the squeamish. But it is compelling.

You'd have thought this would have been a time for quiet contemplation and dignified silence but the Tories have carried on where they left off with public spats, backstabbing and toxic briefings.

It is unclear if Conservative MPs have quite appreciated how much of a side show – or should that be freak show? – they have become.

Just as it takes time for a party to adjust going from opposition to government, so it takes time for the reverse to happen.

Many potential contenders for Tory leadership, such as Kemi Badenoch, Suella Braverman, Tom Tugendhat and Robert Jenrick have never had the bitter taste of opposition.

They will find out they only have a limited role in a national conversation they used to direct. The amount of attention you get for speeches, party conferences and policy announcements is in

direct proportion to how close you are to power. The more distant the



prospect, the smaller the coverage. The Tories are far more likely to

Tories carry on with public spats, toxic briefings and backstabbing

attract interest for their divisions than they are for anything positive they may have to offer.

Even then they may struggle to get a hearing when Nigel Farage's Reform is competing at the box office to be this summer's biggest disaster movie.

Labour is not spurning this gift. Already the government is framing

each announcement by contrast to what happened under the Tories.

This was Rachel Reeves on Monday: "In these first 72 hours we have done more to reform the planning system than previous governments have done in the last 14 years." Labour is determined we will not forget the Tory horrors.

The Liz Truss mini-Budget will be reeled out by Labour at every opportunity, just as the Tories used to produce Liam Byrne's "there's no money left" note whenever possible. As will Boris Johnson's

partying in Covid, the cronyism, incompetence and pettiness. Keir Starmer has learned from how Cameron and Osborne acted when they took power in 2010.

As the opposition party wallowed in the misery of defeat, the Conservatives set the narrative for the next 10 years by claiming they were clearing up the financial mess caused by the crash.

Now Labour can set the agenda. And the script for the next election: don't trust the party which steered the car off the road.



It is not entirely true that England footballers only win major tournaments under a Labour government. The Lionesses lifted a trophy when the Tories were in charge. But the men's team have not

triumphed since 1966 when Harold Wilson was running the country. Could Keir Starmer's victory be a lucky omen tonight? If only there were an exit poll shortly before kick-off to give you some idea of what the result will be...



Only 8% of 18 to 24-year-olds voted Tory at the election so you can see why Labour would want to extend votes to 16-year-olds. But Keir Starmer should be careful what he wishes for. Prime Minister Harold Wilson reduced the voting age to 18 in 1969 and lost the election in 1970. Teenagers may not vote Conservative but they could end up backing the Greens rather than Labour.



TRAGEDY Scene of blaze
Child dies and five are hurt in house fire

BY SERENA RICHARDS

A YOUNGSTER has died and five adults have been injured following a house blaze yesterday.

The inferno occurred at a terraced property at around 8.30am.

The child died at the scene and those who were hurt were taken to hospital. No further details have been provided on their condition.

Last night the cause of the blaze, in East Ham, East London, remained under investigation. Police were trying to contact the child's next of kin.

London Fire Brigade's assistant commissioner Patrick Goulbourne said: "This is a terribly sad incident and the thoughts of all of us are with the family, friends and all those affected."



CARNAGE Israel hit Gaza
Over 90 killed in 'terrorism plotter' strike

BY SIMON MURPHY

AN Israeli strike targeting the suspected October 7 attack mastermind has killed at least 90 people in Southern Gaza.

Israel claimed Mohammed Deif – the Hamas commander believed to be behind last year's deadly attack – and a second senior figure in the group were the targets.

It is not known whether Deif, who is thought to have escaped multiple Israeli assassination attempts, was killed.

At least 289 others were injured with many of the wounded taken to Nasser Hospital, the Gaza health ministry said.

Video footage showed charred tents, burnt out cars and belongings scattered on blackened earth as emergency workers searched for survivors.



ON CREST OF A WAVE Tom Cruise



PALS Hugh Jackman and Kate Beckinsale



WINNER Barbora Krejcikova celebrates



CHECKING IN Jenna Coleman

It's love all for Maya and P!nk

POP singer P!nk helped Get the Party Started at the Wimbledon ladies final yesterday.

She joined Love Island host Maya Jama to watch Czech ace Barbora Krejcikova beat Italian

Jasmine Paolini. Tom Cruise, Anya Taylor-Joy, Jenna Coleman and Zendaya also enjoyed the action, while Hugh Jackman, Kate Beckinsale and Ellie Goulding had VIP seats.



STRIKING A POSE P!nk and Maya Jama



SUITS YOU Zendaya



MADE UP Ellie Goulding



DRESSED DOWN Anya Taylor-Joy

Kate centre court

BY PATRICK HILL

THE Princess of Wales is due on Centre Court later today to watch the men's singles final and present the winner's trophy at Wimbledon.

Having Kate at the showpiece match – between Novak Djokovic and Carlos Alcaraz – will delight royal fans as it will be only her second public appearance since she revealed her cancer diagnosis in March.

It had been hoped the princess, who has been patron of the All England Club since 2016, would also

Princess of Wales WILL go to Wimbledon for men's final

be at yesterday's ladies final, where Barbora Krejcikova triumphed over Jasmine Paolini. But in a statement, Kensington Palace yesterday announced she would miss the event for the first time since 2017.

Kate, right, also missed a charity polo match on Friday, when husband Prince William was on the field.

She was last seen in public in June,

when she watched Trooping the Colour with children George, 10, Charlotte, nine, and Louis, six.

Kate, 42, said last month that she hoped to attend the occasional royal engage-

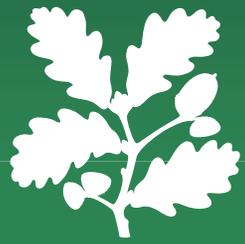


ment over the summer, but urged the public to bear with her. She admitted she has "good and bad days" and stressed she is "not out of the woods yet".

Kate's cancer was discovered after abdominal surgery in January. The princess later confirmed her diagnosis in an emotional televised statement. She is not expected to return to full-time royal duties until fully recovered.

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SCAN ME

EXCLUSIVE

BY MIKEY SMITH Deputy Political Editor

A LAW to protect workers from unscrupulous bosses is set to be included in Keir Starmer's first King's Speech.

The Employment Rights Bill, which Labour plans to pass within 100 days, will ban zero-hour contracts and outlaw "fire and rehire" tactics.

It is one of 35 new laws to be revealed as the Prime Minister puts growth at the heart of his plan to rebuild Britain.

"Our work is urgent – there is no time to waste," the PM said last night.

"We are hitting the ground running by bringing forward the laws we will need to rebuild our country for the long-term – and our ambitious, fully costed agenda is the downpayment on that change."

Teachers

King Charles will deliver a speech in the House of Lords on Wednesday at the State Opening of Parliament, setting out Labour's plans for the coming session.

New laws announced in the speech will all be aimed at kickstarting Britain's "stalled economy".

And every measure will be focused on the six missions the PM announced during the campaign: Economic stability, cutting NHS waiting times, border security, launching Great British Energy, cracking down on antisocial behaviour, and recruiting more teachers.

Bosses at ferry firm P&O were branded "modern-day pirates" after sacking 786 workers before replacing them with agency staff – who could be paid as little as £4.87 an hour – in 2022.

Such tactics would be banned under new workers' rights protections.

“Tories let pay stagnate... we will hit the ground running with our new deal for workers

The bill is also expected to introduce basic statutory rights from day one on sick pay and parental leave – and beefed-up protections against unfair dismissal.

And it will allow the Government to scrap some anti-union rules pushed through by the Tories.

A Labour source said: "Labour is the party of working people, and this Labour government is delivering on our promise to make work pay with a New Deal for Working People. We will hit the ground running, introducing legislation within the first 100 days of entering office.

"The Tories let wages stagnate and have left millions of workers in insecure jobs. Labour will turn the page, improving people's lives and boosting economic growth for everyone's benefit."

Writing for this paper, Commons Leader Lucy Powell said: "We will prioritise the things that will make the most impact first. Over 14 years, our economy has stalled, with the cost-of-living crisis and rising bills hitting families hard.

"Public services aren't working, with NHS waiting times at record highs. Our streets feel unsafe.

"Young people don't have the opportunities their parents did to get on in life. There's no time to lose to start making a difference to people's lives."

Meanwhile, Mr Starmer will bid to "change" Britain's relationship with the EU as ministers host European leaders at a major summit at Blenheim Palace, near Oxford, next weekend.

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COMMENT: PAGE 14



NO TIME TO WASTE PM and deputy at first Cabinet

First up... end fire & rehire

Labour to pass law within 100 days

The King's Speech: What's in...

GROWTH & ENERGY

Wednesday's agenda-setting speech is due to include laws to set up Labour's national wealth fund and a new "mission control" tasked with turbo-charging the UK to clean power by 2030.

REGION & ECONOMY The role of regional politicians and the Office for Budget Responsibility are set to be bolstered.

EDUCATION Measures are expected on strengthening school standards and introducing free breakfast clubs for primary school children. It's thought elements of

the reform of school regulator Ofsted will be flagged up.

HOUSE OF LORDS REFORM

Also expected is removing the right of hereditary peers to sit and vote in the Lords and putting a mandatory retirement age of 80 on the upper chamber.

HOMES & JOBS Measures to boost housebuilding and infrastructure, improve transport and create more jobs will be included, Number 10 said.

CRIME A crackdown on anti-social behaviour and county lines drug smuggling are highly likely.

...& what's out

Labour say this first speech should be seen as a "downpayment" – the first wave of changes. That means a number of measures Labour has announced, or has been urged to introduce, will not be there yet:

TWO-CHILD BENEFIT Moves to scrap the two-child benefit cap are unlikely to be included.

DIGITAL ID CARDS As called for by Tony Blair last week, are not on the cards yet.

VOTING AGE And while Labour still plans to reduce the voting age to 16 it's not expected to make it to this year's King's Speech.

Our plans put service back into UK politics

BY LUCY POWELL
Leader of the Commons



Wednesday's State Opening of Parliament is a moment of profound change after 14 years of Conservative government. Labour will set out the laws it wants to pass to bring promised change.

As the Leader of the House of Commons, my job is to ensure those first laws meet Labour's missions. We've been working so we hit the ground running with an ambitious and bold agenda.

Over 14 years, our economy has stalled, with the cost-of-living crisis and rising bills hitting families hard. Public services aren't working, with NHS waiting times at record highs. Our streets feel unsafe. Young people don't have the opportunities their parents did to get on in life.

Respect

There's no time to lose to start making a difference. Rather than stick our heads in the sand, or pull the wool over people's eyes as the Tories did, Labour will be straight with people about the problems we inherit.

Our first King's Speech will be a downpayment, just the start of the legislative plans we set out over the next five years. Transforming our country will take patient, focused work over a long period of time.

As the Prime Minister has made clear, this will be a government of service. We will do things differently, and do things properly. Rather than useless gimmicks and bills, we will focus on real change for working people.

Rather than sleaze, scandal and division in Parliament, ministers and MPs alike will be held to the highest standards of behaviour and respect.

Rather than trashing our democratic institutions and the rule of law, we will respect them.

We will focus every day on delivering our missions – basic asks that have been ignored for years.

Change won't be easy. National renewal won't come quickly. But Labour will put politics back to public service and put Parliament to work delivering for working people. Change starts now.



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GRATEFUL TV star Holly Willoughby
kidnap fiend 'worst of the worst'
BY KEITH PERRY

AN undercover US cop who exposed a security guard's plot to rape and murder Holly Willoughby has described the monster as "the worst of the worst".

The detective from Minnesota said he was convinced that vile Gavin Plumb "fully intended to carry out his plans".

Posing as a fellow plotter and using the alias David Nelson, he exchanged 300 messages with Plumb in an online chatroom group called Abduct Lovers.

SADISTIC

He said he had no idea who Holly was and had to Google her - but would have alerted UK police regardless of her identity after Plumb sent images of a "restraint kit" and bottles of chloroform.

Speaking for the first time about the plot, the cop said his force offered counselling because Plumb's plans were so vile.

On Friday, Plumb, 37, of Harlow, Essex, got life in prison, with a minimum sentence of 16 years, after being found guilty of soliciting murder and incitement to kidnap and rape at Chelmsford Crown Court.

Holly has said she will "forever be grateful" to the US cop who nailed him.

Stephen cop was 'outright racist'

Bungler's hate-filled rants revealed

EXCLUSIVE

BY TOM PETTIFOR
Crime Editor

ONE of the detectives who bungled the investigation into Stephen Lawrence's murder described young Jamaican heritage men as "ignorant and uneducated".

Mick Tomlin said a description of the Windrush generation being involved in prostitution, stealing and drug dealing "reflected exactly" his experience.

The racist ex-detective constable also accused Stephen's mum Baroness Doreen Lawrence of lying.

Tomlin was involved in the initial failed probe after Stephen, 18, was stabbed by a racist gang at a bus stop in Eltham, South East London, in 1993.

Six years later an inquiry branded the ex-cop "incompetent, condescending and casual" and guilty of "serious neglect".

Tomlin made the comments from his home in Mojacar, Spain, prior to his death at 82 in 2022.

It comes after the Crown Prosecution Service said last month it would not be charging any of his ex-colleagues over the original probe.

When that inquiry began in 2015, Tomlin wrote: "I'm being investigated for corruption.

"I hope one day you will learn that the real corruption was perpetrated by Her Right Honourable Baroness Lawrence and her bent solicitors. Wake up England, the majority of racists are not white."

In July 2020, Tomlin wrote: "I believe that many Black people are wrong in thinking that all white people are institutionally racist, in fact the truth borders nearer to the opposite being the truth."

And, criticising British F1 driver Lewis Hamilton over his support for

Black Lives Matter protests in 2020, he wrote: "One has to laugh at our poor F1 driver Multi Millionaire who complains he was the subject of verbal abuse. I can assure him that teenage Jamaicans' vocabulary was racist and typical of their ignorant uneducated upbringing."

Stephen's father Neville, 82, said of Tomlin: "I'm appalled that a man like that could have been allowed to work in the police force. If that was the attitude of an officer dealing with the case, no wonder we couldn't get justice."

The Kingston Race and Equalities Council is backing Neville's fight for a review of the decision not to charge officers who first dealt with the case.

Its CEO John Azah said of Tomlin: "He's an outright racist who was in uniform. No one involved in this terrible case has been held to account for the mess they caused."

"If this was the attitude of an officer who was supposed to catch the killers then there was never a hope in hell.

He shows such disrespect to a mother who has lost her son to murder."

A 1999 public inquiry led by retired High Court judge Sir William Macpherson concluded the first investigation was "marred by a combination of professional incompetence, institutional racism and a failure of leadership by senior officers".

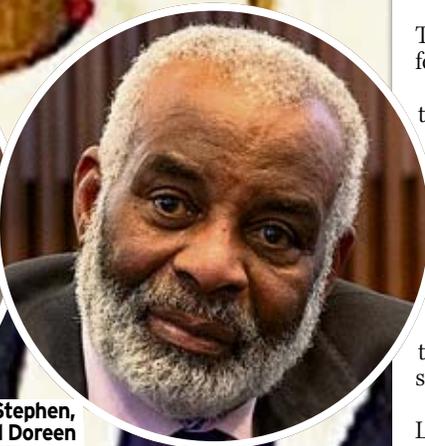
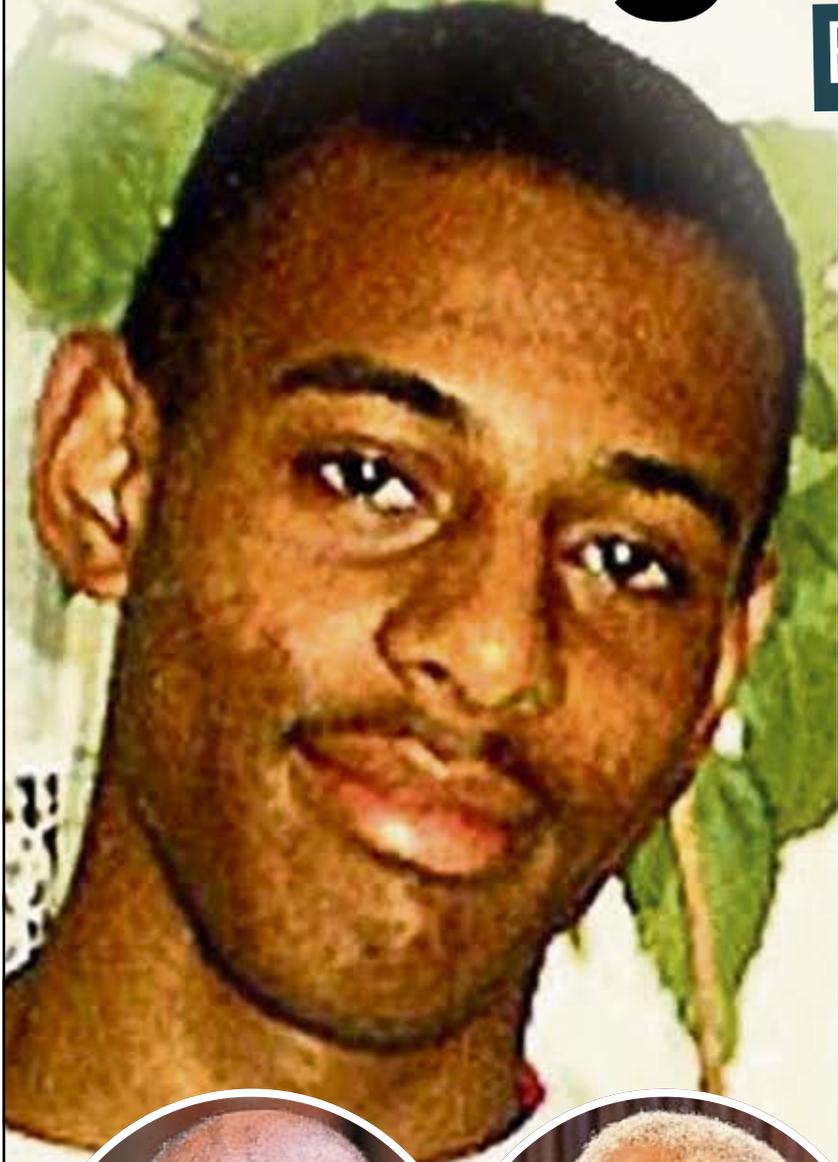
Duwayne Brooks, 49, who was waiting at the bus stop with Stephen and told the 1999 probe Tomlin had an "attitude problem", said of the ex-cop's rants: "You still have police officers today who think the same way as him."

The Met said: "The language used in these posts is clearly unacceptable."

"If these comments were made by a serving officer today, they could expect robust disciplinary action."

David Norris, 47, and Gary Dobson, 48, were jailed for the murder in 2012.

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ORDEAL Stephen, Neville and Doreen

“If this was the attitude of an officer supposed to catch Stephen's killers then there was never a hope in hell”

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look behind the scenes from Cole Palmer's sister

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Work till you're 80? Truss's 'chaotic idea to hike pension age'



DITCHED Ex-PM Liz Truss

BY MIKEY SMITH
Deputy Political Editor

DISASTROUS Prime Minister Liz Truss wanted to ruin older people's lives by upping the state pension age to 80, it is claimed.

Ms Truss, Britain's shortest serving PM, is said to have floated the idea during conversations at Westminster garden parties last summer. She allegedly told guests:

"Nobody should be allowed to retire until they're 80."

Although her remarks were said to have been "light-hearted", one Westminster source who heard her suggestion branded it "loopy".

But, during her 49 days in Number 10 in 2022, Ms Truss declined to rule out hiking the retirement age.

She drew inspiration for many of

her dire policies from the Institute of Economic Affairs think tank, which has repeatedly called for the state pension age to be increased more rapidly.

It currently stands at 66 but will start gradually increasing from May 2026. At an Institute-hosted event in October, Tory peer Lord Frost, a former ally of Ms Truss, called for the pension age to rise to 75 to

slash public spending. He said: "People are much healthier now. We do need to do something like freezing the public sector health budget and finding a just way that public sector spending needs to go into the private sector."

Ms Truss quit as PM after her planned unfunded tax cuts crashed the economy. She lost her South West Norfolk seat on July 4.

£2.5bn Stonehenge bypass 'one of world's priciest roads'

BY PATRICK HILL

A TWO-MILE road tunnel to mask traffic going past Stonehenge could cost as much as £250,000 per metre, campaigners claim.

The £2.5billion scheme was approved by the Tories, but Labour are waiting for legal rows to end before deciding whether to go ahead. John Adams,



PROTECTED Stonehenge

head of Stonehenge Alliance, said the huge cost would "make it one of the most expensive roads in the world".

So far, 100 archaeologists have been hired to search the site, in a contract costing £4.6million so far.

Planning Inspectorate officials have said building the tunnel will cause "permanent, irreversible harm" to the area.

Elizabethans knot sex shy

SEX before marriage was never frowned upon and used to be the norm, researchers say.

They studied 60 years of analysis of English records from the Elizabethan era to the early 20th century.

Prof Alice Reid, from the University of Cambridge, revealed: "Most people would start having sex when they made agreements to marry."

"If they became pregnant, that would speed up the marriage."

VICTIMS TELL



FAKING IT But AI porn creeps are facing prison

EXCLUSIVE

BY CALLY BROOKS

VICTIMS of deepfake porn have told of their hell as ministers prepare tougher laws to jail offenders.

The vile online images – created by superimposing innocent faces on existing footage of sex acts – are already illegal to share.

Now the new government is also threatening those who create deepfakes with jail or unlimited fines. Celebrities are the best known victims of the bullies, blackmailers and other perverts.

But women and girls all over the UK are having their images manipulated and shared online.

Last month police reprimanded two private school boys for using AI to make deepfakes of female pupils.

Campaign group End Violence Against Women says non-consensual porn accounts for 96% of all deepfakes, with 99% featuring women.

One high-profile mum who is also a victim says it is young girls she fears for the most.

Channel 4 News presenter Cathy Newman, 49, said: "I worry, having two teenage girls, that this is the world we live in."

"I did ask them before I shared my story and they were really supportive."

"They were keen for me to talk about the issue because they want action. Their generation doesn't want to live in this way."

During a Channel 4 investigation, Cathy discovered her image was being used in a clip of a woman having sex.

She said: "You get used to online abuse so my first instinct was to laugh."

"It wasn't until I sat down to watch it that I realised how invasive and dehumanising it was. I found it very disturbing how realistic the facial expressions and movements were."

"It disturbed me that someone might stumble across this and believe it's me. The conclusion you reach is that it's

done to degrade women." But, like other victims, when she approached search engines to have the footage removed, she was shocked to learn they would not be taken down.

She continues: "They said they would derank it, which means they will move it further down the search results, but they can't remove it. So, they can make sure people can't find it as easily."

"Part of the problem is these sites are hosted outside of the UK so, even if the UK bans the creation of deepfakes, you need international action for anything to take effect."

"I do feel things are changing but it shouldn't be okay for women to be targeted online in a way that would be illegal offline. It's abuse."

Cathy is one of 255 female celebrity victims of deepfake, according to Channel 4's probe. It found 143,733 new

deepfake porn videos were uploaded online in the first three-quarters of 2023 – more than all previous years combined. In 2016, researchers identified just one.

Other victims include former Love Island contestant Cally Jane Beech, 32, from Hull, who has a daughter aged seven.

Cally said: "I had floods of messages from my followers who had also been deepfaked. This is happening to everyone, school-children as well."

"You can drag any picture into these sites and it

will generate fake breasts and genitals."

"I felt sick when I saw my deepfake image. I've never shared an intimate image of myself with anyone, even ex-boyfriends."

"There's still more work to be done and the current law change is only the start. These apps that allow people to create these images should not be allowed to exist."

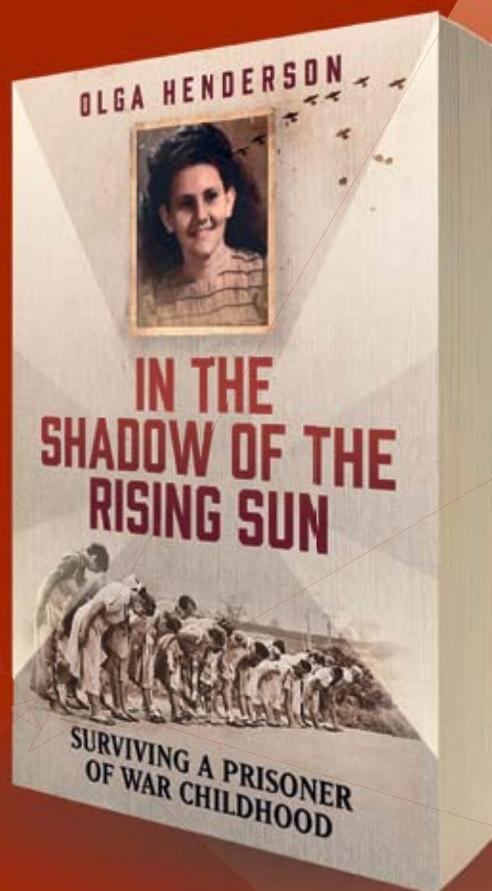
Author and journalist Becca Caddy was threatened by a blackmailer who created deepfake topless pics of her. Instead of agreeing to his cash demands she posted the images on social media

OLGA HENDERSON

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'DEGRADING'

Channel 4 anchor Cathy Newman

OF AGONY AS NEW LAWS ON WAY

'I FELT SICK'

Love Island star Cally Jane Beech



'BETRAYED'

Florist and mum of two Sophie, 32



BLACKMAIL

Author and journalist Becca Caddy

HAUNTED BY DEEPFAKES

and explained they were fake. And Sophie Parrish, 32, a florist from Merseyside, discovered a family friend had created deepfake pictures of her – even using items of clothing stolen from her house.

The creep was arrested in January 2023 but there was no law in place at that time.

"I felt hatred and anger," said Sophie. "We felt betrayed but he was released."

"I have two young children. My biggest fear is that they'll find these images online one day. I want to know they are protected from these monsters. These websites need to be shut down." This January, the Online Safety Act made the sharing of dodgy deep-

fakes punishable by up to two years in prison. Tougher laws to criminalise the creators were welcomed by Clare McGlynn, a Durham University law professor who specialises in legal regulation of online abuse.

She added: "We also need to be taking action against platforms and internet providers. Search engines like Google have an awful lot to be

“

My biggest fear is my two children will find these images online one day. I want to know they are protected. These sites need to be shut down...

accountable for because they provide access to websites allowing this content."

We approached a number of websites and search engines for responses to the criticism.

Google said: "We've been actively developing new protections in Search to help people affected by this content."

"We're continuing to decrease the visibility of involuntary synthetic pornography in Search and develop more safeguards."

Reddit said it had partnered with SWGfL, a charity devoted to the safe use of technology, to find and remove vile images.

It said internal safety teams used tools to detect and remove such content before

anyone saw it. A spokesperson added: "Reddit's policies prohibit any non-consensual sharing of sexually explicit media, including depictions that may be AI-generated or faked."

Despite difficulties in getting images removed and catching perpetrators, police urge victims to come forward. The National Police Chiefs' Council said: "It's important to report it either in person or online. Police are committed to supporting victims and survivors with respect."

The Ministry of Justice said: "We're looking at all options to ban the creation of sexually explicit deepfakes as quickly as possible."

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COMMENT: PAGE 14

Boris and the Kardashians



HAPPY FAMILY Boris, Carrie & kids at party

Ex-PM & reality stars at billionaire nuptials

BY SARAH ROBERTSON

WE all know Boris Johnson loves to party - and he's been at it again this week.

The former PM, his wife Carrie and their three children were all on the guestlist as the son of Asia's richest man got married.

Anant Ambani, whose dad Mukesh is worth £92billion, tied the knot with Radhika Merchant at a lavish event in Mumbai.

The happy couple have enjoyed months of pre-wedding events, such as parties with performances from pop star Rihanna.

Reality stars Kim and Khloe Kardashian and singer Nick Jonas and his wife Priyanka Chopra also attended Friday's traditional Hindu ceremony. It is believed to be the most expensive wedding in history.

sarah.robertson@reachplc.com



MR & MRS Groom Anant with his bride Radhika

SNAPPY COUPLE Kim and Khloe pose for wedding photo

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STILL MISSING Teen Jay Jay's friend blasts cruel online trolls

BY PATRICK HILL

FRIENDS of missing Jay Slater have hit out at the "armchair detectives" speculating about the teen's disappearance.

The 19-year-old's family are said to be upset by social media rumours about his fate.

Jay went missing in Tenerife on June 17.

Rachel Hargreaves, a close pal of Jay's mum Debbie Duncan, wrote on Facebook: "Some of these comments some people are trying to get through in this group alone are absolutely disgusting."

Rachel, whose son Brad, 19, was holidaying with Jay, added: "We are in a world with a large population of rotten and heartless individuals. My faith in humanity is a lot less."

ARMED COPS SWOOP IN SUITCASE ARREST

SEARCH More body parts in London house



GRUESOME Scene of bridge bodies discovery



BY SASKIA ROWLANDS

A MAN has been held on suspicion of murder over bodies dumped in two suitcases.

The remains of two men were in the luggage discovered on Bristol's Clifton Suspension Bridge on Wednesday.

Scotland Yard said a 34-year-old male was arrested at nearby Temple Meads station early yesterday morning.

It came only hours before forensic

More remains found in London house

teams were seen leaving a house in Shepherd's Bush, West London, where more remains were found – also thought to belong to the bridge victims.

Two officers were also seen searching the bushes of a neighbouring building while another took photographs of the area, including bins. Police believe the

suspect travelled from the capital to Bristol on Wednesday, hours before the suitcases were found.

Police are not looking for anyone else in connection with the crime.

Last night Scotland Yard's Deputy Assistant Commissioner Andy Valentine said: "This is a significant develop-

ment and I would like to thank the public for their support.

"We understand the concerns of communities in Bristol and London and officers will remain in the Clifton and Shepherd's Bush areas over the coming days to reassure those affected by this tragic incident.

"Anyone who has any concerns is encouraged to speak to them."

saskia.rowlands@reachplc.com

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Stevie's set is a Dream

A wise woman once sang, 'Thunder only happens when it's raining'. Luckily, the rain stayed mostly away for BST Hyde Park in London on Friday, which saw Fleetwood Mac legend Stevie Nicks headlining.

After telling her fans there is no place better than London, she delighted them with an incredible version of Dreams and an impassioned Rhiannon. Her solo signature song, Edge of Seventeen, sounded as fresh as ever and was just effortlessly cool.

But it was the tribute to Fleetwood Mac's Christine McVie that really had the crowd welling up.

Christine passed away in 2022 after suffering a



CLOSE Harry and Stevie

stroke and an emotional Stevie, 76, let fans know that their support got her through it.

She was also joined on stage by former One Direction star Harry Styles. But even his presence couldn't take the spotlight from the lady of the hour.

Kylie Minogue followed at BST on Saturday, and for fans that were lucky enough to see both... your friends will definitely be muting your Insta to avoid the jealousy pics.



No Filter

with Laura Armstrong & Janine Yaqoob



POP ICON Kylie at BST last night



JOY Declan Rice at final whistle. Right, The Killers on stage



The Killers interrupted their O2 gig to watch England's Euro semi-final win, then blasted red and white confetti into the crowd before launching into Mr Brightside...

You had to be there, but even frontman Brandon Flowers - who is no stranger to thrilling a crowd - remarked that the reaction was unprecedented.

He asked the crowd: "You people ordered a good time, is that right?"

And everyone got just what they wanted, as favourites such as

Smile Like You Mean It, Human and Read My Mind sparked emotional singalongs.

Even their support act was top tier. Travis, a band who deserve to be selling out the O2 on their own, took everyone back to 1999 with a rousing and unforgettable set.

But frontman Fran Healy, who had freshly dyed pink hair, reminded the gig goes they were in for a wild night once the Las Vegas rock band emerged.

And he wasn't wrong. Living up to their name, they absolutely killed it.



Joss Stone is working on a new disco album after being inspired by her biggest fan - daughter Violet, aged three. Chatting after her incredible Royal Albert Hall gig, The Masked Singer winner told us: "My daughter absolutely loves disco music. I love a bit of disco. It is just soul music but faster." Joss's 10th studio album, out next year, will have some top secret collabs. We can't wait.

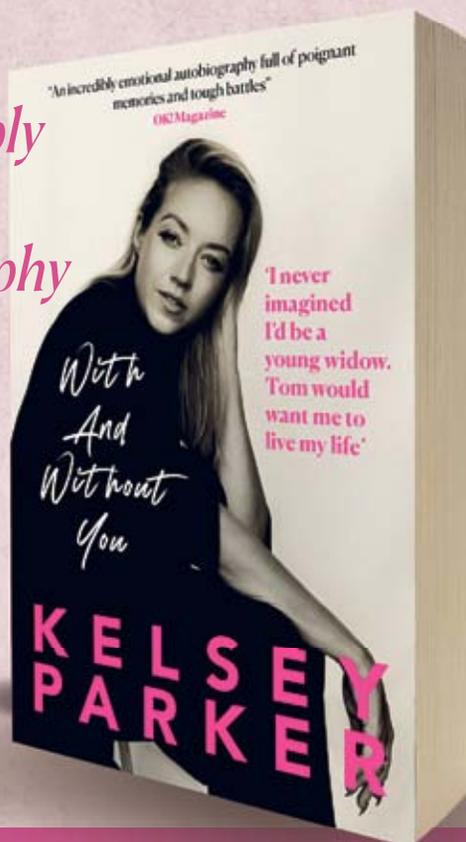
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On a pa with my Matty

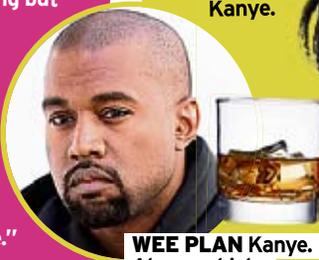


The 1975's Matty Healy has got his actor dad to thank for his talent, according to... his dad.

Tim Healy, a who has been in hit shows Auf Wiedersehen, Pet and Benidorm, says the apple doesn't fall far from the tree.

Speaking at London's Silver Clef awards, Tim said: "I have played a frustrated rock 'n' roller all my life, you know? I decided to choose acting but music has always been in me."

Tim has also been on tour with the band and said: "When I saw Matty on stage at Madison Square Garden, I was, like, 'Wow'. You walk along the corridors there and see photos of Frank Sinatra and Elvis. It has been incredible."



WEE PLAN Kanye. Above, whisky

Cheers, Kanye...

He once sang about being able to hold his drink, now Kanye West is trying to sell it too.

The US rapper wants to release his own brand of whisky and has lodged papers to ringfence the name Villadram - a nod to the traditional measure of Scotch. Jay-Z has his D'usse Cognac and A\$AP Rocky has Mercer + Prince whisky.

The drinks are on you, Kanye.



One of Indonesia's biggest bands have relocated to London in an attempt to crack the UK and are starting to get the recognition they deserve.

In a new video for single Good Times, Elephant Kind channel Saltburn energy, filming the video at a country manor house.

They're heading to Truck Festival in Oxfordshire later this month to play a stage sponsored by Hunter wellies.

Sounds like they're fully embracing the British lifestyle...



FEUD Nicole Scherzinger



BECK IN TIME
Harper over the years with her older brothers & parents

Teen Harps on about Instagram

Harper Beckham turned 13 this week, and we can reveal she already has dreams of becoming an influencer.

The teenager, who is not yet on Instagram, is said to be lobbying parents David and Victoria for an account.

She is keen to share recent projects such as the make-up videos she filmed with her mum.

But dad David is said to be unsure about letting her to join social media at such a young age. Our source said: "Harper is desperate to get on Instagram and has told her parents she would love to become an influencer one

day. She loved filming the make-up videos for Victoria's range and would like to share them on her own page.

"But David isn't sure about Harper being on social media while she is so young.

"The counter argument is that Brooklyn, Romeo and Cruz were all allowed social media after becoming teenagers. So at the moment, there is a bit of a stalemate going on over the issue in the Beckham house."

Glad to see Harper is following the time honoured tradition of turning 13 and immediately falling out with her parents.

No more spats for Pussycats

Nicole buries hatchet with her former bandmate

Pussycat Dolls creator Robin Antin says she is on good terms with Nicole Scherzinger, despite a legal row over the girl group's doomed reunion.

Furious Robin sued Nicole for breach of contract in 2021, claiming she threatened to pull out of a planned tour unless she was given a majority share.

But Nicole hit back via lawyers, saying she simply tried to negotiate new terms.

The next hearing in the case is due to take place on December 2.

But in an exclusive chat with No Filter, Robin said she and her former bandmate are now back on good terms, describing their friendship as "unbreakable."

Robin, who is the creative co-director of new hit musical Burlesque, told us: "I saw Nicole the other day... we caught up.

"We [me and the Pussycat Dolls] are really like sisters. You can say, 'What's your relationship like with

EXCLUSIVE

your brother?' and at times we're, like, 'Rah', but at the end of the day you can't replace those relationships.

"When you have someone in your life that has done so much for you, and you've done so much for them, it's unbreakable.

"The lawsuit? Listen, it's a new day and it's all worked out... we're all good with each other."

Nicole, who is engaged to former rugby ace **Thom Evans**, also hinted that things had calmed down when she admitted this week that she would "never say never" to a reunion.

Asked about the possibility, Robin said: "I do think down the path there is something. It's when the stars align... it's got to be organic.

"I know all the girls would love to do it, it's just timing.

"For me, it's one of my dreams to pull the reunion back together. It was phenomenal at The X Factor - we all dug in and it was beautiful

the way it came together. Then Covid came in and took it away from us. But every day I manifest that we can do a reunion."

New musical Burlesque has been written by Robin's brother Steven, who also penned the 2010 hit movie of the same name, starring **Cher** and **Christina Aguilera**.

The stage production, starring **Jess Folley**, **Jackie Burns** and **Todrick Hall**, made its stage debut in Manchester last month, and will head to Glasgow in September.

Robin - who inspired lead character Tess - is keen for the show to hit the big time.

The singer, who championed the Pussycat Dolls when they first started out at **Johnny Depp's** Viper Room, said: "I'm praying for Broadway. Musical theatre is so good at the moment but Broadway needs something like Burlesque that's different and raw. And the talent we have is just so good."

We are booking our tickets for Glasgow right now...



SUED Band's creator Robin



IN HER HAPPY PLACE Ferne at festival

Just call me Phone Cotton...

Ferne Cotton has definitely found her calling. The TV presenter turned lifestyle guru poses in a colourful phone box at the Happy Place festival. And her gold trousers will bring some added shine to the event, at London's Chiswick House this weekend, where there'll be music, meditation, massage and food aplenty. See you there!

Irvine's Train delayed

The stage version of cult hit *Trainspotting* has been in the works for some time as bosses have struggled to find a suitable theatre.

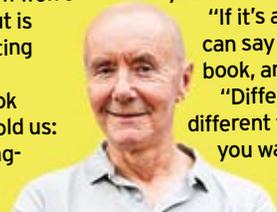
But one thing the team won't ever have to worry about is author **Irvine Welsh** acting like a diva.

Irvine, whose new book *Resolution* is out now, told us: "I'm not a big, controlling-type person, really.

I work with the right people and they get on with what they're supposed to do. I mean, it's great - [adaptations are] the best thing you can do as you're in a win-win position.

"If it's a load of rubbish, you can say you've f***ed up my book, and if it's brilliant...!

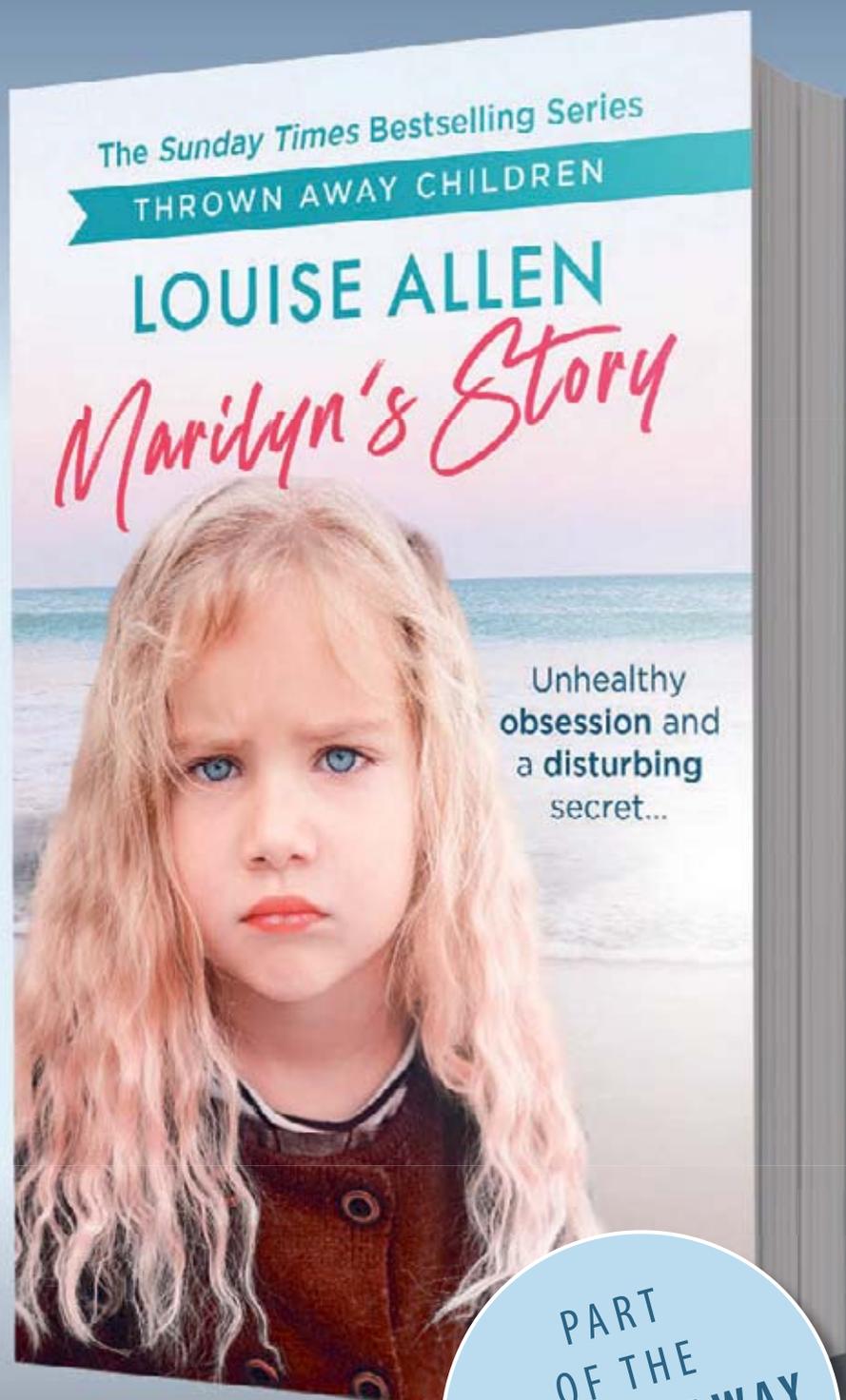
"Different people bring different things to the table and you want to see what they're gonna do."



RELAXED Irvine Welsh

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BEST SOAP ACTOR Angela Enders wins seven gongs

BY PHIL CARDY

EASTENDERS was the major winner at the first Soap Awards hosted by Radio Times last night.

The flagship BBC series picked up seven gongs including Best Soap and Best Actor for Angela Wynter, who plays Yolande Trueman.

It also landed Most Inspiring Storyline of the Year for Suki Panesar (Balvinder Sopal) coming out to family and friends.

Corrie picked up Best Storyline for its telling of Paul Foreman's motor neurone disease diagnosis, portrayed by Peter Ash.

Emmerdale's longest-serving cast member Chris Chittell - Eric Pollard since 1986 - got the Special Recognition prize. And Charlie Wrenshall, 15, who plays Corrie's Liam Connor won Best Young Performer.

Clue on fatal teen knifing

POLICE want help to identify a man regarding the murder of a teenager almost two years ago.

Deshaun James Tuitt was 15 when he was fatally stabbed in Islington, North London, on August 4, 2022.

Det Insp Ben Dalloway said: "His family are desperate for answers and we are doing everything we can to get them justice."

A SLOG TO SELL MOGG SHOW



GONE Talking to reporters after losing seat in election

EXCLUSIVE

BY NICOLA METHVEN TV Editor

JACOB Rees-Mogg's fly-on-the-wall family documentary series was snubbed by major UK broadcasters before ending up on a US subscription channel.

Meet the Rees-Moggs, starring the eccentric ex-MP, his wife and six children, has been optimistically billed as a Brit version of the Kardashians.

But one ITV source said the decision not to commission it had been easy.

The insider said: "Jacob Rees-Mogg is a GB News presenter who has set his sights on furthering his media career now that he is no longer a serving member of parliament. Did we want to help with that? I don't think so."

"The Rees-Mogg doc was turned down by all broadcasters before ending up on Discovery+." The ex-Cabinet

Tory's reality series shunned by main channels

minister had been tipped to reinvent himself after losing his North East Somerset seat in the election.

The five-part series, which starts later this year, claims to "lift the lid on the man behind the public image".

Sir Jacob, 55, has described it as "a bit more Fawlty Towers than Downton Abbey", adding: "Animals, children, an election and a film crew. What could possibly go wrong?"

The Tory toff and city investor

was educated at Eton and Oxford and is said to be worth over £100million.

He was dubbed "the honourable member for the 18th century" in parliament and once declared: "I've made no pretence to be a modern man at all."



GONG Getting his knighthood

The production crew are said to have been bowled over by his kindness and warmth.

"They are all so surprised by how much they love Jacob," a source said.

Filming started ahead of the election and captured

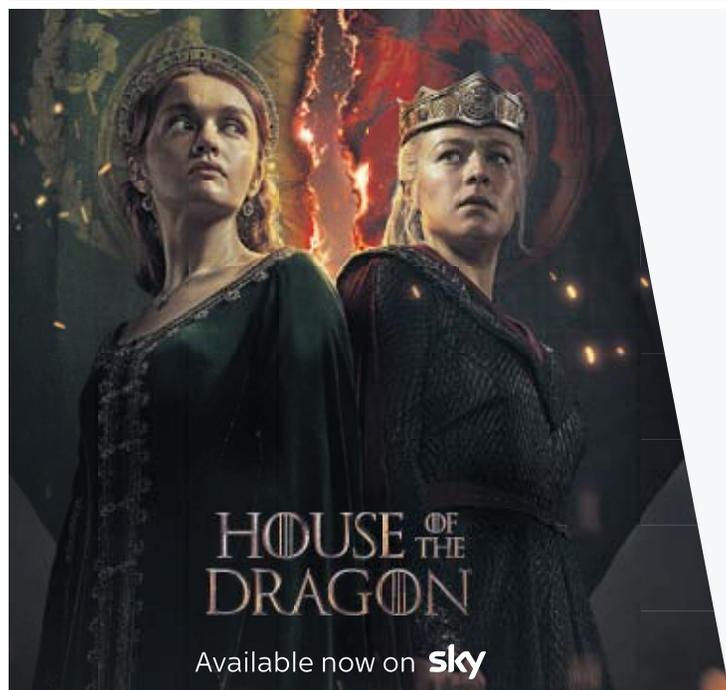
the former business secretary's reaction to losing his seat after 14 years.

He and his wife Helena de Chair live in a 17th Century stately home in West Harptree, Somerset.

His children, who all appear in the 60-minute episodes and are aged between 17 and seven, are: Peter Theodore Alphege, Mary Anne Charlotte Emma, Thomas Wentworth Somerset Dunstan, Anselm Charles Fitzwilliam, Alfred Wulfric Leyson Pius and Sixtus Dominic Boniface Christopher.

Sir Jacob follows in the footsteps of disgraced ex-Health Secretary Matt Hancock, who has appeared on reality shows I'm a Celebrity... Get Me Out of Here! and Celebrity SAS.

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Leaves on the tracks delay 10,000 train journeys a year

EXCLUSIVE BY MATTHEW DAVIS

RAIL travellers endured 4,000 hours of hold-ups in the past five years – because of leaves littering the track.

Almost 47,000 journeys were delayed and 3,123 services had to be cancelled.

In some of the worst incidents hundreds of trains are affected as slippery material on rails makes running a normal service impossible.

Network Rail wipes tracks with 61 “leaf-busting” trains and fells hundreds

of nearby trees. Trains need longer to accelerate and brake if leaves remain.

The worst cases cause communications problems with HQ unable to locate trains – sparking safety issues.

Natasha Grice, of Transport Focus, said: “It is vital Network Rail and train companies explain what work they are doing to reduce the impact of leaves.”

Network Rail said: “We deploy cutting-edge tech to improve train punctuality and keep passengers safe.”

Chips? Gulls' top dish fish

SEAGULLS are always stealing our chips but they much prefer fresh fish out of the sea, say scientists.

Experts found herring gull chicks brought up on human grub like bread still want a marine diet.

They grab scraps in towns rather than waste energy foraging in depleted waters but “strongly” favour fish if they get it.

Exeter university researchers used 27 birds rescued after falling off roofs in Cornwall.

ENDERS STAR

Shona's

EXCLUSIVE

BY INDIGO STAFFORD
and EVE MACDONALD

EASTENDERS star Shona McGarty has opened up about her romance with an Irish musician and revealed they are engaged.

And the actress who left her 16-year role as feisty Albert Square legend Whitney Dean in May says she and David Bracken have already been making wedding plans.

“I am really happy with him. My life is in a beautiful place,” she says. “I’m 32 and we’ve both had relationships but this time it feels different. It’s a feeling I’ve never had before about a person.”

And in keeping with her old screen character, there was even drama and involvement with the cops when it came to the question-popping moment.

Sitting beside his fiancée, David – lead guitarist in Galway band Blessed – confessed his idea to propose in a London park didn’t exactly go to plan.

Luck

With an emerald and diamond ring burning a hole in his pocket, his jaw dropped as some officers appeared and started wandering in their direction.

David, 35, says: “I went over to the police who said, ‘Sorry we are closing up the park’. I said, ‘Would you mind giving me five minutes as I’m about to propose?’ He looked at his watch and said, ‘Of course, and best of luck.’”

Shona, 31, says: “David went over to speak to them. I had no idea what he said. I was eating cheese and crackers.” David adds: “I told Shona to stand at the waterfall in the park, put on our favourite song and danced with her before getting down on one knee.” For the soap actress it was a rare scene with a happy ending. “I had no idea he’d propose,” says Shona.

The two met after David saw Shona singing online. He liked her voice and messaged her to ask if she’d be interested in doing a duet.

“I saw she had a blue tick on TikTok, but I just assumed she must be a really good singer,” he says.

Shona replies: “It was funny. David didn’t have a clue what I did for a job. He asked, ‘So what do you do? Do you gig or sing?’ I said, ‘Well not really, I’m not allowed at the moment’. He was like, ‘What do you mean?’ He had never watched EastEnders. He doesn’t care

Wedding plans for soap star & Irish guitarist



ON SQUARE
As Whitney

what I do and it can be hard in this industry to find someone who likes you for you.”

The smitten pair then talked on the phone every day. Two months later, David flew to the UK. In the space of three days, he met Shona’s mum, dad, sister, nephew – and the dogs too.

“What we love about our relationship is we are very down-to-earth, not letting fame become a thing,” says Shona. It wasn’t long before they were looking at bridesmaids’ dresses and locations. “We hope to get married in the next year or two,” Shona confirms.

“We’re thinking of a Christmas wedding. We want to get married in Ireland as I have so much family there.

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ON FINDING HER TRUE LOVE

Blessed fiancée

NEW LIFE
For ShonaBIG DAY
PLANS
They're set
for wedding
in Ireland
Pictures: ALAN
KEVILLE

David and I are both Catholic." And she says her EastEnders pals will be "on the family invite list. I love them so much. David chats to James [Farrar] who plays Zach more than I do! He's pretty much met all of the cast."

She says she decided to leave the soap because of the long days and wanted more time with family. "When that last scene came, I was crying like a baby. All my colleagues were crying. It was a decision I had toyed with for a few years," she says. "Now I feel very excited for what's to come."

And she reveals the next chapter in her life story could include a baby.

"We have spoken about it and I've always wanted children," she says. And David adds: "Yeah, it's definitely something we want in the future."

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■ See the full interview in this week's OK! magazine, out on Tuesday

Drivers face L-test 'crisis'

THE long wait for driving tests in parts of England has reached crisis point, an instructor says.

Sue Papworth said some were travelling hundreds of miles to other areas to beat six-month waits.

Sue, of Cambridge, said it was the worst she had known in 18 years. She added: "Over one million are looking for a test."

The AA blames a Covid backlog and wants more examiners. The Driver and Vehicle Standards Agency said it was "working hard" to fix the problems.

ON THIS DAY...

JULY 14

in 1977



WINNERS Hot stuff

TOP 10 singles

- 1 So You Win Again
Hot Chocolate
- 2 Fanfare For The Common Man
Emerson Lake & Palmer
- 3 I Feel Love
Donna Summer
- 4 Ma Baker
Boney M
- 5 Baby Don't Change Your Mind
Gladys Knight And The Pips
- 6 Show You The Way To Go
The Jacksons
- 7 Pretty Vacant
The Sex Pistols
- 8 Sam
Olivia Newton-John
- 9 Peaches
The Stranglers
- 10 Angelo
Brotherhood Of Man

Teen's prom lift from star

A TEEN got a lift to her school prom with Superbike star Ryan Vickers.

He took Scarlett Alexander, 16, to Caistor Hall Hotel, Norwich, on his replica OMG Yamaha.

Scarlett's mum Sharron got the idea after meeting his team earlier in the year.

Superbike fan Scarlett said she was stunned that her idol would give up his time for her: "I am so amazed... I followed him for so many years."

Ryan, 25, from Thetford, said: "It's nice to get a little back, and hopefully make Scarlett's day special."

■ For more exclusive photos and the full interview, pick up this week's OK! magazine, out nationwide on Tuesday





UNI HONOUR Mandip Gill

Doctor Who star is No1 in the universe

BY JANINE YAQOUB

ONE of Doctor Who's companions has returned to her old university for an honorary fellowship.

Mandip Gill, 36, who studied at Central Lancashire university between 2006 and 2009, has been recognised for her acting.

She played Yasmin Khan for three series alongside Jodie Whittaker and Bradley Walsh.

Former Hollyoaks star Gill said: "Everyone does their degree and you go off and hope that you get work after, so it just feels like an honour to celebrate something I absolutely love and have worked so hard towards. Without the university it would have been a very different journey into the business."



SOUNDS SEXY
Monica & Gino

That's amore

Italian is music to ears... and hearts

BY DAVID JARVIS

MAMMA Mia! If being chatted up by an Italian makes your heart flutter, you're not alone.

Italian American Dean Martin tried to define love in his 1953 hit *That's Amore*.

But it seems it's not what you say that matters, but how you say it.

Hearing the dulcet tones of someone from Italy, such as TV chef Gino D'Acampo or actress Monica Bellucci, ups men's and women's heart rates by an average of 15 beats per minute, researchers have discovered.

Language expert Aleksandra Stevanovic said: "The higher the heart rate jumped, the more attractive the accent was to the listener, according to our findings."

The study was not good news for those

Language of love

Increase in heart rate in beats per minute after being chatted up

Italian	15bpm
Portuguese	13bpm
French	11bpm
Greek	10bpm
Spanish	10bpm
Chinese	9bpm
Japanese	8bpm
German	8bpm
Dutch	7bpm
English	6bpm

with English or Dutch accents. They were rated bottom and only raised heart rates by six and seven beats per minute.

The seductive sounds of the French made third place, with an extra 11bpm, behind the sultry Portuguese accent with 13 beats.

Ms Stevanovic said: "The Italian accent is by far the most alluring but sadly the English and Dutch accents are among the least attractive. Italian sounds musical which can be perceived as being attractive."

Experts at online language tutor Preply attached heart rate monitors to 1,050 UK adults and played them pre-recorded chat-up lines to come up with the findings.

scoops@reachplc.com

T R I P P I E R
S O P H I A W
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K O N S A
G O M E Z
G U É K A N E
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Singer Dua saves the fest 'til last

AFTER putting on a spectacular show at Glastonbury last month, it appears that Dua Lipa will only Du headline sets now.

The singer, 28, closed the NOS Alive festival in Lisbon, Portugal,

on Friday. And all eyes were on the Houdini star as she changed into a series of tiny outfits to sing her greatest hits.

Training Season is definitely over for Dua...



Pistols' vinyl fetches £25k

A RARE Sex Pistols single has caused Anarchy in the UK after selling for a record £24,320 at auction.

God Save the Queen was released in 1977 to coincide with the Queen's Silver Jubilee.

About 25,000 copies were destroyed after a backlash to lyrics describing the monarchy as a "fascist regime". But up to 20 survived.

The single sold at Wessex Auction Rooms near Chippenham, Wilts, belonged to a receptionist at A&M Records.

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Hot tips for paying away

HOLIDAYMAKERS are being urged to check out the best current and credit card accounts for spending overseas this summer.

Financial ratings firm Defaqto said Chase, First Direct, Starling Bank, Kroo and Virgin Money are some of the providers that don't charge for using debit cards and ATMs abroad.

Tesco Bank, Nationwide and Virgin Money also don't charge for using their credit cards overseas.

Defaqto suggests taking a second card away too, in case your main one is lost.

HESTON: END BIPOLAR PAIN

EXCLUSIVE
BY SASKIA ROWLANDS

CHEF Heston Blumenthal has criticised businesses for failing to support people with bipolar disorder.

The star, who was recently diagnosed with the mental health condition, hit out as shock figures revealed nearly a third of sufferers have experienced discrimination at work.

Some 32% told a Bipolar UK survey that they struggled to find a job due to stigma attached to the condition and 24% did not tell their bosses they had it for fear of being sacked.

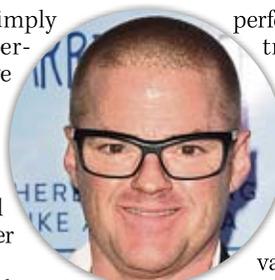
Last night Heston, 58, said: "Businesses are missing out on skilled and

Chef urges firms to employ sufferers

passionate employees simply because they don't understand the condition or have proper support in place."

The inventive chef, whose previous recipes have included bacon and egg ice cream and snail porridge, is seen as a pioneer of multi-sensory cooking.

Heston said: "Although there are tough days, I'd attribute some of my most creative moments to bipolar – creativity and



PIONEER Blumenthal

perfectionism are two common traits for those with the condition. If businesses were better prepared, then many more like me could reach their potential, adding huge amounts of value to companies across a wide variety of sectors."

More than one million people in the UK have bipolar disorder, which causes extreme mood swings. But one told us they

suffered even more after telling their employer they had the condition.

They said: "I felt they were watching me a lot more and if I was ever feeling annoyed or just having a generally bad day, I would get comments."

Bipolar UK's Simon Kitchen branded the findings of the charity's survey "alarming" and called on employers and HR teams to support workers who have the condition.

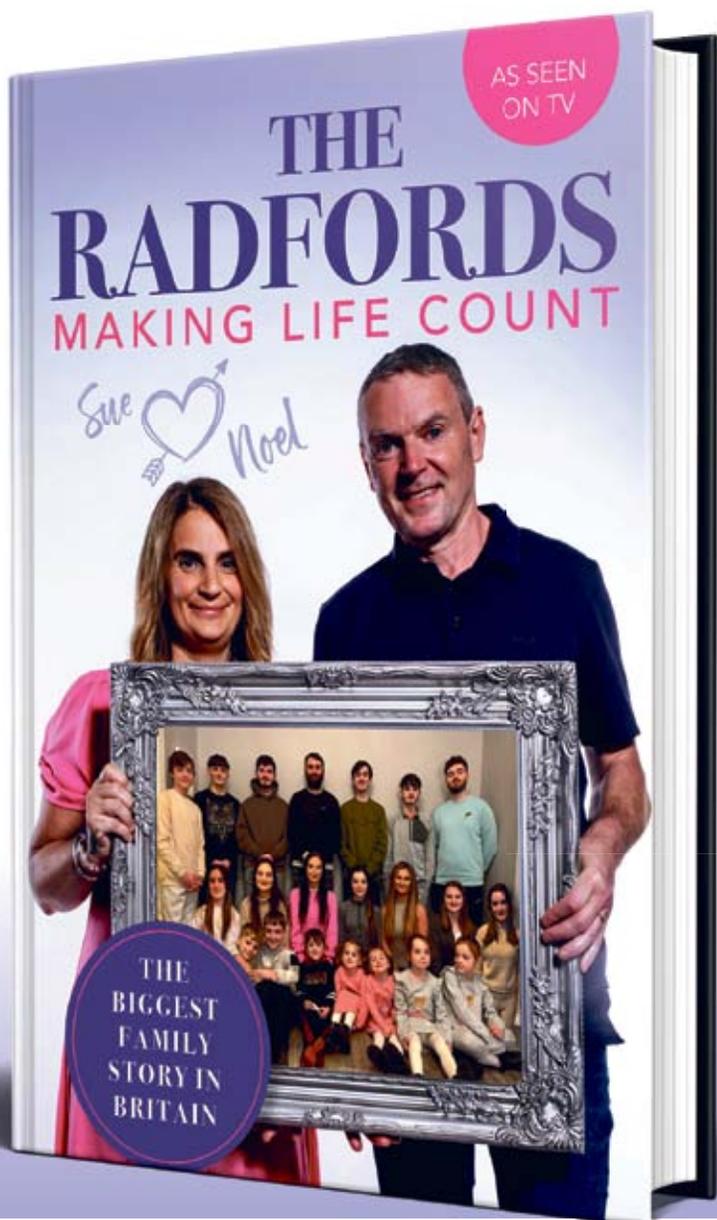
He added: "There is a common misconception that people with bipolar are unable to, or don't want to work. But many have a huge amount to offer employers and the economy as a whole."

saskia.rowlands@reachplc.com

THE RADFORDS

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LONG LOST FAMILY:



TRAGIC Pair's mum Margaret



CHILD Sharon & her grandparents



FAMILY Sharon as a young adult

Reunited

EXCLUSIVE

BY MARK JEFFERIES
Showbiz Editor

A WOMAN who spent three decades searching for her long-lost little brother found him living just 20 miles away.

Sharon Thomas, 55, was born to a 17-year-old single mum in 1968 when having kids outside marriage was strictly taboo.

Two years later, and unbeknown to Sharon, her mum had another baby – a boy – who was then given up for adoption.

Soon after that the young mum died of cancer when Sharon was two and a half and she was raised by her maternal grandparents.

It was only after her gran died

two decades later that her grandad finally told her the story.

Appearing on ITV's Long Lost Family tomorrow night, tearful Sharon says: "Grandad said Mum wanted to keep the baby but Nan decided to have him adopted.

"As soon as I found out I'd got a brother, the overwhelming feeling was that I needed to find him.

"I feel like I need to be my mum's voice. I just want him to know that he's been loved and wanted."

Through her own research, Sharon managed to get his birth

certificate. It stated that he was born in 1970 and called Dean.

Sharon learned that, soon after his birth, their gran Annie had told their mum Margaret that she couldn't bring up both children.

So Sharon stayed with the family and Dean was put up for adoption.

Margaret continued to care for Sharon as a single parent but moved back to her parents six months later, where she collapsed.

Hospital medics discovered that she had leukaemia and she died not long after, aged 20. Sharon has

Joy for brother and

SIBLINGS TOGETHER AT LAST

“

Mum wanted to keep my baby brother but Nan decided to have him adopted. As soon as I found out, the overwhelming feeling was that I needed to find him... I want him to know he's been loved and wanted

'SO MANY EMOTIONS'
Craig and Sharon reunite on TV show

after 50 years

sister who live just 20 miles apart

only kind words for the “really lovely, warm, friendly” grandparents who brought her up in the West Midlands.

But she adds: “I had the wish that I had a mum and dad and siblings but didn't say that to anyone.

“I sometimes felt alone. It would be nice to be a big sister.”

Sharon is still in the area and the Long Lost Family team found that her brother had been a mere 20 miles away all along.

Now called Craig Knight, he and Sharon met in a pub in Walsall near where their mum had lived.

Craig, 53, who had a happy childhood

with loving parents, had tried to find his birth mother when he was 18 but gave up after hitting a dead end.

Told by the show's co-presenter Nicky Campbell that his mother died young and that he has a sister, Craig, from Sutton Coldfield, replies: “I'm speechless.

“I have got a sister out there that wants to come and look for me.

“I didn't know at all I had a sister. There
NEW CHAPTER TV'S
Davina and Sharon

are so many questions going around in my head and so many emotions.”

On seeing a picture of his mother for the first time, he adds: “She looks so young and so happy.”

Talking to Craig, Sharon adds: “I'm sure Mum would be looking down and be really pleased that we've found each other.

This is the start of a new chapter. I can't believe I have found him.

“It is a bit like looking in a mirror. We have got a

connection. I just also wanted to tell you about what I have learned about Mum. You know she passed away when she was 20 but I do know that she did want you. She wanted to keep you.”

After the conversation, Craig says: “Sharon is part of me and I am part of her. I am so glad she came looking for me or I would never have known.

“Nothing is going to separate that because we are blood. I am so glad I have met her.

Sharon adds: “I feel a big relief and I feel like it has brought some peace to both of us.

“I hope we can build on this bond and share some important times together. I have got a little brother now.”

mark.jefferies@reachplc.com

■ Long Lost Family featuring Sharon and Craig is on Monday night on ITV at 9pm



STABBED Lilia Valutyte

Detective in bid to save dying child is honoured

BY PATRICK HILL

A POLICEMAN who tried to save a nine-year-old girl after she was stabbed has won a bravery award.

Lilia Valutyte died after being attacked while playing in the street on July 28, 2022.

Det Con Andy Pearson was off-duty at the time but provided medical care at the scene in Boston, Lincolnshire.

Deividas Skebas was handed an indefinite hospital order following a trial at Lincoln Crown Court in July last year.

DC Pearson, who has served 17 years with Lincolnshire Police, was recognised at the Police Bravery Awards in London.

Chief Supt Kate Anderson said: “He was brave in his actions that night, and continued to show exceptional levels of resilience, commitment and bravery as the investigation progressed, being a key witness.”

DC Pearson said he “did what everyone hopes they'd be able to do” and did not consider himself to be brave. Tiff Lynch, of the Police Federation, described the awards as a “hugely important date in the policing calendar”.

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CELEBRATING 70 YEARS OF SUN &

Swimming against the tide

How ending a bikini ban ignited Brits' love affair with Benidorm

EXCLUSIVE

BY SUSAN CLARK

IT'S the full package - sweeping sunny beaches, endless fun and cheap booze. No wonder Brits adore Spanish hotspot Benidorm.

Our love affair with the Costa Blanca resort is now 70 years old and still going strong.

Even tonight's Euro final between England and Spain is unlikely to blunt our appetite for its three miles of coast, 60-plus skyscrapers and fine Mediterranean climate.

This sangria lover's paradise, dubbed the Spanish Las Vegas and Spain's Manhattan, is still named as Tripadvisor's most popular holiday destination in the world for Brits.

More than 14 million of us went to

Spain last year. Protesters across the Spanish islands are blaming tourists for a rising cost of housing and goods, water shortages and even climate change, and are calling for them to go home.

But in Benidorm they are still welcomed with open arms.

Another round of anti-tourism protests are planned for next Sunday on Majorca, Menorca and Ibiza.

In Barcelona, on the mainland, last weekend protesters squirted tourists with water pistols in the popular Las Ramblas region, chanting "tourists go home".

The city's mayor, Jaime Collboni, renewed his "firm commitment" to

eliminating Airbnb and short-term rentals in the city within five years.

There are also reports of a killer virus, Crimean Congo haemorrhagic fever, rampant in Spain.

But travel expert Keith Betton, a former spokesman for the Association of British Travel Agents, said: "I don't believe that this recent rash of stories about Brits not being very welcome in Spain and all the medical scare stories are going to have any impact on holidaymakers going to Spain and places like Benidorm."

All this anti-tourist talk would have Benidorm's former mayor Pedro Zaragoza turning in his grave. He

risked excommunication by the Catholic church in 1953 by saying women could wear bikinis on the beach - making Benidorm the first Spanish town to break that tourism taboo.

A former railway porter made mayor in 1950, Pedro dreamed of transforming the sleepy fishing town, which was still bringing in supplies by mule.

The tourist mecca we know today has around 461 hotels.

The first Brits taking a package holiday to Spain in 1954 went to the Costa Brava, and it was soon Benidorm, in the province of Alicante, that had them visiting in droves.

Pedro was mayor for 17 years and died in 2008, aged 85. In one of his last interviews, he said: "I remember we unveiled a plaque saying, 'You live from your dreams', and it's still there

today." His first move in creating the resort was to persuade the town's influential people to pipe in a water supply from 10 miles away.

He said: "People didn't think it would happen. But then the first drops came out of one of the fountains and people began to believe in me." His plans to transform Benidorm



VISIONARY Mayor Pedro



FUNSHINE Scene from TV Benidorm

FUN IN THE 'SPANISH LAS VEGAS'



KICKING OFF Happy folk enjoying themselves in 1983



MAP 1954 ad for tourism



OLE Tourists & locals in 1964



BEER WE GO Brit lads in 1984

HIGH POINT Skyscrapers and beaches of Benidorm



into a "sun and beach" destination was visionary but his bikini ruling outraged the Catholic church.

He said: "When I issued a decree to allow the bikini to be worn within the town limits of Benidorm, this caused a big scandal across all Spain.

"Two ministers called for me to be sacked and the Bishop of Valencia

began the process of excommunicating me which, in those days, was a very serious business and would have meant I would lose any rights over my daughter and would have been barred from any jobs in public office."

Fed up with the flak, Pedro hopped on his trusty green Vespa scooter for a 310-mile trip to the capital Madrid,

to see the ruthless Spanish dictator Francisco Franco, and explain his swimwear headache.

He told General Franco: "It is a waste of time to fight what is going on in the world.

"And then I stressed to him that along with the bikini decree, I had issued an order banning any dirty

comments, zero tolerance. Showing your belly button, fine. An elegant comment like, 'what a beautiful figure' fine, but no dirty comments.

"Franco understood my argument and said, 'Go home, relax and if you get any more problems let me know'."

Pedro also encouraged the building of high-rise properties, feeling it helped more people to see the beaches and enjoy the sea air.

Mr Betton said early tourists were nervous about Benidorm and his parents had been worried about the food, the currency, the language and driving on the other side of the road.

"But Benidorm very quickly managed to persuade people that,

'yeah, lots of people here speak English, and we'll happily serve bacon and eggs, and it'll be very, very good value for money and very cheap'."

He said: "Spain will always be the number one package holiday destination where people go for their week or two weeks in the sun."

"The only real challenge I can see could be if the summers in the UK get warmer as predicted, and places in the Med become too hot, as predicted. Then people might just decide, 'I don't need to go to Spain to get a nice suntan'."

Judging by this washout summer, business in Benidorm will not stop booming any time soon.

scoops@reachpic.com

It's Beni and the jet set at magic Costa Blanca spot

BENIDORM'S magic casts its spell over the stars as well as holidaying Brits.

Joan Collins, Steve Pemberton, Sheila Reid and Siobhan Finneran all starred in ITV comedy Benidorm, which pulled in eight million viewers in its heyday and ran from 2007 to 2018.

Its creator, Yorkshireman Derren Litten, was so smitten by the town that

when the show ended he moved there and opened Mateo's bar, filling it with memorabilia from the TV show.

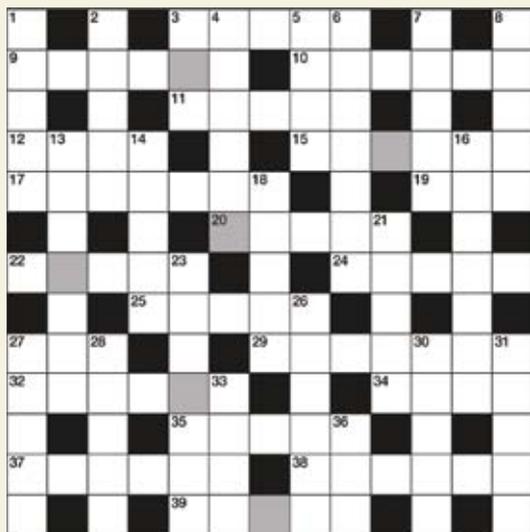
In July 1968, then-unknown singer Julio Iglesias won the town's summer festival with a song he wrote while living in a hotel there, recovering from a car accident that shattered his spine and ended his promising career as a

professional footballer. Now Benidorm has a concert hall named after him.

Rock idol Bruce Springsteen is rumoured to have holidayed in Benidorm and visited the town on tour in 2009. The late Corrie legend Julie Goodyear loved her breaks in the town and Royle Family's Ricky Tomlinson once had a caravan there.

461
Number of high-rise hotels along the sandy beaches of Benidorm

£50 CROSSWORD



Solve the crossword in the normal way and the shaded squares, when read in order, will reveal the solution. Work out what it is and call our entry line below by midnight Saturday, July 20. One winner will be picked at random from all correct entries sent in by the closing date and will receive £50, or for Irish entries, the equivalent in Euros.

ACROSS

- 3 Grin (5)
9 Open savoury tart (6)
10 Unjust (6)
11 Tugs (5)
12 Primates (4)
15 (Of time) To pass by (6)
17 Garment (4,3)
19 Transgression (3)
20 Relinquish (5)
22 Haggard (5)
24 Edges of a roof (5)
25 Greek dish (5)
27 Bribe (3)
29 Uncommitted (7)
32 Calm (6)
34 Long-eared mammal (4)
35 Unit of weight (5)
37 Expanding bullet (6)
38 Legal possessors (6)
39 Backbone (5)

DOWN

- 1 Short and broad (5)
2 Warning device (5)
3 Quick throw (3)
4 Lea (6)
5 Boy's name (4)
6 Subjugate (7)
7 Stinging insects (5)
8 Colour (5)
13 Sunshade (7)
14 Musteline mammal (5)
16 Motorcycle attachment (7)
18 Heathen (5)
21 Planet (5)
23 Monotonous (7)
26 Signal fire (6)
27 Digging tool (5)
28 Italian city (5)
30 Speed contests (5)
31 Dog's lead (5)
33 Drop heavily (4)
36 Female sheep (3)

CROSSWORD SOLUTION



CROSSWORD ENTRY LINE

0904 161 1110 (£1.50/call) Or text **TPCROSS** with your answer, name and postcode to **61011** (£1.50/text)

ENTRY LINES Calls cost £1.50/Call plus your phone company's access charge. Texts cost £1.50 + 1 standard network rate message. You may receive free promotional messages, to opt out end message with NO INFO. Lines close at midnight on Saturday except where stated. You must be 18+ to enter and T&C's apply, see www.mirror.co.uk/rules. SP Mi Telecom Ltd. Helpdesk 0330 880 6061.

LAST WEEK'S CROSSWORD ANSWERS

ACROSS 5 Girl, 7 Disorderly, 8 Mute, 10 Tray, 12 Lea, 13 Cougar, 16 Regal, 18 Dam, 20 Acid, 21 Luck, 22 Fig, 24 Saves, 25 Afters, 26 Eel, 27 Cows, 29 Camp, 33 Open-minded, 34 Help.
DOWN 1 Dig, 2 Hour, 3 Edgy, 4 Arm, 5 Gym, 6 Rotor, 9 Bloat, 10 Tariff, 11 Mud, 13 Class, 14 Gale, 15 Amuses, 17 Edit, 19 Skill, 23 Gen, 25 Abate, 27 Comb, 28 Wine, 30 Pop, 31 Leo, 32 Web.

WINNER FROM June 30

CROSSWORD solution was TOFFEE. Winner: W Womersley, Halifax

MORE GREAT PUZZLES FREE INSIDE



Healthy

From swollen feet to a sore throat each morning, **Lucy Gornall** asks the experts about the innocuous symptoms that you should never ignore

Morning sore throat

Waking up with a rough, grating throat might not just be a sign you need to drink more water.

According to pharmacist Dr Richard Middleton, you might have reflux issues.

"Night-time reflux, sometimes called silent reflux, can occur without waking you, leaving you wondering why your throat is sore in the morning," he says. "It occurs at night when lying down as gravity no longer helps keep stomach acid in place.

"Production of saliva, which helps neutralise acidity, also decreases during sleep and you tend to swallow less too, which would normally help push stomach acid downward. If this is left untreated it may lead to more serious complications such as oesophagitis, Barrett's oesophagus and, over time, can even increase your risk of oesophageal cancer."

Dr Middleton recommends eating smaller meals later in the day. "Your evening meal should be eaten at least three hours before bed, and don't drink before going to bed as this also makes reflux more likely," he advises. "Sleep on your left side and raise the head of your bed or use pillows to ensure your chest and shoulders are elevated, so gravity can help."

A pharmacist can offer advice and over-the-counter medicines to help if night-time reflux is still troublesome after this. See your doctor if, despite making these changes, symptoms continue for more than three weeks.

Swollen feet

Feet puffer for more than a few days?

"Swollen feet can be caused by various factors, including standing or sitting for long periods and pregnancy, but certain serious medical conditions such as heart failure, kidney disease or venous insufficiency can also have this symptom," says GP Dr Ann Nainan.

It's essential to check for any accompanying symptoms and consider factors like recent travel, medication changes, or injuries. "If you notice new one-sided swelling, redness, chest pain or shortness of breath then see a doctor to rule out heart failure or deep vein thrombosis (DVT)."

If your swelling doesn't



Subtle symptoms you should never shrug off

improve, see your doctor, who can assess you and may recommend tablets, diuretics, lifestyle modifications or treatment to address the underlying cause.

Lifestyle modifications can include elevating the feet when possible and avoiding sitting or standing for extended periods. "Compression stockings may improve circulation but avoid excessive pressure, which can affect circulation. It's also useful to monitor your fluid intake and limit salt intake as excessive salt can exacerbate swelling," says Dr Nainan.

Often feeling faint

Feeling lightheaded and needing to sit or lie down can be due to many simple reasons, from low blood sugar to shock, but there are some more serious underlying causes if it happens regularly.

Dr Brendan Khong says there are many causes. "It could also be down to anaemia or more sinister issues such as cardiac or neurological issues." Feeling faint can be caused by postural hypotension, which occurs

when going from sitting to standing. "Vasovagal syncope is a very common cause of fainting and this can be triggered by dehydration, staying upright for long periods of time or an emotional response to something upsetting such as seeing blood."

If it happens regularly, Dr Khong says, "Ask your GP to measure your blood pressure as well as blood sugar and advise on the best course of action."

"You should seek medical attention if you faint regularly or have a family history of any cardiac or neurological disorder or have a history of head injury. Cardiac conditions such as rhythm problems (arrhythmias), aortic dissection and valve problems are serious conditions that will require medical input," he adds.

Grey discharge

Typically, vaginal discharge should be clear or white, so grey discharge could indicate bacterial vaginosis (BV).

Dr Jo Bailey, consultant gynaecologist at VJJ Health, says: "Just like your gut, your vagina contains an ecosystem of millions of microbes including bacteria and yeasts that make up the vaginal microbiome. If there is an imbalance, the pH of your vagina rises and bad bacteria dominate and you can experience symptoms such as a change in discharge colour and a fishy smell, which is

YOU

With
AMY PACKER

commonly due to BV. It's not an STI, but it is more common in women who are sexually active."

The primary treatment is antibiotics prescribed by a GP or sexual health clinic.

"To help sidestep another bout, avoid perfumed soaps because they can irritate, wear cotton underwear rather than synthetic fabric, and don't use vaginal douches," says Dr Bailey.

Look after your vaginal microbiome too. Eating probiotic foods such as sauerkraut, kombucha and live yogurt can help. You could also try taking a vagina specific probiotic supplement.

Gritty eyes

A dry, gritty and scratchy sensation in your eyes can be irritating, but if it is an ongoing issue, you may have dry eye syndrome.

Ophthalmologist Ian White says that this occurs when either you don't produce enough tears or your tears evaporate too quickly.

"To alleviate this condition, try using artificial tears and/or eye drops, especially those containing hyaluronate," says Ian. It's also wise to

stay well hydrated and maintain a healthy diet which is rich in omega-3 fatty acids.

Oily fish such as sardines, mackerel and salmon are good dietary options, however, an omega-3 supplement can help too.

Staring at a screen all day? "Taking regular breaks from screen time, reducing exposure to air conditioning, and avoiding air pollution can decrease dryness.

"If you experience persistent dry eye issues, consult your optometrist for professional advice," says Ian.

Constant runny nose

It can be very annoying when your nose just doesn't seem to ever stop dripping. According to GP Dr Tom

Jenkins, there are a few reasons for chronic rhinorrhoea, the fancy name for persistent discharge of a thin mucus fluid from the nose.

"Allergies, such as hayfever, are the most frequent reason for a non-stop drippy nose, especially at this time of year.

"When your immune system reacts to harmless substances like pollen or dust, it triggers rhinorrhoea. "People often experience additional symptoms like sneezing, chronic cough, and itchy eyes or throat," he says.

However, an infection of the sinuses could also be to blame, as could non-allergic rhinitis, which as the name suggests, isn't caused by allergies.

"This occurs due to nasal irritation and can be triggered by changes in weather, exercise, exposure to substances such as smoke and

perfume, hormonal changes and medications including ACE inhibitors, beta blockers, aspirin and anti-inflammatory painkillers," explains Dr Jenkins.

"In each case, looking at other associated symptoms, medication you may be taking, or the timing of your symptoms with your activity can give valuable clues regarding the likely cause and helpful treatment."

Eye floaters

Dr Khong says that floaters in your vision are generally harmless and not a sign of concern if they have been there for a long period of time, have not affected your vision and aren't getting any worse.

"The most serious condition which requires immediate medical attention is retinal detachment, which manifests as suddenly having increased floaters or flashes, a dark "curtain" obstructing your vision and/or blurred vision.

"Retinal detachment often requires emergency surgery performed by an ophthalmologist," adds Dr Khong.

Always seek urgent medical attention if you experience any of the above.



RETAIL THERAPIES



■ Forgotten to stock up the essentials for your Wimbledon finals viewing this afternoon? Get your fresh fruit sent straight to your door with a punnet or two of 'by Amazon' Strawberries (£2.20 for 400g, plus delivery; [Amazon.co.uk/byamazon](https://www.amazon.co.uk/byamazon)). Stock up on your kitchen essentials at the same time to avoid spending Sunday in line at the supermarket.

■ Or for something decidedly different, sausage makers Heck are serving up a limited-edition Pork, Strawberry & Black Pepper banger (£3; [heckfood.co.uk](https://www.heckfood.co.uk)). Perfect for picnicking or to soak up a glass of Pimms, the gluten-free summer sizzlers are high protein and made using only British pork shoulder - get them before they're gone.

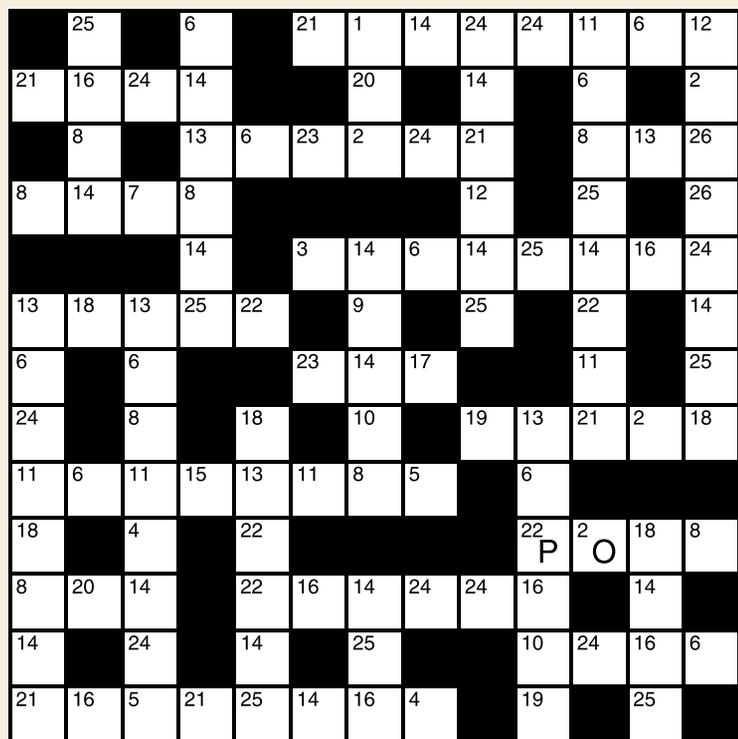
■ Looking for an uplifting scent for summer? Promising 24-hour lotion soft skin, Dove Men+ Care Mint and Eucalyptus Body Wash (£3.50; [Boots](https://www.boots.com)) has a long lasting scent and leaves skin hydrated and nourished. The 3-in-1 hair, body and face wash is the perfect space-saver when filling your suitcase for those summer getaways.

■ Offering instant relief from eczema and psoriasis itch, Westlab Skin Repair Bath Salts (£14.99, [westlabsalts.co.uk](https://www.westlabsalts.co.uk)) is a magic mix of magnesium and colloidal oatmeal which reduces the urge to scratch and creates long-term comfort for dry, itchy skin. It won't treat the skin conditions, but it does the trick when it comes to reducing the impact they have on your day.



CODEBREAKER

We've taken a completed crossword puzzle and replaced each letter in the grid with the same number throughout. Two letters have been given to start you off, so write these letters wherever their numbers appear in the grid. The completed grid will include all letters of the alphabet. Remember, none of the answers are proper nouns.

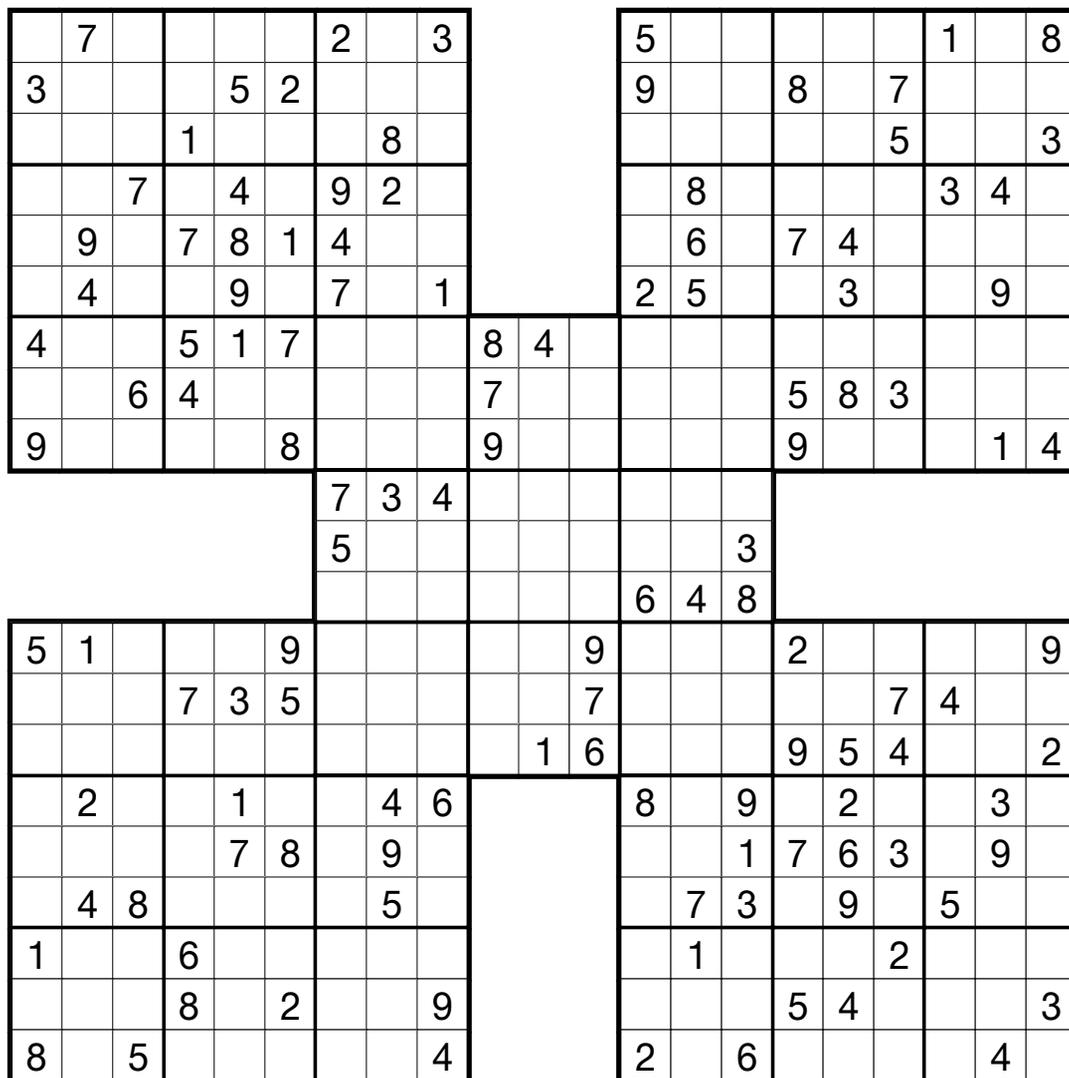


ABCDEFGHIJKLMN ~~O~~ PQRSTUVWXYZ

1	2	3	4	5	6	7	8	9	10	11	12	13
	O											
14	15	16	17	18	19	20	21	22	23	24	25	26
								P				

BIG X SUDOKU

The rules for Big X Sudoku vary only slightly from the standard sudoku rules. The 9x9 sudoku at the centre of the X shares four of its 3x3 boxes with those of the outer sudoku. None of the 9x9 sudokus can be solved individually, you must cross-reference between the intersecting grids.



NINER

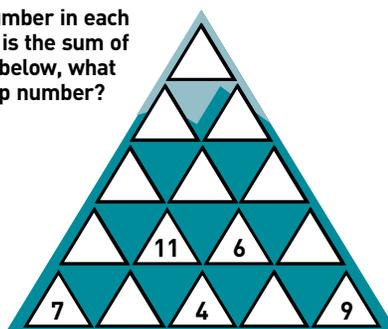
Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

- 435 gives an animal
- 739675 gives a cruel man
- 162358 gives a robber

1	2	3	4	5	6	7	8	9

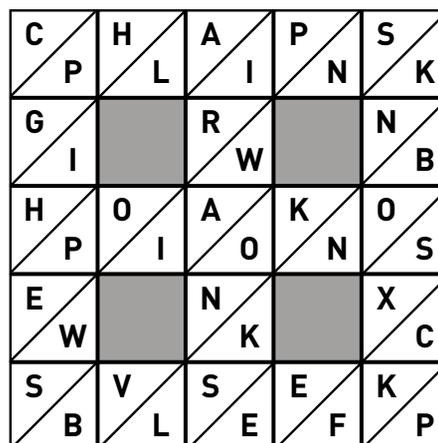
SUMMIT UP

If the number in each triangle is the sum of the two below, what is the top number?



SPLIT DECISION

Cross out one of the two letters in each divided square to reveal a completed crossword grid.



PUB QUIZ

Can you pick out the correct answers in our multiple choice Pub Quiz?

- What sort of creature is a Schnauzer?
 - A A horse
 - B A cat
 - C A dog
- Of which French city did Jacques Chirac become mayor in 1977?
 - A Paris
 - B Nice
 - C Marseille
- In which European country is the town of Ypres situated?
 - A Germany
 - B Belgium
 - C Poland
- Which two countries comprise the Iberian Peninsula?
 - A Portugal and Spain
 - B France and Germany
 - C Greece and Italy
- Which British political party was led by Jeremy Thorpe from 1967 to 1976?
 - A The Liberal Party
 - B The Labour Party
 - C The Conservative Party
- In which state of the USA is Yosemite National Park situated?
 - A Michigan
 - B California
 - C Washington
- Who was King of the United Kingdom from 1910 to 1936?
 - A William III
 - B Edward VIII
 - C George V
- According to the New Testament, which three gifts were presented to the infant Jesus by the Magi?
 - A Gold, frankincense and myrrh
 - B Gold, frankincense and sandalwood
 - C Silver, myrrh and incense
- What was the name of the Great Charter that was sealed at Runnymede by King John of England in 1215?
 - A Magna Carta
 - B Bill of Rights
 - C Declaration of Independence
- In which London street is the official residence of the prime minister?
 - A Trafalgar Square
 - B Whitehall
 - C Downing Street

BRAIN TEASERS

Can you bend your brain around this set of mathematical, lexical and logistical teasers?

- Four birdwatchers are preparing for an expedition. Neither Albert nor Ross can carry the binoculars, but Robin can if she takes the field guide out of her bag. Jay can only fit in thermos or field guide, whereas Ross refuses to carry either of those. Albert can take the map or field guide, so who'll carry what?
- Which two words meaning 'raced' and 'monarch' combine into one meaning 'standing'?
- Find the rappers in these anagrams: a) Limitless Toy, b) Nasty Week, c) Acid Slur.
- North Yorkshire Spark Plugs Incorporated had a bake sale. They sold 58 items at 50p, twice as many at twice the price and the rest at £2. If they took £175 in total, how many items did they sell?

time to **Talk Money**with
**WARREN
SHUTE**The
Smarter
Spender **£**

How to get ahead financially means making smart money decisions. Here is a snapshot of the money information you need to know.

Market movements

Index	YTD (%)	10yr (%)
FTSE 100	8.28	6.08
S&P 500	19.00	13.18
MSCI World	16.89	11.26
MSCI Emerging Market	14.08	6.36
Gold Price	14.24	8.92
UK Property market proxy	1.26	3.11
Deposit Rate	0.66	0.20
RPI	1.95	4.19
CPI	1.29	2.94

Total return in pounds sterling. YTD is the year-to-date percentage total return. 10 yr(%) is the compound annualised growth rate over 10 years. Deposit rate reflects a typical savings account at £2,500. RPI and CPI are inflation measures.

Great Savings Rates

- Ulster Bank is offering a variable savings account of 5.20%pa
- My Community Bank is offering a 1-year fixed rate of 5.26%pa
- Birmingham Bank is offering a 3-year fixed rate of 4.81%pa
- Birmingham Bank is offering a 5-year fixed rate of 4.61%pa
- Please check the terms and conditions before depositing your money. If you hold money with a UK authorised bank or building society, you are covered under the Financial Services Compensation Scheme up to £85,000 per eligible person, per bank or building society.

Great Mortgage Deals
If you're remortgaging:

- NatWest is offering 4.26% fixed rate until 31/10/2029 at 60% LTV
- AIB is offering a 4.45% fixed rate until 31/08/2029 at 80% LTV
- If you're moving home:
- HSBC is offering 4.19% fixed rate until 30/09/2029 at 60% LTV
- AIB is offering a 4.45% fixed rate until 31/08/2029 at 80%
- If you're a first-time buyer:
- HSBC is offering a 4.80% fixed rate until 30/09/2029 at 90% LTV
- Halifax is offering a 5.15% fixed rate 30/11/2027 at 100% LTV
- Please check the fees and terms and conditions of the mortgage before arranging it. Your home may be repossessed if you do not keep up repayments on your mortgage.

It's a good time to make a plan

You can set out resolutions at any point in the year

How's your financial planning going this year?

Milestone birthdays, New Year's Day, births, deaths, marriage... these are all big events that make us pause and reflect – and resolve to do better.

We commit to targets; goals that we'd like to accomplish, things that are important to us, and will bring us happiness. However, only a minority accomplish what they set out to achieve... why is this?

In summary, it's our focus. There are deeper reasons why we are not focusing on what we want, but the over-arching cause why we don't accomplish what we want in life is that we never actually make it a must, we leave it as a should.

We never decide how we want to live the rest of our lives. We've never been taught to take the time to decide what we want.

Life can be busy and often we are like ships in the ocean, without a rudder, bobbing around and being directed by the wind.

We can't control our environment – government policy, the cost of living, the Ukraine crisis – but we can decide how we will react to these events and the meaning we will give them.

Our time on this planet is often far too short, if you're in your 50s you probably have fewer than 35 more new years to make resolutions – a sobering thought.

Your past does not equal your future. So now is as good a time as any to ask yourself: "How do I want to live the rest of my life?"

It's a question I often ask my clients, and once I do, I shut up and allow them to really think what it is they want. For some, it's the simple things in life, while others have great ambitions. It's not for me to decide what's right for you, it's your life to live on



“Write down what you need to achieve in the next year to move you towards goals”

your terms, and I want to help you really live it.

Once you've answered the question, write your answer down in your diary, or smartphone notes, and take some time to ensure this is what you really want, not what you think you should have.

For me, I often think I should grow my business and earn more money, but in reality, I love nothing more than helping others achieve financial freedom, and freedom from the worries of money, that's what truly brings me fulfilment.

When you're clear on what it is you want, write down the things you need to achieve in the next 12 months to move you closer towards your outcome.

I believe that if you're not growing as an individual, you're not really living

life, so taking strides towards achieving your outcome will make you feel more confident, happier and fulfilled.

I work with clients who earn more than a million pounds a year and, through my coaching, I work with people who may have no income – complete extremes of the economic scale.

But what they both have in common is a nervous system that runs their decision-making processes.

We are all looking to grow as individuals, make a difference in our own lives and the lives of other people.

Half the year has already gone – do you really want to look back on the year in six months and have to make the same resolutions again?

Make the rest of this year count.

■ For more money planning ideas visit [The Finance Geeks Podcast](#)

Tesla sales down but stock up

In the second quarter, Tesla managed to deliver close to 444,000 electric vehicles. This is a nearly 5% decrease year on year, marking the second consecutive quarter of declining sales for the company. Despite this, Tesla's stock price surged, as the market had anticipated a bigger drop. Tesla remains the world's largest seller of electric vehicles.



In June, the annual inflation rate in the Eurozone had a minor decrease, settling at 2.5%. But the price growth in the services sector remained high, with a rate of 4.1%. After a reduction a month prior, the European Central Bank is expected to maintain the current interest rates in its meeting on July 18.



Going for it: 5 things you should know

- 1 Make a plan – decide what you need to do in the remaining six months of 2024. Set your goals, write them down.
- 2 Read – go to the library or buy a book and learn something new; maybe a new skill or something inspirational... whatever takes your fancy.
- 3 Commit to a having a positive mental attitude. What we think, we attract.
- 4 Take time for yourself to either meditate or walk in nature. Don't just think, notice what's around you.
- 5 Be kind to yourself – move your body daily, and drink plenty of water. A healthy body helps you to focus on what's important.

The
BIG
save

Q&A

■ I am struggling to budget, what should a good budget look like?
WARREN: I use the 50/30/20 system – which means 50% of your income goes towards your regular bills (rent/utilities), 30% to variable costs (groceries/fuel) and 20% goes towards savings.



■ How much debt is acceptable?
WARREN: You want to work towards being debt free. Start by repaying credit card debt, then work towards repaying lower-cost debt such as your mortgage.

GET in TOUCH

Send your emails to warren.shute@reachplc.com or tweet @warrenshute

email traveldesk@reachplc.com
 twitter @TravelEdNigel
 @LissamanVicky



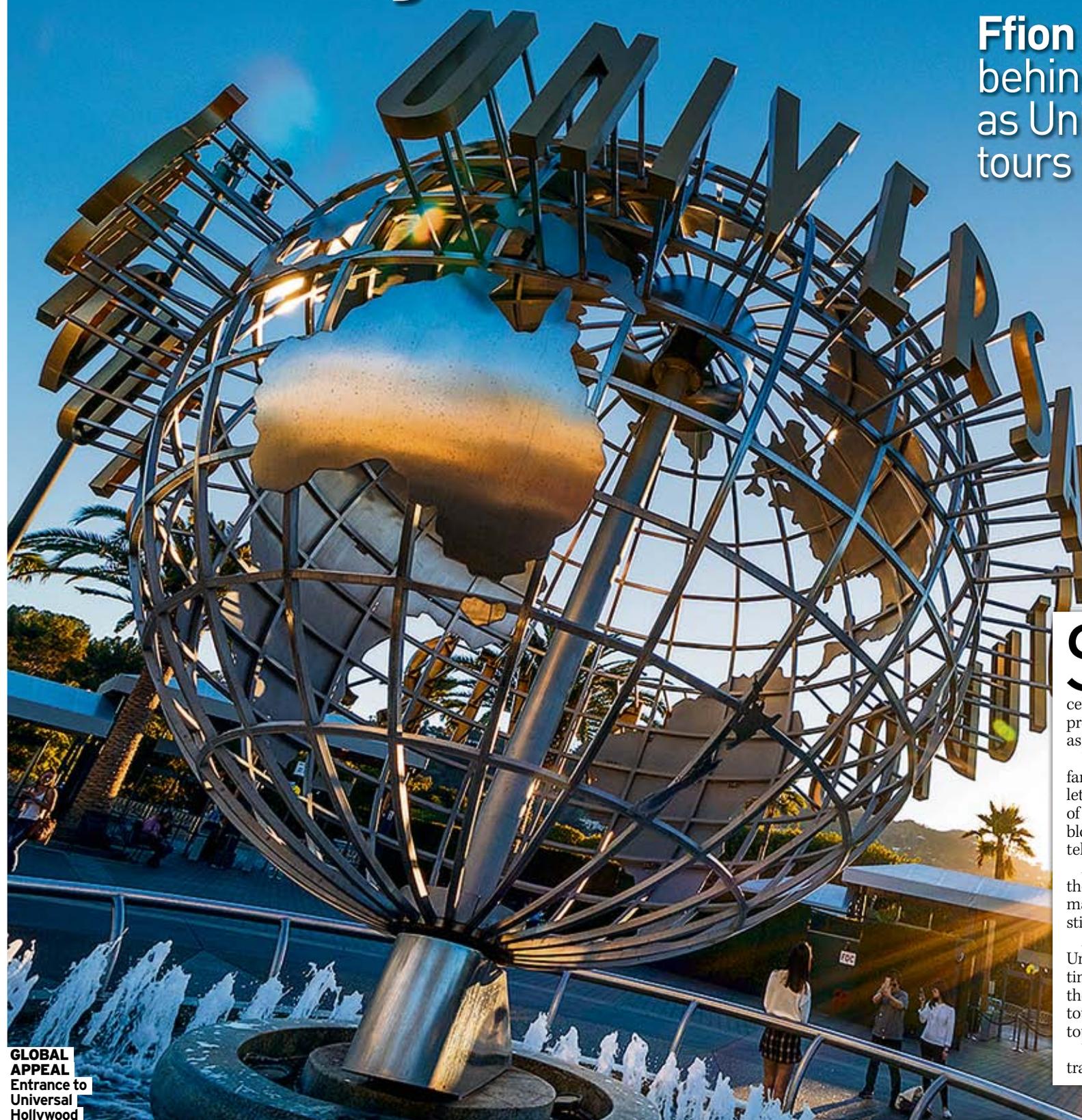
Travel



Edited by
NIGEL THOMPSON
 @TravelEdNigel

Ready for a close up

Ffion Lewis goes behind the scenes as Universal Studios tours mark 60 years



GLOBAL APPEAL
 Entrance to Universal Hollywood



GO APE
 Ffion is gripped by King Kong

Some things get better with age, and that's certainly the case at Universal Studios Hollywood as its beloved Studio Tour celebrates its 60th anniversary. And it proves Tinseltown is still as glamorous as ever.

Universal has been taking film fanatics behind the scenes since 1964, letting them into the tricks of the trade of how some of Hollywood's biggest blockbusters – and most recently television shows – are made.

And while the tour has changed over the years, it was clear during our visit, to mark its landmark anniversary why it still draws millions of visitors each year.

After a quick photo op at the famous Universal globe, and with just enough time to strike a Hollywood pose at the theme park's red carpet entrance, our tour group checked in for a VIP studio tour experience.

While the open-sided red and white tram cars have been replaced by sleeker

CONTINUED OVER THE PAGE

BIG DEAL

North Cornwall from £539pp: Save 10% on a seven-night self-catering staycation at Little Trevelth Lowen, near Port Quin. Pet-friendly accommodation with hot tub and parking, sleeps four. Price based on July 26 arrival. cornwallhideaways.co.uk

GOING GREEN

PLANET-FRIENDLY TRAVEL NEWS
 BY **NIGEL THOMPSON**

Are UK holidaymakers getting climate change fatigue?

Research for Booking.com shows more than half (53%) say that while travelling sustainably is important, it's not a primary consideration.

The data also shows 28% of Brits

feel the damage already done is irreversible, and the choices they make are not going to change it, with more than four out of 10 (44%) thinking travel service providers hold the key to counteracting environmental factors.

Also, a quarter of travellers (26%) don't believe climate change is as severe as it is made out to be.

Among more positive intentions, 68% of holidaymakers say they want to leave the places they visit in a better state than when they arrived – up from

60% last year. Additional data shows 42% of us think we have the potential to counteract the social impacts of travel, while sustainable accommodation is more appealing to nearly four out of 10 (39%).

Danielle D'Silva, Booking.com head of sustainability, said: "While the signals of frustration should be a concern, it's a reminder to maintain our focus on the impactful work we know can make a difference not only for travellers, but for communities and destinations."

BIG DEAL

Mauritius from £1,329pp: Save up to 25% on a seven-night Indian Ocean B&B getaway at the five-star LUX Grand Gaube resort, flying from Gatwick between September 1-10. Book by July 31. Edinburgh departures from £1,559pp. awayholidays.co.uk

CRUISE NEWS

BY NIGEL THOMPSON

Book by July 31 to bag discounts and extras on selected Riviera Travel European river cruises to the end of August.

Passengers can get a free three-night tour extension when booking an upper deck cabin, free upgrade from middle to upper deck, up to £500 off 11-day itineraries or free premium Eurostar upgrade when booking the middle or upper deck.

Also, no single supplements are available for more than 50 cabins. rivieratravel.co.uk



■ Save up to 15% across selected 2024 autumn and winter sunshine cruises with Holland America.

The offer is valid on 27 voyages ranging between 10-25 days across the Caribbean, Mexican Riviera and Panama Canal.

Book by July 31 for £600 flight credit, a pre-cruise hotel stay and transfers. hollandamerica.com

BUY OF THE WEEK

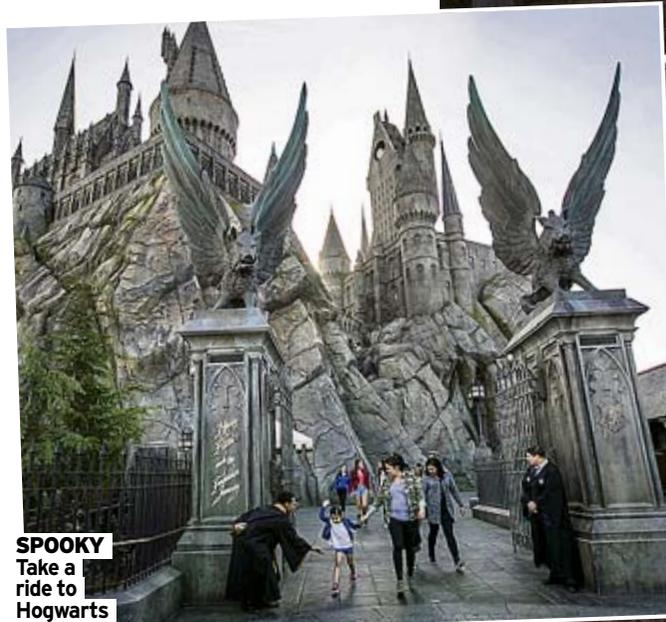
BY VICKY LISSAMAN

Freshen up your holiday togs with this Philips handheld steamer.

Ready to use in just 30 seconds, the continuous jet of steam removes stubborn creases from all kinds of fabrics including silk. You don't even need an ironing board as it works vertically, making it ideal for clothes on a hanger.

Its compact, foldable design means it's ideal for popping in a suitcase and the 100ml water tank is detachable.

■ Philips 3000 Series handheld steamer £37.99, johnlewis.com



SPOOKY
Take a ride to Hogwarts Castle

CONTINUED FROM PREVIOUS PAGE

models over the years (with electric trams in the works), almost as soon as we set off on our behind the scenes tour we are thrust into the world of film.

Given it takes just a few minutes to get from the entrance to the starting point of the tour, you'd be forgiven for thinking it is simply just another attraction at the theme park.

And while it is in a sense, it's also much more. As we pass by the huge studios with staff milling around and take a peek inside some of the lots, it's obvious the studios are still very much in working order.

As our enthusiastic guide Bob reminds us to keep an eye out for film stars (he's worked in and around the studios since he first went to film school in the 80s and has seen just about all of them), soon enough we're transported into the set of *The Good Place*.

And while of course I'd assumed each set isn't just used once, Bob telling us that the quaint village in front of us was also transformed into a medieval European-esque set and featured in the *Pirates Of The Caribbean* really did send the imagination into overdrive.

It's quite the immersive experience, with Bob's breadth of knowledge, a selection of clips alongside his commentary and the incredible film set surroundings. And we were soon sent into another dimension, deep in dinosaur territory: *Jurassic Park*.

It's a good job we'd donned our 3D glasses, as we're soon dodging *Tyrannosaurus* spittle, covering from gorillas and getting lost in the jungle, all while our tram car is rumbling and swaying from side to side seemingly suspended in mid air.

Had I not been able to spot my fellow tour goers in my peripheral vision, or my white knuckle grip on the tram barrier, I'd wonder how I'd ended up socialising with such creatures. It really is that realistic.

As we brush off saliva from our shoulders (I'm assured it's water) and allow for our heart rates to lower, we're taken to the jaw-dropping props department. With everything from armchairs to candlesticks to 7ft mummies, the huge warehouse is home



POWER UP
The new Super Nintendo World

to more than 200,000 props collected over 100 years.

With each tagged from their previous use, or to which set they're heading next (no photos allowed so as not to ruin the surprise) you could spend hours wandering around curating your perfect interior design.

Back on the tram and to the next stop: Amity Island. As our cart travels around the pool, blink and you'd miss the

suspicious red liquid. But only seconds later the infamous shark from *Jaws* is just inches away, trying to gnaw the tyres.

Making a quick escape, we find ourselves on Western Street. While the western ranch style set has most recently been used as part of Tarantino's *Once Upon A Time In Hollywood*, once you know the tricks of the trade you can

spot the set in many other productions.

For the *Desperate Housewives* fans in our group, the next stop is Wisteria Lane. Even for someone who hasn't seen the show (a travesty, I'm told) the street set is impressive.

After selfies in front of the famous houses, we're given some behind the

SUNDAY PEOPLE

CELEBRATE OUR AMAZING TEACHERS WITH moonpig

Send a **FREE** Personalised Thank you card **Plus** Free Delivery!

Hey parents! Teachers across the nation do an amazing job and we want to help you recognise their incredible efforts.

We're giving you a **FREE** card to say a huge 'Thank you!' for the school year.

And here's the best part.

Your kids can help personalise the card with photos, stickers and even a handwritten message.

It's a keepsake their teacher will cherish forever. Not sure where to send it? No worries, just have it delivered to you and your child can hand it to their teacher in person.

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SCAN ME

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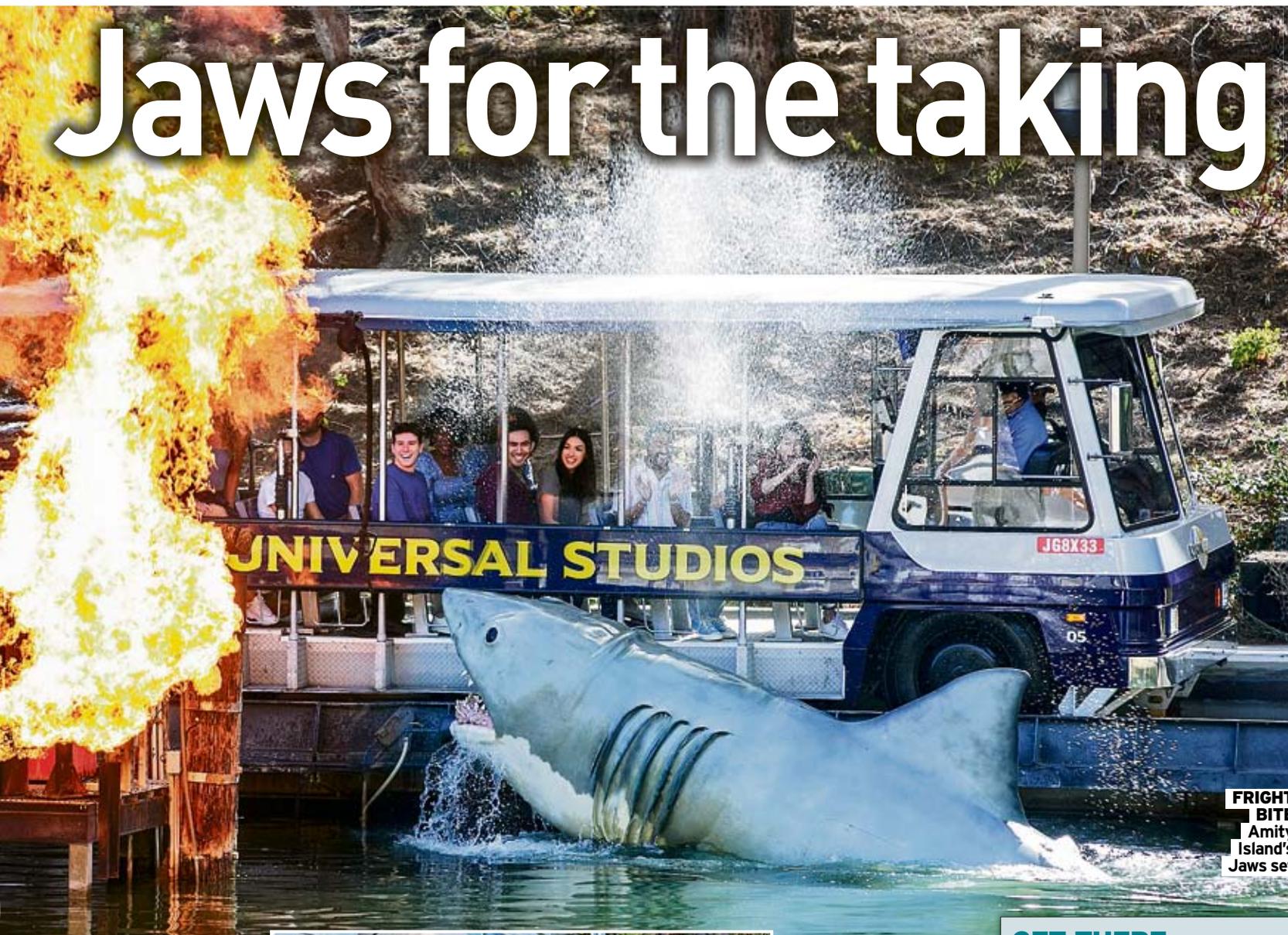
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Travel

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Jaws for the taking



FRIGHT BITE
 Amity Island's Jaws set

scenes secrets – for example, the home of Bree Van de Kamp is actually an onset toilet!

As our tour comes to its conclusion there's just enough time to visit the new additions to celebrate the attraction's 60th anniversary – and what a treat they are.

From now until August 11, visitors who opt for VIP tram tours can experience some unseen sets, including the iconic Bates Motel from the original 1960 Alfred Hitchcock classic Psycho.

As we avoid eye-contact with the Norman Bates lookalike wandering the set with knife in hand, we warily pose for pictures in King Kong's jaws and ogle the Fast And Furious cars.

For those not planning on hiking to the Hollywood sign on the hills above the city, this is also a great opportunity to get a faux picture with the iconic sign.

This is the first time Universal Studios Hollywood has debuted the original replica of the sign, which sits just above the set, offering the next best thing to the real deal.

While we're here to celebrate the 60th anniversary of the tram tour, after we disembark it would be rude not to have a look around the theme park itself.

After a buffet lunch at the



REALISTIC
 Jurassic World

Californian sister is just as impressive. Towering over Universal Studios, it's an incredible piece of design which you could spend hours marvelling at before even thinking of going inside.

The interior of the castle is home to the Forbidden Journey attraction, which I think is one of my favourite rides of all time – but beware of feeling travel

sick! Even the queue is an experience as you pass through Dumbledore's study and catch the portraits on the wall moving. Once aboard your broomstick, you sweep through the forest trying to catch the snitch with Harry alongside you.

After a Butterbeer break we made our way through Simpsons Land Springfield to the Lower Lot where we got soaked on The Jurassic World ride before letting the speed of The Mummy coaster dry us off.

This lower level is also home to the impressive Super Nintendo World – one of the park's newest attractions.

Collect power-up points from various games as you wander among the toadstools and pap a picture with Mario himself.

This area of the park is like no other and gets



LAUGHS
 Simpsons Land

French-themed Moulin Rouge Restaurant, it was time to hit the rides.

I personally think Universal is the perfect park to conquer in a day, but can easily be spread out over a few days if you have time.

As a Harry Potter buff, Hogsmeade was my first stop. Although I have seen the impressive Hogwarts castle in Orlando before, its

“
VIP guests can even visit the iconic Bates Motel from Psycho

GET THERE

Flights to Los Angeles are available from Heathrow and Gatwick.

BOOK IT

Universal Studios Hollywood's special VIP 60th anniversary studio tour runs until August 11. Universal Studios Hollywood Buy a Day, Get a 2nd Day Free Special Offer ticket costs from around £92pp, booking through AttractionTickets.

Tickets are gate-ready offering instant entry to the park, bypassing the ticket and voucher lines. The second visit to Universal Studios Hollywood can be taken any time within six days of the first visit.

MORE INFO
attractiontickets.com
discoverlosangeles.com

super busy. But it's worth it for the Bowser's Challenge ride, which really takes augmented theme park attractions to the next level.

After many happy hours exploring the park, a trip to City Walk for dinner and a spot of shopping was a great end to a fabulous day.

While there are souvenirs from every land on offer – from Duff beer to Mario headbands – there's also the chance to get your hands on some special 60th Anniversary memorabilia.

I had my eye on a T-shirt but the tram-shaped popcorn bucket was also a big hit. Just like many a Universal movie.



TRAVEL TEST

BY SOPHIE FOSTER

WHAT: Sheraton Heathrow Hotel, rooms from £119 room-only. marriott.com

WHERE: Colnbrook Bypass, a five-minute drive from Heathrow Airport, reachable by bus from Elizabeth Line stations or from Heathrow Terminals 2,3 and 5.

EXPERIENCE: Check-in took a while because I was stuck behind several planes' worth of cabin crew. My room was spacious, clean and modern. Tea and coffee-making facilities and bottled water were included, as was a fridge and a safe.

The bathroom was spotless and the powerful overhead shower was easy to operate. Big bottles of shampoo, conditioner and shower gel were attached to the wall.

The large bed was extremely comfortable, providing me with a night of blissful sleep undisturbed by sounds from the busy road or planes. By the bed were plenty of sockets, including USB ports.

The room had a wardrobe, desk, chair, mirror, low table, armchair, iron and ironing board.

Downstairs, the Lobby Bar attached to the Cast Iron Bar & Grill, served meals until late. I checked in at 10pm and had a huge portion of mozzarella sticks (£8) and a Stella Artois (£6). The menu also offered burgers (£17), soups (£7.50) and wings (£9).

Breakfast is served 6.30am to 10.30am, but I had to leave early so I missed out.

The hotel also has a 24-hour fitness centre.

The bus to the terminals stops across the road from 4.35am. The hotel also offers an e-shuttle to departures. It cost me £7 for a shared cab with two others.

QUIBBLES: Not the hotel's fault but the cheap buses aren't regular in the early hours.

VERDICT: I had a superb night's sleep. Great staff and location, but at a cost. **8/10**

BIG DEAL

Bulgaria winter sports from £856pp: a seven night half-board stay at the four-star Hotel Rila in Borovets comes with flights from Manchester on March 8, transfers and a 2-for-1 lift pass offer if booked by July 31. crystalski.co.uk



John Wyatt strikes gold in Norfolk with a pirate show, wildlife park and a retreat by the beach

My wife is shrieking with laughter so loudly that the kids are begging her to quieten down and stop embarrassing them.

Seconds later she is peeping through her fingers in open-mouthed terror as an acrobat does a handstand on top of a teetering tower of chairs.

These are the extremes of emotion at the Pirates Live show at the unique Hippodrome Circus, a national treasure tucked away in Great Yarmouth, Norfolk.

In these days of endless scrolling videos, it's easy to forget what a live show can be like. Then you get into the Hippodrome and are reminded.

As a pair of contortionists bend themselves into impossible shapes and shoot a bow and arrow at a target using only their feet, we can see the trembles in their muscles, the concentration on their faces. We feel the heat of the pyrotechnics that light up the impressive pirate-ship set. It's jaw-dropping.

Manager Ben Jay tells me after the show how he sources the best circus talent from all over the world. This show – not the only one they stage – has performers from Kenya, Ukraine and China as well as from the circus's own dance school next door. They are all world class.

After the show, which weaves circus acts into a kid-friendly pirate story, audience members are invited for a cheap-as-chips tour of the backstage museum. It gives you a real sense of the circus and its traditions, making you appreciate the show that much more.

We had got into the circus spirit beforehand with tasty flatbreads and bagels at Cafe 1903, next door. It's named after the year the circus opened, and is fabulously adorned with posters and memorabilia from the theatre, one of a handful of purpose-built circuses left in the world.

Our base for this trip was what felt like a luxury apartment, but was actually a caravan at Haven's Caister-on-Sea holiday park.

Our Gold caravan had all mod cons too, including



ROLL UP FOR FUN
 Stunning circus show

HAVEN SENT
 Stay in style



COOL POOL
 Endless fun for all ages



HOLIDAY HOME
 Mix luxury and comfort



FOUR!
 John and family enjoy the mini golf

“
 The beautiful park's red panda peeped from its treetop just feet away

fridge, oven, washing machine and a dishwasher. The best moment was sliding back what I thought was a wardrobe door only to find an en-suite shower room.

The park is right on the sandy beach and a short drive from Yarmouth but there's no need to leave the site if you don't want to.

Younger kids will never get tired of the pool and play areas, or you could book them activities such as a NERF training camp or junior Segway.

Our children, aged 12 and 14, they really loved the mini golf (winner: Dad) and The Jump. The kids climbed a tower and, under supervision, took a leap of faith onto a huge stunt-man-style inflatable mat.

It's a safe way to have fun and build confidence. After

that we hired bikes (easy on the Haven phone app) to explore. We made it to The Island Cafe and Boating Lake, a delightful pit stop, then Storm Kathleen forced us to turn back – but on any other day it would have been an easy ride into Yarmouth.

Another gem Norfolk has hidden away is Thrigby Hall Wildlife Gardens. When the satnav says you're nearly there, surrounded by fields, you won't believe it.

Then suddenly there it is: a beautiful wildlife park full of enchanting animals, mainly from Asia. We took a walkway over the tiger enclosure (where a sign helpfully advised us not to sit children on the railings – thanks) on our way to the other big cats.

There are leopards – snow, clouded and Amur; take your pick – as well as smaller felines including a rare Scottish wildcat. A red panda peeped from its treetop, just feet away.

We were mesmerised by the gibbons' hooting songs and intimidated by massive crocodilians, so close you could almost touch one (but you can't and please don't try).

The park, opened in 1979, has a cafe so you could stay all day, but you can visit all the beautiful beasts in half a day if you have other plans.

Dinner on Sunday was top-quality pies and steaks at Branford's in Caister.

It's a place where you can treat yourself to a proper meal in more refined restaurant surroundings.

The previous night, we'd had

fresh platefuls of delights from the onsite fish and chip shop.

There's also a Burger King, a restaurant called Mash & Barrel and a little supermarket where you can buy food as well as all the stuff you forgot to bring (sunglasses, in my case – a good result as I usually forget something essential like pants).

Monday morning was a sad occasion as we had to pack up but we are already planning to go to the Hippodrome's Christmas show, where the kids will no doubt be embarrassed all over again.

Roll on, December!

CAISTER SESSION
 Have a beach ball



BOOK IT

Four night August midweek self-catering breaks at Haven's holiday park in Caister, Norfolk, start at £459 per family; three night weekends from £319. haven.com

MORE INFO

visitgreatyarmouth.co.uk

STAR RATINGS

- ★★★★★ Excellent
 ★★★★ Good
 ★★★ Worth a look
 ★★ Poor
 ★ Don't bother

Movies

Psycho thriller

TERROR
 Maika Monroe as psychic FBI agent hunting a serial killer

LONGLEGS

Cert 15 ★★★★★
 In cinemas now

Forget the liver, fava beans and glass of Chianti. Writer-director Osgood Perkins, son of Psycho star Anthony Perkins, serves his 1990s-set FBI hunt for a twisted serial killer as an exceedingly bloody and rare three-course meal.

From the outset, the screen ratio alternates to distinguish claustrophobic flashbacks to a creepy childhood encounter between the tightly wound heroine and the titular predator.

Sound designer Eugenio Battaglia and composer Zilgi are diabolical collaborators, repeatedly terrorising frayed nerves with plucks of discordant strings, jolting thuds on a wooden front door and unexpected

creaks of floorboards in a supposedly empty house.

The Silence Of The Lambs is a clear inspiration for Perkins, most notably in nail-biting scenes of a rookie FBI agent staring directly into the camera, gun unholstered as she moves breathlessly from room to room in search of a suspect.

Maika Monroe is haunting as the socially awkward investigator with psychic abilities, estranged from a devoutly religious mother (Alicia Witt) who believes that "our prayers protect us from the Devil".

Those prayers go unanswered in a lip-smackingly oppressive first hour.

The devil in question is a virtually unrecognisable Nicolas Cage, rendered grotesque by facial prosthetics. When the



Silence Of The Lambs a clear inspiration in nail-biting scenes of a rookie agent

camera finally lingers on his distorted features for a repulsed closer inspection, the Oscar-winner unleashes a caterwaul of crazy from his vast repertoire that almost tips the film over the edge into absurdity. Monroe's committed performance grounds these wilder moments in a woozy, heightened reality.

Longlegs is a relentlessly grim psychological thriller, which exerts a chokehold until Perkins almost loses control at the wheel. Cage is scariest when he dials down the volume and settles into giggling delirium.

Static scenes are intentionally prolonged to suggest something wicked is about to manifest. Evil bides its time and when the screaming begins, it pierces to the bone.

FLY ME TO THE MOON

Cert 12A ★★★★★
 In cinemas now

The brightest stars in director Greg Berlanti's nimble romantic comedy based around the 1969 moon landing are not the luminous balls of flaming gas that burn fiercely in the night-time sky and twinkle around Earth's only natural satellite.

The honour is reserved, instead, for the celestial pairing of Scarlett Johansson and Channing Tatum, who create their own fireworks with a delightfully old-fashioned and chaste courtship reminiscent of duelling sexes in screwball comedies from the 1930s and 1940s.

Heartfelt and witty repartee in Rose Gilroy's script is the rocket fuel and

the two leads ignite when they verbally spar as a publicity shy NASA launch director and flashy New York marketing executive, punctuating playful gibes with longing glances.

Buttons remain tightly fastened - Tatum is snug in a vest and sweater for most of the picture - and Berlanti makes us wait well into the second hour before lips touch.

Documented history is rolled in glitter and sent into crowd-pleasing orbit with a colourful supporting cast to safely land the one-liners. Woody Harrelson and Jim Rash are the big bangs.

Fly Me To The Moon doesn't take one giant leap for rom-comkind but does achieve that winning combination of charm, humour and heartfelt emotion.



CELESTIAL
 Love blossoms for Johansson and Tatum

DESPICABLE ME 4

Cert U ★★★
 In cinemas now

If it's true that insanity is the act of making the same mistakes but expecting a different outcome, then Despicable Me 4 is certifiably mad for dipping into the same pick 'n' mix of half-formed ideas as the underwhelming third film and expecting a more coherent or emotionally satisfying experience.

Every frame of this fourth computer-animated romp feels achingly predictable and familiar, garnished with intergenerational angst borrowed from The Incredibles. Comic interludes featuring the Minions also seem to have run out of ideas and recycle cartoonish violence.

The weakest instalment of the highest-grossing animated film franchise in history still manages a few moments of mild merriment. The 94-minute running time is a blessing for families with short attention spans and the quality of the animation is exemplary, particularly in frenetic action sequences.

The introduction of five superpowered sidekicks - the Mega Minions - is a merchandising dream but haphazard storytelling doesn't support the quintet's potential. Director Chris Renaud and co-director Patrick Delage career between loosely interconnected vignettes, milking final droplets of goodwill from characters we have grown to love since supervillain Gru (voiced by Steve Carell) schemed to steal the moon in the original film. Disappointed Us.



BACK
 Even Gru can't save this outing

SADISTIC
 Johnny embarks on a murderous spree



IN A VIOLENT NATURE

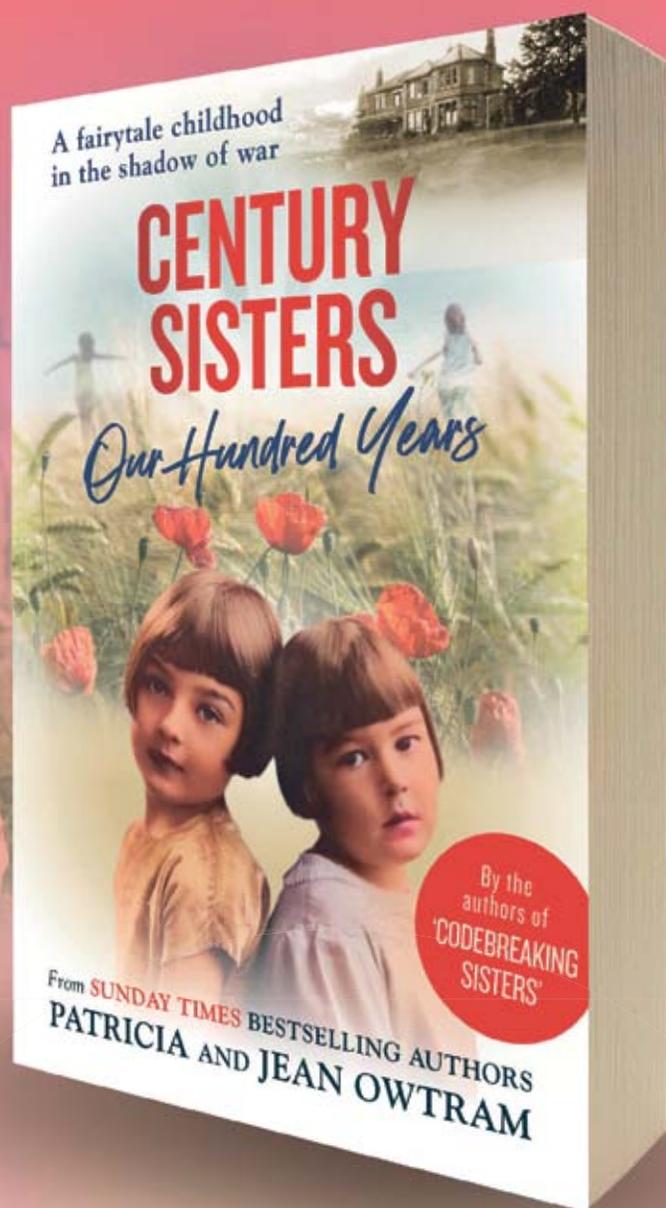
Cert 18 ★★★
 In cinemas now

The enigmatic title of Canadian writer-director Chris Nash's slasher horror warns us to expect carnage, and when it comes to splatter and gory injuries, In A Violent Nature doesn't disappoint. A vengeful antagonist wearing an antique firefighter's mask brandishes a large metal dragging hook and an axe with sadistic glee, forcibly altering the anatomy of victims including one outrageously brutal kill that treats a yoga-loving damsel as a human pretzel.

The hulking monstrosity is a merchant's son named Johnny (Ry Barrett), who was tricked into climbing a fire tower and subsequently fell to his death. A locket by the grave supposedly keeps Johnny's spirit at bay so when a teenager (Liam Leone) steals the trinket, unaware of its supernatural power, it's only a matter of time before Johnny crawls out of the earth and embarks on a murderous rampage.

Nash shoots his killer from behind in pedestrian single takes, shadowing Johnny as he traipses through sunlit woods and casually closes in on unsuspecting prey. An immersive soundscape of chirruping birds and buzzing insects enhances the naturalistic aesthetic, recalling Gus Van Sant's stylish 2002 walkabout Gerry starring Matt Damon. Darkness wanders slowly and deliberately into the light.

A fairytale childhood in the shadow of war



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WINTER'S WILDLIFE

with STUART WINTER



RARE SIGHT
Zitting cisticola

Zit's hop too far across Channel

The English Channel remains one of the most formidable natural barriers on the planet despite all the controversy about it being the UK's leakiest border.

Twenty miles of unforgiving seas at the narrowest pinch point in the Straits of Dover have long been a daunting obstacle for a host of birds.

Drive less than 30 minutes from the Channel Tunnel into rural France and you can encounter several species either rarely seen on British soil or never before at all.

Both black and middle-spotted woodpeckers nest deep in the forests of Pas de Calais yet they have achieved legendary status by virtue of their glaring absence in our ornithological record books.

Similarly, the short-toed tree creeper and crested lark are both lauded with "mega" status by the rarity information services whenever a waif condescends to hop over

the waves to the wilds of southern England every few years or so.

While the four species mentioned above have never been expected to mount full-scale invasions of Britain, another Gallic speciality was once predicted to become an

established colonist in an age of climate change. The zitting cisticola has a name as buzzy as its flight call, a squeaky sound that floats across scrubby areas the length and breadth of the Mediterranean and beyond.

Over the past few decades, the cisticola's onomatopoeic "zits" have rung out increasingly northwards as the species spread its stubby wings to inhabit new territories along the Atlantic coastline.

Today there are more than a thousand pairs breeding across France, with concentrations in Brittany and Normandy and extending northwards as far as the Belgian/Dutch border.

Although cisticolas (the name derives from the scientific names for the rock rose) may well be one of the first birds encountered after leaving the Channel Tunnel, on the English side they remain an elusive rarity.

Only the ninth ever confirmed sighting came last month when a sharp-eyed birder managed to snatch a fuzzy image of one as it flitted over the clifftops near South Foreland Lighthouse on the outskirts of Dover.

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SWEET PEA



CUP AND SAUCER VINE



PURPLE BELL VINE

Take your pick of these beautiful clambering gems for speedy results

Part of the magic of gardening is the amazing growth achieved by some species in a couple of seasons.

One of the most prized plants in the British garden is the sweet pea. In general these are grown every year from seed or from young plants. They go through their whole life cycle within a couple of seasons

which means sweet pea when planted out in early summer will clamber up fences or supports or through other plants.

As they go they shoot out the most delightful scented flowers. At the end of the season you can collect seed for next year's planting.

It is even better with sweet peas because they are the perfect cutting flower and as you

“
They grow up fences, shooting out the most delightful scent



With
DIARMUID GAVIN

gardening@people.co.uk
Sorry, Diarmuid cannot reply personally

MORNING
GLORY



BLACK-EYED
SUSAN

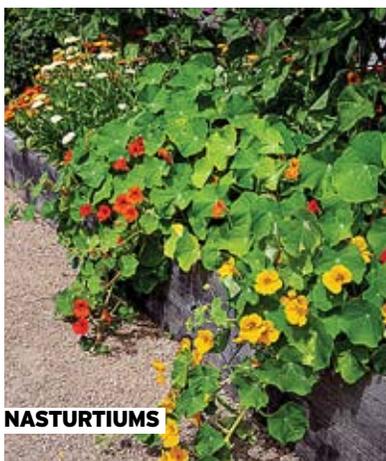
remove some for vases in the house, it just encourages them to flower more. They're easy – they like a nice sunny place, some support and off they go.

Nasturtiums are another clambering gem. They will shoot up or ramble around on the ground or trail over raised beds.

Their golden hued flowers aren't long lasting but they don't need to be – there's always another to take over.

Nasturtiums are also a culinary plant with both flower and leaf, adored by chefs for summer recipes.

One of the delights of the summer garden is morning glory (Ipomea), a



NASTURTIUMS

Instant social climbing

relative of bindweed. However this isn't the hooligan type that smothers everything in its rapid growth. Ipomea will clamber up supports and produce the most wonderful trumpet-like flowers in shades of blue.

Thunbergia alata which is commonly known as black-eyed Susan, is a vigorous climber. If you plant it in a sheltered sunny spot it will really take

off and produce these striking, stary yellow flowers with a dark eye. 'Lemon Star' is a more gentle yellow variety.

Rhodochiton atrosanguineus (purple bell vine) is grown for its striking pendulous flowers. The dark burgundy

tubular flowers emerge from magenta bells and the foliage is a pretty light green heart shaped leaves.

These start off white but mature to a rich purple and have a sweet nighttime fragrance. In its native Mexico this nocturnal scent will attract pollinators such as bats.

With the exception of sweet pea, these climbers are not hardy so you plant them out after any danger of frost is gone and the ground is warm.

Rhodochiton, thunbergia and Cobaea are perennials in their native habitats so if you have a conservatory, these could be grown over many years.

Cobaea scandens is one of the most vigorous climbers and is also called the cup and saucer vine because of its delightful cup flowers nestling in a ruffled "saucer".

JOBS for the week

■ Deadhead roses to tidy up and encourage new flowers.

■ In the veg garden, keep sowing seeds – lettuce, beetroot, Swiss chard, spring onions, swede and spring cabbage. Feed crops with liquid fertiliser.

■ Keep an eye out for potato blight. The main symptom is leaves turning brown and rotting so you need to cut off the foliage and burn if possible to stop disease spreading. If caught early, tubers may be unaffected and edible so dig them up.

■ Aerate your compost heap by turning it over. If it seems too dry, then add some water.

■ Lemon trees and other citrus fruits trees need feeding throughout the summer.

■ Houseplants such as the umbrella tree,

Kentia palm and philodendron can be brought outside for fresh air and good hose down to get rid of dust.

■ Make a note of what's working in the garden and what could be changed next year.

■ Strawberry plants that are sending out runners can be pegged down to create new plants for next year if your current plants are ageing. Otherwise remove the runners.

■ Take time to relax and enjoy your outdoor space.



PLANT of the week



Salvia 'Strawberry Lake'

Ornamental salvias are hard working perennials and will deliver flowers throughout the summer. They're very popular so no surprise that breeders are busy producing new varieties to whet our appetites. 'Strawberry Lake' is one such salvia, a good compact variety suitable for growing in pots for your patio garden. You and the bees can enjoy the bright pink tubular flowers until October and then move to a frost free position for over winter.

You ask...

Hi Diarmuid

I bought red robins and planted them five years ago as

a big hedge. I have issues – it's shedding a lot of leaves and they are being eaten. Any ideas on the cause and a solution?

Thanks, Dee

Hi Dee

I'm afraid this looks like vine weevil – you can tell by the shape of the bites, which look like notches after a ticket



inspector punches your ticket. It's a leaf-eating grub and unfortunately seems to like photinia. The damage to the leaves is not so serious – but what's happening underground is the larvae of these beetles chew away at the roots.

The best way to deal with this is with a biological control called nematodes. You drench the soil with them and the nematodes will eat the grubs – toward the end of the summer is the best time to do this.

In the meantime you could have a look at night with a torch and see if you can remove any of the adult beetles by hand.

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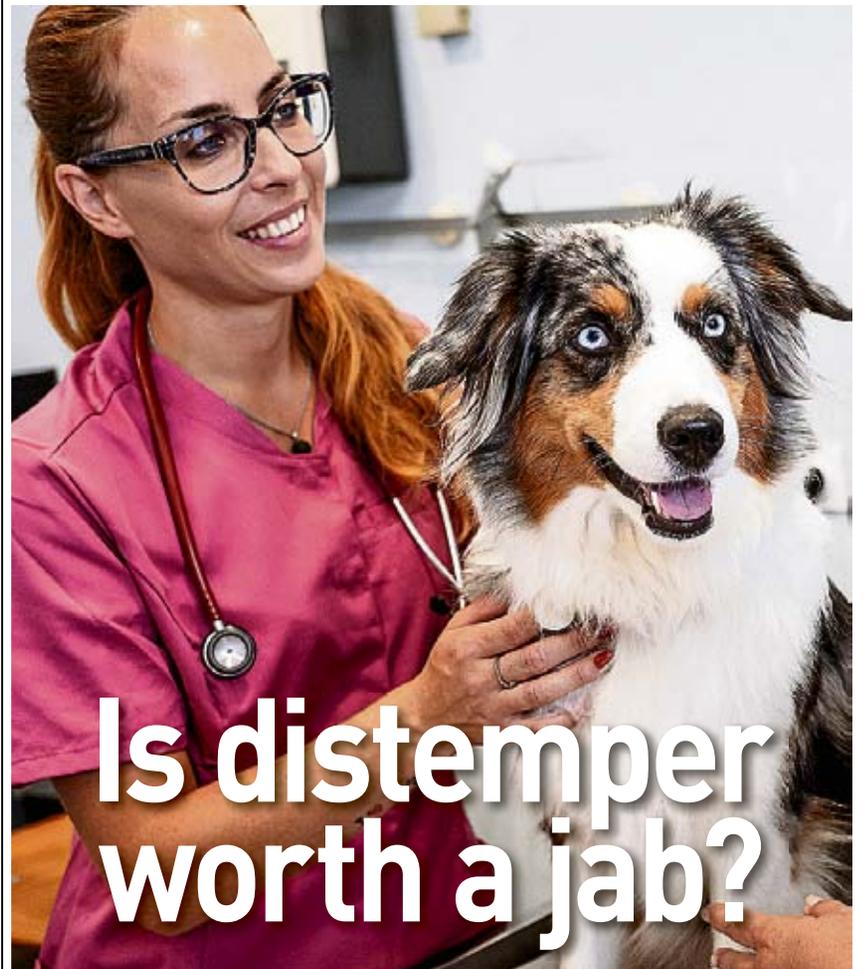
Pets



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**DAVID
GRANT**



Our vet works his magic on your furry friends



Is distemper worth a jab?

Q Is it true that distemper in dogs is rare. What does this disease look like? I have a one-year-old male crossbreed that had a course of vaccinations. I am uncertain about booster vaccinations.

A It's true that distemper in dogs is currently rare in the UK, as a result of vaccination campaigns. The disease has not been eradicated, however, and isolated pockets occur, which could become more widespread.

Distemper can exist in wildlife, such as foxes, which could infect unvaccinated dogs. An additional risk is the prevalence of distemper in some European countries and cases in dogs imported to the UK.

To maintain herd immunity against distemper and the other serious infectious diseases it is essential that all puppies get a full course of vaccination, with boosters when advised by a vet.

If vaccine levels fall there is a possibility of a sudden outbreak in susceptible dogs. This happened in Finland in 1990 when there was an epidemic of canine distemper. No cases had been seen for 16 years prior to this.

As a young vet I saw many distemper cases, which was good for my education but tragic for the dogs. Among the common signs are an eye and nasal discharge, coughing, difficulty in breathing, high fever, lethargy and lack of appetite.

Some weeks later, those that survive often develop severe nervous system signs, including fits and paralysis.

Distemper is often fatal and causes significant suffering. Your vet will advise on current vaccination protocols to protect your dog. These are very effective.

Q Our 12-year-old cat seems to be sleeping a lot and possibly drinking more. He is fed on pouches and is still eating well but doesn't always finish his bowl. I am wondering if this could be kidney disease. Is it common and what are the main symptoms?

A In old cats, chronic kidney disease (CKD) is common. Chronic refers to a condition that has been going for some time, is progressive and cannot be reversed.

However, the rate of decline is variable and depends on what stage CKD has reached at the time of diagnosis. This also means that the signs are also variable.

One of the first signs is an increased water intake. In cats this is difficult to measure, as those fed on dry food tend to drink a lot, while those fed on wet food may not noticeably drink at all, since their food contains a high percentage of water.

Losing weight is an important sign and an accurate weight can be measured at the veterinary clinic, and then kept under review.

As mentioned, CKD in cats is progressive and signs become increasingly more obvious. Appetite diminishes, individual cats may spend more time sleeping or show depression, and seem weaker than before.

In later stages cats stop eating, vomit, develop sores in the mouth and bad breath. This is accompanied by an unkempt coat as grooming becomes too painful. Diagnosis is based on a physical examination and blood tests initially.

There are supportive treatments that can prolong life considerably in early cases.

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

CRICKET



ENGLAND v WEST INDIES
ENGLAND WIN BY AN INNINGS AND 114 RUNS

Hang my boots up? I'm not going down that ROOT



ENGLAND STAR PLANS TO BE PLAYING FOR 'A GOOD WHILE YET'

BY MIKE WALTERS

JOE ROOT is planning to defer English cricket's next passing-out parade for a legend "a long way down the road".

After an emotional send-off for Jimmy Anderson at Lord's, Root and Ben Stokes are next in line for a carriage clock and superannuation.

At 33, and with 140 Test caps on the clock, the former England captain is already camped at the gates of greatness.

Another 150 runs this summer will take Root (below) into the top seven all-time scorers in Test cricket above West Indies deity Brian Lara.

And Sir Alastair Cook's England record of 12,472 runs will be within reach if the finest batsman chiselled from Yorkshire grit since Sir Geoffrey Boycott enjoys a prolific summer.

Root was part of the honorary sentry guard when Cook signed off with a century at The Oval in 2018, Stuart Broad's final delivery in first-class cricket clinched an Ashes Test win and Anderson waved goodbye by downing a pint of Guinness in one on the Lord's balcony on Friday.

But he has no thoughts of hanging up his bat, saying: "I'd like to think I'll be playing for a good while yet. When that day comes [to retire], I'm sure I'll figure something out."

"But you've got to earn the right to have that sort of fairytale ending like Jimmy, Stuart and Cookie have had."

"My focus is purely on scoring as many runs for this team as I can and helping us win as many games as we can."

"Until that focus and that drive changes, then I'll continue solely to focus on that and we'll worry about [retirement] hopefully a long way down the road."

Like Stokes (circle right), his successor as cap-



BOWLED OUT Jimmy says farewell with the team and above with Stuart Broad

JOE'S IN SOME FINE COMPANY WITH TOP TEST RUN SCORERS...

Sachin Tendulkar (India)	15,921	Kumar Sangakkara (Sri Lanka)	12,400
Ricky Ponting (Australia)	13,378	Brian Lara (West Indies)	11,953
Jacques Kallis (South Africa)	13,289	Shivnarine Chanderpaul (West Indies)	11,867
Rahul Dravid (India)	13,288	Mahela Jayawardene (Sri Lanka)	11,814
Sir Alastair Cook (England)	12,472	Joe Root (England)	11,804

tain, Root is already casting an eye towards the 2025-26 Ashes series - with a fierce resolve to settle the account after England's 4-0 defeat, under suffocating Covid strictures, Down Under in 2021-22. He said: "As a player, they are the series you're always looking forward to and building towards. More than anything you look at what we've had on previous tours in Australia and what we feel like is going to be successful out there in those conditions. In

retrospect, arguably we shouldn't have gone last time. Thinking of Covid, it was about keeping the lights on.

"We did what we thought was the right thing, but we'll be in a completely different place next year."

"You can plan and have all the best intentions, but it still has to fall into place. You need all your bowlers fit and firing and guys in good form scoring runs. Over the next couple of years we need to make sure that when that time comes around, we peak at the right time."

Shorn of Anderson and Broad's 1,308 Test wickets between them, it will be a new-look England attack in Oz - but Root believes they are in good hands after Gus Atkinson's remarkable entrance in England's

crushing innings victory in the first Test.

Atkinson's match figures of 12-106 were the fourth-best of all time on debut and Root believes he will be ideal in Australian conditions.

Root said: "What you need is someone like Gus who can bowl at high 80s and 90mph and still move the ball around and make things happen at high pace."

"Everyone can have their day, if you know what I mean, but to back it up and follow a brilliant performance in the first innings with another five wickets in the second innings is fantastic to see."

Anderson's farewell marked a changing of the guard with the new ball, but he will remain part of the

England set-up as a fast bowling consultant for the rest of the summer.

"These days are few and far between," said Root. "You don't get the opportunity to celebrate such a wonderful career and someone that's done things in the game that no one else has done before."

"It's something we'll look back and treasure but, for me, all I've ever known is playing alongside Jimmy for England for the last 12 years."

"It's a bit of a weird one, seeing Stuart Broad go last year and now Jimmy. I'll miss playing alongside him terribly - but the fact he'll be around for the summer will be great for our young bowlers coming through."

Meanwhile, England have called up Durham pace bowler Mark Wood for the second Test against West Indies at Trent Bridge, starting on Thursday.



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CAUGHT IN JET STREAM

Buick bags brilliant 909-1 run

BY DAVID YATES

MILL STREAM kept the winners flowing for William Buick with a gutsy July Cup victory at Newmarket to crown a 909-1 four-timer for the champion jockey.

Swingalong looked poised to spring a 22-1 surprise with the last of the My Pension Expert-sponsored Group 1 test's six furlongs to run.

But Buick conjured a determined effort from 11-1 shot Mill Stream, who fought on for a three-quarter-length margin to give Jane Chapple-Hyam a third triumph at the highest level.

"We knew there was going to be a lot of speed up front, so I just left it to William - he is the master," said Newmarket-based Melburnian Chapple-Hyam, who trains the four-year-old winner for former trainer Peter Harris. "We thought

they'd burn up and he just had to sit, wait and pounce - which he did! Today is ours. This is my home track and my favourite track, so it's good.

"Peter knows the game and I'm a very lucky lady to have him as an owner."

Buick had been on board Mill Stream for the colt's success in the Group 2 Duke Of York Stakes in May before the pair took third to Khaadem - Swingalong split the pair in second - in the Queen Elizabeth II Jubilee Stakes at Royal Ascot. "He has been

such a good horse for me this season," smiled the winning jockey.

"He is a Duke Of York winner and ran well at Royal Ascot. We felt he had a bit more to give and Jane and the team convinced me he was a much better horse today - he duly was."

"I was always so comfortable. He is really genuine and puts his head out. It was well deserved.

"This is my first July Cup and I'm absolutely thrilled."

Earlier, Buick had combined with boss Charlie Appleby for a treble. On

the back of wins for Desert Flower (5-2) and First Conquest (12-1), Ancient Truth (4-6) defended his unbeaten record with a length-and-a-half supremacy in the Group 2 bet365 Superlative Stakes.

The son of Dubawi is now as short as 10-1 joint-favourite for next year's 2,000 Guineas.

Appleby said: "He is up there with our best two-year-olds and I'd have been disappointed if we'd got beat today."

» ISLE OF JURA will miss the King George VI And Queen Elizabeth Stakes at Ascot on Saturday week - and the rest of the season - after picking up an injury.



MAGICAL Mill Stream wins yesterday

RESULTS

ASCOT: Good-good to soft in places on round course

1.45: FAIR WIND (P Dobs) 17-2; **ALBASHEER** (10-1); **HAYMAKER** (2-1); **DREAM COMPOSER** (4-1) 4. Tr. ran 9-2f King's Lynn, 1/4, hd, hd. (Owen Burrows). Tote: £9.50, £2.40, £2.00, £2.00, £3.60. Tote Ex: £104.20. Tric: £1073.57. Tric: £1069.10. CSF: £91.43. NRS: Danger Alert, Prince of Zenda.

2.20: QUDDWAH (C Shepherd 5-4f); **ANCIENT ROME** (18-1); **EMBESTO** (9-1) 3. 7 ran 1/2, nk. (S & E Cristoforo). Tote: £2.25, £1.50, £2.20. Tote Ex: £21.50. Tric: £141.44. Tric: £171.40. CSF: £25.38. NRS: Epictetus, Sparks Fly.

2.57: TIGER MASK (P-L Jamin 11-4); **PAROLE D'ORO** (28-1); **ACCENTUATE** (18-1) 3. 12 ran 1/2, nk. (R Burke). Tote: £3.75, £1.40, £6.70, £4.60. Tote Ex: £103.70. Tric: £1547.70. CSF: £86.83.

3.32: DANCING IN PARIS (O Probert 15-2); **TACTICIAN** (11-8); **MANXMAN** (3-2) 4. 11 ran. hd, 1/4. (Williams). Tote: £8.50, £1.60, £1.30, £2.00. Tote Ex: £25.70. Tric: £75.40. Tric: £109.90. CSF: £18.17. NRS: Iron Lion, Wind Your Neck In.

4.07: PASSION AND GLORY (R Dawson 7-1); **ZIGGY** (7-2); **TARJEED** (20-1) 3. 13 ran. 1/2, 3/4. (S bin Samro). Tote: £8.00, £1.70, £5.80, £2.50. Tote Ex: £41.90. Tric: £472.28. Tric: £561.20. CSF: £28.37. NRS: Euchen Glen, Wind Your Neck In.

4.42: SURVEYOR (C Shepherd 11-2); **QUEEN OF ATLANTIS** (7-2); **FAIR POINT** (9-1) 3. 9 ran. shd, nk. (J Fanshawe). Tote: £6.50, £2.10, £3.20, £1.50. Tote Ex: £62.20. Tric: £175.76. Tric: £315.50. CSF: £64.64. NRS: Mercury Bay, My Margie.

5.17: KODI LION (C Shepherd) 3-1f; **PEDRO VALENTINO** (7-2); **BURDETT** (9-1); **BILLY MILL** (14-1) 4. 16 ran. 1/2, 3/4. (C Fellows). Tote: £4.00, £1.50, £1.40, £2.50, £3.20. Tote Ex: £15.00. Tric: £90.99. Tric: £128.20. CSF: £12.42. NRS: Lord Ragscallion.

Placepot: £105.70. Quadpot: £17.40.

CHESTER: Good to soft

4.20: GREY FABLE (S D Bowen 6-4f); **HOT TEAM** (9-1); **GREEN TEAM** (20-1) 3. 8 ran. 1/2, 1/4. (K Thornton). Tote: £2.50, £1.10, £2.30, £5.20. Tote Ex: £13.20. Tric: £186.73. Tric: £186.30. CSF: £15.67.

4.55: FUJI MOUNTAIN (Z Wheatley 11-4); **ZABEL RUD** (2-1); **UP THE CLARETS** (9-2) 3. 8 ran. 2/3, nk. (D Carroll). Tote: £3.75, £1.30, £1.20, £1.70. Tote Ex: £10.00. Tric: £29.70. CSF: £8.74. NRS: Ay Gee Eil, Invited, Jagette.

5(30): SEA GREY (F Norton 8-1); **GIBSIDE** (8-2); **GIFTED ANGEL** (25-1) 3. 10 ran. 7-2f Ribbief. 1/4, shd. (D McCain). Tote: £9.00, £2.30, £2.50, £3.20. Tote Ex: £62.10. Tric: £1529.46. Tric: £2031.60. CSF: £70.10. NRS: Chase The Dollar.

6.05: AL SHABAB STORM (Jason Watson 6-4f); **BREEGE** (7-2); **VAFORTINO** (18-5) 3. 6 ran. 1/2, 1/4. (A Balding). Tote: £2.50, £1.40, £2.80. Tote Ex: £11.80. Tric: £33.60. CSF: £12.48. NRS: Pogo, Streets Of Gold.

6.35: STOP THE CAVALRY (E Greatrex 11-1); **BALON D'OR** (8-1); **EYE OF DUBAI** (5-2) 3. 10 ran. 1/4. (R Beckett). Tote: £12.00, £3.30, £1.10, £1.50. Tote Ex: £99.20. Tric: £298.46. Tric: £338.70. CSF: £95.60.

7.10: KING OF TONGA (Z Wheatley 14-1); **COUNT D'ORSAY** (11-2); **KITABE** (25-1) 3. 8 ran. 10-1f Dickieburd. 1/4, 1/4. (D Carroll). Tote: £15.00, £2.90, £2.00, £4.50. Tote Ex: £95.30. Tric: £347.55. Tric: £1778.60. CSF: £148.57. NRS: Grace Angel, Love Wars.

Placepot: £873.10. Quadpot: £349.10.

HAMILTON: Good to soft-soft in places

5.50: LADY CELIA (Archie Young 4-1); **CUBAN ROCK** (2-1); **WEE FAT MAC** (10-1) 3. 8 ran. 3-1f-f Impressor, 3-1f-f Zaphia. 1/2, 1/4. (A Brown). Tote: £5.00, £1.60, £3.30, £2.40. Tote Ex: £52.90. Tric: £451.89. Tric: £309.50. CSF: £50.00. NRS: Warrendale Wayny.

6.25: AIRSPEED (D Costello 8-11f); **BEAUJOLAIS NOUVEAU** (2-1); **JOSHUAS DREAM** (9-2) 3. 6 ran. 1/4, 3/4. (R Burke). Tote: £1.75, £1.10, £3.80. Tote Ex: £9.50. Tric: £31.60. CSF: £10.30. NRS: Casin A Commion.

7(9): GISELLE IZZY (A Mullen 5-4f); **RORY** (9-2); **QUINTUS ARIUS** (7-2) 3. 6 ran. 5-2f-f Sainte Mhath, 5-2f-f Moyola. 1/2, ns. (J Jardine). Tote: £6.00, £2.30, £3.30. Tote Ex: £33.40. Tric: £182.30. CSF: £44.65. NRS: Mostar Dreams.

7.30: MY NOBLE LORD (C Beasley 4-5f); **EBONY MAW** (10-1); **TAFSIR** (5-1) 3. 7 ran. 1/4, nk. (M Bell). Tote: £1.80, £1.20, £3.70. Tote Ex: £9.50. Tric: £25.20. CSF: £9.49.

8.00: GAINSBURG (A Mullen 8-1); **HELTER SKELTER** (7-2); **CLASSY BOY** (4-1) 3. 9 ran. 11-4f Mysteriothesands, ns. 1/4. (D Bourke). Tote: £9.00, £2.80, £2.00, £1.90. Tote Ex: £62.40. Tric: £222.94. Tric: £283.30. CSF: £54.81. NRS: Thewindy Mrs Mary.

8.30: JUMARA VISION (P Dennis 9-4f); **MILLBUIE** (7-1); **PACO'S PRIDE** (5-2) 3. 5 ran. 2/4, 1/4. (K Scott). Tote: £3.25, £1.40, £3.30. Tote Ex: £15.50. Tric: £41.70. CSF: £17.21. NRS: Venetian.

9.00: GOLDEN ECHO (O McSweeney 13-2); **PENelope'S SISTER** (7-2); **LEDGER** (9-1) 3. 9 ran. 1/4, 1/4. (J Camacho). Tote: £7.50, £2.50, £1.60, £1.50. Tote Ex: £36.50. Tric: £93.05. Tric: £205.80. CSF: £29.58.

Placepot: £203.10. Quadpot: £32.70.

NAVAN: Good to firm-good in places

1.52: SHIMMY JIMMY (G M Ryan 9-4f); **RION RUBETTE** (10-1); **DANDY MAGIC** (4-1) 3. 19 ran. 1/4, 1/4. (Donnacha O'Brien). Tote: £3.25, £1.30, £2.40, £1.90. Tote Ex: £582.00. Tric: £4220.50. CSF: £346.35.

2.27: MEHMAR (T Keane 3-1); **DESERT POWER** (4-1); **BETSEN** (8-1) 3. 8 ran. 1/2, 1/4. (M O'Callaghan). Tote: £4.00, £1.20, £1.10, £1.00. Tote Ex: £615.60. Tric: £21.40. CSF: £15.98. NRS: Emerald Banner, Penny Mountain, Speedwood.

3.02: RAPPELL (W Lee) 4-1f; **GRAND CITADEL** (8-1); **LIMONCELLO LADY** (22-1); **PLATINO BIANCO** (40-1) 4. 18 ran. 1/2, 1/4. (P W Flynn). Tote: £5.00, £1.80, £2.30, £4.80, £9.40. Tote Ex: £43.90. Tric: £686.80. Tric: £461.80. CSF: £332.93.

3.37: REINFORCE (R Whelan 12-1); **ONLY SPOOFING** (13-2); **RUN FOREST RUN** (10-1) 3. 15 ran. 7-2f Fair Tans. 3/4, 1/2. (Miss K Brown). Tote: £17.50, £4.20, £2.90, £3.60. Tote Ex: £146.80. Tric: £858.02. Tric: £1239.60. CSF: £87.46. NRS: Spirit Of Eagles, Sunday Sovereign.

4.10: NAVAL FORCE (G M Ryan 9-2); **THE EQUATOR** (evens); **VESTIGIA** (14-1) 3. 6 ran. 2/4, nk. (Donnacha O'Brien). Tote: £5.50, £1.70, £1.20. Tote Ex: £61.50. Tric: £74.30. CSF: £9.67.

4.45: IT'SNOWJUSTBEGUN (K Kennedy 7-4f); **EXPLORERS WAY** (13-2); **SQUIRE DANAGHER** (4-1) 3. 8 ran. 1/2, hd. (J Harrington). Tote: £2.75, £1.40, £1.30, £1.60. Tote Ex: £13.60. Tric: £39.95. Tric: £57.60. CSF: £13.79. NRS: Red Trail.

5.20: DOCTOR GRACE (R Whelan 6-1); **NAWRAJ** (22-1); **QUESTION OF CLASS** (13-2) 3; **HE KNOWS WHEN** (14-1) 4. 20 ran. 4-1f Mr Mills. 1/2, 1/4, 1/4. (M Halford & T Collins). Tote: £8.60, £2.30, £5.00, £1.50, £3.20. Tote Ex: £202.90. Tric: £924.96. Tric: £428.50. CSF: £145.47. NRS: Bang Pu, Barrettstown, Dazzling Spirit, Game Phoenix, Lord Park, Patrick Street.

Placepot: £37.20.

NEWMARKET: Good

1.40: DESERT FLOWER (W Buick 5-2) 1; **FLIGHT** (2-1); **BINTABUHA** (5-1) 3. 10 ran. 3/4, 2/4. (C Appleby). Tote: £3.50, £1.50, £1.30, £1.40. Tote Ex: £7.60. Tric: £25.20. CSF: £7.71.

2.12: ASIAN DAZE (Billy Loughnane 9-1); **LOU LOU'S GIFT** (15-8) 2; **ARISAIG** (4-1) 3. 9 ran. nk. 3/4. (J Chapple-Hyam). Tote: £10.00, £1.70, £2.00, £1.30. Tote Ex: £42.30. Tric: £78.38. Tric: £114.70. CSF: £24.70. NRS: Key To Cotai, Rochelle.

2.50: FIRST CONQUEST (W Buick 12-1); **TREASURE TIME** (6-1); **LIVANDLETIVE** (8-1) 3. 13 ran. 7-2f-f Oiral, 7-2f-f Volterra, nk. 2/1. (C Appleby). Tote: £13.00, £2.20, £2.30, £2.50. Tote Ex: £106.00. Tric: £641.26. Tric: £924.30. CSF: £78.22. NRS: Candonomore, Local Hero, The Camden Colt.

3.25: ANCIENT TRUTH (W Buick 4-6f) 1; **SEAGULS ELEVEN** (5-1) 2; **WIMBLEDON HAWKEYE** (20-1) 3. 6 ran. 1/2, 2/1. (C Appleby). Tote: £1.67, £1.10, £2.20. Tote Ex: £4.40. Tric: £28.28. Tric: £25.20. CSF: £4.24. NRS: Pap's Turf, Pentle Bay, The Parthenon.

4.00: AALTO (Rossa Ryan) 15-2; **LETHAL LEVI** (18-1); **SUMMERHAND** (22-1) 3; **CARRY THEONE** (5-1) 4. 20 ran. 2/1, 1/4, nk. (J Chapple-Hyam). Tote: £8.60, £2.30, £4.70, £5.30, £1.90. Tote Ex: £179.80. Tric: £289.98. Tric: £2694.60. CSF: £127.02.

4.35: MILL STREAM (W Buick 11-1); **SWINGALONG** (22-1); **VANDEAN** (4-1) 3. 11 ran. 11-8f Misherin, nk. 1/4. (J Chapple-Hyam). Tote: £12.00, £2.50, £3.60, £1.90. Tote Ex: £160.86. Tric: £787.70. CSF: £227.86. NRS: Regional.

5.10: LORD OF LOVE (K Shoemark 5-1); **WONDER KID** (3-1) 2; **GOODWOOD ODYSSEY** (5-1) 4. 20 ran. 2/1, 1/4, nk. (J & G Gosden). Tote: £6.10, £2.00, £1.90, £1.60. Tote Ex: £25.70. Tric: £81.95. Tric: £137.40. CSF: £20.83. NRS: Ciro Di Marzio.

Jackpot: Not won, pool of £12,404.45 carried over. Placepot: £48.00. Quadpot: £24.40.

SALISBURY: Good-good to firm in places

5.40: ALPINE GIRL (R M Mulligan 7-2f) 1; **Q TWENTY BOY** (15-2); **DESTINY'S SPIRIT** (9-1) 3. 8 ran. 7-2f-f Dakota Power, ns. 3/4. (J Fanshawe). Tote: £4.50, £1.60, £1.90, £2.60. Tote Ex: £27.10. Tric: £214.87. Tric: £196.40. CSF: £29.40. NRS: Symbol of Hope.

6.15: ROLL PLAYWRIGHT (H Turner 3-1); **ORIGINAL OUTLAW** (2-1); **DEFENCE MISSILE** (11-2) 3. 13 ran. 1/4, 1/4. (A Balding). Tote: £4.00, £1.70, £3.10, £1.70. Tote Ex: £10.30. Tric: £37.60. CSF: £9.05.

6.45: DISTINCT SPIRIT (R Coakley 22-1); **MAKES SENSE** (17-2); **FARO DI NOTTE** (20-1) 3. 10 ran. 4-5f National Interest. 1/2, nk. (D & C Kubler). Tote: £30.80, £4.90, £2.10, £3.60. Tote Ex: £272.50. Tric: £2058.50. CSF: £182.03.

7.20: ELLADONNA (R Coakley 7-2); **ROARIN' SUCCESS** (17-2); **HIGH SPIRITED** (10-1) 3. 7 ran. 5-2f Warda Jamila. 1/2, hd. (J Fanshawe). Tote: £4.50, £2.30, £3.80. Tote Ex: £29.30. Tric: £170.10. CSF: £32.48.

7.50: SNEAKY BLINDER (R Whelan 5-4f); **COMPTON BAY** (9-2); **LINCOLN ROYAL** (20-1) 3. 8 ran. 3/4, 1/4. (T Ward). Tote: £2.25, £1.10, £1.30, £2.70. Tote Ex: £7.90. Tric: £79.97. Tric: £58.50. CSF: £6.91.

8.20: ALPINE STROLL (O Keenan 14-1); **PREMIERE LIGNE** (100-30); **CROESO CYMRAEG** (8-1) 3. 8 ran. nk. 1/4. (M Wigham). Tote: £15.00, £1.60, £2.20, £3.30. Tote Ex: £66.40. Tric: £404.23. Tric: £615.40. CSF: £58.43.

Placepot: £1,384.20. Quadpot: £222.90.

WEXFORD: Good-good to yielding in places

1.00: NOUVOTIC (Rachael Blackmore 13-8f); **LIGHTKEEPER** (6-1); **NELS SON** (3-1) 3. 14 ran. 2/4, 5/4. (De Bromhead). Tote: £2.63, £1.10, £1.70, £1.80. Tote Ex: £10.40. Tric: £32.30. CSF: £13.51. NRS: Dysart Dasher, Forgothekys, Southern Point.

1.30: JOHNNY CLARKE (D J O'Keefe 9-2); **BALLYCOMON CHAPEL** (33-1); **TINGARRAN EXPRESS** (4-1) 3. 14 ran. 1/2, 1/4. (W J Burke). Tote: £5.50, £1.80, £9.40, £1.70. Tote Ex: £201.30. Tric: £667.36.

Placepot: £53.30. Quadpot: £18.00.

Tric: £1276.50. CSF: £153.59. NRS: Ladyze Man, Trencottown Rock, Walk In Time.

2.05: GETAWAY HENRY (D Meyler 33-1); **THE STRIKER DYLAN** (4-1); **CAOIMHES PET** (10-1) 3. 14 ran. 1/2, 1/4. (Daniel O'Leary). Tote: £43.60, £10.70, £2.20, £4.20. Tote Ex: £328.60. Tric: £1489.17. Tric: not won. CSF: £167.28. NRS: Be My Hero, Bella Be Good, Sunwalk.

2.40: SUNSHINE DIAMOND (C P McLomara 12-1); **MARY MICHAEL** (5-2); **INNAETUDE** (11-4) 3. 14 ran. 8f, hd. (Liam G O'Brien). Tote: £16.90, £2.60, £1.50, £1.40. Tote Ex: £56.10. Tric: £473.20. CSF: £46.33. NRS: Manikemike, Pricerforlove, Sights Unseen.

3.15: MONBEG PARK (J J Slewin 11-4); **CAESAR ROCK** (33-1); **WATCH THE WEATHER** (20-1) 3. 14 ran. 7-4f Space Tourist. 1/4, 1/4. (S Doyle). Tote: £3.75, £1.40, £6.20, £6.70. Tote Ex: £116.20. Tric: not won. CSF: £94.07. NRS: Chateau Eian, Maidenstreetprince.

3.50: RAILWAY HURRICANE (C Stone-Walsh 7-1); **FLASH DE TOUZAIN** (28-1); **THE SHORT GO** (3-1) 3. 12 ran. 2/4, 1/4. (G Cromwell). Tote: £8.00, £1.80, £8.70, £1.70. Tote Ex: £246.10. Tric: £727.09. Tric: £161.10. CSF: £175.96. NRS: The Grapal Slope.

4.25: OUR BOBBY (E Walsh 5-2f); **FINNIANS ROW** (16-1); **MALTON GROVE** (40-1) 3; **MUST BE DREAMING** (11-1) 4. 16 ran. 1/4, 2/1, 1/2. (J M Burke). Tote: £3.60, £1.10, £4.50, £10.30, £2.90. Tote Ex: £56.50. Tric: £409.93. Tric: not won. CSF: £43.93. NRS: Cocoplum, How Decc, Intersky Sunset.

5.00: FIELD A THISTLES (Mr D G Lavery 11-4f); **MEITHAL** (5-1); **MA BESS** (4-1) 3. 14 ran. ns. 1/4. (Mags Mullins). Tote: £3.75, £1.10, £2.00, £1.60. Tote Ex: £22.30. Tric: £73.60. CSF: £17.18. NRS: Opera Point, Reel Orange, Sarrealta.

Placepot: £230.30.

YORK: Good to soft

2.00: BLUE FOR YOU (D Tudhope 4-1) 1; **NORTHERN EXPRESS** (13-2); **RON O** (17-2) 3. 14 ran. 11-4f Telemark. 1/4, nk. (D O'Meara). Tote: £5.00, £1.70, £2.50, £2.50. Tote Ex: £29.10. Tric: £174.87. Tric: £177.30. CSF: £25.71. NRS: Enajmm, Stone Soldier, Stewards Inquiry.

2.35: STARLUST (H Crouch 13-8f); **ROGUE LIGHTNING** (7-2); **DEMOCRACY DILEMMA** (12-1) 3. 7 ran. 1/2, 1/4. (R Beckett). Tote: £2.63, £1.60, £2.20. Tote Ex: £7.60. Tric: £38.00. CSF: £6.80. NRS: Emaraaty Ana, We Never Stop.

3.10: ENFAAR (J Mitchell) 15-2; **BOTANICAL** (9-2); **TONY MONTANA** (28-1); **KINGFISHER KING** (12-1) 4. 20 ran. 1/4, 1/2, nk. (R Varian). Tote: £9.70, £2.90, £2.90, £3.50, £2.50. Tote Ex: £40.10. Tric: £955.68. Tric: £2931.50. CSF: £41.09. NRS: Flying Frontier, Marhaba The Champ, Scamp.

3.45: ALSAKIB (P J McDonald 6-1); **AL OAREEM** (100-30); **WISE EAGLE** (50-1) 3. 8 ran. 3-1f Nonldike. 1/2, 1/4. (A Balding). Tote: £7.00, £2.00, £1.60, £5.40. Tote Ex: £23.70. Tric: £903.88. Tric: £928.50. CSF: £25.88.

4.15: EAST TYRONE (S Gray 16-1); **SIR PALAMEDES** (11-1); **ATOMIC MASS** (4-1) 3. 13 ran. 10-1f Alamos. shd, 1/2. (K Ryan). Tote: £18.00, £5.10, £3.90, £2.00. Tote Ex: £229.80. Tric: £851.96. Tric: £916.10. CSF: £182.47. NRS: The Flying Seagull.

4.50: ZIMMERMAN (S B Kirrane 8-1); **VALLEY**

WIMBLEDON 2024



FINALS WEEKEND
THE ALL ENGLAND CLUB, LONDON

THEY THINK IT'S ALL OVA... IT IS NOW

Barbora Krejcikova 6 2 6
Jasmine Paolini 2 6 4

BY HARRY PRATT

BARBORA KREJCIKOVA fought back the tears as she was crowned the new queen of Wimbledon.

The Czech, a pre-tournament outsider ranked world No.31, kept her composure in a roller-coaster final to see off crowd favourite Jasmine Paolini.

At the conclusion of her 6-2 2-6

6-4 triumph over the electric Italian seventh seed, Krejcikova, arms raised aloft, looked towards the heavens.

It was her way of saying thank you to late, great compatriot

Jana Novotna - the 1998 ladies' champion who died in 2017 of ovarian cancer, aged 49.

Krejcikova, 28, who first

exploded onto the singles scene by taking the French Open three years ago, said: "Before she passed away, Jana told me I could win a Slam.

"I achieved that in Paris in 2021 but never did I dream I'd hold this same trophy as Jana. This is the best day of my life.

"It's unbelievable I've won Wimbledon. I have no idea how."



For Paolini (left), this was her second Grand Slam event final defeat in five weeks.

The 28-year-old French Open runner-up said: "To see this stadium full and play this final is a dream. "But Barbora was unbelievable and played such beautiful tennis.

"The last two months have been crazy for me.

"I'm a little sad but I know it's been a beautiful, positive tournament."



HENRY PATTEN (above, right) of Britain enjoys men's doubles success alongside Finnish partner Harri Heliövaara. They beat a string of seeds on the way to the final and, up against Australians Max Purcell and Jordan Thompson, sealed a 6-7 (7) 7-6 (8) 7-6 (11/9) Centre Court win.

HOME STRETCH

Alcaraz is targeting a Spanish double after beating Medvedev



I AM NOT A SPOILSPORT

But Novak can pile pain on Spain

Carlos Alcaraz v Novak Djokovic
Men's Final, today, 2pm, Live on BBC
BY HARRY PRATT

NOVAK DJOKOVIC aims to destroy Carlos Alcaraz's dream of a Spanish sporting double today - but insists he is no heartbreaker.

After his semi-final victory over Daniil Medvedev, Alcaraz admitted he is eyeing up a spectacular Super Sunday.

Firstly, he wants to retain his SW19 title. Then, he hopes Spain beat England in the Euros final.

Djokovic (right), of course, has other ideas as he looks to secure a record-equalling eighth Wimbledon title - and avenge his five-set defeat by Alcaraz in last year's final.

Asked about the opportunity ruin his rival's party, Djokovic, 37, responded: "I'm not sure if I'm going to break his heart. I'm not intending to do that.

"He is so young yet he has three Grand Slams under his belt and is going for his fourth. It's so impressive what he's done at just 21.

"He's going to win a lot more but I hope he's going to give me this one. Let's see. After that, I'll cheer for him!"

Djokovic could be forgiven if a tad jealous of Alcaraz given the super-popular world No.3 seems to get all the love from an adoring tennis public.

That is one ingredient still

missing from Djokovic's glittering career - as highlighted at the Championships amid several clashes with heckling, booing fans.

However, as Euro fever grips the nation - and with a Spaniard on the other side of the net - there is a chance a partisan Centre Court crowd may favour the Serb.

History-chasing Djokovic, one short of a record 25th singles title at Grand Slam events, said: "The English crowd will have the best of both worlds because the Euro final is at night.

"They have plenty of time to enjoy the tennis and football.

"The Wimbledon final is the most watched tennis match of the entire year but, I guess, it [the Spain factor] does add more importance to the match."

Alcaraz, meanwhile, says coping with the stress of being red-hot favourite wherever he goes is a huge battle and makes every match a sporting "war".

He explained: "I try not to think that I'm the defending champion. I just go into every match thinking I have chances to lose. It's a war.

"Having nerves is normal, but you have to control it.

"This is something I am working on because, if you're not controlling it, it's difficult to play your best."



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SAINZ SITTING TIGHT AFTER WOLFF'S HINT

FORMULA ONE

Round 13: Hungarian Grand Prix, July 21
BY DANIEL MOXON

CARLOS SAINZ still believes he can land a Mercedes seat and continue to fight at the front in Formula One.

Sainz (above) will lose his Ferrari spot to Lewis Hamilton next year and has spent months mulling his options.

A strong start to the season saw him linked with Red Bull before Sergio Perez was given a new deal - though the Mexican is already under pressure again amid a wretched run of form.

And the door also looked to have closed at Mercedes, leaving Sainz staring down the barrel of a move to a less competitive team.

Last month, his options narrowed to either Audi or Williams and he appeared to have decided on the latter.

But Alpine entered the race at the 11th hour and the Spaniard backed out of signing his Williams contract.

That looks to have alienated team principal James Vowles, who had declared his interest in signing Sainz but is now assessing other options, including bringing back their former driver Valtteri Bottas.

Mercedes have yet to fill Hamilton's seat and team principal Toto Wolff admits his distant hopes of persuading Max Verstappen to quit Red Bull are fading.

Andrea Kimi Antonelli turns 18 next month and is the favourite to partner George Russell in 2025.

But it is understood Sainz thinks he can land that seat, which has caused him to further delay his decision.

And he will be buoyed by comments from Wolff, who told Spanish daily sports paper Mundo Deportivo: "With Carlos, you have a sure value."

"Especially in a very tight championship next year you have another driver who is going to be very competitive, who if our car is good, could help us secure a fight for the Constructors' Championship."

The Austrian confirmed that approaching Sainz is "a possibility" - but warned that he will not be making a final decision any time soon.

And if he chooses to wait around for Mercedes, the 29-year-old might lose his other options.

DRIVERS' STANDINGS

1 Verstappen (Red Bull)	255pts
2 Norris (McLaren)	171
3 Leclerc (Ferrari)	150
4 Sainz Jnr (Ferrari)	146
5 Piastri (McLaren)	124
6 Perez (Red Bull)	118
7 Russell (Mercedes)	111
8 Hamilton (Mercedes)	110
9 Alonso (Aston Martin)	45
10 Stroll (Aston Martin)	23



2024 OLYMPICS



He's been through the Mills

TRACK HOPE GEORGE READY TO TURN EURO SILVER INTO PARIS GOLD, BUT IT'S BEEN A TOUGH ROAD THAT INCLUDED CHOICE WORDS FROM FOOTBALL STAR DAD

EXCLUSIVE BY ROSS HEPPENSTALL

GEORGE MILLS knows all about relentless drive, dedication and desire - and is now aiming to cap his rise with a glorious crescendo at the Paris Olympics.

The 25-year-old middle-distance runner is a big medal hope for Team GB and will become the first British male to compete in the 1500m and the 5,000m since 1912.

Last month, the son of former England defender Danny Mills won a silver medal in the 5,000m at the European Championships in Rome.

A maiden Olympics is his reward for years of blood, sweat and tears - and overcoming numerous setbacks.

Mills said: "I was brought up with the basic fundamentals of hard work and never giving up."

"My dad taught my two brothers, sister and I that, if you do something, do it properly. I was probably three or four when I was first told that and it really clicked when I was 14 or 15."

"I was contemplating going all out to become a professional athlete or staying as a bang average Sunday league footballer."

"Dad said, 'If you go with running, then commit to it fully', and I've not looked back since."

George was given a kick up the backside during his

formative years and the message was heeded. Danny, 47, remembered: "It was a cross-country race over in Liverpool and George turned up without a towel or the right kit. I said, 'Don't ever expect to be good at something without being properly prepared'."

"It was a slightly frosty car ride home." The father and son can laugh about that now but it is George's ultra-strict approach which has fuelled his journey to Paris.

In February 2022, he signed up with Swiss brand On Running and now splits his time between Switzerland and South Africa amid a gruelling training schedule.

George said: "I think, 'No matter where I am, this is what I do', and that's been very helpful with the training programme my coach Thomas Dreissigacker has given me."

"It allows me to be very structured and I don't have any interest in going out for a coffee or dinner."

"Every day is focused around performance - eat, train, sleep. Repeat."

"I don't do anything unless it benefits my performance."

That much was evident when George spent a week with 20-year-old brother Stan, a promising winger at Everton, during last month's Olympic trials in Manchester. Danny

said: "Stan phoned me one night and said, 'Dad, George is so boring."

"All he does is eat, sleep, train and stretch. He doesn't even watch telly."

"Stan knows what it takes to become

a footballer,

but to see those extra lev-

els to become a

professional

athlete was another dose of

reality about how hard it is."

George narrowly missed out on the World Championships last year but has bounced back in style, with his dad and mum Lisa in Rome to see him win silver last month.

The entire family - including sister Mya and younger brother Spike - are set to support him in Paris.

George's inclusion means he and Danny will become the first father and child to play for Eng-

land at a football World Cup and represent GB in an Olympics respectively.

George said: "I don't think about having a sporting legacy within the family that much - it's normal because I've grown up with it."

"There is a belief between all of us that, if we really throw the kitchen sink at something, then we can compete with the best in the world."



WHEN IN ROME New European silver medallist George Mills with his footballer dad Danny

FRONT RUNNER

Mills will hope to lead Team GB's challenge in Paris

IT'S JUST
12
DAYS TO GO TO
THE START

PARIS GAMES
JULY 26 - AUGUST 11

MAKING WAVES
Heathcote (also below in Team GB kit) with her sailing partner Grube

VITA'S OCEAN DRIVE

Team GB's youngest sailor loves high pressure... which is good as Heathcote has her medical exam straight after Paris

EXCLUSIVE
BY ALAN SMITH

VITA HEATHCOTE will soon shift focus from chasing medals to a career in medicine.

The Hampshire sailor plans to retake her university entrance exam a couple of weeks after the Olympics – having delayed enrolling to focus on striving for glory.

And the 23-year-old, who will be at the helm alongside Chris Grube in the 470 event, is looking to follow in the footsteps of family, both on the water and in the NHS.

Heathcote's mother, Kate, is an ENT surgeon who used to bring her daughter on hospital

- The 470 event – named after the 4.7m length of the dinghies – now sees mixed crews rather than same-sex pairs competing.
- Two athletes sail the 470, with the helm (Heathcote) steering and the crew (Grube) controlling the sails.

ward rounds at a young age. Uncle Nick Rogers was a silver medalist in the same event at Athens and Beijing – although Heathcote credits her boat-building grandfather as the earliest influence.

"I really struggle when I go somewhere not near the water," said Team GB's youngest sailor. "I've been next to it all my life."

"My whole family are sailors, both sides, and my grandpa built a lot of different vessels.

"It's just what we did at the

weekends. But I always wanted to do medicine since I was a young kid. Sailing was my hobby, I loved it, but medicine was always what I wanted to be my career."

Yet Heathcote has felt compelled over the past five years to give an Olympic cycle her full attention, delaying her commitment to healthcare.

She has trained as an oral nurse and had a number of work-experience placements.

But once the Games are over, the long path to

- Not the quickest Olympic boat, but it is the most technical. A near-infinite amount of fine-tuning can be made to its setup.
- Regular race days will begin in Marseille on August 2 with the final scheduled for August 7.

becoming a surgeon will begin – and some parallels can be drawn between the skills required in the operating room and Olympic competition.

Heathcote said: "I want to be a surgeon because of the manual skills, problem-solving and the team element."

"The high-pressure environment is where I want to be."

For now, however, her eyes are on mastering Marseille, where the sailing events will take place. And Heathcote

believes being 500 miles away from Paris is a positive because it limits distractions.

She added: "The excitement is a bit overwhelming. "It's been five years of build up for one very special week. It's the biggest event of my life so far."

"Sailing has always been quite separate as a sport, there have only been a couple where it's been in the host city."

"It would be cool to feel the buzz of the city but we'll be at the closing ceremony. And

when we're racing that's all that matters."

The entire sailing team has been in Marseille on a training camp getting used to the surroundings.

Heathcote believes the key to her and Grube's success will be how the World Championship silver medalists communicate while racing.

"That's the crux of our sport," Heathcote said.

"Everyone at this level is fairly talented and skilled with what they're doing, spending years perfecting it."

"What really makes the team is how they work together and get the best out of each other."

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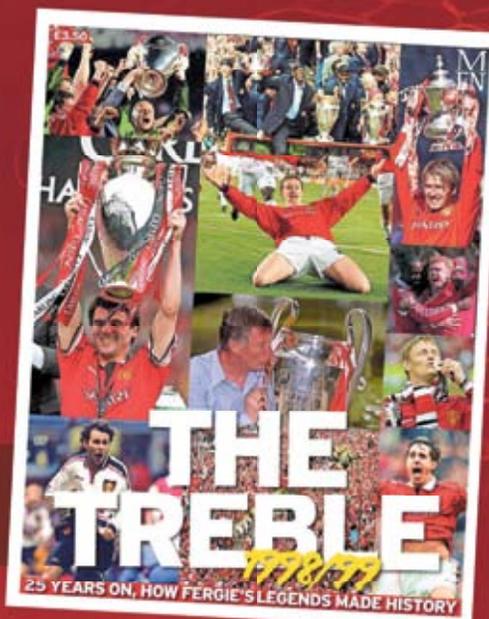
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MAC: IT'S LAST ROLL FOR TIGER

BY NEIL SQUIRES

TIGER WOODS could call time on his Open Championship career if he blows out at Troon as badly as he did at last month's US Open.

Woods (above) missed the cut by two shots at Pinehurst, and former European Ryder Cup captain Paul McGinley fears a repeat could leave him questioning his future in golf.

McGinley said: "I felt at the start of the year that if Tiger was to be competitive in any of the Majors it would be the US Open and The Open.

"The US Open was a big disappointment, so if he doesn't perform in this one I'm sure he will have a reassessment.

"You never know with Tiger. He gives so little away. But I'm sure he's not enjoying being so uncompetitive in the past three Majors he's played."

Woods, 48, finished 60th at The Masters in April, before missing the cut at the US PGA and US Open.

McGinley added: "He's struggled. It's a final roll of the dice for him as a top-echelon player, given the amount of work he has to put in."

However, as a three-times past champion, Woods is eligible to play in The Open until he turns 60.

■ Watch The 152nd Open at Royal Troon from this Thursday until next Sunday, exclusively live on Sky Sports Main Event, Sky Sports Golf, and via a NOW subscription.

TROON'S DANGER HOLE



Postage Stamp
Hole 8, 123 yards, Par 3

■ FORMER Ryder Cup captain Paul McGinley's verdict: "It's a fantastic hole - the risk/reward element is so huge.

"With the tiny putting surface there's only a very small margin for error. It's going to make for great TV, particularly if there's a strong crosswind.

"It's such a short hole - they might even set it up at 99 yards for one of the rounds - but a lofted club in your hands makes it very difficult to hold a ball in the wind. It's a lot easier to do that with a four or five iron in your hands."

GOLF: 152ND OPEN

NICK FALDO'S PLAN RORY



THINK... OR SINK
McIlroy, en route to a 67 yesterday at the Scottish Open, must use his brains not brawn

PAUL McGINLEY'S ONES TO WATCH



BRYSON DECHAMBEAU: Hugely confident after winning the US Open. He doesn't just rely on fabulous long driving, his short game and pitching have also been absolutely phenomenal. But will he be up for another Major so soon?



XANDER SCHAUFFELE: Statistically looks like the full package. He won the US PGA earlier this season and finished in the top 10 at The Masters and the US Open, too. He has also had a good deal of success on links courses.



JON RAHM: People say he's had a terrible season on the LIV Tour because he hasn't won, but his consistency has been very strong. I played with him at Queenwood last week and he shot 64, so his game is not as far off as some suggest.



RORY McILROY: He's very good at bouncing back from disappointments and I expect a reaction from the US Open setback. Whether it comes at this Open we must see, but I back him very strongly for success in the next few months.

'Comeback king

BY NEIL SQUIRES

PAUL McGINLEY has backed Rory McIlroy to overcome his US Open trauma and deliver a Major bounceback at Troon.

The soul-searching which followed McIlroy's collapse at Pinehurst was deep and painful as a golden chance to end his 10-year Major drought slipped by.

After climbing back on the horse at the Scottish Open, McIlroy is set to play big-time Buckaroo again at The Open.

And former European Ryder Cup captain McGinley believes that for all the scar tissue from another disappointment, McIlroy can produce a strong rebound.

McGinley said: "There's definitely a stumbling block getting over the line in these Majors. It means so much to him.

"But we have seen throughout his career that he is pretty resilient. Some of

his biggest disappointments in the game have been followed by great success shortly afterwards.

"He shot 43 on the back nine in the final round at Augusta in 2011 and then went to his very next Major and won it.

"In 2019 at his home Open in Portrush, he hit his first shot out of bounds, shot millions and missed the cut - but then he went on a rampage for the next few months and won the FedEx Cup.

"His bouncebacks have been very strong.

"The US Open will be another steep learning curve for him but it's all about reframing it and using it as a positive experience rather than a negative one.

"Judging by what he has been saying that's what he has been doing.

"He has a phenomenal golf game so it's

ROYAL TROON, SCOTLAND
STARTS THURS, LIVE ON SKY



Leadbetter: McIlroy didn't choke at the US Open, he just made bad decisions ... he must become a Major tactician like our greatest champ to win again

EXCLUSIVE
BY JAMES NURSEY

RORY McILROY should try to emulate Sir Nick Faldo's Open tactics in a bid to end his Major drought, according to David Leadbetter.

Golf coach legend Leadbetter worked with Faldo when the Englishman won three Open Championships under his tutelage. Faldo swung his way to glory by plotting his way around courses using detailed strategies.

Leadbetter (right) feels world No.2 McIlroy, whose last Major was in 2014, would have benefited from a stronger tactical approach at the recent US Open.

McIlroy held a two-shot lead with five holes left at Pinehurst last month - but bogeyed three of the last four to lose to Bryson DeChambeau by a single shot.

Leadbetter has questioned some of McIlroy's decisions, such as taking too much club on the par-3 15th to go over the back; then chipping past the hole on the 18th to leave a short treacherous downhill par putt, which he missed.

But he expects McIlroy, 35, to be in contention at The Open at Royal Troon and hopes he and caddie Harry Diamond come up with a plan for the Ayrshire links.

Leadbetter, 72, reflected: "Rory is a bit of an enigma. He has had a wonderful career but hasn't won a Major in 10 years, which is incredible really."

"You look at the US Open and he

was right in position. Some people are calling him a choker.

"The 18th was actually a very difficult putt but the problem was the chip, as he should have left it short because he would have had a much easier putt.

"I wouldn't say that was a choke, it was probably more bad strategy.

"There has been debate about his caddie's role but the player makes the final choice and the player hits the shot.

"Back in the day, a Jack Nicklaus or a Faldo or a Tiger Woods would have made sure they were NOT going over the back of the 15th green. That was another bad strategy mistake - there is no way you should hit it past the hole there."

Leadbetter says tough rough means McIlroy should plot his way around Troon, where the motto is 'Tam Arte Quam Marte' - as much by skill as by strength.

He insisted: "You just have to go back to Sir Nick. It is a chess player who wins around there.

"It is not necessarily a bomb-and-gouge player. Sir Nick was an expert at that and Rory will probably have to contain himself in terms of not being too aggressive.

"Sir Nick was very much a planner and would plan certain shots.

"He relied on his ball striking and was what I call a 'spot player'. He would say, 'This is the area of the green I want to hit

it to and this is the area I don't want to hit it to'. Golf today is a bit different with the equipment changes and powerful athletes, but you can't overpower a links course.

"The rough is going to be pretty lush so hitting fairways and hitting to the right spots is going to be really important."

Faldo (below with McIlroy) is still the last Englishman to lift the Claret Jug, after his triumph at Muirfield way back in 1992.

But Florida-based Leadbetter, whose new Golfzon simulators offer virtual rounds on over 240 courses from Pebble Beach to St Andrews, thinks that Tommy Fleetwood could end that run.

Leadbetter added: "It is crazy that Sir Nick is still the last Englishman to win The Open, when you think of all the quality there is and has been.

"But I think Fleetwood is a really good ball-striker and an intelligent player.

"He can really manipulate the ball in the wind. That all makes him a good dark horse to win at Troon."



MacINTYRE HAS SCOT THE SCENT OF VICTORY

BY CRAIG SWAN

BOB MacINTYRE is adamant he will not shy away from his bid to bring golf home.

The Oban star (above) has a terrific chance to secure a dream success at the Genesis Scottish Open.

MacIntyre sizzled through a sensational Saturday as he rifled a terrific 63 to sit just two behind leader Ludvig Aberg in second at The Renaissance.

The 27-year-old has put himself into a glorious position to better his runner-up finish from 12 months ago when just pipped by Rory McIlroy.

With English football fans dreaming of success at the Euros in Germany, Scotland's golfing galleries could have their own Tartan celebration.

Asked about the prospect of giving Scots a jubilant evening, he said: "That's my end goal, I've said it from the start of the week.

"The Scottish Open on a resume for my whole career is what I want.

"I've just got to go and play golf and let it happen. I can't

force it, there's so many good players in the tournament.

"Look, I've not been shy in saying it, the Scottish Open is the one that I want. And it's not going to change."

MacIntyre can become the first home winner of the Scottish Open in 25 years since Colin Montgomerie triumphed at Loch Lomond in 1999.

But he stated: "Again, I try not to get caught up in the old hype. I just try to play as well as I can.

"I don't worry about the outside noise, I just try to play my game."

Aberg leads on 17 under with MacIntyre two behind and Adam Scott a further shot back in third.

Swede Aberg, who will be paired with MacIntyre today, said: "It's fun to have an opportunity to win a tournament, especially at a classic place here in Scotland."

Aussie Scott played alongside MacIntyre yesterday and said: "Bob's playing great and he's the hero - on form at the moment, up here. And playing golf in Scotland is fantastic."

FLEETWOOD FLOORED

TOMMY FLEETWOOD was left "disappointed and frustrated" after seeing his Scottish Open charge halted after a blistering start to the third round.

The 33-year-old made a flying start with five birdies in the first six holes but his progress up the leaderboard was derailed with a run of seven straight pars before a double bogey on the last left a sour taste, despite him moving to 10 under for the tournament after a round of 66.

"If I had got a par on the last I would probably have felt the same, just not as extreme," said Fleetwood (right).

"I am playing great, it's just the last two days I have gifted shots away. I am scoring much worse than I am playing. Hopefully it changes."



can do it again'

not like he's not going to have other opportunities."

Last month's act of self-destruction at the US Open saw a two-stroke lead with five holes to play evaporate.

There were calls afterwards for McIlroy to dump his caddie Harry Diamond - criticised for being too easy-going - but his close friend will again be on the bag at Troon.

Diamond is a convenient scapegoat, according to McGinley.

"It wasn't caddie decisions which cost Rory at the US Open, it was his focus. He started watching what Bryson was doing," McGinley said.

"He's had a lot of success with Harry, and a domineering caddie would not be a good dynamic for him. Rory likes to have

ownership. As he says, he's the guy who fires the arrows. He takes it on the chin when he makes a mistake. He doesn't palm it off to a caddie mistake."

McIlroy finished in a tie for fifth the last time The Open was staged at Troon in 2016, but like the rest of the field was a distance behind Henrik Stenson and Phil Mickelson, who fought out a spectacular final-round duel.

Stenson's triumph snapped a streak of six successive American winners at Troon Opens dating back to Arnold Palmer in 1962.

McGinley said: "The first seven holes is where you make your score at Troon - we have seen players rip those seven holes apart. But the back nine is a very different story."

His caddie did NOT cost Rory the US Open... he just lost focus

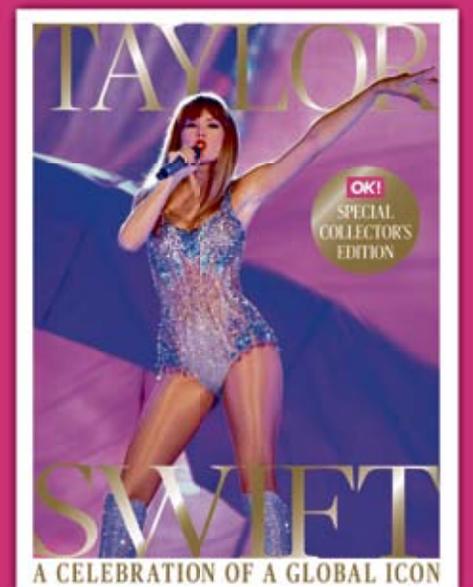
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SPORTS SHORTS



WINNERS: Lauren Filer and Sarah Glenn

Perfect England on a roll in T20

CRICKET

ENGLAND coasted to a seven-wicket victory over New Zealand at the Oval to maintain their perfect record in the T20 series.

Already 3-0 ahead after a six-wicket success in Canterbury, England picked up where they had left off as four wickets for Sarah Glenn helped restrict New Zealand to 103 for eight.

England never looked like being unable to chase down the modest total, with openers Sophia Dunkley and Danni Wyatt soon bringing up the half-century.

Although New Zealand picked up three quick wickets, captain Heather Knight, who returned to the side, and Nat Sciver-Brunt guided England home in the 12th over.

ESSEX were inspired by an heroic innings of 120 not out by Michael Pepper to record an improbable Vitality Blast victory over Sussex by five wickets, with nine balls to spare at the County Ground.

Pepper hit nine maximums and nine fours off just 53 balls with Charlie Allison scoring 44 as the pair smashed 121 in nine overs.

Essex looked out of it at 90-5 before Pepper found his rhythm.



Alex revved up for big Kwak at Donny

SUPERBIKES

ENGLISH rider Alex Lowes thrilled his home crowd at Donington with a strong second in race one yesterday, as Toprak Razgatlioglu extended his lead in the World Superbike Championship.

The BMW rider's fifth win a row saw him finish 11.3 seconds ahead of Lowes (above) on his Kawasaki.

Going into today's two races at Donny, Razgatlioglu sits 33 points ahead of reigning champion Alvaro Bautista, who was third yesterday.

GOLF

AUSTRALIA'S Stephanie Kyriacou takes a one-shot lead into today's final round of the Evian Championship in south-east France.

Kyriacou birdied the last in a third round of 67 to finish 14-under, ahead of American Lauren Coughlin and Ayaka Furue. Thailand's Pajaree Anannarukarn was three strokes back on 10 under. Scotland's Gemma Dryburgh played the last nine of her delayed second round yesterday morning for a 71 and matched that in round three to stay seven under.

RUGBY UNION NEW ZEALAND 24

BLOOD AND WONDER...

'See YOU at Twickenham' roars George after Kiwis saved by last-gasp TMO

FROM ADAM HATHAWAY at Eden Park, Auckland

JAMIE GEORGE threw down the gauntlet to New Zealand after another gut-wrenching defeat, roaring: 'We'll see you at our place in November'.

George's England side came agonisingly close to an historic win at the Kiwis' spiritual home but came up just short.

But the hooker, who was denied a try late on by the TMO, puffed out his chest as he eyed up the rematch at Twickenham in the autumn.

Like in Dunedin last week the All Blacks got away with one and for England it was close-but-no-cigar again but George reckons they can turn the tables later this year.

This performance was a million miles from the shambles of the World Cup warm-up games of August 2023 and England have got better every month since.

George (right) said: "The big message from me is that we will

never start from zero again. I spoke about the journey that the team has been on, where we've come from throughout this pretty long season to where we are now.

"I'm pretty proud of all the work that's gone in across the board.

"I said it to the boys, we've got a great opportunity.

"It's important we need to rest, but at the back of our minds we've got a great opportunity when we next come together – the All Blacks at Twickenham – and that's a hugely exciting prospect.

"I am not sure there are too many teams that try to take on the All Blacks like we did in the latter part of that game."

England might have lost two out of two down here, but if they didn't have the respect of the locals before this match, they certainly do now.

Boss Steve Borthwick revealed the barbs he had to put up with in the



YOUNG AT HEART Cunningham-South, 21, puts All Blacks to test



Not many teams try to take on the All Blacks like we did

lead-up to this encounter – but by the end, the game couldn't finish quickly enough for the hosts.

Borthwick said: "I was being told by people in the street about 10 times a day how much we were going to get blown away at Eden Park.

"I was stopped on the street yesterday by a gentleman who told me that they had unpicked our rush defence, they knew how they were going to beat it, and were going to deliver that. I said, 'Thank you for that'.

"I was told in the lift today that it

was a privilege for us to play at Eden Park and we would be lucky if we were to get away with less than 50 points conceded.

"But the team kept on coming at New Zealand today, kept fighting."

Borthwick's battlers led 14-13 at half-time after Marcus Smith had made tries for wings Immanuel Feyi-Waboso and Tommy Freeman, both with cross kicks.

Fly-half Smith had his best game wearing an England shirt, and Feyi-Waboso was electric, but the visitors had trouble in the scrum again and that cost them.

They also lost Freddie Steward and replacement hooker Theo Dan

TOUGH LESSONS BUT GAT 'EXCITED'

Australia 36 Wales 28

WARREN GATLAND accepts Wales must "learn some tough lessons" after suffering a ninth successive Test match defeat.

But the Wales boss insists the future is bright for his team on a long road to the 2027 World Cup in Australia.

The Wallabies' victory in Melbourne secured a 2-0 series win and means that

Wales have still not won a Test match since last year's World Cup. It was a 15th defeat in 21 Tests since Gatland returned for a second stint as boss, and Wales are now just one more loss away from equalling their record run of 10 losing Tests in 2002 and 2003.

"The frustrating thing for me was how hard we worked for our points, and just how

easy we conceded points," Gatland said. "We have got to learn some tough lessons.

"Test match rugby is about being accurate in those big moments, and that is where we need to improve.

"I am very confident that this team is going to become really good.

"I can promise you that, and I am really excited by this

group." The Wallabies prevailed through tries from wing Filippo Daguonu (two), scrum-half Jake Gordon and prop Allan Alaalatoa.

Wales matched their opponents for long periods, though, and their captain Dewi Lake (right) claimed a pair of tries, while there were also tries for Welsh wings Liam Williams and Rio Dyer.



ENGLAND 17

SECOND TEST AUCKLAND

RATINGS by Adam Hathaway

ENGLAND

- FREDDIE STEWARD** 6
First game since May, shook rust off and held his own under high ball
- IMMANUEL FEYI-WABOSO** 7
Medical student was fully on duty with and without the ball. Neat try
- HENRY SLADE** 7
Steady left foot from midfield came to the fore in second half
- OLLIE LAWRENCE** 7
Big busts in midfield. Becoming one of England's go-to men
- TOMMY FREEMAN** 7
Bit off the pace in Dunedin, but bang on it here and good try
- MARCUS SMITH** 8
Best performance in England shirt - spikey, lively runs opened up NZ
- ALEX MITCHELL** 6
Quiet to start but got kicking game going before England fell short
- FIN BAXTER** 7
First start for the 22-year-old and can hold his head up after this
- JAMIE GEORGE (CAPT)** 8
Went the distance, did the nuts and bolts, should be proud
- WILL STUART** 6
England's scrum showed up better and Stuart held firm for 50 mins
- MARO ITOJE** 9
Off the scale last week and again a weapon of mass destruction
- GEORGE MARTIN** 8
Leicester's silent assassin is a certainty for 2025 Lions tour
- CHANDLER CUNNINGHAM-SOUTH** 7
Excellent in lineout and with his line-busting carries. Still only 21
- SAM UNDERHILL** 7
A regular since initial World Cup snub; tackled himself to standstill
- BEN EARL** 7
Took the game to All Blacks off the back of scrum. Punched his weight

REPLACEMENTS:
Theo Dan 5 (for George 50-52mins), Bevan Rodd 5 (Baxter 68), Alex Coles 4 (Cunningham-South 63), Dan Cole 5 (Stuart 50), Tom Curry 6 (Underhill 50) Fin Smith 6 (M.Smith 63), Ollie Sleightholme 6 (Feyi-Waboso 68); M.Smith 8 (Steward 70)

NEW ZEALAND

- Stephen Perofeta.....6
- Sevu Reece6
- Rieko Ioane7
- Jordie Barrett7
- Mark Tele'a8
- Damian McKenzie6
- Finlay Christie6
- Ethan de Groot.....6
- Codie Taylor8
- Tyrel Lomax.....6
- Scott Barrett (capt)7
- Patrick Tuipulotu.....7
- Samipeni Finau7
- Dalton Papali'i7
- Ardie Savea7

REPLACEMENTS:
Asafo Aumua 6 (for Taylor 65mins), Ofa Tu'ungafasi 6 (De Groot 50), Fletcher Newell 6 (Lomax 55), Tupou Vaa'i 5 (Tuipulotu 54), Luke Jacobson 6 (Finau 50), Cortez Ratima 6 (Christie 54), Anton Lienert-Brown 6 (Ioane 60), Beauden Barrett 8 (Perofeta 50)



DOUBLE NO QUILTS
Freeman scored England's second

FLY AND MIGHTY

Feyi-Waboso takes to the air scoring first England try of the match

CUT ABOVE

Underhill took the battle to New Zealand



to HIAs, meaning George had to go the distance.

But with Maro Itoje on the rampage and killing the All Blacks at lineout time and in the maul, Eden Park went VERY quiet before Beauden Barrett changed the game off the bench.

In his 125th international, Barrett bust through the English defence to put wing Mark Tele'a away for his second try and then was part of a defensive rearguard that foiled George at the death.

England thought they had got the ball over, but Ollie Lawrence was penalised for obstruction and the Kiwis frantically kicked the ball off

the pitch. All Black skipper Scott Barrett admitted: "It was a bit intense, and being their last game of the season, they were always going to throw everything at it."

"England turn you around, stay in the contest and are a very strong defensive side."

NEW ZEALAND:
Tries: Tele'a (2); Pens: McKenzie (4); Con: McKenzie

ENGLAND:
Tries: Feyi-Waboso, Freeman; Pen: M Smith; Con: M Smith (2)

FRAWLEY COOLLY DROPS IN TO STORM BOKS 'FORTRESS'

Sth Africa 24 Ireland 25
CIARAN FRAWLEY kicked a last-gasp drop goal as Ireland weathered a second-half storm to pull off a stunning victory in "fortress" Durban for a 1-1 series draw with the South Africans.

encounter at Kings Park Stadium, following a similar effort just 10 minutes earlier. The Ireland hero said: "It's mental, the place is like a fortress, it was so loud. "The game was going back and forth. The boys dug in deep. I think the lads who came on had a real impact, there was a positive vibe." Jubilant skipper Caelan

Doris said: "There was still time, two points in it and we believed we could score. "It's a good feeling, finishing a long season with a win like that." Conor Murray's try helped reward Ireland's ferocious first-half display with a 16-6 lead. Flawless Springboks' fly-half Handre Pollard slotted eight penalties in all

to turn the contest back in the hosts' favour. But Frawley added to the 14 points from fly-half Jack Crowley as Andy Farrell's 50th Test as Ireland's head coach ended in joy (right). The extraordinary twist came at the end of an undisciplined second period from the Irish in which back-rower Doris was sin-binned.



TOUR DE FRANCE



YELLOW GRIP: Pogacar's attack leaves title in grasp

Tad makes Vin seem ordinaire!

Stage 14 Mountain 151.9km
Pau > St-Lary-Soulan Pla D'Adet
BY IAN PARKER

TADEJ POGACAR made a big step towards a third Tour de France title as he took stage 14 to extend his advantage in yellow with a crucial victory over defending champion Jonas Vingegaard.

On the first of four summit finishes in this Tour, Pogacar attacked five kilometres from the top of the climb to Pla d'Adet to win by 39 seconds from Vingegaard, who could not stay with him but gained 31 seconds on Remco Evenepoel to move up to second overall. UAE-Team Emirates' Pogacar has a lead of 1min57sec and insisted his late acceleration came about by "instinct".

But there was certainly a plan, as team-mate Adam Yates attacked from the group of favourites just before Pogacar's move, putting pressure on Vingegaard's Visma Lease-a-Bike team before providing a bridge to Pogacar.

"We tried to go for the stage but more in a sprint, but in this kind of situation Adam attacked and I could see that if I bridge to Adam with a gap he can pull me and this was really perfect," Pogacar said.

"A big thank you to all the team, just amazing." It was another day where concerns over Covid within the peloton grew. Tom Pidcock - 16 days out from his planned defence of his Olympic mountain bike title - did not start the stage after testing positive and displaying symptoms, returning home to recover.

Ineos Grenadiers team-mate Geraint Thomas said he tested positive, but rode on, after speaking to the team's medical staff.

Today: Stage 15
Mountain 197.7km
Loudenvielle > Plateau De Beille D'Adet

RESULTS & FIXTURES

CRICKET
T20 BLAST - SOUTH GROUP—
Sussex v Essex (Hove): Sussex 207-2 (20.0 overs; D P Hughes 81, T G R Clark 72no). Essex 211-5 (18.3 overs; M K S Pepper 120no). Essex (2pts) beat Sussex by 5 wickets.

FOURTH T20 INTERNATIONAL—
England Women v New Zealand Women (The Oval): New Zealand Women 103-8 (20.0 overs; S Glenn 4-19). England Women 104-3 (11.3 overs). England Women won by 7 wickets.

DARTS
WORLD MATCHPLAY, WINTER GARDENS, BLACKPOOL 1ST RD:
 G Price (Wal) bt D Gurney (Nlrl) 10-4, J Clayton (Wal) bt R van Barneveld (Ned) 10-7.

GOLF
DP WORLD TOUR & USPGA TOUR GENESIS SCOTTISH OPEN (North Berwick, Scotland)—3rd Rnd (Gbr & Irl unless stated, Par 70): 193 L Aaberg (Swe) 64 64 65, 195 R MacIntyre 67 65 63, 196 A Scott (Aus) 67 65 64, 197 Sung-Jae Im (Kor) 63 67 67, C Morikawa (USA) 65 66 66, A Rozner (Fra) 65 64 68, S Theegala (USA) 66 65 66.

RUGBY LEAGUE

Betfred Super League
CATALANS DRG... 20 SALFORD..... 0
 Catalans Dragons—T: Rouge, Romano (2). G: Mourgue (4).

HULL..... 10 HULL K R..... 24
 Hull—T: Martin, Moy, G: Sutcliffe. Hull K R—T: Sue, Lewis, Storton, Minchella. G: Lewis (4).

LEIGH..... 20 HUDDERSFIELD... 16
 Leigh—T: McIntosh, O'Donnell, Hardaker, G: Moylan (3), Hardaker. Huddersfield—T: Wallis (2), Connor, G: Connor (2).

	P	W	D	L	F	A	Pts
Wigan	16	14	0	2	443	182	28
Warrington	17	12	0	5	436	231	24
Hull K R	17	12	0	5	421	226	24
St Helens	17	11	0	6	441	186	22
Catalans Drg	17	11	0	6	323	234	22
Salford	17	11	0	6	317	328	22
Leeds	17	9	0	8	309	316	18
Leigh	16	6	1	9	290	266	13
Huddersfield	17	6	0	11	314	385	12
Castleford	17	5	1	11	280	455	11
Hull	17	2	0	15	228	520	4
Ldn Broncos	17	1	0	16	176	649	2

Betfred Championship—
 Whitehaven 24 Toulouse 34.

RUGBY UNION

International Match

ARGENTINA..... 33 FRANCE..... 25
 Argentina—T: Bello, Penalty, S. Carreras, Gallo (2). C: S. Carreras (3). France—T: Serin, Gailleton, Attissogbe, C: Hastoy (2). P: Hastoy (2).

AUSTRALIA..... 36 WALES..... 28
 Australia—T: Daugunu (2), J. Gordon, Aalaltoa, C: Lolesio (2). P: Lolesio (3), Donaldson. Wales—T: Lake (2), L. Williams, Dyer. C: B. Thomas (3), Costelow.

NEW ZEALAND..... 24 ENGLAND..... 17
 New Zealand—T: Telea (2). C: McKenzie, P: McKenzie (4). England—T: Feyi-Waboso, Freeman. C: M. Smith (2). P: M. Smith.

SOUTH AFRICA..... 24 IRELAND..... 25
 South Africa—P: Pollard (8). Ireland—T: Murray, C: Crowley, P: Crowley (4). DG: Crowley (2).

TENNIS

ALL ENGLAND LAWN TENNIS CHAMPIONSHIPS (Wimbledon, London, England)—Women's finals:

(31) B Krejčíková (Cze) bt (7) J Paolini (Ita) 6-2 6-4.

Women's Doubles Final: (4) K Siniakova (Cze) & T Townsend (USA) bt (2) G Dabrowski (Can) & E Routliffe (Nzl) 7-6 (7-5) 7-6 (7-1).

Men's Doubles finals: H Heliavaara (Fin) & H PATTEN (Gbr) bt (15) M Purcell (Aus) & J Thompson (Aus) 6-7 (7-9) 7-6 (10-8) 7-6 (11-9).

Boys' Semi Finals: N Kjaer (Nor) bt N Honda (Jpn) 6-3 6-2, M Rottgering (Ned) bt T Papamalamis (Fra) 6-4 7-5.

Doubles Semi Finals: A Razeghi (USA) & M Schoenhaus (Ger) bt K Bigun (USA) & J Leach (USA) 7-6 (7-2) 6-3, J Kilmas (Cze) & J Kumstat (Cze) bt M Exsted (USA) & C Woestendick (USA) 6-4 7-5.

Girls' Semi Finals: E Jones (Aus) bt I Jovic (USA) 7-5 6-1, R Jamrichova (Svk) bt V Valdmannova (Cze) 6-0 6-2.

Doubles Semi Finals: M Stojisavljevic (Gbr) & M Xu (Gbr) bt J Pastikova (Cze) & J Stusek (Ger) 6-4 6-1, T Grant (USA) & I Jovic (USA) bt E Jones (Aus) & V Paganetti (Ita) 7-5 7-6 (7-5).

TODAY'S DIARY

European Championships Final

Spain v England (8pm)..... (Live on BBC 1 & ITV)

CRICKET

Fifth Twenty20 International:

Zimbabwe v India (Harare, 12am).

T20 Blast - North Group:

Durham v Northamptonshire (Riverside, 2.30pm). Leicestershire v Nottinghamshire (Grace Road, 2.30pm). Warwickshire v Derbyshire (Edgbaston, 2.30pm). Worcestershire v Yorkshire (New Road, 2.30pm). **South Group:** Essex v Surrey (Chelmsford, 2.30pm). Gloucestershire v Glamorgan (Cheltenham, 2.30pm). Hampshire v Somerset (The Rose Bowl, 2.30pm).

RUGBY LEAGUE

Betfred Ch'ship (3pm): Batley v Barrow, Bradford v Wakefield, Halifax v Featherstone, Sheffield v Swinton, Widnes v Dewsbury, York v Doncaster.

RUGBY LEAGUE



NEW BALLS PLEASE

Hero Minch feels the pinch in derby battle... but fires back with clincher



UP CLOSE & PERSONAL
 Hull skipper Brad Fash gets the squeeze on his opposite number, captain Minchella

Hull FC 10 Hull KR 24

BY DAVE CRAVEN
 Rugby League Correspondent
 @DCravenRL



HULL KR captain Elliot Minchella went from zero to hero as Robins held off a Hull derby-day fightback.

The combative loose forward, who earned his England debut last month, was yellow-carded in a chaotic contest – one of FOUR players binned.

But he returned to score the clinching try at the death after Hull's spirited youngsters had threatened to rally from 18-0 down.

Rovers, who lost full-back Niall Evalds to a groin issue early on, moved up to joint-second.

Minchella had a running battle with Hull skipper Brad Fash throughout.

But KR boss Willie Peters insisted: "Mini's a passionate player.

"There wasn't much to it in that yellow card. But he's a key player for us – our captain, our leader and we love him. His passion rubs off on the team

and him going over at the end for that try in front of our fans was a great memory created.

"When Hull scored their last try at 18-10, it was game on."

Rovers raced 18-0 up inside just 17 minutes after Sauaso Sue, Mikey Lewis and Matty Storton all surged over for tries.

England scrum-half Lewis improved them all and it was no shock things boiled over.

Captains are supposed to lead by example, but, initially, Minchella and Fash were having none of that yesterday.

They were too busy enjoying sniping at each other.

It was little surprise the fiery No.13s both ended up binned.

Hull's Fash was lucky to stay on after blatantly charging his opposite number off the ball in the 32nd minute. That

prompted the first big melee. But when Fash spilled on the first tackle after a penalty, Minchella's jubilant response with team-mates in front of the KR fans led to another flare-up – in which the Hull player got up close and very personal.



	P	W	D	L	F	A	Pts
Wigan	16	14	0	2	443	182	28
Warrington	17	12	0	5	436	231	24
Hull K R	17	12	0	5	421	226	24
St Helens	17	11	0	6	441	186	22
Catalans Drg	17	11	0	6	317	328	22
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Leeds	17	9	0	8	309	316	18
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Huddersfield	17	6	0	11	314	385	12
Castleford	17	5	1	11	280	455	11
Hull	17	2	0	15	228	520	4
Ldn Broncos	17	1	0	16	176	649	2

Referee Chris Kendall ran out of patience and showed them both a yellow card.

Joe Burgess was more bizarrely sin-binned for an alleged professional foul when Hull's Tom Briscoe took a 20m restart in the 55th minute.

The ex-England winger didn't seem to infringe at all. But the hosts weren't complaining.

They scored just seconds later, Lewis Martin going over on Burgess' vacant right flank for Liam Sutcliffe to convert.

It meant, after almost FIVE hours of action, Hull had finally scored against

their fierce foes in a home derby. They had been whitewashed 22-0 here in February and battered 40-0 on Good Friday last year.

No wonder their fans, who have seen just two wins during the whole year, celebrated wildly.

And then, just like buses, another came along almost immediately.

Young Davy Litten made a brilliant break and 18-year-old full-back Logan Moy marked his derby debut with a quality finish.

But Martin bombed a glorious chance when Sutcliffe gave him another sniff. And once Denive Balmforth was sin-binned for a late hit on Tyrone May, hope disappeared.

Hull caretaker coach Simon Grix said: "We're way off in our communication and we didn't play the smartest. You can't let them off like we did today.

"We were flimsy at the start, but we showed more in that second half."

HULL FC: Tries: Martin, Moy. Con: Sutcliffe
HULL KR: Tries: Sue, Lewis, Storton, Minchella. Con: Lewis (4)



SAV'S RED ROCKS GIANTS

Leigh 20 Huddersfield 16

ANDRE SAVELIO was sent off for the second time in his four-game Huddersfield career as Leigh came from behind three times to boost their Super League play-off hopes.

Giants – under the interim charge of Luke Robinson after head coach Ian Watson's departure 48 hours earlier – were tied at 8-8 when Savelio

was shown a red card in the 58th minute for dangerous contact on Rob Mulhern.

Both teams were already reduced to 12 men after yellows for Leopards' Jack Hughes and Huddersfield's Chris Hill.

Jake Connor kicked Giants 10-8 in front with a penalty, but Leigh won it with converted tries for Kai O'Donnell and Zak Hardaker (left).



ROWLEY: WE GOT COOKED

Catalans 20 Salford 0

SALFORD coach Paul Rowley admitted they were "cooked" by Catalans after being roasted in a south of France heatwave.

The Red Devils slipped to sixth in the Super League play-off slots after being leapfrogged by Les Dracs in a one-sided romp.

Two first-half tries from Arthur Romano and a strike by

Cesar Rouge put the Dragons 18-0 ahead at the interval and Catalans bullied their way to victory.

"We got pushed around and bullied a bit, but Catalans can do that when they get on top," said Rowley (left).

"I'm disappointed for the supporters who travelled here, but I can assure them we'll get back and get better from this."



O'Brien wanted in Prem

EXCLUSIVE BY DARREN WITCOOP

WOLVES have joined the chase for Lyon defender Jake O'Brien as they search for Max Kilman's replacement.

Kilman sealed a reunion with former Wolves boss Julen Lopetegui, who is now in charge at West Ham.

Republic of Ireland defender O'Brien (above), 23, who has shone since moving to the French side from Crystal Palace, has also been on Everton's wish list.

But both Wolves' and Everton's recruitment teams believe that Lyon's £30million valuation is too high, despite O'Brien's breakthrough season across the Channel.

Palace's hefty sell-on clause has also impacted Lyon's price tag and Wolves could be forced to look elsewhere, with Porto's David Carmo a potential option.

FOREST & WOLVES VIE FOR ADAMS

BY DARREN WITCOOP

NOTTINGHAM FOREST and Wolves are fighting it out for Che Adams.

The Scottish striker (below) is available on a free transfer after his Southampton contact expired on July 1.

Saints boss Russell Martin had been keen to keep Adams after their promotion to the Premier League, but is resigned to his departure.

Wolves and Forest are pushing to land the 33-cap Scotland star ahead of the new top-flight season. Both clubs see Adams, 27, as adding vital firepower in the next campaign, and it is up to him to decide.

Southampton want to sign West Ham striker Danny Ings as Adams' replacement, but cannot agree on his valuation - and the deal is further complicated by the Irons' pursuit of Saints full-back Kyle Walker-Peters.



Summer return to top flight

BY DARREN WITCOOP

CRYSENCIO SUMMERVILLE is set for a Premier League return next season.

The £40million-rated Leeds winger is weighing up his future, with Newcastle United, Aston Villa and Crystal Palace all eyeing the Dutchman.

Summerville (above) will be allowed to leave Elland Road, following the club's failure to win promotion from the Championship last season.

Despite Leeds already cashing in with Archie Gray's big-money exit to Tottenham, Summerville is likely to depart. Paris Saint-Germain had registered an interest, but the Prem trio are now pushing for him.

Palace have the funds to spend, following Michael Olise's recent £50m transfer to Bayern Munich.

AWAY FROM THE EUROS

I've been so wrong... but I'm on the right path now



REFORM SCHOOL

Bellamy says young stars can seem fearless but always need mindful coaching

SAYS NEW WALES BOSS CRAIG BELLAMY

BY GRAHAM THOMAS

CRAIG BELLAMY swears he is a reformed character these days, but the new Wales boss has urged young coaches to mind their manners.

The former Burnley assistant manager is so fluent in both the language of modern football and old-school passionate positivity, that the FA of Wales wasted little time in making him their successor to Rob Page.

But Bellamy's road to international management has not been without the odd wrong turn - most notably a spell at Cardiff City in charge of their Under-18s.

The former Manchester City, Liverpool and Newcastle striker left the Bluebirds under a cloud, following investigations into allegations of bullying five years ago.

No coaches were named in a club report and no disciplinary action taken, but Bellamy - who categorically

denied and disputed the allegations - admits that it made him reflect on his behaviour as a coach, and he has words of advice for others.

"The message for every young coach who goes into youth coaching is, 'Please, be mindful. Please,'" he said. "Really do your homework on the levels you're going into and what you allow."

"I wasn't dealing with 12, 13 or 14-year-olds. They were 17-year-olds and 18-year-olds."

"If you're in school, then you don't swear. But I thought, after school, maybe, in that environment, I could turn a blind eye to it. But you can't do that."

"I reflected on what happened, I reflect on everything."

After Bellamy retired from playing, Wales players at Euro 2016 were famously filmed maniacally celebrating England's shock defeat by Iceland. But the former No.2 to

Vincent Kompany at Anderlecht and Burnley says that coaches in charge of youngsters HAVE to be extra aware of their actions.

"I trusted the disciplinary process and respected it," said Bellamy.

"I understood, as well, there's a lot of stuff I didn't know - like cheering against England in a game in front of people from England. You can't do that."

"I didn't know that. I thought it was just nature for me. I didn't understand how a young English boy might have felt."

"I didn't understand, so I apologised for that. So, there's a lot of things like that which could be a big deal and I didn't realise."

After leaving Cardiff, Bellamy rebuilt his reputation in Belgium and then at Turf Moor, where Kompany described his work as inspirational.

Now, Wales are hoping their new boss can nurture raw talent in the

manner he did with Manchester City star Jeremy Doku, coached as a teenager by Bellamy at Anderlecht.

"I went to Anderlecht and had an opportunity again to work with U18s. "But the amount of relationships I still have with a lot of players from those Cardiff City moments, that's hugely important to me as well."

"I believe that if a young player is good enough, they are old enough."

"They can often be fearless. Look at what Spain are doing now."

"I had Jeremy Doku when he was 17. He was so good I had to apologise to the opposition managers."

Bellamy's appointment has been mostly welcomed by fans and former internationals, following the country's failure under Page to make it to three successive European Championship tournaments.

Now the first test of his credentials will come in September when Wales face Euro 2024 quarter-finalists Turkey in the Nations League.



THE OX IS ROAMING FREE AFTER TURKEY

BY RYAN TAYLOR

ALEX OXLADE-CHAMBERLAIN has been told he is free to leave Besiktas this summer.

The former Arsenal and Liverpool midfielder (left) moved to Istanbul on a free transfer last summer and won the Turkish

Cup in his first season. But now Besiktas have left Oxlade-Chamberlain out of their squad for their pre-season training camp in Slovenia.

In the meantime, the player's agents are exploring the prospect of a return to English

football, even though his current contract in Turkey still has two years left to run. The 30-year-old scored four goals in 30 appearances for the Black Eagles last term.

Turkish sources suggest Southampton, the Ox's first club, are interested.

FUENTE: I'M A GLADIATOR, BUT LIONS SCARE ME

BY ANDY DUNN in Berlin

LUIS DE LA FUENTE fears that 'super-powerful' English could finally unleash their full potential in Berlin's Olympiastadion tonight.

The Spain manager knows that Gareth Southgate's side have yet to get into top gear at Euro 2024, despite reaching the final.

And he clearly wants to guard against complacency, and warned: "We all know England has fantastic footballing potential that could turn up at any time ... and that time could be in the final.

"We will be faithful to our philosophy and that will give us chances to play against a super-powerful England.

"But we will have to be fully focused, very focused or we will not be able to win." And De la Fuente is

relishing bringing his full focus to the head-to-head tactical battle with Three Lions boss Southgate.

The Spaniard said: "I am a gladiator, I want to be in the arena, fighting. And I enjoy seeing people happy and my players want to make the country and the people happy.

"It would be so great to see them happy together."

The Spanish are warm favourites to lift the trophy this evening, especially with teenage sensation Lamine Yamal in their ranks, but De la Fuente revealed that he is slightly concerned about a lack of experience in some of his stars.

He explained: "Many of the players have played in finals - in Champions League Finals, in Europa Finals, in finals of youth

tournaments. But a senior Euro Final? Only Jesus Navas and a couple of others. And they say that it is a totally different experience to anything else.

"That is why we have to try and be serene, have to try and enjoy it."

Navas, 38, will retire from international football after the final and is looking to go out on an emotional high.

"It would be incredible after so many years to be able to give something in a last final," said the Sevilla star, who has a winner's medal from World Cup 2010 and from Euro 2012.

"I just want to leave everything on the pitch. England are a huge team with a lot of world-class players - we will have to die for every moment."



HOT ROD
Rodri and Spain in training yesterday

EURO 2024 FINAL



WORLD AT HIS FEET
Yamal has become a superstar during Euros

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SPAIN **v** ENGLANDTONIGHT, KO 8PM,
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Baby Lam: I will never be mini Messi... BARCA BOY PLAYS DOWN COMPARISONS

By RYAN TAYLOR

LAMINE YAMAL is unfazed by comparisons with Lionel Messi.

Because, in his view, he will never be as good as his idol.

Spanish newspaper SPORT recently published images of eight-time Ballon d'Or winner Messi holding Yamal as a baby.

But the 17-year-old was always keen to keep those snaps under wraps.

Yamal said: "I saw the photo for the first time because my father showed it to me, but we wanted to avoid comparisons and we did not spread it.

"Comparisons with the best player in history do not bother anyone.

"They will always remain but, ultimately, you will never be like him.

"I have never spoken to Messi, but I hope I can."

The teenager, who is out to prevent England ending 58 years of hurt, shot to fame at Euro 2024 after a 25-yard stunner to eliminate France in the semi-final on Tuesday.

Yamal also has three assists to his name and has bamboozled full-backs in Germany with body feints, fast feet, slick dribbling and electric speed.

But he refuses to watch video footage of his likely England markers – even if Kieran Trippier and Luke Shaw will be doing their own homework on him.

Yamal said: "I don't look at opponents. I prefer to go out thinking that I can do



ONE DAY, YOU'LL BE...

Messi with a six-month-old Lamine and his mother Sheila Ebana

what I want, go with more confidence and catch them off-guard."

And Yamal has little interest in pre-match mind games.

France midfielder Adrien Rabiot previously took a swipe at the winger and it did not end well for the Juventus man, who was made to look foolish for Yamal's long-range equaliser.

"There is no need to tease anyone from England," said Yamal.

"I'm really looking forward to the final. After the match against France, I went to bed to rest.

"I've been answering messages little by little, but I was able to sleep very well, I was tired."

Real Madrid right-back Dani Carvajal, who has yet to taste major tournament

success on the international stage with La Roja, is on a one-man mission to protect Yamal so the Barcelona starlet has maximum focus.

Carvajal said: "He's not aware of what he's doing right now. He's focused on playing the games and he does it as if he were playing with his friends.

"And that's the good thing about him, that in the end that self-confidence is contributing a lot.

"We have to look after him, we have to pamper him a lot and not only in the Spanish team, but also at Barcelona.

"There have been many cases of players who, at 20, didn't give anything more and we also have to have a certain patience with Lamine and look after him so that he marks an era."



MAGIC TOUCH England's Eze

'LET EZE FLY OFF BENCH!'

By IAN BAKER

EBERECHI EZE is the buzzing talent ready to be England's latest Euros super sub says one of his first bosses.

Cole Palmer, Ollie Watkins and Ivan Toney have all starred off the bench, and Crystal Palace ace Eze, 26, has showed glimpses of his class as a sub against Slovakia and Switzerland.

Now Gareth Ainsworth, who had a young Eze on loan at Wycombe Wanderers from QPR in 2017-18, said: "In the final he could play that part as sub if we need that bit of magic."

Ainsworth gave Eze his league debut after bringing the attacking midfielder to Wycombe in League Two.

He recalled: "Within 10 minutes of watching him for QPR Under-23s I said, 'We need to get this boy!'

"He had this natural ability to stroll past players without looking like he was sprinting. Ebere glides past, in total control of the ball.

"As a professional footballer you think you have a good touch... until you see Ebere play. He sees things quicker than everyone.

"It's like you are trying to swat a fly, but the fly is 10 seconds ahead of you - no way you will get near him."

Ainsworth hailed Eze's humility, and added: "It was a privilege to coach him and know the man.

"He mentioned me when he got his England cap, and has thanked me since. He shows true England values."

THE SCOUT

BY RYAN TAYLOR

Who is the next big thing? The next Bellingham, Mbappe or Foden. Every Sunday, we look at the best kids in the world under 22 years of age... and why they will – and should – be on the radar of the biggest clubs.

» WESLEY GASSOVA

■ YOUNG, electric winger is being courted by a host of Premier League clubs – notably West Ham.

The Irons saw a sizeable bid rebuffed ahead of the summer transfer window and technical director Tim Steidten has been determined to beat the rush to Wesley's signature – even flying to South America to work on a deal.

AGE: 19 **HEIGHT:** 5ft 9in (1.80m)

NATIONALITY: Brazilian

CLUB: Corinthians (Brazil)

CONTRACT EXPIRES: Dec 2027

POSITION: Left winger

FOOT: Right

STYLE: Skilful dribbler & wide threat

TRACKED BY: West Ham, Chelsea, Bayer Leverkusen, Atletico Madrid and Nice

MARKET VALUE: £26million

WHY BUY HIM? One of the hottest talents in all of South American football and available for a very reasonable price. Clubs across Europe are flocking to sign him, which tells you everything you need to know.

» MYCAEL

■ MANCHESTER CITY are said to be keen on keeper Mycael, with Saudi Pro League clubs showing interest in their current No.1 Ederson.

Mycael is a signing that would make real sense, having already been called up to Brazil's senior squad.

He also has more than 10 caps for Brazil's Under-20s and U23 sides and looks destined to emulate Ederson.

AGE: 20 **HEIGHT:** 6ft 2in (1.91m)

NATIONALITY: Brazilian

CLUB: Athletico Paranaense

CONTRACT EXPIRES: March 2027

POSITION: Goalkeeper **FOOT:** Left

STYLE: Imposing, with great reflexes

TRACKED BY:

Manchester City

MARKET VALUE: £10m

WHY BUY HIM?

No surprise City are tracking one of the world's best young stoppers. Gems like him are hard to come by and it won't be long before he earns a life-changing transfer to Europe as he prepares to follow in the footsteps of both Alisson and Ederson.



LUIS IS TO CARRY ON HIS REIGN IN SPAIN

By RYAN TAYLOR

THE SPANISH FOOTBALL FEDERATION want to keep manager Luis de la Fuente in charge of Spain until after Euro 2028 – regardless of what happens in today's Euro 2024 final against England.

The 63-year-old (left) has already signed fresh terms to stay on until the 2026 World Cup, but the RFEF will now seek to include an option to extend his deal

for a further two years. La Roja have been flying under their current boss, who replaced Luis Enrique in 2022 and has an impressive 85-percent win rate.

Spain topped their qualification group, were crowned Nations League champions last summer in Rotterdam and have been undoubtedly the best side at Euro 2024 – scoring 13 goals and conceding just three times. De la Fuente has created a winning

culture and there is a sense that Spain could be set to dominate the international scene for years to come under his tutelage.

RFEF President Pedro Rocha arrived at their Donaueschingen training base on Friday in order to outline the federation's desire to keep De la Fuente.

However, formal discussions and negotiations will not take place until after the completion of Euro 2024.

EURO 2024 FINAL SPAIN v



Didn't see us getting this far?

Should've



THE BOY WONDER
Lamine Yamal celebrates after scoring his superb goal against France (circle, top left) and gets his name in lights on a giant screen (top, right) for his effort

FINAL VERDICT



ENGLAND

» TONIGHT, KICK-OFF 8PM, LIVE ON BBC1 & ITV1

England can't lame Lam. Stopping him needs intelligence and concentration, not pure thuggery

LAMINE YAMAL was just 13 when England lost to Italy on penalties in the Euro 2020 final at Wembley.

Three years later, Spain's 17-year-old attacking gem stands between the Three Lions and the trophy in Berlin.

The exceptional Barcelona prodigy has been prioritising his studies during downtime at the European Championship.

But, after registering three assists and curling home a pearler off the post to down France in the semi-final in Munich on Tuesday, it is now England's turn to do their homework on Yamal.

Force

Gareth Southgate's tinkering, both tactically and in personnel, has been the driving force behind England's success on the road to the Olympiastadion.

And the impending decision that lies ahead where left wing-back is concerned now appears to be one of huge significance as Luke Shaw pushes Kieran Trippier for a start.

Trippier has started all six of England's matches in Germany but the patient and rejuvenated Shaw now has 87 minutes of hard-fought competitive action under his belt.

So does Southgate stick or

RYAN TAYLOR

email: ryan.taylor@reachplc.com

twist? The sweet left boot of Shaw – which struck a second-minute opener in the Euro 2020 final – brings a refreshing balance to England's attack.

However, Southgate's defensive approach will ultimately determine who gets the nod.

Shaw can strive to show Yamal the line, while Trippier (below with Shaw) can defend on his preferred right foot when the speedster looks to skip inside.

Problematically, much like Bukayo Saka, Yamal is comfortable doing either and there is so much variation to his play – even if his signature move remains somewhat predictable, it is still so hard to stop.

Germany's hands-on, bullish physical tactics did not work. David Raum tried to kick him out of the game and was left red-faced.

Yamal teased the RB Leipzig left-back before sliding back for Dani Olmo to steer home in Stuttgart.

Kicking the fresh-faced kid might seem like a great idea but nullifying

his skill, guile and dribbling requires concentration and intelligence, not just merciless thuggery.

France midfielder Adrien Rabiot learned the hard way that stopping Yamal in his tracks is by no means an easy feat.

The Juventus maestro said on the eve of Les Bleus' 2-1 defeat to Spain: "We've seen he is a player who can deal with stress very well, he has lots of qualities playing for his club and in a major tournament. We know what he is made of. He keeps a cool head, but it can be difficult to deal with a semi-final in a big tournament. It will be up to us to put pressure on him,

but we want him to come out of his comfort zone. If you want to play at a Euro final, you need to do more than he has done up until now."

Rabiot set Yamal a challenge, questioning whether he was up for the task and La Masia's latest great success story's response was utterly emphatic.

Dazed

His body feints at the Allianz Arena dazed Rabiot, who jolted to one side and created the space for Yamal to bend towards Mike Maignan's top corner.

It must also serve as a warning to England that one mistake, one moment of hesitation, can be punished by Yamal.

He really has proven throughout Euro 2024 that age is just a number after celebrating his 17th birthday yesterday but now England are out to spoil his celebrations and kickstart a party of their own in the German capital.

Equally, they must not become too consumed by the idea of stopping Yamal as Olmo, Nico Williams, Fabian Ruiz and Alvaro Morata all possess the quality to make England pay.

Spain will also be fearful of the array of talent at Southgate's disposal as the unity within his ranks has become a secret weapon of mass destruction over the past few weeks.



EUROS TRASH
A BIT LEFT-FIELD FROM RYAN TAYLOR IN GERMANY

ODDS ON FOR A BASHING...



FANTASTIC NIGHT: England supporters after victory over Holland in Dortmund

■ BRITISH bookmakers will have to pay out more than £50million in bets from pre-tournament backers if England win Euro 2024 today.

Gareth Southgate's Three Lions were the favourites heading into the tournament and were listed at around 9/2 alongside France, eliminated in the semi-final against Spain.

And, even though England's prospects have looked dimly bleak on so many occasions throughout the tournament, punters who backed them from before the start are now within touching distance of the moolah.

FOUR years ago, Lamine Yamal wasn't even playing 11-a-side football - now he has helped lead Spain to the Euro Final. When Covid struck, he was only 12. It's just bonkers what he has achieved in such a short time.



OLLIE WATKINS' winner against Holland now has a place in England football history. And Weston-super-Mare - where the striker spent time on loan from Exeter City (above, left) during the 2014/15 season - have certainly revelled in the glory.

AND FINALLY... PASS ME THE HUMBLE PIE!

■ I WILL owe Gareth Southgate a personal apology if football's really coming home later tonight.

I wish I'd saved the report that never was - the analysis I wrote in Gelsenkirchen when England were 1-0 down to Slovakia, heading into injury-time before Jude Bellingham's dramatic overhead kick sparked a frantic rethink and rewrite.

Southgate was lambasted and so was his cautious approach, but, ultimately, the Three Lions boss has silenced his doubters - including me.

The back pages on that Monday morning - had Bellingham not scored - would have been an ugly read for Southgate, that's for sure.

England can beat Spain - there is no doubt about it. While Lamine Yamal must be stopped at all costs, Spain's defence will also know they have their work cut out trying to stop England's attack.



Martial is asked to Comover

BY RYAN TAYLOR

ITALIAN side Como are looking to sign free agent Anthony Martial.

The Frenchman (above) is weighing up several offers following the expiry of his Manchester United contract.

And Cesc Fabregas' side have been on the phone after also holding face-to-face discussions with his former United team-mate Raphael Varane.

There is still optimism they can get a shock deal for the former Real Madrid central defender over the line next week, against the odds.

Martial also had interest from clubs in Saudi Arabia, Turkey and France.

Como have been targeting a host of big names since promotion to Serie A, signing striker Andrea Belotti and Marseille keeper Pau Lopez on loan.

Former Liverpool keeper Pepe Reina and left-back Alberto Moreno are also in line to join on free transfers from Villarreal.

KAMBWALA IS FOR REAL

BY RYAN TAYLOR

VILLARREAL are in advanced talks with Manchester United to sign defender Willy Kambwala for around £8.5million.

The former France youth international has made 10 appearances for United since joining from Sochaux in 2020.

His deal is due to run until summer 2025 and while United looked into lengthening his stay, the 19-year-old (right) is understood to have rebuffed an offer to extend.

Now Villarreal look ready to pounce and the two clubs continue discussions over a transfer which could also include a sell-on clause for United.

The teenager made his United debut in December 2023 in a 2-0 defeat to West Ham at the London Stadium.

However, with United now planning to bring in at least two central-defenders,



United to check out Blueprint

EXCLUSIVE BY STEVE BATES

MANCHESTER United are sending top officials to check over Everton's new £800million stadium.

It's understood the delegation will visit the Bramley-Moore Dock site in Liverpool early this week as they plan their vision for a new Old Trafford.

It's unclear whether head of football operations and part-owner Sir Jim Ratcliffe (above) will be part of the group visiting.

But senior officials will meet Blues counterparts and members of the construction team at the stadium, close to Liverpool city centre.

Billionaire Ratcliffe, founder of the INEOS group, is intent on creating a 90,000-seat 'Wembley of the North' at Old Trafford following ratification of his deal to buy 25 percent of the club earlier this year.

EURO 2024 FINAL



Guehi has more than Philled in

by Alex Wood

CRYSTAL PALACE star Marc Guehi has been one of England's brightest sparks, says Phil Thompson.

The 23-year-old defender (below) was not a regular starter for the Three Lions prior to Euro 2024.

But he has shone in Germany with England looking solid across their back line for most of the tournament.



It's understood a host of Palace's Premier League rivals are now eyeing his availability.

And former Liverpool centre-back Thompson, who was capped 42 times for England, believe the youngster can be proud of his performances.

"Guehi has done really well in this tournament," he said.

"I think one of the big things that Gareth Southgate wanted was pace with John Stones at the back.

"If Harry Maguire was fit, he would have been playing, but he doesn't have pace, so overall, Guehi has done well.

"He got that booking and had to miss the game against Switzerland.

"But he can be very happy with how he's played and his contribution to the side.

"Overall, the defence have done well and we've not conceded a lot of goals, and I think they've been a decent part of this team."

Thompson reckons Southgate deserves praise for shaking things up. "We have to give him credit for changing the formation," he added.

"He's gone from a 4-2-3-1 to a 3-4-3 and I think that has suited everybody much better. It's given us more flexibility going forward."

Thompson was speaking to Paddy Power: Visit [paddypower.com/football](https://www.paddypower.com/football)



FOURMIDABLE

Bukayo Saka, Phil Foden, Luke Shaw and Declan Rice

Follow all the build up with our reporters on the ground in Germany for England's crucial Euro 2024 showdown with Spain



RICE: CHANCE TO MAKE

by Andy Dunn

DECLAN RICE has revealed how Gareth Southgate showed his England team footage of the country's great sporting heroes in a bid to inspire them to Euro 2024 glory.

The England squad will have an open-top bus parade through London on Tuesday if they beat Spain in Berlin and Southgate

has given them a taste of how they can lift the country.

"Gareth put up special moments, like when England won the Ashes and when England won the Rugby World Cup," said Rice (with Southgate, left). "He wanted us to get that feeling of how we could impact the nation.

"And without question, this is a massive moment for our

nation – it is a moment in history, it's a chance to create history." Remarkably, Rice will be playing his SIXTY-SIXTH game of the season for club and country and, in the early stages of the tournament, some observers wondered whether he was feeling the effects of such a gruelling year.

But the 25-year-old Arsenal midfielder insists he is now

SPAIN v ENGLAND

TONIGHT, KICK-OFF 8PM,
LIVE ON BBC1 & ITV1



CAPTURE: Amadou Onana

Villa seal the deal for Onana

by Neil Moxley

ASTON Villa have completed the £50million capture of Amadou Onana from Everton.

The Belgium international comes in as a replacement for Douglas Luiz who left the club for Juventus.

Onana has spent two seasons at Goodison Park after signing from Lille in a deal reported to be worth £33m with add-ons.

The purchase is a major statement of intent from Villa boss Unai Emery who is determined to build a squad that can compete on both domestic and European fronts.

Onana is a rangy, tough-tackling midfielder who will add extra impetus to Villa's engine-room.

The 22-year-old already has several years' experience of high-level football and has agreed a long-term deal with Villa.

Villa have managed to skirt any financial fair play issues and are now exercising their muscle in the market, with Emery given resources to ensure they are firing on all cylinders after they secured their first-ever Champions League qualification.

Gnabry on Toon radar

by Clive Hetherington

NEWCASTLE are weighing up a £40million move for Bayern Munich winger Serge Gnabry.

The former Arsenal reject – 29 today – faces an uncertain future after new Bayern boss Vincent Kompany beat off Manchester United, Newcastle and others to land Michael Olise, 22, from Crystal Palace in a £50m deal.

Recruiting a right-sided winger is one of Newcastle head coach Eddie Howe's priorities this summer and Toon have been alerted to Gnabry's (right) likely availability.



SHAW THING

From **Simon Mullock** in Berlin

LUKE SHAW says he has never been in more pain than when he lost the final of the last Euros – which for a player who almost lost a leg playing for Manchester United says everything.

Shaw joined Sir Geoff Hurst and Martin Peters in a select band of England internationals who have scored for their country in a major final when he fired Gareth Southgate's team into an early lead against Italy three years ago.

It was all in vain. The Three Lions lost on penalties – and Shaw now admits that his moment of glory means nothing to him as he contemplates having another shot at making history when England go again against Spain.

"To be honest, I definitely wasn't thinking that it could be the winner when I scored, but at that moment it was a very special feeling," said the 29-year-old left-back.

"It's quite bitter-sweet considering what happened with the result. For me, the goal didn't really matter, if I'm honest.

"After that game (below, right), it was the most hurt I've ever been. It was very hard to take, even more so given the fact I'd scored.

"But I think we learnt a lot from that night and things have been really calm in the last couple of days and I think everyone is ready to go now.

Experience

"This feels a little bit different. The experience of going through this before has definitely helped. I think everyone feels a lot more calm.

"We know about the game we're going into, the occasion, we've been here before.

"It would mean everything to win. I think the bond we have here is extremely special. It's not one I've been a part of before.

"I think everyone is so together, everyone is really close, and it feels like a big family. For all of us to win it together would be a very special feeling."

Shaw has waged a constant battle to stay fit in the nine years since suffering a double fracture of his leg playing in the Champions League.

He missed the last four months of the season with persistent hamstring problems. But Southgate felt Shaw's inclusion in the England squad was a risk worth taking – and he has featured as a substitute in the last two games.

Asked about the possibility of playing 120 minutes against teenage sensation Lamine Yamal, he said: "It's a case of taking it as it comes.

"I said before the semis that I was ready to go and we'll just have to wait and see what happens."

The Spaniards have the outstanding Nico Williams on the opposite flank and it promises to be a tough evening against

I don't want more hurt after last Euros

KEY BATTLE



RODRI v JUDE BELLINGHAM

Two of the world's best midfielders will go toe-to-toe and Bellingham must try and stop Rodri from dominating proceedings if England are to win the match.

The Spaniard (right) has been a monster at Euro 2024 both in and out of possession.

Bellingham (left), meanwhile, has blown hot and cold but he still

has the quality to win this match by himself if he's on song. Pressing Rodri will be key but he will also need to be effective in attack alongside Phil Foden and Harry Kane.

Both are partial to a yellow card and will have to tread carefully in a game of this magnitude, when one mistake could prove so costly.

Rodri is a proven winner while Bellingham comes into this game after the season of his life.

Something has to give.



a nation that have won their last 26 finals at World Cup, European Championship, Champions League and Europa League level.

Shaw said: "Maybe Spanish teams are built on belief, knowing they have won a lot over the past years."

"Spain are always an extremely good side, very well drilled. You know what you get from them. They are extremely good in possession. They have quality players all around the pitch so they are always a tough team to play against. We know it will be extremely tough, but for us we

have to leave absolutely everything on the pitch. Give everything. That is all we can do. We know it is going to be tough but for us it is a final and a chance to make history and we have to give it everything we have got.

"I think Spain's wingers have been unbelievable at this tournament. Massive credit to them.

"But I don't think we can focus too much on them – I think we have to focus on the whole team. We understand their threats, where their dangerous players are."

SPAIN
Simon; Carvajal, Le Normand, Laporte, Cucurella; Rodri, Olmo, Ruiz; Lamine, Morata, Williams

ENGLAND
Pickford; Walker, Stones, Guehi; Saka, Mainoo, Rice, Trippier; Bellingham, Foden, Kane

REFEREE
Francois Letexier (France)



HISTORY LIKE OUR HEROES OF THE PAST

firing on all cylinders, saying: "In the first couple of games, I probably felt more tired than I do now.

"As the adrenaline kicks in, there's that extra bit of energy, that extra bit of fire. We would all run through brick walls to win this game.

"I know I had a poor game against Denmark (England's second group game) but after

that, I've looked more and more like myself.

"Everyone has gone up a few gears."

While Harry Kane had more of an impact in the semi-final win over the Netherlands, he has certainly not got anywhere near top form – but Rice says he would not swap his skipper for anyone. "He has got every quality under the sun and, don't

forget, he's not just a striker," said Rice. "H could play in midfield.

"And the way he leads as England captain is amazing. He deserves to win that trophy as England captain – he deserves to have his name in history."

Rice has spoken more than once about how the memory of the Euro 2020 final loss to Italy still haunts him and it is clear he

is barely contemplating a repeat on Sunday.

He said: "Making back-to-back Euro finals is history in itself for us but we are no longer happy to talk about making finals – we want to win."

Rice had a 10-minute phone chat with his club manager a couple of days ago, with Mikel Arteta wishing him luck. "He's

Spanish so he would want Spain to win but he has his lads in the England squad," smiled Rice.

"After the semi-final he sent me a message saying 'Vamos'. He wished me all the best."

And if Rice is celebrating on Sunday night, he has promised to sing to the country.

He said: "I'd give a rendition of 'Rice, Rice, Baby' to the nation. Hopefully, I can do that."

EURO 2024 FINAL



SPAIN

PRIDE OF

From **Simon Mullock** in Berlin

GARETH SOUTHGATE only has eyes on the prize – not redemption for the moment that has haunted him for the last 28 years.

The irony is not lost on the England manager that he has the chance to make history on German soil given it was his penalty miss in a Euro semi-final shoot-out at Wembley that allowed the old enemy to stop football coming home in 1996.

But Southgate does not see the point in looking back when he has the chance to become the first Three Lions manager to win a major trophy on foreign soil.

Scores

Spain stand between England and a place alongside Sir Alf Ramsey's World Cup-winning boys of 1966 – and the 53-year-old (right) insists that prospect means so much more than settling personal scores.

"Look, I kind of get it," said Southgate. "But there are so many other things that this game is more important for than that."

"I agree that sounds like a lovely story but I haven't been at home thinking for 18 months, 'Yeah, Berlin, that's redemption'.

"It doesn't help the lads that played with me in '96 but to be able to lead this group,

Southgate's in awe of 'brilliant' players

and says this isn't about his redemption

for what they've given and how they have handled this, is brilliant.

"There has been such an incredible commitment from these players. We have lost some of the senior figures, so we were wondering, 'Okay, how is this tournament going to play out?' Especially when we were going through a difficult period at the start.

"But they've all done brilliantly as a group and to see the way they celebrated in the dressing room together after the semi-final on Wednesday – that hit us all as a group when you saw how deep it has become.

"Part of that is how they have socialised together – but part of it is the adversity they've been through in the last few weeks. You can't replicate that and coming

through that is more powerful for bringing people together than anything." England will be playing in their second successive European final. They are the only nation to have reached the semi-finals of three of the last four tournaments.

But it is clear that this has been Southgate's proudest achievement – and he is desperate for it to get better in Berlin's iconic Olympiastadion.

The pride of the Three Lions has been hurt by criticism levelled against them for the standard of their performances.

But Southgate believes an unbreakable spirit has been forged in the unforgiving heat of the toughest moments.

Since topping a group that included Serbia, Denmark and Slovenia, his team have shown the character to beat Slovakia, Switzerland and Holland in the knockout stages despite going behind in all three

games. There has been Jude Bellingham's sensational overhead-kick equaliser, Jordan Pickford's shoot-out save and Ollie Watkins' brilliant late finish.

Southgate knows his team will have to dig deep again when they face Spain who have been outstanding from their first game.

Anxious

He said: "I don't think what we've done can be underestimated. If you are a team that starts to score late goals, that is a great trait to have.

"There is a belief in how we are playing and a belief in what we are doing and there is an understanding of what is needed to work back into those sorts of games.

"The players have been through such a lot. You can be more anxious when you haven't seen how they are going to react, but we've seen how they've responded."



KANE: WINNING WOULD MEAN EVERYTHING

From **Back Page**

footballer could get. And to give the fans a moment in history and something to celebrate would be very special."

Southgate revealed that his message to Kane (left) and the other players in the eight years since he became England boss has been that dreams really can come true. And with the Three Lions

looking to lift their first trophy since the 1966 World Cup, he feels it's time for the nation that gave football to the world to be respected around the globe once more.

Southgate said: "I'm not a believer in fairytales.

"But I am a believer in dreams. Fate, the run we've had, the late goals and penalties doesn't equate to it being 'our

moment'. We have to now make it happen.

"We have to get this trophy to get the respect of the rest of the football world.

"I travelled to World Cups and European Championships watching as an observer and on the highlights on the big screens before games we weren't in them.

"They only showed the finals and the

big games. We always had high expectations but they didn't match where we were performance-wise.

"We have now. Tomorrow, I don't have any fear of what might happen.

"Because I've been through everything. I want my players to feel that fearlessness.

"If we're not afraid to lose, it gives us a better chance of winning."



SCENES: (left to right)

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LIONS



Bitter rivals could renew hostilities

From Back Page

that the next game will be staged in South America – and is heading for the Argentine capital.

England have not visited Argentina since before the 1982 conflict in the South Atlantic.

Their last trip to Buenos Aires was in 1977 when the two countries were reduced to 10 men during an ill-tempered friendly arranged ahead of Argentina staging the World Cup the following year.

Bad blood between the two nations started in 1966 when Argentina captain Antonio Rattin was sent off during a 1-0 World Cup quarter-final defeat after which England boss Alf Ramsey called the South Americans "animals".

Twenty years later, Diego Maradona inflicted revenge with his Hand of God goal as Argentina beat England 2-1 in a Mexico City quarter-final on the way to becoming world champions.

Their last competitive meeting was in the group stages of the 2002 World Cup, when David Beckham's penalty secured victory in South Korea.

Whether Southgate will be around to take England to Argentina remains unclear. He revealed he has not made a decision about his future – after midfielder Declan Rice (above) urged his England boss to take the Three Lions to the next World Cup.

Southgate, who is out of contract in December, insists he will announce his intentions after the Euro 2024 final.

The 53-year-old admitted he would have been sacked if England had gone out of the tournament in the group

stages. But the pressure is now on the FA to convince him to stay after Arsenal star Rice confirmed the whole squad want him to have another crack at conquering the world in Canada, Mexico and the United States in 2026.

Southgate said: "The way my emotions have gone over the last five weeks, it would be ridiculous for me to think about anything beyond this game.

"We've got time to make decisions – and I won't need weeks – but also I think I've earned the right to give myself a few days just to think things through.

"I know where it would have been if we went out in the group stage, that's for sure. I have a pretty good idea in my head. I don't think that would necessarily have been my choice."

But Rice has left the manager and his FA bosses in no doubt about whether the players' loyalties lie.

Rice said: "This journey he has been on has been so special – and hopefully we can do something special for Gareth on Sunday.

"I know for a fact, the lads would love him to stay on until 2026, there is no doubt about that.

"The way he looks after us, how calm he is, how he is as a man-manager, how he is on the training pitch. He's top.

"None of us have spoken to him about it, that's none of our business.

"Whatever he wants to do, whatever makes him happy, I'm sure he'll make the right decision.

"But I'm sure he's got the backing of everyone to stay."



Watkins' winner against Holland; Pickford saves Manuel Akanji of Switzerland's penalty; Bellingham's late winner against Slovakia

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From **Simon Mullock** in Berlin

HARRY KANE believes it's time to make England great again.

Kane is still haunted by the devastation of defeat to Italy in the last Euro final – but has promised that England are now ready to deliver on Gareth Southgate's dream of putting pride back into the Three Lions.

England meet Spain in Berlin's Olympiastadion tonight and skipper Kane said: "Over the years we've done fantastically well in a lot of tournaments – but now it's time to get over the line."

"A lot of us were heartbroken three years ago and it's been a long journey back. Full credit to the boys for the resilience that they have shown – and we're really desperate to now go one step further."

"It would mean everything. It would be the most incredible feeling a professional

Turn to page 66

Three Lions Argy-bargy

EXCLUSIVE

By **Simon Mullock**

ENGLAND could be heading to play Argentina in Buenos Aires for the first time since the Falklands War.

If Gareth Southgate's (right) Three Lions beat Spain in today's Euro final and the Argentines overcome Colombia in the final of the Copa

America they will be scheduled to meet each other in the CONMEBOL-UEFA Cup of Champions next summer.

The competition was revived under the banner of the 'Finalissima' in 2022 when Argentina beat Italy 3-0 at Wembley after both nations won their continental title. It is likely

Turn to page 67



Captain Kane: Winning

would mean everything

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HOW THEY GOT HERE..

GROUP C Sunday, June 16
Serbia 0 England 1

Gareth Southgate's England got their Euro 2024 bid off on the front foot - for the first 20 minutes, anyway.

But a header from Jude Bellingham (left) from Bukayo Saka's cross after 13 minutes was as good as it got against Serbia, with the Three Lions content to sit back and soak up the pressure when needed.



GROUP B Thursday, June 20
Denmark 1 England 1

Harry Kane got his name on the scoresheet as England took a deserved lead in Frankfurt.

But they reverted to the cautious side from the first game of the tournament after that and were punished by a Morten Hjulmand piledriver before half-time.



FINISH: Kane

A disjointed performance, but a result which ultimately proved enough for a place in the knockout phase.

GROUP B Tuesday, June 25
England 0 Slovenia 0

The Three Lions were already through courtesy of results in other groups, so this was a chance for a statement of intent.

But it was another tough watch as Southgate's charges again failed to live up to the pre-tournament hype.

Another draw, but another point and with it, top spot in Group C and a place in the 'easier' side of the draw.



Last 16 Sunday, June 30
England 2 Slovakia 1 (AET)

Behind for the majority of the game thanks to Ivan Schranz's opener, England looked dead and buried. But cometh the hour, cometh the Bellingham.

England's talisman fired home a stunning overhead kick (above) five minutes into injury time to save Southgate & Co, and when Kane nodded in one minute into extra time, it was effectively game over.

Quarter-final Saturday, July 6
England 1 Switzerland 1

(AET, England win 5-3 on pens)

Another game, another performance which had England fans on the edge of their seats for all the wrong reasons.

There were flashes of things starting to piece together, but after Breel Embolo gave the Swiss the lead, it took a brilliant shot from Saka (left) to keep England in it.



Then came penalty shootout glory... just for a nice change!

Semi-final Wednesday, July 10
Holland 1 England 2

England went behind as Xavi Simons lashed home past Jordan Pickford.

That was the kick-start the Three Lions needed, though, as their best performance in the tournament - by a mile - saw them roar back in fine style.

Kane slotted home a penalty to level and Ollie Watkins was the hero as his turn and shot late on powered Southgate into his second major final as England boss.

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IT'S NOT HOW YOU START, IT'S HOW

WHEN England won the World Cup in 1966, their triumph was described by Pele "as the day football stopped being an art".

And the greatest player on the planet at the time later added: "England won the tournament but, in my opinion, she did not have the best team on the field".

Gareth Southgate might have used a similar theme as his Class of 2024 have battled towards the European Championship over the last four weeks.

England have not been the best team in Germany in the first six games of the Euros. Spain have - and by some margin.

But tournament football has never been about how you start. It's how you finish that counts.

And often, it isn't the superior team that leaves the field as champions.

Think of Brazil in 1982 and the Italian team that lifted the World Cup. Even further back, Hungary beat West Germany 8-3 in the group stages only to lose to the same team in the final.

Channel 4 is showing the game which ended with Bobby Moore lifting the Jules Rimet Trophy in the hours before the Class of 2024 take on the Spanish in Berlin.

It will show a contest with the Germans that was played at a painfully slow pace by modern standards.

Every Englishman knows how it ended, though, with people on the pitch and Geoff Hurst becoming the first player to score a hat-trick in a World Cup Final.

England's third goal in a 4-2 win came when Hurst lashed a

Simon Mullock

REPORTING FROM BERLIN

shot against the underside of the German crossbar and Azerbaijan linesman Tofiq Bahramov advised referee Gottfried Dienst that the ball had crossed the line.

Goalline technology would have probably come to a different conclusion.

It was the first World Cup tournament televised in colour, the first when drug tests became mandatory and so prompted Brazil to ask FIFA whether they would still be allowed to drink their favourite coffee.

The road to the final was tortuous for England. Does that sound familiar?

For a 1-0 win over Serbia in Gelsenkirchen,

swap a goalless draw at Wembley with a physical Uruguayan team who were the first to show that South America's finest

were also experts when it came to sticking the boot in.

Fans of the host nation were already starting to question Ramsey's wingless wonders when Bobby Charlton's 25-yard rocket put England on their way to a 2-0 victory over Mexico.

France were beaten by the same score, although Roger Hunt's first goal should perhaps have been disallowed for offside and his second was scored with Jacques Simon rolling around the famous turf in agony after being nailed by a Nobby Stiles tackle that ended his night.

One FA official suggested Stiles should be axed from the squad. Ramsey threatened to quit if the decision was made for him



J-OLLIE GOOD: Super sub Ollie Watkins scores deep into added time against Holland to send England through to the Euro final



ROCKET: Bobby Charlton scores in the 80th minute against Portugal in the World Cup semi-final in 1966

- but in the quarter-final against Argentina he was forced to replace the injured goal-machine Jimmy Greaves with Hurst.

Unlike Southgate with Harry Kane, Ramsey suspected Hurst (above left) was a better fit than Greaves for a team that was solid rather than spectacular.

Kane scored his first goal of the Euros in a 1-1 draw with Denmark in Frankfurt but his sluggish performance led to suggestions that England would be better without their record goalscorer - and the noise around the captain only increased when travelling fans threw plastic

pint pots at Southgate following a goalless stalemate with Slovenia in Cologne.

England were moments from being eliminated in the last 16 when Jude Bellingham's brilliant overhead kick broke Slovakian hearts in Gelsenkirchen before Kane's headed winner in extra-time secured a place in the quarter-finals.

Back in 1966, Hurst illustrated that he was much more than a workhorse by heading the late goal that beat the 10-men of Argentina.

Nearly six decades later, the Three Lions were staring down the barrel of defeat

when Bukayo Saka cancelled out Breel Embolo's opener for Switzerland with 10 minutes left and England prevailed 5-3 on penalties after extra-time failed to produce a winner.

England's best performance of their World Cup triumph arguably came in the semi-final when Bobby Charlton's two goals were enough to edge past the Eusebio-inspired Portugal.

It was the same this summer, with Ollie Watkins coming off the bench to score the last-minute goal that took the Three Lions to Berlin after an accomplished display against Holland.

MOMENT:
Watkins



■ There have been 114 goals scored in the tournament so far this year, with an average of 2.28 goals per match.

■ Finalists Spain have scored the most goals (13), two more than hosts Germany, with Turkey and Switzerland on eight.

■ No team has kept the ball better than Portugal at Euro 2024 so far. They had possession for 64.8 per cent of their games.

■ Slovenia have crunched into more tackles than any other side at the finals. They made 79 tackles, two more than Turkey.

endurance!

YOU FINISH, JUST LIKE BOYS OF 66

TEARS OF JOY: Watkins overcome with emotion after his late semi-final goal against Holland



HOW THEY GOT HERE..

GROUP B Saturday, June 15
Spain 3 Croatia 0

La Roja started their Euro 2024 finals campaign in emphatic style - at the same stadium they will play today's final. Luis de la Fuente's side were 3-0 up at the break thanks to goals from Alvaro Morata (left), Fabian Ruiz and Dani Carvajal.



GROUP B Thursday, June 20
Spain 1 Italy 0

A statement win against the defending champions secured a spot in the knockout stages as Spain dominated an underwhelming Italian side. Gianluigi Donnarumma in the Italy goal managed to keep it goalless for nearly an hour as the Spaniards created chance after chance.

But he was finally undone when Morata's flick hit Riccardo Calafiori's knee and went in.

GROUP B Monday, June 24
Albania 0 Spain 1

Ah, the tournament rest game.

With a place in the last 16 already secured, boss De La Fuente made 10 changes to his starting line-up which meant each of his outfield players got on in the group stage.

Ferran Torres netted early on in this meaningless encounter.



GOAL: Torres



Last 16 Sunday, June 30
Spain 4 Georgia 1

Spain finally conceded a goal but Georgia were still no match for them.

Robin Le Normand's own goal after a great breakaway gave the tournament debutants hope of a giant-killing, but in the end, it proved fanciful.

Rodri levelled before the break and in the second half it was all Spain, with Fabian Ruiz, Nico Williams and Dani Olmo (above) all getting on the scoresheet.

Quarter-final Friday, July 5
Spain 2 Germany 1 (AET)

Arguably one of the games of the tournament as Spain knocked out the hosts.

Olmo gave Spain the lead just after the break but they nearly paid the price after sitting back and inviting Germany on.

Florian Wirtz netted in the 89th minute as the Germans piled on the pressure. But Mikel Merino's (above) header in the last minute of extra time saved his side from penalties.



Semi-final Tuesday, July 9
Spain 2 France 1

Kolo Muani's header gave France the perfect start but this game will be remembered for teenage superstar Lamine Yamal's curling, long-range strike which levelled the game and turned the tie.

Olmo smashed home in the 25th minute and Spain held on in this nervy clash.



CLASS: Yamal

THE FINAL



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HIS FINEST HOURS (SO FAR)

Southgate's key moments

GARETH SOUTHGATE'S eight-year England reign, bar some occasional turbulence, has been a remarkable path of persistent progress.

Truly unprecedented on so many levels, Southgate's Three Lions have constantly rewritten the history books by setting so many unwanted records straight.

Now, as his new class of 2024 stand on the brink of becoming the first England side to lift silverware since 1966, we pick Southgate's fab five career-defining matches from his 101 so far in the hot seat.

2018 WORLD CUP, ROUND OF 16: ENGLAND 1 COLOMBIA 1 (ENGLAND WIN 4-3 ON PENS)

Eric Dier steps up to convert the penalty that ends 22 years of relentless shootout misery for England at major tournaments. The nation's wild relief and delight at finally seeing our 12-yard, sudden-death curse broken in Russia is massive – and Southgate's inspired sizzlers go on to reach a first semi-final anywhere since Italia 90.

NATIONS LEAGUE GROUP STAGE, 2018: SPAIN 2 ENGLAND 3

Few cared about the competition but this explosive,

Harry Pratt REPORTING

stylish triumph over Spain in Seville signalled England's recent World Cup exploits were no flash in the pan. Spain had won the reverse meeting at Wembley a month earlier. But here they were simply blown away as Raheem Sterling's double, either side of Marcus Rashford's strike, made it 3-0 after 38 sensational minutes. Not even a late Spanish fightback could remove the gloss of England's potential becoming reality.

EURO 2020, ROUND OF 16: ENGLAND 3 GERMANY 1

Another game, another embarrassing record bites the dust. England had never defeated a renowned superpower in the knockout stages of a tournament. Germany – under Joachim Low (above with Southgate) – were not vintage but you can only beat what is in front if you. Deadly Sterling put the hosts in front. Then, after Thomas Muller missed a sitter, Kane broke to wrap up victory at Wembley.

EURO 2020, SEMI-FINAL: ENGLAND 2 DENMARK 1 (AET)

Expectations were on the rise throughout the land, growing with every victory en route to a last-four showdown against Denmark. A first major final in 55 years awaited the Three Lions. It would be a formality, most assumed, before the Danes grabbed the lead. England, though, rose to the occasion as Sterling levelled to force extra time before Kane scored – on the rebound – from his penalty saved by Kasper Schmeichel.



EURO 2024, SEMI-FINAL: HOLLAND 1 ENGLAND 2

Southgate's troops go where no Englishman has gone before as they reach their second Euros final in a row and the country's first-ever showpiece on foreign soil. Following desperately dull displays, Southgate switched to three at the back to see off the Swiss in the last eight. It worked well against the Dutch, too, but it was his late double change that inspired a glorious triumph. At 1-1, in the dying seconds, Cole Palmer fed fellow sub Ollie Watkins who let rip into the far corner.



CHEWED BACCA: Pickford save in 2018 and Kane goal against Danes (right)



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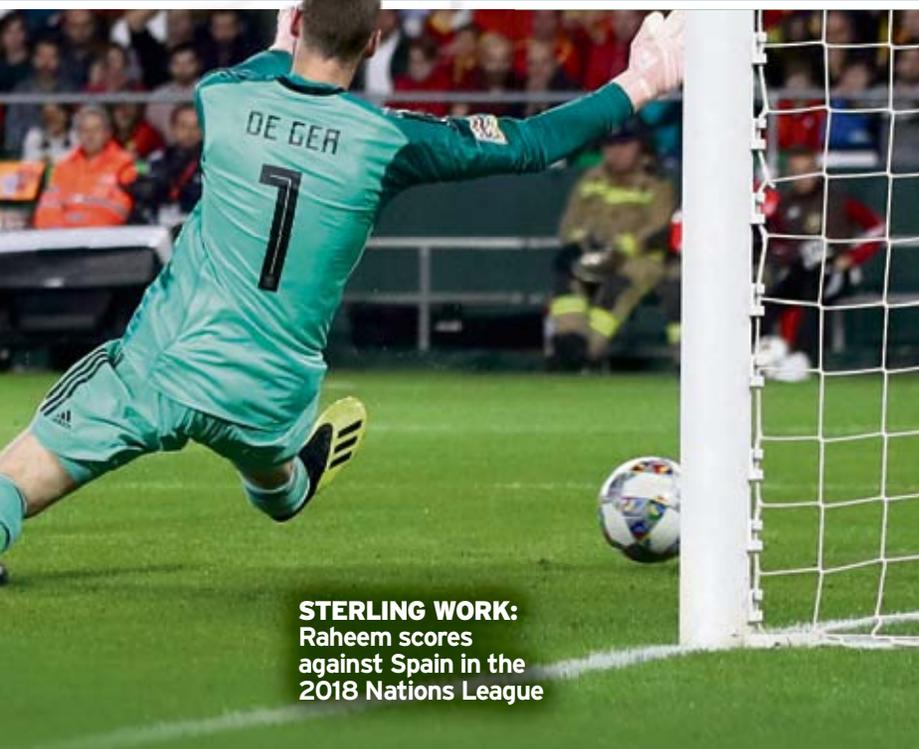
■ Six players sit top of the goalscoring charts with three each. Harry Kane and Dani Olmo from the finalists are two of them in the lead.

■ Spain's teenage superstar Lamine Yamal has more assists at the finals than any other player so far, with three.

■ Didier Deschamps' France side kept four clean sheets at Euro 2024, one more than Spain and Portugal who are on three each.

■ Scotland had the least shots on goal at the finals, with 16 in their three games - 10 fewer than the next lowest (Serbia, 26).

■ There have only been six red cards at Euro 2024 so far, with two of them going to Czech Republic in their three group matches.



STERLING WORK: Raheem scores against Spain in the 2018 Nations League



SHAW THING: Luke Shaw scores early in the 2020 Final against Italy



2020 VISION: Pickford saves, Southgate ponders and Chiellini consoles Kane



Five things..

HOW LIONS MUST LEARN FROM 2020 FINAL

A FINAL. On the verge of the ultimate prize. So tantalisingly close to glory, yet still so far.

England have been here before, of course. Three years ago, to be exact, in the Covid-delayed Euro 2020 Final - against Italy at a rammed Wembley.

And we all know how that infamous evening, which promised victory for so long, eventually turned sour on the pitch amid crushing penalty shootout heartbreak.

Yet, no matter the agony of losing out at the death in such a manner, there are always lessons to be learned in defeat.

Here we look at five things from that night which England must heed going into battle against Spain in Berlin.

LUKE SHAW

The Manchester United defender made his mark with a stunning second-minute strike - the fastest goal in a Euro final. He positively crashed home a superb crossfield ball from Kieran Trippier to set the match alight. Shaw has three England goals in

Harry Pratt REPORTING

total but this belter shows why, when fit, he is the man for the biggest occasion.

HUMAN NATURE

There is never a bad time to score but grabbing an early lead - after one minute and 58 seconds of a massive game - has a flip side. It can spread anxiety throughout the team for what is ahead. England soon started thinking of what they had to lose rather than what victory would bring. They slowly retreated, allowing Italy more and more possession. By half-time, they conceded control. The rest is history.

TOUCHLINE TACTICS

Gareth Southgate was castigated for his substitutions in the final. They were left too late, made no sense and ultimately were the reason for our demise, screamed the critics. They had a point. Muddled thinking and seemingly gambling on penalties

to land the trophy backfired badly. It's not a problem completely solved, either.

DARK ARTS

Beware the world-class cynic. Italy were a hard team, with their experienced central defensive hatchet duo, Giorgio Chiellini and Leonardo Bonucci kicking lumps out of Harry Kane and others from the first whistle. Neither were booked until the second half, by which time they had done their job of suppressing England's creativity. It was a case of old heads getting away with football's dark arts. England must be on their guard tonight.

PENALTY KICKS

Jordan Pickford's sensational heroics, saving two Italian penalties, proved in vain as Marcus Rashford, Jadon Sancho and Bukayo Saka missed one by one in a 3-2 sudden-death reverse for the shattered hosts. The first two had been sent on in the 120th minute - specifically for the task of converting from 12 yards. They had barely touched the ball.

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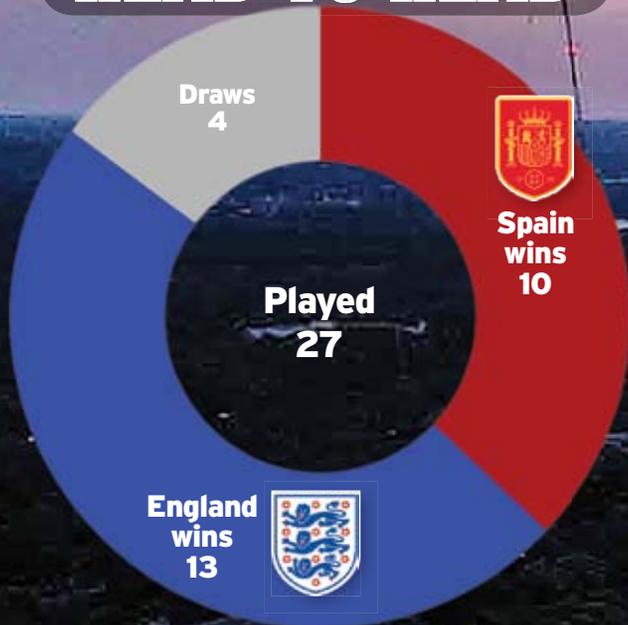


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HEAD TO HEAD



THE BOSS

Luis de la Fuente

The Spanish uncle. Took over when high-profile appointment Luis Enrique stepped down as the team fractured. After bossing the youth set-ups, is seen as a safe pair of hands.
Record: P20 W16 D2 L2



23 Unai Simon

Age.....27
Caps.....45
Club Athletic Bilbao

Position
KEEPER



Two clean sheets and three goals conceded in five games at tournament is impressive but yet to be genuinely tested.

Euro mins played480
Euro rating7

14 Aymeric Laporte

Age.....30
Caps.....34
Club AI Nasser

Position
DEFENDER



Former Man City star with his experience and composure is proving Saudi league no obstacle to performing well on world stage.

Euro mins played435
Euro rating7

5 Robin Le Normand

Age.....27
Caps.....16
Club Real Sociedad

Position
DEFENDER



Missed semi-final through suspension but likely to return as he provides a ball-playing pillar to team's defensive spine.

Euro mins played360
Euro rating7

2 Dani Carvajal

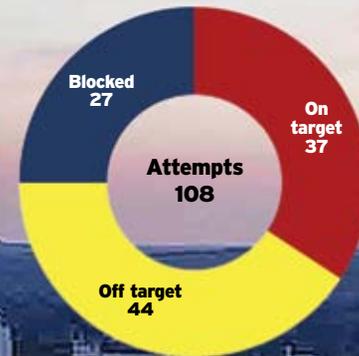
Age.....32
Caps.....48
Club Real Madrid

Position
RIGHT-BACK



Champions League winner is back after suspension in semis. Crafty, hard as a rock at back and total menace on counter.

Euro mins played381
Euro rating7



8 Fabian Ruiz

Age.....28
Caps.....28
Club Paris Saint-Germain

Position
MIDFIELD



Alongside Rodri, he provides the perfect cover for defence while constantly keeping creative side ticking ahead of him.

Euro mins played452
Euro rating7

17 Nico Williams

Age.....22
Caps.....19
Club Athletic Bilbao

Position
FORWARD



Provides the flair on the left that, allied to Yamal, enables Spain to attack in such deadly fashion. Vital to the press.

Euro mins played404
Euro rating8

10 Dani Olmo

Age.....26
Caps.....38
Club RB Leipzig

Position
MIDFIELD



One-time Barcelona youth product has made loss of crooked Pedri pretty irrelevant with his tenacity, creativity and goal threat.

Euro mins played341
Euro rating8

7 Alvaro Morata

Age.....31
Caps.....79
Club Atletico Madrid

Position
FORWARD



Skipper divides opinion but cannot be underestimated. He has scored 36 international goals - and has the ability to hold and link.

Euro mins played386
Euro rating7

16 Rodri

Age.....28
Caps.....55
Club Man City

Position
MIDFIELD



Always in right place at right time. World-class star has lost only once in 90 minutes this year - the FA Cup final.

Euro mins played476
Euro rating8

19 Lamine Yamal

Age.....17
Caps.....13
Club FC Barcelona

Position
FORWARD



At 16, he became the youngest ever scorer at a major tournament with his semi-final scorcher. He turned 17 yesterday.

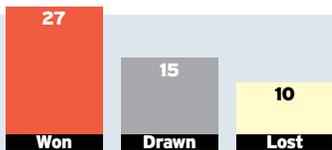
Euro mins played418
Euro rating9

TROPHY CABINETS

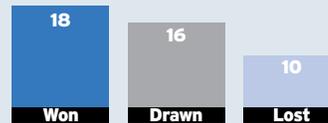
England, famously, won the Jules Rimet Trophy in 1966 but the country has been bereft of silverware ever since - though they did lose the Euro 2020 final to Italy at Wembley.

The Spanish took their first European Championships win in 1964, as the hosts of what was then called the 'European Nations Cup', beating the Soviet Union 2-1 in the final.





EUROS ALL-TIME RECORD



THE BOSS

Gareth Southgate

Eight years at helm. So close to ending the drought at the World Cup in 2018 and the 2020 Euros. After a barrage of criticism for poor displays in the early stages, has turned the team around.

Record: P101 W61 D24 L16



LINE-UPS AND PEN PICTURES



7 Bukayo Saka

Age..... 22
Caps..... 39
Club Arsenal

Position **WING-BACK**

Has produced world-class moments in spurts but there is more to come from the versatile, creative, free-scoring star boy.

Euro mins played..... 545
Euro rating..... 7

2 Kyle Walker

Age..... 34
Caps..... 89
Club Man City

Position **DEFENDER**

Started finals slowly but lightning quick vice-skipper is motoring now, covering in inimitable style at back and overlapping in attack.

Euro mins played..... 600
Euro rating..... 7

10 Jude Bellingham

Age..... 21
Caps..... 35
Club Real Madrid

Position **MIDFIELD**

Last-16 hero, yes, but truly gifted La Liga star still to produce a persistently classy 90 minutes. Time to deliver in Berlin.

Euro mins played..... 581
Euro rating..... 6

26 Kobbie Mainoo

Age..... 19
Caps..... 8
Club Man United

Position **MIDFIELD**

Undoubtedly Gareth Southgate's find of the finals. Calm and collected beyond his years, the way he dictated semi-final was immense.

Euro mins played..... 300
Euro rating..... 8

9 Harry Kane

Age..... 30
Caps..... 97
Club Bayern Munich

Position **FORWARD**

England skipper and record scorer, with 66 goals, is bidding to win silverware for first time ever - with club or country.

Euro mins played..... 544
Euro rating..... 6

5 John Stones

Age..... 30
Caps..... 78
Club Man City

Position **DEFENDER**

Gone from sluggish to silky, another of Southgate's 2018 World Cup posse looking fitter and more confident by the minute.

Euro mins played..... 600
Euro rating..... 7

1 Jordan Pickford

Age..... 30
Caps..... 67
Club Everton

Position **KEEPER**

England's No.1 for six years may not produce worldie saves but mistakes are scarce beyond belief. Revels in big matches.

Euro mins played..... 600
Euro rating..... 8

11 Phil Foden

Age..... 24
Caps..... 40
Club Man City

Position **MIDFIELD**

Magical playmaker is starting to hit heights that earned him Premier League and FWA Player of Year awards. Due a goal.

Euro mins played..... 533
Euro rating..... 7

4 Declan Rice

Age..... 25
Caps..... 57
Club Arsenal

Position **MIDFIELD**

Perhaps not at brilliant box-to-box best but the nation's engine room, with massive experience, never hides in battle.

Euro mins played..... 600
Euro rating..... 6

6 Marc Guehi

Age..... 24
Caps..... 16
Club Crystal Palace

Position **DEFENDER**

England's player of the tournament. In first major finals, Eagles skipper has made seamless transition to world stage.

Euro mins played..... 480
Euro rating..... 8

12 Kieran Trippier

Age..... 33
Caps..... 54
Club Newcastle

Position **WING-BACK**

Has put last season's injury and poor form behind him with solid, albeit unspectacular displays out of position on left side.

Euro mins played..... 453
Euro rating..... 6

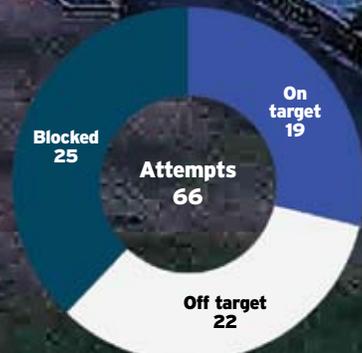
EURO 2024 STATS

Spain	England
6	6
6	3
0	3
0	0
6	4
11	6
1	1
57	59
90	90
28	35
46	35
34	22
3	2
16	14

15 1 11 0

England won the pre-tournament warm-up for the 1998 World Cup at 'Le Tournoi' in France. They finished top in a round-robin event also featuring Brazil, France and Italy.

Spain won back-to-back Euros in 2008 and 2012 - and sandwiched a World Cup win in between them - cementing that side's spot in football history.



GROUP A		GERMANY, SCOTLAND, HUNGARY, SWITZERLAND	
GERMANY Wirtz 20, Musiala 19, Havertz 45+1 pen, Fullkrug 68, Can 90+3	5	HUNGARY Varga 66	1
SCOTLAND Rudiger 87 og	1	SWITZERLAND Duah 12, Aebischer 45, Embolo 90+3	3
GERMANY Musiala 22, Gundogan 67	2	SCOTLAND McTomamy 13	1
HUNGARY	0	SWITZERLAND Shaqiri 26	1
SWITZERLAND Ndoye 28	1	SCOTLAND	0
GERMANY Fullkrug 90+2	1	HUNGARY Csoboth 90+10	1

GROUP B		SPAIN, CROATIA, ITALY, ALBANIA	
SPAIN Morata 29, Ruiz 32, Carvajal 45+2	3	ITALY Bastoni 11, Barella 16	2
CROATIA	0	ALBANIA Bajrami 1	1
CROATIA Kramaric 74, Gjasula 76 og	2	SPAIN Calafiori 55 og	1
ALBANIA Laci 11, Gjasula 90+5	2	ITALY	0
CROATIA Modric 55	1	ALBANIA	0
ITALY Zaccagni 90+8	1	SPAIN Torres 13	1

GROUP C		SLOVENIA, SERBIA, DENMARK, ENGLAND	
SLOVENIA Janza 77	1	SERBIA	0
DENMARK Eriksen 17	1	ENGLAND Bellingham 13	1
SLOVENIA Karnicnik 69	1	DENMARK Hjulmand 34	1
SERBIA Jovic 90+5	1	ENGLAND Kane 18	1
ENGLAND	0	DENMARK	0
SLOVENIA	0	SERBIA	0

GROUP D		POLAND, HOLLAND, AUSTRIA, FRANCE	
POLAND Buksa 16	1	AUSTRIA	0
HOLLAND Gakpo 29, Weghorst 83	2	FRANCE Wober 38 og	1
POLAND Piatek 30	1	HOLLAND	0
AUSTRIA Trauner 9, Baumgartner 66, Arnautovic 78 (pen)	3	FRANCE	0
HOLLAND Gakpo 47, Depay 75	2	FRANCE Mbappe 56 pen	1
AUSTRIA Malen 6 og, Schmid 59, Sabitzer 80	3	POLAND Lewandowski 79 pen	1

GROUP E		BELGIUM, SLOVAKIA, ROMANIA, UKRAINE	
ROMANIA Stanciu 29, Marin 53, Dragus 57	3	BELGIUM	0
UKRAINE	0	SLOVAKIA Schranz 7	1
SLOVAKIA Schranz 17	1	BELGIUM Tielemans 2, De Bruyne 80	2
UKRAINE Shaparenko 54, Yaremchuk 80	2	ROMANIA	0
SLOVAKIA Duda 24	1	UKRAINE	0
ROMANIA R Marin 37 (pen)	1	BELGIUM	0

GROUP F		TURKEY, GEORGIA, PORTUGAL, CZECH REPUBLIC	
TURKEY Muldur 25, Guler 65, Akturkoglu 90+7	3	PORTUGAL Hranac 69 og, Conceicao 90+2	2
GEORGIA Mikautadze 32	1	CZECH REP Provod 62	1
GEORGIA Mikautadze 45 (pen)	1	TURKEY	0
CZECH REP Schick 59	1	PORTUGAL Bernardo Silva 21, Akaydin 28 (og), Bruno Fernandes 56	3
CZECH REP Soucek 66	1	GEORGIA Kvaratskhelia 2, Mikautadze 57 (Pen)	2
TURKEY Calhanoglu 51 Tosun 90	2	PORTUGAL	0

GROUP A	GROUP B	GROUP C	GROUP D	GROUP E	GROUP F																																																																																																																																																																																																																																										
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ROUND OF 16

GAME 37 GERMANY 2 DENMARK 0 Havertz 53 (pen), Musiala 68	GAME 38 SWITZERLAND 2 ITALY 0 Freuler 37, Vargas 46
GAME 39 SPAIN 4 GEORGIA 1 Rodri 39, Fabian Ruiz 51, Williams 75, Olmo 83	GAME 40 (AET) ENGLAND 2 SLOVAKIA 1 Bellingham 90 +5, Kane 91 (ET)
GAME 41 (AET) PORTUGAL 0 SLOVENIA 0 Portugal win 3-0 on pens	GAME 42 FRANCE 1 BELGIUM 0 Vertonghen 85og
GAME 43 ROMANIA 0 HOLLAND 3 Gakpo 20, Malen 83, 90 +3	GAME 44 AUSTRIA 1 TURKEY 2 Gregoritsch 66

QUARTER-FINALS

GAME 45 (AET) SPAIN 2 GERMANY 1 Olmo 51, Merino 119 (ET)	GAME 46 (AET) PORTUGAL 0 FRANCE 0 France win 5-3 on pens
GAME 47 HOLLAND 2 TURKEY 1 De Vrij 70, Muldur 76og	GAME 48 (AET) ENGLAND 1 SWITZERLAND 1 Saka 80, Embolo 75, England win 5-3 on pens

SEMI-FINALS

GAME 49 SPAIN 2 FRANCE 1 Yamal 21, Olmo 25	GAME 50 HOLLAND 1 ENGLAND 2 Simons 7, Kane 18 (pen), Watkins 90 +1
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FINAL

GAME 51 SPAIN V ENGLAND Olympiastadion Berlin TODAY, KICK-OFF 8PM



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