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THE **SUN** ON SUNDAY

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FREE GIANT POSTER

WE WILL WIN



Prince tells Lions: Now finish the job

BLOOD ON FACE OF EX-PRESIDENT

TRUMP SHOT AT RALLY

By CHRIS DYER

DONALD Trump was left with blood splattered across his face last night after gunshots rang out at a rally. The ex-US President, 78, grabbed his right ear at the event in Butler, Pennsylvania. His Secret Service bodyguards rushed to cover him. Two people, including the shooter, died. A spokesman said Trump was "grazed by gunfire" but "fine".

Full story - Page Ten



Injured . . . bloodied Trump



HOW WINNING WILL NET

FOWL RESULT FOR SPANISH



Home to roost ... eagle's choice

THE psychic eagle has landed again – predicting a win for England in the final tonight. African tawny Honey picked England over Spain yesterday by flying straight to a handler holding the national flag. Eagle Heights Wildlife foundation, where Honey lives, said: “Honey has predicted football is coming home and England is

By SARAH ARNOLD

going to win the Euros. Sadly, she can't tell us if it's going to be a nail-biter again!” Alex Leonard, director of the sanctuary, in Eynsford, Kent, added: “She's amazing with her ability. And, of course, she's uncanny at predicting the football. She's one in a million.”

WONDERKID'S BIRTHDAY BID

By LEN READ

SPAIN wonderkid Lamine Yamal celebrated turning 17 yesterday – by helping plot England's downfall. His birthday cake had to wait as he was put through his paces during a full training session ahead of the final today. The pacy Barcelona winger has been one of the stars of the Euros in Germany. He curled in a wonder goal in the semi-final against France to become the tournament's all-time youngest scorer. Now, he and teammate Nico Williams, who was 22 on Friday, are hoping to crush Three Lions hopes of a first ever trophy since the 1966 World Cup. Lamine's dad, Mounir Nasraoui, reckons his son will lead the favourites to a 3-0 win for the perfect present.



Goal star ... Yamal trains yesterday



Pole position ... Trent trains for tonight's game against Spain

ENGLAND'S superstar players are in line to bank £1billion if they beat Spain tonight – with boss Gareth Southgate already making £2million for getting them there.

EXCLUSIVE from NICK PARKER and ROBIN PERRIE, in Berlin

The Three Lions coach celebrated wildly on Wednesday when Ollie Watkins set up the clash with a last-minute winner in the semi-final against the Netherlands. And 53-year-old Southgate is daring to dream of an England win, saying at a press conference in Berlin last night: “I'm not a believer in fairytales but I am a believer in dreams.”

“We've had big dreams. We have to make it happen tomorrow. It would be a lovely story.” Asked about the defeat to Italy in the last Euros final three years ago, skipper Harry Kane said: “It was very difficult. We're desperate to go one step further. It would be something very special. “There's extra hunger, fire in the belly. We're excited to be back on that stage.”

A win tonight would seal a bumper bonus for Southgate, right – who has defied his critics to lead England to a second successive Euros final.

The Sun told last month he would get a £4million bonus if England won the tournament – and now we can reveal he has already got half of that just for making it to the final. Meanwhile, a win for England in Berlin would mean the players could earn a combined £1billion during their careers from increased wages and megabucks endorsement deals.

Brands expert Marcel Knobil, who has worked with Coca-Cola, Yamaha and Braun, said: “Winning the Euros would make England close to being a billion-pound team in terms of

future earnings.” The earnings league is likely to be topped by Real Madrid midfielder Jude Bellingham, 21, whose brand looks certain to outstrip David Beckham's, raking him in £400million. And part of that could even be down to his cheeky crotch-grabbing celebration after scoring a last-gasp bicycle kick in the last 16 match against Slovakia.

His antics led to a Uefa investigation, a suspended match ban and a £27,000 fine. But it could boost his appeal as it demonstrated a super-confident swagger. Marcel said: “Jude has all the ingredients to overtake Beckham's £372million by the end of his career. He could be looking at £50million earnings annually with his Real Madrid salary plus

sponsorships and endorsements. That amasses into the hundreds of millions.

“Jude will need the same business acumen and longevity of his playing career as Beckham. But he is right at the top of the world game from such a young age and is on a trajectory similar to Ronaldo. He's got everything.”

Elsewhere, a further £100million would be picked up by each of Harry Kane, Bukayo Saka, Phil Foden, Cole Palmer and Kobbie Mainoo, experts predict. They would be put on a pedestal and enjoy celebrity status for the rest of their lives, just like England's 1966 World Cup-winners.

And they would be able to increase their salaries by about £50,000 a week – adding up to £25million each in wages alone over ten years of top-tier football for the younger stars.

Meanwhile, England's stars, who include Trent Alexander-Arnold, Conor Gallagher and Marc Guehi, have bonded into a battling band of brothers at their Euro 2024 base in Germany after a shaky start sealed their resolve.

The team struggled to impress in the early stages, despite topping their qualifying group.

But insiders revealed Southgate's team-building skills came to the fore as he brought the group together.

Fun – and the noise – inside their camp at the Weimarer Golf Resort and Spa in Blankenhain grew along with their belief as they made their way to the final.

A source told The Sun on Sunday: “There was a little concern about how quiet it was in there at first. Other teams hosted by the hotel make a lot more noise.”

“But that seems to be Gareth Southgate's style – he keeps his boys very calm and focused and brings them closer together.”

“It was noticeable how they seemed to relax and become more of a family and really began enjoying themselves between games.”

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£1BN GOALS



THE PLAYERS A FORTUNE



Relaxed... Gallagher and Guehi have a laugh in training

● MASSIVE SPONSORSHIP DEALS AHEAD FOR LADS

● GARETH: I'M A BELIEVER IN DREAMS.. WE'VE HAD BIG DREAMS

WHAT THEY COULD EARN

 Jude BELLINGHAM £400m	 Harry KANE £100m	 Bukayo SAKA £100m
 Phil FODEN £100m	 Cole PALMER £100m	 Kobbie MAINOO £100m

DEN BOYS



Late bedtime... excited Alex

Lion cubs staying up for a treat

By SAMANTHA YULE

BEDTIME will be put on hold for a legion of young England fans tonight. Alex Naughton, five, from Manchester, will be among the little Lions hoping to stay up long enough to roar on the team to victory. He said: "I've been told I can stay up late and eat ice cream." Jude, five, from



Fans... Jude, Frank and Jasper

Locksbottom, Kent, will also be hoping for a goal from namesake Jude Bellingham when he watches with brothers Frank, eight, and two-year-old Jasper. And Roxy and Bobby Wicks, aged ten and six, are big Phil Foden fans. The siblings, from Gorleston-on-Sea, Norfolk, said: "We love Phil Foden and can't wait to see him score in the final."



Inspired... Bobby and Roxy

COME ON ENGLAND

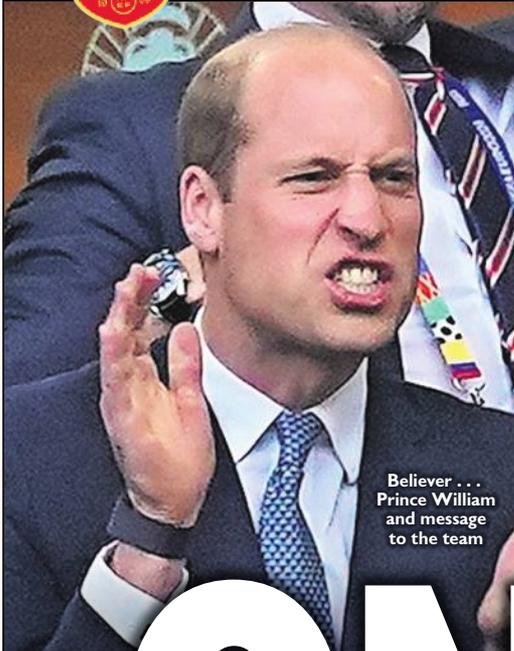
THIS is it. England face Spain tonight in the Euro 2024 final. Scattered through your Sun on Sunday are messages of support for the team from adoring and hopeful fans. Come on, England!

All I want for my birthday is another Watkins goal - Harry Cohen, Balham, London.

You can do it - Nicola Younger, Normanton, West Yorks.



PRINCE, PM, STARS AND



From **ROBIN PERRIE** and **NICK PARKER** in Berlin, Germany, and **EMILY WEBBER**

PRINCE William yesterday roared on England to Euros glory as he urged the Three Lions: "Show the world what you're made of."

The President of the FA sent his rousing message to Gareth Southgate's squad for their final with Spain in Berlin – with millions at home set to throw the biggest party of the year.

He told the squad in a social media post: "We are so proud of you all, England, just one last push to finish the job! Go out there and show the world what you're made of. We believe. W."

William will be at the match in the Olympic Stadium to make it a hat-trick of England matches he has attended. He punched the air in delight when skipper Harry Kane scored in the group stage 1-1 draw with Denmark.

And he attended the quarter-final victory over Switzerland, cheering the team after the win on penalties.

He also congratulated them after their semi-final win over the Netherlands, praising Aston Villa star Ollie Watkins' late winner.

Villa fan William wrote: "What a beauty, Ollie!"

It had not been announced if he will take son Prince George to the final.

Meanwhile, new Prime Minister Sir Keir Starmer sent a letter to Southgate and his men.

He wrote: "On behalf of the whole nation, I wanted to wish you all the very best ahead of tonight's game."

So proud... PM Sir Keir Starmer



"You should be proud of all you have achieved so far, even though I know you, like the rest of the country, will be hungry for more. We are all behind you on this journey."

The PM, who will also be at the match, refused to commit to an extra Bank Holiday if the Three Lions win because he does not want to "jinx anything".

The biggest TV audience of the year will tune in for the match, which is being shown on both BBC and ITV. It could easily top the 29.85million who watched the last Euros final in 2021 when England lost to Italy on penalties.

And it could even beat the UK's biggest ever viewing figure – the 32.3million who watched England win the World Cup in 1966.

Fans will also pack pubs and fan zones across the country as 22million pints are downed – with pubs open two hours later than normal.

British Beer and Pub Association chief executive Emma McClarkin expects ten million extra pints to be poured in pubs today – with "£48million in additional trade for pubs and breweries".

Trade body UK Hospitality said England's success has brought an £800million boost in sales for the sector. Fans have splashed £300million in supermarkets on snacks, booze and pizzas, with another 24million beers being sunk at home.

robin.perrie@the-sun.co.uk

ONE LAST PUSH

William's message of support for our boys



COME ON ENGLAND

THIS is it, lads. The moment we've all dreamed of. Years of graft led to this. The whole nation is behind you roaring with pride – Charlotte and Alex Owen, Broadstairs, Kent.

Come on England, you can do it. My brother Robert Hiscoe will be cheering you on from the other side – Peter, Lynne, Liz, Zoe, Christina, Nyla and Nevaeh, Leeds, West Yorkshire.

FANS ROAR FOR VICTORY



A LUCKY CHARMER

By **ROBIN PERRIE**

MAYA Jama poses in her Three Lions shirt as teams of celebrities come out in support of England ahead of the final.

The Love Island host, 29, wore Bukayo Saka's No7 and said: "It's coming home."

Pop star Pixie Lott, 33, sported her own personalised top. She said: "Good luck, England. We're all rooting for you."

In an Instagram video, actress Kate Beckinsale, 50, danced with her dog in an England shirt, while Mexican star Salma Hayek, 57, posted a snap wearing the Cross of St George beside an England flag. Model Caprice Bourret, 52, said: "Come on, England. I know you can do it. We're all behind you."



PIXIE LOTT



KATE BECKINSALE



SALMA HAYEK

BRITS FLOOD INTO BERLIN

Supporters . . . gather at Brandenburg Gate



By **NICK PARKER**

ENGLAND fans defied crazy price hikes to travel to Berlin yesterday in planes, trains and automobiles.

Travelling lionhearts were shocked as air fares to the German capital trebled and room rates doubled.

But an army of around 40,000 footie fans began arriving yesterday.

Many appeared to have jumped in cars to make the 600-mile trip.

Hundreds of British-registered cars arrived and tooted each other cheerily.

Match ticket prices have also sky-rocketed on online resale sites to up to £2,500 yet still the arrivals showed no sign of abating.



Showing the flag . . . fans with George Cross

OLLIE TEAM WISH

OLLIE Watkins says his biggest career goal is to be in a trophy-winning team — so he can tell his grandkids.

The England player, 28, says victory as a group is more important than picking up any gong for himself.

He said: "As a team, saying I won the FA Cup or the League or the

By **ROSS KANIUK**

Euros or World Cup, they're the thing you want to tell your grandkids."

Asked what he's thinking when he hears the national anthem, he added: "Just my family watching. Each time it comes on I get goosebumps."



NO BULL: HARRY'S GOT BEEF

THE Sun's footie mascot Harry Mane roared: "Bullocks to Spain" yesterday as he tamed the Pamplona bulls at the town's annual stampede. Spain fan Jose Simeone, 47, said: "England are not great but if your Three Lions are as brave as Harry then we have a lot to fear."



3 LIONS ACE PRAISES FANS



United . . . team-mates Bukayo Saka, Ezri Konsa, Jude Bellingham, Ollie Watkins and Marc Guéhi celebrate England's 2024 success

Credit to Saka for coming out of that horrible situation

COME ON ENGLAND

FACE the fear and do it anyway – Mark, Harriet, Eddie and Henry, Belfast, Northern Ireland.
Play with heart and courage. Football coming home starts now. Bring it on – Connor, Sally and Ronan Casey, Leeds, West Yorks.
Come on England. You can do it – Ruby, Kyran, Declan, Jordy, Dawson, Daegan & Louie, Bradford, West Yorkshire.



Confident . . . Pearce

Psycho in rallying cry to 'squad of winners'

EXCLUSIVE by STEPHEN MOYES

ENGLAND hardman Stuart Pearce says the champion-filled Three Lions squad is ready to win the Euros by beating Spain 2-1.

The defender, nicknamed Psycho, lost out in the semis with England in Italia 90 and Euro 96.
But he says: "These players are used to playing under pressure all the time and having to perform at a real high standard."

"There's Champions League winners, there's players that know what it's like to win in an England shirt. "They're more rounded nowadays. We're up against the team of the tournament, but I'm going to go for a 2-1 England win."

Pearce, 62, who has been commenting on games in Germany for talkSPORT, missed out on the spot against West Germany in the 1990 World Cup.

But he scored from 12 yards vs Spain at Euro 96. He said: "I'd be confident we'd win if it went to penalties this time against Spain."

TALKSPORT has non-stop coverage in the build-up to today's final, with full commentary from 8pm.

COME ON ENGLAND

KEEP fighting for that Three Lions victory. We'll be roaring you on every step of the way – Richard, Zoe, Alfie and Freddie, Conlon, Kingston Upon Thames, London.
Come on England. I can't wait to see them play. I really think they're going to win. Phil Foden and Jude Bellingham are bringing it home – James Garrard, Wimbledon, London.



Man apart . . . Ince was only black player in Euro 96 team

ENGLAND great Paul Ince has praised the diversity of the Euros squad — highlighting quarter-final goal hero Bukayo Saka.

The 58-year-old, the only black player in the Euro '96 starting line-up, also applauded Three Lions fans for helping expose racists who have abused Gareth Southgate's squad.

Ahead of tonight's final against Spain, Ince said: "Saka, for such a young lad, has performed very well for England."

"There's always going to be a few

EXCLUSIVE by STEPHEN MOYES

idiots who are going to criticise, and make racist remarks.

"That's the society we live in, you'll never change that."

"Everyone's got to get behind the team. It's a fantastic occasion for everyone, including the fans."

Meanwhile, he is backing England to lift the trophy in Berlin tonight. The former Manchester United ace told The Sun on Sunday in an exclusive interview: "We've got a chance of making history. Maybe it's aligned with the stars. Maybe it's our time. I honestly believe it."

"I've got this feeling again with this team. It's our time. It's so over-

due. Let's win and forget the hoodoo of 58 years without a major trophy. I've had enough of the 'Football's Coming Home' tag."

On tackling racism, Ince said: "Credit to Saka and Marcus Rashford who have come out of that horrible situation in the last final and moved on with their careers."

"The FA and Professional Footballers' Association, managers, players, and the media have done so much to try and out these people and educate that we won't tolerate this type of discrimination against all different creeds and colours."

"The message is getting out there. Would I like to go a bit quicker? Yes, I would. But the good thing for

me now is that fans are outing their own fans.

"You're not getting away with these remarks and insults."

The midfielder recalled the hullabaloo around the build-up to Euro '96, when the players let their hair down with a drinking game in Hong Kong after warm-up matches.

He said: "When I hear Jude Bellingham talking about the siege mentality within the ranks. I totally get that. We were getting slaughtered in 1996 from all corners, so there was that siege mentality within the camp. Today's team can do the same."

Ince said nothing would change the way his old England and Mid-

FOR CALLING OUT BIGOTS



Message is out: We won't tolerate discrimination

DIVERSITY...1 RACISTS...0



SAYS PAUL INCE

The only black player in our Euro 96 line-up

dlesbrough team-mate Gareth Southgate prepared for the final – despite getting flak early on. He added: "Does it really matter now? No, because we've got a chance of making history. That's the good thing about it. All the criticism won't bother Gareth. "He's one of those really calm people. He doesn't let things fluster him. He knows that as soon as you take the job, you're going to be out there for criticism. "Southy has been in the job long enough now, for eight years. It's just water off a duck's back. People are always going to have an opinion, that's the great thing about football. "But Gareth has changed. At the

World Cup, he would never take Harry Kane off. "We've seen a different side to Southgate where he's now prepared to make those changes. Ivan Toney and Ollie Watkins have come on and made a difference. "Gareth has tried to make changes to benefit the side." Ince said of preparations for the 8pm clash: "Gareth and the players will be chilled. You've got to try and relax the players. "We did a lot of fun games, racing nights, just not focusing too much on the job in hand. "That will come tonight once they walk into that stadium. "It's important the senior players

recognise anyone who's worried. Everyone's going to be nervous. "It's hard not to show. A little bit of nerves is good." The player-turned-pundit, who managed teams including Blackburn Rovers and Reading, said: "It's sad if you think about the 58 years since we've won a major trophy. "Think about the generations of retired footballers – Bryan Robson, Kevin Keegan, Paul Scholes, Steven Gerrard. Great, great players like Paul Gascoigne and Alan Shearer. Yes, we've been unlucky along the way but it's sad for us as a nation. "But the pressure today might come from the fact we lost to the Italians in the last Euros final. That

would be more on the players' minds than anything else. "Spain tonight is just another game. History-makers? I don't think that will be going anywhere near their minds. "We have to peak. We're probably playing the best team in the tournament in Spain. Their style of football has got past the Germans, and the French. "There haven't been that many outstanding games in the tournament. The quality of the Euros hasn't ultimately been great. "England have underperformed but we've still managed to reach the finals, which is a great thing for us. We've shown a lot of char-

acter, going down and coming back. We've had a bit of luck, too. It's about coming together." Ince, who was too nervous to watch the Euro '96 penalty shoot-out, said he was much calmer now. He will watch the game, glass of white wine in hand, at home with his wife. He said: "All my mates said to come to the pub but I said absolutely no chance – I want to watch it in peace. "At least if I'm watching it, nervous and jumping around, I don't look like an idiot like I would if I'm watching it in the pub." And his score prediction? "I think England will win 2-1," he said. *stephen.moyes@the-sun.co.uk*

THE Sun
ON SUNDAY
SAYS 14|07|24

TONIGHT at 8pm, the eyes of the entire nation will be focused on England as they play Spain.

Events do not come bigger than this – our first-ever final on foreign soil.

And the prospect that the Three Lions become immortal like our 1966 World Cup winners.

Tonight's match is a reminder of how quickly things change.

Just a fortnight ago, boss Gareth Southgate was pelted with beer by disgruntled fans in the wake of the goalless draw with Slovenia.

And Gary Lineker branded the team's performance against Denmark as s**t.

But the England manager and his young side remained resilient throughout and were refreshingly candid about their early shortcomings.

These Three Lions have none of the ego of previous stars, who reacted to criticism like sullen teenagers.

And they are not haunted by the agonising failures of the past. Only five of today's first XI were even alive when Gareth Southgate missed his fateful penalty against Germany in the 1996 Euros semi-final.

Captain Harry Kane was just two-tucked up in his Chingford cot well before extra-time.

In that 1996 team there was just one black player, Paul Ince.

As he writes movingly in today's paper, the 2024 team is the most diverse ever.

This Three Lions side is a mirror of our modern nation.

And in Gareth Southgate, the nation has a thoughtful manager who exudes the finest qualities of this country.

He recognises the privilege of his role – and the responsibility which comes with it.

Legendary manager Bill Shankly once said: "Some people think football is a matter of life and death. I assure you, it's much more serious than that"

Gareth has become one of our greatest England bosses by proving the opposite.

See how star Phil Foden flew home to be present for the birth of his third child.

These Three Lions may be young and fearless.

But they are trusted and behave like adults.

Many of them have spoken touchingly about the sacrifices made by their parents to set them on the road to stardom.

The circus of boorish antics which surrounded tournaments of years gone by has been banished forever.

Tonight comes the hour for this team to repay the faith placed in it by Gareth and the nation.

But whatever the result, players and manager have shown it is possible to succeed while behaving with dignity.

Now, come on England.



GARETH'S BOYS

IT is not coming home because it is here already – a national mood of euphoria, optimism and hope.

"The best feeling – ever!" gasped Ollie Watkins, describing the moment he saw the ball bobbing in the back of the Dutch net with 91 minutes on the clock in the semi-final of the Euros.

We know the feeling, Ollie. Because Gareth Southgate and the beautiful boys of summer have lifted the mood of this country.

In less than a month, they have given us a reason to believe. In England. In our country. In ourselves.

And tonight there is now the very good chance that England's men will win their first football trophy for 58 years. Tonight we can fulfil our footballing destiny.

Tonight those three little words – it's coming home! – will lose their wistful sense of plaintive longing and become glorious reality.

Tonight there will be – I have always believed – a national reset.

That would be joy unbound, for sure – but there is more.

To be a fan of the national team of our national game is to carry with you a sense of fatalism.

And it does not matter if you are aged eight or 80.

That nagging doubt about England is true of children whose first tournament saw England stumble at the last hurdle against Italy in the Euros final three years ago.

Incredible squad

And it is true of the first generation to sing "Football's Coming Home" in 1996 – all those Oasis-loving lads who are now settling into middle age.

And it is true of those of us who remember the boys of summer in 1966.

That golden July day – undoubtedly the highlight of my childhood – has been followed by 58 years of failure. Until now.

Until Gareth Southgate and his incredible squad ripped up the rule book.

"I took the job to try to improve English football," Southgate said in his calm, quiet way after the semi-final against the Dutch.

Can anyone doubt him? He is, without question, the greatest England manager since Sir Alf Ramsey. And the most beloved.

And the flak he has received in Germany has been unforgivable. This quiet, decent and successful England manager has been booed, had beer chucked at him, and been torn apart by all those players-turned-pundits who are labouring under the delusion that **THEY** are still the big story.

But no – it is Gareth Southgate's world today.

England are off to face Spain in Berlin's Olympic stadium tonight – tonight! – for their second successive Euros final, and their first on foreign soil.

Already this squad are history boys. Already they have taken us to somewhere we have never been before.

Tonight they step over the line, and into sporting immortality.

Some of the criticism aimed at Gareth has been inevitable.

This is a man of caution, and loyalty, and reflection. But his substitutions work.

And – as Ollie Watkins proved as he stepped into history – they work brilliantly.

Gareth Southgate gets far more criticism than he deserves because he is totally unlike the image of a Premier League



Thanks

BELL' TOWERING... Jude celebrates our win over Holland with England boss Gareth

nation

Tony

manager that we see week in, week out – apoplectic with rage, eyes bulging with outrage, teeth bared with fury that a throw-in went the wrong way.

That is not Southgate. He is too much the typical reticent Englishman to act like that.

But this quiet, decent man is a winner – never doubt it for a second.

And, yes, he is loved – loved in a way that cold, distant Sir Alf was never loved.

Other England managers – Bobby Robson, Terry "El Tel" Venables – were liked, and even revered.

But Gareth Southgate is on a different level.

Tonight he seals his place in the pantheon of great British icons. Southgate and his squad have lit up this summer.

We don't talk about a golden generation any more – because England have had too many golden generations that were found wanting – but on any objective level, this is the most lavishly talented England squad of all time.

It feels like a special, precious moment in sporting history – when the 21-year-old Jude Bellingham is playing with the 30-year-old Harry Kane.

When an entire raft of world-class talent – Phil Foden, Declan Rice, Bukayo Saka – feel close to their prime.

And we have the greatest substitutes' bench that England have ever seen.

Mercurial Cole Palmer, electric Ollie Watkins, ice man Ivan Toney – players that given their chance will do the business.

Even if it is for ten minutes, even if it is for one minute.

So many magic moments!

Jude Bellingham's bicycle kick against Slovakia. Jordan Pickford's penalty save against the Swiss, and his water bottle

with a crib sheet of Swiss penalty-taking habits.

Harry Kane – carrying a back injury, and no spring chicken now – still a goal machine.

And – perhaps best of all for the long-suffering England fan – the sight of a perfect penalty shoot-out as Cole Palmer, Jude Bellingham, Bukayo Saka, Ivan Toney – **NOT EVEN LOOKING AT THE BALL!** – and Trent Alexander-Arnold all scored from the spot against Switzerland.

This does not happen. This is new. This is unprecedented.

The England fan of every age is used to having their heart

MADE SUMMER A JOY



for making the



FREE GIANT POSTER
SEE PAGES 34 AND 35

feel good again



Parsons

broken come the penalty shoot-out. Chris Waddle and Stuart Pearce in 1990. Gareth Southgate himself in 1996. Harry Kane in Qatar as recently as 2022.

They have all known the horror of the scuffed or skied missed spot kick.

Courage of Kane

And worst of all was the three young black players – Bukayo Saka, Marcus Rashford and Jadon Sancho – who missed their penalties in the last Euros final, and were then subjected to vile racist abuse.

But there is redemption. We have seen it in brief flashes in the past. When Stuart Pearce scored his penalty against Spain in 1996.

When Saka stepped up against the Swiss.

In the courage of Kane to never duck a penalty.

But this is different. This is not redemption for an individual player. *This is redemption for the nation.* England have scored all 13 of their penalties – including the shoot-out against the Swiss last weekend – since Harry Kane's miss against France in the last World Cup.

The idea that England always cock it up when it comes to penalties is, quite simply, no longer true.

This generation of England players do not fear the penalty shoot-out.

And it matters so much because

– this is who we are, isn't it? This is us – now. A nation finally fulfilling its potential. A nation feeling better about things.

A nation coming together after years of sporting hurt, economic agony and political chaos.

We even have a Prime Minister who was actually elected!

Things are changing. Things are getting better.

And in this England squad, we see ourselves.

We see ourselves as a nation in that Three Lions squad – in all their glorious diversity, an integration so total and successful that it does not even have to be discussed, it does not need to be talked about, where there are players whose family came from the Caribbean and Ireland and Nigeria and more, but they all sing the National Anthem with exactly the same voice.

Watch them sing *God Save The King tonight and feel the tingle run down your spine.*

This is who we are now and if

there have been some frustrating moments in this tournament, well – that is who we are, too.

But we find a way forward. Keep calm and carry on giving the ball to Bukayo Saka.

For all the dips in energy levels, there has been so much to applaud, to celebrate, to make you chuck your beer in the air.

The resilience of this England team. Their total refusal to surrender. Their backs-to-the-wall, never-say-die spirit. Their mental strength. Their bottle.

Coming from behind again and again and again.

And I can't help it – I think of Dunkirk, and I think of the Blitz, and I see flashes of a people who have not been invaded for one thousand years.

But the old songs undoubtedly are changing now.

All those England anthems about World War Two, The Great Escape and The Dambusters March, are making way for a 21st Century remix of Hey Jude and Phil Foden's

On Fire, sung to the tune of Springsteen's Dancing In The Dark.

"Phil Foden's on fire – going to play the Germans off the park..."

And tonight England face Spain as underdogs and, yes, it will be the best feeling ever if we can win.

But we are proud of them already.

Thank you, Gareth Southgate. Thank you, Three Lions.

You have given your all, and you have given so much, and you have reminded a bruised, battered, self-doubting nation, reeling from years of division and despair, of exactly who we are.

And it is a good feeling. Suddenly, this summer, we feel like a land that is healing.

Suddenly we feel like a country that is comfortable in its own skin. All at once we feel like a nation where there are good, even glorious times ahead.

We are far more than the world gives us credit for.

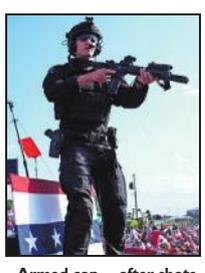
And tonight you're going to believe us.

TWO DEAD, EX-PREZ 'FINE'

BLOOD ACROSS TRUMP'S FACE



Defiant... Donald Trump salutes his supporters after being shot on stage



Armed cop... after shots

FORMER US President Donald Trump's face was grazed by gunshots after a shooter opened fire at a rally last night.

A SWAT team stormed the stage and bundled him to safety at the event in Butler, Pennsylvania. Trump was seen grabbing the side of his face as shots rang out, then blood spattered across his cheek, apparently

By CHRIS DYER

from his ear. Blood-curdling screams could be heard from the crowd as the chaos unfolded.

Security guards kept him on the ground as one officer was heard saying, "Move, move", then, "Shooter's down, we're good to move".

They whisked Mr Trump off the stage and into a waiting vehicle. The former president quickly pumped his fist at the crowd to show his supporters

he was not severely injured. He could be heard saying, "Let me get my shoes", as he scrambled to his feet with the help of secret service agents.

Butler county district attorney Richard Goldinger said Trump was "grazed by gunfire but is safe". He added that "a crowd member was killed and the shooter is dead. Another person is in serious condition."

Cheers were heard as Trump punched the air when he left the stage and after his motorcade left the venue. Trump's

condition was not immediately known but his spokesman Steven Cheung said: "He is doing fine and is being checked out at a medical facility."

The ex President thanked law enforcement and first responders for their quick actions. It was not known if any arrests had been made.

Leaving Mass in Rehoboth Beach, Delaware, President Joe Biden simply responded "No" when asked if he had been briefed about the incident.

chris.dyer@the-sun.co.uk



Call... McDonnell

Benefit cap stirs Labour rebellion

KING'S SPEECH 2

By SOPHIA SLEIGH

MPs wanting to scrap the two-child benefit cap will hit Sir Keir Starmer with his first party rebellion.

Labour leftwingers aim to table an amendment to the King's Speech calling for it to be lifted.

A source on the party's left said: "This will be a significant rebellion."

It comes as new figures show 1.6million children are affected by the policy, introduced by George Osborne in 2017.

Last month, Sir Keir said he would scrap the cap in an ideal world but claimed he did not have the resources to do so.

Ex-shadow chancellor John McDonnell told the BBC's Today programme: "We've got the strongest growth since January 2022 so now is the time to say right the resources are coming in, we can do this, here's the timetable and we can give some hope to those families."

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Hamas boss 'hit'

THE Hamas terrorist who planned its October 7 attacks was targeted in an Israeli airstrike yesterday - but it was unclear if he had been killed.

Commander Mohammed Deif, 58, was said to have been hiding in a refugee zone hit by a missile.

Hamas' Health Authority said 71 were killed - as Israel tried to verify if Deif and other Hamas leaders were among them.

The IDF said it "carried out a strike where terrorists hid among civilians."

Hamas called the attack, which also injured 290, "a grave escalation".

IN BRITAIN'S BEST-SELLING SUNDAY PAPER

JANE ATKINSON

If you had the power to make your child's dreams come true, you would do it
PAGE 27

TARA EVANS

Does some of the £90billion sitting in lost accounts belong to you?
PAGE 38

FREE
No1 for TV & fashion

Barbie, let's go party

BARBIE girl Margot Robbie legs it in a slashed-to-the-thigh dress after hosting a star-studded bash to launch her new gin brand.

The Aussie actress, 34, was joined at the event by Luther star Idris Elba, 51, model and actress Cara Delevingne, 31, and Dr Who actor Ncuti Gatwa, 31.

They partied at trendy London venue The Roof Garden in Kensington, West London, for Mar-

By **LEN READ**

got's Papa Salt tippie. She came up with the idea for the drink with Barbie film producer hubby Tom Ackerley, 34, and their friends.

They named it after a Californian the group met while travelling. Margot felt that he embodied the term "salty sea dog" — Australian slang for a beach bum living their best life.



Making her legsit... Margot leaves party to promote her gin brand



There in spirit... Idris, Cara and Ncuti were among launch party guests

ROYAL EXCLUSIVE

ONE WILL, ONE WILL, ROCK YOU

Prince George is Queen fan

By **EMILY WEBBER**

PRINCE George became a fan of rockers Queen — when they performed for his great-gran.

His mum Kate said the young royal, now ten, has fond memories of the rock band's appearance at the 2022 concert.

However, he got muddled over who was the singer and who played guitar, she added.

Guitarist Brian May, 76, drummer Roger Taylor, 74, and American singer Adam Lambert, 42, opened with their hit We Will Rock You in front of Queen Elizabeth celebrated 70 years on the throne.

Adam, who replaced Freddie Mercury, found out about the royal recruit to the group's legion of fans when he chatted with the Princess of Wales at last year's Christmas carol service at Westminster Abbey.

He said: "It was such an honour. I got to meet Princess



Palace hit... Queen's Adam and Brian delighted George, right

Kate, which was fabulous. She was absolutely lovely and down to earth and charming.

"She was talking about her son recalling the performance with the Queen at the Palace for the Platinum Jubilee two years before.

"She was, like, he said, 'Oh is Adam going to play his guitar?'. "She said, 'I think he was

confused who was playing guitar and who was who but he remembered who you were.' I was like, 'Oh, that is cute'.

Kate was understood to be referring to George who was eight in 2022. Adam, whose EP *After drops* next week, said of her: "You could tell she really wanted to take a second to connect to say thanks."

Picture: GOFF PHOTOS

STRICTLY DANCER FIRED

EXCLUSIVE by SCARLET HOWES and HANNAH HOPE

STRICTLY pro Graziano Di Prima was sacked for gross misconduct amid claims he hit, kicked and spat at dance partner Zara McDermott.

The BBC yesterday confirmed the 30-year-old Italian will not appear in the next series.

We can reveal bosses were shown shocking video of clashes between Graziano, 30, and Zara, 27, who were partnered together last autumn.

A source said: "The footage is absolutely shocking. It has reduced those who have seen it to tears.

"Graziano has been accused of multiple physical and verbal incidents. The BBC had no choice but to sack him."

Senior executives were locked in crisis talks yesterday afternoon over our revelations. Zara has instructed lawyers to act for her.

Ten million watch Strictly every week and a TV source said: "It's the biggest scandal to have hit the much-loved show as it approaches its 20th anniversary. Graziano will never be appearing on the show again. They had to act."

The shock allegations emerged during the inquiry into claims that another Italian star, Giovanni Pernice, 33, bullied actress Amanda Abbington, 50, on the last series.

Giovanni has strenuously denied any wrongdoing.

The BBC had widened that investigation to look into the treatment of other dancers.

Zara did not make an official complaint at that time, though last September she and Graziano looked frosty as they left a training session in West London.

Bosses contacted the ex-Love Island star and documentary maker after other contestants and production staff made allegations against Graziano.

An insider said: "As part of a wider BBC investigation reports of Graziano's behaviour came from multiple third-party sources – with multiple reports of physical and verbal abuse.

"Zara was seen stressed and upset at rehearsals and other celebrities were aware but no one reported it at the time.

"As soon as it came to light the BBC took swift action.

"She was invited in for an interview and she confirmed what had been reported, as well as other matters being revealed.

"She didn't put in a formal complaint, but is now co-operating with the investigation.

"Graziano is said to have kicked, spat at her and hit her and there is a shocking video of one incident. Bosses have been shocked by what they have discovered.

"Zara has had an incredibly tough few weeks and has been trying to put on a brave face for work engagements.

"Her boyfriend (I'm A Celebrity winner) Sam Thompson has been supportive towards her."

Asked why Zara didn't speak out before, an insider said: "Zara was too scared to say anything about what she had encountered."

"She was in a difficult position with nowhere to turn. "There was also an element of coercion too."

Graziano had his BBC contract terminated when spoken to on Monday. That day Strictly announced pro Aljaž Škorjanec was returning to the show two years after he quit, raising questions about who he was replacing.

Yesterday afternoon – moments after the BBC confirmed his sacking – Graziano shared a statement on Instagram, saying: "I deeply regret the events that led to my departure from Strictly.

"My intense passion and determination to win might have affected my training regime.

"Respecting the BBC HR process, I understand it's the best for the show that I step away.

"While there are aspects of this story involving external influences



A FROSTY FAREWELL AT STUDIO

THIS was the frosty moment Zara and Graziano were seen after a practice session in September. He walked straight past her without a word as they left the West London studio.

'HITTING KICKING SPITTING'

● CLAIMS AGAINST GRAZIANO
● PRO IS OUT OF NEXT SERIES

that I can't discuss at this time, I remain committed to being strong for my family and friends.

"I wish the Strictly family and the BBC nothing but success in the future. I also want to thank everyone who has supported my career, both professionally and personally. When the time is right, I will share my story."

Last month the BBC named Graziano in the line-up for the next series.

The Sicilian-born star joined Strictly in 2018. He is married to pro Giada Lini who appears on

the Italian version. Graziano has previously been paired with TV presenter and DJ Vick Hope and Loose Women star Judi Love and in 2022 he reached the quarter-final with actress Kym Marsh.

His sacking will shock fans after Zara and Graziano appeared to be on good terms, with her praising him publicly.

Last autumn they were seen embracing after another rehearsal and he kissed her on the cheek in front of unimpressed wife Giada.

During the show Zara said: "Bless Graz, I have started with

literally no dance or performance experience whatsoever and he has been putting all of his energy into teaching me, with so much kindness, patience and passion."

They were eliminated in week six in October and a tearful Zara said: "I have had the time of my life. Just to be here is incredible. "Thank you to the judges and my amazing partner obviously."

A BBC spokesperson confirmed Graziano had been sacked, saying: "We can confirm that Graziano Di Prima is no longer a part of the line-up for the upcoming series.

While we would never comment on individual cases, it is well-known the BBC has established robust duty of care procedures, and if issues are raised we will always take them seriously and act swiftly as appropriate."

A BBC source added: "They moved very quickly in this situation and have offered Zara support she needs.

"It's a shock for everyone and raises questions about what has been going on behind the scenes."

Zara's agent was approached for comment last night.

scarlet.howes1@thesun.co.uk

BY BBC FOR MISCONDUCT



Better spirits ... hug after rehearsals last September

Fans deserve to know truth

By **HANNAH HOPE**
Sunday Showbiz Editor

STRICTLY is a national treasure — the jewel in the BBC's entertainment crown. But now, Britain's most popular show is facing a series of troubling questions about what goes on behind the scenes. The Sun on Sunday revealed earlier this year damaging claims about long-time pro dancer Giovanni Pernice's behaviour towards his partner on the last series, Amanda Abbington. Subsequently, it was announced that Pernice had quit this year's show. Now fellow pro Graziano Di Prima has been sacked for gross miscon-

duct towards ex-Love Islander Zara McDermott, who danced with him last year. The revelation has plunged **Strictly** into its biggest-ever crisis — as it is about to celebrate its 20th anniversary. **Strictly** is a family favourite and is watched by viewers of all ages. The BBC's investigation must leave no stone unturned. It is the very least **Strictly**'s millions of loyal fans deserve.

GRAZIANO'S STATEMENT

“I deeply regret the events that led to my departure from **Strictly**. My intense passion and determination to win might have affected my training regime. Respecting the BBC HR process, I understand it's best for the show that I step away. While there are aspects of this story involving external influences that I can't discuss at this time, I remain committed to being strong for my family and friends. I wish the **Strictly** family and the BBC nothing but success in the future. I also want to thank everyone who has supported my career, both professionally and personally. When the time is right, I will share my story.”



Partnered up ... Graziano and Giada, Sam and Zara

AMANDA ABUSE PLAY

STRICTLY'S Amanda Abbington is to star in a new play about “women not being believed”. The Sherlock actress, 50, says it reflects how she felt when she complained about Giovanni Pernice while competing on the BBC's dance show. Amanda left **Strictly** last year before claiming the Sicilian pro, right, mistreated her during rehearsals. Giovanni, 33, has denied all of the allegations and the BBC's investigation is still ongoing. Amanda has now gone on to star

in play *What Happens To You*. She said: “I decided to make a complaint because it was an unworkable situation. “It's a play about a woman not being believed. It's also about facing your fears. “Telling this story is incredibly important and pertinent. I've always believed women should hold up women.” The play will be at the Park Theatre in North London later this month.



£100M BILL FOR UNIONS

Yearly taxpayer cost

TAXPAYERS forked out nearly £100million in one year to pay public sector staff to do union duties, analysis shows.

More than 23,500 workers were also union reps in 2022-23, the Taxpayers' Alliance said. Some £526million has been spent on facility time – paid time off to do union duties – since 2017-18. Transport for London spent £8million on pay for facility time last year.

The Department for Work and Pensions had the largest number of trade union reps at 1,023 – costing £654,413. NHS Lothian had the most staff working 100 per cent of their hours on facility time – with 48 costing almost £1.9million.

The Tories vowed to limit spending on trade union time. But it is set to bloat under Angela Rayner's New Deal for Working People.

John O'Connell, at the TaxPayers' Alliance, said:
Deal... Rayner

By SOPHIA SLEIGH

"The government should recognise the savings by cutting the excesses."

NHS Lothian said: "Union reps who spend 100 per cent of working hours on facility time represents just 0.12 per cent of our pay bill."

TfL added: "In many cases we're legally required to allow reps paid time off."

The Government said: "We are moving away from the hostility in industrial relations."



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GOOD IMPRESSION

By JANE ATKINSON

MODEL Megan Williams grabs a piazza the action as she poses for a shoot — before heading to Venice for a holiday with pals. The Victoria's Secret star, 30, looked sensational as she soaked up the sun in a colourful bikini. Once in Venice, she opted for a more cultured look, *right*, as she surveyed the sights from a bridge — and later wore a mask for a Venetian masquerade ball. Megan was clearly having a grand time on the city's canals.



Picture: SEAFOLLY

OZZY'S A HARD ROCKER

Backer does willy pill

OZZY Osbourne's family is giving away a Viagra-style sex pill on their podcast.

The Black Sabbath rocker's clan is offering a free pack of erectile dysfunction medication BlueChew to The Osbournes listeners.

Plugging the brand, son Jack, 38, tells fans: "You know our family loves sharing everything with you, and today we are sharing a little secret from the bedroom. It is an amazing online service that delivers the same active ingredients as Viagra."

By EMILY WEBBER

"But here is the kicker — it is in a chewable little tiny tablet and it is a lot cheaper so you can take them anytime."

The family explains the pill comes in a "cool little black sachet" and is delivered in a discreet brown envelope.

Listeners are told to use a code to get it for free, although they have to pay for shipping. The promo is aimed at fans in the

US only. Besides Jack, Brummie Ozzy, 75, is joined on the show by wife Sharon, 71, and daughter Kelly, 39.

In a 2019 interview Sharon revealed she tended to nod off when Ozzy popped Viagra.

She said: "We'd wait and wait for it to work. I'd fall asleep and he'd be there with a big boner and I'm fast asleep and he can't wake me up."

Offer . . . Ozzy



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TERRIFIED POLITICIANS TELL OF INTIMIDATION

Chilling truth of election abuse

CANVASSERS FOLLOWED AND TYRES SLASHED

SCARED VOTERS THREATENED AND MANHANDLED

LIB DEM WOMAN SURROUNDED BY MOB OF 60 MEN

MP CALLED COPS AFTER WINDOWS SMASHED BY YOBS



Speech... Biden

Prez: I'm only one who can beat Don

By LEN READ

JOE Biden once again refused to drop out of the US election – despite yet another confused gaffe in a major speech. The US President, 81, told a rally in Detroit that he was the only one who could beat Donald Trump in November and warned that his rival poses a serious threat. But during his 36-minute address he referred to Michigan congresswoman Debbie Dingell as “Debbie Haley”. It is believed he may have confused her with former presidential candidate Nikki Haley. Mr Biden later said: “Sometimes I confuse names.” It came a day after he referred to Ukraine’s Volodymyr Zelensky as “President Putin” and called Kamala Harris “Vice President Trump”. At least 19 members of Congress have called on him to quit, but most top Democrats still have not come out against Biden.



'Betrayal'... Cooke

Corrupt burglary cop gets six years

By ALEX WEST

A CORRUPT police officer has been jailed after turning to crime to get extra cash on top of his £31,000-a-year wages. Sergeant Benjamin Cooke, 34, used police intelligence to discover two stashes of cash being kept in homes in a bid to steal up to £76,000. He was called to a dead man's house where he had saved £16,870 for funeral expenses but failed to get inside. Cooke learned of £60,000 kept in a safe and wrongly claimed he had a search warrant to take it. He later told the force's anti-corruption unit he was being blackmailed by a crime gang and dumped the safe. But it was never found. Cooke, of Hirwaun, South Wales, admitted burglary, attempted burglary, illegal use of a computer and corruption at Cardiff crown court. He was jailed for six years and four months.



INVESTIGATION

By KATE FERGUSON, Political Editor, and SOPHIA SLEIGH

THE chilling scale of intimidation that marred the General Election campaign is today laid bare – sparking warnings our democracy is “under attack”.

In ugly scenes, politicians and activists had car tyres slashed, were hounded through the streets by groups of men and heckled over the Gaza conflict. Masked mobs burst into political meetings and even surrounded one candidate in their car. Women, in particular, were targeted, with one activist encircled by men in East London demanding to know where her “husband” was. And cops were called after vandals smashed Labour Walthamstow MP Stella Creasy's office window.

Another politician felt so unsafe, they said a daily “prayer of protection”. And Brendan Cox, the husband of murdered MP Jo, warned that, without action, it is “only a matter of time” before someone is killed.

A dossier on the sickening abuse was last night handed to new Home Secretary Yvette Cooper by John Woodcock, known as Lord Walney. The former government adviser on political violence said his exposé is the tip of the iceberg and demanded an immediate inquiry.

He told The Sun on Sunday: “MPs have been murdered while serving their communities. The threat is real and must be confronted or more lives may be lost. The abuse captured on camera during this campaign is bad enough, and there is a darker underbelly of extremism that is coordinated and sinister.

“It must be exposed and stamped out by the new Labour government.” Political veterans said the 2024 election was the most abusive and frightening in modern British history. Several members of Sir Keir Starmer's frontbench were abused

by pro-Palestine protesters.

Jess Phillips, Labour MP for Birmingham Yardley, said: “I saw men crowding around polling stations, threatening people going in. “People being dragged to vote a certain way – as well as people following activists out door-knocking, filming them, slashing their tyres, threatening them in the street.”

A visibly shaken Jess was heckled at her victory speech by pro-Palestine campaigners. Brendan Cox – whose wife Jo was carrying out her work as a Labour MP when she was killed in 2016 – was meant to go campaigning with Jess, but she cancelled because of the toxic abuse.

Mr Cox said: “Unless something changes in politics and policing, I think it is just a matter of time before... another MP is killed.”

Labour candidate Jonathan Ashworth received a torrent of abuse in his Leicester South patch. He even sought sanctuary in a vicarage after men chased him down the street and yelled at him for 45 minutes.

“Even when I came out of the vicarage, they were shouting at me with megaphones,” he said. “There were leaflets going around accusing

me of being Genocide Jon.”

Jonathan lost his seat to Independent MP Shockat Adam – who reposted a video showing his rival being pursued, with a lengthy statement endorsing the behaviour.

A spokesman for Shockat said he would “never condone bullying or harassment” but added: “A bit of questioning in the street is not unusual in a democracy and, if Shockat ever lost touch with his voters as Jonathan did, he would expect to be held similarly accountable.”

‘Designed to intimidate’

Justice Secretary Shabana Mahmood, the Labour MP for Birmingham Ladywood, was targeted by masked men who disrupted a community meeting, “terrifying” those in attendance.

In North Durham, new Labour MP Luke Akehurst was besieged by masked pro-Palestine activists at a campaign meeting on June 2. Around 40 gathered, before some tried to get in. Luke was rushed to his car but was surrounded by the yobs, screaming slogans including “Zionist scum” and “You believe in genocide” in his face. He made it into his car



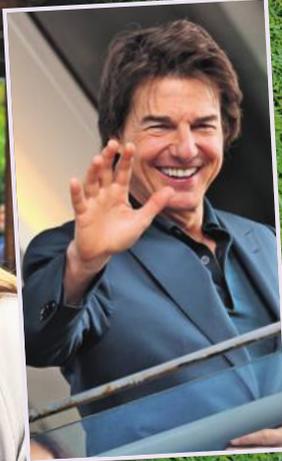
OUSTED... Labour's Jonathan Ashworth, left, lost his seat to Independent Shockat Adam, centre clutching pro-Palestinian keffiyeh. Right: New Justice Secretary Shabana Mahmood

SHAKEN... Jess Phillips was heckled. Main images: the smashed window at Stella Creasy's office

TENNIS FINAL'S A REAL JOY



Who's that...
Brit star Jenna



Hollywood superstars... Tom, Zendaya and Hugh were at Wimbledon yesterday



A Joy to behold... actress Anya

KATE'S SERVED AN ACE

Vow to be at Wimbo today

THE Princess of Wales will serve up a treat for fans when she crowns the men's Wimbledon champion today.

It will be only her second public appearance since revealing she was being treated for cancer. The first was at Trooping the Colour on June 15. But today tennis fan Kate will watch the men's final from the Royal box and present the trophy to either Carlos Alcaraz or Novak Djokovic.

It is not known if any of her children – Prince George, Princess Charlotte or Prince Louis – will join her to cheer on the action.

Kate said earlier this year that she was being treated for cancer, which was found after abdominal surgery in January.

Before Trooping the Colour she said she was not "out of the

By **JULIA ATHERLEY**

woods" but was "making good progress" and had "good days and bad days".

Kate, 42, has been patron of the All England Lawn Tennis Club since 2016 and is usually a regular in SW19 during Wimbledon fortnight.

She missed yesterday's ladies' singles final for the first time since 2017. Instead, All England Club chairwoman Deborah Jevans presented the Venus Rosewater Dish to Czech Barbora Krejčíková, who beat Italian Jasmine Paolini 6-2 2-6 6-4.

Celebs spotted watching the match on Centre Court or around the grounds included former Doctor Who star Jenna Coleman and actress Anya Taylor-Joy.

Hollywood stars Tom Cruise, Zendaya and Hugh Jackman were also there.



Tennis fan... Princess of Wales

WAR CAUTION RAP

THE West must be prepared to see an escalation of the conflict in Ukraine, a former Nato chief has warned. Labour grandee Lord Robertson dismissed fears of nuclear retaliation if Kyiv attacked bases in Russia with British Storm Shadow missiles. The former Nato Secretary General

said: "What escalation is possible? Tactical nuclear weapons, it will be said. "But they have no military utility, could spread radiation to Russia itself and their use would lose the support of China and India immediately." He added that an "absence of Western caution" was needed.



THANK you for providing us fans with so much entertainment and joy. Just one more game to go. Let's bring it home – Scott, Max and Rufus Yule, Doncaster

CHILD DIES IN BLAZE

A CHILD has died and five people taken to hospital following a house fire. The blaze ripped through the ground and first floor of the terraced home. Pictures of the scene showed smoke billowing into the sky and a person on the roof seemingly waiting to be saved. No details were given for the child

nor those hurt in the incident in East Ham, East London, yesterday morning. Mayor of Newham Rokhsana Fiaz spoke of her profound sadness, adding: "Let us come together as a community to support one another and extend a helping hand to those in grief." The cause is being investigated.

and a

of



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Energy plan . . Charles

King will get more power... from sun

By LEN READ

KING Charles has been given planning permission to build a solar farm at Sandringham.

His Majesty had applied for about 2,000 panels to be placed on grazing paddocks.

They would provide 2.1 megawatts of energy, mostly for the house, visitor centre and sawmill.

The application says the farm "would add further value to the estate as a tourism destination".

Trees would hide the facility from the 500,000 visitors a year. After 40 years the land would be returned to horse grazing.

Work can start once proposed archaeological works are approved by King's Lynn and West Norfolk Council.

The King has had solar panels on Sandringham House's roof since 2022.

Plant like pet in pot

TREATING houseplants like pets helps us deal with life's stresses and strains, a poll suggests.

More than half of us say we like to have floral friends at home as it helps boost our mood.

One in eight of us talk to them and nearly as many say we value plants as much as a pet.

Some of us have 20 and a few spend £500 on them, the poll for retailer Feather & Black shows.

But the novelty can soon wear off - two thirds of us admit forgetting to water our plants.

COME ON ENGLAND

I'M watching this from Canada. When Oli scored that amazing goal, we all went wild. Rar, Lions, Roar on Sunday night Marilyn Domleo, Montreal, Quebec.

Bin note apology

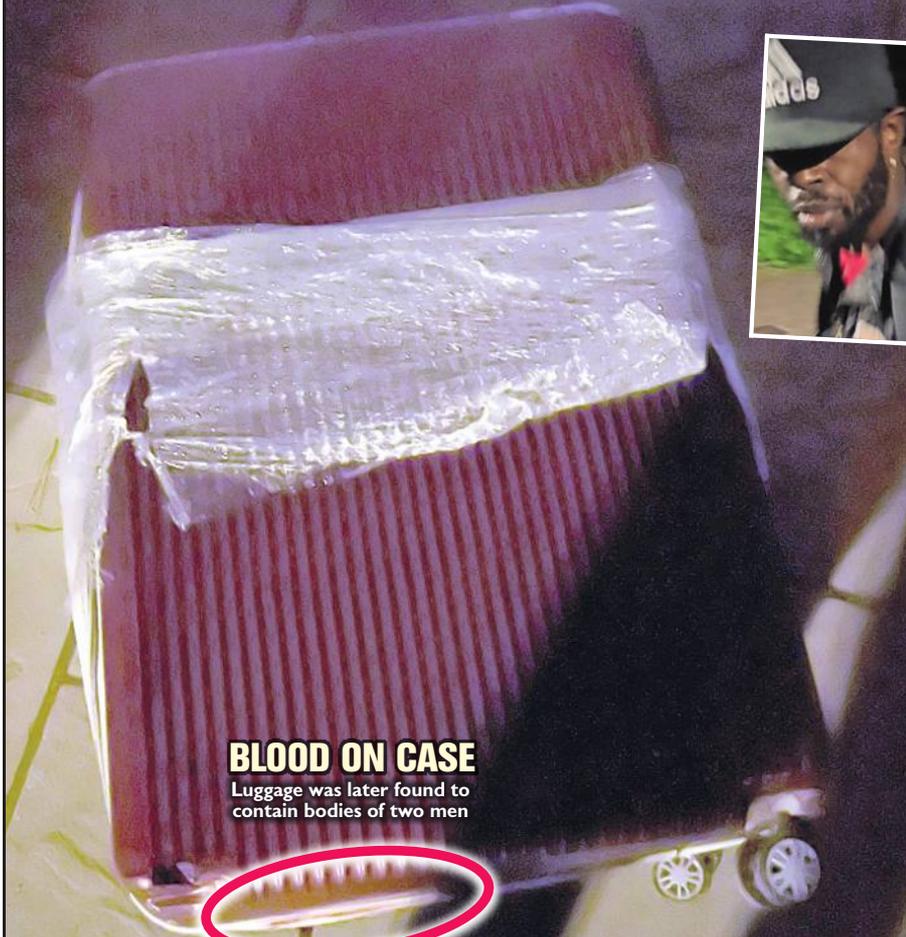
A COUNCIL has apologised after one of its workers put an offensive message on a bin.

Its crew had refused to empty the bin - and left a note saying it was because there was "dog s**t" in it.

But South Kesteven District Council, in Lincs, received a complaint saying someone else had put the poo in there and accusing its staff of being "passive aggressive".

The council apologised for any offence caused and said it would conduct a full investigation.

PIC OF CASE IN BODIES PROBE FILM OF MAN RUNNING AWAY



BLOOD ON CASE
Luggage was later found to contain bodies of two men



SUSPECT SPRINTS OFF
Spanish-speaking man in cap called out as he fled

'MY BOSS IS REALLY BAD'

-WORDS OF FLEEING MAN CAUGHT ON VIDEO

ONE of the suitcases at the centre of a police investigation into the discovery of human remains is pictured - with a "bloodstain".

The bulging red luggage, partly wrapped with cellophane, appeared in footage obtained by The Sun on Sunday.

Film also captured a man running away from the scene - stammering twice: "My boss is really bad."

He is pursued by an onlooker on a bicycle who tries to confront him.

The fleeing man, in a black Adidas baseball cap, leisure gear and white trainers, appears to try to knock the phone from the witness's hand.

The bearded man, with a rucksack on his back, can be heard speaking

EXCLUSIVE by STEPHEN MOYES

in Spanish as he jogs away into the night. The red suitcase is one of two dumped at Bristol's Clifton Suspension Bridge and known to have contained the remains of two men.

An apparent bloodstain is visible on the side - while the clip shows two police officers kneeling over it as they prepare to open it. The Sun on Sunday's revelations come after armed police arrested a 34-year-old suspect yesterday over the grisly discovery.

He was held at Bristol's Temple Meads station after police issued an appeal for help in

tracing Colombian Yostin Andres Mosquera. They said yesterday that they were not looking for anyone else in connection with the incident.

The bodies found at the bridge were being linked to human remains found at a flat in Shepherd's Bush, West London, on Friday.

Sources said two men - one a wheelchair user - lived at the flat, travel to Bristol and were known to the arrested man.

A shocked neighbour said: "This is all very distressing. "We're worried sick about what might have gone on under our noses."

The suspect was being taken to London for questioning by the Met Police, which has taken over the investigation.

The suitcases were dumped at the bridge at midnight on Wednesday night. A woman, who helped two men struggling with the heavy cases, was overheard joking with them about there being bodies inside.

Expat visitor Giles Malone, who witnessed the exchange, thought nothing of it until told the bridge was closed the next day.

He said: "I immediately looked at my wife and said, 'I wonder if that is a coincidence from last night?'"

A second post-mortem examination was being carried out on the remains after the first proved inconclusive. Meanwhile, a 36-year-old man arrested in London on Friday has been released without charge.

Police . . . at London flat

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This week who I would...

SNOG

ANNE-MARIE making a surprise appearance in the VIP Volvic HydeAway at BST Hyde Park.

MARRY

KYLIE dropping her new track *My Oh My* with **BEBE REXHA** and **TOVE LO** on Thursday.

AVOID

STARS said to include **RAMI MALEK** unhappy at Bridget Jones movie filming in their London street.

HANNAH HOPE'S



KILLER SET BY BRANDON AND CO



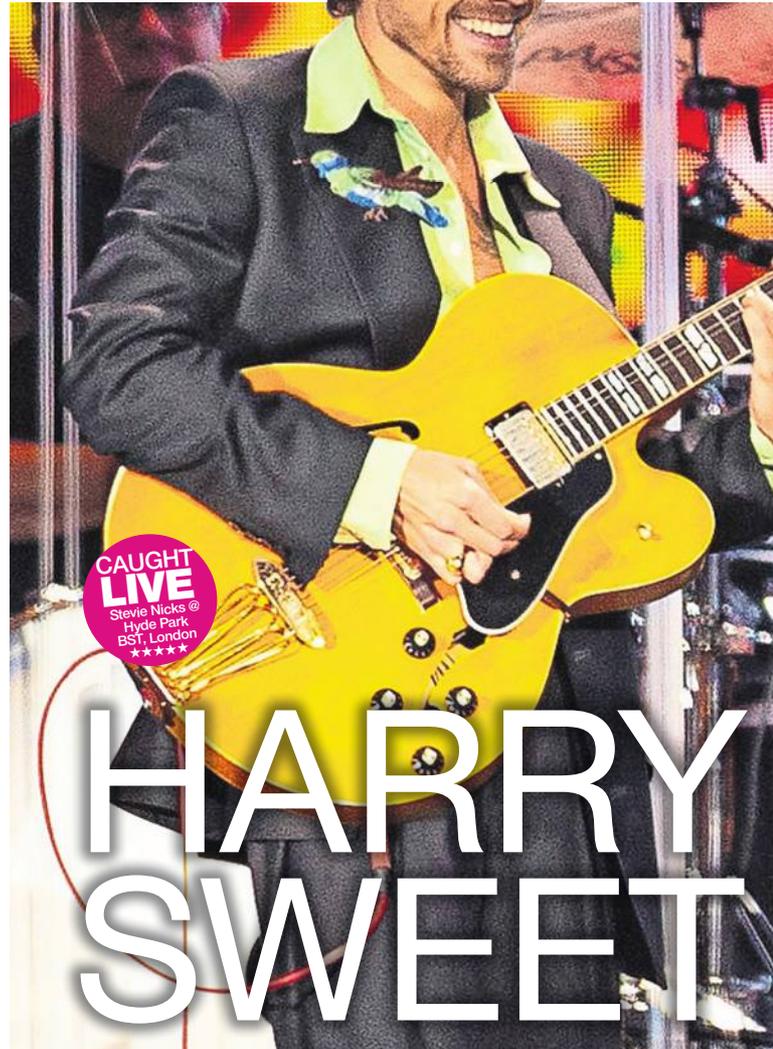
NO one does anthem rock quite like **THE KILLERS** – and they proved they still have the magic after 20 years at the top. I watched them perform on the final night of six sold-out shows at London's 20,000 capacity O2. And they showed no signs of running

out of steam. Frontman **BRANDON FLOWERS** was a perfect master of ceremonies, dressed in a red blazer as a nod to a ringmaster. He told the crowd: "Rock 'n' roll, we're a dying breed" and proceeded to prove he had plenty of life left in him. The Las Vegas band based the theme of their Rebel Diamonds show on Sin City, which was a fun detail. They played their hits *Somebody Told Me*, *Human*

and, of course, Mr Brightside, which they performed after the brilliant **OLLIE WATKINS** fired England into the Euros final in Germany. A first-class night.



HITS . . . Brandon



Stevie Nicks @ Hyde Park BST, London

HARRY SWEET

Stevie and Styles munch

STEVIE NICKS and **HARRY STYLES** drank non-alcoholic beer and ate candy floss after their surprise duet at Hyde Park's BST. The **FLEETWOOD MAC** singer put on a backstage spread packed with sweet treats, booze-free tipples and herbal tea for the ex-**ONE DIRECTION** star. In the crowd watching Stevie's headline set on Friday were **KATE MOSS** and daughter **LILA KIRSTEN DUNST**, **CARA DELEVINGNE**, and fashion designer **STELLA MCCARTNEY**. Harry's sister Gemma was also watching from the platform with singer-songwriter **KID HARPOON** and **ROB STRINGER**, CEO of Sony Music. Hazza sang Fleetwood Mac song *Landslide* with Stevie, along with *Stop Draggin' My Heart Around*, which she recorded with the late **TOM PETTY**. She played Tom's song *Free Fallin'* as images of the pair were projected on to the screen. Stevie also paid tribute to her former bandmate **CHRISTINE MCVIE** on what would have been her 81st birthday. Christie died aged 79 in 2022, after a stroke as she battled cancer. Arm in arm with her stage guest, Stevie said: "I asked Harry to do this, and it's always heavy to ask someone to come and sing this song with you – when you're singing about your best friend that died so suddenly and so sadly. "What I want you to know is that Christine was Harry's girl and she was my girl, she was your girl. And she loved all of this. "And today was her birthday, so, it's taken me all this time to try to deal

SIN CITY VENUES FIGHTING FOR DUA

I HAVE heard whispers that **DUA LIPA** is being lined up to become a big player in Las Vegas. The Londoner has been approached by casinos and mega venues for a residency in Sin City. After her impressive headline performance at Glastonbury last month, the Grammy and Brits winner is being wooed by Resorts World – once home to **KATY PERRY**'s mammoth Play residency – and £2billion venue The Sphere, where **U2** are in situ. Meanwhile, the Fontainebleau Las Vegas hotel and casino complex has also taken a shine to the New Rules star and has been in contact with her people. A Vegas insider revealed: "Dua has gone from being a singer on the radar to the most sought-after solo artist for a residency. "Her star has risen dramatically in the last year and Glastonbury really showed that she is the full package for a Vegas crowd. "She really offers fans the type of show that audiences are crying out for – current chart hits with a dance vibe for those under 40." A Sphere spokeswoman said: "We do not comment on any artists performing at Sphere, except for those who have been announced." Dua is certainly hot property at the moment, after selling out two dates at Wembley Stadium as part of her *Radical Optimism* Tour next June. She looked sensational on Friday night, wearing tiny white shorts and fishnet tights as she put on a stunning performance at Nos Alive Festival near Lisbon.

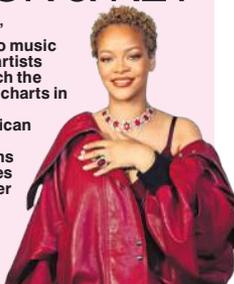


IN DEMAND . . . Dua singing at a festival in Portugal on Friday

RIRI RETURN IS UNDER LOCK & KEY

RIHANNA has set the wheels in motion for her music comeback. We can reveal the singer, *right*, has registered the title of a track called *Lock & Key* on the Performance Rights Organisation website, which is a secret database where songs are listed. The Fenty Beauty founder, who has two boys with rapper boyfriend **A\$AP ROCKY**, has been on a musical hiatus since the release of her eighth album, *Anti*, in 2016. A source tells us: "She scrapped the material she worked on before Covid but *Lock & Key* keeps coming up in meetings. "So she is seriously considering using it as her comeback record. "She is in weekly meetings with Jay Brown, the former CEO of Roc Nation, to map out a comeback that doesn't clash with the new

BEYONCE album." Rihanna's return to music comes as British artists have failed to clinch the top spot in the UK charts in 28 weeks. Currently, American singer **SABRINA CARPENTER** reigns at No1 in the singles charts with summer smash *Espresso*. It looks as if us Brits have got some tough competition . . .



WHO HAVE YOU SPOTTED?



CORONATION Street's Kirk Sutherland – actor **ANDY WHYMENT** – at Silverstone for the British Grand Prix last weekend.



BRIDGERTON actress **NICOLA COUGHLAN** enjoying a pint at The Auld Shillelagh in Stoke Newington, North London, on Friday.

ON SUNDAY

with **EMILY WEBBER**

Got a story? Call or WhatsApp 07929 209431

ED SHEERAN is going back to the more heartfelt and emotional music he made in his early days.
 The 33-year-old told Sirius podcaster **THEO VON**: "There have been things in my life that have happened over the past two years."
 "I think the music I'm making at the moment is more like the music I was making in my early twenties, when there was a lot of tension going on in my life."
 The past few years have been tough for the Shape Of You hitmaker, who had depression after his wife was diagnosed with a tumour and struggled with the sudden death of his friend, the entrepreneur and DJ **JAMAL EDWARDS**.



GUITAR MAN
 ... Harry on stage with Stevie in Hyde Park



AT HOME ... Stacey and Joe

STACEY REALITY CHECK

IT is hard to believe **KIM KARDASHIAN**, **JACOB REES-MOGG** and **STACEY SOLOMON** have something in common.

But I can reveal TV sweetheart Stacey and hubby **JOE SWASH** are also about to star in a fly-on-the-wall reality show with their combined brood of six kids.

An insider said: "Stacey and Joe are such homebodies and love nothing more than spending time with their children."

"The series is set to be a huge hit, given the chaos that comes with a big family."

"Stacey and Joe will also not hold back when it comes to showing the highs and lows of family life."

"Fans can expect to see an unfiltered version of a busy household."

The Loose Women star, who also appears on BBC's Sort Your Life Out, recently revealed she was adopting ducks for the pond at their £1.3million home in Essex.

She wrote: "Things are starting to get a little more even around Pickle Cottage."



BUGGY ... singer's visit

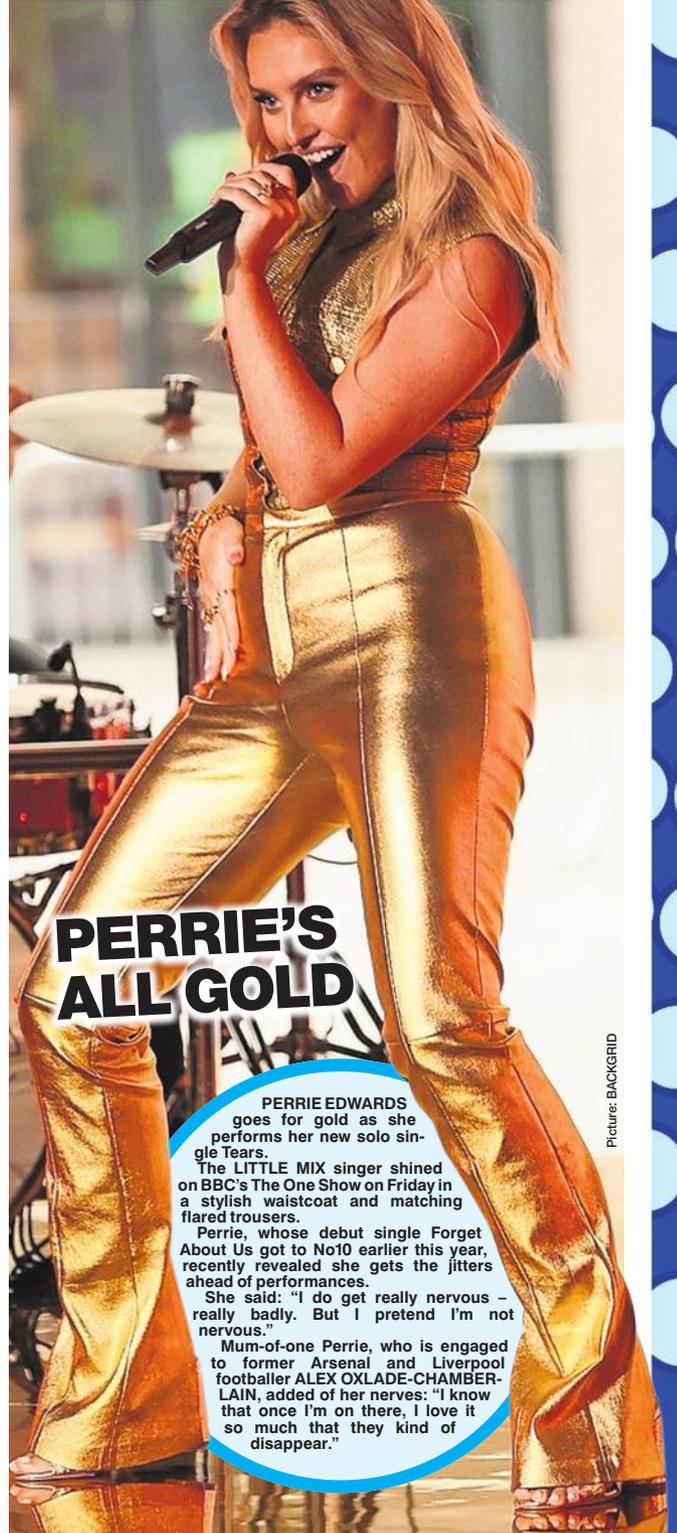
ADELE'S ON SITE

ADELE arrived at a building site in a buggy and wearing a hi-vis vest to check out the site of her new German mini-residency.

She teased fans with a sneak preview of the 80,000 outdoor arena, which is being specially created for her Munich shows next month.

Adele, who was in Germany to watch England in the Euros this week, will perform eight shows in the city. She said: "It's all a bit bloody exciting."

One follower added: "Queen of England and now Germany too."



Picture: BACKGRID

PERRIE'S ALL GOLD

PERRIE EDWARDS goes for gold as she performs her new solo single Tears.

The **LITTLE MIX** singer shined on BBC's The One Show on Friday in a stylish waistcoat and matching flared trousers.

Perrie, whose debut single Forget About Us got to No10 earlier this year, recently revealed she gets the jitters ahead of performances.

She said: "I do get really nervous - really badly. But I pretend I'm not nervous."

Mum-of-one Perrie, who is engaged to former Arsenal and Liverpool footballer **ALEX OXLADE-CHAMBERLAIN**, added of her nerves: "I know that once I'm on there, I love it so much that they kind of disappear."

MACS MUSIC

on candy floss after gig

with this situation." Stevie added: "Harry, I thank you, we thank you."

Stevie performed a two-hour set, belting out Fleetwood Mac favourites Dreams, Rhiannon and Gypsy before launching into her own songs Wild Heart and Bella Donna.

While the former hellraiser splashed out on a backstage spread, everyone including Harry (*right*) wore masks because of Covid and she was in bed by midnight.

'It's coming home'

An insider said: "Gone are the days of Stevie staying up all night partying. She went back to her hotel after the gig but enjoyed a non-alcoholic beer with Harry before she left. "She also had her favourite candy floss and lots of sweet treats for

Harry and her band. Everyone had to wear masks, including Harry, and that was strict protocol.

"So there was no inviting anyone else like Kate backstage this time."

Stevie once described Harry, inset in his mask, as "the son I never had."

Their friendship began when he personally delivered a carrot cake to her on her birthday after a Fleetwood Mac gig. Since then they have performed together at a string of concerts.

When Stevie was inducted into the Rock & Roll Hall of Fame as a solo artist in 2019, Harry said in a tribute: "Whenever you hear her voice, life gets a little bit better."

Harry didn't speak on stage at Hyde Park, except for a nod to the Euros: "It's coming home."

PRESENTER BEN FOGLE wearing a suit and boarding a train at Barnes Bridge in West London on Tuesday morning.

BOOM Clap singer **CHARLI XCX** in the Evian suite during the Wimbledon tennis championships on Thursday.

WILL SMITH dancing along enthusiastically to **JANELLE MONAE**'s set at Madrid's Mad Cool Festival on Wednesday.

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DEAL OF DAY



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CHEAP TREAT



YOUR bed will be beautiful with the Sten bedding set from Dunelm, down from £12 to £6 for a double duvet cover and two pillowcases. **SAVE: £6**

Activities to help little ones grow

BUDDING SKILLS . . . get little ones into gardening

GO SHOPPING FOR FREE KIDS' WORKSHOPS

IF you need some ideas for summer holiday activities, see what is on offer at the shops.

Whether your kids love crafting, caring for animals or doing some gardening, there is an in-store workshop they will love.

Here is our pick of the best free activities that will give you and your bank balance a break.

GOOD TO GROW: As well as its regular monthly workshop for kids, Dobbies garden centre is hosting a Little Seedlings Holiday Club.

Children aged four to ten will learn about beautiful butterflies and get the chance to make their own butterfly-friendly

garden. The Scottish and Northern Ireland stores will be opening the club from July 22 to 26, and at the Wales and England stores, it will be held from August 12 to 16.

PET PROJECTS: Animal superstore Pets at Home will host free pet workshops where children can learn more about Syrian hamsters.

They can also get stuck into crafts and colouring. Kids will meet a selection of small animals and learn how to look after them. The 45-minute sessions run from July 20 to September 1.

Find out more at community.petsat.com.

SUMMER CHAMPIONS: Inspired by the summer of sport? Little ones can have their medal-winning moment at the Ikea store in Wembley, London, where there is a range of free sport-inspired events

for kids. Other Ikea stores around the country will be hosting their own holiday activities, such as summer crafts every Monday in July at the Edinburgh store, so check out the events page of your local site to see what is on.

MEET AND GREET: Youngsters can have a day to remember at The Entertainer stores, with visits from their favourite TV characters throughout the summer.

Whether they are fans of Paw Patrol or Bluey, want to see a Squishmallow or have some Nerf fun, check out the events page at thetoyshop.com.

● **All prices on page correct at time of going to press. Deals and offers subject to availability.**

TOP SWAP

£275



YOU could shell out £275 for a giant faux clam shell, above, from coxandcox.co.uk or you can get a similar coastal vibe with Asda's white shell bowl, below, £14. **SAVE: £261**

£14



What's new?

NEVER have pans looked so pretty as the pink Every Ways Pan from Aldi, £19.99, available from today while stocks last.



Little helper



TREAT yourself to a great kitchen deal with a MasterChef 4.5i digital air fryer now £29 at The Original Factory Shop - down £60 from £89.99. You can order it online for home delivery.

THE Sun

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Idea . . . comic Harry

Hill's man with van TV plan

By EMILY WEBBER

HARRY Hill plans a TV show where he jumps out of a van in a busy place – and picks someone to spend a day with. The comedian, 59, is already pitching *I'm Coming to Your House* to telly company bosses. He explained: "I'm in the back of a van.

"We arrive at a place – could be Bluewater shopping centre or the M3 Fleet Services – a place where there are people. "I burst out of the doors, go up to someone and say, 'Hi, what's your name?' They say, 'My name's Sarah.' "I say, 'Mind if I spend the day with you?' Then I follow them round and go back to their house." The former TV *Burp* host told *Great Company* podcast: "Everyone's got a story. People are bored of celebrities. The only difficulty is – what if they've got a bad past? You go round the house and there's a dead body?"

Hunt for gull killer

YOBS chased a flock of seagulls before catching one and killing it. Two men were said to have run at the birds outside a Baptist church. One of them caught a gull and killed it but police did not say how. Shortly after, the pair were caught on CCTV with another man close to the scene of the attack in Hereford on June 30. West Mercia Police released the images and appealed for witnesses. Gulls, like all wild birds, are protected by law and it is illegal to kill them without a licence.



Picture: EROTEME

THAT'S TORN IT KATE!

By JANE ATKINSON

SUPERMODEL Kate Moss has such a rip-roaring time at a gig that she tears her dress. Kate, 50, was watching former Fleetwood Mac singer Stevie Nicks, 76, perform at BST Hyde Park on Friday night. But while waving her arms around, she ripped the sleeve on her gold and black dress.

EXCLUSIVE

LOCKED UP FOR GOOD



Shut prisons won't be opened to ease crisis

MINISTERS have ruled out reopening Victorian jails to ease the prison overcrowding crisis.

They looked at reusing facilities such as Holloway in North London but decided it would take too long to get them ready, *The Sun* on Sunday understands.

Meanwhile, former Home Secretary David Blunkett will next week call for Labour to build mini prisons to house about 100 lags each and focus on rehabilitation.

He told *The Sun* on Sunday: "We've got to go on a prison-building blitz but there is no point doing the mega prisons. That will take too long."

"It is better to build smaller units across the country closer to where people are living.

"Then you don't get bogged down waiting for planning permission for four or five years. You can do it within 18 months."

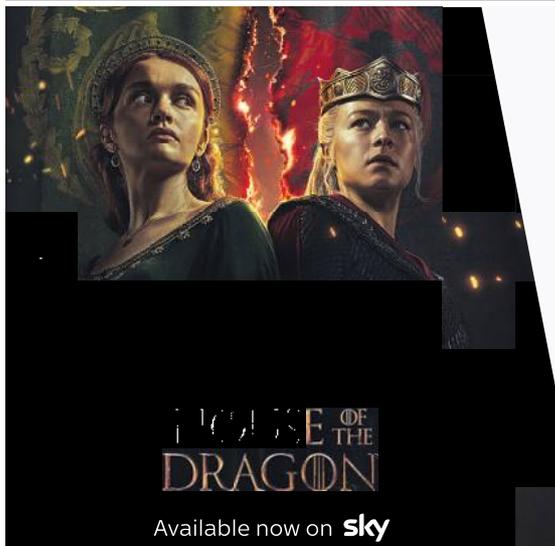
On Friday, new Justice Secretary Shabana Mahmood said thousands of lags would be released early – some after 40 per cent of their sentences – beginning in September. The most serious and

violent offenders will remain locked up. Ms Mahmood warned of a collapse of the prison system without urgent action to ease overcrowding.

She said: "The last government left us with a time-bomb, ticking away."

"So let me explain what happens if that bomb goes off. "Soon, the courts would grind to a halt, unable to hold trials. The police would have to stop carrying out arrests."

kate.ferguson@thesun.co.uk



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TRIPLE MURDER

Our pain cannot be put into words..



Pain... BBC John with Carol and daughters Louise, left, and Hannah

CROSSBOW VICTIMS' FAMILY 'DEVASTATED'

THE heartbroken family of the mum and two daughters killed in a crossbow attack have spoken of their devastation.

BBC racing commentator John Hunt and his surviving daughter Amy said they were being helped through by messages of support.

They issued a statement following the deaths of John's wife, Carol Hunt, 61, and daughters Louise, 25, and 28-year-old Hannah in Tuesday's horror.

They said: "The devastation that 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

In hospital... suspect Clifford

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."

The three women were killed with a crossbow at their home in Bushey, Herts. They were thought to have been tied up and gagged for hours before being shot dead.

John, 58, was said to have been out, commenting at a meeting at Lingfield racecourse in Surrey.

Suspect Kyle Clifford, 26, was tracked down by police to a graveyard in Enfield the following day, having apparently stabbed himself in the chest.

He was arrested on suspicion of the three murders after regaining consciousness in hospital on Friday.

Ex-soldier Clifford, who remained in hospital in a serious condition, was in a relationship with Louise but they had split up.



Porter carries it off

EXCLUSIVE by EMILY WEBBER

HOLLYOAKS star Jorgie Porter cradles her blossoming baby bump on the red carpet last night.

The actress, 36, looked radiant in a gold gown at the RadioTimes.com 2024 Soap Awards in Manchester.

Elsewhere, *EastEnders*' Ellie Dadd, 19, who plays Amy Mitchell, wowed in a nude shimmer dress as the show won Best Soap, voted by the public.

Fellow *EastEnders* Adam Woodyatt, 56, and *Michelle Collins*, 62, posed together. And *Hollyoaks*' Jennifer Metcalfe, 40, stunned in a cut-out dress.

Dadd good... Ellie wows fans

Baby love... Jorgie. And left, from the left: Adam, Michelle and Jennifer

IT'S COMING HOME AND SO ARE THE PIZZAS

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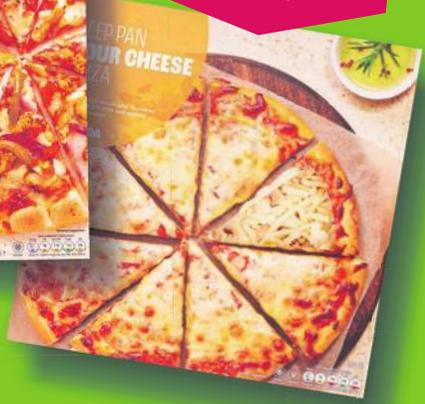
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jane.atkinson@the-sun.co.uk

Jane Atkinson



CRUSH... hero Gareth

GARETH SETS THE GOALS

I BET I'm not the only one who has developed a bit of a crush on Gareth Southgate.

What's not to love? The England manager is cool, calm and collected.

He supports animal charities, adores walking his dogs and is a loyal family man who prefers eating Fat Rascals (a tasty-sounding scone with glacé cherries and almonds) in his local tea room in North Yorkshire to posing outside posh restaurants.

Gareth is a one of the nice guys. He puts others first and even ditched his waistcoats for a more down-with-the-kids look, purely so his England players could feel more at ease with him.

He's had the kind of criticism that would have most men crumbling.

But instead of wallowing, he has taken it on the chin and used it to grow stronger. Now he's helping this country to bounce with enthusiasm and optimism.

Tonight we all hope he's the manager of the winning team.

I wish them all the luck in the world and hope, win or lose, that he truly gets the credit he deserves and that instead of plain old Mr Southgate, we all get used to referring to him as Sir Gareth.

BRUISED BONUS

GRAHAM SUTHERLAND is presumably laughing all the way to the bank because he's in line for an £800,000 bonus.

But his frustrated train passengers would love to wipe that smile off his face.

Mr Sutherland is the chief executive officer of First Group, the operator of rail services including Avanti West Coast, Great Western Railway and South Western Railway which, as many of his unlucky passengers know, are riddled with cancellations and terrible service.

Apparently he's getting this gigantic bung for hitting eco and diversity targets, which proves these rail bosses don't give a damn about the actual passengers on board.

What a disgrace.

“I HAD to pick my dead baby up from the side of the road. I hugged him so tight – a hug I will never forget.”

Just 25 short words from grieving mum Shalorna Warner that will send a chill down every parent's spine.

Little Zackary Blades was just eight months old when he and his aunt were killed by drink-driver Darryl Anderson on the A1M in Durham.

He was doing twice the speed limit at 141mph, was three times over the limit and was even WhatsApping photographs of his speedometer moments before the crash to “show off”.

He later told police “sometimes mistakes happen” and tried to say he wasn't even driving at the time.

Grieving Shalorna has rightly described him as an “evil monster”.



He's been sentenced to 17 years and three months and banned from driving for 21 years and six months.

But that means 38-year-old Anderson, who has previous convictions for drink-driving, could be back behind the wheel by the time he is 60. Which is disgusting.

This man should never be allowed back behind the wheel of any vehicle, ever again.



FAMILY FAVE... our pet

I WON'T FAIL MY LAYLA

THE “humanisation” of pets as “fur babies” has apparently led to fewer people choosing to put them down and instead keeping them alive with costly treatments.

The Competition and Markets Authority says some pet owners are paying for expensive treatment that would previously have been “addressed through euthanasia” as they seek to keep their beloved animals alive.

And I am one of those pet owners. Our boxer dog Layla has got kidney disease and extensive allergies, she's undergone chemotherapy for cancer and had a recent operation on her cruciate ligament.

She even suffered eye surgery because our five-year-old accidentally scraped her eyeball with the end of a banana (be warned, they can be sharp!) and had to have yet another operation to repair it.

Yes, years ago she would have been put down; yes, she is our fur baby; yes, we have remortgaged and; yes, our vet is giggling his head off all the way to the bank.

But I don't regret it for a second because she is still only seven and is now living life to the full and totally pain-free.

One day sooner or later we will take her to that vet for the last time. But for now I am truly grateful for those amazing advances in veterinary care and being able to choose to keep her with us for just a little bit longer.

LACKING IN CLASS

NURSERY teacher Lauren Paige has published a guide online, saying what to buy your kid's teacher as an end-of-year gift.

So, apparently, it's no booze, no mugs and no gym membership.

Charming. And this woman is, somehow, supposed to teach children one of the major life lessons – of actually being grateful for what you receive.

Thankfully she's an American teacher.

But I know what I'd be buying her if she looked after my child.

Absolutely nothing!

Yes, Jamie's boy is a nepo baby but he still deserves praise

I TURNED on the radio on Thursday morning to hear adults slating a 13-year-old.

Cruel. But true. That teenager is Buddy Oliver, the son of celebrity chef Jamie who has caused outrage to some by releasing his first cookery book called Let's Cook aimed at encouraging children into the kitchen.

What a pukka idea. The fourth of Jamie and Jools' five kids, Buddy was born to cook. He has certainly seen more of it than your average kid.

His little videos on social media are a joy to watch and he already has his own online cookery show. Jamie has said that little Buddy “doesn't want to be a chef or a TV presenter... but the idea of trying to get other kids to cook is a really positive thing.”

Yes it is. But he also

says Buddy will not be a nepo baby. Which is utterly ridiculous because – like it or lump it, Jamie – that is exactly what he is. Many will say Buddy only got his break because of his well-connected Dad.

And, understandably, some parents are outraged by that.

It is natural for kids to want to follow in their parents' footsteps into an industry they have become so familiar with while growing up but it is also galling for the thousands with little Marcos and Delias at home who wouldn't even get a response if they emailed a publishing company.

Nepo babies are in all walks of life. We have all seen kids who are often less qualified using family connections to get



BUDDY JOLLY... with Jamie

fancy jobs in posh offices while others get turned away for work experience.

But those celebrity kids who get a leg up and saunter into a prized gig are utterly irritating because it is far more visible.

For them, though, it can be a double-edged sword as they must work twice as hard to prove themselves in their career –

and to us, their harshest critics. Barney Walsh has faced it. He and dad Bradley became a duo presenting Gladiators and the youngster was slammed for his abilities.

Some – such as Aaron Spelling's daughter Tori and Clint Eastwood's son Scott – tried to get into acting by pretending their fathers weren't famous, without success.

And others have truly proved their talent.

Embraced the perks

Corrie star Sally Dynevor's daughter Phoebe, Melanie Griffith and Don Johnson's daughter Dakota and Goldie Hawn's daughter Kate Hudson have all revealed they have just as much – if not more – acting ability than their folks.

And the daughters of Kate Moss, Sadie Frost and Cindy Crawford have all shown they are just as competent as their mothers in the modelling world.

Inheriting their mum's genes didn't do them any harm, of course.

On Friday Jack Quaid – the son of superstars Dennis Quaid and Meg Ryan – said he has no problem with being a nepo baby.

Refreshingly, Martin and Shirlee Kemp's son Roman has also openly embraced the perks and proved he is fantastic at his job too. He says he even has a group chat with Brooklyn Beckham and Lily Allen to discuss it.

Brooklyn has flitted from footballer to model to photographer. He also tried his hand at being a chef too, with those laughably awful cookery demonstrations – if you can call making a bacon sandwich cookery.

He once admitted: “You're damned if you do, damned if you don't.”

“When you're growing up, especially with the dad that I had, everyone's like, ‘Oh, the oldest son's going to be a footballer.’”

Now chef Jamie's oldest son, at the tender age of 13, is following in his dad's footsteps. Maybe he will be a kitchen ace, maybe he won't.

But let's embrace the fact that, just like his dad, this teenager wants to help other kids like him – and instead of slating little Buddy why don't we support him?

And remember that if you had the power to make your child's dreams come true, you would probably do exactly the same thing.



I AM sure I am not the only woman who looked at the photo of Suki Waterhouse posing in a bikini on holiday and had a gigantic pang of jealousy.

The woman only gave birth four months ago and looked incredible!

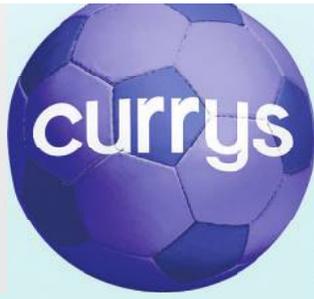
But the caption explained it: “Not enough time in the world for the amount of berries and books I wish to consume.”

As the saying goes, ‘you are what you eat’.

And it's fair to say on holiday it isn't berries that I go for – it's more like whatever fat-laden local delicacy I can get my hands on.

Suki diet is berry optimistic

10



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Colin . . . and Penelope

Regency drama's property tours lift

By ED SOUTHGATE

NETFLIX series *Bridgerton* has sent demand for private tours of Britain's stately homes soaring, figures reveal.

The luxurious settings of the Regency romp have aroused interest among tourists wanting to see the sites featured.

They include Hampton Court Palace in South West London, where summer bookings are up 72 per cent on last year.

Bath, used as a backdrop for many of the show's scenes, has seen tour bookings rise by 44 per cent on last year.

Tour company Evan Evans said: "Our guides are often asked about the filming locations. They can help guests enhance their experience, immersing them in the world."

The period drama stars Luke Newton and Nicola Coughlan as couple Colin Bridgerton and Penelope Featherington.



Top marks . . . Daniella

Ex-coma patient a first-class therapist

By SARAH RIDLEY

A FORMER Covid patient left fighting for life after starting university has graduated with a first – and aims to help others.

Occupational therapy student Daniella Taylor, 29, was put into a coma after developing complications including sepsis.

At one point her parents were told to "prepare for the worst".

She recovered enough to be discharged but was left with long Covid and PTSD and needed carers four times a day.

Daniella resumed her studies with one-to-one support as well as studying missed modules.

And this week she graduated from the University of Central Lancashire with top marks.

Daniella, of Chorley, said her own experiences had inspired her to aid people with similar problems. She said: "It's been my 'calling' as I've turned my life around and want to help others."

ALEC TEARS AS CLEARED

Turmoil . . . star with wife, and below, Judge Sommer

Courtroom drama . . . Baldwin weeps as case is dismissed. Below, in film, and tragic Halyna

From DANIEL BATES in New York

ALEC Baldwin sobs in court after he is cleared of involuntary manslaughter midway through his trial. The actor, 66, wept in a lawyer's arms and hugged wife Hilaria. He was accused of accidentally shooting dead cinematographer Halyna Hutchins, 42, on western Rust in 2021, and faced the threat of 18 months in jail. But the trial in Santa Fe, New Mexico, collapsed on day three when Judge Mary Marlowe Sommer ruled prosecutors had wrongly withheld evidence. She said they failed to hand over bullets to Mr Baldwin's lawyers, which had "impacted the fundamental fairness of the case". The judge dismissed it with prejudice, meaning it cannot be refilled. Ms Hutchins' widower said he still wanted to hold Mr Baldwin accountable before a jury for the "senseless death" of his wife. The film's armorer Hannah Gutierrez-Reed, 26, was found guilty of involuntary manslaughter earlier this year and jailed for 18 months.

NEW TUBS HAVE SHRUNK

LESS CAUSE FOR

Celebrations™

Shock . . new box, right, and last year's

TUBS of Celebrations are the latest chocs to fall victim to shrinkflation.

The 600g box has been cut to 550g – equal to a reduction of around five sweets.

Maker Mars Wrigley confirmed the move after a warehouse worker shared a photo of the tub, priced at about £6, and the previous size. The worker wrote: "Just had a delivery of stock ready to be shipped out. Celebrations tubs getting smaller each year . . . but price will inevitably go up!"

"Gonna get a few disgruntled customers this Christmas."

Mars blamed the rising costs of raw materials and operations. Cocoa prices have hit a record high following a poor harvest in Africa triggered by bad weather.

Mars has also shrunk the tub size by 17 per cent to reduce plastic. It could not say if prices would rise further. A spokeswoman said: "It's not a decision we have taken lightly but it's necessary for shoppers to still enjoy their favourite Celebrations treats without compromising on quality or taste."

In 2022, Mars swapped the 23g bars in its Twix multipacks for 20g alternatives. Its 189g Maltesers bags were reduced to 175g.

Last year, its Galaxy bars shrunk from 110g to 100g.

EXCLUSIVE by SARAH RIDLEY and CHRIS DYER

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entering them at thesun.co.uk/holidays. Or book via post by sending FIVE tokens and then selecting them with the booking form which can be downloaded at thesun.co.uk/holidays.



Sun Savers members can book by going to the Sun Savers app or online at sunsavers.co.uk. Go to the Offers and click 'Start Collecting' on the Holidays from £9.50 page, then enter FIVE Sun Savers code to unlock booking, which is now open.
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Launch... Falcon 9

Satellites doomed as rocket blows up

By THOMAS GODFREY

SPACEX looked to have lost its battle to stop 20 satellites burning up as they hurtle back to Earth. They were released into dangerously low orbits when the Falcon 9 rocket carrying them exploded an hour after take-off. Experts at Elon Musk's company tried to fire the Starlink satellites' thrusters to stop them being pulled back by gravity – but later said they were not powerful enough.
Mr Musk said: "Unlike a Star Trek episode, this will probably not work."
The Falcon 9 blew up after take-off from California on Thursday night – its first failure since 2016 after a run of 353 successful missions.
The rocket has now been grounded by the Federal Aviation Administration for a probe.

School's 22 killed

A SCHOOL collapse has killed 22 children and trapped at least 100 more in the rubble.
The Saints Academy college in Plateau State, Nigeria, fell in on Friday shortly after students arrived for classes. Most were aged 15 and under.
A total of 154 students were initially trapped in the rubble but police later said 132 had been rescued and were being treated for injuries.
The state government blamed the school's "weak structure and location near a riverbank".

COME ON ENGLAND

OUR favourite player is Jude Bellingham, with us all having a crush on him. He will do it for us.
– Helen, Scott, India and Maia Broughton, Newcastle.

Olympic swim test

FRANCE'S sports minister took a dip in the Seine yesterday in a bid to show it was clean enough for Olympic open water swimming events.
Marathon swimming and a triathlon leg of the 2024 Games in Paris – which run from July 26 to August 11 – are due to be staged in the waterway.
Amélie Oudéa-Castéra swam in a body suit near the Alexandre III bridge.
Mayor Anne Hidalgo, who championed a clean-up of the once-polluted river, has also vowed to take the plunge.

U.S. DETECTIVE

EXCLUSIVE from **DANIEL BATES** in New York

AN undercover US cop who nailed the sex fiend plotting to kidnap and murder Holly Willoughby has told for the first time how smashing the case marked "a good day".

In an interview with The Sun on Sunday, the officer revealed he was unaware of the TV star's fame when he rumbled security guard Gavin Plumb's sick plan to kill her.
But he quickly pieced together her identity and enough evidence to inform the FBI of the deadly scheme – and snare the "worst of the worst" man behind it.
It came as the detective, who cannot be named due to the nature of his work, was hailed by law enforcement chiefs for his "brilliant" sleuthing skills after he caught Plumb conspiring to snatch Holly in an on-line chatroom called "Abduct lovers".
As the obese loner, 37, was sentenced to life behind bars for his horrifying crime on Friday, the cop – who used the alias David Nelson in court – said he was convinced Plumb "fully intended to carry out his plans".
He said: "Any time we can identify, disrupt and destroy a plot is a good day. Early on in the investigation, Plumb had identified Ms Willoughby by name. Open source information was obtained and we were initially unaware of her job and position within the media."
In a separate interview with The Sunday Times, the detective said: "I treat each victim the same in every investigation. I find it helps to remind myself that this is a job and my purpose is to go out to find the worst of the worst."
He added: "I miss a lot of 'firsts' and time with family. I don't seek out these cases for overtime or for credit. In order to do this job, there needs to be some calling or motivation in your life."
Mum of three Holly, 43, quit ITV's This Morning last October when the plot came to light. A jury at Chelmsford Crown Court heard the impact of the vile threats on the TV beauty had been "life-changing".

'This detective has the knack to build trust'

Owatonna police chief Jeff Mundale has praised his undercover officer for the role he played in "saving lives and preventing future victimisation of others".
In a statement about Holly's ordeal, he revealed: "Last October, a detective working online in an undercover capacity became aware of a plot to kidnap, sexually assault and murder London TV personality Holly Willoughby."
"Our detective, utilising an alias of David Nelson, recognised this as a credible and immediate, active threat to her life, and worked swiftly with the Federal Bureau of Investigation in Minneapolis, as well as the London Metropolitan Police and Essex Police to intervene."
"Our detective was confident that this offender fully intended to carry out his plans. This detective focuses on cases involving sex trafficking of minors, murder and rape for hire."
"We are fortunate to have a detective who is proficient in such online investigations and continues to demonstrate impressive skills in finding and engaging in chats where these activities are being discussed."
"In my 29 years of serving law enforcement, I've never seen such a skilled detective engaging in this sort of work. It's certainly impressive."
Police chief Mundale revealed it took the dedicated officer just two days of messaging and building trust to obtain enough details to report Plumb to the FBI and British police.
The detective said that the brute planned to grab Holly in a "home invasion, use chloroform he purchased and leave with the victim in her vehicle". And he said Plumb, from



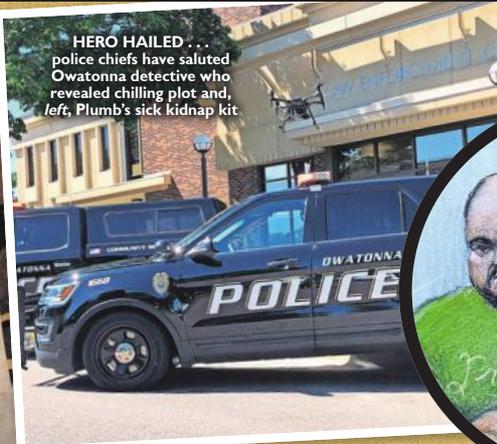
'I've never seen such a skilled detective engaging in this sort of work. It's certainly impressive'
– POLICE CHIEF JEFF MUNDALE



MONSTER... perverted Plumb plotted kidnap and murder of TV's Holly, right

Harlow, Essex, "planned to sexually assault the target and to kill her and dispose of her body".
Police chief Mundale revealed his detective had used more than a dozen aliases since 2017 to monitor the darkest corners of the internet.
Incredibly, this kind of work is not even the detective's full-time job but he does it to have a greater impact, chief Mundale said.
"This detective has that knack to build trust, relationships and kind of communicate at their level, and be willing to help them 'achieve' their goals and their fantasies," he said.
"I'm nothing but proud of our agency, particularly this detective."
The detective said his experience as a street cop had served him well.
He added: "Working the street, being real with people and bonding with your community is a chance to hone those skills. Also, it doesn't

ON NAILING MURDER-KIDNAP FIEND



HERO HAILED . . . police chiefs have saluted Owatonna detective who revealed chilling plot and, left, Plumb's sick kidnap kit



TRIAL SKETCH . . . how court artist depicted fiend

It's a good day if you disrupt and destroy a plot like this

SAYS HOLLY COP



'I am satisfied these offences had life-changing consequences for her, both privately and professionally'
— MR JUSTICE MURRAY

hurt to have the gift of gab." The Owatonna Police department has an annual budget of around £4million. By comparison, the Met has a budget of £3.5billion. Plumb's trial heard the 30st monster, who had put together a "kidnap kit", sent vile messages to potential accomplices urging them to join him in his plot. He planned to seize Holly, take her to an abandoned building, where she would be raped and have her throat slit, before her body was dumped in a lake. Police chief Mundale added: "They did a lot of homework and research on the intended victim. Knew where the victim lived, her route to work." It emerged that obsessed Plumb had amassed 10,000

images of her on his phone. Sentencing him to a minimum term of 15 years in prison, judge Mr Justice Murray said of Holly: "I am satisfied these offences had life-changing consequences for her, both privately and professionally." The judge praised Holly's "considerable courage" in waiving her right to anonymity in the case. He also revealed he had no doubt Plumb's plans for the star were "considerably more than a fantasy". The judge added: "You always intended to carry out your plan to kidnap, rape and kill Ms Willoughby. But only if you could find the right man or men — the right 'crew' as you sometimes called it — to help you do it." Holly fronted This Morning for 14 years before she stepped down. She has subsequently signed a lucrative deal with Netflix.



SWOOP . . . British cops arrest bloated beast at his Essex home

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Tesco Clubcard has always been a great way to cut the cost of your weekly grocery shop.

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With more than 100 Tesco Reward Partners, you can use your vouchers for days out, hotels and holidays as well as home essentials and eating out.

And with each point counting for two times as much with Reward Partners, you will be quids in each time.

HOW DOES IT WORK?

Tesco is helping Clubcard members to make the most of their summer through its Reward Partner scheme.

When you use your Clubcard vouchers with its Reward Partners, you'll be given twice the value.

This means that every £1 worth of points you earn through your regular shop at Tesco can be turned into a code worth £2 with a Reward Partner.

Clubcard members can collect points by shopping in store and online, spending at Tesco Café, using Tesco Mobile and in lots of other ways.

25%
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in July*

For every £1 you spend, you earn one point. Each point is worth 1p.

You can turn your points into vouchers in seconds by using the Tesco Grocery & Clubcard app.

Then: EITHER use the vouchers to help pay for your regular Tesco shop. OR use the vouchers with your selected Reward Partner through the Tesco Grocery & Clubcard app, where they will be worth two times their face value.

But wait... there's another piece of good news!

Tesco loves to reward its customers, so as a bonus, Clubcard members can benefit from 25 per cent off food at PizzaExpress on selected dates in July.

Italian cuisine is a long-standing family favourite for UK diners. And with more than 300 PizzaExpress restaurants to choose from, you won't have to travel far to enjoy this offer.

Whether you like to go for a crispy Romana, rectangular Calabrese, folded Neapolitan Calzone, low-calorie but equally tasty Leggera pizza or a gluten-free option - PizzaExpress has every appetite covered.

As for the flavours, it has recently brought back the American Hottest, with spicy 'nduja, sizzling pepperoni and a fiery new recipe, plus the Double American Cheese and the Soho '65.

PizzaExpress still serves the all-time classics, of course - including the Margherita, Sloppy Giuseppe and Fiorentina.

To claim the offer, sign up at pizzaexpress.com/tesco and you'll receive a QR code to scan when you pay your bill.

Then just make sure you take your Clubcard to the restaurant with you and present your QR code when asking for the bill.

The offer runs every Sunday to Thursday, from July 7 to 25, 2024.

'EACH POINT COUNTS FOR TWICE AS MUCH - YOU'LL BE QUIDS IN'

*Terms and conditions: Clubcard/app required. Valid Sunday-Thursday, July 7-25, 2024, when dining in with a valid QR code. Food items only. Not valid with Clubcard PizzaExpress Partner codes and cannot be used in conjunction with any other PizzaExpress offers or PizzaExpress club rewards. T&Cs apply. See pizzaexpress.com/tesco

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MoD's £50K COOKIES REALLY TAKES BISCUIT

DEFENCE chiefs have spent £50,000 of taxpayers' cash on posh biscuits for top brass and senior civil servants.

Almost 108,000 packets, including, shortbread fingers and Viennese Swirls, have been eaten since 2016.

A Freedom of Information

EXCLUSIVE by SEAN RAYMENT

release showed that brands favoured by Ministry of Defence staff in London include Crawford and Meredith & Drew.

The disclosure comes as military personnel are having to live in squalid accommodation with broken boilers and leaky roofs.

Feeding biscuits to top brass is also counter to a campaign to get troops to eat more sensibly

to cut weight and improve fitness. The forces have been struggling with an obesity crisis with thousands of personnel suffering from weight problems.

Hundreds have been issued with diet pills and offered liposuction or special diets.

Colonel Phil Ingram, a former Army intelligence officer said: "One of the biggest challenges for the new Secretary of State for Defence is ensuring money

is spent wisely and that defence gets value for money.

"Whether it's biscuits or barrels for guns, one thing is clear - defence consistently pays over the odds for what they get and senior officers simply don't take the time to care."

The MoD said: "Limited refreshments are supplied in a small number of diplomatic meetings and such spending continues to reduce."



Treat... Viennese swirls

DJ Craig creaking

RED Dwarf actor Craig Charles has said he is falling apart with age.

The dad of three, who was 60 on Thursday, said he has a dodgy knee and hip, has piled on weight and is always tired.

Radio 6 Music DJ Craig - who played Dave Lister in the cult sitcom and cabbie Lloyd Mullaney in Coronation Street - said: "The worst thing about turning 60 is things are falling off. I get disco injuries now."

SHEARS IN JAIL

Prison chiefs will spend £1.5million on 100,000 electric shavers for every male lag in England and Wales, and ban razors.

TALK TV WEATHER
With NAZANEEN GHAFAR

MON 22°
TUE 22°
WED 24°

Cities shown: ABERDEEN (14), GLASGOW (18), EDINBURGH (16), NEWCASTLE (16), BELFAST (19), DUBLIN (17), LIVERPOOL (17), MANCHESTER (17), BIRMINGHAM (21), NORWICH (19), CARDIFF (18), BRISTOL (21), LONDON (21), PLYMOUTH (18), SOUTHAMPTON (20).



Warking away... Kirsty

PMs hail 'terrifying' TV Kirsty

By LEN READ

EX-PMs have praised "terrifying" Kirsty Wark after her last Newsnight. The Scot, 69, hosted the BBC2 current affairs show for the last time on Friday after 31 years.

Sir Tony Blair called her "tough but fair and exceptionally smart".

Lord Cameron added: "You have questioned us, held us to account and often terrified us."

And Gordon Brown called her an "interviewer who's always asked the searching questions".

Ex-Scotland First Minister Nicola Sturgeon called Wark "more than a broadcasting titan".

Newsnight also showed clips of Wark grilling guests over the years.

She will now present BBC Radio 4's Front Row and signed off: "It's been an honour and a blast."

COME ON ENGLAND

COME on, England. I've even got myself a Foden haircut for the final. My brother laughed at me but I don't care! - Felix Marsh, South London.

£6.8m in Vince will

EDELWEISS singer Vince Hill has left £6.8million to family, friends, charity and staff in his will.

The crooner, who died last year at 89, left most of his fortune to relatives, including sister Valerie.

He also gave £25,000 to assistant Pauline Buckett.

His charity bequests included £10,000 to Leukaemia UK, as he had suffered from the illness.

TV regular Vince's wife, Annie, died in 2016, two years after son Athol, 42.

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This great-value 54-track 3-CD collection is a marvellous and substantial showcase for Johnny's distinctive way with a song, and contains some of the finest music he ever recorded, including hits like "The Twelfth Of Never"; "Misty"; "A Certain Smile"; "Stone In Love With You"; "Chances Are" and his hit with Deniece Williams "Too Much, Too Little, Too Late"

- | | | | |
|---------------|--|------------------------------------|---|
| Disc 1 | 1. Fly Me to the Moon (In Other Words) | 7. The Twelfth of Never | 14. My Funny Valentine |
| | 2. When Sunny Gets Blue | 8. Wild Is the Wind | 15. Small World |
| | 3. Chances Are | 9. Teacher, Teacher | 16. The Best of Everything |
| | 4. Wonderful! Wonderful! | 10. A Certain Smile | 17. When I Fall In Love |
| | 5. It's Not for Me to Say | 11. Misty | 18. Dancing On the Ceiling |
| | 6. No Love (But Your Love) | 12. You Are Beautiful | |
| | | 13. Maria | |
| Disc 2 | 1. I Wish I Were in Love Again | 7. Beyond the Blue Horizon | 14. A Time for Us |
| | 2. My Love for You | 8. No Strings | 15. (Where Do I Begin) Love Story |
| | 3. The Best Is Yet to Come | 9. Bye Bye Barbara | 16. What Are You Doing the Rest of Your Life? |
| | 4. Stairway to the Stars | 10. On a Clear Day | 17. The First Time Ever (I Saw Your Face) |
| | 5. Gina | 11. The Sweetheart Tree | 18. I'm Coming Home |
| | 6. What Will My Mary Say | 12. Prelude to a Kiss | |
| | | 13. The Look of Love | |
| Disc 3 | 1. Life Is a Song Worth Singing | 7. You're All I Need to Get By | 14. Baia (No Baixa do Sapateiro) |
| | 2. I'm Stone in Love with You | 8. Too Much, Too Little, Too Late | 15. Let Your Heart Remember |
| | 3. When Will I See You Again? | 9. Gone Gone Gone | 16. Because You Loved Me |
| | 4. What I Did for Love | 10. Begin the Beguine | 17. Un-Break My Heart |
| | 5. 99 Miles from L.A. | 11. The Last Time I Felt Like This | 18. Brazil (Aquarela do Brasil) |
| | 6. When a Child Is Born | 12. Friends In Love | |
| | | 13. Memory | |

SUN readers can now own this wonderful 54-track 3-CD collection for the special price of just £8.99 including p&p. To view the full track listing and order a copy, either for yourself or as a gift for a friend or loved one, by visiting allthemusic.co.uk/mathis

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LAST NIGHT'S LOTTO BALLS

LOTTO: 22, 27, 37, 38, 49, 51. Bonus 59.
HEALTH LOTTO: 05, 06, 19, 21, 37. Bonus 09.



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Sunday, July 14, 2024

SUNDAY
ON SUN



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ING HOME

England

European
Championship Final

Olympiastadion, Berlin

THE
in
NDAY



KYLE
WALKER

JOHN
STONES

MARC
GUEHI



THE antidote to dry summer feet, heel balm is not fancy or fun, but it is a staple that will get you through sandal season and keep feet hydrated year round. This week, I put three to the test.

you

BEAUTY

with TARA LEDDEN



budget SANCTUARY Spa Signature Collection Heel Balm, (£7.50 for 75ml, boots.com): I hate wearing socks to bed and most heel balms require this, so I love that this isn't thick enough to need that. It is easily the least greasy of the three, so you can wear it day and night, and even with sandals without feeling like your foot will slip out of them.



Plus, I much prefer the tube packaging to the tubs the other two products came in, as it stops the product getting under your fingernails. This is my favourite, and I've already purchased another tube, but it's definitely best for maintaining nourished heels, not repairing them.

LUSH Repeat Foot Cream (£10 for 50g; lush.com): Packed with loads of natural healing ingredients, such as castor oil, sunflower wax and jojoba oil, it smells fresh and zesty rather than medicinal, which can often be the case with foot cream. The formula is lighter than I expected, which made it easy to massage into my feet, and it soaked in quickly.

mid-range

One word of warning. If you've got white sheets, wear a pair of dark socks overnight as the orange-hued formula will stain lighter fabrics. Because of that, I have reached for it the least of the three I tried.



MARGARET DABBS London Pure Cracked Heel Treatment Balm (£18 for 30ml, boots.com): Margaret Dabbs is well known for being the luxury foot care specialist, so I had high hopes for this.

It's the only one of the three tested with antifungal and antibacterial benefits, and has the most impressive ingredients list. I really can't fault it – other than the packaging – the texture is nice and a little goes a long way, so it'll last ages, but I'm not sure I'd want to spend this much on foot cream. If you have seriously problem heels though, you should give it a go.



M&S fragrances look and feel far more luxe than their price tag – and Provenance, the new own-brand fragrance collection from M&S Beauty, is no different.

pick of the week

For just £16, you get a full-sized 48ml eau de parfum and a handy travel size too. No 1 Citrus Soleil Eau de Parfum Set, £16, smells like summer holidays, but there's seven to choose from so there's something for everyone. Shop at marksandspencer.co.uk.



the **Sunday**

thesun.co.uk

A taste of sunshine

EVEN if you're not going abroad this year, you can still get that summer feeling with holiday recipes from some of our favourite getaway destinations.

Today, Sun on Sunday chef Miguel Barclay, the author of the *One Pound Meal* cookbooks, has shared some of his favourite European recipes for you to make and enjoy at home.



Sun ON SUNDAY FOOD

Neptune pizzetti

MIGUEL says: "I really love the flavours of a traditional Neapolitan marinara pizza, especially as the garlic – drizzled with olive oil and sprinkled with a pinch of salt – sizzles away in the heat, infusing its flavours into the sauce."

"Here, I have created the ultimate crispy pizzetti base, then taken it one step further, adding smoked mackerel to create these delicious extra-crunchy Neptune Pizzetti."

TO MAKE ONE PORTION:
40g plain flour, plus extra for dusting (if needed)
25ml cold water
3 tbsp passata
1 garlic clove, sliced
A few black olives
½ smoked mackerel fillet, flaked
Olive oil
Salt and pepper

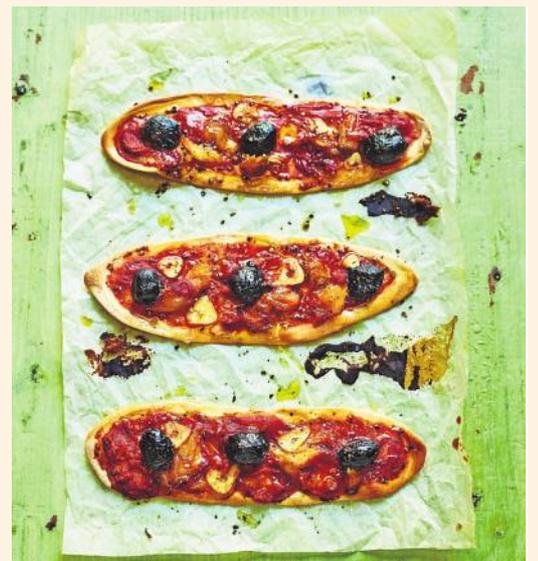
TO COOK: Preheat your oven to 190C/gas mark 5 and line a baking tray with greaseproof paper. Mix the flour and water with a pinch of salt in a bowl to form a dough. Tip the dough on to your worktop and knead it for a few minutes until smooth (dusting the worktop with flour if it is too sticky).

Roll the dough out into three evenly sized oval shapes, about 2mm thick, then place them on the lined baking tray.

Spread one tablespoon of passata on to each pizzetti, adding the sliced garlic, olives and flakes of smoked mackerel. Sprinkle with salt and pepper, finishing with a drizzle of olive oil. Bake for about 20 minutes, until the bases are crisp and the garlic is sizzling (but not burnt!).

For a nice rustic effect, serve the pizzetti on the greaseproof paper.

• Sizzles away in the heat, infusing its flavours into the sauce •



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I can't forget kiss with female pal...even though I'm married

dearheidre PAGE 46

- Food ● Money ● Pets ●
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Chicahros

MIGUEL says: "This is a Spanish dish that uses up leftover bread to create amazing croutons that suck up the paprika-infused oil from pan-fried chorizo."

"The chorizo and fried bread is then pepped up with vivid green peas to create a nicely balanced plate of food."

TO MAKE ONE PORTION:
Small handful of sliced cooking chorizo

Small chunks of stale bread
1 egg
Handful of frozen peas
Olive oil

TO COOK: Pan-fry the chorizo in a splash of olive oil over a medium heat for a few minutes, then throw in the bread chunks and gently pan-fry them in the paprika-infused oil.

Fry the egg in a splash of oil in a separate pan.

Meanwhile, defrost the peas in a colander under the hot tap.

Add them to the chorizo and croutons pan along with a pinch of salt and pepper. Cook for a minute or two until the peas are piping hot, then serve with the fried egg on top.

Pictures: DAN JONES



with **MIGUEL BARCLAY**

Hot salad nicoise

MIGUEL says: "Here I have updated one of the most famous salads of all time to create a warm smoked version with a zingy mustard dressing and a gooey soft-boiled egg."

"This recipe uses just one saucepan of boiling water to cook the three hot elements of the dish, saving you time and washing up."

TO MAKE ONE PORTION:
2 egg
Handful of green beans
A few cherry vine tomatoes (on the vine)
1 tsp Dijon mustard
1 smoked mackerel fillet, flaked
2 slices of red onion
Olive oil
Salt and pepper

TO COOK: Bring a pan of salted water to the boil, add the egg and cook for 7½ minutes. Once boiled, use a spoon to take the egg out of the water then stop the egg cooking any further by



cooling it under cold running water. Add the green beans and tomatoes to the boiling water and remove after a few minutes, once the beans are cooked and tender and the tomatoes have softened.

Meanwhile, mix the Dijon mustard with two

teaspoons of olive oil to create a dressing. Peel the boiled egg, cut it in half and serve it with the beans, tomatoes, flaked smoked mackerel and onion. Finish the dish with a drizzle of the Dijon dressing and a pinch of salt and pepper.



Halloumi kebab

MIGUEL says: "I love the way the Parma ham crisps up around these halloumi cubes – together, they create one of the tastiest mouthfuls of kebab you'll ever eat."

"By cooking the couscous in the same pan as the kebab, it takes on the kebab flavours and you get a more mellow version of the same savoury notes."

TO MAKE ONE PORTION:
1 slice of Parma ham, quartered
100g halloumi, cut

into 4 cubes
1 spring onion, sliced
¼ mug of couscous
¼ mug of water
Olive oil
Salt and pepper

TO COOK: Wrap each piece of Parma ham around a cube of halloumi, pushing the wrapped cubes on to a skewer if you wish (you don't have to use a skewer).

Pan-fry the wrapped halloumi cubes (skewered or as they are) in a splash of olive oil over a medium heat for eight minutes, turning them every

couple of minutes until each side is golden brown.

Remove from the pan and set aside.

Fry the spring onion in the same pan with a splash more olive oil for a few minutes until soft, turn the heat off and add the couscous to the pan, followed by the water. Stir, season lightly with salt and pepper, then leave to stand for five minutes.

To serve, fluff up the couscous with a fork and serve it with the halloumi cubes laid on top.

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SAVINGS BOOKS CHOPPED

MORE than 100,000 Nationwide customers will have their savings passbooks scrapped next year.

The building society confirmed the books will be withdrawn from February 2025 and replaced with a Savings Wallet.

Passbooks currently allow account holders to keep track of savings with a written recording of deposits and withdrawals in the book. But Nationwide said it is modernising the documents over the next few months.

The Savings

Wallet will include a card that can only be used in a Nationwide branch. There will also be a space in the wallet for mini-statements, which will be updated when money is deposited or withdrawn and can be printed off in a branch. This will allow customers to keep track of transactions. Around 120,000 customers currently use a passbook, and the building society says it will start contacting those affected on July 31. The

AXED... passbook

change is most likely to impact older customers who rely on in-person banking.

A Nationwide spokesman said: "We are modernising passbooks rather than removing them, but while they are changing, banking in-branch isn't."

"We are maintaining the benefits our passbook customers value most – face-to-face service and having a physical record of transactions."

"We are investing in our systems so we can offer the products and services our customers expect from a modern mutual."

LANA CLEMENTS

SCHOOL TRIPS 'TOO DEAR'

MILLIONS of parents face forking out hundreds of pounds a year on fees for school outings.

Day trips now cost an average of £28, while short residential stays typically reach £430, according to research by Zurich Municipal.

But for some excursions, parents have to cough up more than £1,500. One in ten now ask grandparents to help out, while 12 per cent of kids raise the money themselves.

Schools are also struggling to afford extracurricular activities, too. A survey by the National Association of Head Teachers



PRICEY... pupils' outings

found that 69 per cent of school leaders have turned to grants and fundraising to cover the costs.

Mum-of-two Charlotte Higgins, from Dover, told Sun Money her heart sank when her son, 15, handed her an information slip about a school trip to New York.

The 45-year-old teaching

assistant felt torn as she knew it was an incredible opportunity, but couldn't justify £2,500 on the week-long getaway.

She said: "As my eyes moved down the page, excitement turned to dismay. It was going to cost £2,500 for just one week."

"I dreaded the thought of him missing out while all his friends jetted off. But I realised it was an outrageous rip-off."

Families on a low income may be able to get help with some school costs from their local council, but this doesn't normally cover trips.

JAMES FLANDERS

Got money worries? We can help. Email us at money@the-sun.co.uk or write to Sun Money, News UK, 1 London Bridge Street, London SE1 9GF

Sun
ON SUNDAY



Money news and advice to help you fix your finances

MONEY

Edited by
TARA EVANS

PENSIONS

£23,125 in 2.8m accounts

AS many as 2.8million pension accounts are unclaimed, according to Gretel, holding £65billion of our cash – with an average of £23,125 per account waiting to be collected.

The Government's Pension Tracing Service is a free way to track down missing pensions.

It works by helping you find contact details of the employer or pension provider that may be holding your forgotten pot, so you can chase them.

You can use the Pension Tracing Service (gov.uk/find-pension-contact-details) to find contact details for your own workplace or personal pension scheme, or someone else's scheme if you have their permission.

You will need the name of the employer that set up your scheme or a pension provider to use it.

BANKS & BUILDING SOCIETIES

£321 in 14m accounts

THINK you may have an old bank account you opened years ago? You are not alone – 14million of us have forgotten bank and building society accounts, with a total of £4.3billion in them, or £321 on average, Gretel estimates.

The My Lost Account service can help you trace them. Lost accounts are those that have been untouched for 15 years or where mail has been returned as undeliverable.

My Lost Account operates via an online application at mylostaccount.org.uk/search. Doing it online means you can submit multiple applications and your contact details will be kept for one year.

Unsure of the name of the building society or bank? Use My Lost Account's website to search the five largest banks – Santander, HSBC, Barclays, Lloyds and NatWest. Hunt by location for building societies.

NS&I

£35 in 2.3million accounts

THE amount of money in forgotten National Savings & Investments products jumped to £4.2billion last year, according to its own figures. This includes Premium Bond prizes, as well as income bonds, certificates and other savings accounts.

In Premium Bonds alone there are £81million in unclaimed prizes – with an average of £35 across 2.3million accounts.

The My Lost Account service can help people trace lost accounts with NS&I. Check if you are owed anything with an online application at mylostaccount.org.uk/search.

MORE than £90billion is languishing in 30million forgotten accounts. So are you missing out?

On average, there is £3,141 sitting in each "lost" account – which range from savings, investments and pensions

to child trust funds, says asset-tracing service Gretel.

Consumer rights expert Martyn James, says: "Missing credits on financial products don't just vanish. They wait an eternity to be claimed."

Tracking down any missing credit balance could be lucrative. You could find thousands of missing pounds."

LAURA MILLER explains how you can find missing cash for free by following these easy steps.

£90bn is sitting in lost accounts ...is it YOURS?



NOTES TO SELF... use free online tools to track down missing money

INVESTMENTS

£2,800 in 1m accounts

AROUND a million of us have money in forgotten accounts with investment and wealth management firms, which Gretel estimates totals £2.8billion.

Consumers using the Investment Association's free Unclaimed Assets Portal (theia.org/unclaimedassets) have reclaimed around £3,000 each. In fact, more than £250,000 has been reunited with people via the platform.

The portal, powered by Gretel, checks your details with existing records from financial services companies that are looking for customers they have lost touch with.

It will let you know immediately of any match and, once you've registered, it runs searches every 14 days to keep you updated on future hits.

To maximise the chance of finding a match, you can add more information to your profile – including any name changes or your National Insurance number, as well as your address history.

CHILD TRUST FUNDS

£2,280 in 2.5m accounts

A CHILD Trust Fund is a long-term, tax-free savings account for kids born between September 1, 2002, and January 2, 2011, when the scheme closed.

Gretel estimates £5.7billion lies unclaimed in some 2.5million accounts – an average of £2,280 in each.

Any cash belongs to the child, who can only take it out when they reach 18. However, they can take control of the account when they turn 16.

HMRC has set up an online tool (gov.uk/child-trust-funds/find-a-child-trust-fund) to find a lost Child Trust Fund. It takes just ten minutes to complete and can be used by a parent or guardian of a child under 18, or someone 16 or over looking for their own trust fund.

LIFE INSURANCE

£2,380 in 3.5m accounts

MORE than £8billion is owed to almost 3.5million people from forgotten life insurance payouts – at an average of £2,380 each, says Gretel.

If you have a life insurance policy and the document but you cannot contact the insurer, the insurer may have changed its name. The Association of British Insurers has a list (abi.org.uk/data-and-resources/tools-and-resources/find-lost-pension) of all past and present UK insurers and their contact details.

If you are trying to find out whether you or a relative has a life insurance policy, but do not have the document or know the name of the insurer, ABI suggests using a free asset-tracing service like Gretel.

IN ASSOCIATION WITH



Paws & Claws



STAR of the WEEK

A CUTE rescue cat nicknamed "Dennis the menace" due to his cheeky personality can't get a new home until his snotty nose is cured.

One-year-old Sparkles was rescued in April as a stray with a runny nose.

He has had his nostril flushed, a £750 CT scan and a biopsy, but nothing sinister has been found.

Now Sparkles is on a course of antibiotics and steroids, and Cats Protection Hornchurch & District branch is appealing for help towards his vet costs so he can be found a forever home.

Spokesman Alison Gamble said: "His foster carer calls him 'Dennis the menace' as he is full of life and just wants to play."

For more info contact enquiries@hornchurch.cats.org.uk.

WIN

Swan air purifier worth £59.99

We have joined forces with Swan to offer five readers a Swan air purifier, worth £59.99, to help clean the air in your home and get rid of any unwanted pet smells.

It is perfect for allergy sufferers and has three speeds, a quiet mode and a child safety lock.

For a chance to win, send an email headed SWAN to sundaypets@the-sun.co.uk by July 28. Find out more at shop.swan-brand.co.uk. T&Cs apply.



Guinea pig a high-flier

HAPPY HOPS ARE CUTE

My guinea pig Domino loves jumping in the air when we play with him.

Is that a good thing? It's very cute and he seems to be happy.

AMY ROGERS, Cleethorpes, Lincs
■ Sean says: I think this is a joyful expression when guinea pigs are having fun interactions. In rabbits we call it binking, where they leap, twist and turn at the same time.

I would look at it positively, especially if he is well in himself.

You don't mention another guinea pig though, so I wonder if Domino may be overjoyed with human company at times because he's lonely?

They are a social little species and I'm sure if he doesn't have a friend currently, he would be even happier if you considered one or two for him.

There are some great rescue organisations that can help you adopt a suitable companion for him.

DO you think it's OK to dress dogs in outfits?

I'm against it but my girlfriend loves getting our dachshund Oscar quirky little suits and hats.

He doesn't seem to worry and he definitely likes the fuss and attention but what do you think?

TED BLACK, Doncaster
■ Sean says: I'm not a big fan. I think it's unnecessary at best, and can be restrictive or uncomfortable at worst, even causing chafing.

Many people say, "Oh my dog loves dressing up". But I think more likely they love the attention people give them when they are in a cute outfit.

I'd always prefer attention, interaction and praise being given, regardless of what a dog is wearing, with owners spending time and money on stimulating toys, training sessions and having quality time together.

Saying all that, life is sometimes a bit serious, so Oscar wearing a little bow tie or neckerchief to raise a smile isn't really a bad thing. Don't lose sleep, or your girlfriend, over it.

I LET my tortoise Toby roam the garden during summer days and he has a shelter to go into if wants to.

Would you recommend still bringing him in at night during the summer as he is clearly very happy outside and the garden is secure?

KATE ARMSTRONG, Brighton
■ Sean says: Our seasons aren't what they used to be. We've just had a very long, cold, wet spring for exam-



HE is on a mission to help our pets . . . and is here to answer YOUR questions. Sean, who is the head vet at tailored pet food firm tails.com, has helped with owners' queries for ten years.

He says: "If your pet is acting funny or is under the weather, or you want to know about nutrition or exercise, just ask. I can help keep pets happy and healthy."

Send your questions for the Pet Vet to vet@the-sun.co.uk

ple, and tortoises that seemed to thrive as "garden tortoises" may have struggled to get going after hibernation these past few years.

We're also, for the very first time in Britain, experiencing a wave of geriatric pet tortoises. They are less resilient as time passes.

It's important to remember these reptiles are not native or ideally suited to the British climate at the best of times. Most species are Mediterranean or North African.

So although garden access is great, I recommend they have a heat lamp which also emits UV light somewhere indoors. The Tortoise Trust website is a great place to learn more.

AT night, my cat jumps around on the bed to wake me up.

I don't want to lock her out as she loves company, but her behaviour is odd. She used to just settle. She's getting older and is now 17.

LIZ BROWN, Collington, Cornwall
■ Sean says: You can never predict what goes through cats' minds.

The midnight zoomies and frightening the bejaysus out of their owners are common features of having a furry friend.

But suddenly starting at age 17 is a new one even for me, and any behavioural change in an older cat is certainly worth a vet health check.

TAKE LEAD ON GOOD DOG OWNERSHIP

A DOG behaviourist is on a mission to get all pooch owners to call back their pets when they see another pup on a lead.

Zoe Williamson says she wants to tackle nightmare "Asbo dogs" who attack people and pets – and also wants antisocial doggies who barge up to "on-lead" dogs to be reigned in.

Last year there were 30,539 offences of an out-of-control dog causing

injury to a person or dog – a 21 per cent increase from the 25,291 recorded in 2022.

Zoe said: "The rise in attacks is absolutely terrifying but not a surprise."

"Every day I support owners whose pets are left upset or traumatised on their daily walk."

Zoe, from Stowmarket, Suffolk, says 81 per cent of her clients experienced an altercation on a walk, ranging from their dog being

attached to them being yelled at by owners of off-lead dogs, and 85 per cent said they felt owners had become less considerate.

It led her to set up Dog On A Lead Day, which is today.

Zoe added: "My goal is to make it socially unacceptable for dogs to be off-lead if they're not under control or lack training."

To find out more information see bestbehaviourdogtraining.co.uk.



MUTTS MISSION . . . Zoe



Mystic Meg

with MAGGIE INNES

ARIES March 21 – April 20



THE remaining pieces of a communication puzzle can fall into place as the strength of Mars surges in your chart. You know what to say but, more importantly, when to stay silent. Love is fun, but Venus adds a layer of serious intent, so partners who giggle together can grow together. Luck circles bright palm trees or fronds.

TAURUS April 21 – May 21



As the warrior planet departs your sign, you release a deep sigh of contentment. You can be calm and able to see through family or friendship fake news. The home you have may become the home you need when you adjust who is in it, rather than where it is. A partnership moon shines bright on reconciliations.

GEMINI May 22 – June 21



You can fly high with the wind of Mars beneath your wings. Independent thought, plus a certain level of confidence, are all for the taking. But the thoughtful part of you is also engaged, and love-wise this enchants an elusive Aquarius. Coupled-up? A partner cannot know your thoughts until you share them.

CANCER June 22 – July 22



Dreams can feel closer to reality than they have for months – and the difference is your attitude. You can accept people and situations as they are and work with what you've got. Venus means business, and what seems like a dry love agreement can free two hearts. A chat about healthy food can be a luck link.

LEO July 23 – August 23



It is time to accept your annual starring role as a love magnet. Romantic surprises can be all around, and if you are settled, this could include a big change of direction or opinion. A moon gift for finding new ways to speed up tasks has a cash bonus. Your best future friendship starts with loathe at first sight!

VIRGO August 24 – September 22



Your moment to step up arrives with the action planet, plus you have the ability to see which goal works best for you – no matter what other people say. In love terms, there is no need for rose-tinted glasses, as you accept everyone and everything exactly as they are. This includes yourself.

LIBRA September 23 – October 23



A moon of solidifying money decisions is strong, so try not to delay key choices. Make up your mind and feel the stress levels lift, but also relish the chance to show what you can do money-wise. As for love, your soulmate is already in your daily life – your names are cheek-to-cheek on a list. Luck draws a tall triangle.

SCORPIO October 24 – November 22



You can start the week with deep inner thoughts as the moon encourages contemplation. You see a sudden solution to a longstanding issue, but also realise who and what you can let go – just do it with kindness. Unusual fashion or beauty, whether as business or pleasure, is holding open a special place for you.

SAGITTARIUS November 23 – December 21



Strong feelings for someone or something can carry an element of jealousy – and Mars could intensify that. Trust yourself to do the right thing. You have the strongest sense of fair play in the zodiac right now. At work, teamwork can challenge you but it's worth the effort. In love, make sure decisions work equally.

CAPRICORN December 22 – January 20



Instead of focusing only on results, Mars's new position helps you savour the process and learn as you go, in everything from work to love. But you also appreciate, so deeply things that others do for you. Pluto stirs up cash affairs, and if a knot seems difficult to untangle then going back three months could be the key.

AQUARIUS January 21 – February 18



As your imagination fires up, you can be your own best inspiration – taking stories and supportive rules and making them your own. You really have a voice right now, in everything from meetings to love promises. Venus stresses commitment, but there's fun in your chart, too. The luck factor waits in a queue of four.

PISCES February 19 – March 20



You're one of the zodiac's most diligent workers, but beware of giving too much energy to your career. Save your best for love! If you are settled, Mars sparks fiery desire in unlikely settings. Single? The One can appear where outdoor food is cooking. Health shouldn't be all or nothing – so build a better balance.

Phone Meg's psychics for a chat on 0905 005 8102

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Text a psychic. Just text MEG then a space and your question to 60016

Calls cost £1.50 per minute plus your telephone company's network access charge. You must have bill payer's permission. Calls recorded for your protection. Max call duration 19 mins for 0905 numbers. Over 18s only. These services are for entertainment only. SMS cost £1 per received message, max 3 messages per reply. UK only. To opt out of three promo messages call Helpline: 0330 114 0300. SP: Inverroak.com, PO Box 10015, CM1 9HH.

ask alfie



Used car specialist

Q&A

Send your questions to motors@the-sun.co.uk

Q THE engine management light on our 2020 Vauxhall Astra 1.2 SRI VX Line Nav Turbo has recently come on and gone into reduced power mode.

We've had it in a few garages and the error code is '0299 Turbo or Supercharger A has excessively low output'.

It's done 30k miles and the manufacturer's warranty ran out in March 2023, but can you tell us of any similar issues?

CHRIS LAWRIE
A It could be something as simple as a split turbo hose, Chris, but if you've taken it to two garages already I'd be surprised if they couldn't trace that.

If the turbo was on the way out the car would be kicking out loads of white or blue smoke.

Check those hoses and get it to a Vauxhall specialist

to find out what's causing this issue.

Q MY 2014 Renault Captur is giving erratic temperature readings.

The driver's door mirror sensor has been replaced and was OK, but now has a low reading and it seems to affect the air-con.

Also, it is right that I'm on my third set of discs and pads at 46,000 miles? I'm a careful driver.

DAVID WOOLGAR

A If you've had the sensor replaced and it's still faulty, I'd guess a wiring issue, Dave.

I'd get a qualified auto-electrician on it. Also, for the mileage you do, three sets of discs seems completely excessive.

It will worth getting it looked at in more detail.

Q I HAVE a 2015 Vauxhall Corsa 1.4 which, in colder weather, goes into limp mode with the engine management light on.

Have you any idea what's causing it?

TONY HALL.
A I've heard of this issue before, Tony, and I believe it's a problem with the throttle position sensor.

Have a good auto-electrician or your local trusted garage check it over for fault codes and you'll probably find it's this which flashes up. Good luck sorting it.



READER'S CAR OF THE WEEK

IT might look all sweet and innocent on the surface, but this week's car – sent in by Doe Billman from Norwich – is hiding a secret under the surface. He said: "This is my pride and joy, it's a 1957 Austin A35 powered by a Fiat twin-cam engine. It's

only a two-owner car, it has never been welded and it has never failed an MOT either, which is amazing considering it's 67 years old."

Send pictures of your beloved motor, with details, to motors@the-sun.co.uk.

THREE... £14K FAMILY FORDS



2020 (70) Ford Fiesta 1.5T EcoBoost ST-2 3dr, 48k, JCT 600 Approved, Boston, Lines (jct600.co.uk): Now the Fiesta has gone, bag yourself an example of one of the best-driving cars of them all for a bargain. This ST has 200hp, a chassis to die for, a top quality interior and some nice toys too.



2019 (19) Ford Focus 1.5T EcoBoost Active X Auto 5dr, 48k, The Motoring Centre, Leamington Spa, (themotoringcentre.co.uk): The Focus Active is a lifestyle estate, which is kinda cool and not your obvious SUV, and with the smooth petrol 1.5 turbo and an autobox, this would be an effortless, comfy cruiser.



2019 (69) Ford Kuga 1.5T EcoBoost ST-Line 5dr, 42k, GBI Cars, Leighton Buzzard, Beds (gbi-cars.co.uk): For those wanting a good, solid, assured family SUV, the Kuga is a great choice. It's spacious, practical, drives well and looks pretty decent, with sporty-type ST-Line spec a top choice.

CANTONA COLLARS CAPRI No7

ERIC CANTONA reserved car No7 – his Manchester United shirt number – after unveiling the electric Ford Capri.

He said: "I love it. It's wonderful. It's all-electric and that's the future."

The footballer-turned-actor-turned-singer-turned-car-salesman was on top form presenting the controversial £42k four-door crossover.

He said: "Some say legends are born. Others say legends are made. Only legends really know. Legends apologise for nothing. My life, acting,



LEGEND... Eric with Capri

singing, write lyrics, write songs, create my own world. Sail the world and creating dreams myself. Always with a certain soul by the Capri."

Thanks for that, Eric. Ford fans are not happy Capri is returning after nearly 40 years as a crossover.

The original two-door sports coupe – dubbed the "working man's Porsche" in the Seventies and Eighties for its style and affordability – sold almost 1.9 million by the end of production in 1986.

TRIED & TESTED



with JANE ATKINSON

A NEW study has shown that 57 per cent of UK adults have low vitamin D levels. It can be produced in the skin following exposure to the sun or from eating fish, beef liver, eggs and cheese and is needed for immunity, bone and muscle health.

We need ten micrograms (mcg) of vitamin D a day. While you can get this from the sun, we are all advised to take a supplement. Today we look at ways to boost your levels.

Food • Money • Pets • Motors

SHOT

RUGBY union legend Jonny Wilkinson launched his kombucha company Not Living in 2018 to help people understand the role of a healthy diet and how it contributes to wellbeing.

Now he has just introduced gut health shots – one that is good for immunity and another for brain health. I tried "Gut and

Immune" which has 4.5g prebiotic fibre, over one billion live cultures, including gut-friendly probiotic bacteria, as well as vitamin D3 from algae and vitamin C from acerola cherry.

These are sugar free but are very sweet with a tropical taste. A 60ml single shot costs £2. For more details, see onliving.com.



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Sun

ON SUNDAY

By NATASHA HARDING

SKIPPING dinner, improving balance and snacking on nuts are just some of the key things we can do to ensure we live a long life.

In his latest book, *How Not To Age*, Dr Michael Greger highlights the science-backed solutions that can help avoid the diseases most associated with ageing.

The 51-year-old US medic says: "Instead of our current, piecemeal approach of focusing on individual degenerative diseases, what about slowing down the ageing process? The good news is there are so many things we can do to increase longevity – we have so much power in our own choices."

"Whereas we once thought genetics was the best indicator of how long we would live, we now know this is not true."

"Studies following identical twins suggest that no more than 20 to 30 per cent of the variance in lifespan is explained by gene inheritance – and that means up to 70 per cent, is dictated by our own choices."

Here are some of Dr Greger's simple lifestyle changes you can adopt today.

1 FAST WORK: Fasting gives our system a much-needed break from carrying out its digestive duties.

It means our cells can do anti-ageing work like combating free radicals and inflammation.

Many people choose to skip breakfast or delay meals until the second half of the day, but the key is to skip dinner.

Front-load your day with more calories. This way, you will have more energy when you need it.

Plus, if you are still digesting food at bedtime, it may have an impact on your sleep.

2 SNACK SMART: Eating nuts has been linked to a lower risk of dying from stroke, heart disease, respiratory disease, infections, diabetes and cancer.

Grab a handful with some fruit for an age-defying snack. Berries are best, as they can help improve cognition, immunity and eyesight.

They also help reduce exercise-induced inflammation so are ideal to enjoy after a workout.

3 GO GREEN: The lifestyle factor most closely associated with ageing is how much fruit

and veg you eat. Plants have biological processes that allow them to thrive, and we can harness these powers by eating them. Green leafy vegetables should be on your plate every day because they help the immune system and fight the effects of air pollution.

Studies suggest they may also protect against hearing loss.

Age-related hearing loss may lead to social isolation, loneliness, depression and dementia.

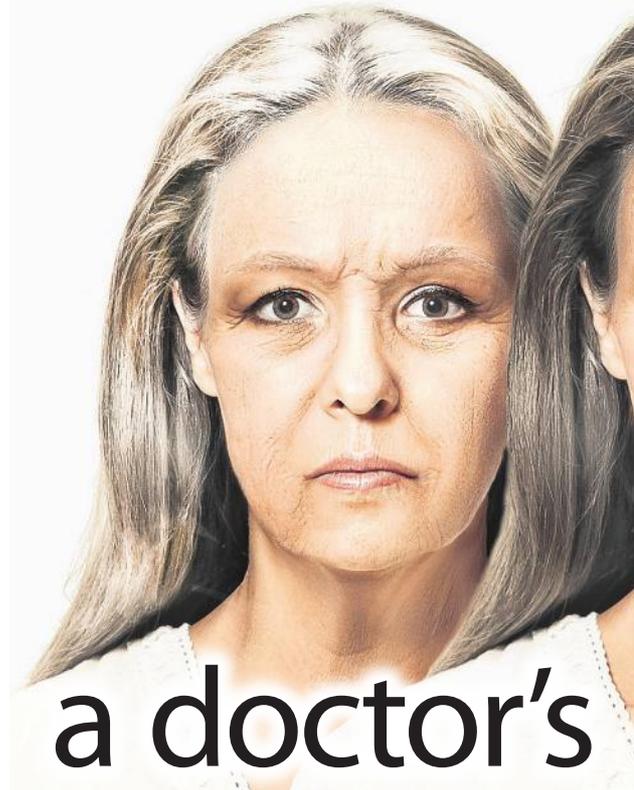
Swap red meat – implicated in high cholesterol levels, which is

linked to hearing loss – for legumes (beans, split peas, chickpeas and lentils).

4 GUT FEELS: The bacteria in our gut play a wider role throughout the whole body.

A happy gut microbiome supports immunity, mental health and the balance of hormones – all of which can affect the risk of disease. A flourishing gut may even reduce asthma attacks.

The gut loves fibre, so plate up legumes and whole grains, such as brown rice, oats, rye and spelt. Soy milk can also improve gut health and is considered the best choice if



How NOT

a doctor's

See Tuesday's Sun for **THREE PAGES** of health

DON'T MISS **motors** EVERY THURSDAY

SACHET

ZEST Active is a supplement with 25 active ingredients including 12 vitamins, with 200 per cent of your nutrient reference value of vitamin D. It also contains seven minerals and four amino acids that help grow and repair body tissue and make hormones and brain chemicals. Plus it contains beta glucans that might lower the risk of heart disease, and choline, which can regulate memory, mood and muscle

control. This is for people aged 18-34 (the company make another product for people over that age). This is designed as an all-in-one solution to support your overall wellbeing. It tastes great. You empty the sachet, add water and you get a really zesty orange drink. There is no fillers, binders, preservatives, artificial colours or caffeine. Costs from 85p a sachet. See reviveactive.com.



PILL

If you want a no-frills, straightforward supplement, go for pill form. Nutravita Vitamin D3 with Vitamin K2 is a good choice. Vitamin D can support healthy muscle function, normal blood calcium levels and maintenance of normal bones. But it works brilliantly in conjunction with vitamin K. While vitamin D alone may help with our calcium absorption, vitamin

K – which is found in animal-based foods such as beef liver and cheese – is the nutrient that helps our bones use calcium effectively. They work together and enhance each other's benefits to better support bone and heart health. Each pill in this four-month supply contains 75mcg of vitamin D and 100mcg of vitamin K2. Get 120 vegetarian capsules for £12.99, nutravita.co.uk.



HEALTH+



Edited by **LIZZIE PARRY**



ASK Dr Zoe

Expert advice from Dr Zoe Williams, our resident specialist and NHS GP

to age...

NOT SO OLD... hold back years with these tips



9-step guide

you go for dairy alternatives.

5 MOVE IT, MOVE IT: Regular exercise lowers inflammation, decreases DNA damage and ensures we are functioning cognitively. It also boosts FGF21, a fasting hormone which is a key component of longevity. Plus walking after a meal can lower blood sugars as effectively as some blood sugar-lowering drugs. Even exercising for 20 minutes may add an hour to your life – a really good return! Additionally, it keeps us flexible and our



joints mobile, preventing falls – which cause many early deaths. Women experience a reduction in bone density because of hormonal changes, and resistance exercise, such as lifting weights, can be beneficial.

6 IMMUNE BOOST: The immune system naturally declines with age. In the developed world, infectious diseases are the fourth-leading cause of death among the elderly. Vaccines do not often work as well for older people because the immune response is not

as strong. Sufficient antibody protection is found in 50 to 75 per cent of young people but this figure falls to ten to 30 per cent in older adults. Regular exercise, getting enough sleep and eating more fruit and veg can support the immune system, as can meditative activities that lower stress.

7 BUNGED UP: Not only is constipation uncomfortable, but it can be a precursor for other ailments. If you strain to go to the loo, you are at risk of developing a hiatal hernia. Straining can also cause heart rhythm disturbances and a

reduction in flow to the heart and brain, which may result in defecation-related fainting or even death – a syndrome known as bedpan death. Constipation becomes more common with age. Exercising daily, drinking plenty of water and consuming fibre will help. A bowl of porridge with a tablespoon of ground flaxseeds is a great source and can contribute to weight loss, too.

8 BRAIN GAMES: The average time between a dementia diagnosis and dying is five years.

But dementia is not an inevitable consequence of ageing. The best advice is what is good for the brain is good for the heart – keeping your blood pressure and cholesterol low helps both organs.



Vegetables, legumes, fruits and whole grains should ideally replace meat and dairy products as primary staples of the diet.

Avoid smoking, limit alcohol use, get enough sleep and ensure a healthy weight. Other things that might help are fasting, a mind game habit and introducing turmeric into your diet.

9 SEXUAL HEALING: Physical health problems get in the way of bedroom antics in older life.

But sex has protective physical and mental health benefits. Endorphins are feel-good chemicals that are released during sex and have been shown to improve cell function. Healthy habits can also reduce the risk of issues such as erectile dysfunction.

A recent study found that each additional daily serving of fruit or veg may reduce the risk of ED by ten per cent – probably due to increased circulation as well as decreased inflammation.

Women will also benefit from these habits as those with higher cholesterol and blood pressure readings report lower arousal, orgasm frequency, lubrication and sexual satisfaction. Menopause symptoms such as vaginal dryness should be taken seriously. Speak to your GP about treatment options.

Lubrication is all about blood flow and the good news is flavonoid phytonutrients – found in onions and apples – can help to open up the arteries.

● **How Not To Age: The Scientific Approach to Getting Healthier As You Get Older** by Dr Michael Greger (*Bluebird*, £22) is out now.

Q! I HAVE small brown moles or spots on my breasts. Should I be worried?

A When to worry about a mole is something GPs get asked a lot.

Generally if it's new or if there are changes to an existing mole it's worth getting it checked.

An online consultation where you can send in pictures of the mole or moles is often a good place to start, especially if it's hard to get an appointment.



The main concern with a changing mole is that it could be a type of skin cancer called melanoma and this is the most dangerous type of skin cancer, so not to be ignored if there are concerns.

When I talk about moles I always like to inform or remind about the ABCDE handy guide for checking.

If your answer to any of these questions is "yes", see your GP.

A is for **asymmetry**. Are the two sides of your mole different?

B is for the **border**. Is the border irregular, with jagged edges?

C is for the **colour**. Are there different shades of brown and black within the mole?

D is for **diameter**. Is it more than 6mm?

E is for **evolution**. Has it changed in size, shape or colour?

If you're not sure then take pictures regularly to keep a note of your mole and any changes.

Put a ruler or tape measure directly next to it when taking the photo.

If they're in a place you cannot reach, such as your back, ask someone to help you or just go to your GP.

EMAIL Dr ZOE health@thesun.co.uk

double Sun DOKU

TODAY'S TEASER Call 0905 757 0156 for clues or solutions. Cost £1 per minute plus network access charge.

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

TODAY'S TOUGHIE Call 0905 757 0152 for clues or solutions. Cost £1 per minute plus network access charge.

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

Calls cost £1 per minute from BT landlines plus network extras

YESTERDAY'S SOLUTIONS

Teaser

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

Toughie

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

MINDBENDER

Canine, finite, genial, junior, maniac, pinion

BRAINBOXER

6662345136

HAPPY BIRTHDAY TO...

FLEABAG creator and star **PHOEBE WALLER-BRIDGE**, 39, right, comedian **DAVID MITCHELL**, 50, The Chase's **ANNE HEGERTY**, 66, Shameless actor **MAXINE PEAKE**, 50, and singer **LEE MEAD**, 43, MMA champ **CONOR MCGREGOR**, 36, Bastille's **DAN SMITH**, 38, Glee's **JANE LYNCH**, 64, and former TV news presenter **SUE LAWLEY**, 78.



SUNDIAL



SEE how many words of four or more letters you can "dial" using the one at the centre in each word. You can make at least one word using all of them. Don't use the letters more than once in any word. No proper names or plurals ending in 's'. Words from Collins Concise Dictionary.

BRILLIANT: 23. EXCELLENT: 19. GOOD: 14. GREAT SCORE FOR KIDS: 9.

YESTERDAY: Arbour, ardour, baud, beau, burr, daub, dour, drub, euro, harbour, hour, ordure, rude, ruder, rued, urea, HARBOURED.

Check today's answers by calling 0905 757 0155 before midnight. Calls cost £1 per minute plus your telephone company's network access charge.

Calls for extra clues and answers last no longer than two minutes (Sundial answers may vary). Helpline: 0333 202 3390 (9am-5.30pm). Service provider: Spoke, WIT 4HD

SET SQUARE

Place each of the digits 1 to 9 in the grid to make the sums work. We've started you off with two numbers. Solve the calculations in order, left to right, or top to bottom.

3	×	7	-	=	12
-	■	×	■	×	
	+		+	=	12
+	■	-	■	+	
	÷		×	=	40
=		=	=		
5		13		41	

Sun SUKO® 1

Enter the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of its four surrounding squares. Each coloured area should add up to the colour totals below.

	18		10						
	22		19						
16	16	13							

Sunday quizword

ACROSS

- Once-popular giant house plant (10)
- Mickey Mouse's name before 1928 (8)
- Spanish square (5)
- Medieval Japanese warrior class (7)
- 19th-century originator of a famous thesaurus (5)
- Small plover with a brown streaked back (8)
- Author of The Tenant Of Wildfell Hall (4,6)
- Sea between Turkey and Greece (6)
- Composite name for the three Low Countries of Europe (7)
- Chris van Tulleken's twin (4)
- French département near the Swiss border (3)
- Crested freshwater diving bird (5)
- Popular photo-sharing mobile app (9)
- Cornish river (3)
- Aquatic ball game played by swimmers (5,4)
- City where the Headingley sports ground is located (5)
- Japanese currency (3)
- First name of Aussie actress Ms Fisher (4)
- Sleep-bringer in folklore (7)
- Labour prime minister who succeeded Churchill in 1945 (6)
- Rumble In The Jungle, eg (5,5)
- Rowing contest between Oxford and Cambridge (4,4)
- Device for measuring alcohol (5)
- City on the eastern coast of Cyprus (7)
- Pennsylvanian religious sect (5)
- Enter private land (8)
- Vessel for the display of flowers (10)

DOWN

- Domestic fuse unit (3)
- Line of English kings from Henry II to Richard III (11)
- First name of German actress Ms Kruger (5)
- English county divided into East and West (6)
- Italy's capital city (4)
- Popeye's girlfriend (5)
- Bullfighter on foot (6)
- One of the four basic colours used in printing (7)
- Chief port of the Netherlands (9)
- The King's elder son (6,7)
- Bangladesh's capital (5)
- English county bordering the Brecon Beacons (13)
- French city where Cointreau has been produced since 1875 (6)
- Historic Irish province (6)
- City of Romeo and Juliet (6)
- Breed of short-legged hunting dog with long ears (6)
- Member of a British armed force (5,6)
- Item called a "vest" in the USA (9)
- Relationship of Princess Beatrice to King Charles (5)
- 1970 album by the Beatles (3,2,2)
- Member of the military police (6)
- Country, capital Warsaw (6)
- Pieces of land such as the Scillies (5)
- Surname of author Mark and singer Shania (5)
- Dog in Peter Pan (4)
- City of central Vietnam (3)

Check today's answers before midnight by calling 0905 757 0157 for Across and 0905 757 0160 for Down. Calls cost £1 per minute plus your telephone company's network access charge. Purchase the latest Sun Puzzle Books, including crosswords, wordsearches & sudoku, for as little as £4.99 from the HarperCollins website harpercollins.co.uk or phone 0141 306 3100

1		2		3		4		5		6	7	8	9	10
									11					
12					13							14		
15								16						
									17					
18				19		20				21		22		
						23						24		
25				26						27			28	
							29							
30										31			32	33
34		35			36						37			
					38						39			
40						41				42		43		
										44				
45						46					47			48
49									50					

bumper Puzzles section starts here

More puzzles than any other paper

CLUE SQUARE

Using the nine letters provided, can you answer these clues? Every answer must include the highlighted central letter. What word or phrase uses all nine letters? There may be more than one.

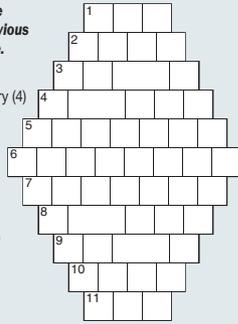
G	I	R
E	N	T
S	K	A

- 5 letters
Creep
Fury
Lifeless
Representative
Wash off soap
- 6 letters
Back of the eye
Cheese dish
Great effort
Inviting
Red gemstone
- 7 letters
Bizarre
Gazing
Hard rock
Protein in hair and nails
Tormenting
- 8 letters
High platforms for cameras etc
Thankless people

BRICKWORK

Answer each clue so that every entry contains the same letters as the previous entry, plus or minus one.

- PG Tips drink (3)
- ___ Modern, art gallery (4)
- Caffe ____, milky coffee (5)
- Cows (6)
- Touchy-feely (7)
- Criss-crossed with bars (8)
- Regional language (7)
- Fine point (6)
- Just right (5)
- Fibbed (4)
- Pass away (3)



PATHFINDER

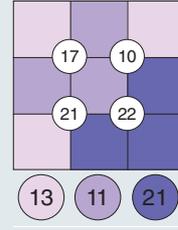
Beginning with the highlighted letter, follow a continuous path in the grid to find the listed words relating to maps. The path passes through each and every letter once, and may twist up, down or sideways, but never diagonally.

F	A	E	C	N	A	T	N	E
E	R	E	A	D	I	S	T	I
I	L	E	T	S	A	O	C	D
D	E	R	L	I	N	E	R	A
U	T	I	G	N	O	L	E	X
H	W	E	S	T	T	S	O	E
T	R	L	T	A	S	D	U	D
N	O	A	S	E	A	I	T	N
N	O	I	T	C	E	R	H	I

- AREA
ATLAS
COASTLINE
DIRECTION
DISTANCE
EAST
GRADIENT
INDEX
LONGITUDE
NORTH
RELIEF
SOUTH
WEST

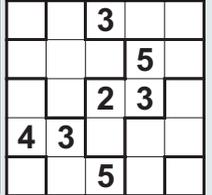
Sun SUKO®2

Enter the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of its four surrounding squares. Each coloured area should add up to the colour totals below.



SUGURU®

Each cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3, and so on. The same digit must not appear in neighbouring cells, not even diagonally.



EACH clue leads to a well-known name. Put the initials or stated letters in the appropriate squares to identify a radio broadcaster:

THE NAME GAME

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

5 & 9	Greg, golfer known as The Great White Shark (first two letters of name)
3 & 1	He was REM's lead singer
6 & 2	Ms Blackman, Children's Laureate from 2013-2015 (first and sixth letters of name)
7	Mr Horowitz, author of the Alex Rider series of books and some modern James Bond novels
4 & 8	Mr Norman, who composed the famous James Bond theme (second and last letters of name)

● Yesterday: Actress **DANA DELANY** (Daniela Nardini, Lionel (Shriver), (Susan) Sarandon, Dean Norris, Danny (O'Donoghue). Another Name Game in The Sun tomorrow.
■ If you can't wait until tomorrow for the answers, just call 0901 293 6298. Calls cost £1 plus your telephone company's network access charge.

MINIDOKU

As normal Sudoku using digits from 1 to 4.

3	1	2	
		3	
2	4	3	

	3		
2			
		4	
		1	3

PUB QUIZ

- 1 Movies**
Lara's Theme was the title music from which 1965 David Lean film?
- 2 Music**
Before her solo career, Beyoncé Knowles was a member of which girl group alongside Kelly Rowland and Michelle Williams?
- 3 TV & Radio**
Martin Sheen played US President Jed Bartlet in which long-running series?
- 4 Leisure**
What company releases the PlayStation range of consoles?
- 5 Geography**
Constantinople and Byzantium are both former names of which major modern city?
- 6 Science**
In geology, which period followed the Triassic Period?
- 7 Art & Literature**
The Notre-Dame, Ely Cathedral and Milan's Duomo are all prominent examples of which type of architecture?
- 8 People**
Jacqui Smith was the first female to hold which UK Cabinet position?
- 9 Words**
What is a gopik?
a) An Arabic table jug
b) An Indian placebo treatment
c) A monetary unit of Azerbaijan
- 10 The British Isles**
In which area of the City of Westminster is the National Gallery situated?
- 11 Food & Drink**
When dried, which fruit produces prunes?
- 12 Pot Luck**
Which name is given to a cross between a chihuahua and a pug?

Two sets of clues but the answers are the same

Coffee time

Check today's answers before midnight by calling 0905 757 0150 for Across and 0905 757 0151 for Down. Calls cost £1 per minute plus your telephone company's network access charge.

Cryptic clues

ACROSS

- Bone that is broken in accident initially (5)
- Close to tears, milliner thoroughly upset (7)
- Nuclear device right at core exploded (7)
- Stooge eats rook and shrimp (5)
- Tree-dwelling wild boar? True! (8)
- Man perhaps is extremely late (4)
- Emily's recast Le Carre's spy (6)
- Son, irate, panned mocking word (6)
- Seaman in Lima seated outside (4)
- Engage in sport and kit wears out (5-3)
- Cash to hand prepared (5)
- Undisclosed military rank (7)
- More macho meat supplier? (7)
- Nice surprise in Portreath (5)

DOWN

- Menaces troubled the star (7)
- Pig runs away, seeing snake (3)
- US lawyer on treaty blasted (8)
- King into meat finds vein (6)
- Record to break when in mountains (4)
- Maiden in Tristan's wacky broadcasts (9)
- Scope in arrangement (5)
- Extremely intelligent like many a star (9)
- Truth about dossier up for renovation (8)
- Notable English pit not emptied (7)
- Hold up picnic basket (6)
- Romeo in tangled bush, forsythia maybe (5)
- Economy that contains false notion (4)
- Agreement during play? Exactly (3)

YESTERDAY'S SOLUTION

ACROSS: 1 D-e-f-t, 4 Upheaval, 8 Lounge, 9 Allege, 10 Besotted, 12 T-r-e-k, 13 Geysir (geezler), 15 Enmity, 17 S-pud, 19 E-as-two-od, 21 C-u-t-let, 22 Chin-t-z, 23 Ad-dendum, 24 H-one.
DOWN: 2 Elop-e, 3 T-e-nuous, 4 Ure, 5 He-address, 6 A-l-lot, 7 August, 11 Tormented, 14 Ex-pound, 16 Ma-wkish, 18 De-l-v-e, 20 Of-ten, 22 Cam.

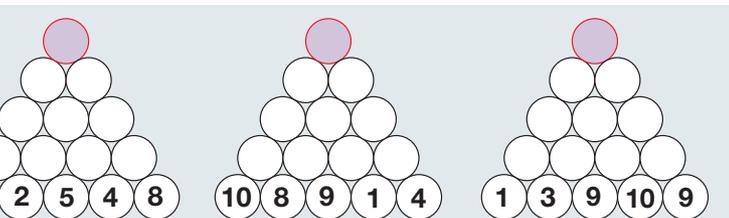
ARROWWORD

The arrows show the direction in which the answer to each clue should be placed.

Blow up (a balloon) ▼	The Bridge of Lies quiz host (4,4) ▼	Opposite of 'wet' ▼	Frightening giant ▼	Variety of bingo ▼	___ the line, conform ▼	Switch off (a light) (4,3) ▼	Because, since ▼
			Fairies' cave ▶				Logical process ▼
Within a building ▼	Also known as ▼	Road-surfacing material ▼	Thumb a lift ▼	Sightsees in ▶			
Final ▶			Radiator ▶				Rabbit-like animal ▼
Chemical opposite of an acid ▶				Highest or lowest playing-card ▼	Chewing ___ sweet ▼	Nurses' employer (nits) ▶	
Rank, layer ▶			Tie-on label ▶		Small seagoing vessel ▶		
			Happen, take place ▶		Midge ___ 1980s singer ▶		
Group of sports players ▶	Health resort ▶		Lower edge (of a skirt) ▶		Thin part of a wine glass ▶		

ADD UP

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



WORD WORKOUT

THIS is the world's best brain teaser. The Sun's clueless crossword. Here is how to play: Each grid number in our Word Workout game represents a letter. So if you think 4 is the letter V, write V in all the squares with a 4. All the alphabet is used and we have supplied some letters to start you off. We will print the answers tomorrow.

YESTERDAY'S SOLUTION
ACROSS: Rebuke, Ward, Cyan, Urgent, Accelerator, Mimosa, Rusk, Stun, Expert.
DOWN: Defy, Quince, Rejuvenated, Swag, Bronco, Chintz, Abrupt, Owns, Surf.

	2		8		18		10		11		A
8	15	9	12	25	24		5	9	9	26	B
	18		18		21		19		16		C
26	7	9	14		18	3	18	5	4	23	D
			5		22				25		E
25	17	17	18	12	8	4	16	18	5	3	F
	6				4		18				G
21	19	21	26	9	9		12	25	13	18	H
	4		4		7		1		4		I
2	12	18	7		25	5	4	18	7	17	J
	18		20		5		7		20		K

For 4 Extra Clues Call 0901 293 6299
Calls cost £1 plus network access charge.

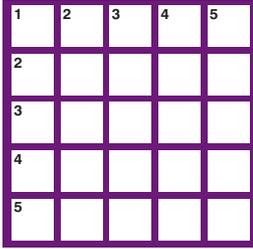
or text **SUNWORD** to 64343.
Texts cost £1 plus your standard network rate.

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

WORD SQUARE

ACROSS

- Smacks
- Gold purity measure
- Musical drama
- Canvas dwellings
- Hack, cut

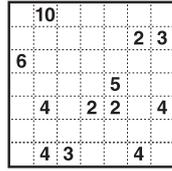


DOWN

- Highlanders, eg
- Collar extension
- Stadium
- Components
- Hide (loot)

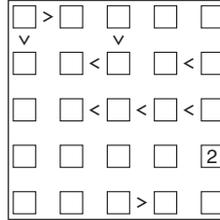
CELL BLOCKS

Divide the grid into blocks that are either square or rectangular. Each block must frame a single number, and each block must contain the same amount of cells as the number it frames.



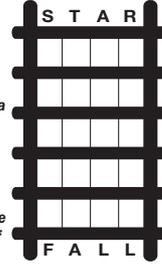
FUTOSHIKI

Use the greater than (>) and less than (<) signs to fill in the squares with the numbers 1-5. The same number cannot occur more than once in any row or column.



WORD LADDER

Change one letter at a time (but not the horizontal position of any letter) to make a new word - and move from the word at the top of the ladder to the word at the bottom using the exact number of rungs provided.



SPOT THE SAYING

Which two well-known sayings or expressions can be found below?

- pFEEL
- ∞ + BY D

WORDSEARCH

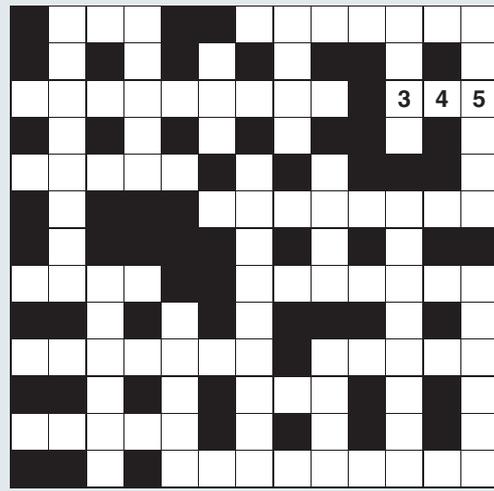
These cakes can all be found in the grid. Words may run either forwards or backwards, in a horizontal, vertical or diagonal direction, but always in a straight, unbroken line.



- | | | | |
|---------------|---------------|-------------|------------|
| ANGEL CAKE | CREAM SLICE | FLAPJACK | MERINGUE |
| BAKEWELL TART | CUPCAKE | FRUIT LOAF | PARKIN |
| BATH BUN | CUSTARD TART | GATEAU | ROCK CAKE |
| BATTENBERG | DANISH PASTRY | GINGERBREAD | SHORTCAKE |
| BROWNIE | DUNDEE | ICED BUN | SPONGE |
| CARROT CAKE | ECLAIR | MACARON | STOLLEN |
| CHELSEA BUN | FAIRY CAKE | MADELEINE | SWISS ROLL |

NUMBERFIT

All of the listed numbers fit into the grid and there's only one way to do it. One number has been provided to get you started.

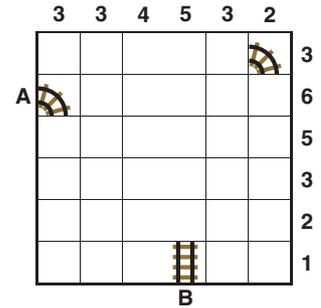


- | | | | | | |
|----------|----------|----------|----------|----------|-----------|
| 3 digits | 4 digits | 5 digits | 7 digits | 8 digits | 9 digits |
| 345 | 4301 | 15202 | 2426515 | 65023774 | 233818772 |
| 622 | 5330 | 40784 | 5746581 | 70740310 | 357573643 |
| 756 | 6076 | 60568 | 6207543 | 73531317 | 777537008 |
| 772 | 8221 | 83400 | | | |
| | 9234 | 85135 | | | |
| | | | 6 digits | | |
| | | | 155522 | | |
| | | | 575464 | | |
| | | | 730344 | | |

SOLUTIONS TO ALL PUZZLES ARE IN THE SUN TOMORROW

TRAIN TRACKS

Lay tracks to enable the train to travel from town A to town B. The numbers indicate how many sections of rail go in each row and column. There are only straight rails and curved rails. The track cannot cross itself.



MISSING LINK

Find a word that can follow the word on the left and precede the word on the right. When you have filled in all the answers, the shaded squares will spell out a county.

SUNDAY					BITTER
SAME					GOES
BACK					HANDLE
POT					GLASS
TIE					JOINT
FALLING					ANISE
FLYING					KETTLE
SPARKLING					CELLAR
QUESTION					TIME
CANDY					FRUIT

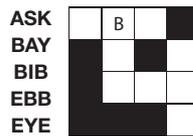
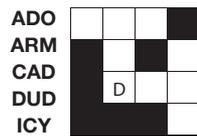
NUMBERCRUNCH

Starting at the top with the number provided, work your way down the three lines one at a time, applying all the mathematical instructions to your running total.

EASY	MEDIUM	HARDER
51	133	146
+ 222	÷ 7	50% of it
÷ 7	+ 365	+ 1302
- 29	÷ 12	× 2/5
× 8	+ 397	- 186
÷ 5	Third of it	÷ 13
+ 112	- 66	+ 3545
÷ 4	÷ 11	Third of it
- 24	× 4	+ 3380
× 6	+ 409	÷ 7
ANSWER	ANSWER	ANSWER

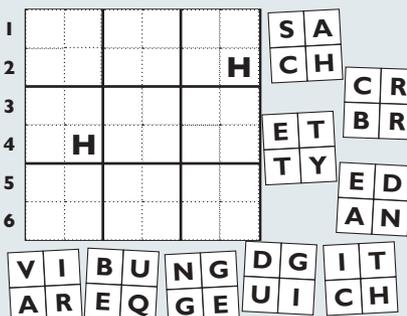
MINI FIT

Which one of the listed words won't fit in each of these mini grids?



MINI JIGSAW

Fit the pieces in the grid to spell out a word relating to banks in each row.



MIND THE GAP

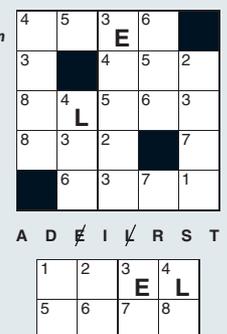
Place one of the three-letter words in the space of each row to reveal a seven-letter word in the shaded squares.

R	E	D			L	O	P	
B	Y	S	T			E	R	
C	A	T	A			A	N	
D	I				P	E	A	R
A	R	C				E	C	T
D	E	C	O			O	R	
J	U	D				E	N	T

- AND
- EVE
- GEM
- HIT
- MAR
- RAT
- SAP

MINI CODE

Eight letters have been given a number from 1 to 8. Break the code to complete the crossword.



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GOLD-PLATED CHRONOGRAPH

FEATURES

THE FACE

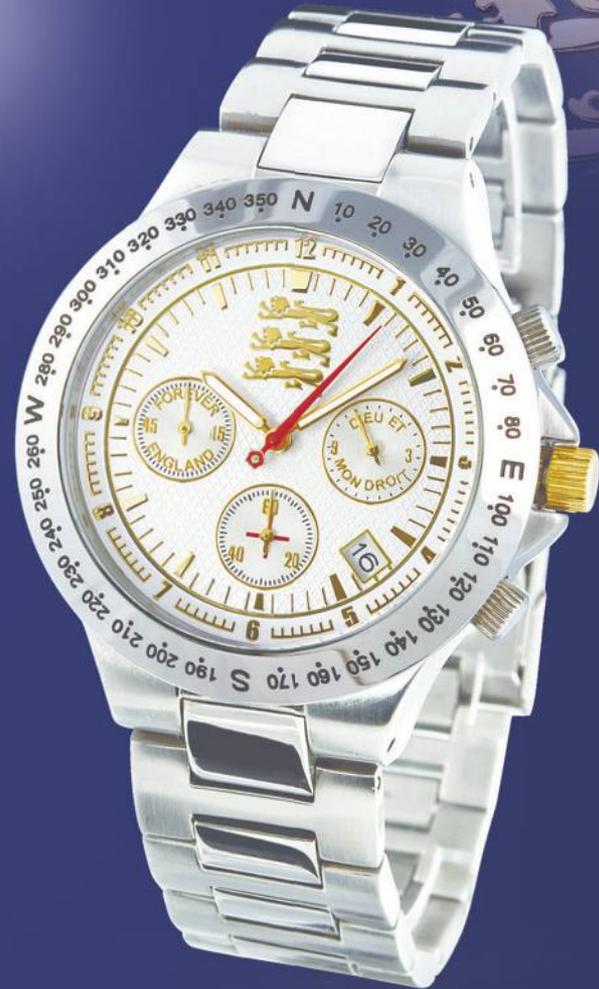
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the Sunday dear deidre



Edited by
SALLY LAND
Team: Jane Allton, Hilary
Freeman, Kally Lewis, Catherine
Thomas and Chloe Stratton

No matter what the issue, I answer every single problem

FAMILY FORUM

Dear Deidre

MY step-daughter is making my life a living misery.

I'm 55 and my partner is 57. We have been married for five years. We have twin sons together and he has a teenage daughter from his previous marriage.

When I first met my step-daughter I was over the moon as I had always wanted a girl. We used to do so much together and her mum even used to invite me for girls' days out with them.

Then a couple of years ago she hit the dreaded teenage years and everything changed. The sweet little girl who I knew was replaced with a selfish brat with a severe attitude problem.

Just last week, I asked her to tidy her room and she screamed, "Who do you think you are, you're not my mum" at me. She's even began saying that I should leave the house and that no one wants me there.

I've tried talking to my husband about the issue but he says I'm too harsh on her and questions if I have hurt her or upset her.

It is beginning to affect our relationship now and he's even slept on the sofa on a few occasions.

I do not want our marriage to end but I feel as though divorce is a possibility.

I don't want to live like this any more. I'm tempted to suggest she lives with her mum on a full-time basis. How can I solve this?

DEIDRE SAYS: It's time to sit your husband down during a quiet moment and explain how you feel. Tell him you do not want to fall out over his daughter.

My support pack on Looking After Your Relationship has more helpful information.

It's important you and your husband also have some ground rules when it comes to your children and step-child.

Your husband is probably feeling guilty that he split up from his child's mother and this will affect how he disciplines his children.

The organisation Family Lives (familylives.org.uk, 0808 800 2222) also has advice on how to deal with this situation.

My support pack on Stepfamily Problems will also have more useful information for you during this time.

stories deidre's photo casebook

BREE BREAKS GIRL CODE: FINAL DAY



Dear Mia, YOU were so invested in helping Seth with his mental health, you probably missed key signs that he wasn't happy in your relationship.

Of course it will hurt that your friend is now enjoying time with him but, no matter who he is dating now, the fact remains, he wasn't right for you.

Give Bree and Seth a wide berth and allow yourself time to heal. It would be a shame to lose a good friend over this.

In time when you are feeling calmer and stronger about your break-up with Seth, ask Bree to meet up and talk. See if you can both agree to put this behind you and rebuild your friendship.

If this still feels like a betrayal, you'd be better off drawing a line under the friendship and putting your efforts into other pals. *Deidre*

Clothes by boohoo and boohooMAN

Dear Deidre

WHY won't my partner of five years introduce me to his family?

We met online in 2019 and are both 49.

Whenever I ask to meet his relatives he gets angry, saying he likes things the way they are.

He says that when he introduced a previous partner to his family, it all went wrong.

We don't live together and I can't help but wonder if his family even know I exist. Why else would he keep me a secret? I'm worried there's

another woman and that this whole time I've actually been his mistress.

I'm tired of feeling this way, how I do to solve this?

DEIDRE SAYS: Don't be put off by his excuses and tell him you need to sort this out.

Emphasise you understand that previous introductions went wrong but it's not unreasonable for you to meet his family after five years.

Tell him how this makes you feel and hopefully he'll make concrete plans for an introduction. My support pack Standing Up For Yourself will help.

Dear Deidre

IS IT dangerous for a man to use coconut oil during intercourse?

I'm a 25-year-old guy and I have just started having sex with my new girlfriend.

The first time we did it we were struggling to get things going so I used some coconut oil as lubricant.

I didn't tell my girlfriend as it's worked for me before with no issues.

Now she says that she's sore down there and when I told her I used coconut oil, she blamed that. Could the

coconut oil have caused her to have a reaction?

DEIDRE SAYS: Coconut oil is a safe option for most people as it doesn't have any added chemicals. You can use pure coconut oil in a solid or liquid form. But don't use this as a lubricant with latex condoms as the oil will degrade the rubber used in the condoms.

Your partner's skin may be sensitive and this could have caused a reaction.

If the discomfort persists, encourage her to visit her GP.

Steamy session with best pal is all I think about

Dear Deidre

AFTER a passionate night with my female best friend, I'm worried that I've fallen in love with her.

The problem is I'm a married woman and she doesn't seem interested. I cannot stop replaying our kiss and fevered session on her sofa.

I'm 40 and have been married to my 45-year-old husband for 13 years. On the outside we have the perfect life with two gorgeous children and a nice house but the reality is he feels more like a friend than a lover.

As the relationship between me and my husband cooled, I became closer to my best friend. We met in primary school and she has always understood me in a way no else has.

But within the last year, things have changed between us.

A few months ago we were enjoying a couple of glasses of wine at her place.

It felt very natural as we reached for each other and started kissing.

It was the most sensual experi-

HERE TO HELP YOU



IF YOU are worried about anything please get in touch with my team of counsellors and we will do our best to help you. Every email receives a personal response within one working day.

deardeidre@the-sun.co.uk

ence of my life. We explored each other's bodies and then, as normal, I stayed over in the spare room. The next morning it was as if nothing had happened.

I'm desperate to kiss her again but she doesn't seem interested. I've thought about telling her how much I love her but I don't think she feels the same way about me.

In order to protect myself, I have distanced myself from her and she's beginning to notice

that something is up. In an ideal world I would admit my feelings to her and she would feel the same, but if she doesn't I'm worried that I will lose her forever.

I'm not sure what to do anymore, or if I can continue this friendship.

DEIDRE SAYS: You started to spend more time with your friend because neither you nor your husband were making an effort.

Married life with children is frantic and exhausting.

Left unintended, there is little opportunity to connect and be with our partners. Naturally, this creates an environment for distractions.

Turn to your husband and focus your efforts on him. The more you invest in him the less you will fixate on your friend.

If you are still struggling, talking to a therapist alone or together will help you. You can contact Tavistock Relationships (tavistockrelationships.org, 020 7380 1975).

In the meantime you would be wise to limit how much you see your friend until you feel more grounded.

It's no good pretending you didn't cross a line. Let her know you think a lot of her but need time to sort yourself out after that evening.

GET IN TOUCH

My team is here to help. Please feel free to contact us and follow us.
Online: thesun.co.uk/deidre Instagram: @dear.deidre Facebook: @DearDeidreOfficial
X: @DearDeidre Post: Dear Deidre, The Sun, 1 London Bridge Street, London, SE1 9GF

Dear Deidre

I AM worried my wife will divorce me after she discovered the Fifty Shades Of Grey book.

I'm 60 years old and my wife is 55. We have been married for 35 years and share four children.

Recently, my wife read Fifty Shades Of Grey as she's trying to complete a reading challenge. Ever since then she's been constantly talking about the lead character, Christian Grey.

This fictional character is the opposite of me – young, rich, fit and handsome – while I'm struggling to make ends meet and haven't been to a gym in years.

She does not stop going on about how she finds this fictional character attractive.

To make things worse, she wants to spice up our sex life so it's similar to the contents of the book.

I have never been into "spicy" sex as it makes me feel uncomfortable but

WIFE'S FIRED UP BY SEXY BESTSELLER

now my wife is saying that our sex life isn't "doing it for her."

She complains that I need to be more adventurous and even shouted out at me during an argument that she would "go find someone who will do these things" with her.

I was heartbroken and I'm now terrified she'll divorce me because of this book. She has since apologised and said she didn't mean a word of it but I can not get that moment out of my head.

Whenever she is now affectionate to me, I have begun pushing her away. I feel like she's no longer in love with me and is only trying to pacify my feelings. How can I win my wife back

from a fictional man that she's read about?

DEIDRE SAYS: It sounds as though Fifty Shades Of Grey has ignited something in your wife: a desire to be more experimental and more energetic in the bedroom.

She has communicated her new enthusiasm clumsily and has understandably upset you.

Try to talk to her when you are both feeling calm and away from the bedroom. Let her know how unsettled you are by her reaction to the book and explain you'd be more inclined if she was encouraging rather than threatening.

It's important that you are both comfortable with what you are doing and that you are both satisfied. There will be ways to spice things up that feel right for you both.

My support pack on 50 Ways To Add Fun to Sex and Understanding Female Pleasure will give you suggestions on how to do this.

hot topic

EVEN with improved mental health education, plenty of boys and men still find it difficult to express their feelings because society teaches them in so many ways to bottle up their emotions.

Over three quarters of men (77 per cent) have experienced symptoms of mental health issues including depression, anxiety and stress.

If you want to help your man to open up then my support pack Hiding His Feelings? can help.

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8.5 million UK Arthritis sufferers could turn back the hands of time with the amazing Collagen Ultra.

If you thought Collagen was just for wrinkles, think again!

Is YOUR body still making enough Collagen?

Collagen is the most abundant natural protein in our bodies, making up around 33% of our body mass, and being present in bones, joints, muscle and other types of connective tissue. Scientists believe that for many people, particularly the elderly, its production slows down or stops, with some going as far as saying if you're over 30 your body can't make Collagen anymore, and that means that you have to take it!

Until recently Collagen was best known purely as a treatment for wrinkles, but Roland Moskowitz a Professor of Orthopaedics at Case Western University in America says

"Collagen is the most common protein in the body. We need it for healthy joints, physical resilience and the ability to recover from injuries. The body loses 1.5 per cent every year. By the age of 40 we have lost 30 per cent."



who conquered Mount Kilimanjaro for Comic Relief in 2009. The supplements were prescribed for the Kilimanjaro climbers by their medical advisors to help to keep the team's joints supple and protect their looks from

the harsh conditions. Cheryl Cole and DJ Chris Moyles, Gary Barlow, DJ Fearnie Cotton and Cole's Girls Aloud band mate Kimberley Walsh were among the nine stars who managed to scale Africa's highest peak.

At least half of the team were given daily Collagen supplements by their advisors who said: *"We believe these supplements played a crucial role in the success of the trip. Collagen has been shown to not only protect the joints but maintain skin tone and looks."*

Collagen makes cartilage grow

Most interestingly, as well as helping the existing tissues, Collagen seems able to stimulate the growth of new cartilage, which is borne out by

medical studies which say that patients with damaged or arthritic joints showed improvements in mobility and pain relief when taking the supplement.

Dr Steffen Oesser of Kiel University in Germany has published research that demonstrates that by adding Collagen to cartilage tissue it was possible to encourage extra cells to grow. "This is the first time anyone has demonstrated that Collagen has this effect on cartilage and backs up anecdotal evidence and patient trial" he said.

Collagen Ultra has helped my arthritis

Importantly some Collagen supplements are very much better than others. Iris Henderson, from Sheffield, tells us:

"I have been taking Collagen Ultra religiously every day for a few years. I was 80 years old last September and I cannot tell you how many people have been astounded about how good my skin looks, and how energetic I am.

BY THE AGE OF 40 WE CAN LOSE AROUND 40% OF OUR NATURAL COLLAGEN

I have always taken these compliments with a pinch of salt, but after a small incident, I am compelled to thank you for such a wonderful product.

I had a Basal Cell Carcinoma removed from my right cheek near my ear. The consultant took a rather large area away and I was left with stitches. A couple of them had opened up, so I had to return to my GP to have them re-dressed. So over the next couple of days I wasn't particularly feeling at my best - I wasn't even able to wash my hair for 10 days!

However, early one morning during this time of feeling ugly and old, the doorbell rang, and a lady from the gas company explained that they were going to have to cut off my gas supply for a few days for maintenance. I told her that it wasn't very practical for an 80-year-old widow to not have any heating or being able to shower or bathe. The lady just stood

there and said "You look nothing like an 80-year-old. You look amazing!"

I thanked her for being kind, but once she had left, I noticed my newly-arrived box of Collagen Ultra. So I sat and read through the ingredients and about the product once again. I seriously think that all the benefits written in the leaflet are absolutely spot on. It has helped my arthritis, and my body in general - I am always rushing around and my friends can't believe how energetic I still am. I wish to thank you most sincerely for introducing me to these wonderful Collagen Ultra tablets. I shall take them forever I can assure you."

Collagen Ultra is only available from Stirling Health: www.collagenultra.com

Supplements perform as well as natural Collagen in helping the body

Recent research by Professor Moskowitz looked at 400 patients with arthritic knees from the US, Britain and Germany. Some were given a placebo, while the others were treated with a Collagen supplement. The latter group showed significant reduction in pain, and an improvement in joint mobility, with 93% achieving positive results some after only two weeks.



As well as helping arthritis sufferers, Collagen also proved its worth after being given to the celebrity climbers

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in a top Turkish hotel. There's also a stay at a Haven holiday park or a treehouse at Port Lympne Hotel and Reserve in Kent to be won. Today we are focusing on our Haven holiday prize worth up to £3,000. The lucky winner will enjoy all that a great staycation

has to offer, with a seven-night break in a luxurious three-bedroom Gold holiday home at one of Haven's stunning coastal parks. The UK break for up to six people will include entertainment passes for you and your guests, as well as access to the park's swimming pools. Travel to the park, food, beverages and spending money are not included. You have until August 8, 2024, to vote at thesun.co.uk/travelawards. Terms and conditions apply.

hot spot IT'S 30C in **SORRENTO, Italy** – seven nights' half-board at the 3* Grand Hotel Moon Valley is from £759pp, including flights from East Midlands Airport on July 19. See jet2holidays.com.

hot spot CORFU is 29C – seven nights all-inclusive at the 3* Ibisiscus Hotel Corfu is from £748pp, including flights from Edinburgh Airport on September 26. See icelolly.com.



Edited by **LISA MINOT** Follow me on X @[lisaminot](https://twitter.com/lisaminot)

TRAVEL

● AN ISLE of Wight ferry operator is guaranteeing a sunny holiday – or money back! Red Funnel has relaunched its Splashback discount, giving customers 50 per cent off ferry travel if it rains continuously for eight or more hours. Anyone who books a holiday of three nights or more before August 31 with vehicle ferry travel from Southampton will be able to take advantage, as long as they travel between now and September 30. See redfunnel.co.uk/splashback.

BUCKLE UP FOR £300M PARK FUN

PLANS have been revealed for a huge new £300million theme park in the UK, with historical shows and immersive experiences set to be staged. Last year, fans went wild with excitement when French brand Puy du Fou expressed interest in developing a 400-acre site in England. At the time, estate agent Savills confirmed that the park was looking for a 300-400 acre site within a 40-mile radius of Oxford. Now, theme park bosses are proposing the new attraction be built in the Cherwell area, with an initiative being put forward to the district council. Boss of Puy du Fou Olivier Strebelle told the Banbury Guardian: "With Britain's rich history, and with so many British people already visiting us in France and Spain, we have been looking for a site in the country for many years, and we have now identified the perfect location in Oxfordshire."



WINNER . . . Ashford hotel

BOYS' TOP GONG AT AWARDS

A BOUTIQUE hotel in Kent has been named one of the best foodie spots in the UK. Boys Hall in Ashford was awarded the title of England's Restaurant with Rooms of the Year in the Britain's Best B&Bs of 2024 awards with The AA. The "lavishly restored" 17th Century manor house was commended for its cosy bar, excellent food and nine "individually styled" bedrooms. The awards were given to one Welsh, Scottish and English property in each category, which included Inn of the Year, Bed and Breakfast of the Year and Restaurant with Rooms of the Year. Mingary Castle in Kilchoan took home the top prize for Scotland for being "unique, with high levels of quality, charm and character". Actual B&B's of the Year include Mallard Grange in Ripon, North Yorks; and Bryn Derwen in Llandudno, Conwy.



FLIPPIN' AMAZING
... seal relaxes on Horsey Beach

Waxham gets the seals of approval

UPSCALE NORFOLK HOLIDAY PARK IS A HIT WITH CHILDREN

LUXURY . . . holiday home at Waxham Sands

BEACH BUDS
Nicholas, Estella and Henry

LOLLOPING by the water's edge at sundown, soaking up the last of the rays while the waves lap nearby, is most people's ideal way to spend a holiday. It's not me doing the lolloping this time, though. Instead, it's the 50 seals, who are reclining at leisure, just around teatime, as if mimicking the laissez-faire attitude of the holidaymakers at the nearby campsite and caravan park.

I'm at the peaceful Waxham Sands holiday park in Norfolk, next door to where the creatures gather on the shoreline. The site lies directly behind the grass-covered dunes at the back of unspoilt, sandy Horsey Beach. It's a well-known spot among the locals for watching seals bob and play in the water and, if you are lucky, come out to bask on the sands in the evening. The animals are so common there are even signs warning tourists not to play with ring-irises on the beach to prevent discarded ones becoming trapped around the seals' necks.

We could have watched these gentle lumbering giants go about their businesses for hours, honking at each other and shuffling to and fro. My three children – Henry, ten, Nicholas, seven, and three-year-old Estella – were especially mesmerised

GO: WAXHAM
STAYING THERE: A four-night break to Waxham Sands Holiday Park in a Standard three-bedroom holiday home, sleeping up to eight people, costs from £459 in total. Call 0333 200 1010 or see lovatparks.com.
OUT & ABOUT: A hire boat on the Norfolk Broads costs from £21.25 per hour – see broadstours.co.uk

watching their interactions. Seal spotting and messing about on the sands at Horsey became our evening routine during our delightful stay at Waxham, and the site's direct beach access made this so easy.

Run by Lovat Holiday Parks, Waxham Sands has a more upscale, bespoke feel to it than larger holiday parks I have stayed at on previous trips to Norfolk.

More like a glamping site than a caravan park, a communal safari tent is decked out with comfy seating and board games, while a smart blue and white central office serves coffee and locally sourced foods, along with essentials.

A highlight for my kids was the humongous marshmallows sold on sticks ready for toasting around the communal fire pit, which was lit each evening.

Each night a different local street food truck parked up on site along with the all-important bar cart. The

children played on the adventure playground with other youngsters while we sipped a sundowner in the peaceful surroundings.

My seven-year-old even declared that the pizzas we had for dinner one night were "the world's best!"

Whilst Waxham still has a large field of camping and touring pitches, we stayed in one of the park's brand new luxury static holiday homes.

Our three-bedroom, two-bathroom holiday palace had a fully equipped kitchen with a dishwasher, but the standout feature was a spacious veranda where we spent lazy evenings with a glass of wine under the setting sun. If the British weather takes a predictable turn, the imitation wood-burner inside provides a cosy atmosphere.

Magical campsite feel

Despite being in a holiday home, with so much greenery right on our doorstep, we were still able to conjure up that magical campsite feel for the kids without having to go back to basics in a tent.

If you do fancy venturing further afield, ten minutes' drive up the road is Horsey Mill, one of Norfolk's famous windmills, lovingly maintained by the National Trust and open for tours.

The famous Norfolk Broads are within very easy reach too. We headed to the town of Wroxham where we picked up a brand new electric day boat from local,

family-run firm Broads Tours. It felt like we had stepped straight into Wind In The Willows as we pootled along through picturesque, open waterways on our typical Broads circuit before mooring up for a pub lunch in the village of Horning.

The aptly named Ferry Inn has wooden posts to tie on to and dishes up pies of the day as well as juicy hunks of meat served with gravy boats of sauce.

The boat was clean, quiet and so easy to steer – so much so that the kids even had a go, pointing out swans, ducks and herons as we cruised through the water.

Those with energetic youngsters can make the 20-minute drive from Waxham Sands to the enchanting BeWILDerwood, a forest adventure attraction without the tedious queuing and piped music you find at other theme parks.

Instead of the usual rollercoasters, BeWILDerwood is a network of huge wooden play structures, zip-lines, massive slides and giant swings spread throughout a forest. There is a storytelling stage where children can immerse themselves in charming tales of the fictional Boggles Twiddles and Crocklebogs, around which the attraction is themed.

We returned to our holiday home that evening even more relaxed than the lazy seals flopped on the beach.

Down time is a shore thing at Waxham.

CAROLINE IGGULDEN



MASTERCHEF star John Torode has been broadcasting live on This Morning all week onboard Virgin Voyages' Resilient Lady as it sails from Athens to Corfu.

As well as cooking up a storm onboard, John, above, also visited Split and Dubrovnik in Croatia and Kotor, Montenegro for the daily episodes.

If you have been inspired to try the cruise, Resilient Lady is sailing the Mediterranean until October 20 before heading to Puerto Rico for a new Caribbean season.

John had plenty of food to sample at sea – the ship features 20 options from Korean barbecue

to Mexican. The cruise line does not do buffets or big dining halls, opting instead for smaller individual restaurants as well as street-food style options.

It also offers breakfast any time at a 24/7 diner or a late-night slice from the Pizza Place. Explore the delights on a four-night cruise this summer from Portsmouth.

The vessel will sail to Amsterdam for an overnight stay on August 23, 30 and September 19 with prices from £513pp.

This includes full board, tips and gratuities, sodas and water, fitness classes, wifi and entertainment. See virginvoyages.com.

stay with the stars

lates

TENERIFE: Seven nights' B&B at the 3★ Marquesa is from £407pp, including flights from Liverpool on July 31. See thomascok.com.

DEVON: Seven nights' self-catering at Zeal Cottage is from £695 for arrival on July 20. Accommodation sleeps four. See skyecottages.co.uk.

PORTO: Five nights' B&B at the 4★ Santana Hotel & Spa is from £385pp, including flights from Manchester on July 18. See loveholidays.com.

NORFOLK: Four nights' self-catering at 1 Old Chapel is from £443.70 for arrival on August 26. Accommodation sleeps three and two dogs. See wintertoncottages.co.uk.

KOS: Seven nights' all-inclusive at the 5★ Kipriotis Maris Suites is from £937pp, including flights from Gatwick on July 18. See travelsupermarket.com.



ANYMAKA HAMMOCK STAND £259, anymaka.com

essential

THIS impressive bit of kit is ideal for those heading into the great outdoors this summer.

Made of aircraft-grade aluminium with a rust-proof finish, the cleverly designed stand can be set up in just three seconds. It took us a little longer on our first attempt but after that, both setting it up and taking it down was quick and easy.

Ideal for families, the sturdy design will sit solidly on any surface and can support up to 550lb in weight.

Various accessories include an ultra-light hammock, which will fit two people, adjustable canopy to sit above it for shade or shelter from the rain and even a cup holder that clips onto the main frame.

While it's easy to set up and supremely comfortable, the weight of the bag might prove a problem to some.

It could definitely be improved by simply adding some suitcase-style wheels to one end so it could be pulled along rather than carried.

But the high-tech, high-end construction will last for many years of happy swinging.



SADDLE UP . . . see the sights using pedal power



BIG HIT . . . kids try their hand at padel



LOB-HANDED . . . get set for fun on tennis courts



UP FOR SAIL . . . give windsurfing a go with guidance from instructor

WITH Wimbledon set to conclude today, why not head to Kamari Beach Resort in Rhodes - it's ace for tennis types too.

GO: RHODES

I'm sweating buckets, gasping for air and wondering why I agreed to be put through my paces by Mark Warner's expert coaches.

Hours of activities every day with fellow enthusiasts who fancy themselves as amateur Andy Murrays might sound like hell to the average sun worshipper, especially in 38C heat.

But if, like me, you can't keep still on a sun lounger, it's the perfect holiday.

We were split into groups small enough for the coaches to keep an eye on us in a bid to improve our game in Social Tennis, and tortured in Cardio Tennis as we whacked the ball and did push-ups.

The modern, newly upgraded, white-washed retreat has everything a sports lover could want.

As well as the tennis, you can keep busy with padel matches, mountain biking and gym workouts. At sea, you can learn to sail, windsurf or paddle board for free.

I developed a fear of deep water after an accident as a child, but the kindness of the Warner staff compelled me to try

both windsurfing and paddle boarding. And I am elated I did. The safety procedures are second to none, with lifejackets always worn by guests, a spotter in the water, and several lifeguards on hand.

Both sports were brilliant fun and I came away with plenty of bruises (normal, I'm told) and a sense of real achievement.

My elation didn't stop there, however. Next up on the busy itinerary was cycling. For keen road cyclists, the hotel's programme of rides is suitably challenging in the mornings, ranging from 25km to Lindos to a 75km ride to Kattavia. Cannondale bikes are provided.

There are also gentle mountain bike rides to local villages and nearby beaches.

I saddled up for the relatively easy 10km ride into the small village of Lardos, which included a much-needed respite from the sun at a beachside bar.

Buoyed by completing the coastal route,

the following day I hopped on to a bike for that lunchtime's guided tour (which usually starts at 3.30pm).

It's 15km. I was told, with a few hills up to the lighthouse in South Rhodes.

"Ha, that's only 5km more. Easy," I scoffed.

The ride, which takes in the rugged landscape of the island, ended with me dripping in sweat, and proclaiming that I could go no further.

And those who simply can't go on can get picked up in an air-conditioned van and driven back.

But I was urged on by the lead cyclist, ex-professional Eleni Tsavari, who was European and world champ in track and road before she retired three years ago.

Temple ruins

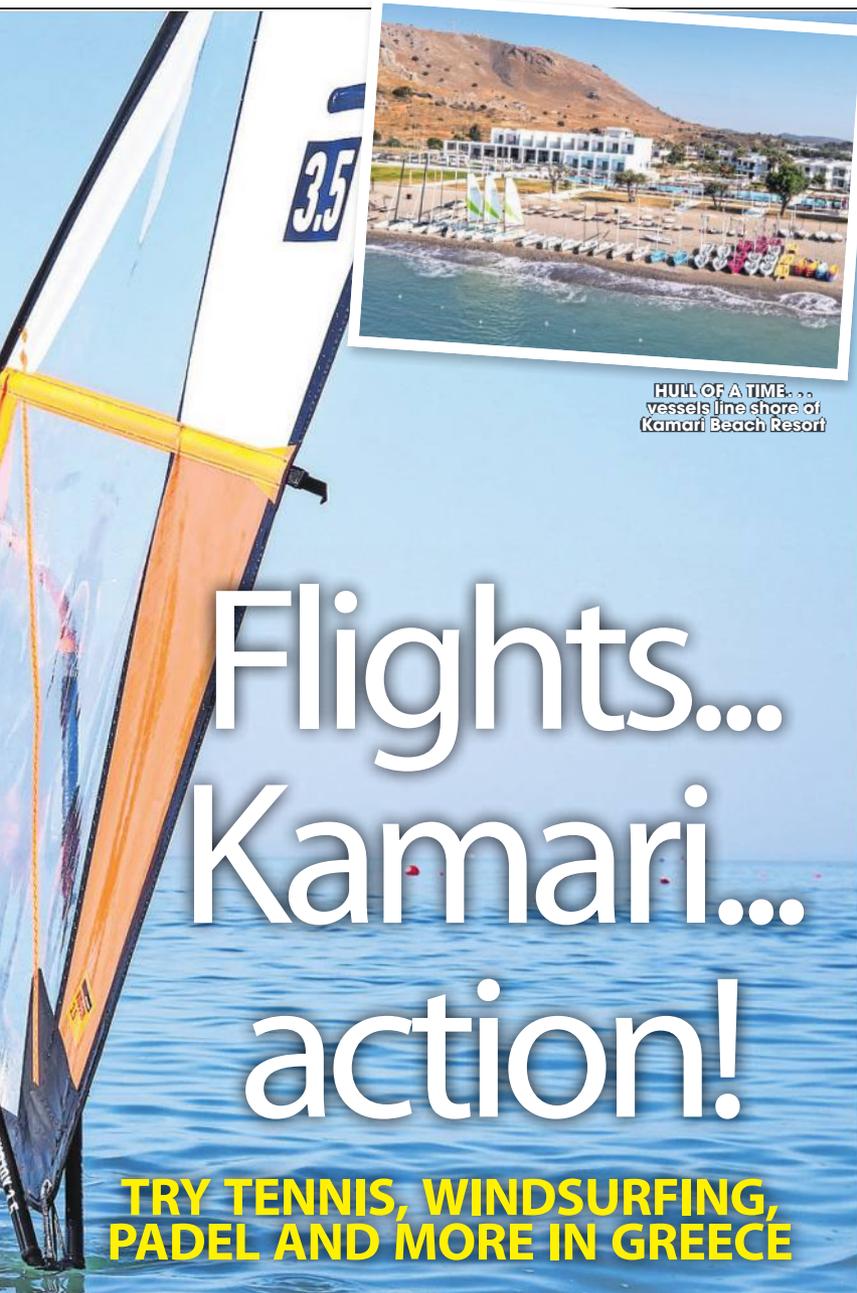
For parents with babies, tots, older kids and teenagers, Mark Warner's childcare facilities can't be beaten.

The problem is having enough time to fit all the activities in.

I managed to squeeze in a coached session at padel – the new trendy racket sport that is easier than tennis and almost always a doubles game. Anyone, of any age and any level of fitness, can try it – and you get addicted fast.

Many guests don't leave the hotel, but the nearby area is worth exploring.

Lardos has a spattering of cafes and



HULL OF A TIME... ... vessels line shore of Kamari Beach Resort

Flights... Kamari... action!

TRY TENNIS, WINDSURFING, PADEL AND MORE IN GREECE

restaurants and further north the spectacular Acropolis of Lindos is not to be missed. It's a slightly steep and alarmingly barrier-free trek up but well worth it for the spectacular view.

Temple ruins date back to 300BC and scenes from 1961 movie classic *The Guns Of Navarone* were filmed here.

Its beautiful beach sits in a stunning bay with the town's white-washed houses above.

As I sink my feet into the lapping waves, with an ice-cold beer (much-needed after all that calorie-burning), I think: "The Greeks had it right. Lindos really is heaven on earth."

But if you fancy dipping your toes into the sea without leaving the resort, fear not, as there's a pristine beach just seconds away, with free sun loungers, and a well-stocked shop.

The three swimming pools cater for adults only, families, and toddlers.

For those holidaymakers who prefer pampering to perspiration, the retreat's spa offers a number of beauty treatments.

And to keep up your strength, all three restaurants serve top-quality local food.

I tucked into a fish feast at lunch at the traditional beach taverna where we were treated to platters of squid, octopus, and fresh snapper the size of my head.

Expertly grilled, the fish flaked off the bone, served with charred vegetables, and handmade (extremely moreish) fries. I

washed it down with a cold glass of local white wine.

Dinner was no less of a Greek feast, as we dined on the sea-facing terrace, and tucked into the all-inclusive buffet, which had different treats every night.

I admit, I am a bit of a buffet snob. But the Kamari Beach Resort's dizzying array of delicious fresh grilled meats, salads, stewed seafood and luxurious desserts dispelled my memories of sad hotel offerings.

At the end of the night, the terrace bar was the place to be seen.

The friendly and expert bartenders whipped me up a cool Negroni as I chatted with other guests, and staff, who pretended they hadn't seen me only hours before, puffing, red-faced up a hill.

The entertainment included a disco and tipsy tennis, but it was the hotel's quiz that left me in a fit of giggles, as the host (the paddle coach) hummed a song and asked us to guess the tune.

He was swiftly told to stop by younger members of staff.

Keeping a beady eye on us all was the hotel's cheery manager, George, who goes out of his way to ensure his guests are well looked after.

At the end of a memorable four days I'd made many new friends.

And we all agreed – it was game, set and match, Kamari!

SCARLET HOWES

THOUSANDS of travellers will now be able to claim compensation for a common travel problem.

news

A new Supreme Court ruling states that passengers are entitled to up to £520pp if their flight is delayed or cancelled due to staff illness.

This decision is linked to one couple, Kenneth and Linda Lipton, who made a case against BA CityFlyer in 2018 when their flight was cancelled due to an ill pilot not showing up. The claim of about £220 was rejected after British Airways stated that the pilot's absence was due to "extraordinary circumstances".

However a Supreme Court verdict earlier this week ruled in the Liptons' favour, saying that "staff illness, and the need to accommodate such illness on a daily basis, is a commonplace for any business."

Anna Bowles, head of consumer at the Civil Aviation Authority said: "We welcome the ruling by the Supreme Court. This means airlines are no longer able to refuse compensation claims by arguing that pilot illness counts as an extraordinary circumstance."

"We expect every airline that has refused claims due to staff illness to now pay the compensation owed to passengers."



AWARD... Peterville Inn

WINNERS WORTH A VISIT

The Peterville Inn in the Cornish village of St Agnes has just bagged the gold prize for Pub of the Year in the recent VisitEngland Awards for Excellence.

The dining pub was voted best in the country because of its regularly changing menus, which focus on local farm, field and sea ingredients, as well as its local ales and cosy, casual atmosphere.

The awards dished out prizes in several accommodation categories, including Camping, Glamping and Holiday Park of the Year, Large Hotel of the Year and Self Catering Accommodation of the Year.

There were also gongs for Experience of the Year, Large Visitor Attraction of the Year and Taste of England.

The Secret Garden Glamping in Lancashire, which offers yurts, treehouses and cabins in a forest, took top prize in the camping and glamping category, while boutique hotel The Gullivant, East Sussex, was named Small Hotel of the Year thanks to its yoga classes, wellness talks and community beach cleans.

Other gold winners include The Bosham Boathouse B&B in West Sussex, The Grand in North Yorkshire and the Sleepy Owl in Devon.



ORASOME... Rachael packrafting

PACKRAFTING TRIP IS THE WAY TO FLOW

FOR thrill-seekers craving adventures off the beaten track, a new adrenaline-fuelled activity awaits in the heart of the French Alps – packrafting.

I tried out this quirky combination of biking and rafting in the Savoie Mont Blanc of the French Alps, guided by Sophie and Antoine from Blue Secret, which specialises in creating tailor-made adventures for all budgets.

The packraft is an inflatable, kayak-like raft allowing it to be carried long distances and easily strapped to a mountain bike.

The Rhone River offers an ideal backdrop. Despite being lightweight, these sturdy little rafts handled calm waters and easy rapids, adding an exciting twist to our adventure. Even the rain couldn't dampen our spirits.

The highlight was the seamless transition between biking and rafting. Hopping off the bike, pumping up the rafts, and strapping the bikes onto them took around 15 minutes.

After enjoying the river, we would pull over, deflate and pack up the rafts, then hop back on the bikes to continue our journey.

You don't need to be super sporty to enjoy packrafting, whether you're a seasoned adventurer or a novice looking for a new experience.

Also, there's more to discover beyond the winding trails and serene rivers in Savoie Mont Blanc.

Just a short drive away is the village of Chanzan on the shore of the Savieres canal, known as the "Little Venice of Savoie".

Here, you can spend an afternoon meandering through narrow lanes, lined with cafes

GO: FRENCH ALPS

GETTING THERE: Fly to Lyon with easyJet from Luton or Gatwick from £37 return in September. See easyjet.com.

STAYING THERE: The Shana Hotel in Chanzan from £84 per night. See shanahotel.fr. L'Auberge d'Aillon et d'Ailleurs from £136 per night. See aillon-ailleurs.com.

OUT & ABOUT: Guided packrafting day trips from £100pp. See blue-secret.com. MORE INFO: See savoie-mont-blanc.com/en.

and boutiques. We stayed at the 3★ Shana Hotel & Residence, ideal for exploring the area, with an outside pool and views of the river.

While not on four wheels or water, we headed into the glorious Bauges national park to explore its verdant mountain pastures from the l'Auberge d'Aillon et d'Ailleurs – a lovely 4★ hotel with a gastronomic restaurant showcasing the best of local produce.

Venture a bit further and you'll find yourself in the historic city of Chambéry, a treasure trove of heritage. Its medieval old town is a heady mix of museums, galleries and bustling markets.

And no visit would be complete without a picture beside the quirky Fountain of the Elephants, an emblem of Chambéry's enduring charm.

There's no time like the present to try packrafting in this stunning region – so don't hesitate, grab your paddle, and dive in (hopefully not literally!).

RACHAEL CLARKE



ON YER BIKE... with packraft through Alps

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N ZEALAND 24 ENGLAND 17

From ADAM HATHAWAY in Auckland

DEFIANT England skipper Jamie George is already itching for an autumn rematch with the All Blacks after another near-miss in New Zealand.

The Kiwis got out of jail again after being taken to the wire by George's side at Eden Park, where the hosts have not lost in 30 years. George was denied a possible game-saving try at the death and cannot wait to have another crack at the All Blacks, who were hanging on at the end.

His side are light years away from the rabble who lost a World Cup warm-up match to Fiji.

And he will get his chance soon enough with England hosting the Kiwis at Twickenham on November 2.

The skipper 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 rest but 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 and take on the All Blacks like we did in the latter part of that game. I was really proud of the players' effort to stay in it."

England boss Steve Borthwick revealed the taunts he had to put up with in the lead-up to this game — but reckons his side have earned respect.

It's All Black to our place

GEORGE CAN'T WAIT FOR REMATCH

He said: "I was being told by people in the street about ten times a day how much we were going to get blown away by at Eden Park.

"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."

Maro Itoje led England's charge, sticking it to the Kiwis in the line-out and messing up their mauls.

Leicester lock George Martin was

not far behind and Marcus Smith had his best game in an England shirt. But England were frustrated at the end when George was held up by Beauden Barrett and Ollie Lawrence was pinged for obstruction.

The England skipper reckoned his side should have kept the ball but ref Nic Berry blew the whistle and that was that.

George said: "If you use the TMO there are opportunities to see all sorts going on in there.

"The ball was short of the line

and on the floor so, for me, the game needs to play on at that stage."

It was two pieces of Smith magic that helped England to a 14-13 lead at half-time.

Firstly, he cross-kicked for wing Immanuel Feyi-Waboso to sprint over and he repeated the trick for Northampton's Tommy Freeman just before the break.

But Beauden Barrett, off the bench, conjured up a second try for wing Mark Tele'a and the New Zealanders held on.



MINCHELLA... leader

Min runs in for win

Hull FC.....	10
Hull KR.....	24

By ROSS HEPPENSTALL

ELLIOT MINCHELLA stuck the knife into Hull as Rovers cruised to another derby victory.

Rovers stormed into an 18-0 lead inside the first 17 minutes with scores from Sauaso Sue, Milkey Lewis and Matty Storton.

Hull replied after the break through Lewis Martin and Logan Moy.

But Robins captain Minchella pounced on a kick from Ryan Hall at the death to confirm the win.

After a third straight win over Hull this season, Robins boss Willie Peters beamed: "It's always good to get a win against FC — to get three is even better.

"Minchella's a key man as our captain and leader. "We love Mini and his passion rubs off on people all the time."

Interim Hull boss Simon Grix blasted his side's sluggish start.

He said: "Our defence was nothing short of pathetic at the beginning.

"We're not good enough to dip in and out of a plan we've worked on all week.

"It's a recipe for disaster yet we keep doing it."

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.

Giants, with Luke Robinson in charge after head coach Ian Watson's departure, were tied at 8-8 when Savelio saw red in the 58th minute for dangerous contact on Robbie Mulhern.

Leigh finally took control with tries for Kai O'Donnell and Zak Hardaker.

On Savelio's dismissal, Robinson said: "I love the fact he likes to bang and to whack people.

"But you've got to be careful these days, make sure you are hitting the right spot."

Catalans.....	20
Salford.....	0

SIZZLING Arthur Romano's first-half double helped Catalans crush Salford.

The hosts led 18-0 at the break in heatwave conditions in Perpignan.

Cesar Rouge also went over while Arthur Mourgue added the rest of their points with his boot.

The Red Devils slipped to sixth in the Super League play-off slots as they were leapprogged by the Dragons.

Rouge got the first after a video review and Dragons had another ruled out before Romano's first.

The centre added his second before the half-hour mark was reached.



MARK OF A GOOD SIDE... Tele'a touches down — but skipper Jamie George (inset) reckons England were hard-done-by

GAT GOT FAITH

WALES boss Warren Gatland claims the future is bright despite another dismal day Down Under in Melbourne.

Gatland's side have not won for nine months, losing nine internationals on the spin. But he reckons his side have what it takes even after this beating by Australia.

Gatland said: "We've got a group of young men who have done well but they can definitely learn a lot. This will be a really good team — there's a great buzz in the group.

"I think here the Aussies

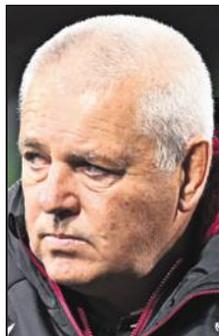
Australia.....	36
Wales.....	28

proved they were a little bit more streetwise."

Wales trailed 23-14 at the break before wing Liam Williams narrowed the gap. But then Williams handed Aussie Filipo Daugunu his second try.

Welsh skipper Dewi Lake touched down twice.

The tourists now face a match with Queensland Reds in Brisbane on Friday night.



GATLAND... positive

COOL CIARAN

CIARAN FRAWLEY landed a last-gasp drop goal to hand Ireland a stunning victory in Durban.

Finisher Frawley split the posts with the final action of a thrilling game at Kings Park Stadium — following a similar effort ten minutes earlier.

It secured a 1-1 series draw against South Africa.

Andy Farrell's side looked set to slip to an agonising defeat to the back-to-back world champions after Conor Murray's try helped them to a 16-6 lead. Flawless fly-half Handre

South Africa.....	24
Ireland.....	25

Pollard had slotted over eight penalties to turn the contest in the Springboks' favour.

But Frawley sensationally added to 14 points from Ireland No10 Jack Crowley to seal a statement success in Farrell's 50th Test as head coach.

Ireland skipper Caelan Doris, who was sin-binned, said: "It's a good feeling finishing a long season with a win like that."

GOLF THE 152nd OPEN STARTS ON THURSDAY



CUT UP... Fleetwood on Troon's 18th in 2016

TOMMY'S CHANGED HIS TROON

He's eyeing Claret Jug after low of 2016

THE last time Tommy Fleetwood played Royal Troon he was desperate to avoid embarrassing himself under the glare of the global spotlight.

But this week he will return believing he can realise his boyhood dream of capturing the Claret Jug, just as he imagined when he was a kid sneaking over the fences to practise at Royal Birkdale.

Fleetwood, England's top golfer in 11th in the world rankings, still grimaces at the memories of his performance at Troon in 2016, when rounds of 73-76 sent him back to his Southport home with his tail between his legs.

The 33-year-old said: "My lasting memory of 2016 was that I went there with my game in absolutely awful shape.

"I'd missed the cut in four of my six previous starts and didn't make the top 60 in the other two.

"I couldn't keep the ball on the planet and I knew I was going to miss the cut before I'd even put a tee in the ground.

"I had absolutely zero chance of being there for the weekend. You can call that defeatist if you like but, for me, it was just being realistic.

"I'd qualified as one of the top 30 on the European Order of Merit the previous year but, towards the end of 2015, I'd almost lost my game completely.

"I'd say The 2016 Open was probably the low point of my career. Once you've hit rock bottom the only way is up and, thankfully, I started to get it back after that.

"But it's a horrible feeling going to an Open as a complete no-hoper, just praying that you don't embarrass yourself too much in front of thousands of people – and millions on TV!

"Thankfully, I'm a different player now. I've knocked off some big victories and finished in the top five in all four Majors, with runner-ups at The Open and the US Open.

"So I genuinely feel I'm ready to take the

EXCLUSIVE by DAVID FACEY

next step. As you prepare, it's important to make a story in your own head about each Open you play in, something you can draw an extra bit of motivation from.

"Last year at Hoylake was like a home venue, being the local lad.

"And this time it's thinking about going full circle – heading back to Troon in a much better place and hopefully leaving there on the ultimate high."

Fleetwood has played well in all three Majors this year – he was tied-third at The Masters, finished 26th at the US Open and 16th at the USPGA.

But he knows he has to make a fast start at Troon to have a chance this year.

He explained: "The recurring theme at this year's Majors is that I made a slow start – and instead of being in contention I was scrapping for the best possible finish I could manage. I can't afford another slow start at The Open.

"I've got a great attitude to the Majors now, a more level approach. I've had so many low finishes that I fully expect to play well in them. I want it to be as normal as possible to be up on those leaderboards.

"Majors are a tough test, both mentally and physically, so it's important to have a positive mindset.

"I just need to find a way to get myself up there quickly this time – and stay there!"

Fleetwood backed his confidence with a storming start to the third round at the Scottish Open, which saw him birdie five of the first six holes.

But a double bogey at the last meant he had to settle for a 66, leaving him ten under. That is likely to mean his title hopes must wait for a week!

played brilliantly. Tee to green was really solid and I rolled the putter beautifully.

"I said it from the start, I just wanted to be in with a chance going into Sunday and I've given myself that.

"I've not been shy in saying it: the Scottish Open is the one I want."

McIlroy bogeyed the 18th as a 67 took him to 12 under, while Adam Scott shot a superb 64 to sit third on minus 14.

But fired-up MacIntyre is up for the challenge and declared: "I'm just absolutely delighted with that round. I

By DAVID FACEY

Ludvig Aberg, by four shots at the start of the day. But the 27-year-old Scot's seven-under-par scorcher saw him cut the lead to just two.

He will join Aberg, 24, in the last group for today's final round. The Swede will be tough to beat after a 65 took him to 17 under.

But fired-up MacIntyre is up for the challenge and declared: "I'm just absolutely delighted with that round. I

Rob's right in it

ROBERT MacINTYRE shot a stunning 63 at the Scottish Open to earn a chance of erasing last year's heartbreak.

The Ryder Cup star fired a sensational 64 in a howling gale in the final round at the Renaissance Club in 2023.

But Rory McIlroy's birdie-birdie finish snatched the title from home favourite MacIntyre's grasp.

MacIntyre trailed another of Europe's young stars,



FEELING SMILES BETTER... Fleetwood on his way to a 66 at Scottish Open yesterday



AT-ABOY... Atkinson is hailed by Anderson and Root

Gus earning Root respect

JOE ROOT believes that new bowling star Gus Atkinson has the perfect qualities to help England regain The Ashes.

By JOHN ETHERIDGE

Former captain Root says Jimmy Anderson might have finished – but the future is bright with men such as Atkinson, 26.

The Surrey speedster took 12 wickets on his debut Test against West Indies at Lord's, which is more than Anderson ever managed in a match.

His performance was largely overshadowed by 41-year-old Anderson's emotional farewell after 188 Tests and 704 wickets.

Yet Root insisted: "We have lost our greatest-ever bowler but for someone to come in and do what Gus did shows where we are as a team.

"We knew Gus has talent – but for him to transfer that straightaway to the international stage and take advantage of some bowler-friendly conditions is fantastic.

"Everyone can have their day but for Gus to back it up with another five wickets in the second innings was brilliant.

"I think the future looks very bright in the bowling department.

"We always have an eye on The Ashes and what we feel will be successful out there.

"You need someone like Gus who can bowl in the late 80s and early 90s, move the ball around and make things happen." Current captain

Ben Stokes says that the decision to pension off Anderson – as well as drop Jonny Bairstow, Ben Foakes and Jack Leach – was made with the aim of winning in Australia in 2025-26.

Jamie Smith scored 70 on his debut as England's batsman-wicketkeeper at No7, while bowlers such as Atkinson, Dillon Pennington and Matthew Potts are likely to feature in the final two Tests against the Windies.

Mark Wood, England's fastest bowler, yesterday was added to England's squad for the Second Test at Trent Bridge on Thursday after a post-T20 World Cup rest.

Root, 33, has no plans to follow Anderson into international retirement.

He said: "All I've ever known for England is playing alongside Jimmy and that's been 12 years.

"It's a bit of a weird one, seeing Stuart Broad go last year, now Jimmy. But I've no plans to stop. I'd like to think I'll be playing for a good while."

England have won just one away Ashes series since 1986-87 and Root was England skipper when they were thrashed 4-0 in 2021-22.

That was a Covid-impacted tour and Root said: "Arguably, we should not have gone – but it was about keeping the lights on. We'll be in a completely different place next time."

BUNT'S BANTER

STEPHEN BUNTING is becoming a YouTube chat show host as he looks to win darts majors again.

The former BDO world champion takes on Ryan Joyce in a bid for his first World Matchplay title at Blackpool's Winter Gardens this afternoon.

But The Bullet, 39, is eyeing up a new career talking to celebs – using his cult hero 'Let's Go Bunting Mental' status and the Luke Littler effect.

Bunting revealed: "There will be practice routines on it and interviews with guest people from all different sports and also celebrities."

Covid for Pid

By ROB MAUL

TOM PIDCOCK was forced to quit the Tour de France with Covid.

The Leeds rider, 24, was 36th in the overall standings but abandoned the race ahead of yesterday's mountainous stage 14 in Pau.

Ineos Grenadiers' Pidcock (right) is Olympic mountain bike champ and due to defend his title in Paris on July 29 and go in the road race on August 3.

The Brit now has just two weeks to prove his fitness so he can compete at the Games for a second time.

Slovenian Tadej Pogacar kept the Yellow Jersey with victory yesterday as he attacked the summit finish from 4km out to finish 39 seconds clear.



WIMBLEDON 2024



Novak's planning to kick off party

By ROB MAUL

SERB star Novak Djokovic wants England fans to put their feet up and watch a cracking Wimbledon final before Gareth Southgate brings football home.

The 24-time Grand Slam champion is fully aware of the part he will play in a sporting Super Sunday.

Carlos Alcaraz, 21, is dreaming of a Spanish double today — first in London on the tennis court and then in Berlin as Spain battle England in the Euros final.

Yet hours before the football starts, Djokovic, 37, could ruin his afternoon by gaining revenge for last year's final defeat.

Told that this could be the best day of sport for England punters in 58 years, Djokovic laughed: "You're hoping that he [England boss Southgate] brings it home!

"Well, I think that the English crowd will have the best of both worlds.

"Because the final is at night. We're starting at 2pm — so they'll have plenty of time to enjoy the tennis and football.

"It adds more to the importance of the match.

"I think the Wimbledon final is probably the most watched tennis match in the world.

"I'm not sure if I'm going to break Carlos' heart. I'm not intending to do that.

"He's so young but still has three Grand Slams under his belt and is going for his fourth.

"He's going to win many Slams in his career.

"I hope he's going to give me this one. After that, I'll cheer for him."

Ben's cut and blow

By JOSHUA JONES

BIRTHDAY boy Ben Bartram cut his hand when his wheelchair crashed off the court.

The Norfolk ace — playing with Spain's Daniel Caverzaschi in a men's wheelchair doubles semi-final — hit the rolled-up court covering at speed.

His wheelchair then toppled, sending Bartram, 19 yesterday, over the fencing surrounding the court, where he cut his playing hand.

Though clearly in pain, he carried on but the pair lost 6-4 6-1 to No2 seeds Tokito Oda and Takuya Miki.

The Japanese duo now meet Brits Alfie Hewett and Gordon Reid — after Hewett faces Spain's Martin De La Puente in the singles final.

KOVA'S OVA THE MOON

BARBORA KREJCIKOVA emulated hero Jana Novotna by becoming Wimbledon singles champion — and sobbed like her late mentor.

The Czech ace was comforted by All England Club chair Debbie Jevons when her name was engraved on the honours board after a 6-2 2-6 6-4 win over Italian Jasmine Paolini.

It brought back memories of the moment Novotna famously cried on the shoulder of the Duchess of Kent when she lost in three sets to Steffi Graf in the 1993 final.

Novotna won the title in 1998, a year after losing another final, and

By ROB MAUL

was a trailblazer for her nation. And before she died of ovarian cancer, aged 49, in 2017, she helped Krejcikova.

And 28-year-old Krejcikova's decision to approach Novotna as a kid with a letter changed everything.

She said: "Knocking on Jana's door, giving her the letter, everything that happened during that moment, it's changed my tennis life.

"I finished juniors and didn't know if I should play pro or go the way of education. Jana told me that I had the potential and I should definitely



CHAMPIONSHIPS WIMBLEDON

B KREJCIKOVA
6 2 6

J PAOLINI
2 6 4

SILVER LINING
... Paolini sinks to turf in defeat but managed a smile lifting her runner-up trophy

WILY OLD

Djokovic: No kid gloves for

NOVAK DJOKOVIC is not daunted by any of tennis' young guns as he bids to become Wimbledon's oldest singles champ in 94 YEARS.

Centre Court victory over 21-year-old Carlos Alcaraz today would also secure a record 25th Grand Slam crown, eighth SW19 singles title and GOAT status for the sport's Benjamin Button.

At 37 years and 53 days, the Serb (left) would become the oldest player to lift the golden trophy in the Open era — and the most ancient since Bill Tilden's 1930 triumph, when the American was 37 years and 146 days.

Incredibly, Djokovic also faces the Spanish whizkid — who beat him in last year's five-set final thriller — just 39 DAYS after requiring crutches following major knee surgery.

But age and injury — or his battles with Wimbledon's boos brigade this week — have not knocked any of

By ROB MAUL

Djokovic's phenomenal self-belief. He said: "I'm aware history is on the line. It serves as a great motivation but, at the same time, it adds a lot of pressure and expectation.

"However, every time I step on the court now, even though I'm 37 and competing with the 21-year-olds, I still expect to win most of the matches.

"People also expect me to win 99 per cent of my matches.

"I always have to perform at my best in order to still be at the level with Carlos or Jannik Sinner or Sascha Zverev.

"Any Grand Slam I play, now there's always history on the line. But I'll use that as fuel to play my best tennis."

Victory would see him surpass Margaret Court's Grand Slam mark of 24 that has stood since 1975 and equal Roger Federer's eight Wimbledon men's singles titles. But Djokovic added:

"This year hasn't been that successful for me. It's probably the weakest results for the first six months that I've had in many years.

"But Wimbledon extracts the best of me and motivates me to show up and perform the best I can.

"Historically, there have been previous seasons where maybe I wasn't playing at a desired level — but then I'd win Wimbledon and things would change."

Djokovic, often the sport's pantomime villain, will appear in his 37th Grand Slam final and tenth at Wimbledon.

He accused the Centre Court crowd of booing him in his last-16 win over Holger Rune.

But even the haters must appreciate his superhuman healing abilities.

Djokovic, who will again don a grey knee brace, said: "I was really focused on trying to make Wimbledon happen this year but I wasn't reckless.

"I never pushed anything. Once we started rehab, I followed everything



SW19 DRAMA

STATS SPECIAL, HENRY

turn pro and try to make it. Before she passed away, she told me to win a Slam. I achieved that in Paris in 2021. But I never dreamt I'd win the same trophy as Jana did in 1998.

"I miss Jana a lot. It was a very emotional moment to see me on a board right next to her."

Krejčíková (left) banks the biggest cheque in Wimbledon history – £2.7million – and was involved in an Open Era record 175 games in seven matches.

She added: "This is the best day of my tennis career and also the best day of my life. It was a difficult match. Now, I'm standing

here as a Wimbledon winner. How did that happen? I've no idea."

The British love an underdog and tried to encourage Paolini, 28 – an Italian pocket rocket – after she lost the first set in 35 minutes.

She responded by levelling up, yet Krejčíková, the No31 seed, took a stranglehold on the match, thanks to a Paolini double fault in game seven which was crucial. And Krejčíková sealed victory on her own serve.

Paolini's first Tour-level win on grass came 18 days ago in Eastbourne. The 5ft 4in, No7 seed said: "I'm a little sad. I'll try to keep smiling. It's been a beautiful two weeks."



TWO GOOD ...
Patten (right) and Heliövaara celebrate

JUBILANT Henry Patten went from Wimbledon stats man to champion in eight years.

The Essex giant, 28, used to jot down statistics on the outside courts.

Now he is in the book himself as a Wimbledon men's doubles champion with Finnish pal Harri Heliövaara after surviving **THREE** championship points.

The pair won 6-7 7-6 7-6 against Australians Max Purcell and Jordan Thompson in two hours and 49 minutes.

That was the longest doubles match of this year's tournament. Heliövaara, 35, worked at

By **ROB MAUL**

Helsinki airport for several years before returning to tennis.

And it was a gamble to join up with Patten – who was ranked 157th in the world last year – in April but they will now split the £650,000 prize money.

Before Patten, the only Brits to lift this trophy post-war were Jonathan Marray in 2012 and Neal Skupski last year.

The 6ft 6in Colchester-born Patten said: "It couldn't have been a closer match. "The most special thing is to do it in front of so many people who have come over, family members and best friends."

Heliövaara, who lifted his shirt and cried on court, said: "We got lucky. The tears say it all. It's very emotional."



TEARS OF A CROWN ...
Krejčíková is overcome and Novotná (left) after 1993 defeat

GOAT

Alcaraz

doctors said I've to do. We agreed we wouldn't talk about my guaranteed Wimbledon participation until three to four days before the tournament started.

"So until we got to London, until I tested my knee on court, until I played the practice sets and saw how it reacted."

Victory for Alcaraz would see him become the ninth man in the Open era to retain the Wimbledon title – and sixth to claim the French Open-Wimbledon double in the same year.

Yet he will have to battle anxiety with millions watching on TV.

Alcaraz (right) said: "This is something I'm working on. Having nerves is normal but you have to control it.

"I try not to think about being the defending champion. I just go into every match thinking I have chances to lose.

"Every match, it's just a war. The opponent is going to play his best tennis to beat you."



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Saints eyeing up Ram raid

By DAN KING

SOUTHAMPTON are weighing up a move for Aaron Ramsdale.

Saints want a top-level keeper for their Prem return and look set to step up interest in the Arsenal star when he returns from England Euros duty.

Ramsdale (right), 26, is after first-team football having lost his place to David Raya at the Emirates last season.

The Gunners would love to keep him as back-up to Spaniard Raya but understand his situation.

If Ramsdale leaves this summer, Arsenal prefer a permanent deal and would want to see the £30million they agreed to pay Sheffield United for him in 2021.

But if no club matches their asking price, the Gunners might let the keeper go out on loan in the hope his performances would generate a big fee in future.



SPORTS ROUND-UP: RESULTS & FIXTURES

FOOTBALL

PREMIER SPORTS CUP: Cp A - Dumbarton 1 East Kilbride 1 (East Kilbride win 4-2 on penalties). Queen of South 0 Aberdeen 3. **Cp B** - Falkirk 2 Dundee United 0. Stenhousemuir 4 Buckie Thistle 0. **Cp C** - Elgin 0 Hibernian 5. Peterhead 0 Queen's Park 5. **Cp D** - Annan Athletic 1 Inverness CT 0. Bonnyrigg Rose 1 Dundee 7. **Cp E** - Forfar 0 Livingston 2. Spartans 0 Dunfermline 3. **Cp F** - Brechin 1 St Johnstone 2. East Fife 3 Morton 0. **Cp G** - Motherwell 3 Edinburgh City 0. Partick 3 Montrose 2. **Cp H** - Stirling 0 Raith 3. Stranraer 1 Ross County 3.

FRIENDLIES - Ajax 2 Rangers 1. Boreham Wood 2 Arsenal U23 4. Farnborough 3 Sutton United 1. Gateshead 2 Sunderland XI 1. Harrogate 2 Huddersfield 3. Mossley 0 Halifax 1. Oldham 1 Stockport City 0. South Shields 0 Sunderland 5. Stevenage 2 Watford 2.

CRICKET

FOURTH TWENTY20 INTERNATIONAL
Zimbabwe vs India
Harare: Zimbabwe 152-7 (20.0 overs); India 156-0 (15.2 overs). Y B K Jaiswal 93no; S Gill 58no. **India win by 10 wickets.**
(India lead 5-match series 3-1).

VITALITY T20 BLAST
SOUTH GROUP
Sussex vs 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.**

CYCLING
TOUR DE FRANCE: Stage 14 (Pau to Saint-Lary-Soulan, 151.8km) - 1 T Pogacar (Slo) UAE Team Emirates 4h 1m 51s; 2 J Vingegaard (Den) Team Visma | Lease a Bike +39s; 3 R Evenepoel (Bel) Soudal Quick-Step +1m 10s; 4 C Rodriguez (Spa) INEOS Grenadiers +1:19; 5 G Ciccone (Ita) Lidl-Trek +0:12; 6 S Buitrago (Col) Bahrain Victorious; 7 A Yates (GB) UAE Team Emirates both at same time. **Overall** - 1 Pogacar 56hrs 42m 39s; 2 Vingegaard +1m 57s; 3 R Evenepoel (Bel) Soudal Quick-Step +2:22; 4 J Almeida (Por) UAE Team Emirates +0:01; 5 Rodriguez +06:09; 6 M Landa (Spa) Soudal Quick-Step +0:17; 7 A Yates +8:32. **Today, Stage 15** (Loudenvielle to Plateau de Beille, 197.7km).

WOMEN'S GIRO D'ITALIA: Stage 7 (Lanciano to Bicchogna, 123km) - 1 N Bradbury (AUS) CANON/SRAM Racing 4h 17m 34s; 2 L Kopecky (Bel) Team SD Worx-Protime +44s; 3 E Longo Borghini (Ita) Lidl-Trek at same time. **Overall** - 1 Longo Borghini 20h 42m 43s; 2 Kopecky +1s; 3 Bradbury +1m 12s; 28 C Steels (GB) Movistar Team +35:59. **Today, Stage 8** (Pescara to L'Aquila, 117km).

TOUR OF QINGHAI LAKE: Stage 7 (Spor Tolo 3h 32m 44s. **Overall** - 1 J Cepeda (Ecu) Caja Rural-Seguros RGA 24h 30m 52s.

GOLF
GENESIS SCOTTISH OPEN (North Berwick, Scotland): **3rd rnd** (Gr & Ir) unlisted - **193**; Abergie (Sct) 64, 65, 65, 195 R MacIntyre 67 65 63, 196 A Scott (Aus) 67 65 64, 197 S-J Im (Kor) 63 67 67, C Morikawa (USA) 65 66 66, A Rozner (Fra) 65 64 68, S Theegala (USA) 65 66 66, 198 M Manassero (Ita) 67 63 68, R McIlroy 65 66 67, E van Rooyen (Rsa) 67 67 64, 200 C Connors (Can) 65 67 68, U Coussaud (Fra) 65 67 68, C Davis (Aus) 68 66 66, T Fleetwood 65 69 66, N Hojegaard (Den) 66 66 68, M Jordan 67 65 68, M Kieffer (Ger) 64 72 64, Y Pauli 65 67 68, 201 D Brown 65 69 67, R Hojegaard (Den) 68 63 70, M Hughes (Can) 66 66 69, R Langasque (Fra) 66 68 67, H L U (Chn) 64 71 66, X Schauffele (Fra) 69 65 67, C Syme 68 66 68.

LIV GOLF (Andalucia): **2nd rnd** (USA unlisted) - **133**; A Lahn (Ind) 69 66, 139 D Lee (Nzl) 67 72, 140 T Hutton (Eng) 72 68, E Lopez-Chacarra (Spa) 68 72, M Kaymer (Ger) 72 68, 141 B DeChambeau 74 67, L Westwood (Eng) 71 70, R Bland (Eng) 71 70, L Oosthuizen (Rsa) 70 71, D Burmester (Rsa) 66 75, 142 J Rahm (Spa) 73 69, J Niemann (Chi) 74 68, M Lehman (Aus) 76 66, S Garcia (Spa) 69 73.

WOMEN'S EVIAN CHAMPIONSHIP (Evian-les-Bains): **3rd rnd** - **199**; S Kyryczko (Aus) 68 68 67, 200 J Uruse (Jpn) 65 69 70, L Coughlin (USA) 65 70 65, 203 P Anannankam (Tha) 67 69 67, 204 A Ewing (USA) 70 70 64, P Tavatanakit (Tha) 64 68 72, H-Cho (Kor) 65 69 71, 205 J Lindblad (Swe) 64 70 71, C Wanner (Tha) 69 69 67, W-R An (Kor) 69 67 69, Y-Sung (Kor) 72 63 70, 206 G Dnyrghov (Sca) 67 71.

MOTORCYCLING
WORLD SUPERBIKE CHAMPIONSHIP (Donington Park): **Race 1** - 1 T Razgatlioglu (Tur) BMW 33m 16.535s, 2 A Lowes (GB) Kawasaki +11.384, 3 A Bautista (Spa) Ducati +13.167, 4 N Bulega (Ita) Ducati +14.913, 5 J Rea (GB) Yamaha +16.349, 6 A Locatelli (Ita) Yamaha +16.611.

ED IN CLOUDS

EXCLUSIVE by PHIL THOMAS

MANCHESTER CITY plan to hand Ederson a take-it-or-leave-it pay hike in a bid to stop him joining the Saudi Arabia revolution.

SunSport revealed Al-Nassr want to make the Brazilian keeper their marquee signing on a staggering £900,000 a week - PLUS a signing-on fee.

While City clearly cannot come close to matching those terms, they will sit down with Ederson's team next week and offer him a near 75 per cent rise.

They are ready to give the South American stopper (right), 30, around £1million a month if he pens a deal that keeps him at the Etihad for the remainder of his peak years.

But if he is determined to join Cristiano Ronaldo at Al-Nassr, the champions will not stand in his way - although they are set to insist on a fee of at least £50m.

He has less than two years left on his contract - and City know this is their last chance to stand firm and demand a hefty price.

They showed their faith in back-up keeper Stefan Ortega by handing the German a contract extension. Yet Ederson has been a pivotal figure in helping them win 15 trophies since his £34.9m signing from Benfica seven years ago.

The fact they have yet to receive a concrete offer from Saudi despite Al-Nassr admitting their interest has added to the uncertainty - and Ederson is scheduled to go on City's pre-season trip to America.

IT'S ERLING AAAHHHLAND

WHILE some of his club-mates are preparing for the Euros final, Erling Haaland is taking things a little easier.

The Manchester City ace found his inner peace by meditating in a river.

It's Om-inous for Prem defenders.



MESSI... all-time great

Lorenzo has Gate chance to shine

Argentina v Colombia
Copa America final, 1am

By PHIL THOMAS

IT is the South American showdown that could hand England fans a first-hand look at an all-time great.

But it may instead be a high-octane head-to-head which gives them a tantalising peak into the future.

In the early hours of tomorrow - when the Three Lions are hopefully still celebrating Euros glory - Argentina face Colombia in the Copa America final in Miami.

And with plans in place for the two winners to meet next summer, that could see Lionel Messi taking on England for the first time in his career.

Yet conversely, should the Colombians stretch their unbeaten run to 29 matches, they may be up against a man being whispered of as Gareth Southgate's potential successor in the Three Lions hotseat... Nestor Lorenzo.

Lorenzo, who played centre-back in the Argies' 1990 World Cup final loss to Germany, has been such a smash in two years as Colombia boss that he has NEVER tasted defeat.

He was also a key man in Jose Pekerman's coaching team which handed an 18-year-old Messi his Argentina debut back in 2005.

Messi's first Argentina appearance, as a sub in a friendly in Hungary, lasted less than 60 seconds.

Lorenzo, 58, recalled: "When Leo came on, one of their players pulled his shirt straight away.

"Leo made a movement with his arm to shake him away, but even though he didn't touch him, the referee sent him off."

It has been a long-time ambition of fluent English speaker Lorenzo, whose son Juan Manuel is a scout who has worked for various Prem clubs, to manage in England.

Lorenzo, who played 27 games for Swindon from 1990-92, said: "I really like English football and the whole attitude to it.

"I love how everyone just 'feels' the game, and the emotions involved."

Beating his home nation in Miami would be a huge boost to his hopes.

TOFFEE ON MOVE

Badge of Ona



VILLA WIN RACE FOR £50M STAR

ASTON VILLA have beaten Barcelona and Bayern Munich to land powerful Everton midfielder Amadou Onana for £50million.

By GRAEME BRYCE

The Belgium star, 22, was previously a target for Arsenal and Newcastle but has agreed personal terms on a five-year deal at Villa Park and is set to sign this week.

It means the Toffees are now under far less pressure to sell their England centre-back Jarrad Branthwaite (right), 22, to Manchester United.

Capturing ex-Lille ace Onana represents a major coup for Villa boss Unai Emery, who has been backed to considerably beef up his squad for the challenge of competing in the Champions League next

won more aerial duels (74.3 per cent) than any other midfielder in Europe's top five leagues, and came fourth out of players in every position in the Premier League.

The deal is also a sign of Villa's growing financial muscle and ambition.

He will join summer signings Lewis Dobbin, Enzo Barrenechea, Samuel Ilung-Junior, Ross Barkley and Ian Maatsen, with Jaden Philogene set to complete his £12.6m move from Hull this week.

Once Onana's deal is completed, it will take Emery's summer spending spree to more than £130m as he prepares Villa to challenge in Europe and on all fronts domestically, too.



Sport
LIAM DELAP signed for Prem new boys Ipswich from Manchester City for an undisclosed fee.
The forward, 21, said: "I'm really excited. The manager likes to play exciting football. I'm looking forward to that."
SHORT

Alan Nixon

BOSS OF GOSS



SUNSPORT'S MAN IN THE KNOW FOR RED-HOT TRANSFER NEWS

IPSWICH will swoop for Burnley keeper Aro Muric in a shock £15million deal. Muric, 25, struggled to make an impact in the Premier League last season. The move comes after the Tractor Boys and Brighton failed to agree over Carl Rushworth — the Seagulls would prefer to loan him, not sell.

SWEDEN U-20 midfielder Marcus Rafferty hopes to come to England on loan. The Hammarby youngster is keen to play at a lower level for experience — and has a British passport because his dad is from the Potteries. Rafferty, 19, was born in Sweden where his father, Nick, had gone to play for local sides.

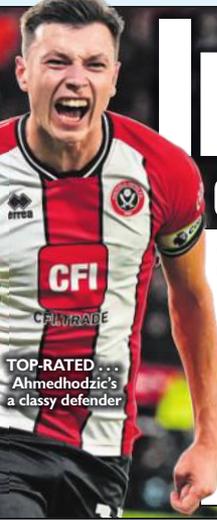
Sam offered cash carrot

BLACKBURN want to offer star man Sammie Szmodics a pay rise — but will sell him if there is no agreement.

Rovers have cash from sales and plan to keep the attacking midfielder, 28, happy with a sizeable hike.

Yet if Szmodics (left) does not accept the deal, it may accelerate a summer sale. Ewood Park chiefs value him at £15-20million after he topped the Championship scoring charts last term with 27.

Boss John Eustace is also looking for a new striker and is keen on QPR's Lyndon Dykes.



TOP-RATED... Ahmedhodzic's a classy defender

In for the Kill

O'NEIL WANTS ANEL TO REPLACE MAX

WOLVES head the chase for £20million-rated Anel Ahmedhodzic as they look to replace Max Kilman.

Defender Kilman, who was Molineux skipper, has joined West Ham, so boss Gary O'Neil is after a centre-half who can play from the back — and the Sheffield United star fits the bill.

Bosnian Ahmedhodzic, 25, wants to get back to the Prem after being relegated last term so the move would suit him and give United cash for new recruits.

The Blades are in takeover talks but a sale would let gaffer Chris Wilder get on with planning for next season. United are looking

for about £20m but may have to settle for less. Wolves are also interested in Blades playmaker Gustavo Hamer — and should he leave, the Bramall Lane side may go for his ex-Coventry team-mate and free agent Callum O'Hare.

Meanwhile, Leeds want United's Jayden Bogle but do not agree with the £7m valuation. The Whites need to fill their right-back slot after letting Connor Roberts go back to Burnley following his loan and they are yet to discuss a bid with Claret.

There is also Italian interest in Blades midfielder Vini Souza, with agents working on a move and AC Milan in the mix.

Fulham have already had a £15m offer turned down for the 25-year-old Brazilian.

Grimes is a passion, Utd

SHEFFIELD UNITED'S potential new owners are keen on an eye-catching double swoop for Swansea's Matt Grimes and Norwich star Kenny McLean.

The American group, advised by former scout Des Taylor, have identified several players they want if they are cleared to take over the Blades.

Midfielder Grimes (right), 28, is one but Swans would want a decent fee for their captain so would push the new owners.

Scotland midfielder McLean, 32, is also key to Norwich's style and would not be cheap.



WEST BROM have inquired about Huddersfield's Welsh star Sorba Thomas — but will not pay the asking price. Baggies head coach Carlos Corberan knows winger Thomas, 25, and would take him from the relegated side. But Nantes have made an offer and Terriers hope to seal a £1million deal with the French outfit.

TORO EYE CHE

TORINO plan to speak to free agent Che Adams and beat Wolves to his signature.

The Serie A side are keen to land the Scotland forward, who is on the market after leaving Southampton.

Adams, 28, has been wanted by Molineux chiefs for some time — but now Il Toro are in for him and may tempt the attacker to join them.



BIG AL'S
Wicked Whisper

WHICH Prem ace was so drunk he caused mayhem at a fellow player's wedding?

The star and long-term pal had a huge row over his behaviour at the posh bash and almost spoiled the occasion.

Reports suggest he has a deep-seated problem his club do not know about.

WHART A LIFT

ENGLAND new boy Adam Wharton looks set to give Crystal Palace a boost by staying — despite massive interest.

The £18million midfielder, 20, is liked by Bayern Munich, Manchester City and Real Madrid but is content to keep improving in Oliver Glasner's side.

Palace want Plymouth keeper Michael Cooper, who is stalling on a new deal.

STEVENAGE are fighting off Premier League interest in rising star Ryan Doherty — who is in their first team at just 15. The League One outfit gave the midfielder 45 minutes against Luton in a behind-closed-doors game last week. Boro do not want to lose the smooth-passing talent but may have to if a major offer comes in.



IT'S COMING HOME. NO BULL.



ALL-DAY COVERAGE
K.O 20:00 TODAY

talkSPORT 
NO ONE BEATS US TO THE EUROS

ACCORDING to Rafael van der Vaart — a man once tipped to become a Dutch legend but who never really lived up to the billing — England are a s*** team.

Really, Rafa?
Well, considering they, not Holland, are the ones going for glory in Berlin tonight, how bad does that make your lot?



Phil Thomas



NO-NONSENSE ATTITUDE AND GRITTY OPINION

LIVEWIRE LES HAD TROUBLE BREWING

IN the midst of the rising Euro frenzy, many missed the fact this has been a seismic week for the Betfred Super League.

It was the announcement that next March, Warrington Wolves and Wigan Warriors will head Stateside as part of a four-game RL bonanza in Las Vegas.

Not in a promotional exhibition friendly but a competitive fixture with Super League points at stake.

It will be the second year Vegas has hosted the sport after Australia kicked off their season with a double-header at the Raiders' Allegiant Stadium — which went down a storm.

On top of the Wire-Wigan clash, two NRL fixtures are again on the bill, which also features England women against their Aussie counterparts.

As a sport which has to think outside the box for the profile it merits alongside headline-hogging divas and divers, let's hope it helps bring RL to the masses.

It will certainly be more professional than the infamous Great American Challenge of 1989, when Wigan and Wire did battle in a trailblazing friendly in Milwaukee. Literally.

Promoters claimed it was a huge success but in reality it was a farce as both sides seized the chance to, er, let their hair down at the end of a gruelling season.

The pitch itself — home venue for baseball's Milwaukee Brewers — was so tight and cramped there was no chance of free-flowing rugby.

In fact the biggest excitement came from the countless punch-ups, Les Boyd (above) in particular taking the chance to settle a few old scores with Wigan in his last-ever game.

This time there will be no partying until after the final whistle — although as ever in clashes between these two, no doubt just as many sore heads. Albeit for different reasons.



Lucky streak

NOW GARETH MUST BE BOLDER

THEY'VE been booed by their own fans, the manager has been pelted with pints and were so dull even Gary "Mr Nice" Lineker branded one of their group games as s*.**

Yet if England upset the odds in Berlin this evening, there's a good case to argue the Euros will never have had a more fitting winner.

Let's face it, for all the nation has suddenly gone football-daft and started belting out Sweet Caroline again — thanks for that — this has been a tournament of trash.

The big guns didn't turn up, the big names may as well not have and, barring the first round of group fixtures, big thrills were harder to find than a sober Scotland fan.

It has been a month of yawning, not fawning. Of exasperation, not animation. Four weeks of booze and boos.

History will look back on it as the sub-standard Euros...and when it comes to sub-standard, we are in a league of our own.

Initially thanks to the dross Harry Kane and Co served up in stuttering from the group of bored-to-death.

Yet the three knockout ties weren't so much about sub standards as the standard of subs. The reason England reached the final — and why they can now win it!

Yes, Spain have been head and shoulders the best team in Germany, and young wingers Nico Williams and Lamine Yamal the stand-out stars.

But for everyone

from Yamal, 17 yesterday, to old head Dani Carvajal, 32, the Euros is a gruelling four weeks after a demanding season. Which obviously applies to England as well.

That is why the strength of the bench has been and will be so vital, maybe even more than the strength of the starting XI.

An area where Spain don't come close to matching the Three Lions. See what I mean about sub standards... about where England have a clear and crucial edge?

About why Southgate may well be Sir Gareth before long?

If they stick it up the Senors tonight, the cries for an honour will be even louder than they

were for his head. After all, it was Southgate who made the key calls against Slovakia, Switzerland and then Holland. All subs who raised the standard.

Ivan Toney's dramatic role in the last-16 great escape. Eberechi Eze and Luke Shaw saving the day against the Swiss. Cole Palmer and matchwinner Ollie Watkins' semi-final heroics.

Southgate has had the golden touch with his replacements and it's hard to give him a dig in the ribs over that... in fact it's hard to say he didn't get them spot on. But I'm going to anyway.

For although England would be on their way home now without

their subs — or finishers as they are now, apparently — don't hail it as the work of a tactical genius.

There has been as much luck as judgment. There has been too much dithering. They have been made too late in the day. They have been reactive, not proactive.

Toney was chucked on in the final minute against Slovakia. What was he supposed to do in that time? Even the player himself asked as much in the post-match conference.

Eze, Shaw and Palmer changed the tone and the tempo in fighting back against the Swiss. But again, only after England had gone behind late in the day.

And although Watkins hit the last-gasp winner to beat the Dutch, from Palmer's pass, once more Southgate waited too long in turning to his bench.

Time and again he leaves Kane on when he is out on his feet. Time and again he has left Palmer kicking his heels, despite impacting things whenever he appears.

Southgate has got away with it so far but it won't always be the case. As manager, he has to have the bottle to make changes earlier.

Playing to your strengths isn't rocket science and for England that is the bench — but only if you know how to exploit it.

So come on Gareth, show us that you do!

Who knows, we might even get to relax for the final few minutes... although I won't be holding my breath.



TACTIC TALK... manager Southgate instructs semi-final hero Ollie Watkins

Right Ollie, try to score us a last-minute winner



PROUD AS PUNCH

DARWIN NUNEZ may well cop a ban for scrapping with Colombia fans.

Nunez climbed into the crowd after his Copa America semi-final loss when rival supporters rushed the area that the families of Uruguay's players were sat.

And as far as this columnist is concerned... fair play, pal.

Every bloke I know — sportsman or otherwise — who felt

his wife and kids were in danger would do the same.

Yet as ugly as it was to see Nunez (left) squaring up to all-comers, my pal Turpsy Rag — he's a painter/decorator — had a cuttlingly comical opinion on it all.

Turpsy insisted: "Can't see what the fuss is about.

"If he's as accurate with his fists as he is with his feet, there's not a chance in hell any of those punches would have connected!"



KOE DE GRACE

THE Germans may call it schadenfreude but "tough s* Ronald, now you know how we felt" sounds better to me.**

There's no doubt England got a huge break with the VAR penalty call in the semi. Ian Wright aside, the world seemed to agree. Imagine if it had gone Holland's way instead.

Boss Ronald Koeman (left) certainly thought the officials cocked up. Much like referee

Karl-Josef Assenmacher did by not sending him off for THAT foul on David Platt in THAT qualifier all those years ago.

For Koeman and no penalty in 1993, read Harry Kane and a pretty dodgy one in 2024. Talk about a dish best served cold.

And as for those who kicked off at how a ref once banned for match-fixing was given a Euro semi-final... in my book Felix Zwayer was faultless. What do you think, Ronald?



FODEN... connection

Phil sees Stock rise

From DAN KING

PHIL FODEN loves that he and his fellow Stockport stars have sent England all the way to the final.

Foden, his former Manchester City team-mate Cole Palmer, 22, and Manchester United midfielder Kobbie Mainoo all hail from the town.

And Foden clicked with Mainoo, 19, instantly.

Foden, 24, told the FA's Lions' Den show: "From the first time I trained with him, I could feel there was a connection there."

"We were linking up really well and we took that into the game."

"He makes it easy to play with him."

"For both of us, playing a lot of football when we were younger out on the streets or in cages definitely helped us become who we are now."

Foden missed the Euro 2020 Wembley final shootout loss to Italy due to injury but is raring to go against Spain tonight.

He said: "Going into the final now, fit and healthy, means everything to me."



AL 'N PALS... Alan Ball was 21 when he won the 1966 World Cup

OUR YOUNG LIONS KOBBIIE STILES? NO, I WANT TO BE A BALLER

Mainoo out to topple '66 hero Alan

KOBBIIE MAINOO admits it is "crazy" that he finds himself in the final at his first major tournament.

And the Manchester United midfielder has refused to reflect on his impact on Euro 2024 "until the job is finished."

If England triumph over Spain tonight, Mainoo will become the youngest-ever Englishman to win a major international tournament - at 19 years and 86 days old.

He will surpass Alan Ball, who was 21 when the Three Lions won the 1966 World Cup.

Mainoo said: "It's crazy just to represent my country and then to be in the final of the Euros."

"It's been great to play

From DAN KING in Berlin

my part when called upon. But I can't look back on it too fondly until the job is finished and we've lifted the trophy.

"We've come so far but this is the biggest hurdle of all. Spain are a great side, as we've seen throughout the tournament."

Ollie Watkins won Uefa's man-of-the-match award for his last-gasp winner against Holland in Dortmund on Wednesday.

But Mainoo was voted EE man of the match by England fans for his brilliant display.

It marked an incredible rise for the teenager, who only broke into United's team in late November.

Boss Gareth Southgate handed the Stockport-born star a first call-up in March and he shone on

his debut against Brazil. Southgate started the Euros with Trent Alexander-Arnold and then Conor Gallagher as his preferred pairing with Declan Rice in the middle.

But Mainoo quickly made the berth his own with solid outings against Slovakia and the Swiss.

Mainoo, almost certain to start tonight, added: "It's great to get the recognition of the fans."

"We were on a high from the semis, but it's time to focus on the details needed in the next game."

Coming away for five weeks was a daunting prospect for Mainoo - but he brought some creature comforts from home.

The midfielder said: "For me, it's chocolate digestives. Everywhere I go, they always go with me."

"Settling was tough. It's the longest I've been away from home."



EUR SPECIAL... teen Mainoo

HOW THEY COMPARE ENGLAND

Ball (1965-75)	Mainoo (2024-)
21y 96d (W Cup '66)	Age 19y 86d (Euro 2024)
72	Caps 8
6,279	Mins played 479

PRIOR to May's FA Cup final, Rodri was unbeaten in a Man City shirt for 475 days - until Kobbie Mainoo's winner ended that run. Today, it will be 474 days since Rodri's last defeat in a Spain shirt...

T R I P P I E R
S T O N E S
P I C K F O R D
K O M E Z
G O M E Z
H O W E N D E R S O N
B A K E R
R I C E
P A L M E R
D U N K I N G
W H A R T O N
G A L L A G H E R
W T H A R T O N
H O M E Z
E

TOP COLUMNIST ON 17-YEAR-OLD

Dream Teen!

NOW YAMAL HAS TO SUSTAIN GREATNESS

JACK WILSHERE

EX-ENGLAND



STAR'S TAKE ON EUROS FINAL

I WAS having a conversation with my dad about Lamine Yamal the other day.

We were remembering my own journey and a really good goal I scored when I was 15.

I was playing for the Arsenal reserves at Barnet's ground, Underhill, against West Ham. I cut in and curled it into the top corner.

That was almost the start of people recognising me. It went on YouTube and Arsene Wenger was there.

But I said to my dad: "This kid Yamal is doing it in the semi-final of the European Championship."

I've never seen or heard anything like it. Yes, we speak about Wayne Rooney at Euro 2004. But he was 18 and already developed. This kid has just finished school!

The only possible comparison is Pele, someone I never saw play but who became a superstar when he was still a teenager.

The greatest players in the world are the ones who not only know how to produce those game-changing moments but when to produce them.

Yamal seems to have that. The challenge for him – not now, because he is in great form and loving life – is can he sustain it?

You need resilience. At the moment everyone is talking about him and loving him. But there is going to come a time when he's going to face adversity. He needs courage, which he seems to have bundles of. Every time he takes the ball, he's confident.

I've seen him have bad moments but he still has the courage to get on the ball. And he needs love for the game, which makes you constantly seek ways to get better. There will be moments when it's tough for him. But all the superstars, like Lionel Messi and Cristiano Ronaldo, have been through those moments. It's about how he responds.

So far he is managing the pressure and expectation that has been put on him from a young age. I know a bit about what that's like. I made my Arsenal debut at 16, played a few cup games, came on in the Premier League and then had six months on loan at Bolton. My real breakthrough season was 2010-11, when I established myself in the first team. Then Arsenal were drawn against Barcelona in the Champions League last 16 and the first leg was an important game for me.

All the way through my youth career and into the first team, I'd been good at stepping

up and adapting to a new level of competition. But this was different – and I felt it.

In the tunnel, I was standing next to players like Xavi and Iniesta, midfielders I had been watching for years and even during that season, trying to learn from them.

But the one who stood out was Messi (below). He had a real calmness, an aura. You could feel the confidence coming off him.

I didn't touch the ball for the first ten minutes. Nor did the rest of the Arsenal team. But then there was this moment where I went in for a challenge I had no right to win, got up with the ball and there were three players around me. I beat them and played the ball wide.

I felt the whole energy in the crowd lift. I fed off that and I think the team did, too. We came back from 1-0 down to win 2-1 and I was man of the match.

After the game, Samir Nasri said to me: "You've gone to another level now. Now you need to be consistent at that level."

Pep Guardiola was Barcelona boss at the time and was asked about me after the game. He said I had played well but he had a number of players as good as me in his B team.

I laugh about it now but at the time it annoyed me. I took it personally and used it as motivation.

At the time I was a bit unusual for an English midfielder. I was a player who could receive and use the ball, a bit Spanish-like.

But I also had a bit of personality. I wanted to win and I'd do whatever it took.

We have more players like that in England now. That is a credit to the coaching in the academies and credit to the first-team managers who have put trust in players, like Arsene did in me.

When we as youth coaches give young players to the first team, they are not finished. Head coaches are the ones who complete their development.

England now has more players who are technically good but also characters and leaders. Kobbie Mainoo is the perfect example. How brave he is. How he understands the game. How we want the ball.

The starting point is making them really good at football so they trust their ability and have a big belief in what they do. Then it's giving them the freedom and opportunity to go and express themselves.

That's what Mainoo and Yamal have had. And here they are, two teenagers facing each other in the biggest game of their lives.

CHILD'S PLAY... Spanish wonderkid Lamine Yamal has been compared to Pele

JACK ON... RODRI

WHEN I think of Rodri, I love what he does in possession, how he keeps the ball and breaks lines, how he is always available if a player is under pressure.

But as Declan Rice has said, the other side is that he is a monster. Out of possession, he gets around the pitch and wins duels.

People used to say about me that I had English bite and Spanish technique, while some Spanish players might lack that bite in the tackle.

Rodri has got it all. He can do the possession stuff but he can also leave his foot in, be nasty, be horrible, win the ball.

Rice is a little younger than him and producing very consistent performances.

They are at the top of the Premier League. One week Rice might be ahead, the next it might be Rodri.

Let's hope it's Rice who comes out on top tonight.

JACK ON... BELLINGHAM

DID people really expect Jude Bellingham to dominate every game?

Some people probably did – and he certainly has the ability to do it.

But he is still a 21-year-old kid and it was unrealistic for him to do that, game after game, after a long season.

He has delivered big moments but we should also appreciate that what he gives us out of possession is exceptional. He's always running, always there to make a block.

Can he do more? I think he can and, being the type of person he is, he will know that. He will want more.

But he will be happy with his contribution. Without him, England wouldn't be here.

We were dead, we were out, we were on a plane home in that Slovakia game.

A moment of magic swung it our way and he was the guy who did it.

JACK ON... HOW TO WIN

SPAIN will probably dominate the ball more than any team England have played against.

We have to be careful with our press because they are masters of finding a free player and playing through you.

I would love to see us press man for man and be aggressive. But we know Gareth probably won't do that.

Are we going to press high or only commit a certain number of players to the press and make sure we are secure if and when they do play through us? Or are we going to sit in a block and say: "Go on, have the ball?"

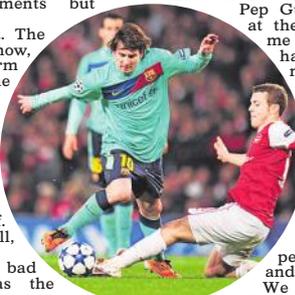
England need to find a way to suffer yet still have moments of quality.

Can we still hurt them? Yes. Can we still have spells of possession with this shape? Yes.

We will have to be clinical, as well as keeping that same resilience and will to win.

I see it being really tight and England maybe nicking it.

FOCUS ON SPAIN & THEIR STAR BOY
– SEE GOALS P1, 2 & 3



EURO 2024

LUKE ON ITALY AGONY



FINAL PUSH ... England star Luke Shaw (centre) hopes for a better result tonight



BITTER-SWEET ... Shaw stuns Italy with an early strike in the 2021 final

SHAW POINT

Pain at final goal then loss

LUKE SHAW is one of three men who have scored for England at a major final.

Geoff Hurst and Martin Peters both netted in the Three Lions' 1966 Wembley World Cup triumph. Shaw's second-minute goal in the Euro 2020 final was a moment of joy before Italy's second-half equaliser and subsequent penalty shootout victory.

So Shaw has some unfinished business. Having featured in the last two Euro 2024 games as a substitute after a five-month lay-off due to injury, the Manchester United defender is now hoping to heal the pain of three years ago.

He may not start against Spain tonight but is sure to come on, like he did for Kieran Trippier in the semi-final win over Holland.

Asked about his Wembley strike after Imin 57sec, for the quickest-ever goal in a Euros final, Shaw said: "It was quite bitter-sweet, considering what happened."

"So for me, the goal didn't really matter. After that game, it was the most hurt I have ever been."

"It was very hard to take, even more because I scored. The experience of going through one final before has helped. Everyone feels a lot more calm. We know the

From CHARLIE WYETT in Berlin

game we're going into, the occasion, we've been here before. So, it's definitely different this time."

Spanish teams have won all 26 of their major finals dating back to 2002. Shaw played in one when United lost to Villarreal on penalties in the 2021 Europa League.

Shaw, 29, said: "Maybe Spain are built on belief, knowing they have won a lot over the past years."

"We have to leave absolutely everything on the pitch. To win would mean everything. The bond we have here is special. It's not like one I've been a part of before."

"Everyone is so together, it feels like a big family and for all of us to win it together would be, of course, a very special feeling."

Both Shaw and Kieran Trippier are hoping to start at left wing-back. One of them will be up against star Lamine Yamal, 17, while Kyle Walker does battle with 22-year-old Nico Williams.

And Shaw added: "Spain's wingers have been unbelievable. The whole team have been amazing. But we understand their threats."

Shaw is keen to start his first game since February. He said: "I said before the semis that I was ready. So we'll see what happens."

Didn't see us getting this far?

Should've

QUICKEST GOALS IN EURO FINAL HISTORY

2020	LUKE SHAW (England) v Italy	1m 57s
1964	Pereda (Spain) v Soviet Union	5m 4s
1964	Galimzyan Khusainov (Soviet Union) v Spain	7m 24s
1976	Jan Svehlik (Czechoslovakia) v W Germany	7m 59s
1980	Horst Hrubesch (W Germany) v Belgium	9m 35s



EURO 2024 FINAL ENGLAND ALL



NICE RUN... Grealish has been staying in shape after missing out on a Euros spot

WINS OF CHANGE

Dec: This can alter our lives & whole country.



JACK STILL BACKS US

JACK GREALISH has been supporting the England team all the way despite his Euro axe heartbreak.

The Manchester City forward, 28, was a surprise omission from Gareth Southgate's 26-man squad.

But he has been in regular contact with best pal Declan Rice throughout this summer's tournament in Germany and will be cheering the team on for tonight's final against Spain in Berlin.

Three Lions midfielder Rice, 25, revealed: "Me and Jack just speak generally, to be honest with you. We FaceTime quite a lot and we text quite a lot."

"He's just had a lovely break. He announced the other day that he'll be having a baby on his Instagram and I think his life now is going to be totally different."

From TOM BARCLAY

"I can't speak highly enough of Jack. Honestly, I love the guy."

"He's such a great guy and such a family man with his family."

"He's gutted he's not here but he is rooting for us, that's all I can say."

Grealish was not the only close mate of Rice who was cut from Southgate's squad when he whittled it down from 33 shortly before the start of the tournament.

Tottenham playmaker James Maddison also missed out while friend and Chelsea left-back Ben Chilwell was completely out of the picture.

But Rice's best buddies have shown no bitterness over their omissions and are all eager to see Three Lions success in Berlin, according to the Arsenal star.

Rice added: "They've all been so supportive but

don't get me wrong – it is tough as I and the lads would have loved them to be here."

"They are all such big characters and have all played such big parts for England."

"It would be easy for them to not message and be bitter but they're not like that at all."

"They've been so happy, so full of support."

"Messages and FaceTime... I've been having a laugh with them. They are so happy for us."

"It's gutting because they've not been here with us on this journey in Germany."

"But then they have been because they have all played massive parts in us getting to where we are right now."

"Whatever happens on Sunday, they are fully a part of it with us."

THE KEY BATTLES

OUR Three Lions are facing a daunting task to get past Rodri and over the Red Wall.

But they can pose problems of their own for the Spanish – from a wily veteran at the back to two impish left-footed maestros going forward.

Here, JACK ROSSER looks at tonight's three big match-ups.



NICO WILLIAMS v KYLE WALKER

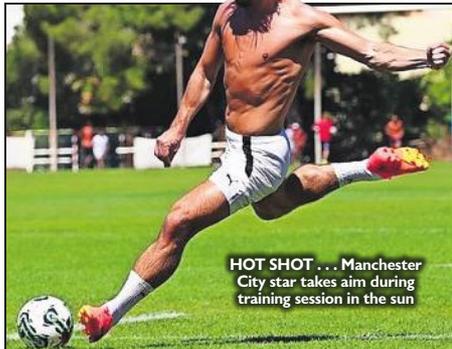
THE oldest member of the England squad has had his fair share of battles with wingers over the years.

Walker, 34, relishes a one-on-one contest and despite being 12 years older than the Athletic Bilbao star, he will still fancy himself up against one of the tournament's stand-out performers.

Williams' speed has been a problem for every side Spain have faced, as has his positive approach to football.

The 22-year-old is as direct as they come – his first instinct is always to pin a full-back down and charge past him.

Walker's experience and pace will be vital to keep the right-hand side safe.



HOT SHOT... Manchester City star takes aim during training session in the sun

SET FOR DAY OF DESTINY

They think he's not over



MATCH OF THE SPRAY
... Declan trains yesterday



GRIN-WIN
... Rice's Euro glory and (left) Lionesses 2022 joy

DECLAN RICE insists England are ready to "change everyone's lives in the country forever" by winning tonight's Euros final.

Victory over Spain in Berlin will secure the Three Lions' **FIRST** major trophy on foreign soil and end 58 years of hurt since the nation's 1966 World Cup triumph at Wembley.

England have never been crowned kings of Europe – but Gareth Southgate's squad contains **TEN** stars who have won glittering club titles on the continent.

And £105million Rice is desperate to replicate the Lionesses' 2022 Euros glory having seen how it changed the lives of fellow Arsenal club-mates Beth Mead, Leah Williamson and Alessia Russo.

Rice vowed England will "run through brick walls" for victory, adding: "The lads know this is go-time, it's do or die."

"We are not going to leave anything in the changing room – we're ready to change our lives, change everyone's lives in the country forever."

Victory would make up for England's heartbreaking 2021 Wembley shootout defeat to Italy in the last Euros final.

And Prime Minister Sir Keir Starmer has hinted at a Bank Holiday for everyone to celebrate.

Arsenal's Spanish boss Mikel Arteta has already congratulated England's 57-cap midfielder on reaching the final.

A grinning Rice, 25, revealed: "We had a phone call the other day and spoke for about ten minutes."

"Then he texted the other night saying, 'Vamos!' when we got to the final."

"He'll be split because he's Spanish, but

From TOM BARCLAY In BERLIN



he's got boys in the England squad, too. And he did wish me all the best, so I was happy with that.

"I see the girls in the Arsenal squad who won their Euros and they talk about it to this day. That's what we want now as a men's team."

"We want to win, make our fans proud, make the nation proud and create our own little bit of history."

Rice is being spurred on by the pain of losing the last final three years ago when England blew an early lead to miss out on penalties.

Italian midfielder Jorginho – Rice's team-mate at the Emirates – played a big part in turning the tide that night for the Azzurri.

Rice now faces arguably an even better midfielder tonight in Spain's Manchester City colossus Rodri.

The former West Ham hero admitted: "We constantly get compared to each other – but we're completely different players."

"And it's not just me against him, Spain have got Fabian Ruiz and Dani Olmo. The midfield battle will be key."

"I do have mutual respect for Rodri, because of how he's adapted in England and what he's also won."

"He's been a top player in this country for years, so big respect for him. But, on Sunday, it's business."

Rodri, 28, has won the lot at City

under Pep Guardiola. He is also one of eight players in Luis de la Fuente's Spanish squad who have won major European club titles.

However, Southgate's squad boasts Champions League winners Jude Bellingham, Phil Foden, Kyle Walker, John Stones, Cole Palmer, Trent Alexander-Arnold and Joe Gomez.

While Rice, Jarrod Bowen and Conor Gallagher have also won a top European club title.

Rice starred with match-winner Bowen in West Ham's 2-1 Europa Conference League triumph over Fiorentina last year before his mega-money move to the Emirates.

Winning with his country would be on another scale for Rice, though.

The all-action midfielder added: "That was one of the best days of my life."

"There's now a chance to have that feeling again."

"It was a final that was brutal, tough – a rollercoaster."

"Going 1-0 up, then it's 1-1 five minutes later and then scoring a late winner."

"There's so much you can take from it. Finals are always tense."

"It's about being locked in for 90 minutes, 120 minutes, staying focused, sticking to the process."

"Like we did at West Ham, and how manager David Moyes set us up that day, we did exactly that."

"I'm sure that Gareth will set us up in the same way."

If England can replicate West Ham's final glory in Prague 13 months ago, it will spark the biggest party in the country for **58 YEARS**.

RICE WILL BE ICE COOL IF NEEDED

ENGLAND'S £105million superstar Declan Rice has promised to sing fans' anthem 'Rice Ice Baby' to the nation if they make history in Berlin tonight.

The Arsenal midfielder, 25, has already vowed to down his first proper pint if the Three Lions beat Spain to become Euros champs.

England right-back Kyle Walker, meanwhile, wants the squad to get matching tattoos and playmaker Phil Foden has suggested dyeing their hair the colour of the St George's flag.

Rice says he is ready to serenade

From TOM BARCLAY

the country with a mash-up of the famous 1990 hit 'Ice Ice Baby' by Vanilla Ice (inset) which Gunners fans chanted to their midfield hero last season after he sung it in a TV commercial for Muller Rice desserts.



Ahead of the final, Rice revealed: "Hopefully, I can give a little rendition of 'Rice Ice Baby' to the nation!"

"I'm sure a lot of people would want to see that. That would be a good memory to create with fans."

RICE PICTURE ... Declan Rice poses for fans this week after an England press call

MARC CUCURELLA v BUKAYO SAKA

MANY may look at Spain's left-back and see the ideal spot for England to get some joy. Cucurella, 25, has been ridiculed at times since his big move to Chelsea – but his form towards the end of last season was transformed and continued in Germany.

Cucu, as his team-mates call him, has been tenacious and full of energy – starting five of Spain's six games. But he will have his work cut out against Saka.

The Arsenal star, 22, earned redemption from the penalty spot in the shootout against Switzerland after his stunner saved England. And the winger is one of the squad's most versatile players – Gareth Southgate has put him at full-back and wing-back, too.

Cucurella may struggle to find him at times... let alone stop him.

RODRI v PHIL FODEN

IF there is anyone who can hack the "perfect computer" that is Spain's Rodri, then surely it is Manchester City team-mate Foden.

The Prem player of the season, 24, has come alive in England's last few games and while he is yet to grab a goal, his display against the Dutch was incredibly encouraging.

But both he and Jude Bellingham will be up against the world's best holding midfielder in 28-year-old Rodri, who has been exemplary for La Roja.

England must disrupt Spain's conductor when he is on the ball and escape him going forward. Far easier said than done.

SIR GEOFF HURST will not be at tonight's Euros final with England's 1966 World Cup hero choosing to watch the match at home.

The Three Lions legend smashed a hat-trick in England's 4-2 triumph over West Germany nearly 58 years ago.

And he was at the Wembley final three years ago as a BBC pundit, when England lost 3-2 on penalties to Italy.

Hurst (right), 82, is the only surviving member of the Sir Alf Ramsey's World Cup winning starting XI.

The FA is understood to have asked Hurst to be its guest of honour in Berlin after England's semi win over Holland on Wednesday – but he politely declined.

And Hurst said: "With

EXCLUSIVE by MATT HUGHES

England so close to achieving greatness on Sunday, I can't be prouder of the team and I know the nation feels the same.

"As the last surviving member of the '66 starting eleven, I can't tell you how incredible it would be to see England win again. "But this moment isn't just about the team. It's about England fans across the nation."



Hurst has called on new Prime Minister Keir Starmer to give the country and extra Bank Holiday if England beat Spain to win their first trophy since he lifted the World Cup. Starmer accepted an invitation to attend the final.

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EURO 2024 FINAL

SPAIN v



BULLINGHAM... chief

Rice plea to gaffer

From DAVE KIDD

ENGLAND stars want to convince Gareth Southgate to stay on as boss with a "special" Euros win.

Southgate will tell the FA CEO Mark Bullingham within days whether he is staying on after tonight's showpiece with Spain.

He has yet to make up his mind and feels he has "earned the right" to mull over his plans.

The FA want Southgate to stay on until the 2026 World Cup — and so do the Three Lions players.

Midfielder Declan Rice said: "I know for a fact, the lads would love him to stay on until 2026, there is no doubt about that."

"The journey he's on has been so special so hopefully we can do something special for him on Sunday."

Southgate was linked with the Manchester United job until Erik ten Hag signed a new deal.

He has a deal with the FA until December but will either quit or sign a new agreement this month.

Southgate said: "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 gone if we went out in the group stage — and I don't think it'd necessarily have been my choice!"

SWAP

From Back Page

trophies for the Euros? Yeah, for sure. No question, I'd swap everything I've done in my career to have this special night.

"It's no secret I haven't won a team trophy and every year that goes by you're more motivated to change that."

"I have the opportunity to win one of the biggest trophies you could ever win and to make history with my nation."

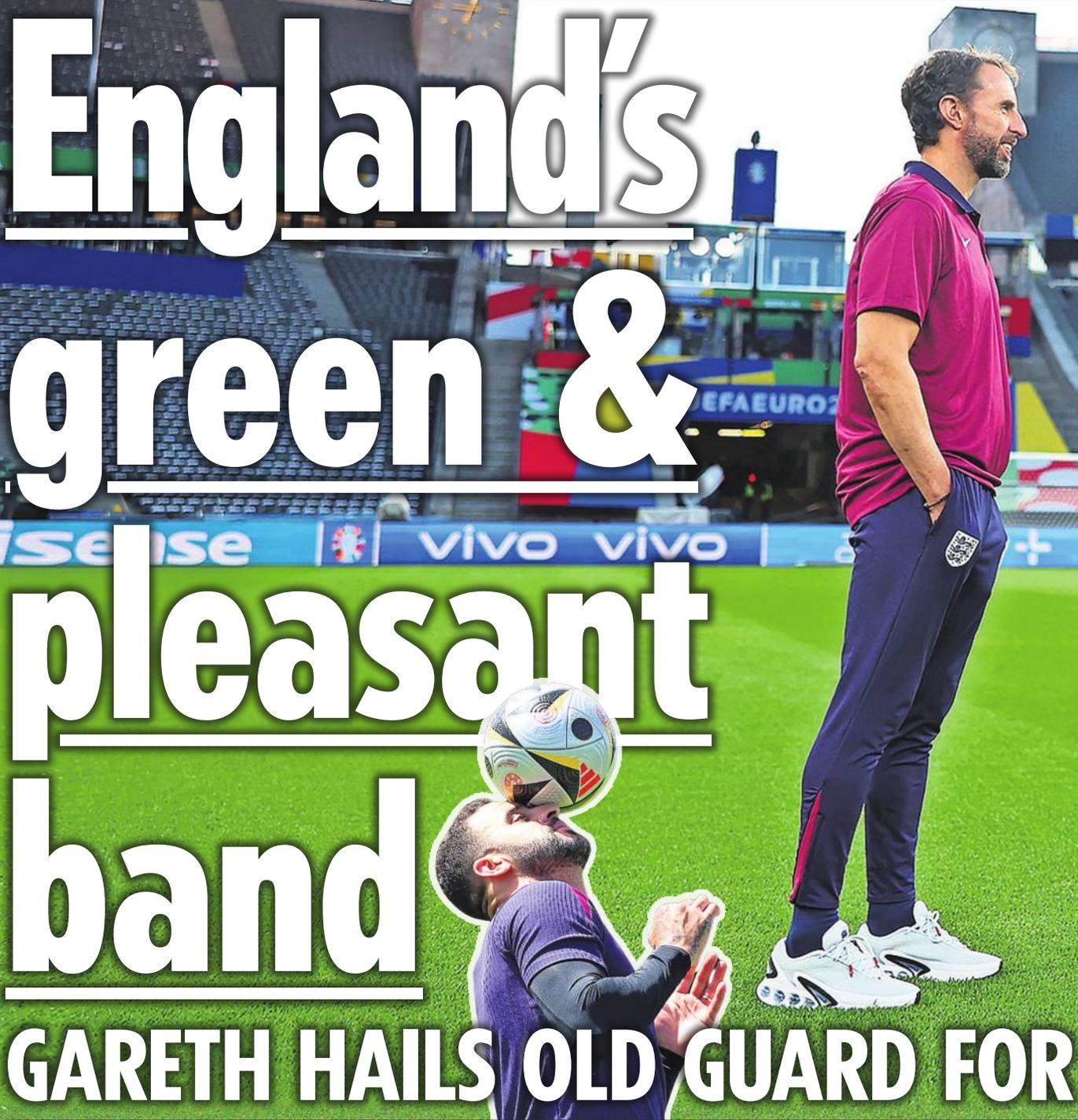
"I'm extremely proud to be English. I'm determined to make it a special night."

Kane came closest to winning silverware at the last Euros final three years ago, when England lost 3-2 on penalties to Italy at Wembley.

That is a motivation for the 2018 World Cup Golden Boot winner, who also won three Premier and one Champions League top-scorer awards.

Kane added: "It was a tough finish at the last Euros but there's extra fire in the belly to make sure this one goes our way."

"I know what it would mean to me and our country if we won. We'll give it all we've got."



GARETH HAILS OLD GUARD FOR

GARETH SOUTHGATE has paid a glowing tribute to the ageing band of brothers who have guided his England side to the sharp end of four consecutive tournaments.

Defensive stalwarts Kyle Walker, John Stones and Kieran Trippier — along with keeper Jordan Pickford and skipper Harry Kane — are the thirty-somethings who have been key figures in every campaign since they reached the 2018 World Cup semi-finals in Russia.

And as England prepare for a second successive Euros final — and a first major final abroad — against Spain here tonight, Southgate was adamant that England could never have emerged from a torrid start to their campaign without the passion of his old guard.

Southgate says his stalwarts have had to raise their game, on and off the field, after fellow senior pros Harry Maguire and Jordan Henderson missed

By **DAVE KIDD**

CHIEF SPORTS WRITER



out on Germany because of injury concerns. Walker, 34, wins his 90th cap tonight — with Southgate having persuaded him not to retire from international football on more than one occasion.

And the England boss said: "I keep pulling Kyle Walker's leg because he's retired three times but is still wheeling his body out in the middle of the summer!"

"It's a passion that himself, Tripps, Stones, Pickford... that group has just been a bedrock of the team, along with Kane."

"Through injury, we've lost a couple more and those guys have had to step up even more with

their leadership. Not having Hendro here, not having Maguire here, we have lost some of those senior figures, so we were wondering, 'OK, how is this 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 game on Wednesday — that hit us all as a group of staff as you saw how deep that bond has got already."

"Part of that is how they have socialised but part of that 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."

While Spain have been the tournament's outstanding side — winning all six of their matches without needing extra-time — Southgate believes his



SOUTHGATE'S ENGLAND IN MAJOR TOURNAMENTS



WORLD CUP 2018
SEMI-FINAL
v CROATIA
(Moscow)

L2-1



EURO 2020
FINAL
v ITALY
(Wembley)

D 1-1
(aet)

L3-2
on pens



WORLD CUP 2022
QUARTER-FINAL
v FRANCE
(Al Khor)

L2-1

ENGLAND

8pm, BBC1, ITV1 &



PITCH PERFECT . . .
Southgate and Kane in Berlin last night and (left) Walker enjoying training



CREST OF A WAVE . . . Bellingham arrives in Berlin yesterday after inspiring England's run to the final



GUEHI . . . finalist

EYES

From Back Page

feel the respect of the rest of the football world."

The former England defender, reflecting on the turnaround in eight years, said: "We tried to change the mindset. We tried to be more honest about where we were as a nation."

"I've travelled to World Cups, European Championships and watched highlights reels, and we weren't in any of them because they only show the finals and the big games."

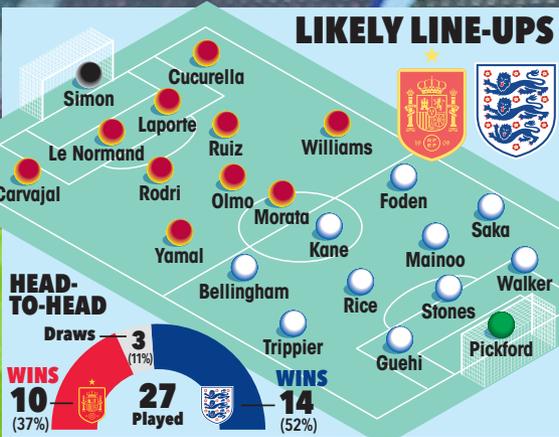
"We needed to change that. We had high expectations but they didn't match where we were performance-wise."

"We've come through a lot of big nights, a lot of records that we've broken."

"But we know, in the end, we have to do this one. We have to get this trophy."

Southgate, 53, was quizzed on whether he believed in fate.

At Euro 96 it was his miss in the semi-final penalty shootout that paved the way for Germany to win the competition on English soil. Southgate



EZE DOES IT . . . England winger Eze was happy to sign autographs ahead of showdown with Spain

YOUR GUIDE TO THE TEAMS

goals

See Pages 6 & 7

LIONS LEADERSHIP

Three Lions team's never-say-die attitude will worry their opponents.

England have come from behind to win in all three of their knockout games and they have developed a habit of scoring late goals.

Those include Jude Bellingham's injury-time bicycle-kick equaliser against Slovakia and Ollie Watkins' sensational 90th-minute winner in Wednesday's semi-final against Holland.

And Southgate said: "I don't think the importance of that can be overestimated. Because if you are a team that starts to score late goals, it is such a great trait to have."

"Players coming off the bench in every game have delivered a high level of performance, so more people than perhaps ever before feel they have contributed significant moments."

"Nobody has been put into a game 3-0 up with 20 minutes to play. Everybody has had to deliver. Everybody has had to be ready. You can talk about

playing a part but when you go on in a game, even to see it out for the final two minutes the other night, they know it is significant.

"I love the way we have kept our composure when we've been behind, then I thought we played really well in that period after the Dutch scored."

"The goal was a bit against the run of play but that can knock you and has knocked us in the past - but there is such a belief now."

Southgate says he does not know whether tonight's final will be his last game in charge.

But despite highlighting those old campaigners - some of whom could be playing their final tournament matches tonight - Southgate claims England are not at the end of a cycle and will not require a significant rebuild after this match, whether he remains in charge or not.

Manchester United's Kobbie Mainoo, 19, has joined 21-year-old Bellingham in midfield, alongside Rice and Crystal Palace's Adam Wharton, 20, in

one department which will not need refreshing. And Southgate said: "When you look at the age profile of the team, there are lots of parts that are going to be there for a long time - the World Cup in two years, the next Euros at home."

"But that doesn't necessarily mean that it is just going to happen."

"Other countries progress. Not all of ours might progress. This is why you just have to take these moments when they come."

"Without a doubt, the potential is there. The team is not at the end of a cycle, which we never wanted to happen and is why we have always tried to keep bleeding young players."

"I wasn't sure how that would go. The likes of Kobbie going in for the first time, Marc Guehi into a first tournament and others coming off the bench were very young."

"But they have risen to that challenge brilliantly and all played so well."

EURO 2024 FINAL v SPAIN (Berlin)

?

3 GARETH SOUTHATE will be the third manager to take charge of more than one Euro final after Germany's Helmut Schon and Berti Vogts.

DECLAN PREDICTS WINS OF CHANGE - SEE P64, 65

joked he was "probably one of the more popular Englishmen in Berlin" back then before adding: "I'm not a believer in fairytales but I am a believer in dreams."

"We've had big dreams. Then you have to make those things happen. Fate."

"The run we've had. The late goals. The penalties. That doesn't equate to it being our moment - we have to make it happen."

"It would be a lovely story but it is in our hands and our performance."

Southgate is likely to stick with an unchanged team from the semi-final win over Holland.

He added: "We've had to find a different way of playing as the tournament has progressed."

"We had a lot of issues, particularly at the back."

"Marc Guehi, Kieran Trippier and Luke Shaw all out injured for months."

"We have super attacking talent and have started to find the balance. We look like we can score again."

Sun Sport

thesun.co.uk/sport



Gareth eyes respect

GARETH SOUTHGATE claims England **MUST** lift the Euros trophy to earn world respect. Southgate has transformed the Three Lions from perennial underachievers to back-to-back Euro finalists. And now

From TOM BARCLAY
he wants to land the nation's first silverware since 1966. Southgate said: "We have to get this trophy to really
Turn to Page 67



VOW TO END 58 YEARS OF HURT

I'd swap the

lot for

Euro

pot



From TOM BARCLAY in Berlin
HARRY KANE would swap everything he has achieved in his career for England Euros glory in Berlin tonight. The Three Lions' greatest marksman has 406 goals in 642 career games, including 66 for his country, and five Golden Boots despite never winning a trophy. Yet he would gladly give up all the personal accolades to end the nation's 58 years of hurt with victory over Spain in the final. The England skipper, 30, said: "Would I swap all the top-scorer
Turn to Page 66

ENGLAND EXPECTS
... captain Harry Kane points the way as the Three Lions make their final preparations before Euros showpiece



KANE DESPERATE TO BRING IT HOME

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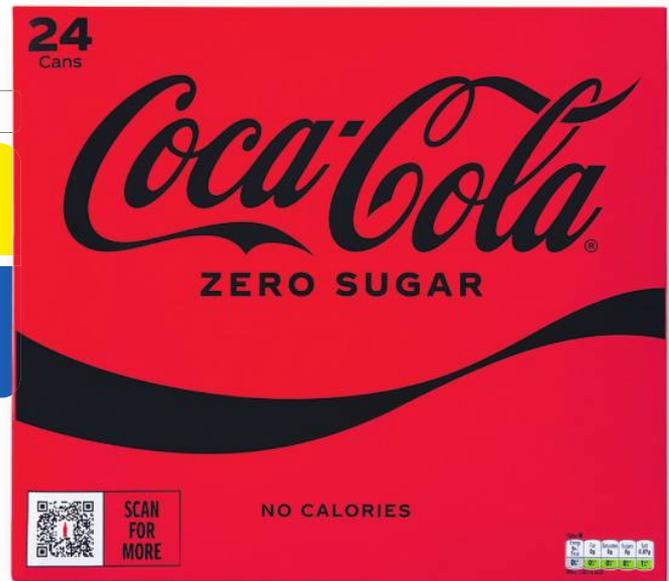
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BIGGEST WIN... Mitchell

JAM JAAR JACK

By TOM PEPPER

JACK MITCHELL was the Cup king at York as an energised Enfjaar won the £200,000 John Smith's.

Mitchell, 35, was always travelling like the winner on the four-year-old.

And the pair stayed on strongly to beat Botanical to give Roger Varian a one-two in the historic ten-furlong handicap.

It was the biggest win of Epsom-born Mitchell's career who has had to get to use to playing second best at the Varian yard.

He said: "It's brilliant. This is a big one for me."

"All the Newmarket yards were under a cloud for a bit — but they are really coming good now."

"I rode Enfjaar a lot last season — but being gelded has made a man of him!"

"He tanked into the race and is way better than a handicapper."

Richard Hills, for owners Shadwell, added: "It's a tough race to win."

"We won it two years ago with Annaat and he went and won a Group 1."

"I'm not saying Enfjaar will do that but we're really chuffed and will look at Group races for him now."

JULY JANE

Run of the Mill gives her Cup glory

IT was joy for Jane as Mill Stream steamed home in the £600,000 July Cup.

Jane Chapple-Hyam's rapid four-year-old picked his rivals off with a strong late surge under William Buick.

The success made it a super century of Group 1 victories for Buick who also blasted in a treble for gaffer Charlie Appleby.

Star three-year-olds Inisherin and Vandeeek had been expected to dominate the sprint.

But it was 11-1 shot Mill Stream who handled the rain-softened ground best of all as he beat outsider Swingalong by a neck.

Take nothing away from Mill

JACK KEENE at Newmarket

Stream, who has been knocking around at the highest level for the past 12 months.

Chapple-Hyam did a rain dance on Friday night and it worked as the extra juice in the ground after an overnight shower did the trick.

She grinned: "It's an amazing feeling to win this race. This is my local track and my favourite track and this is a race everyone in Newmarket wants to win."

"Mill Stream is very game and loves to get his toe in and I was relieved to see a bit of rain overnight which just kept the moisture

Turn to Page 4

HYAM MIGHTY
... Mill Stream gets a pat from Jane Chapple-Hyam



MILL THRILL... Buick on Mill Stream (right)

COSY SOSIE

OWEN GOULDING in Paris

SOSIE was too good for Aidan O'Brien's Illinois as Andre Fabre won a 14th Grand Prix De Paris last night. The Maxime Guyon-ridden three-year-old colt, is now 10-1 for the Arc after his two-length win in the mile and a half Group 1 at Longchamp. Guyon said: "Sosie did it well. He's a special horse and has a big chance in the Arc."

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1.30 ESME, ELLIE, MYLA & HARVEY ALLSOPP HCAP CHASE (5) £4,040; 2m 3f (12 runners)

1 1P11-0 MYSTIC MAN 40 (P;BF) 97
H Derham 7-12-0 Ben Bromley (5) £17,232
Races: 16 Wins: 5 (4G) Places: 2
Rapid improver last season, no show on return latest, better today

Sunracing FORM

MYSTIC MAN (11-0) 4-1 fav led until 6th, ridden, tailed off, 10th of 14 (well b/n)
2 LEGENDARY DAY (11-0) (Southwell) 2m hcap ch (4) £2,700 good.

2.00 M & M BOTH WEDDING ANNIVERSARY HCAP HURDLE (5) £3,776; 2m 3f (11 runners)

1 25356- JUST THE MAN 167
J O'Shea 8-12-0 James Turner (3) 93
Runs: 27 Wins: 2 (2G) Places: 9
Struggled in a better race at Haydock in Jan, this is easier, big chance

Sunracing FORM

JUST THE MAN (11-0) 2-1 fav led until 6th, ridden, tailed off, 10th of 14 (well b/n)

10 524-37 QUEEN OF STEEL 19
M Usher 4-10-2 Isabelle Ryder (7) 93
Runs: 9 Places: 3
Sneaks in off a lovely racing weight, rider lacks experience, check betting

11 56PP-0 WHITEHALL FLYER 51 (H)
M Young 6-10-2 Tristan Durrell 70
Runs: 6 Places: 6
Possibly slowest horse in training, 34 wrong at the weights, no chance

Sunracing FORM

JUST THE MAN (10-10) 25-1 rear, ridden and headed before last, weakened, 4th (btm 9/14) (9 ran) (Fakenham 2/2m hcap hdl (5) £3,651 good to soft)

2.30 BARBARA SHEPHERD 80TH BIRTHDAY HCAP CHASE (5) £4,040; 2m 7f (13 runners)

1 0/54-2 GENTLE CONNECTIONS 36
D Skelton 7-12-0 Harry Skelton 98
Runs: 14 Wins: 4 (GS,3G) Places: 3
Smart form in 2022, clearly has had issues but big eye catcher latest

Sunracing FORM

GENTLE CONNECTIONS (11-12) 9-2 stayed on last, chased clear leader close home, kept on, bit 5/2 by Fancy Stuff (11-2) (10 ran) (Bangor 2/2m hcap ch (4) £5,281 good)

Sunracing FORM

GENTLE CONNECTIONS (11-12) 9-2 stayed on last, chased clear leader close home, kept on, bit 5/2 by Fancy Stuff (11-2) (10 ran) (Bangor 2/2m hcap ch (4) £5,281 good)

3.00 MALCOLM WHEELER 70TH BIRTHDAY JUVENILE HURDLE (4) 3-y-o; winner £4,357; 2m (8 runners)

1 1 PLAY PRETEND 3 D Roberts 11-7 Lee Edwards 99
2 BATTLE OF OMDURMAN F20 D Cole 11-0 Chris Ward (3) -
3 KALKAROO 30 B Abrahamian 11-0 Gavin Sheehan 93

Sunracing FORM

PLAY PRETEND (11-7) 2-1 fav led until 6th, ridden, tailed off, 10th of 14 (well b/n)
2 BATTLE OF OMDURMAN (11-0) 2-1 fav led until 6th, ridden, tailed off, 10th of 14 (well b/n)

Sunracing FORM

PLAY PRETEND (11-7) 2-1 fav led until 6th, ridden, tailed off, 10th of 14 (well b/n)

4.00 BARRY THE BUTCHER HANDICAP HURDLE (3); winner £7,209; 2m 3f (8 runners)

1 1187-8 EVERYONESGAME 37 (D)
E Lavelle 7-12-0 Thomas Bellamy 90
Runs: 21 Wins: 6 (2G,2G) Places: 4
2lb higher than last run, not much promise at Market Rasen, bit to find

Sunracing FORM

EVERYONESGAME (11-9) 16-1 chased leaders, every chance 3 out, hard ridden, faded, 8th of 14 (btm 9/14) (12 ran) (Ballygeary (10-0) (Market Rasen 2m 5f hcap hdl (2) £10,562 good)

Sunracing FORM

EVERYONESGAME (11-9) 16-1 chased leaders, every chance 3 out, hard ridden, faded, 8th of 14 (btm 9/14) (12 ran) (Ballygeary (10-0) (Market Rasen 2m 5f hcap hdl (2) £10,562 good)

TEMPLEGATE

1.30 Mystic Man
2.00 Eagle's Realm
2.30 Gentle Connections (nb)
3.00 Mill Street
3.30 Don Rafael
4.00 Songo
4.30 Hammer Dan
5.00 Hugueneau

TOM PEPPER

1.30 Go Fox
2.00 Beholden
2.30 Coconut Twist
3.00 Happy Place
3.30 Flighttothesters
4.00 Rakshine State (4)
4.30 My Girl Katie
5.00 Deadlock

TEMPLEGATE'S TRIO: Step Out (Perth) and Gentle Connections (double, Stratford) with Cap Du Nord (Perth)

TOM PEPPER'S DOUBLE: Well Planted (Perth) and Rakshine State (Stratford)

SUNRATINGS' NAP: COCONUT TWIST (2.30 Stratford)

SIRIUS, Sun On Sunday, nap: TIGER ORCHID (3.45 Perth)

TIC-TAC: Left-handed triangular shaped track of 1m 2f, with eight fences per circuit and a run-in of 200 yards

HOT 'N HOT

TRAINERS with best record in last 14 days: A King 5 winners from 20 runners; P & M Bowen 6 from 24; M Usher 5 from 22; N Mulholland 3 from 15; P Kirby 5 from 25; D McCain 4 from 22

TOP TRAINERS

2019-2024 D Skelton 29-111, N Twiston-Davies 19-83, J Snowden 18-64, G Hamner 18-66, E Lavelle 11-41, B Paulling 11-46, A King 10-62, Dr R Newland & J Insole 10-67, D McCain 10-78, O Greenall & J Guerriero 7-57, THIS SEASON: D Skelton 6, A King 3, G Hamner 3

TOP JOCKEYS

2019-2024 H Skelton 26-75, G Sheehan 22-92, S Twiston-Davies 22-125, B Hughes 21-105, S Bowen 14-79, K Woods 13-61, T Cannon 12-63, T Bellamy 12-64, A Wedge 10-69, J Best 9-85, THIS SEASON: H Skelton 5, T Cannon 3, G Sheehan 3, S Bowen 2

TRAINER TRACE

FIRST RACE FOR NEW YARD: 2.00 Fenna's Loss M Walford to S Aiken; 2.30 Stunsail C Dyson to J Tickle; 3.00 Battle Of Omdurman O Sangster to D Cole; 3.30 Connolly E Lavelle to S-J Davies; Greenways A Stronge to D F-Davies; Porrhidge F O'Brien to T Leeson; 4.00 Doctor Parnassus R O'Brien (Ire) to D Skelton. RACEFAV: None

UNDER ORDERS

SEVEN-DAY WINNERS: None. BLINKERED FIRST TIME: 1.30 Buck Of Maine; 5.00 Deadlock. VISORED FIRST TIME: 1.30 Admiral's Sunset; 3.00 Rogue King; 4.30 Larkfield Lusive.

FIRST RUN SINCE WIN OP:

Absolutely Fine (4.30). WEIGHTWATCHER: 1.30 Blaze A Trail (won off 103, down 10lb to 93); Admiral's Sunset (won off 97 down 12lb to 86); Go Fox (won off 88 down 12lb to 76); 2.30 Aviewtosea (won off 114, down 14lb to 100); 4.00 Finsk River (won off 121, down 7lb to 114)

JOB JOCKEYS: James Davies rides Eric Carmen (4.30) for G Hamner, 3 from 8, 38%;

S Bowden rides Unwanted Attention (2.30) for R Potter, 9 from 28, 32%;

Absolutely Fine (4.30) for R L Llewellyn, 12 from 41, 29%;

B Sutton rides Hugueneau (5.00) for D Skelton, 6 from 21, 29%;

G Sheehan rides Dusky Days (2.30) for J Snowden, 199 from 879, 23%;

B J Jones rides Mill Street (3.00) for B Paulling, 30 from 129, 23%

T FOR TIPS, COLOURS & FORM



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PERTH JUMPERS

GOING: GOOD

TEMPLEGATE

- 2.15 STEP OUT (nap)
2.45 Tonto Foley
3.15 Malangen
3.45 Cap Du Nord
4.15 Fever Dream
4.45 Just Dottie

TOM PEPPER

- 2.15 Pop The Question
2.45 Contre Ordre
3.15 WELL PLANTED (nap)
3.45 No Regrets
4.15 Buy Some Time
4.45 No Recollection

TIC-TAC: Right-handed course of 1m 2f with tight turns, eight fences per circuit, 203yd run-in.
FAVOURITES: (2019-2024): 188 have won out of 520 races (36%). At the previous corresponding meetings, 6 have won out of 29 races (21%).
LIVE ON RACING TV
TOP TRAINERS

2019-2024 L Russell 35-315, D McCain 20-62, S Crawford 14-104, F O'Brien 12-49, J Jardine 12-94, D Sayer 11-43, N Richards 10-121, Miss L Harrison 9-96, N Alexander 7-39. THIS SEASON: C Williams 3, N Alexander 3, R M Smith 2.
TOP JOCKEYS

2019-2024 D McMenamin 17-135, D R Fox 16-152, C Nichol 12-91, S Quinlan 9-168, P W Wadge 7-62, H Brooke 7-80, P J Kavanagh 6-28, R Mania 6-76, B Lynn 5-53. THIS SEASON: C Nichol 2, B Lynn 2, H Brooke 2, D McMenamin 2.
TRAINER TRACE

FIRST RACE FOR NEW YARD: 2.15 Peekaboo Paddy Mary Ellen Doyle (Ire) to D Bourke.
RACEFAX: L Russell won the 4.45 in 2016 & 2022. Miss L Harrison won the 3.15 in 2022 & 2023, and won the 4.15 in 2015 & 2017.
LONGEST TRAVELLERS: Tonto Foley (2.5), Cap Du Nord (3.45), Fever Dream (4.15) trained by Christian Williams, Bridgend, round trip of 860 miles; Global Esteem (4.45) trained by F O'Brien, Cheltenham, trip of 752 miles.

UNDER ORDERS
BLINKERED FIRST TIME: None.
VISOURED FIRST TIME: None.
FIRST RUN SINCE WIND UP: None.
WEIGHTWATCHER: 2.45 Contre Ordre (won off 89 down 6lb to 83); Sword Of Fate (won off 103 down 6lb to 97); 3.15 Dallas Des Pictons (won off 116 down 5lb to 111); Kajaki (won off 107 down 12lb to 95); 3.45 Cap Du Nord (won off 127 down 5lb to 122).
JOB JOCKEYS: J Hogan rides Global Esteem (4.45) for F O'Brien, 36 from 158, 23%. A Doyle rides You Will Be Found (2.15) for A B Hamilton, 4 from 19, 21%. R Mania rides Tigga Time (3.15), Kilbranny (4.15) for A M Thomson, 116 from 588, 21%.

TEMPLEGATE STEVE MULLEN IS RACING'S No1 TIPSTER
STEP OUT can run away with Perth's 2.15. He went close a couple of times at Downpatrick and looked to be winning there last time only for a clumsy unseat two out. He can make up for that blip here.
GENTLE CONNECTIONS (2.30 Stratford, nb) went close at Bangor last time out. She had plenty left in the tank crossing the line and this longer trip should bring plenty of improvement.
CAP DU NORD (3.45 Perth, treble) won at Plumpton before going close here last time. He has plenty of staying power for this trip and looks on a fair handicap mark.
Complete the Lucky 15 with DON RAFAEL (3.30 Stratford). He was much improved from his hurdles debut when second at Uttoxeter last time and doesn't need much more.

TEMPLEGATE'S LUCKY 15
2.15 Perth.....STEP OUT
2.30 Stratford GENTLE CONNECTIONS
3.30 Stratford.....DON RAFAEL
3.45 Perth.....CAP DU NORD

2.15 PARKLANDS HOTEL PERTH NOVICES' HURDLE (CI 4); value to the winner £4,084; 2m 4f. (13 runners)

- 1 24/273- KANDOR 207 L Russell 5-11-0.....Patrick Wadge (3) 97
2 85-3 PEKABOO PADDY 69 D Bourke 5-11-0.....Bruce Lynn (3) 88
3 0869-28 PERFECT ARCH 13 (P) S West 7-11-0.....Henry Brooke 86
4 U45-191 POP THE QUESTION 21 (D) J Coward 6-11-0.....Sean Quinlan 95
5 420-220 STEP OUT 28 (T) S Crawford (Ire) 5-11-0.....J Slevin 99
6 36-687 YAKALEO 10 (H) N Richards 5-11-0.....Danny McMenamin 83
7 PP3-P5 YOU WILL BE FOUND 16 A Hamilton 7-11-0.....Alan Doyle (5) 80
8 67-58 AWAY SHE GOES 21 B Ellison 5-10-7.....Craig Nichol 76
9 202- BACDOORFLUSH 20 (BF) L Russell 5-10-7.....Derek Fox 98
10 6F-US KIMJUY 7 S Crawford (Ire) 5-10-7.....Mr S Connor (7) 71
11 P/532-3 LADY MENDOZA 50 (P) R Menzies 7-10-7.....Nathan Moscrop 95
12 7P-U APPLS DESTINY 14 R Smith 4-10-2.....Ben Smith (7) 76
13 009 WEE VEE 29 S Crawford (Ire) 4-10-2.....Peter Kavanagh (3) 71
BETTING: 3 Step Out, 4 Backdoorflush, Kandor, 5 Lady Mendoza, 7 Pop The Question
WHERE FAVOURITES FINISHED AND 2023: No corresponding race.

2.45 MACBET SCOTLAND'S LEADING BOOKMAKER HCAP CHASE (4) £5,281; 2m (7 runners)

- 1 FP-263 GARDE DES CHAMPS 10 (T) L Russell 8-12-0.....Derek Fox 96
Runs: 25 Wins: 1 (G) Places: 8 £22,393
Ran well enough in a stronger race latest, drop back in trip will suit
2 729-14 MALPAS 29 (T) D McCain 9-11-9.....Theo Gillard 93
Runs: 24 Wins: 4 (2GS,2G) Places: 5 £32,258
Slipk jumper at best, poor effort at Uttoxeter latest but capable of better
3 18F76- BIX BEIDERBECKE 127 (H) L Russell 6-11-8.....Patrick Wadge (3) 87
Runs: 8 Wins: 1 (G) Places: 1 £5,521
Scope to do well over fences, solid form over timber, one to watch
4 45-926 SWORD OF FATE 10 (CD) L Kerr 11-11-2.....Sean Quinlan 90
Runs: 84 Wins: 13 (2F,5GS,6G) Places: 21 £132,998
Struggled when tailed off here over further, questions to answer now
5 31-123 TONTO FOLEY 9 (T;BF,D) C Williams 6-10-12.....Nick Scholfield 98
Runs: 13 Wins: 3 (2,G) Places: 2 £17,351
Progressive, jumping let him down at Newton Abbot, better expected
6 OP-642 TESSY LAD 7 (T) S England 5-10-7.....Jonathan England 99
Runs: 8 Places: 2 £6,297
Improving maiden, went close on chasing debut last week, one to beat
7 P26-53 CONTRE ORDRE 46 (B,T) M Hammond 6-10-2.....Emma Smith-Chaston (3) 94
Runs: 26 Wins: 5 (2S,G) Places: 4 £57,882
Did not run too badly at Cartmel latest, nice racing weight but bit to find
BETTING: 9-4 Tessy Lad, 5-2 Tonto Foley, 6 Contre Ordre, Garde Des Champs, 8 Malpas, 10 Bix Beiderbecke, 12 Sword Of Fate
WHERE FAVS FINISHED AND 2023: No corresponding race.

Sunracing FORM

GARDE DES CHAMPS (12-2) 7-1 one pace when hit last, 3rd of 6 (btn 17) to Planned Paradise (11-1) SWORD OF FATE (10-13) 8-1 dropped away 4th out, last (well but Perth 27/m heap ch (4) £5,281 good to soft).
MALPAS (12-0) 6-1 tailed off, last of 4 (26) to Ever Milk Wood (10-1) (Uttoxeter 27/m heap ch (5) £3,248 good).
BIX BEIDERBECKE (10-12) 22-1 always outpaced, weakened from 2 out, 6th of 8 (btn 13) to Dance Tite (10-0) (Ayr 2m hcap hdlie (4) £5,281 good).
TONTO FOLEY (10-12) 6-4 fav held up, kept on well late, 3rd of 6 (btn 13) to Magistrate (11-7) (Newton Abbot 2m heap ch (4) £5,839 good).
TESSY LAD (11-7) 10-1, no impression on winner finish, btn 21 by Clean Getaway (11-0) (10 ran) (Market Rasen 27/m heap ch (5) £4,225 good).
CONTRE ORDRE (10-10) 5-1 one pace, 3rd of 8 (11) to Melvich Bay (9-13) (Cartmel 2m hcap ch (5) £5,073 soft).

3.15 MACBET BOOKMAKER HANDICAP HURDLE (4) winner £4,753; 2m 4f (11 runners)

- 1 142P9- CONDESA 85 (T;C) S Crawford (Ire) 8-12-0.....J J Slevin 98
Runs: 8 Wins: 1 (S) Places: 3 £11,053
Lightly raced, struggled at Ayr in April but freshened up since, fancied
2 1236-5 GALATA BRIDGE 25 (BF) Dr R Newland & J Insole 7-11-11. Charlie Hammond 96
Runs: 14 Wins: 3 (3G) Places: 4 £24,963
Not beaten far over shorter at Worcester latest, one to watch closely
3 249-46 THE CHURCHILL LAD 37 R Menzies 5-11-10.....Ross Chapman 94
Runs: 16 Wins: 3 (2S,G) Places: 5 £21,198
Stamina to prove but he's well treated on best form, check betting
4 265-43 WELL PLANTED 10 (C) R Smith 7-11-8.....Sean Quinlan 97
Runs: 21 Wins: 3 (GS,2G) Places: 8 £35,966
Outpaced but finished well here over shorter recently, on the shortlist
5 4P6P-5 DALLAS DES PICTONS 21 (P;D) D Sayer 11-11-6.....Henry Brooke 94
Runs: 43 Wins: 7 (2S,GS,3G) Places: 5 £136,858
Very quirky but not short of ability, can do better if getting a lead early
6 5645-7 WESTERN RUN 46 (P) R Smith 9-11-2.....Ben Smith (7) 80
Runs: 37 Wins: 4 (GS,3G) Places: 9 £35,350
Never travelling when tailed off at Cartmel latest, others appear more
7 354-29 TIGGA TIME 29 A Thomson 5-10-12.....Ryan Mania 88
Runs: 6 Wins: 1 (S) Places: 2 £3,074
Chasing type, not much impact on hcap debut at Hexham, do better
8 8/95P- CORAL BLUE 172 (T;D) D Bourke 9-10-10.....Callum Bewley 80
Runs: 47 Wins: 5 (3S,GS,G) Places: 4 £41,110
Out of form, but fairly treated on best form, check for market move
9 3-4412 MALANGEN 10 (CD) L Harrison 9-10-8.....Peter Kavanagh (3) 99
Runs: 65 Wins: 10 (2S,GS,7G) Places: 12 £80,756
Won well at Hexham, not disgraced over track & trip latest, one to beat
10 498-74 KAJAKI 23 (V;CD) N Richards 11-10-4.....Danny McMenamin 92
Runs: 32 Wins: 5 (2GS,3G) Places: 7 £54,366
Not the best jumper and does not always find much off the bridle, risky bet
11 68-028 DARKEST DAY 10 (P,T) W Young Jnr 9-10-2.....Derek Fox 83
Runs: 37 Wins: 4 (G) Places: 10 £31,295
No excuses when running poorly here 10 days ago, best watched
BETTING: 3 Galata Bridge, 7-2 Malangen, 5 The Churchill Lad, 8 Well Planted, Condesa, 10 Kajaki, 12 Tigga Time, 14 Darkest Day
WHERE FAVOURITES FINISHED: PU 3 2
2023: Malangen 8-9-11, J Williamson 9-2 (Miss L Harrison), 4 ran.

3.45 MACBET LAYING BETS SINCE 1972 HANDICAP CHASE (3) £7,922; 3m (10 runners)

- 1 2335-1 TIGER ORCHID 31 (P) Dr R Newland & J Insole 9-12-0. Charlie Hammond 96
Runs: 24 Wins: 7 (S,F,5G) Places: 3 £52,724
Progressive, overcame jumping errors to win at Worcester, more to come
2 P321/1 DINONS 29 B Ellison 11-11-2.....Craig Nichol 97
Runs: 28 Wins: 10 (S,GS,7G) Places: 4 £105,235
Never came off the bridle at Hexham, bounce factor is a concern
3 3-3365 GLORY AND HONOUR 14 (T) S England 8-11-9.....Jonathan England 96
Runs: 30 Wins: 4 (S,A,GS,G) Places: 11 £74,172
Dropping in the weights, but not much promise last time, ignore
4 0961-3 CAP DU NORD 35 (P;D) C Williams 11-11-9.....Nick Scholfield 99
Runs: 60 Wins: 9 (6GS,3G) Places: 11 £316,229
Dour stayer, on a very competitive mark but must avoid jumping errors
5 396-94 BARBADOS BUCK'S 29 (P) D Bourke 9-11-4.....Ryan Mania 90
Runs: 22 Wins: 4 (3,GS) Places: 5 £41,800
All about stamina, ground will suit but may lack tactical pace of some
6 4P4-74 HALF SHOT 35 (D) J Jardine 10-11-7.....Dylan Johnston (5) 93
Runs: 42 Wins: 5 (2S,3GS) Places: 13 £68,939
Dropped 2lb below last win, talented claimer takes off another 5lb, go well
7 1229-7 WASDELL DUNDALK 35 (CD) L Harrison 9-11-4.....Danny McMenamin 91
Runs: 33 Wins: 6 (2S,4G) Places: 3 £69,524
Enjoyed a fine time of things last year, but hcapper still looks in charge
8 1327-1 NO REGRETS 67 (V;D) N Richards 10-11-2.....Sean Quinlan 98
Runs: 24 Wins: 5 (2S,3G) Places: 6 £36,117
Battled well to win at Kelso, 5lb rise demands more but hard to rule out
9 447-22 EVERYDAY CHAMPAGNE 35 (P;BF,D) N Alexander 8-10-9.....Bruce Lynn (3) 97
Runs: 19 Wins: 3 (2S,G) Places: 5 £31,099
Found No Regrets a neck too good at Kelso, solid effort latest, fancied
10 15P-P4 NOWINITTOWINIT 10 S Crawford (Ire) 8-10-2.....Mr S Connor (7) 88
Runs: 10 Wins: 2 (GS) Places: 5 £10,937
Won twice here over timber, not knocked about latest, do better
BETTING: 7-2 Dinons, 4 Tiger Orchid, Cap Du Nord, 9-2 Everyday Champagne, 6 No Regrets, 14 Half Shot, 16 Glory And Honour
WHERE FAVS FINISHED AND 2023: No corresponding race.

Sunracing FORM

TIGER ORCHID (11-7) 15-2 mid-division, mistake 3 out, closed last, stayed on well, led towards finish, but Ajp Kingdon (11-1) 8 (9 ran) (Worcester 2m hcap ch (3) £8,179 good).
DINONS (12-0) 16-1 made all, clear last where mistake, easily, bt Shantou Moon (10-9) 10 (10 ran) (Hexham 2m hcap hdlie (4) £5,281 good).
GLORY AND HONOUR (10-9) 13-2 mid-division, pushed along and well held behind 5th of 10 (btn 25) to Charlie Uberalles (10-3) (Cartmel 2m hcap ch (2) £21,124 good).
EVERYDAY CHAMPAGNE (10-8) 4-1 1/4 fav, led, ridden 2 out, joined next, head led close home, btn 7/1 by Cardamon Hill (10-7) CAP DU NORD (12-1) 10-1 in touch, ridden and every chance last, stayed on one pace, 3rd (btn 47/4) HALF SHOT (11-1) 5-1 prominent, ridden 3 out, weakened last, 4th (btn 27) WASDELL
DUNDALK (11-13) 20-1 in rear, pushed along 4 out, weakened 2 out, tailed off, 7th (btn 30) (11 ran) (Perth 3m heap ch (4) £5,357 good to firm).
BARBADOS BUCK'S (11-11) 9-1 prominent, led 3 out, headed 2 out, weakened, 4th of 9 (btn 21) to Kingston Bridge (10-12) (Hexham 27/m heap hdlie (3) £7,737 good).
NO REGRETS (11-4) 13-2 raced in 4th, pressed leaders 2 out, ridden and led last, reduced lead towards finish, did enough, bt EVERYDAY CHAMPAGNE (10-8) 5-1 led before 6th, faced challenge 2 out, headed last, kept on run-in, nk (8 ran) (Kelso 2m hcap ch (4) £5,281 good).
NOWINITTOWINIT (10-13) 20-1 prominent, lost position 9th, not fluent next, mistake 11th and pushed along, plugged on, 4th of 6 (btn 19) to Planned Paradise (11-11) (Perth 27/m heap ch (4) £5,281 good).

4.15 SCOTTISH RACING ACADEMY HANDICAP HURDLE (4); value to the winner £4,753; 3m. (11 runners)

- 1 224-186 LIHYAN 14 (H) R Menzies 6-12-0.....William Maggs (5) 92
2 8/P-80 ACCIDENTAL REBEL 14 (T) L Kerr 10-11-7.....Bruce Lynn (3) 87
3 7/246-8 KILBRANNY 35 (T*) A Thomson 8-11-2.....Ryan Mania 90
4 65/42-1 FEVER DREAM 35 (T;C) C Williams 6-11-4.....Nick Scholfield 99
5 7/39-58 NOT WHAT IT SEEMS 30 M Hammond 8-10-0.....Emma Smith-Chaston (3) 85
6 P1-1241 BUY SOME TIME 10 (H;CD) R Smith 6-10-13.....Ben Smith (7) 96
7 7P2-P71 JETEYE 21 (B,T) S England 7-10-10.....Jonathan England 98
8 838-52P PADDY ELVIS 35 (P) S Crawford (Ire) 5-10-8.....J Slevin 95
9 424-12 DALLIED 10 (D) L Harrison 9-10-5-11.....Peter Kavanagh (3) 97
10 P89-3U3 DIAMOND STATE 10 (P,T) L Russell 8-10-5.....Alan Doyle (5) 91
11 7-7626 SHANTOU MOON 10 W Young Jnr 7-10-2.....Derek Fox 89
BETTING: 5-2 Fever Dream, 9-2 Jeteye, Buy Some Time, 11-2 Paddy Elvis, 8 Dallee, 12 Lihyan, Diamond State, 16 Shantou Moon
WHERE FAVOURITES FINISHED: 9 8 1 7
2023: Theamanitheboots 5-12-0 Sean Bowen 3-1 (G Elliott(Ire)), 7 ran.

4.45 MACBET BEST ODDS GUARANTEED DAILY CONDS' HANDICAP HURDLE (5); £3,961; 2m. (11 runners)

- 1 22540-6 VE DAY 38 (B;D) D McCain 5-12-0.....William Maggs (3) 84
2 943-21 GLOBAL ESTEEM 11 (T;BF) F O'Brien 7-11-2.....Jack Hogan (3) 89
3 9223- TRAILBLAZER F11 (P) A Nicol 5-11-11.....Joshua Thompson (7) 97
4 2448-56 SERGEANT WILSON 10 (D) R Smith 6-11-9.....Emma Smith-Chaston 91
5 860-P ALDBOURNE 35 (T*) L Russell 5-11-9.....Patrick Wadge (3) 80
6 3875-13 JUST DOTTIE 38 (H;CD) R Smith 5-10-5-11.....Ben Smith (8) 96
7 U90P-3 NO RECOLLECTION F15 (T;D) S England 6-11-6.....Tom Midgley (3) 94
8 0/P-49 SHANTOU LUCKY 23 (T;D) J Bedi 7-11-3.....Alan Doyle 85
9 309-685 JYSUIS 13 S West 5-10-13.....Bruce Lynn 89
10 145P-33 GAME BEAAR 23 (T) D Bourke 7-10-9.....Dylan Johnston 94
11 6832P- WILLY NILLY 305 L Harrison 9-10-5-11.....Peter Kavanagh 90
BETTING: 9-4 Global Esteem, 7-2 Just Dottie, 13-2 Game Beaar, 8 Trailblazer, No Recollection, 12 Sergeant Wilson, 16 Ve Day, Willy Nilly, Aldbourne
WHERE FAVOURITES FINISHED: 6 2-7 1 1
2023: Gambie Tiep 7-1-2 Liam Harrison 1-5 Fav (B Pauling), 5 ran.

EACH-WAY THIEF

LADY MENDOZA (2.15 Perth) was only a couple of lengths off the pace at Cartmel last time. Have an ew double with THE CHURCHILL LAD (3.15 Perth) who is down in class and has performed in stronger company than this.

PROBETS
EYECATCHER: FINEST VIEW (4.00 Stratford) went close at Newton Abbot and will be right there again.
SUPER SPEED: PLAY
PRETEND (3.00 Stratford) clocked a good time when winning at Market Rasen.
GAMBLER ON: ELECTRIC EDDY (3.30 Stratford) was well backed before finishing second at Worcester last time out.

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WOMEN OF LETTERS

Charlie gets treble boost with Ancient's Super win

IT was three-year peasy for big footie fan Charlie Appleby as he netted a big treble on July Cup day at Newmarket.

The Godolphin trainer saddled three runners on the card and all of them were on target - including the impressive **Ancient Truth** who made it two wins from two by winning the Group 2 Superlative Stakes.

Stable jock William Buick was in the saddle for each of them and then capped a memorable day when adding a fourth winner when he won his first July Cup on Mill Stream.

Appleby added a 75-1 treble for Ancient after **Desert Flower** won the fillies' maiden on debut and **First Conquest** took the Bet365 Mile.

No doubt the star of the Appleby show was Ancient Truth though and he is now the 10-1 favourite for next year's 2,000 Guineas with Coral.

Last year's Superlative was won by superstar Derby winner City Of Troy.

Time will tell if Ancient Truth is good enough to go on to similar glory but the 4-6 favourite stuck his head down and galloped strongly through the line to beat Seagulls Eleven by a length and a half. Appleby, who caught a flight

JACK KEENE at Newmarket

to Germany late last night to watch the England game, has won the Superlative five times in the last nine years, and he reckons this horse has the world at his feet.

Appleby (*below*) smiled: "We will work back from the 2,000 Guineas with him. We think he is a very good horse with a big future."

"You can never be certain until they go out and do it on the racecourse, but I always thought he was near the top of our two-year-old pecking order on the work he was doing at home."

"I'd have been disappointed if he got beat today, let's put it that way. The obvious next race is the National Stakes in Ireland, so we will take it from there. It's been an enjoyable day!"

Aalto (55-2) ran out an easy winner of the £100,000 Baburby Cup for trainer Ian Williams and rider Rossa Ryan.

The talented four-year-old has been knocking on the door all season and everything clicked as he blasted to the lead on the run-in to comfortably hold Lethal Levi by two lengths.

Ryan said: "He's improving and took me there effortlessly. He gets this trip well. I would expect him to go on from this."



HONEST TRUTH... William Buick powers to the front on Ancient Truth

in the ground. He has a lot of speed but he stays well and the slightly slower conditions just help him at the finish, because he finishes stronger than anything else. The bulky Mill Stream, who is more Sherman Tank than racehorse, carried the colours of billionaire Butlins boss Peter Harris, 90, who has been a big supporter of Chapple-Hyam's over the last few years.

Chapple-Hyam was certainly a happy camper at Newmarket as she earlier won the fillies' handicap with Asian Daze.

She said: "I'm a very lucky girl. Peter knows the game, he has been involved in racing all his life. He's thrown a lot of money at it and deserves to win these big races."

"Mill Stream likes it in France so we'll get him ready to head over there for the Prix Maurice de Gheest in August."

Buick said: "Mill Stream has been such a good horse for me this year."

"He ran well at Ascot but we felt he had a bit more to give. Jane and the team convinced me he would be a much better horse today and he was!"

"That bit of rain suited him and I was always very comfortable."

"He's so genuine, he really wants it. He puts his head out and it's so well deserved. It's my first July Cup, so I'm thrilled."

RACING RESULTS FROM YESTERDAY'S EIGHT MEETINGS AND YOUR GREYHOUND TIPS AND SP

NEWMARKET

1.40: 1 **DESERT FLOWER** W Buick (5-2) 2 **Fight** (21 fav) 3 **Bintabaha** (5-1) 10 ran 3/4; 2/4. C Appleby. T: £3.50. Ex: £1.50. CF: £1.40. Ex: £7.60. Tricrest: £25.20. CF: £7.71.

2.12: 1 **ASIAN DAZE** Billy Loughnane (9-1); 2 **Lou Lou's Gift** (15-8 fav); 3 **Arisag** (4-1) 9 ran. 1/4; nk. J Chapple-Hyam. T: £10. £1.70. Ex: £3.00. Ex: £30.20. Tricrest: £178.38. Tricrest: £114.70. CF: £24.94. NR: Kay Cota, Rochelle.

2.50: 1 **FIRST CONQUEST** W Buick (12-1); 2 **Treasure Time** (6-1); 3 **Liveandletlive** (8-1) 13 ran (Orlar 7-2 jfav, Volters 7-2 jfav); nk. C Appleby. T: £13. £2.20. Ex: £2.80. Ex: £108. Tricrest: £641.26. Tricrest: £924.30. CF: £78.22. NR: Randomone, Local Hero, The Camleon.

3.25: 1 **ANCIENT TRUTH** W Buick (4-6 fav) 2 **Seagulls Eleven** (5-1); 3 **Wimbleton Hawke** (2-1) 6 ran. 1/4; 2/1. C Appleby. T: £10. £1.00. Ex: £4.40. Tricrest: £228.28. Tricrest: £25.20. CF: £4.24. NR: Pap's Turf, Pentie Bay, The Parthenon.

4.00: 1 **AALTO** Rossa Ryan (15-2); 2 **Lethal Levi** (8-1); 3 **Summerghand** (2-1); 4 **Carrythene** (5-1 fav) 20 ran 2/1; nk. I Williams. T: £8.00. Ex: £2.30. Ex: £470. Tricrest: £198.98. CF: £289.98. Tricrest: £269.60. CF: £127.02.

4.35: 1 **MILL STREAM** W Buick (11-1); 2 **Swingalong** (22-1); 3 **Vandek** (4-1) 11 ran (Insheirn 11-5 fav); nk. J Chapple-Hyam. T: £12. £2.50. Ex: £1.90. Ex: £154.10. CF: £1160.86. Tricrest: £787.70. CF: £227.88. NR: Regional.

5.10: 1 **LORD OF LOVE** K Shoemark (5-1); 2 **Wonder Kid** (3-1 jfav); 3 **Goodwood Woodley** (5-1) 11 ran (Ponnois 3-1 jfav); nk. J S Gosden. T: £10. £2. £1.90. Ex: £2.70. Ex: £25.70. Tricrest: £81.95. Tricrest: £137.40. CF: £20.83. NR: Ciro Di Marzio.

JACKPOT: Not won. £12,404.45/c/o. P/POT: £27.40.

ASCOT

1.45: 1 **FAIR WIND** P Dobbs (17-2); 2 **Alshab** (10-1); 3 **Haymaker** (12-1); 4 **Dream Composer** (14-1) 17 ran (King's Lynn 9-2 fav); 1/4; nk. O Burrows. T: £10. £1.00. Ex: £2.90. Ex: £104.20. Tricrest: £1073.57. Tricrest: £914.43. NR: Danger Alert, Prince of Zenda.

2.10: 1 **QUDDWAK** C Shepherd (8-1); 2 **Ancient Rome** (8-1); 3 **Embesto** (7-1) 7 ran. 1/4; nk. S & E Crisford. T: £2.25. Ex: £1.50. Ex: £2.50. Tricrest: £161.48. Tricrest: £371.40. CF: £25.38. NR: Epicurus, Sparks Fly.

2.57: 1 **TIGER MASK** P-Jamin (11-1); 2 **Parole D'oro** (28-1); 3 **Accentuate** (14-1) 12 ran (Big Sign 7-4 fav); 1/4; nk. K R Burke. T: £3.75. Ex: £1.40. Ex: £4.60. Ex: £103.70. Tricrest: £1547.70. CF: £86.83.

3.32: 1 **DANCING IN PARIS** D Probert (15-2); 2 **Tactician** (11-8 fav); 3 **Manxman** (13-2) 11 ran. 1/4; nk. J Williams. T: £3.50. Ex: £1.30. Ex: £2.70. Ex: £25.70. Tricrest: £175.76. Tricrest: £313.50. CF: £64.64. NR: Mercury Day, My Margie.

5.17: 1 **KODI LION** C Shepherd (3-1 fav); 2 **Pedro Valentino** (7-2); 3 **Burdett** (9-1); 4 **Billy Mill** (14-1) 16 ran. 1/4; 1/4; 6/1. C Fellows. T: £4; £1.50. Ex: £2.50. Ex: £32.40. Ex: £15. Tricrest: £90.99. Tricrest: £128.20. CF: £12.42. NR: Lord Rappallion.

P/POT: £105.70/Q/POT: £17.40

NAVAN

1.52: 1 **SHIMMY JIMMY** G M Ryan (9-4 fav); 2 **Rion Rute** (100-1); 3 **Dandy Magic** (4-1); 4 **Moonthal Champ** (6-1) 6 ran. 1/4; 1/4; nk. J Williams. T: £9.25. Ex: £1.30. Ex: £2.70. Ex: £23.70. Tricrest: £905.88. Tricrest: £928.50. CF: £25.88.

4.15: 1 **EAST TYRONE** S Gray (16-1); 2 **Sir Palamedes** (11-3); 3 **Atomic Mass** (4-1) 13 ran (Alashos 10-3 fav); shd. 1/4; nk. Ryan. T: £18. Ex: £3.90. Ex: £2. Ex: £229.80. Tricrest: £361.06. Tricrest: £182.47. NR: The Flying Squall.

4.50: 1 **ZIMMERMAN** S B Kirrane (8-1); 2 **Valley Of Flowers** (11-3); 3 **Letsbefrank** (4-1 fav) 1/4; shd. 1/4. B Brookhouse. T: £18. Ex: £3.90. Ex: £104.20. Tricrest: £206.09. Tricrest: £393. CF: £85.25. NR: Duke Of Verona, Red Force One, Tailormen.

5.25: 1 **RAY VONN** H Crouch (11-1); 2 **Maix Boy** (20-1); 3 **Rebel Path** (20-1); 4 **Trabli** (11-2) 18 ran (Dark Side Thunder 4-1 fav); 1/4; nk. J Williams. T: £20. Ex: £3.70. Ex: £4.00. Ex: £416.40. Tricrest: £240.78. Tricrest: £226.53. NR: Kuwait City, Sibyl Charm.

P/POT: £53.30/Q/POT: £18

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2.27: 1 **MEHMAR** C T Keane (3-1); 2 **Desert Power** (4-1); 3 **Betson** (8-11 fav) 8 ran. 1/4; 1/4; nk. O'Callaghan. T: £4; £1.20. Ex: £1.40. Ex: £16.60. Tricrest: £21.40. CF: £35.98. NR: Emerald Banner, Penny Mountain, Speedwork.

3.02: 1 **RAPPELL** W J Lee (4-1 fav); 2 **Grand Citadel** (8-1); 3 **Limocello Lady** (22-1); 4 **Platino Bianco** (40-1) 18 ran. 1/4; 1/4; 1/4. P W Flynn. T: £5; £1.80. Ex: £4.80. Ex: £430. Tricrest: £686.80. Tricrest: £461.80. CF: £33.93.

3.37: 1 **REINFORCE** R Whelan (12-1); 2 **Only Spouting** (13-2); 3 **Run Forest Run** (10-1) 15 ran (Fair Taxes 7-2 fav). 1/4; 1/4; Miss K Brown. T: £17.50. Ex: £4.20. Ex: £146.80. Tricrest: £688.02. Tricrest: £1239.60. CF: £87.46. NR: Spirit Of Eagles, Sunday Sovereign.

4.10: 1 **NAVAL FORCE** G M Ryan (9-2); 2 **The Equator** (evens fav); 3 **Vestiga** (14-1) 6 ran. 2/4; nk. Donnacha O'Brien. T: £5.50. Ex: £1.00. Ex: £12.50. Tricrest: £74.30. CF: £2.50. NR: Donnacha O'Brien.

4.45: 1 **IT'SONLYJUSTBEGUN** K G Kennedy (7-4 fav); 2 **Explorers Way** (13-2); 3 **Squire Danagher** (4-1) 8 ran. 1/4; nk. J Williams. T: £10. Ex: £1.60. Ex: £13.80. Ex: £39.95. Tricrest: £57.60. CF: £13.79. NR: Red Trail.

5.20: 1 **DOCTOR GRACE** R Whelan (6-1); 2 **Nawraj** (22-1); 3 **Question Of Class** (13-2); 4 **He Knows When** (14-1) 20 ran (Mr Mills 4-1 fav); 1/4; 1/4; 1/4. M Halford & T Collins. T: £6.60. Ex: £2.30. Ex: £1.50. Ex: £20.90. Tricrest: £924.96. Tricrest: £454.47. NR: Bang Po, Barretstown, Dazzling Spirit, Game Phoenix, Lord Park, Patrick Street.

3.15: 1 **MONBEG PARK** J J Welch (11-4); 2 **Caesar Rock** (33-1); 3 **Stevie The Kindhearted** (20-1) 14 ran (Space Tourist 7-4 fav); 1/4; 1/4; S Doyle. T: £3.75; £1.40. Ex: £6.20. Ex: £116.20. Tricrest: Not won. CF: £94.07. NR: Chateau Eilan, Maidentreehouse.

3.50: 1 **RAILWAY HURRICANE** C Stone-Walsh (7-1); 2 **Flash De Touzaine** (28-1); 3 **The Short Go** (3-1 fav) 12 ran. 2/4; 1/4; G Cromwell. T: £3.60. Ex: £1.60. Ex: £1.70. Ex: £246.10. Tricrest: £272.09. Tricrest: £1161.10. CF: £175.96. NR: The Gradual Slope.

4.25: 1 **OUR BOBBY** E Walsh (5-2 fav); 2 **Finnians Row** (16-1); 3 **Malton Groove** (40-1); 4 **MUR BE DREAMING** (11-2) 16 ran. 1/4; 2/1; J M Burke. T: £3.60; £1.00. Ex: £4.50. Ex: £230.00. Ex: £56.50. Tricrest: £1409.93. Tricrest: £433.93. NR: Cocoomoo, How Dec, Intersky Sunset.

5.00: 1 **FIELD A THISTLES** Mr D G Lavery (11-4 fav); 2 **Meitheal** (5-1); 3 **Ma Beas** (4-1) 14 ran. ns; 1/4; Mags Mulline. T: £3.75; £1.10. Ex: £1.60. Ex: £2.30. Tricrest: £736.00. CF: £17.18. NR: Opera Point, Reel Orange, Sarraetta.

PLACEPOT: £230.30

4.20: 1 **GREY FABLE** S D Bowen (6-4 fav); 2 **Hot Tern** (9-1); 3 **Green Team** (20-1) 8 ran. 2/4; 1/4; K Thornton (IRE). T: £2.50. Ex: £1.00. Ex: £2.30. Ex: £20.20. Tricrest: £186.73. Tricrest: £116.30. Ex: £16.67.

4.55: 1 **FUJI MOUNTAIN** Z Wheatley (7-2); 2 **Zabeel Road** (2-1 fav); 3 **The Claret** (9-2) 8 ran. 2/4; nk. D Carroll. T: £3.75; £1.30. Ex: £1.20. Ex: £10. Tricrest: £387.73. Tricrest: £124.88. NR: Pogo, Streets Of Gold.

6.35: 1 **SEA GERY** F Norton (8-1); 2 **Gibside** (4-1); 3 **Gifted Angel** (25-1) 10 ran (Rich Bellef 7-2 fav); 1/4; shd. D McCain. T: £9; £2.50. Ex: £2.30. Ex: £20. Ex: £39.20. Tricrest: £298.48. Tricrest: £338.70. NR: Chase The Dollar.

6.05: 1 **AL SHABAB** Storm Jason Watson (6-4 fav); 2 **Breeze** (7-1); 3 **Vortino** (10-5) 6 ran. 1/4; Ex: 1/4. A Balding. T: £2.50; £1.40. Ex: £1.80. Ex: £11.80. Tricrest: £336.60. CF: £124.48. NR: Pogo, Streets Of Gold.

6.35: 1 **ST OP OF THE CAVALRY** E Greatrex (11-1); 2 **Balon D'or** (8-1); 3 **Eye Of Dubai** (5-2 fav) 10 ran. 2/1; J R Beckett. T: £12; £3.30. Ex: £2.70. Ex: £1.50. Ex: £39.20. Tricrest: £298.48. Tricrest: £338.70. CF: £95.60.

7.10: 1 **KING OF TONGA** Z Wheatley (14-1); 2 **Count O'rsay** (11-3); 3 **Kitaab** (25-1) 8 ran (Dickieburd 10-1 fav); 1/4; D Carroll. T: £15; £2.90. Ex: £2. Ex: £95.30. Tricrest: £374.55. Tricrest: £178.60. CF: £148.57. NR: Game Angel, Love Wars.

P/POT: £373.10/Q/POT: £349.10

5.20: 1 **DOCTOR GRACE** R Whelan (6-1); 2 **Nawraj** (22-1); 3 **Question Of Class** (13-2); 4 **He Knows When** (14-1) 20 ran (Mr Mills 4-1 fav); 1/4; 1/4; 1/4. M Halford & T Collins. T: £6.60. Ex: £2.30. Ex: £1.50. Ex: £20.90. Tricrest: £924.96. Tricrest: £454.47. NR: Bang Po, Barretstown, Dazzling Spirit, Game Phoenix, Lord Park, Patrick Street.

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Sunday, July 14, 2024

goals

in association with

William HILL

You can't hold a candle to us!

YAMAL'S BIRTHDAY DIG



BOY WONDER
... beaming Yamal celebrates his birthday yesterday

From JACK ROSSER

BIRTHDAY boy Lamine Yamal warned England that winning tonight's final will be a piece of cake for Spain.

The teen sensation celebrated turning 17 yesterday by insisting no other team can hold a candle to his nation.

Luis de la Fuente's side have beaten Croatia, Italy, Germany and France to

Spain v England

8pm, BBC1, ITV1 and [talkSPORT](#)

reach this evening's Euros showpiece against the Three Lions in Berlin.

And bullish Barcelona winger Yamal said: "It is clear that, as a team, there

Turn to Page 2

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William HILL

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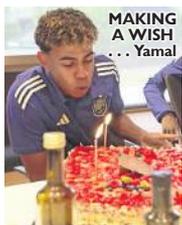
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EURO 2024 FINAL



YAMAL SPAIN RECORD (2023-present)



MAKING A WISH... Yamal

CAKE

From Page One

is no one like Spain. We are just the best at controlling games — and nobody can stop us if we do that.”

Yamal has been such a star at these Euros, even France World Cup winner Kylian Mbappe asked for his shirt after the teen's wonder strike in La Roja's 2-1 semi-final triumph.

Yamal added: “Playing the way we are, like against Germany or France, being ourselves, playing the ball, going for the pressure, controlling the game at all times...”

“We are doing very well. In the end, putting in that intensity is key.”

“Without it you cannot win a Euros final.”

“It is a dream final, especially against England.”

“Everyone wants to play in matches like these. Now we want the cup to end in Spain.”

The Spanish have beaten three of the four World Cup-winning nations at these Championships. Defeating England would make it four.

And Yamal has impressed everyone on Spain's march to the final.

He told Spanish newspaper Marca: “Our kitman told me Mbappe asked for my shirt.”

“Federico Chiesa asked too after the Italy game.”

“If Mbappe asks me for it, I'll give it to him no problem.”

“When we won against France, I was thinking about the final.”

“You're just so excited, you don't remember what shirts you get.”

Now he wants the icing on his cake tonight.

Nico the new Ron

SPAIN'S Nico Williams has been compared to all-time great Cristiano Ronaldo.

Wayne Rooney played with Ronaldo at Manchester United for five seasons, winning three Prem titles and a Champions League.

And Williams' performances for Spain and Athletic Bilbao have made the jet-heeled winger, 22, a target for Prem clubs like Arsenal and Chelsea.

Rooney told the Times: “Williams is exceptional. He reminds me of Ronaldo when he was young.”

“He's a big lad, he'll take the ball and sometimes tries too much but usually makes the right decisions.”

“He is an incredible threat in one-on-one situations and scores goals as well. England need to be really careful with him.”

My first move sets tone, so I go straight for the full-back... and scare him

WHIZKID LAMINE OUT TO TERRIFY TRIPPIER



WHEN the whistle goes in Berlin to start tonight's Euros final, Lamine Yamal will take one look at England full-back Kieran Trippier and go straight for the jugular.

Spain's sensational teenager, who only turned 17 yesterday, is one game away from becoming the youngest player to ever win a European Championship or World Cup.

But the Barcelona winger appears to have a very old — and cocky — head on his young shoulders as he insists he is aiming to terrify 33-year-old Trippier.

Yamal declared: “It's a very psychological game and if I attack the full-back, go for him, he is scared and then I can go for him even more.”

“The first move conditions the game a lot. If I go past the full-back it's there for the match.”

“The full-back always has the pressure

From JACK ROSSER in Donaueschingen

and if I go past him, I'm touching the goal.

“When I receive the ball, if I have a one-on-one, I always go for the full-back.” So how do you stop him?

Any attempts to kick him out of the game have not worked so far.

Both Germany and France tried to intimidate and rough-up the kid at the Euros and both were unceremoniously knocked out.

And Yamal's phenomenal semi-final strike in Tuesday's 2-1 win over Kylian Mbappe's France — as a 16-YEAR-OLD — has been the talk of the tournament.

Barca academy graduate Yamal — who has had to spend some of the tournament completing homework on his iPad — added: “How am I treated? As a normal

player. I don't think opponents will not foul me because I'm 16. But they have respect — the full-backs don't go into me much. They try to hold off.”

He has formed a devastating front-three partnership with skipper Alvaro Morata (below) up top and flying winger Nico Williams on the left.

But Yamal does not only possess obscene talent. He is also completely nerveless.

Ahead of Spain's quarter-final victory over hosts Germany in Stuttgart, he was so relaxed he fell ASLEEP on the team coach to the stadium.

Real Madrid veteran Dani Carvajal, 32, who has formed a fine partnership with Yamal down Spain's right flank, revealed:

“Lamine plays the games as if he were playing with friends.”

“That is the good thing about him, and his self-confidence is contributing a lot.



TEENAGE FLICKS... Yamal plans to terrorise the Three Lions

Age on debut 16y 57d	Games 13	Minutes played 801	Goals 3	Passing accuracy 88%	Total shots 28	Chances created 28	Full 90 min played 1
Starts 9	Mins per G & A 89	Assists 6			Shots on target 9		



LAMINE YAMAL makes this '304' hand gesture after scoring — it is the postcode of Rocafonda in Barcelona, where he grew up. The superstar wants to improve the image of one of the city's poorest areas.



TRIP WIRE ... England's Trippier could have a tough job keeping Yamal quiet



PLOTTING ... Spain boss Luis de la Fuente



PATIENT ... Dani Care-vajal



WILL TO WIN ... Williams is big pal of Yamal



SPAIN REIGN ... keeper Casillas lifts trophy in 2012

King Luis building a dynasty

LUIS DE LA FUENTE is dreaming of building another Spanish football empire.

La Roja will tonight attempt to win their first major trophy since 2012, when their greatest-ever team completed an unprecedented run of two Euros triumphs either side of a first World Cup win. When De la Fuente was asked if he believed he could build a similar dynasty, the Spain boss said: "I believe this is a brilliant generation of players. Some of them have played in youth teams very successfully and that foresees future success. I wouldn't dare to talk about a dynasty, because we are talking about a historical team.

"But we also want to make history of course. I trust my players so much, and I trust other players that aren't here. I trust Spanish footballers so much, and foresee a great future. That doesn't guarantee you will win every time. We need to work on a process that goes above results, because playing at such a high level you will always be close." The only link between that golden generation and the new Spain is Jesus Navas, now 38. The former Manchester City star, who was part of the squads that won the 2010 World Cup and 2012 Euros, could play the final game of his international career at Berlin's Olympiastadion. Navas said: "I hope history is repeated. To be European champions again after so long would be magnificent.

"I'd like to highlight the bond on and off the pitch back then — and it's the same thing here. Now the relationship between the whole squad is fantastic and I hope we can make it and win that trophy. It's something incredible after so many years to still be here in the national team at 38. I must have done some things right. You know that I've been playing with a hip problem for four or five years, but the excitement of playing is everything for me.

"After I come off the pitch, everything hurts, but what matters is giving everything. You have to die for every moment to try to give joy to the country, to so many people. This is special for me, this is unique." Navas is at one end of the scale of age and experience. At the other are wingers Lamine Yamal, who turned 17 yesterday, and Nico Williams, who celebrated his 22nd birthday on Friday. De la Fuente has no fears about the youngsters being overwhelmed by the occasion. He said: "It is not difficult to calm them down. They are extremely mature for their age and know what's at stake. They are very comfortable with the older players in the dressing room, who will guide them. They learn from the older ones in the same way the older players take something from the joy in the younger ones." De la Fuente has pledged that his team will stay true to its attacking principles. He will urge them to enjoy the opportunity to put Spain out on their own as the most successful side in Euros history, with a fourth title, and to unite a country that has suffered economic and social problems. The 63-year-old said: "We should be able to experience the joy of living something that will stay with us forever. I want them to enjoy the moment, what they have achieved, and the historic opportunity to put Spain on the highest level of Euro winners. I really enjoy seeing people happy and what we have achieved has brought harmony and union that we haven't seen in a long time."

And he's so focused he's not aware of what it means right now. "But we have to look after him, we have to pamper him a lot. And not only in the Spanish national team but also at Barcelona, because it's not easy to manage at this age all the impact he's having. There have been many cases in football of young players who, at 20 years old, didn't give any more. And we also have to have a certain patience with Lamine and look after him so that he marks an era." One of those who has taken special care to make sure Yamal is enjoying his maiden tournament is Williams, 22. As the two youngest members of Luis de la Fuente's squad, Williams and Yamal have become close friends, playing video games together. A fine debut season with Barcelona has already made Yamal a star at home, but few expected him to become the poster boy in Germany this summer. Tonight he

will face England's 21-year-old talisman Jude Bellingham. Both have had their stand-out moments in Germany. Yamal curling a beauty into the top corner to level against France and Bellingham with his incredible stoppage-time overhead wonder goal against Slovakia in the last 16. But only one can triumph at Berlin's Olympiastadion. Regardless of tonight's result, Spain's latest icon will return home to an absurd new level of fame. And Yamal admitted: "I always say to mum, 'Standing on the terraces is what I miss most, or going to the shops or to pick up my brother at school, which I can't do.' In winter, I go with a hood up. In summer, I just have to put up with it." It will take more than a hoodie to shield Yamal from the adulation of his entire nation should he lift the trophy tonight.



EURO 2024 FINAL



MOST FINALS REACHED IN EUROS HISTORY
(including this year - champions in brackets)



TIME-KEEPING SO

HE'S GOT THE OLL WORLD IN HIS HANDS... Watkins' joy after firing England into the Euros final

ENGLAND'S hero Ollie Watkins would turn up late for training in his Weston-super-Mare days because of a clapped-out Nissan Micra. But after switching from old bangers to banging in crucial goals for club and country, the Aston Villa ace, 28, is loving life in the international fast lane. Watkins' stunning late show on Wednesday has put the Three Lions

EXCLUSIVE by ROB STEWART
on course to win the country's first major honour since 1966 — a far cry from his days on loan from Exeter in North Somerset. His lifelong pal Jacob Cane, 30, said: "It's incredible to see how far Ollie has come since our days trundling along the M5 motorway. "I'd feel bad for making him late

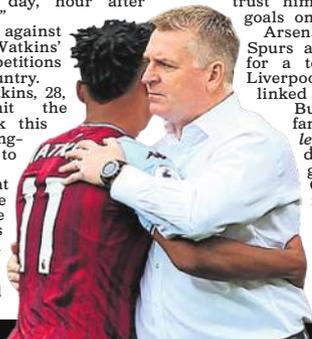
for training in our Weston-super-Mare days but just look at Ollie now — there was clearly no stopping him. "We'd share lifts every week so we got to know each other really well. We'd travel in my old Nissan Micra and we'd always be late as it wouldn't go above 60mph. "But that's how we bonded and we've stayed in contact ever since

FINISHED ARTICLE

Smith hails 'selfish' Ollie

OLLIE WATKINS can win the Euros for England because he has developed a selfish streak to fuel his scoring streak. Dean Smith knows the Aston Villa striker better than most in the game after signing him twice — for Brentford and the Villans. And he is backing England's newest national treasure to work his magic and help Gareth Southgate topple Spain tonight. Smith, boss of MLS side Charlotte FC in America, said: "Ollie is one of the hardest-working pros I've ever known. "At Villa, my coach Richard O'Kelly worked with him daily and I had to drag the two of them in! "They are both football junkies — obsessed with finishing and wanting to get better. "I had to keep reminding them, 'We've got a game on Saturday, get off the pitch and rest up!' "Ollie's winner against Holland wasn't an instinctive goal. "That's been practised and he's worked on scoring that kind of goal, day after day, hour after hour in training." That strike against the Dutch was Watkins' 29th in all competitions for club and country. Smith says Watkins, 28, (right) can hit the magical 30 mark this evening after changing his attitude to scoring. He said: "What he's done to take his game to the next level is become a much more selfish player, which is good. Ollie had

By GRAEME BRYCE
a tendency to worry about other people too much. "He was so concerned with making the right runs, he worried about making a mistake and letting his team-mates down. "Now he is concentrating solely on himself and you need that selfish streak to be a top striker and a top goalscorer. "Perhaps [current Villa chief] Unai Emery instilled it in him. If so it would be ironic if a Spanish coach turns out to have done Spain a bad turn — let's hope so. "I'm proud of Ollie. After bringing him to two clubs, you feel a responsibility, not just for him, but for his family as well. "I don't think he'll start the final, Gareth will stick to Harry Kane and bring Ollie or Ivan Toney on. "But from a Spanish defender's point of view, would you want to be facing a pumped-up Ollie Watkins when you are starting to tire at the end of the game? "Now he's shown Gareth can trust him to score crucial goals on the big stage." Arsenal, Chelsea and Spurs are on the lookout for a top striker — and Liverpool have also been linked with Watkins. But lifelong Villa fan Smith (pictured left hugging him) declared: "He's not going anywhere! Ollie can fulfil his needs where he is, especially as they are in the Champions League. "Villa won't let him go. The owners love him."



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6 (3)	5 (3)	4 (2)	4 (1) (all as Soviet Union)	3 (2)	2 (1)	2 (1)	2 (0)
Germany	Spain	Italy	Russia	France	Czech Republic	Portugal	England

HIT 'N NISS

as his career has gone from strength to strength.”

Weston playmaker Cane starred in the Ollie Watkins Derby on Friday night when the National League South side hosted Exeter at the striker's old stamping ground.

But after the 1-1 draw, Cane jettied off to Berlin to cheer on Watkins today as part of his entourage.

Cane added: "It's never been easy

for Ollie but when he came to Weston, he worked his socks off.

"He deserves everything he gets because he's combined his talent with work ethic.

"I've kept in touch with him ever since we met as kids so being at the final will feel extra-special.

"I just hope he'll get us over the line in Berlin — no matter how late he comes on."



Gareth is best man for Lions

OLD PAL WOODMAN SLAMS THE HATERS

ANDY WOODMAN will cheer on best mate Gareth Southgate from his sofa tonight – and says the England boss deserves the nation's full support.

The pair have been friends since they were 14-year-old youth players at Crystal Palace, and former keeper Woodman was Southgate's best man at his wedding in 1997.

And the Bromley boss, who has just led them into the EFL for the first time, is baffled by critics who have lined up to take shots at his pal this summer.

Woodman (right), 52, said: "The criticism has been disgusting.

"When I see the ex-team-mates, pundits and journalists Gareth knows well – and he's given them access to him and the team – suddenly saying things for clickbait or for their own agendas, that's not right.

"He's the most successful manager in England's history. We know Sir Alf Ramsey won a trophy – and Gareth hasn't yet – but back-to-back Euro finals and a World Cup semi is still phenomenal.

"People forget the national team was previously so detached from the country, it was horrific.

"We had years where we were so disconnected, but now have a team we're proud of and manager we should be proud of.

"Gareth is patriotic and gets it – and yet people want to criticise."

Woodman believes Southgate will be more hurt by the effect the flak

EXCLUSIVE by JUSTIN ALLEN

has had on family and friends. He said: "Gareth will be more worried about that and want to protect them.

"He's got a wife, two lovely children and parents that followed him all over the world in his career.

"People need to seriously think about that when they say hurtful and personal things about Gareth, including idiots on social media."

Ahead of tonight's Euros final showdown with Spain, Woodman says Southgate has taken the worry out of playing for England. He said: "Gareth's made these boys want to play for him and without fear.

"In some games, if fear had taken over, we'd have lost and been out.

"These boys have gone the other way, been in bad situations and run through a brick wall to get the win or the result in the dying seconds.

"That tells you everything about the players playing for the manager."

Woodman has been in regular contact with his pal during the Euros and considered jumping on a plane to be in Berlin tonight.

But he decided to watch in the comfort of his own home with family instead.

And if Southgate does lead England to a historic win, his mate believes King Charles should give him a knighthood.

Woodman laughed and added: "He gets my blessing but we'll have to establish some rules as it's going to kill me to say, 'Pass the salt and pepper, Sir Gareth!'"



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YOUR ULTIMATE SUNSPORT GUIDE TO

HOW THEY REACHED THE FINAL

GROUP	B	P	W	D	L	F	A	PTS
		3	3	0	0	5	0	9
		3	1	1	1	3	3	4
		3	0	2	1	3	6	2
		3	0	1	2	3	5	1

June 15		(Berlin)	W 3-0
June 20		(Gelsenkirchen)	W 1-0
June 24		(Dusseldorf)	W 1-0

LAST 16

June 30		(Cologne)	W 4-1
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QUARTER-FINAL

July 5		(Stuttgart)	W 2-1 (aet)
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SEMI-FINAL

July 9		(Munich)	W 2-1
--------	--	----------	--------------

EURO 2024

Games	6	Subs on	31
Goals scored	13	Goalless draws	0
Goals conceded	3	Touches in opp box	168
Goals outside box	1	Aerial duels won	78
Goals inside box	12	Clean sheets	3
Shot conversion	12%	Tackles won	57
Total shots	106	Fouls conceded	83
Shots on target	38	Fouls won	70
Hit woodwork	2	Offsides	10
Touches	4,601	Interceptions	37
Passes	3,492	Blocks	17
Successful passes	3,124	Shots on target faced	18
Corners	34	Errors leading to goals	0
Long passes	258	Yellow cards	13
Possession	57%	Red cards	1
Possession lost	669	Miles covered	449.5

WHERE THEY SCORED



PLAYER MOSTS

TOP SPEED (mph) Ferran Torres 22.4	TOUCHES Rodri 465
PASSES Rodri 403	TOTAL SHOTS Lamine Yamal 16
SHOTS ON TARGET Dani Olmo 6	TOUCHES IN OPP BOX Lamine Yamal 26
TACKLES WON Marc Cucurella 9	BLOCKS Marc Cucurella 4
FOULS CONCEDED Alvaro Morata 12	FOULS WON Marc Cucurella 11
OFFSIDES Alvaro Morata 3	MILES COVERED Rodri 38.9



SPAIN

(4-2-3-1)

MANAGER
Luis de la Fuente



Olympiastadion

AVERAGE AGE STARTING XI
27y 79d

MARC CUCURELLA
CHELSEA
AGE 25
EURO 2024 MINUTES
SPAIN GAMES 9
456

NICO WILLIAMS
A BILBAO
AGE 22
EURO 2024 MINUTES
SPAIN GAMES 19
405

FABIAN RUIZ
PSG
AGE 28
EURO 2024 MINUTES
SPAIN GAMES 28
452

AYMERIC LAPORTE
AL-NASSR
AGE 30
EURO 2024 MINUTES
SPAIN GAMES 34
435

ALVARO MORATA
ATLETICO
AGE 31
EURO 2024 MINUTES
SPAIN GAMES 79
386

UNAI SIMON
A BILBAO
AGE 27
EURO 2024 MINUTES
SPAIN GAMES 45
480

DANI OLMO
RB LEIPZIG
AGE 26
EURO 2024 MINUTES
SPAIN GAMES 38
341

ROBIN LE NORMAND
REAL SOCIEDAD
AGE 27
EURO 2024 MINUTES
SPAIN GAMES 16
360

RODRI
MAN CITY
AGE 28
EURO 2024 MINUTES
SPAIN GAMES 55
476

PLAYERS USED AT EURO 2024
25

DANI CARVAJAL
REAL MADRID
AGE 32
EURO 2024 MINUTES
SPAIN GAMES 48
380

LAMINE YAMAL
BARCELONA
AGE 17
EURO 2024 MINUTES
SPAIN GAMES 13
417

LIKELINE

TONIGHT'S EURO FINAL SHOWPIECE

in association with



ENGLAND

(3-4-3)

MANAGER
Gareth Southgate

PHIL FODEN
MAN CITY | AGE 24 | EURO 2024 MINUTES 533
ENGLAND GAMES +40

HARRY KANE
B MUNICH | AGE 30 | EURO 2024 MINUTES 545
ENGLAND GAMES +97

JUDE BELLINGHAM
REAL MADRID | AGE 21 | EURO 2024 MINUTES 581
ENGLAND GAMES +35

KIERAN TRIPPIER
NEWCASTLE | AGE 33 | EURO 2024 MINUTES 453
ENGLAND GAMES +54

BUKAYO SAKA
ARSENAL | AGE 22 | EURO 2024 MINUTES 545
ENGLAND GAMES +39

KOBBI MAINOO
MAN UTD | AGE 19 | EURO 2024 MINUTES 300
ENGLAND GAMES +8

DECLAN RICE
ARSENAL | AGE 25 | EURO 2024 MINUTES 600
ENGLAND GAMES +57

MARC GUEHI
C PALACE | AGE 23 | EURO 2024 MINUTES 480
ENGLAND GAMES +16

AVERAGE AGE STARTING XI
27y 72d

PLAYERS USED AT EURO 2024
21

KYLE WALKER
MAN CITY | AGE 34 | EURO 2024 MINUTES 600
ENGLAND GAMES +89

JOHN STONES
MAN CITY | AGE 30 | EURO 2024 MINUTES 600
ENGLAND GAMES +78

JORDAN PICKFORD
EVERTON | AGE 30 | EURO 2024 MINUTES 600
ENGLAND GAMES +67

HOW THEY REACHED THE FINAL

GROUP	C	P	W	D	L	F	A	PTS
		3	1	2	0	2	1	5
		3	0	3	0	2	2	3
		3	0	3	0	2	2	3
		3	0	2	1	1	2	2

June 16 Serbia (Gelsenkirchen) **W 1-0**

June 20 Denmark (Frankfurt) **D 1-1**

June 25 Slovenia (Cologne) **D 0-0**

LAST 16

June 30 Slovakia (Gelsenkirchen) **W 2-1 (aet)**

QUARTER-FINAL

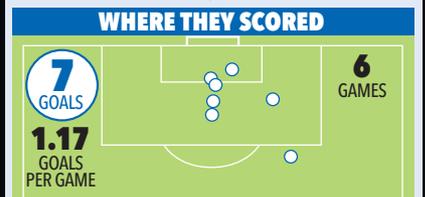
July 6 Switzerland (Dusseldorf) **1-1 (aet)**
(England won 5-3 on pens)

SEMI-FINAL

July 10 Holland (Dortmund) **W 2-1**

EURO 2024

Games	6	Subs on	26
Goals scored	7	Goalless draws	1
Goals conceded	4	Touches in opp box	147
Goals outside box	1	Aerial duels won	75
Goals inside box	6	Clean sheets	2
Shot conversion	10%	Tackles won	47
Total shots	67	Fouls conceded	50
Shots on target	21	Fouls won	84
Hit woodwork	4	Offsides	11
Touches	4,925	Interceptions	38
Passes	3,929	Blocks	16
Successful passes	3,529	Shots on target faced	17
Corners	22	Errors leading to goals	0
Long passes	321	Yellow cards	11
Possession	58%	Red cards	0
Possession lost	682	Miles covered	458.2



PLAYER MOSTS

TOP SPEED (mph) Kyle Walker 21.6	TOUCHES Declan Rice 568
PASSES John Stones 523	TOTAL SHOTS Harry Kane 17
SHOTS ON TARGET Harry Kane 6	TOUCHES IN OPP BOX Jude Bellingham 32
TACKLES WON Declan Rice 14	BLOCKS Marc Guehi 5
FOULS CONCEDED Jude Bellingham 6	FOULS WON Jude Bellingham 14
OFFSIDES Phil Foden/Kieran Trippier 4	MILES COVERED Declan Rice 46.5

goals

EURO 2024 FINAL



ENGLAND'S RECORD IN BERLIN (All v Germany) (*West Germany)

MAY 10 1930 Friendly D 3-3

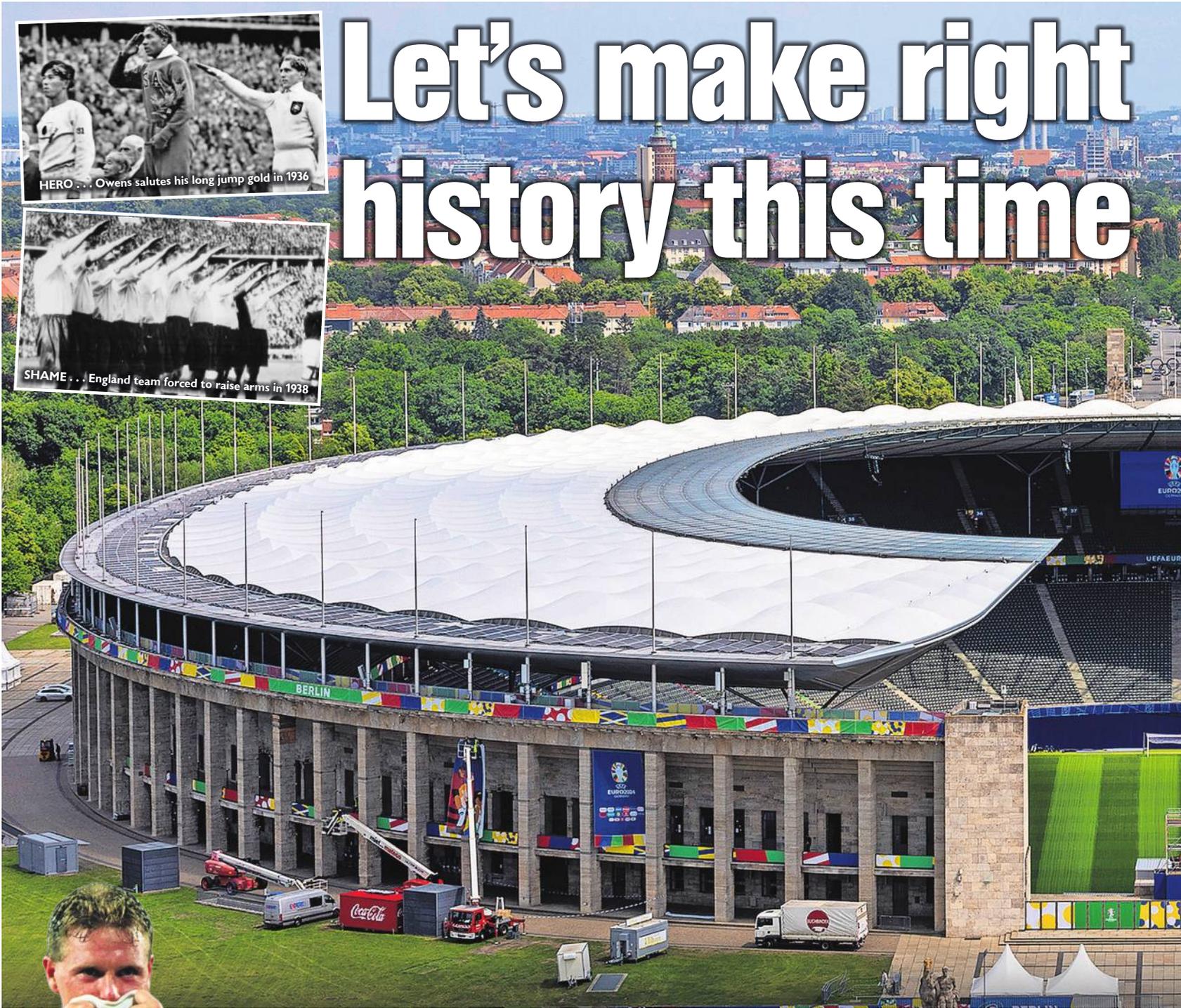


HERO... Owens salutes his long jump gold in 1936



SHAME... England team forced to raise arms in 1938

Let's make right history this time



CRYING SHAME... emotional Gazza at Italia 90

58 YEARS OF TEARS

THE definition of a masochist is someone that derives pleasure from pain and humiliation who has a tendency to get enjoyment from their own suffering.

There can be no more poignant description of my state of mind as an avid England fan.

Along with millions of fellow sufferers, I have been waiting in vain for football to come home.

If patience is a virtue, then I must be the most virtuous human being on earth.

That's because it has been 58 agonising years since I experienced that moment of uninhibited delirium when I leapt out of my seat at Wembley Stadium as Bobby Moore received the Jules Rimet Trophy from the Queen.

Frenzied celebrations across the country went on well into the night - though my generation wouldn't dream of throwing their beer into the air. Little did we

in association with



MAY 14 1938 Friendly **W6-3**

***MAY 26 1956** Friendly **W3-1**

***MAY 13 1972** Euro qualifier **D0-0**

NOV 19 2008 Friendly **W2-1**

MAR 26 2016 Friendly **W3-2**

P	W	D	L
6	4	2	0

GARETH SOUTHGATE and his players will walk in the footsteps of sporting infamy tonight.

For many, Berlin's Olympiastadion will always be the place where Jesse Owens humiliated Adolf Hitler in his own backyard at the 1936 Olympics.

Fans walking in later today will see the plinth where the Olympic flame was lit, high in the stands above one goal.

But two years later, the ground was also the place where the FA disgracefully ordered England's players to perform the Nazi salute before beating Germany.

It seemed that the British state was implicitly accepting Hitler's authority.

Hitler, coming to power in 1933 – two years after the Games had been awarded to Berlin – decided that the entire Olympics had to be a homage to his ideology and ambition.

In the build-up, he demanded that the

From MARTIN LIPTON

IOC ban black and Jewish athletes from taking part. That was refused but fencer Helene Mayer, whose mother was Jewish, was the only Jew selected by the hosts.

The opening ceremony was an exercise in pure propaganda and a number of countries, including Spain and Ireland, boycotted the Games.

Hitler celebrated German victories as an endorsement of his regime.

But those flawed claims of Aryan glory were to be blown apart by American Owens who, in the space of seven days, won four gold medals – in the 100 metres, long jump, 200m and 4x100m relay.

The Fuhrer, outraged at seeing a black athlete conquer, left the stadium early to avoid the medals ceremony.

It was a foreshadowing of what was to consume the planet within three years.

Yet the year before Germany invaded Poland to start that war, English football succumbed to political cowardice.

In the build-up to the friendly game, with Neville Chamberlain having opted for appeasement, the Foreign Office sent a letter to the FA reminding them of the "broader political implications".

The FA and Government agreed to tell the players to perform the Nazi salute when the national anthem was played.

While FA secretary Stanley Rous insisted the players had "no objections", that was angrily dismissed by some.

Wolves' Stan Cullis refused to comply and was omitted from the team.

And Stanley Matthews claimed: "The dressing room erupted. All the players were livid and totally opposed."

Matthews, whose side won 6-3, said the "infamous picture" caused him shame through the rest of his life.



WELCOMING . . . Berlin's Olympiastadion today



FAMILIAR RINGS . . . Olympic logo hangs between two towers

DARK PAST . . . the 1936 Olympics were notorious but today's Olympiastadion possesses a feelgood vibe



By COLIN HART



know on that glorious, never-to-be-forgotten afternoon of July 30, 1966 that was to be the one and only time England would win the World Cup or any international championship.

Since that 4-2 victory over West Germany there have been 14 World Cups – we didn't even qualify for three of them – and 15 European Championships.

And for us Three Lions fans, all the England teams have flattered to deceive.

My agony actually began in 1950 when I was a schoolboy and England went to Brazil to compete in the World Cup for the first time.

In the squad were my heroes – immortals like Stanley Matthews, Tom Finney, Wilf Mannion, Billy Wright and Alf Ramsey.

Thanks to the newspapers, we were indoctrinated into believing

those unsophisticated foreigners we were up against wouldn't be able to live with the nation that taught the world how to play the game.

Yet, unbelievably, the USA beat us 1-0 and we failed to get out of our group.

That shocking result was even more ignominious than the defeat against Iceland at the 2016 Euros. There was no live TV back then, so at least we were spared having to sit and watch arguably the most degrading match in our 148-year international history.

Years later, when Ramsey was the England manager, he was asked if he had been playing in that embarrassing loss and his classic reply was: "Yes – and I was the only one who was."

There was more misery to come. I was at Wembley in November 1953 as a teenager and saw England torn apart 6-3 by Hungary – led by their tubby genius captain Ferenc Puskas and his Magnificent Magyars.

It was the first time we were

beaten by a foreign team on English soil.

Despite producing some of the most talented superstars of recent times – David Beckham, Paul Gascoigne, Michael Owen, Alan Shearer, Steven Gerrard, Frank Lampard, Paul Scholes, Gary Lineker – and Wayne Rooney are just a few – England's players have failed time after time to capitalise on their full potential.

We have been in touching distance of triumph on so many occasions – Italy 1990 and Wembley in 1996 and 2021 are the classic examples – only to have our hopes left in heaps of anguish.

For decades, we have been on rollercoaster rides that have covered every draining emotion from exhilarating highs to despairing lows.

Unfortunately, the experience has been far more heartbreaking than heartwarming.

This evening against Spain we have yet another chance of becoming champions of Europe.

And at least we have at last

mastered the art of kicking a dead-ball into the net from 12 yards so we no longer fear the torture of a penalty shootout.

It isn't pessimism but pragmatism that tells me Spain have much the better team and it's their squad who are expected to be the ones standing on the victor's rostrum.

For nearly a month I've watched England ride their luck to get to the final and defy logic.

That's why I spent last week trying to find out Gareth Southgate's lottery numbers.

It sounds crazy but England have been playing badly enough to win.

So come on boys, please put an end to a lifetime of torment and give us an extra Bank Holiday and make this old man very happy.

I suppose if we fail once more and it's tear-your-hair-out time again, we will look forward in anticipation to the next World Cup in the Americas – it's only two years away!



EURO AGONY . . . current England boss Southgate after Euro 96 shootout miss



EURO 2024

‘BAILIFF FRANC’S IDEAL ENFORCER’

FRANCOIS LETEXIER was not even considered France’s best referee coming into Euro 2024.

But the part-time court bailiff has enforced the laws of the game almost perfectly in Germany and deserves to take charge of the final in Berlin tonight.

Letexier (right), 35, is young but still has plenty of experience.

He refereed Manchester City’s European Super Cup win over Sevilla last season, plus City’s 3-3 draw at Real Madrid in the first leg of the Champions League quarter-finals.

So John Stones, Kyle Walker and Phil Foden should be used to Letexier.

Clement Turpin is widely regarded as France’s No 1 referee and he was expected to be a strong contender for the final.

But Letexier, along with Italy’s Daniele Orsato, have been the standout officials.

Letexier took charge of Spain’s 4-1 win



MARK HALSEY
The wiktisHobblower

over Georgia in the last 16. He also refereed group-stage draws between Croatia and Albania, plus Denmark and Serbia — issuing just ten yellow cards across those three games but no reds, nor giving any penalties.

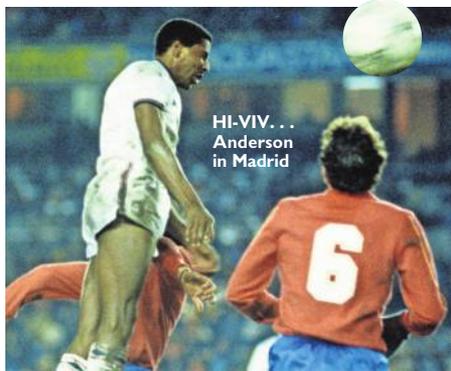
Like anyone before a big game, he will be nervous. Like everyone, he will not want to see any silly VAR interventions.

It happened in the England game against Holland, which worked for us when Harry Kane was awarded a penalty.

But Letexier will desperately hope to avoid being called to the pitchside monitor as, once that happens, we all know what the end result will be.



BET BUILDER XTRA



HI-VIV... Anderson in Madrid



PRIDE OF LIONS... (back row, left to right) Anderson, Hoddle, Waddle, Shilton, Lineker, Adams; (front) Beardsley, Hodge, Robson, Sansom, Butcher

FEB 18 1987

REWIND

By VIV ANDERSON

37 YEARS AGO



INTERNATIONAL
(Bernabeu, Madrid)
Att: 35,000

IT seems crazy to think that a younger generation watching tonight’s Euros final will just see Gary Lineker as a TV presenter — and the face of the BBC’s football coverage.

But to so many, and especially those of us who had the pleasure of playing alongside him, he was an outstanding striker who lived off scoring goals.

He is one of only six players in the last 50 years to score four or more goals in a single England game. There was simply no stopping him here.

At the time he was at Barcelona, so he really must have felt at home scoring four in Spain!

Typically, three of his four goals were in or around the six-yard box — where he was always at his most potent.

You cannot teach or train a player to score goals like he did — it was just his pure instinct of being in the right place at the right time.

He also had a wonderful partner in Peter Beardsley, who worked so tirelessly. I always thought they had a sixth sense. It certainly was evident

VIV ANDERSON, 67, won the European Cup in 1979 and 1980 and top-flight title in 1978 with Nottingham Forest. Here, he reflects on England’s four-goal blitz 37 years ago — when a Beeb frontman netted all the goals.

37 years ago. I remember how much it rained in Madrid before and during this match.

It made conditions horrendous — the pitch was like a quagmire.

But it suited the England boys down to the ground. I definitely think it worked to our advantage.

We went 1-0 down but Gary scored twice before the break.

His first came after Bryan Robson’s shot had hit the post. The rebound went to Glenn Hoddle, whose cross to the far post found Gary.

And he got above the Spanish defenders to head home.

The second, I am proud to say, came from my assist. Chris

Waddle knocked a free-kick high into the area and, from my header, the ball ran into Gary’s path for him to slot home.

His hat-trick in the second half was created by Beardsley, whose shot was saved by the keeper but Gary followed in to score.

And the fourth just before the hour mark was from my header to Kenny Sansom, who slipped the ball through and Gary then finished brilliantly virtually on the penalty spot.

I look back on my England career with great pride, having picked up 30 caps over a ten-year period.

As a full-back, there were so

many great right-backs in my era — like Phil Neal, Mick Mills and Gary Stevens.

I also played in one major tournament game for England — ironically against tonight’s opponents Spain in the Euros in 1980, and we beat them 2-1 at the group stage in Naples.

However, I was picked in four major tournament squads — 1980 and ’88 in the Euros and World Cups in 1982 and ’86.

And this evening represents England’s toughest test at these Euros — but then so it should be if you have reached the final in any major tournament.

For the Three Lions, it’s been

GARY WAS 4 MIDABLE

FINAL



MOST CAPS BY ENGLAND DEFENDERS

Bobby Moore (1962-73)	108	Kenny Sanson (1979-88)	86	JOHN STONES (2014-present)	78
Ashley Cole (2001-14)	107	Gary Neville (1995-2007)	85	Stuart Pearce (1987-99)	78
Billy Wright (1946-59)	105	Rio Ferdinand (1997-2011)	81	John Terry (2003-12)	78
KYLE WALKER (2011-present)	89				

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Heart of Stones

JOHN DESERVES LIONS LAUDING

JOHN STONES will win his 79th cap tonight to overtake Stuart Pearce and John Terry in the all-time England appearance list.

And the Manchester City centre-back has already cruised past class acts Terry Butcher (77), Sol Campbell (73) and Tony Adams (68). So, regardless of the result, Stones will rightly be remembered as one of the truly great England defenders. Not that this mild-mannered Yorkshireman cares but he does not get anywhere near the credit he deserves. Yet, if England pull this off in

From **CHARLIE WYETT** in Blankenhain

Berlin, Stones – and the rest of the team – will become immortal. As this tournament has progressed, Stones, 30, has been vital. A key part of a defence forced to adapt due to the absence of Harry Maguire before then switching to a back three, he has helped guide international novice Marc Guehi through in an assured manner. However, Stones came into the tournament following the worst season of his career with City. He made just 12 Premier League starts in a campaign interrupted by injuries and form issues. And his preparations did not get any better in the final warm-up

loss against Iceland when he tangled with Jon Dagur Thorsteinsson. Stones left Wembley with his right foot strapped and even when he arrived here, he missed training due to illness and spent a day on the loo. Along with the rest of the back four, he was solid enough in all of the group stages but the last-16 tie against Slovakia was a disaster. Stones delivered a truly awful performance, his worst since a car-crash display in a 3-1 loss to Holland in the Nations League semi-finals in 2019. Yet Stones dusted himself down against Switzerland in the quarters and defended solidly as Gareth Southgate reverted to a back three – the system he used at the 2018

World Cup and parts of Euro 2020. Against Holland, Stones was magnificent. A complete contrast to his slapstick display against the same team five years ago in Portugal. Stones did not put a foot wrong, using all his experience to keep the team steady at the back. Now, England need another monumental performance against the Spanish. Harry Kane, Phil Foden and Jude Bellingham will have roles to play. But you win a tournament with your defence, so if Kane does lift the trophy, Stones will deserve every single bit of praise sent his way.



ON A ROLL... Stones chats with boss Southgate

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SPAIN.....(1) 2
Butragueno 15; Vazquez 77
ENGLAND.....(2) 4
Lineker 23, 27, 47, 57

a slow burn with the group games being difficult to watch at times.

But you cannot question the character of Gareth Southgate's squad during the knockout rounds – three times coming back from a goal down to win.

It's true that Spain have been the best and most exciting side in the competition.

However, this is a final and anything can happen.

The fact England have the opportunity to compete for the elite European prize tonight is something every player in the squad and management should be rightly proud of.

And if the rumours are true that this might be Gareth's last game as manager, what a fitting way to bow out, with the trophy – should we win.

Let's all hope it's a great night in Berlin.

SPAIN: Zubizarreta, Ochoa (Sanchez), Munoz, Gordillo (Bonillo), Camacho (Andrino), Carrasco, Arceche, Michel (Joaquin), Butragueno, Gallego, Vazquez.

ENGLAND: Shilton (Woods), Anderson, Adams, Butcher, Sanson, Hodge, Robson, Hoddle, Waddle (Steven), Lineker, Beardsley.

Interview: RUSSELL LANNING



GOALDEN BOY... Lineker seals his hat-trick and is mobbed, the match programme, our SunSport coverage and (left) Gary as face of BBC football

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LAST 16
GERMANY.....(0) 2 DENMARK.....(0) 0
 Havertz 53 (pen); Musiala 68
 (DORTMUND) MATCH TIME: 97m 07s BALL IN PLAY: 55m 06s

LAST 16
SPAIN.....(1) 4 GEORGIA.....(1) 1
 Rodri 39; Ruiz 51; Williams 75; Olmo 83 Le Normand (og) 18
 (COLOGNE) MATCH TIME: 95m 36s BALL IN PLAY: 59m 27s

LAST 16
SWITZERLAND.....(1) 2 ITALY.....(0) 0
 Freuler 37; Vargas 46
 (BERLIN) MATCH TIME: 95m 04s BALL IN PLAY: 59m 36s

LAST 16
ENGLAND.....(0) 2 SLOVAKIA.....(1) 1
 Bellingham 90; Kane 91 (aet. 1-1 90 mins) Schranz 25
 (GELSENKIRCHEN) MATCH TIME: 133m 20s BALL IN PLAY: 79m 45s

QUARTER-FINAL
SPAIN.....(0) 2 GERMANY.....(0) 1
 Olmo 51; Merino 119 (aet. 1-1 at 90min) Wirtz 89
 (STUTTART) MATCH TIME: 133m 16s BALL IN PLAY: 73m 16s

QUARTER-FINAL
ENGLAND... (0) 1 SWITZERLAND... (0) 1
 Saka 80 (aet. 1-1 at 90 min. England won 5-3 on pens) Embolo 75
 (DUSSELDORF) MATCH TIME: 124m 1s BALL IN PLAY: 83m 46s

SEMI-FINAL
SPAIN.....(2) 2 FRANCE.....(1) 1
 Yamal 21; Olmo 25 Kolo Muani 8
 (MUNICH) MATCH TIME: 97m 59s BALL IN PLAY: 54m 26s

SEMI-FINAL
HOLLAND.....(1) 1 ENGLAND.....(1) 2
 Simons 7 Kane 18 (pen); Watkins 90
 (DORTMUND) MATCH TIME: 98m 16s BALL IN PLAY: 60m 33s

QUARTER-FINAL
PORTUGAL.....(0) 0 FRANCE.....(0) 0
 (aet. France won 5-3 on pens)
 (HAMBURG) MATCH TIME: 123m 24s BALL IN PLAY: 89m 45s

QUARTER-FINAL
HOLLAND.....(0) 2 TURKEY.....(1) 1
 De Vrij 70; Muldur (og) 76 Akaydin 35
 (BERLIN) MATCH TIME: 98m 05s BALL IN PLAY: 55m 12s

LAST 16
FRANCE.....(0) 1 BELGIUM.....(0) 0
 Vertonghen (og) 85
 (DUSSELDORF) MATCH TIME: 94m 10s BALL IN PLAY: 64m 52s

LAST 16
PORTUGAL.....(0) 0 SLOVENIA.....(0) 0
 (aet. Portugal won 3-0 on pens)
 (FRANKFURT) MATCH TIME: 128m 30s BALL IN PLAY: 71m 47s

LAST 16
ROMANIA.....(0) 0 HOLLAND.....(1) 3
 Gakpo 20; Malen 83, 90
 (MUNICH) MATCH TIME: 98m 03s BALL IN PLAY: 51m 59s

LAST 16
AUSTRIA.....(0) 1 TURKEY.....(1) 2
 Gregoritsch 66 Demiral 1, 59
 (LEIPZIG) MATCH TIME: 96m 17s BALL IN PLAY: 59m 23s



A	P	W	D	L	GD	Pts
GERMANY	3	2	1	0	+6	7
SWITZERLAND	3	1	2	0	+2	5
HUNGARY	3	1	0	2	-3	3
SCOTLAND	3	0	1	2	-5	1

GERMANY..... 5	SCOTLAND..... 1
HUNGARY..... 1	SCOTLAND..... 1
SWITZERLAND.. 3	SWITZERLAND.. 1

GERMANY..... 2	SCOTLAND..... 1
HUNGARY..... 0	SCOTLAND..... 0
SWITZERLAND.. 1	HUNGARY..... 1

SWITZERLAND.. 1	SCOTLAND..... 0
GERMANY..... 1	HUNGARY..... 1

D	P	W	D	L	GD	Pts
AUSTRIA	3	2	0	1	+2	6
FRANCE	3	1	2	0	+5	5
HOLLAND	3	1	1	0	4	4
POLAND	3	0	1	2	-3	1

POLAND..... 1	AUSTRIA..... 0
HOLLAND..... 2	FRANCE..... 1

POLAND..... 1	HOLLAND..... 0
AUSTRIA..... 3	FRANCE..... 0

HOLLAND..... 2	FRANCE..... 1
AUSTRIA..... 3	POLAND..... 1

B	P	W	D	L	GD	Pts
SPAIN	3	3	0	0	+5	9
ITALY	3	1	1	0	4	4
CROATIA	3	0	2	1	-2	2
ALBANIA	3	0	1	2	-1	1

SPAIN..... 3	CROATIA..... 2
CROATIA..... 0	ALBANIA..... 2
ITALY..... 2	SPAIN..... 1
ALBANIA..... 1	ITALY..... 0

CROATIA..... 2	CROATIA..... 1
ALBANIA..... 2	ITALY..... 1
SPAIN..... 1	ITALY..... 0

ALBANIA..... 0	CROATIA..... 1
SPAIN..... 1	ITALY..... 1

E	P	W	D	L	GD	Pts
ROMANIA	3	1	1	1	+4	4
BELGIUM	3	1	1	1	+4	4
SLOVAKIA	3	1	1	0	4	4
UKRAINE	3	1	1	2	-2	4

ROMANIA..... 3	BELGIUM..... 0
UKRAINE..... 0	SLOVAKIA..... 1
BELGIUM..... 0	ROMANIA..... 0
SLOVAKIA..... 1	UKRAINE..... 0

ROMANIA..... 3	BELGIUM..... 2
UKRAINE..... 0	ROMANIA..... 0
BELGIUM..... 2	UKRAINE..... 0
ROMANIA..... 0	BELGIUM..... 0

SLOVAKIA..... 1	UKRAINE..... 0
UKRAINE..... 2	ROMANIA..... 0
SLOVAKIA..... 1	UKRAINE..... 0
ROMANIA..... 1	BELGIUM..... 0

C	P	W	D	L	GD	Pts
ENGLAND	3	1	2	0	+1	5
DENMARK	3	0	3	0	3	3
SLOVENIA	3	0	3	0	3	3
SERBIA	3	0	2	1	-2	2

SLOVENIA..... 1	SLOVENIA..... 1
DENMARK..... 1	SERBIA..... 1
SLOVENIA..... 1	SERBIA..... 1
DENMARK..... 1	ENGLAND..... 0
SERBIA..... 0	SLOVENIA..... 0

SLOVENIA..... 1	SLOVENIA..... 0
SERBIA..... 1	SLOVENIA..... 0
DENMARK..... 1	SLOVENIA..... 0
DENMARK..... 1	SERBIA..... 0
ENGLAND..... 1	SERBIA..... 0

ENGLAND..... 0	SLOVENIA..... 0
SLOVENIA..... 0	SLOVENIA..... 0
DENMARK..... 0	DENMARK..... 0
DENMARK..... 0	SERBIA..... 0
SERBIA..... 0	SERBIA..... 0

F	P	W	D	L	GD	Pts
PORTUGAL	3	2	0	1	+2	6
TURKEY	3	1	1	0	4	4
GEORGIA	3	1	1	0	4	4
CZECH REP	3	0	1	2	-1	1

TURKEY..... 3	GEORGIA..... 1
GEORGIA..... 1	CZECH REP..... 1
PORTUGAL..... 2	TURKEY..... 0
CZECH REP..... 1	PORTUGAL..... 3

TURKEY..... 3	GEORGIA..... 1
GEORGIA..... 1	CZECH REP..... 1
PORTUGAL..... 2	TURKEY..... 0
CZECH REP..... 1	PORTUGAL..... 3

TURKEY..... 0	CZECH REP..... 1
PORTUGAL..... 3	TURKEY..... 2



STATS LIFE
EURO2024

GAMES	50	TOTAL	51
	98%		2%

114 GOALS
 (2.28) per game

GOALS SCORED

MOST	SPAIN 13
FEWEST	SERBIA 1

221
 (4.42) per game

OWN GOALS
 10

YELLOW CARDS
 MOST TURKEY 19
 FEWEST UKRAINE 3

RED CARDS

CZECH REP	2
SCOTLAND	1
SPAIN	1
TURKEY	1

TOTAL SHOTS
 1,287

MOST SPAIN
 106

FEWEST SCOTLAND
 17

TOP SCORERS

Cody Gakpo (Hol)	3
Ivan Schranz (Slo)	3
Georges Mikautadze (Geo)	3
Dani Olmo (Spa)	3
Jamal Musiala (Ger)	3

MOST ASSISTS

Lamine Yamal (Spa)	3
Xavi Simons (Hol)	3
Mike Maignan (Fra)	4

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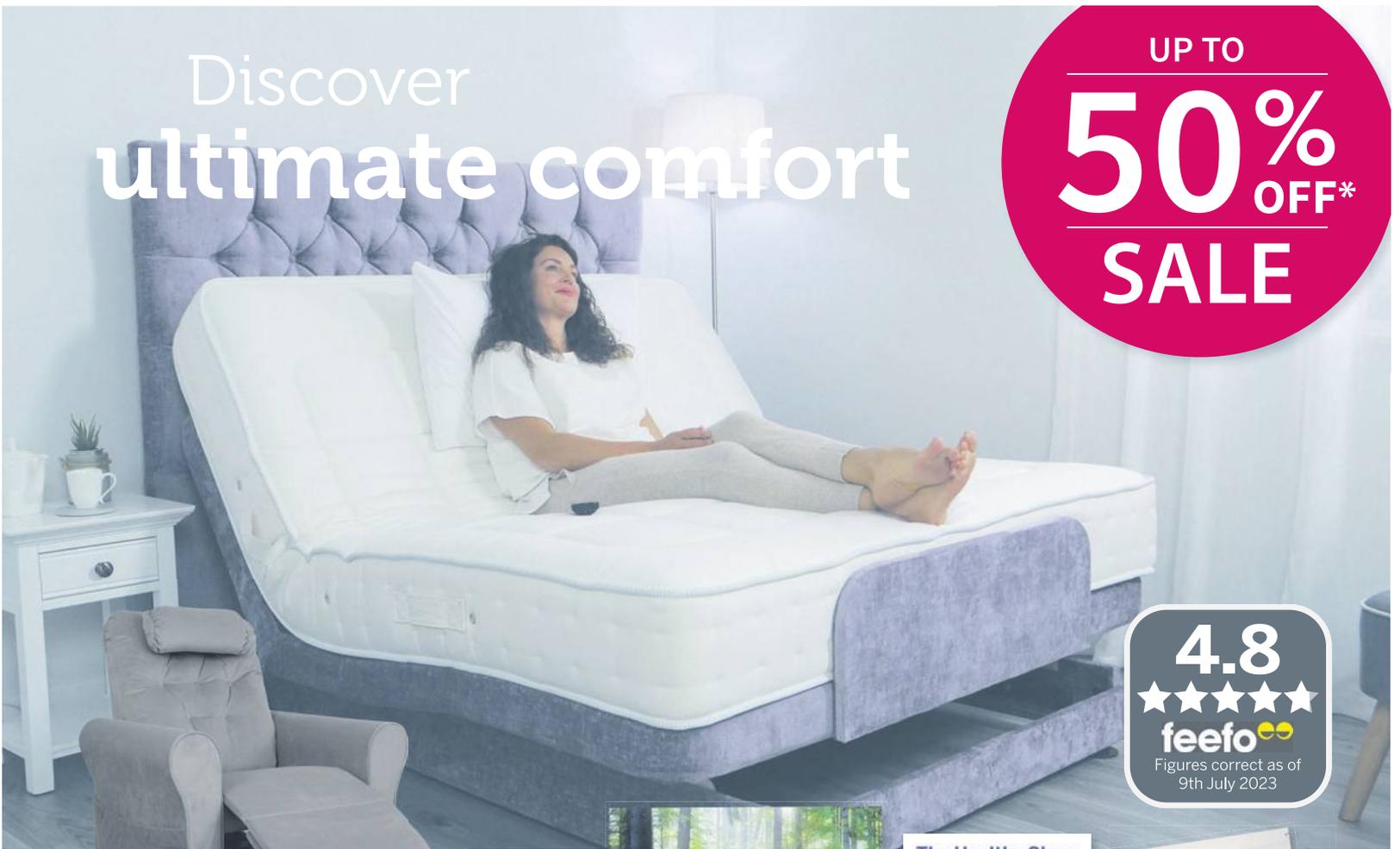
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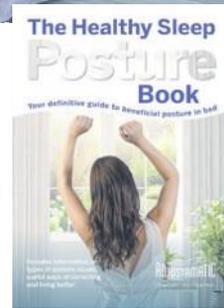
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★ CORONATION STREET ★



Damn you, Cagney and Lacey!

TRAILBLAZERS

Corrie airs for an hour on Monday, Wednesday & Friday at 8pm

Ooh, that Betsy's a right little madam, isn't she? We're not necessarily against her blackmailing Joel – the teenager has inherited her mum DS Swain's razor-sharp instincts – but he's not the only victim of her cunning coercion...

Carla is at the precinct when she sees the thugs who gave Roy a heart attack with their nasty name-calling. Walking away isn't in feisty Carla's nature, of course, so she confronts them. After giving them a famous Connor tongue-lashing, she strides back to her car, but as one of the lads cycles towards her, she opens the vehicle door with impeccable timing and sends him flying! And the incident

– which could get Carla in trouble with the law – is watched by someone in the distance... But who is the mysterious person that witnessed it all?

Back at Underworld, Betsy takes a leaf out of Beth's book – more on this later – and does next to no work, swans around like she owns the place and demands an early lunch. Boss Carla is fuming that she's being taken for a ride and goes to talk to Lisa, but their conversation is interrupted by a phone call from Betsy, who tells her mum that she's stuck in a rough part of town... Later, a curious Betsy clocks Beth letting herself into the factory after hours and follows her. Beth's backed into a corner and has no choice but to teach the teen how to stitch counterfeit labels into a batch of knock-off T-shirts!



Talk about being stitched up!

Sew SUSPICIOUS

★ EMMERDALE ★

It looks like Rose is finally realising that she's in a little over her head this week, as Ruby is determined to make her follow through with their plan to rip Kim's happy little family apart. However, it's easier said than done as Will almost catches the pair plotting their next move. Will questions Rose about her 'friendship' with Ruby, but she changes the topic by trying to kiss him. Will is taken aback by this and firmly rejects his ex.

Later, Rose panics when she hears Will telling Kim that it's time for their guest to move out. In a desperate attempt to stop him from spilling the beans about her romantic advances, she releases

one of Kim's horses and all hell breaks loose. Ruby clearly knew that Rose was going to need some help, and she receives a mysterious text before meeting with a dealer, who hands her a vial of tranquilliser.

Meanwhile, back at Home Farm, there's joy all round as Evan is discharged from hospital and Dawn refers to Rose as 'mum', but her happiness is short-lived as the gravity of what she's about to do finally sinks in. Later, Rose spikes Will's drink as the pair toast the good news, but she panics as she loses track of his drink when Dawn and Kim join in the celebration. As everyone takes a glug of their beverage, Rose is unsure as to who she's spiked!



No, I haven't become the new vicar

LOVE DRUG

Emmerdale airs Mon 7.30pm, Weds 7pm, Thurs & Fri at 7.30pm



Oh, brother!

It was only a matter of time before young Samson's secret was revealed, and while we'd hoped that Sam would encourage his son to do the right thing, he does the opposite this week and urges him to evade the law. Luckily, Lydia has some morals and talks her stepson into heading to the police station and owning up to his actions. But Sam's furious when he finds out what his wife has done, and he soon turns his anger towards Moira and Cain – and ends up punching his brother!

The following day, Matty is finally feeling hopeful that his traumatic ordeal will be over soon as he's told about Samson's confession, but he's brought

crashing back down to earth when he returns to his cell and finds Robbo waiting for him. The thug unleashes a string of threats and reminds Matty that he's not a free man just yet...

Over at Wishing Well, things are awkward when Cain arrives to make sure that Samson doesn't try to do a runner before the case is dropped against Matty. Tensions bubble over between Sam and Cain, and Samson is nervous at the thought of being left alone with his fiery uncle. Meanwhile, Moira and Amy are worried as they wait to hear news about Matty, but they're unaware that he's found himself in another life-threatening situation in prison...

★ EASTENDERS ★



IAN'S FISHY BUSINESS



Monday to Thursday at 7.30pm

Since Cindy's jaw-dropping return from the dead, Ian Beale's been doing his best to hang on to his slippery other half. And let's face it, after she locked eyes with George again, the prospect of her dumping Ian, leaving him to wail: 'I've got nothing left' feels worth a bet of anyone's money.

But lately it's been the chip-shop boss whose behaviour's been fishy. He's claimed he's off to a council leadership course, but when Cindy takes a look in his suitcase ahead of the jaunt, the contents leave her feeling suspicious. After talking to Kathy, Cindy asks outright if Ian's cheating – and he swears that he's not. But he would say that!

After making another disconcerting discovery, Cindy persuades George (the fool!) to drive her to a mystery address, with Peter and Bobby also on the trail in Martin's van. Cindy and George confront Ian and what she learns leaves her lying awake trying to make sense of it all. Then, after Ian drops another bombshell, Cindy feels done in and heads to The Vic for a drink, where Peter consoles her.

So just what is Ian up to? Whatever she's been saying, we know Cindy hasn't stopped thinking about her former love George. Maybe typical Ian's finally wised up and devised a cunning plan to make her eat humble pie (and mash)...

When Felix invites Gina, Anna and Freddie for a night out at the club, it should mean cocktails, gossip and giggles. But rather than ending the night soaking up the booze with an oligatory McKlunky's before wobbling home, Anna ends up in hospital, after her drink's spiked (and in Tuesday's episode, a QR code will flash up on screen taking you to a special five-part miniseries where you can see events unfold from Anna's perspective).

Earlier Gina probes her little sister about whether Bobby really is a good match, but Anna stays loyal. However, sizing up who's boyfriend material gets forgotten when Anna's erratic behaviour suggests

that she's been drugged – and then she disappears.

After Anna wakes up in hospital, Gina fails to persuade her to get the police involved. That's a shame as it's not like they'd even have to queue up at the cop shop, with Jack and Callum on the doorstep. Soon, Freddie arrives to support Anna, but since he's busy chasing Cindy and Ian, it's a while before Bobby hears about the sorry saga – and then manages to upset his girlfriend. Looks like the poor kid's picked up Ian's diplomacy skills, and Freddie ends up trying to be there for both the young lovers. Eventually his advice hits home and Anna tells her dad. Boxer George will not be happy, we feel...



ANNA'S SPIKING NIGHTMARE

★ HOLLYOAKS ★

You can't blame Maxine for being suspicious of Jeremy – after all, her vicious and very dead husband Patrick never mentioned having a twin brother, and the newcomer does have that very mysterious tattoo on his arm. She desperately tells him to steer clear of her and Minnie, and then Freya shares some disturbing news.

It seems that Scott has gone missing after having a massive argument with Jeremy. Maxine immediately goes to inform Zoe, but when the cop doesn't spring straight into action, she heads to Jezza's potting shed all alone to try

to work out what's become of her flatmate. And as she snoops around outside, Maxine hears Scott's phone ringing from within.

Naturally, Jeremy acts all innocent, even when Dilly presents him with a bloodied shirt she found among his things, but he soon makes a beeline for the shed – where Martha is lying in wait... Jeremy wakes, bound and drugged, with a very mixed-up Martha looming over him. He desperately tries to make it clear that he's not the 'bad twin', but it seems Martha has a murderous mission she needs to see through.



WHY THE LONG Grace?

Weeknights 7pm E4, with first-look episode streaming on Channel 4 from 7.30pm



SHED END?

She wasn't like this on Loose Women

Freddie's reeling from the double shock of Rex trying to drown him in the bath and him then being rescued by Grace, who's supposedly serving 10 years behind bars for that never-ending heist she and Cindy carried out. But it seems that Grace is very much a free woman, having blagged her way out of prison by claiming that she's seriously ill (well, it's certainly worth a try if you find yourself in a similar situation, reader).

Grace informs Freddie that she needs to get him and Lexi out of the country asap, but as they're planning to make their escape, Ste comes across Rex locked in the bathroom and frees him. Rex tells

Ste that he's got one last shot at proving himself by killing Freddie, but it appears that might not be necessary as their target is suddenly taken very ill from secondary drowning and rushed to hospital.

With Freddie hooked up to a ventilator, you'd think that Warren and Ste would be safe from the mysterious gangster called 'Blue', who they assume is actually the unconscious hard guy. However, Blue later leaves blue coins – their calling card – all around the village, including at The Loft and in the hospital. While it might seem that a child was just interrupted playing tiddlywinks, Grace's interest is piqued, and Cindy fills her in on events...

★ NEIGHBOURS ★



INVEST LAID PLANS



Streams Monday to Thursday on Amazon Freevee from 7am

Despite their father skipping town without leaving them his fortune, Nicolette and Byron are still very keen to invest in Yorokobi. But the fact that they have less cash to splash means Leo also needs to sell Kiri a share too, and she's still not over her messy break-up with Nic. When she tells Leo that she doesn't think she can work with her ex, she's relieved when he reveals that he's found a venture capitalist to come in on the deal, so she and the Stone kids are off the hook.

Alas, Nicolette and Byron are deeply disappointed by this news, but when Byron's later alone at the vineyard, he answers the phone and discovers that

he's talking to the potential investor. Realising that this is his chance to secure the distillery for him and his sister, Byron lies to the caller and says Leo doesn't need the cash after all. But as he hangs up, he hears Krista's furious voice behind him.

Torn between her boyfriend and her flatmate, Krista relents when Byron reasons that if she tells Leo what he's done, he'll be dumped by the Stones as well as having lost the financier. So she lies to her boyfriend that the investor has pulled out, meaning that Leo has to go into business with Byron, Nicolette and Kiri after all. But this means that Nic definitely needs to make things up to Kiri.

Wendy's exhausted as she juggles working at The Waterhole and family commitments with her secret life as a party-loving fresher, hanging out with a funky bunch of students and changing into much more youthful clothes and make-up on campus. However, her new friends might be about to learn the truth after Parker tells Wendy that the venue for their traffic-light party has cancelled and asks if they can hold the bash at her place.

Cara warns Wendy that this is a very bad idea, but the mature student's inner party animal takes over, and she's soon arranging a fishing trip for Andrew and tickets to a music festival for Sadie.

Having then removed all trace of her husband and daughter from the house, Wendy's pleased when Parker and Quinn turn up at No.26 to help her prepare for the event – oblivious to fellow student Quinn's growing attraction to her.

Soon, the party is in full swing, but as things get increasingly out of control, uptight Wendy struggles to enjoy herself – until Quinn steps in and urges her to relax and let 'Wild Wendy' out. But just as he takes her by the hand for a dance, Wendy's stunned when Andrew and Sadie both walk in. With her two lives coming face to face, how will Wendy explain things to her family and her student pals?



STRIFE OF THE PARTY

★ HOME AND AWAY ★

Oh Irene – sometimes she really can be too kind for her own good. This week she arrives back in the Bay, standing side by side with her new houseguest, Bronte, who she met at the hospital and has taken under her wing after discovering she's suffering from an autoimmune condition. As Irene explains that she's invited Bronte to stay as she awaits some hospital test results, everyone buys into her sob story. However, it doesn't take long to spot that Bronte is a total phony who has seen Irene coming a mile off and is out to con her.

Bronte steps up her plan when she claims that her results are back and there's nothing more the

doctors and nurses can do for her – she's going to die and doesn't have long left, prompting Irene to be even more hospitable. Continuing to play her like a fiddle, Bronte dials up her performance and says she'll get work so she can pay rent to her between her mounting hospital appointments, knowing that Irene will tell her not to worry. Then Bronte drops what she's been waiting for – there's pioneering treatment in Canada that could help give her more time... but it comes with the high price tag of \$100,000. And what does Irene do? She only tells Bronte that she reckons she can find a way to stump up the cash! This is not going to end well...



THE CON IS ON

Weekdays 1.45pm



ILUKA IT IS!

When Rose finds out that Mali's got the house all to himself, she's excited to spend some quality time together. But that's soon scuppered when they arrive back and it looks like it's been broken into. As they head inside, they discover the surprise culprit – Mali's older brother Iluka!

The lovable rogue is soon working his magic on Rose, who leaves the siblings alone for a much-needed catch-up. But with Rose out of earshot, Mali asks his brother to be serious for a second and demands to know why he's really shown up. Iluka swerves the question, so Mali instead calls Elandra and finds out his brother is in trouble. Eventually

Iluka comes clean – he has been hanging out with a family that spells trouble and things could get nasty as they now think he's doxed them into the police so he needs a place to hide out.

The brothers decide to head for a drink and Iluka quickly makes an impression on the locals – especially Kirby. After flirty sparks fly, Iluka heads to the board shop to ask her out and she's only too happy to suggest a drink after her shift. The date goes well but when Mali catches the pair hanging out on the beach, he decides to let his friend know that Iluka isn't exactly the relationship type. Will it put her off, or will his bad-boy charm win her over?

SUNDAY 14 JULY

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast (S)
- 9.00 Sunday With Laura Kuennsberg (S)
- 10.00 Politics England (S)
- 10.30 Sunday Morning Live Sean Fletcher and Holly Hamilton present topical debate. (S)
- 11.30 Homes Under The Hammer Property auctions. (R,S)
- 12.30 Points Of View Viewers' comments. (S)
- 12.45 BBC News (S)



1pm Wimbledon 2024

- 1.00 **LIVE Wimbledon 2024** Coverage of the 14th and concluding day of the third Grand Slam tournament of the year, as the men's singles final takes centre-stage at the All England Club. (S)
- 5.40 **Countryfile** Charlotte Smith and Sean Fletcher present from Hengistbury Head. (S)
- 6.40 **BBC News** (S)
- 7.00 **LIVE MOTD: UEFA Euro 2024** Spain v England. Kick-off at 8.00, which comes from Olympiastadion in Berlin, where the successors to Italy are crowned. (S)
- 10.30 **BBC News** (S)
- 10.55 **BBC Regional News** (S)
- 11.00 **FILM Point Break** An undercover FBI agent infiltrates a Californian surfing gang to investigate a spate of armed robberies. Kathryn Bigelow's thriller, starring Keanu Reeves and Patrick Swayze. (1991) ★★★★★ (S)
- 12.55 **MOTD Top 10 Euro 2024: Biggest Upsets** Counting down the most surprising results in European Championship history. (S)
- 1.25 **Euro 2024 Match Replay** Another chance to see the final. (S) Then **Weather**
- 3.40-6am **BBC News** (S)

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except: 10.00-10.30am Politics Wales 11.30 Bargain Hunt 12noon-12.30pm The City Of Horses - Our Lives

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.15 am Glorious Gardens From Above (R,S)
- 7.00 Countryfile (R,S)
- 8.00 Christine's Garden (R,S)
- 9.00 Beechgrove Garden (S)
- 9.30 **FILM The Importance Of Being Earnest** Oscar Wilde comedy, starring Rupert Everett. (2002) ★★★★★ (S)
- 11.00 **LIVE Wimbledon 2024** Coverage of the early play on day 14. (S)
- 12.30 **Ready Steady Cook** (R,S)



11am Wimbledon 2024

- 1.15 **Songs Of Praise** (R,S)
- 1.50 **FILM The Band Wagon** Musical comedy, starring Fred Astaire, Cyd Charisse and Jack Buchanan. (1953) ★★★★★ (S)
- 3.40 **Nature's Misfits: Natural World** (R,S)
- 4.40 **Flog It!** (R,S)
- 5.40 **LIVE Wimbledon 2024** Further coverage of the final day, featuring the men's singles final. (S)
- 9.00 **The Turkish Detective** (3/8) The murder of a rap music manager leads Ikmen and the team to investigate intrigue and scandal in one of Istanbul's richest families. Suleyman reconnects with his estranged father. (S)
- 9.55 **Today At Wimbledon** Qasa Alom presents a look back at highlights of the men's singles final, where the third Grand Slam title of the year was set to be decided. (S)
- 10.55 **Today At The Test** England v West Indies. Highlights of day five. (S)
- 11.55 **Golf: Scottish Open** Action from day four. (S)
- 12.55 **Sign Zone: Question Time** Fiona Bruce hosts. (R,S,SL)
- 1.40 **Spent** (R,S,SL)
- 2.10-2.40am **Great Coastal Railway Journeys** (R,S,SL)

11pm Dark Land: Hunting The Killers 11.50 **FILM** Point Break (1991) 1.45-3.35am Euro 2024 Match Replay BBC ONE NORTH WEST As main BBC ONE except: 10.00-10.30am Politics Wales 11.30 Bargain Hunt As main BBC TWO except: 5.10-5.40pm Wynne's

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am Tom Kerridge Cooks Britain (R,S)
- 6.30 James Martin's Saturday Morning (R,S)
- 8.25 Jimmy & Shivi's Farmhouse Breakfast (S)
- 9.25 **ITV News** (S)
- 9.30 **Love Your Weekend** (R,S)
- 11.30 **Ainsley's National Trust Cook Off** (R,S)
- 12.30 **ITV News** (S)
- 12.45 **Abbey Clancy: Celebrity Homes** (R,S)



6.30pm UEFA Euro 2024

- 1.45 **FILM Bean** Comedy, starring Rowan Atkinson. (1997) ★★★★★ (S)
- 3.30 **FILM The Spy Who Loved Me** James Bond spy adventure, starring Roger Moore. (1977) ★★★★★ (S)
- 6.00 **ITV News** (S)
- 6.15 **Regional News** (S)
- 6.30 **LIVE UEFA Euro 2024** Spain v England. Kick-off at 8.00, which comes from Olympiastadion in Berlin, as the remaining two teams battle it out for the trophy lifted by Italy at Euro 2020. (S)
- 10.45 **ITV News** (S)
- 11.00 **Long Lost Family** Ros Webb searches for the daughter that her strict parents made her give up for adoption, while Tegan Cornish looks for the brother who was separated from her as a baby. (R,S)
- 12.00 **Tour De France Highlights** Action stage 15, a route of 198km. (S)
- 12.50 **Shop On TV**
- 3.00 **Motorsport UK** (R,S)
- 3.50 **Unwind With ITV Daily** escape designed to calm the mind and encourage relaxation and reflection. (S)
- 5.05-6am **Ainsley's National Trust Cook Off** (R,S,SL)

Welsh 70s S4C 6am Cwyl 8.50 Penblwyddi Cwyl 9.00 Am Drol 10.00 Gardio A Mwy 10.30 Yr Ynys 11.30 Dechrau Canu Dechrau Canmol 12noon Y Sioe Fwyd 12.30pm Para-Triathlon Y Byd, Abertawe 2024

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104 Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.20 am Everybody Loves Raymond (R,S)
- 7.10 Frasier Triple bill. (R,S)
- 8.30 The Simpsons (R,S)
- 9.00 The Simpsons (R,S)
- 9.30 **Sunday Brunch** Celebrity guests and conversation, with Tim Lovejoy and Simon Rimmer. (S)
- 12.30 **The Simpsons** The family visits an exclusive country club. With the guest voice of golfer Tom Kite. (R,S)



10pm Celebrity Gogglebox

- 1.00 **The Simpsons** (R,S)
- 1.30 **The Simpsons** (R,S)
- 2.00 **The Simpsons** (R,S)
- 2.30 **The Simpsons** (R,S)
- 3.00 **FILM The War With Grandpa** Comedy, starring Robert De Niro and Uma Thurman. (2021) ★★ (S)
- 4.55 **A Place In The Sun** (R,S)
- 5.45 **C4 News** (S)
- 6.15 **FILM Titanic** Romantic drama, with Kate Winslet and Leonardo DiCaprio. (1997) ★★★★★ (S)
- 10.00 **Celebrity Gogglebox** Famous faces, including Rylan, Stacey Solomon and Nick Grimshaw, turn their hand to being the country's most opinionated viewers as they critique the week's TV. (R,S)
- 11.00 **Gogglebox** (13/16) The critics share their opinions on Heartstopper, Made In Chelsea, The Circle, Ross Kemp: Shipwreck Treasure Hunter, Bee Czar and Gordon Ramsay's Future Food Stars. (R,S)
- 12.00 **FILM Fight Club** An office worker and his friend start a bare-knuckle fighting club. Drama, starring Brad Pitt and Edward Norton. (1999) ★★★★★ (S)
- 2.20-4.10am **FILM The Gambler** Thriller, starring Mark Wahlberg. (2014) ★★★ (S)

1.00 Clwb Rygbi Rhyngwladol 2.00 Seiclo: Tour De France 4.50 Ffilmiau Ddae 5.00 Byd Ethnofol: Cwaraew Teg? 6.00 Ffermio 7.00 Pobol Y Cwm Omnibws 7.45 Newyddion A Chwaraeon 8.00 Tawfyl '24 9.00 Tawfyl '24 10.00 Seiclo: Tour De France

CHANNEL 5

HD: Freeview 105 Sky 105 Virgin 105 FreeSat 105

- 6.00 am Milkshake! Followed by Entertainment News On 5
- 9.05 **Cruising With Susan Calman** (R,S)
- 9.55 **Cruising With Susan Calman** (R,S)
- 10.45 **Cruising With Susan Calman** The comedian sails west to Panama. (R,S)
- 11.40 **Malta: The Jewel Of The Med** Cameras explore Malta's olive groves and stately homes. (R,S)



6.35pm Cornwall: A Year By The Sea

- 1.35 **The Hotel Inspector** (R,S)
- 2.35 **The Hotel Inspector** (R,S)
- 3.35 **When Cruising Goes Horribly Wrong** Taking a look at first-hand accounts of disasters at sea. (R,S)
- 5.05 **Jane McDonald: Cruising Asia** (R,S) Followed by **5 News Weekend**
- 6.35 **Cornwall: A Year By The Sea** Attention turns to the coastline. (R,S)
- 7.25 **The Great Storm Of '87** A look back at the extratropical cyclone that devastated the UK in October 1987. (R,S)
- 9.00 **FILM Keeping Mum** A housekeeper helps a well-meaning but dull vicar sort out his dysfunctional family's various problems. Comedy, starring Rowan Atkinson, Kristin Scott Thomas and Maggie Smith. (2005) ★★★★★ (S)
- 11.05 **Dolly Parton: In Her Own Words** America's queen of country music guides viewers through her acclaimed career, the latest chapter of which is her album Rockstar, Dolly's first rock 'n' roll LP. (R,S)
- 12.35 **Crinals: Caught On Camera** (R,S)
- 1.00 **Entertainment News** (S)
- 1.05-3.05am **PlayOJO Live Casino Show** (S)

10.35-11.40pm Pridas Pum Mil

SUNDAY'S TOP TV

ITV2

- 11.30am Dress To Impress 12.30 **Celebrity Supermarket Sweep** 1.30 In With A Shout 2.35 In For A Penny 3.05 **FILM!** How To Train Your Dragon. Animated fantasy, with the voice of Jay Baruchel. (2010) 5.00 Family Fortunes 6.00 **FILM!** Legally Blonde 2: Red, White And Blonde. Comedy sequel, starring Reese Witherspoon and Sally Field. (2003) 9.00 **NEW EPISODE!** Love Island 10.00 **NEW EPISODE!** Love Island: Aftersun. Maya Jama is joined by Indiyah Polack, Sam Thompson and Chris Taylor. 11.05 Family Guy 12.05 American Dad! 1.00 All American 1.55 Totally Bonkers Guinness World Records 2.30-3am Unwind With ITV

ITV3

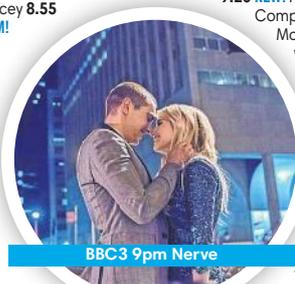
- 11am **FILM!** Carry On Loving (1970) 12.50 **Pairot** 3.00 **LIVE SPORT!** Extreme E. Race two of the Hydro X-Prix. 5.00 Coronation Street: Memorable Moments 6.00 Wycliffe 8.10 Vera 10.05 Van Der Valk 12.00 Malpractice 12.50-1.40am Maryland

ITV4

- 10.45am **LIVE SPORT!** Tour De France. Stage 15. 5.15 The Best Of The 90s 5.30 River Monsters 5.55 Junk And Disorderly 7.00 Tour De France Highlights 8.00 **FILM!** Rocky III (1982) 10.10 **FILM!** The Thomas Crown Affair (1999) 12.20 Made In Britain 1.15 The Professionals 2.15-2.45am The Protectors

BBC THREE

- 7pm Today At The Test. England v West Indies. 8.00 Gavin & Stacey 8.55 Laugh Lessons 9.00 **FILM!** Nerve. A teenager finds herself immersed in an online game. Thriller, with Emma Roberts. (2016) 10.30 A Good Girl's Guide To Murder 11.55 Gavin & Stacey 12.50 Laugh Lessons 12.55 Ballers: Ball Or Nothing 1.25-3.55am Squad Goals: Dorking 'Til I Die



BBC3 9pm Nerve

BBC FOUR

- 7pm Antiques Roadshow. Fiona Bruce presents the first of two episodes from Stormont. 8.00 **NEW!** Summer Night Concert From Vienna. Coverage of Vienna Philharmonic's annual Summer Night Concert, with opera singer Lise Davidsen. 9.20 **NEW!** Karl Jenkins: The Composer Behind The Moustache. The life and work of the composer. 10.20 BBC Proms 2016: Verdi Requiem 12.00 The Story Of English Furniture 1.15 Summer Night Concert From Vienna 2.40-3.40am Karl Jenkins: The Composer Behind The Moustache

E4

- 11.15am Ramsay's Kitchen Nightmares USA 1.10 **FILM!** The Adventures Of Tintin (2011) 3.20 **FILM!** Puss In Boots (2011) 5.00 The Big Bang Theory 9.00 **Celebrity Gogglebox.** The best moments from the first series. 10.00 **FILM!** Assassin's Creed. Action, with Michael Fassbender. (2016) 12.10 Open House: The Great Sex Experiment 1.10 Gogglebox 2.15 The Neighborhood 3.10-6am Hollyoaks Omnibus

MORE4

- 12noon Come Dine With Me 2.40 Four In A Bed 5.20 Come Dine With Me Paralympics Special 8.00 Emergency Helicopter Medics 9.00 **NEW EPISODE!** 999: On The Front Line. Memorable stories. 10.00 24 Hours In A&E 11.05 Emergency Helicopter Medics 12.10 999: On The Front Line 1.15 24 Hours In A&E 2.20 Emergency Helicopter Medics 3.25-3.55am Food Unwrapped

SUNDAY 14 JULY

DAVE

7.10am Whose Line Is It Anyway? USA
8.00 Storage Hunters UK **9.00** Abandoned Engineering **11.00** Top Gear **1.00** Storage Hunters UK **3.00** Gino's Italian Escape: A Taste Of The Sun **4.00** Gino's Italian Escape: Islands In The Sun **5.00** Motorhoming With Merton & Webster **6.00** Turkey With Simon Reeve **7.00** Special Ops: Crime Squad UK **9.00** Have I Got A Bit More News For You **10.00** QI **10.40** Mock The Week **12.00** Live At The Apollo **1.00** Red Dwarf **2.25** Two Pints Of Lager And A Packet Of Crisps **3.25-4am** Room 101

5USA

9.10am Blue Bloods **1.10** NCIS **7.10** **FILM!** Jesse Stone: Stone Cold. Detective drama, starring Tom Selleck and Mimi Rogers. (2005) **8.15** **FILM!** Jesse Stone: Stone Cold. Detective drama, starring Tom Selleck and Mimi Rogers. (2005) **9.00** NCIS: Hawaii **10.00** Law & Order: Special Victims Unit **1.55-3.50am** Law & Order

5STAR

8am Nightmare Tenants, Slum Landlords **1.00** Traffic Cops **5.00** Police Interceptors **9.00** **FILM!** The Proposal. Romantic comedy, starring Sandra Bullock and Ryan Reynolds. (2009) **11.15** **FILM!** Final Destination 5. Horror sequel, starring Nicholas D'Agosto and Emma Bell. (2011) **1.10** It's Your Fault I'm Fat **2.05-3.50am** Police Interceptors

SKY MIX

6am Border Patrol **8.00** The Brilliant World Of Tom Gates **8.30** Silly Pets **8.50** Let's Game **9.00** Highway Patrol **11.00** Caught On Dashcam **1.00** 999 Frontline **2.00** Brit Cops: Law & Disorder **3.00** Border Security: America's Front Line **4.00** Caught On Dashcam **6.00** Border Security: Australia's Front Line **7.00** Highway Cops **8.00** Nothing To Declare **9.00** The Pacific **10.00** FBI: Most Wanted **11.00** The Real Manhunter **12.00** Mark Of A Serial Killer **1.00** Brit Cops: Law & Disorder **2.00** Motorway Patrol **4.00-6am** Border Patrol

REALLY

6am Fantasy Homes By The Sea **8.00** Fantasy Homes By The Sea **10.00** Dr Pimple Popper **12.00** A Place In The Sun **7.00** The Travelling Auctioneers **8.00** The Repair Shop **9.00** Body Bizarre. Double bill. **11.00** World's Tallest Couple: Body Bizarre **12.00** Help! My House Is Haunted **1.00** The Dead Files **2.00** Teleshopping **4.00-6am** Dr Jeff: Rocky Mountain Vet

W

6.10am Tipping Point: Lucky Stars **11.00** My Family **1.00** Miranda **3.00** Michael McIntyre's The Wheel **5.40** Michael McIntyre's Christmas Wheel **7.00** Inside The Operating Theatre **9.00** Love Me. It's Christine's funeral and Glen, Clara and Aaron have very different emotional responses. **10.00** Brothers & Sisters. The family attends a therapy session. **12.00** Louis Theroux: Extreme Love - Autism **1.00** The School That Tried To End Racism Australia **2.15-3am** Jo Frost: Nanny On Tour



Sky Sports Main Event
6pm DP World Tour Golf

YESTERDAY

6.10am Secrets Of The Transport Museum **8.00** World War Weird **12.00** Great British Railway Journeys **3.00** Hornby: A Model World **5.00** Find It, Fix It, Flog It **8.00** 'Allo 'Allo Four episodes of the comedy. **10.10** Secrets Of The London Underground **11.10** Abandoned Engineering **12.10** How To Build A Motor Car **1.10-3am** Secrets Of The Transport Museum

TALKING PICTURES

6am **FILM!** Two On The Tiles (1951) **7.30** What's On TPTV With Noel **7.45** **FILM!** The Greed Of William Hart (1948) **9.15** **FILM!** The Big Wheel (1949) **11.05** Four Star Theatre **11.35** **FILM!** Bandido (1956) **1.25** Batman **2.00** The Adventures Of Robin Hood **2.35** **FILM!** Web Of Evidence (1959) **4.20** Look At Life **4.30** Out Of Town **5.00** The Footage Detectives **6.00** Those British Faces **6.35** Tell Me Another **7.00** **FILM!** Women Without Men. Crime drama, starring Beverly Michaels. (1956) **8.30** A Lifetime Ago With The Baim Collection **9.00** Crime Story **10.05** **FILM!** Villain. Crime drama, starring Richard Burton. (1971) **12.05** **FILM!** Mr Hulot's Holiday (1953) **1.50** The Heritage Chart Show **2.55** **FILM!** The Hand (1960) **4.10** **FILM!** Up The Creek (1958) **5.50-6am** Look At Life

SKY ATLANTIC

6am Richard E Grant's Hotel Secrets **10.00** Six Feet Under **3.30** The Sopranos **8.50** Chernobyl **10.00** House Of The Dragon **11.10** The Sympathizer **12.20** In Treatment **12.50** House Of The Dragon **3.15** We Own This City **4.15-6am** Urban Secrets

SKY WITNESS

6am Bondi Rescue **8.00** Border Patrol **10.00** UK Border Force **11.00** Air Ambulance ER **12.00** 911 Crisis Centre **1.00** Bondi Rescue **2.00** Nothing To Declare **8.00** Caught On Dashcam **9.00** The Equalizer **10.00** Fire Country **11.00** The Cleaning Lady **12.00** The Rookie **1.00** Law & Order: Special Victims Unit **2.00** **NEW EPISODE!** The Cleaning Lady **3.00** Transplant **4.00** Border Security: Australia's Front Line **5.00-6am** Nothing To Declare

GOLD

7.10am The Fosters **8.05** Only Fools And Horses **2.40** Only Fools And Horses Christmas Special **3.20** Only Fools And Horses **7.20** Dad's Army **8.00** Only Fools And Horses **8.40** Only Fools And Horses Christmas Special **9.20** The Royle Family **11.10** Bottom Live: Weapons Grade Y-Fronts Tour **1.15** Only Fools And Horses **2.25-4am** The Royle Family

COMEDY CENTRAL

8am Most Ridiculous - Animals **8.35** Most Ridiculous - Holidays **9.00** Friends **10.00** Lee Evans: Roadrunner **11.05** Jimmy Carr: Stand Up **12.05** Channel Hopping With Jon Richardson **1.05** The Ricky Gervais Show **3.05** South Park **4.15-5am** Guessable?

SKY COMEDY

8am American Auto **10.30** Ballers **1.30** Vice Principals **4.00** Will & Grace **6.30** The US Office **9.00** And Just Like That **10.50** Girls **12.05** **FILM!** Hello Ladies: The Movie (2014) **1.55** **FILM!** 7 Days In Hell (2015) **2.45** Enlightened **3.50-5am** Vice Principals

SKY MAX

6am NCIS: Los Angeles **11.00** Grimm **3.00** The Walking Dead **9.00** Movie Megastars: Made In The 80s **11.00** **NEW EPISODE!** We're Here. Latrice finds unexpected healing in Tulsa. **12.15** The Force: North East **2.15** Road Wars **4.00-6am** Stop, Search, Seize

SKY SCI-FI

6am Most Haunted **11.00** Blood & Treasure **4.00** Stargate SG-1 **9.00** **FILM!** Lost City Raiders. Sci-fi adventure, starring James Brolin. (2008) **11.00** Britannia **1.00** Star Trek: Enterprise **3.00** **FILM!** Ba'al: The Storm God (2008) **5.00-6am** Most Haunted

DISCOVERY

6am Wheeler Dealers **12.00** Alaska: Homestead Rescue **6.00** Gold Divers **7.00** Buying Alaska **8.00** Alaskan Bush People **9.00** Alaska: The Last Frontier **10.00** Shorty's Dream Shop **11.00** Roadworthy Rescues **12.00** Bitchin' Rides **3.00** Kindig Customs **4.00-5am** How Do They Do It?

TLC

7am Say Yes To The Dress: Atlanta **8.00** Say Yes To The Dress **10.00** Little People, Big World **12.00** My Lottery Dream Home **1.00** My 600lb Life **3.00** 7 Little Johnstons **5.00** Sister Wives **6.00** I Love A Mama's Boy **7.00** Dr Pimple Popper **12.00** Monsters Inside Me **1.00** Extreme Couponing **2.00-5am** Dr Pimple Popper

SKY CINEMA PREMIERE

7.30am Please Don't Destroy: The Treasure Of Foggy Mountain (2023) **9.10** **PREMIERE!** Aporia (2023) **11.00** The Nun II (2023) **1.00** Eileen (2023) **2.40** Anyone But You (2023) **4.30** Please Don't Destroy: The Treasure Of Foggy Mountain (2023)



Sky Cinema Premiere 6.10pm Aporia

6.10 **PREMIERE!** Aporia (2023) **8.00** The Nun II. Horror sequel, with Taissa Farmiga. (2023) **10.00** Five Nights At Freddy's (2023) **12.00** LaRoy, Texas (2023) **2.00** A Sacrifice (2024) **4.00-6am** The Shamrock Spitfire (2024)

SKY CINEMA COMEDY

6.30am The Cinema List: The 90s **6.50** Fletch (1985) **8.35** Summertime (2023) **10.25** Movie 43 (2013) **12.10** Hot Fuzz (2007) **2.20** Seriously Red (2022) **4.05** Fletch (1985) **5.55** Dinner For Schmucks (2010) **8.00** Hot Fuzz, starring Simon Pegg. (2007) **10.10** Summertime. With Adam Deacon. (2023) **12.00** Bill & Ted's Bogus Journey (1991) **1.45** Movie 43 (2013) **3.35** Seriously Red (2022) **5.25-7.10am** Balls Of Fury (2007)

SKY CINEMA ACTION

7.30am Once Upon A Time In China III (1992) **9.30** Shaolin Soccer (2001) **11.10** The Cinema List: Jackie Chan **11.30** The Huntsman: Winter's War (2016) **1.30** Project A Part II (1987) **3.25** Terminator 2: Judgment Day (1991) **6.05** 2 Fast 2 Furious (2003) **8.00** Spider-Man 2. With Tobey Maguire. (2004) **10.15** The Young Master. With Jackie Chan. (1980) **12.10** Vendetta (2022) **1.55** The Cinema List: Jackie Chan **2.15** Once Upon A Time In China III (1992) **4.15** Shaolin Soccer (2001) **5.55-7.50am** Project A Part II (1987)

GREAT! MOVIES

9.10am **FILM!** Patient Killer (2015) **11.15** **FILM!** Living With The Enemy (2005) **1.20** **FILM!** The Work Wife (2018) **3.20** **FILM!** Did You Hear About The Morgans? (2009) **5.30** **FILM!** Match Point (2005) **8.00** **FILM!** The Cable Guy. Comedy, starring Jim Carrey. (1996) **10.00** **FILM!** In The Line Of Fire. Thriller, starring Clint Eastwood. (1993) **12.40** **FILM!** The Devil's Double (2011) **2.50** Wild West Chronicles **4.00-4.55am** **FILM!** Killer On The Island (2018)

SKY SPORTS MAIN EVENT

6am SSN Euro Report **7.00** **LIVE SPORT!** NRL. Manly-Warringah Sea Eagles v Newcastle Knights. Kick-off at **7.05**. **9.00** **LIVE SPORT!** LPGA Tour Golf. The Amundi Evian Championship. **10.15** **LIVE SPORT!** Test Cricket. England v West Indies. The final day of the first test held at Lord's. **6.00** **LIVE SPORT!** DP World Tour Golf. The Genesis Scottish Open. **8.00** **LIVE SPORT!** World Matchplay Darts. Coverage of the evening session on day two. **11.00** **LIVE SPORT!** PGA Tour Golf. The ISCO Championship. **12.00-6am** SSN Euro Report

SKY SPORTS FOOTBALL

6am Championship Retro **8.45** EFL Greatest Games **10.00** EFL Cup Highlights **11.00** SPFL Special: Celtic's Invincibles **12.00** Bundesliga Highlights Show **1.00** WSL **2.00** Scottish Premiership Round-Up **2.30** EFL Cup Highlights **3.30** EFL Cup Retro **4.30** EFL Rivalries **5.30** Bundesliga Highlights Show **7.30** WSL **8.00** Women's Championship Show **8.30** Scottish Premiership Round-Up **9.00** EFL Cup Final **17** **10.00** EFL Cup Retro

DON'T MISS

MORE OF TODAY'S BEST TELLY



ITV2 3.05pm How To Train Your Dragon



E4 3.20pm Puss In Boots



More4 5.20pm Come Dine With Me Paralympics Special



Sky Sports Main Event 8pm World Matchplay Darts



BBC4 8pm Summer Night Concert From Vienna



W 10pm Brothers & Sisters

TNT SPORTS 1

6.30am The Football's On 7 **3.30** **LIVE SPORT!** AFL. West Coast Eagles v Brisbane Lions. Bounce-up at **7.40**. **10.30** World Championship Of Legends Cricket **5.30** MLB Plays Of The Week **6.00** MLB: Off The Bat **6.30** **LIVE SPORT!** MLB. Boston Red Sox v Kansas City Royals. Start-time at **6.35**. **9.45** MotoGP Rewind **10.40** **LIVE SPORT!** MLB. Action from Major League Baseball. **3.00** MLB Plays Of The Week **3.30** TNT Sports Reload **4.00** Classic Premier League **4.30** Premier League Legends **5.00-6am** WSL: Inside Pro Surfing

TNT SPORTS 2

6am **LIVE SPORT!** AFL. Richmond Tigers v GWS Giants. Bounce-up at **6.20**. **9.00** WWE Raw Highlights **10.00** WWE SmackDown Highlights **11.00** Ultimate Pool **12.30** AFL **4.30** WWE Friday Night SmackDown **6.00** **LIVE SPORT!** WNBA. Connecticut Sun v Phoenix Mercury. Tip-off at **6.00**. **8.00** World Championship Of Legends Cricket **9.00** **LIVE SPORT!** MLB. Arizona Diamondbacks v Toronto Blue Jays. Start-time at **9.10**. **12.15** The WRC Magazine **12.45** **LIVE SPORT!** Major League Cricket. Texas Super Kings v MI New York. **5.15** Cricket Reload **5.30-6am** UEFA Champions League - Stories Of The Finals

TNT SPORTS 3

7am Premier League **7.00** Badminton Weekly **7.15** Major League Cricket Highlights **8.15** **LIVE SPORT!** Major League Cricket. Washington Freedom v Los Angeles Knight Riders. **12.15** WSL Championship Tour **1.15** WSL: Inside Pro Surfing **2.15** WSL Challenger Tour **3.15** Ultimate Pool **4.45** Sign Up - Into Football **5.45-6am** Badminton Weekly

MONDAY 15 JULY

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast (S)
- 9.30 Morning Live (S)
- 10.45 **Close Calls: On Camera** Nick Knowles presents a helicopter rescue mission for an injured climber. (R,S)
- 11.15 **Homes Under The Hammer** Properties in Coventry, Kent and Suffolk. (R,S)
- 12.15 **Bargain Hunt** Catherine Southon and Mark Stacey assist the teams in Hemswell. (S)



10.40pm We Hunt Together

- 1.00 BBC News At One (S)
- 2.00 **Clive Myrie's Italian Road Trip** (R,S)
- 2.30 **Animal Park** (R,S)
- 3.00 **Escape To The Country** (S)
- 3.45 **The Repair Shop** (R,S)
- 4.30 **The Finish Line** (S)
- 5.15 **Pointless** (R,S)
- 6.00 BBC News At Six (S)
- 6.30 **BBC Regional News** (S)
- 7.00 **The One Show** Topical stories and celebrity chat. (S)
- 7.30 **SOAP EastEnders** Cindy is suspicious of Ian as he prepares to leave for his residential course. (S)
- 8.00 **Panorama** In-depth current affairs report. (S)
- 8.30 **The Travelling Auctioneers** (1/20) Experts help people downsize. (R,S)
- 9.00 **NEW The Jetty** (1/4) Crime drama, starring Jenna Coleman as a detective who suspects there is a predator targeting underage girls in the sleepy town she's always called home. (S)
- 10.00 **BBC News At Ten** (S)
- 10.30 **BBC Regional News** (S)
- 10.40 **We Hunt Together** The hunt for serial killer the Birdman intensifies as Lola and Jackson search for a link to Freddy. Eve Myles and Babou Ceesay star. (S)
- 12.10 **Peacock** (R,S)
- 1.10-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.30 am **Garden Rescue: Top Of The Plots** (R,S)
- 7.15 **Bargain Hunt** Teams in Exeter look for items to sell at auction. (R,S)
- 8.00 **Sign Zone: The Repair Shop** Experts restore an armchair, a model carousel and a bodhran drum. (R,S,SL)
- 9.00 **BBC News** (S)
- 12.15 **Politics Live** The latest stories from Westminster. (S)



10pm Spent

- 1.00 **Impossible** (R,S)
- 1.45 **Make Me A Dealer** (R,S)
- 2.30 **The Customer Is Always Right** (R,S)
- 3.15 **Coastal Defenders** (R,S)
- 3.45 **B&B By The Sea** (R,S)
- 4.15 **Cornwall: This Fishing Life** Documentary. (R,S)
- 5.15 **Flog It!** (R,S)
- 6.00 **Robson Green's Weekend Escapes** (R,S)
- 6.30 **Great Continental Railway Journeys** (R,S)
- 7.00 **Grand Tours Of Scotland's Rivers** The River Dee. (R,S)
- 8.00 **Your Home Made Perfect** (6/8) Two architects compete to remodel a 1990s build in Milton Keynes. (R,S)
- 9.00 **The Turkish Detective** (4/8) Leyla begins to remember things from before her accident. (S)
- 9.50 **QI XS** (3/6) Hosted by Sandi Toksvig, with Alan Davies and guests. (R,S)
- 10.00 **Spent** (2/6) Mia attempts to use a glamorous party to land a modelling job. (S)
- 10.30 **Newsnight** (S)
- 11.05 **FILM The Last Right** Drama, starring Michiel Huisman. (2019) ★★★★★ (S)
- 12.45 **Sign Zone: Countryfile** Rural reports. (R,S,SL)
- 1.45 **Clean It, Fix It** (R,S,SL)
- 2.30-3.15am **The Bidding Room** With Nigel Havers. (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am **Good Morning Britain** News, current affairs and lifestyle features. (S)
- 9.00 **Lorraine** Entertainment and fashion news. (S)
- 10.00 **This Morning** A mix of celebrity chat, lifestyle features, advice and competitions. Including Local Weather. (S)
- 12.30 **Loose Women** Celebrity interviews and studio discussion. (S)



9pm Long Lost Family

- 1.30 **ITV Lunchtime News** (S)
- 1.55 **Regional News** (S)
- 2.00 **Cooking With The Stars** Cooking contest. (R,S)
- 3.00 **Lingo** (R,S)
- 4.00 **Tipping Point** (R,S)
- 5.00 **The Chase** (R,S)
- 6.00 **Regional News** (S)
- 6.30 **ITV Evening News** (S)
- 7.30 **SOAP Emmerdale** There are rifts in the Dingle clan. (S)
- 8.00 **SOAP Coronation Street** The police review CCTV footage following a potential sighting of Lauren. (S)
- 9.00 **Long Lost Family** A woman goes in search of the son she gave up for adoption 57 years ago. (S)
- 10.00 **ITV News** (S)
- 10.30 **Regional News** (S)
- 10.45 **FILM The Spy Who Loved Me** James Bond joins forces with a vengeful KGB agent, whose lover he killed, to retrieve missing British and Soviet nuclear submarines. Adventure, with Roger Moore and Barbara Bach. (1977) ★★★★★ (S)
- 12.55 **Shop On TV**
- 3.00 **Tour De France Highlights** A look at the second week of racing. (S)
- 3.50 **Unwind With ITV** (S)
- 5.05-6am **Ainsley's World Cup Flavours** (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104
Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.30 am **Cheers** Two shows. (R,S)
- 7.20 **Everybody Loves Raymond** Comedy. (R,S)
- 9.10 **Frasier** (R,S)
- 11.10 **Undercover Boss USA** The Coffee Bean & Tea Leaf president goes undercover in his own firm. (R,S)
- 12.05 **C4 News** (S)
- 12.10 **A New Life In The Sun** British expats setting up new businesses in Spain and France. (R,S)



8pm Jamie: What To Eat This Week

- 1.10 **Car S.O.S.** (R,S)
- 2.10 **Countdown** (S)
- 3.00 **A Place In The Sun** (R,S)
- 4.00 **Renovation Nation** (S)
- 5.00 **A New Life In The Sun: Where Are They Now?** (R,S)
- 6.00 **Come Dine With Me** (R,S)
- 6.30 **The Simpsons** (R,S)
- 7.00 **C4 News** (S)
- 8.00 **NEW Jamie: What To Eat This Week** (1/3) Jamie Oliver demonstrates summer recipes from his garden shed, starting with a roast loin of pork with a cheesy bean and fennel gratin. (S)
- 9.00 **24 Hours In A&E** A mother-of-three is in resus after a severe asthma attack. As she is treated, the programme reveals how she has coped with life as a teenage mother with serious health problems. (S)
- 10.00 **The Great** (3/10) Catherine holds a conference to bring change to Russia. (S)
- 11.10 **The Great** (4/10) Catherine fears Paul will grow up to be a ruthless and careless leader, and Archie and Elizabeth are alarmed about imperial succession. (S)
- 12.20 **Embarrassing Bodies** (R,S)
- 1.15-2.50am **FILM The Doorman** Thriller, starring Ruby Rose and Jean Reno. (2020) ★★ (S)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

- 6.00 am **Milkshake!**
- 9.15 **Jeremy Vine** The broadcaster and Storm Huntley discuss the latest news and get your views and opinions of the day. (S)
- 11.30 **Storm Huntley** (S)
- 12.45 **Friends** Ross invites Joey and Rachel to dinner with him and Charlie and Frank Jr tries to talk Phoebe into taking care of one of his triplets. (R,S)



10pm Police: Hour Of Duty

- 1.10 **Friends** Ross treats himself to a spray tan. (R,S) Followed by **5 News**
- 1.45 **SOAP Home And Away** Nelson makes Bree an offer and Harper confides in Dana. (R,S)
- 2.20 **FILM Murder In Cherry Springs** Mystery, starring Rochelle Aystes and Keith D Robinson. (2021) ★★ (S)
- 4.00 **Bargain-Loving Brits In The Sun** (R,S)
- 5.00 **5 News At 5** (S)
- 6.00 **Police Interceptors** (R,S) Followed by **5 News Update**
- 7.00 **Traffic Cops** (1/11) PC Chris Ryan follows a car linked to a spate of catalytic converter thefts. (R,S) Followed by **5 News Update**
- 8.00 **Motorway Cops: Catching Britain's Speeders** (4/10) Sgt Dave Roberts races to a serious crash between a car and a cyclist. (S)
- 9.00 **NEW Police: Suspect No 1** Humber-side officers try to find two men robbing store tills for cash. (S)
- 10.00 **Police: Hour Of Duty** (4/4) Officers rush to the scene of a fire at a block of flats. (R,S)
- 11.05 **Police 999: Clear & Present Danger** (R,S)
- 12.05 **Traffic Cops** (R,S)
- 1.00-3am **PlayOJO Live Casino Show** (S)

REGIONAL VARIATIONS
BBC ONE WALES As main BBC ONE except:
8.30-9pm Yambombers - Our Lives 10.40 Elis James:
Furry Nation 11.10 We Hunt Together 11.55 We Hunt

Together 12.40-1.10am Peacock BBC TWO WALES As main BBC TWO except: 7pm Springwatch In Wales 7.30-8pm A Special Schoolch ITV CENTRAL 1.55-2pm ITV News Central 5.4C 6am Cw 12noon Newyddion 5.4C A'r Tywydd

12.05pm Caru Siopa 12.30 Heno 1.00 Dan Do 1.30 Tanwen Ac Ollie 2.00 Newyddion 5.4C A'r Tywydd 2.05 Prynhwam Da 3.00 Newyddion 5.4C A'r Tywydd 3.05 Colli Cymru I'r Môr 4.00 Awr Fawr: Blocciau Llŷw 4.05 Awr Fawr: Dreigiau Cadi 4.15 Awr Fawr: Anifellid

Bach Y Byd 4.25 Awr Fawr: Patrol Powennau 4.40 Awr Fawr: Dal Dy Ddannedd 5.00 Stwnsh: Oil Osgar 5.10 Stwnsh: Dennis A Dannedd 5.20 Stwnsh: Byd Rwtsh Dai Potsh 5.30 Stwnsh: Cer I Greu 5.50 Stwnsh: Newyddion Ni 6.00 Cegin Bryn 6.30 Rownd A Rownd 6.57

Newyddion 5.4C 7.00 Heno 7.30 Newyddion 5.4C A'r Tywydd 8.00 Y Byd Ar Bedwar 8.25 Garddio A Mwy 8.55 Newyddion 5.4C A'r Tywydd 9.00 Cefn Gwlad 10.00 Gerallt 11.00-11.35pm Triathlon Cymru 2024 - Triathlon Y Barr

FREEVIEW AND SATELLITE CHANNELS

ITV2

- 12noon Dress To Impress 1.00 Wheel Of Fortune 2.00 Supermarket Sweep 3.00 Charmed 4.00 Dawson's Creek 5.00 Dress To Impress 6.00 Celebrity Catchphrase 7.00 Wheel Of Fortune 8.00 NEW EPISODE! The Masked Singer US 9.00 NEW EPISODE! Love Island 10.05 Olivia Attwood Vs The Trolls 11.05 Family Guy 12.05 American Dad! 1.05 Shopping With Keith Lemon 2.05 Totally Bonkers Guinness World Records 2.35-3am Unwind With ITV

ITV3

- 11.40am Heartbeat 1.40 Classic Emmerdale 2.40 Classic Coronation Street 3.50 Inspector Morse 6.00 Heartbeat 8.00 McDonald & Dodds. Drama. 10.00 Unforgotten

11.50 The Royal 12.40-2.30am Upstairs, Downstairs

ITV4

- 12noon Tour De France Highlights 1.00 Made In Britain 1.30 The Champions 2.35 Kojak 3.40 Minder 4.50 The Professionals 6.00 BattleBots 7.00 Tour De France Highlights 8.00 Made In Britain 9.00 FILM Hot Fuzz (2007) 11.25 The Motorbike Show 12.25 Motorsport UK 1.20 Auto Mundial 1.50 From Dusk Till Dawn 2.45-3am Unwind With ITV

BBC THREE

- 7pm Celebrity MasterChef 8.00 Gavin & Stacey 8.30 NEW SERIES! Ghosts US 8.50 NEW EPISODE! The Catch Up 8.55 The Film Fan's Guide To Liverpool 9.00 NEW

EPISODE! Paddy & Molly: Show No Mersey 10.00 Driven: The Billy Monger Story 11.00 Him & Her 12.00 Gavin & Stacey 12.30 Paddy & Molly: Show No Mersey 1.30 Driven: The Billy Monger Story 2.30 Squad Goals: Dorking 'Till Die 3.00-4am Him & Her

BBC FOUR

- 7pm The Pennine Way 7.30 Railway Walks With Julia Bradbury 8.00 Digging For Britain: Iron Age Revealed 9.00 Operation Stonehenge: What Lies Beneath 10.00 A History Of Ancient Britain: Orkney's Stone Age Temple 11.00 Extra Life: A Short History Of Living Longer 12.50 The Pennine Way 1.20 Railway Walks With Julia Bradbury 1.50 Antiques Roadshow 2.50-3.50am Digging For Britain: Iron Age Revealed

E4

- 12noon The Big Bang Theory 2.00 The Goldbergs 3.00 Modern Family 4.00 Young Sheldon 5.00 The Big Bang Theory 7.00 NEW EPISODE! Hollyoaks 7.30 Celebrity Come Dine With Me 8.00 NEW SERIES! Below Deck 9.00 Gogglebox 10.05 Naked Attraction 11.05 First Dates: Celebrity Special For Stand Up To Cancer 2018 12.10 The Big Bang Theory 1.05 Brooklyn Nine-Nine 2.05 Modern Family 2.55 Below Deck 3.50 Ramsay's Kitchen Nightmares USA 4.40 The Neighborhood 5.30-6am Brooklyn Nine-Nine

MORE4

- 11.25am Find It, Fix It, Flog It 12.30 Come Dine With Me 3.10 Four In A Bed 5.50 Château DIY 6.55 Car S.O.S 7.55 Grand Designs 9.00

NEW EPISODE! Help! We Bought A Hotel 10.00 Homes From Hell: Caught On Camera 11.05 24 Hours In A&E 12.10 Help! We Bought A Hotel 1.15 Homes From Hell: Caught On Camera 2.20 24 Hours In A&E 3.25-3.55am Food Unwrapped

FILM4

- 11am The Holly And The Ivy (1952) 12.40 Gunman's Walk (1958) 2.35 San Demetrio, London (1943) 4.35 Robin And Marian (1976) 6.45 Instant Family (2018) 9.00 PREMIERE The Eyes Of Tammy Faye (2021) 11.35 Anchorman 2: The Legend Continues (2013) 1.55-3.55am The Farewell (2019)

TALKING PICTURES

- 11.35am The Outer Limits 12.35 FILM Stolen Face (1952) 2.05

Remembering John Gregson 3.00 The Saint 4.00 FILM Piccadilly Incident (1946) 6.00 For The Love Of Ada 6.30 Out Of Town 7.00 The Footage Detectives 8.00 Enemy At The Door 9.05 FILM Cabin Boy (1994) 10.45 FILM Picnic At Hanging Rock (1975) 12.55 Max Wall: It's Got To Be Funny 2.00 Maigret 3.50 Look At Life 4.00-5am Justice

GREAT! ACTION

- 12noon Wild West Chronicles 1.00 FILM Johnson County War - Part 1 (2002) 2.55 FILM King Of Texas (2002) 4.55 Wild West Chronicles 5.35 Battle Of Kursk 6.30 FILM Revolution (1985) 9.00 FILM Hamburger Hill (1987) 11.20 FILM Battle Of The Bulge (2017) 12.55 FILM Evasive Action (1998) 2.50-3.55am The Blitz On London

TUESDAY 16 JULY

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast (S)
- 9.30 Morning Live (S)
- 10.45 **Close Calls: On Camera** A father goes into cardiac arrest after battling a house fire. (R,S)
- 11.15 **Homes Under The Hammer** Properties in Hull, Suffolk and Liverpool are appraised for auction. (S)
- 12.15 **Bargain Hunt** Two teams battle it out in Doune, Perthshire. (R,S)



8pm Sort Your Life Out With...

- 1.00 BBC News At One (S)
- 2.00 **Clive Myrie's Italian Road Trip** The town Barga. (R,S)
- 2.30 **Animal Park** (R,S)
- 3.00 **Escape To The Country A** new home in Surrey. (R,S)
- 3.45 **The Repair Shop** (R,S)
- 4.30 **The Finish Line** (R,S)
- 5.15 **Pointless** (R,S)
- 6.00 **BBC News At Six** (S)
- 6.30 **BBC Regional News** (S)
- 7.00 **The One Show** Magazine show hosted by Alex Jones and Jermaine Jenas. (S)
- 7.30 **SOAP EastEnders** Ian gets a shock when he is confronted by Cindy and George - closely followed by his sons. A night out gives Gina the chance to probe Anna on whether Bobby is right for her. (S)
- 8.00 **Sort Your Life Out With Stacey Solomon** (5/6) Stacey coaches the Smith family through a mammoth declutter. (R,S)
- 9.00 **The Jetty** (2/4) Still reeling from her discovery, Ember is desperate to find out what Riz knows. (S)
- 10.00 **BBC News** (S)
- 10.30 **BBC Regional News** (S)
- 10.40 **Paddy & Molly: Show No Mersey** Double bill. (R,S)
- 11.40 **FILM Legend** Biopic of the Kray twins, starring Tom Hardy. (2015) ★★★ (S)
- 1.45-6am **BBC News** (S)

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except: 8pm Weatherman Walking 8.30-9.00 Kir's TV Flashback 10.40-11.10pm Mavericks: Sport's Lost Heroes BBC

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.30 am **Garden Rescue: Top Of The Plots** (R,S)
- 7.15 **Bargain Hunt** Catherine Southon and Mark Stacey assist in Hemswell. (R,S)
- 8.00 **Sign Zone: The Great British Sewing Bee** Garments inspired by divas past and present. (R,S,SL)
- 9.00 **BBC News** (S)
- 12.15 **Politics Live** A round-up of all the latest stories from Westminster. (S)



9pm Daley: Olympic Superstar

- 1.00 **Impossible** (R,S)
- 1.45 **Make Me A Dealer** (R,S)
- 2.30 **The Customer Is Always Right** A mug cake. (R,S)
- 3.15 **Coastal Defenders** (R,S)
- 3.45 **B&B By The Sea** (R,S)
- 4.15 **Cornwall: This Fishing Life** Documentary. (R,S)
- 5.15 **Flog It!** (R,S)
- 6.00 **Robson Green's Weekend Escapes** Cleveland. (R,S)
- 6.30 **Great Continental Railway Journeys** (R,S)
- 7.00 **Celebrity Antiques Road Trip** (13/20) With Amir Khan and Trisha Goddard. (R,S)
- 8.00 **Saving Lives At Sea** (5/10) A paddleboarder is caught out by the tide. (R,S)
- 9.00 **NEW Daley: Olympic Superstar** A look at the life and career of double Olympic decathlon champion Daley Thompson, featuring never-before-seen archive footage. (S)
- 10.45 **Newsnight** Analysis with Victoria Derbyshire. (S)
- 11.20 **Colin From Accounts** (3/8) Gordon sends Ashley a photo that was not meant for her. (R,S)
- 11.45 **FILM An Education** Coming-of-age drama, starring Carey Mulligan. (2009) ★★★ (S)
- 1.20-3.10am **Sign Zone: The Turkish Detective** (R,S,SL)

TWO WALES As main BBC TWO except: 1.45pm First Minister's Questions 2.45 Make Me A Dealer 3.30-4.15 The Customer Is Always Right 5.15 Robson Green's Weekend Escapes 5.45-8pm Live Match Of The Day Wales ITV WALES 11.00-11.55pm Sharp End

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am **Good Morning Britain** News, current affairs and lifestyle features. (S)
- 9.00 **Lorraine** Entertainment and fashion news. (S)
- 10.00 **This Morning** A mix of celebrity chat, lifestyle features, advice and competitions. Including Local Weather. (S)
- 12.30 **Loose Women** Topical debate from a female perspective. (S)



5.30pm UEFA Euro 2025 Qualifiers

- 1.30 **ITV Lunchtime News** (S)
- 1.55 **Regional News** (S)
- 2.00 **Cooking With The Stars** (R,S)
- 3.00 **Lingo** (R,S)
- 4.00 **Tipping Point** (R,S)
- 5.00 **Regional News** (S)
- 5.15 **ITV Evening News** (S)
- 5.30 **LIVE UEFA Euro 2025 Qualifier** Sweden Women v England Women. Kick-off at 6.00. Laura Woods presents live coverage of the Group A3 qualifying match at Gamla Ullevi in Gothenburg. (S)
- 8.15 **Midsomer Murders** The newest resident of a police retirement community is found dead and Barnaby's investigation leads him to suspect the killer is likely to be an ex-officer. (S)
- 10.15 **ITV News** (S)
- 10.45 **Regional News** (S)
- 11.00 **Emergency Nurses: A&E Stories** Ben and Chloe treat a patient having a seizure, and a teenage drink-driver. (R,S)
- 11.55 **Extreme E Highlights** Action from race one of the Hydro X-Prix, the third race of the campaign. (S)
- 12.50 **Shop On TV**
- 3.00 **Tour De France Highlights** Daily escape. (R,S)
- 3.50 **Unwind With ITV** (S)
- 5.05-6am **Ainsley's Taste Of Malta** (R,S,SL)

S4C 6am Cyw 12noon Newyddion S4C A'r Tywydd 12.05pm Ffermio 1.00 Prynhaw Da 1.55 Newyddion S4C A'r Tywydd 2.00 Seiclo: Tour De France 4.50 Pentre Papur Pop 5.00 Stwnsh: Mwy O Stwnsh Sadwrn 5.25 Stwnsh: Prys A'r Pryfed 5.35 Stwnsh: Lego

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126

Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.25 am **Cheers** Two shows. (R,S)
- 7.15 **Everybody Loves Raymond** Four episodes. (R,S)
- 9.05 **Frasier** (R,S)
- 11.05 **Paris 2024 Paralympics: Meet The Athletes** (R,S)
- 11.10 **Undercover Boss USA** (R,S)
- 12.05 **C4 News** (S)
- 12.10 **A New Life In The Sun** A couple in France make an unusual find and a family in Spain learn the value of measuring accurately. (R,S)



8pm Worst House On The Street

- 1.10 **Car S.O.S** (R,S)
- 2.10 **Countdown** (S)
- 3.00 **A Place In The Sun** (R,S)
- 4.00 **Renovation Nation** (S)
- 5.00 **A New Life In The Sun: Where Are They Now?** (R,S)
- 6.00 **Come Dine With Me** (R,S)
- 6.30 **The Simpsons** (R,S)
- 7.00 **C4 News** (S)
- 8.00 **NEW Worst House On The Street** (1/6) In Cardiff, property developers Scarlett and Stuart Douglas help recently engaged couple Gav and Luke transform their crumbling cottage. (S)
- 9.00 **Super Surgeons: A Chance At Life** (2/3) Documentary following pioneering surgeons at Royal Marsden Hospital. (R,S)
- 10.00 **Dispatches** A look at hotspots in England and Wales where a majority of crimes go unsolved. (S)
- 11.05 **Moors Murders: The Witness** (1, 2 & 3/3) Triple bill. Analysis of never-before-seen prison letters from Ian Brady and Myra Hindley. Then, police discover a tape recording of a 10-year-old girl being tortured. Finally, Hindley's brother-in-law David Smith describes the trial. (R,S,SL)
- 2.00-2.50am **Ramsay's Kitchen Nightmares USA** (R,S,SL)

DREAMZzz 6.00 Ffasiwn Drefn 6.30 Tanwan Ac Ollie 6.57 Newyddion S4C 7.00 Heno 7.30 Newyddion S4C A'r Tywydd 8.00 Pabol Y Cwm 8.25 Rownd A Rownd 8.55 Newyddion S4C A'r Tywydd 9.00 Seiclo: Tour De France 9.30 Pêl-Droed Rhyngwladol 10.30 Y Byd Ar

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

- 6.00 am **Milkshake!**
- 9.15 **Jeremy Vine** The broadcaster discusses the issues of the day. (S)
- 11.30 **Storm Huntley** Debate on the day's talking points continues. (S)
- 12.45 **Friends** Double bill. Emma's first birthday takes an unexpected turn. Then, Christina Applegate guests as Rachel learn the value of measuring accurately. (R,S) Then **5 News**



8pm The Yorkshire Vet: At Home...

- 1.45 **SOAP Home And Away** Bree unpacks her kiss with Remi and Mali continues to put the hard word on Iluka. (R,S)
- 2.15 **FILM My Mother's Secret** Crime drama, starring Nia Raim. (2019) ★★★ (S)
- 4.00 **Bargain-Loving Brits In The Sun** Documentary. (R,S)
- 5.00 **5 News At 5** (S)
- 6.00 **Police Interceptors** (R,S) Then **5 News Update**
- 7.00 **Our Great Yorkshire Life** At the Bolton Estate, the head gamekeeper completes a controlled burning. (S) Then **5 News Update**
- 8.00 **NEW The Yorkshire Vet: At Home With The Greens** Following two of Britain's oldest working farmers, Steve and Jean Green. (S)
- 9.00 **NEW Secrets Of The Sun With Dara O Briain** (1/2) Documentary in which Dara explores humans' relationship with the sun, travelling to Texas to watch a total eclipse. (S)
- 10.00 **Inside Chernobyl With Ben Fogle** The presenter spends a week living alone inside the Chernobyl exclusion zone. (R,S)
- 11.30 **FILM Transporter 3** Action thriller, starring Jason Statham. (2008) ★★★ (S)
- 1.30-3.30am **PlayOJO Live Casino Show** (S)

Bedwar 11pm-12.05am Taith Bywyd

FREEVIEW AND SATELLITE CHANNELS

ITV2

- 12noon **Dress To Impress** 1.00 Wheel Of Fortune 2.00 Supermarket Sweep 3.00 Charmed 4.00 Dawson's Creek 5.00 Dress To Impress 6.00 **Celebrity Catchphrase** 7.00 **Celebrity Wheel Of Fortune** 8.00 **NEW EPISODE!** The Masked Singer US 9.00 **NEW EPISODE!** Love Island. Reality series. 10.05 **NEW EPISODE!** Extraordinary 10.40 Family Guy 11.40 American Dad! 12.35 G'wed 1.10 Shopping With Keith Lemon 2.10 **Totally Bonkers Guinness World Records** 2.40-3am Unwind With ITV

ITV3

- 11.40am **Heartbeat** 1.40 **Classic Emmerdale** 2.40 **Classic Coronation Street** 3.50 **Inspector Morse** 6.00 **Heartbeat** 8.00 **Long**

Lost Family 10.00 Unforgotten 11.50 **The Royal 12.45-2.30am** Upstairs, Downstairs

ITV4

- 11.30am **BattleBots** 12.25 **Made In Britain** 12.55 **Tour De France Highlights** 2.00 **LIVE SPORT!** Tour De France Live 5.00 **Great Racehorses** 5.25 **River Monsters** 6.00 **BattleBots** 7.00 **Tour De France Highlights** 8.00 **World Superbike Highlights** 9.00 **FILM** The Thomas Crown Affair (1999) 11.20 **All Elite Wrestling: Rampage** 12.25 **River Monsters** 1.25 **Auto Mundial** 1.55 **Motorsport Mundial** 2.25 **The Protectors** 2.50-3am Unwind With ITV

BBC THREE

- 7pm **Celebrity MasterChef** 8.00 **Gavin & Stacey**. Sitcom.

- 8.30 **NEW EPISODE!** Ghosts US; The Catch Up 8.55 **The Film Fan's Guide To Sussex** 9.00 **NEW!** Kyle: The Gunman Who Divided America 10.00 **Liar: The Fake Grooming Scandal** 11.00 **This Country** 11.55 **Gavin & Stacey** 12.25 **Brickies** 1.25 **Liar: The Fake Grooming Scandal** 2.25 **This Country** 3.20-3.50am **Brickies**

BBC FOUR

- 7pm **The Pennine Way** 7.30 **Railway Walks With Julia Bradbury** 8.00 **One Foot In The Grave** 8.30 **Butterflies** 9.00 **NEW!** David Olusoga Remembers Britain's Forgotten Slave Owners 9.15 **Britain's Forgotten Slave Owners** 10.15 **NEW EPISODE!** Horsepower 12.20 **The Pennine Way** 12.50 **Railway Walks With Julia Bradbury** 1.20 **Britain's Forgotten Slave Owners**

- 2.20-3.20am **Operation Stonehenge: What Lies Beneath**

E4

- 12noon **The Big Bang Theory** 2.00 **The Goldbergs** 3.00 **Modern Family** 4.00 **Young Sheldon** 5.00 **The Big Bang Theory** 7.00 **NEW EPISODE!** **Hollyoaks** 7.30 **Celebrity Come Dine With Me** 8.00 **NEW EPISODE!** **Below Deck** 9.00 **Gogglebox** 10.00 **Naked Attraction** 11.05 **First Dates: Valentine's Special** 12.10 **The Big Bang Theory** 1.05 **Brooklyn Nine-Nine** 2.05 **Modern Family** 2.55 **Below Deck** 3.45 **Ramsay's Kitchen Nightmares USA** 4.35-5.25am **The Neighborhood**

MORE4

- 11.25am **Find It, Fix It, Flog It** 12.30 **Come Dine With Me**

- 3.10 **Four In A Bed** 5.50 **Château DIY** 6.55 **Car S.O.S.** 7.55 **Grand Designs** 9.00 **24 Hours In A&E** 10.00 **Rescue: Extreme Medics** 11.05 **24 Hours In A&E** 12.10 **999: On The Front Line** 1.15 **Rescue: Extreme Medics** 2.15 **24 Hours In A&E** 3.20-3.50am **Food Unwrapped**

FILM4

- 11am **The Man From Laramie** (1955) 1.05 **A Kid For Two Farthings** (1955) 2.55 **Cat Ballou** (1965) 4.45 **The Wrong Box** (1966) 6.55 **Men In Black 3** (2012) 9.00 **PREMIERE** **Queenpins** (2021) 11.15 **Pixie** (2020) 1.05-4am **Blade Of The Immortal** (2017)

TALKING PICTURES

- 12noon **Worzel Gummidge** 12.35 **FILM** **The Rossiter Case** (1951)

- 2.10 **FILM** **Gorgo** (1961) 3.40 **FILM** **Champions** (1983) 5.55 **The Beverly Hillbillies** 6.30 **Scotland Yard** 7.05 **The Capone Investment** 7.35 **Dangerous Assignment** 8.05 **Manhunt** 9.10 **FILM** **Pendulum** (1969) 11.15 **Cellar Club** 11.20 **FILM** **Ben** (1972) 1.10 **Cellar Club** 1.15 **FILM** **The Ninth Configuration** (1979) 3.30 **Cellar Club** 3.35 **FILM** **Stormy Crossing** (1958) 5.00-5.25am **Learning To Work**

GREAT! ACTION

- 12noon **Wild West Chronicles** 1.00 **FILM** **Johnson County War - Part 2** (2022) 2.55 **FILM** **Once Upon A Texas Train** (1987) 4.55 **Wild West Chronicles** 5.35 **Snipers** 6.45 **FILM** **Hanover Street** (1979) 9.00 **FILM** **The Day Of The Jackal** (1973) 12.00 **FILM** **Who Dares Wins** (1982) 2.50-3.45am **FILM** **Black Thunder** (1998)

WEDNESDAY 17 JULY

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast (S)
- 9.30 Morning Live Magazine show, with Gethin Jones and Helen Skelton. (S)
- 10.30 State Opening Of Parliament Reeta Chakrabarti presents live coverage from the Palace of Westminster. (S)
- 12.30 Bargain Hunt Looking for items at an antiques fair from Newmarket racecourse. (R,S)



9pm The Great British Sewing Bee

- 1.00 BBC News At One (S)
- 2.00 Clive Myrie's Italian Road Trip (R,S)
- 2.30 Animal Park (R,S)
- 3.00 Escape To The Country Exploring the countryside of North and West Yorkshire. (R,S)
- 3.45 The Repair Shop (R,S)
- 4.30 The Finish Line (R,S)
- 5.15 Pointless (R,S)
- 6.00 BBC News At Six (S)
- 6.30 BBC Regional News (S)
- 7.00 The One Show Hosted by Alex Jones and Jermaine Jenas. (S)
- 7.30 SOAP EastEnders Ian reveals another shocking truth to Cindy. (S)
- 8.00 The Repair Shop (14/14) Siblings Marc and Melanie with a 50-year-old toy are first to enter the barn. (R,S)
- 9.00 The Great British Sewing Bee (9/10) The semi-final sees four contenders set challenges inspired by three design icons - Balenciaga, Gaultier and Chanel. Presented by Kiell Smith-Bynoe. (S)
- 10.00 BBC News At Ten (S)
- 10.30 BBC Regional News (S)
- 10.40 The Traitors US (11 & 12/12) Double bill. The toughest mission yet. Then, the cast members air their grievances. (R,S)
- 1.05-6am BBC News (S)

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except: 8pm Weatherman Walking 8.30-9.00 The Extreme Hairdresser - Our Lives 10.40 Rhod Gilbert's Work

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.30 am Homes Under The Hammer (R,S)
- 7.30 Beechgrove Garden (R,S)
- 8.00 Sign Zone: Rick Stein's Food Stories (R,S,SL)
- 8.30 Great Coastal Railway Journeys (R,S,SL)
- 9.00 BBC News (S)
- 10.30 Wanted Down Under Revisited (R,S)
- 11.15 Homes Under The Hammer Property auctions. (R,S)
- 12.15 Politics Live (S)



5.45pm Women's T20 Cricket

- 1.00 Impossible (R,S)
- 1.45 Make Me A Dealer (R,S)
- 2.30 The Customer Is Always Right (R,S)
- 3.15 Coastal Defenders (R,S)
- 3.45 B&B By The Sea (R,S)
- 4.15 Cornwall: This Fishing Life Documentary. (R,S)
- 5.15 Flog It! (R,S)
- 5.45 LIVE Women's T20 Cricket England v New Zealand. Isa Guha presents coverage of the fifth and final match in the series, held at Lord's, London. (S)
- 9.30 Mock The Week (3/7) With Jen Brister, Rhys James, Laura Lexx, Glenn Moore and Ahir Shah. (R,S)
- 10.00 The Thick Of It (1/8) An unknown MP is appointed as minister. (R,S)
- 10.30 Newsnight Analysis of the day's events with Victoria Derbyshire. (S)
- 11.05 Interview With The Vampire (1/7) Gothic horror based on Anne Rice's The Vampire Chronicles, starring Jacob Anderson, Sam Reid and Eric Bogosian. (R,S)
- 12.10 Interview With The Vampire Gothic horror. (R,S)
- 12.55 Sign Zone: Ambulance Documentary. (R,S,SL)
- 1.55-2.55am Anton & Giovanni's Adventures In Spain The Andalusian region. (R,S,SL)

Experience 11.10 The Traitors US 1.30-6am BBC News 5.45-6am Cym 11.00 Cym 12noon Newyddion 5.45 A'r Tŷydd 12.05pm Cymry Ar Gynfas 12.30 Garddio A Mwy 1.00 Prynawn Da 1.55 Newyddion 5.45 A'r Tŷydd 2.00 Seiclo: Tour De France 4.20 Awr Fawr: Olobobs

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am Good Morning Britain News, current affairs and lifestyle features. (S)
- 9.00 Lorraine Entertainment and fashion news. (S)
- 10.00 This Morning A mix of celebrity chat, lifestyle features, advice and competitions. Including Local Weather. (S)
- 12.30 Loose Women Topical debate from a female perspective. (S)



9pm Who Wants To Be A Millionaire?...

- 1.30 ITV Lunchtime News (S)
- 1.55 Regional News (S)
- 2.00 Cooking With The Stars French cuisine. (R,S)
- 3.00 Tenable (R,S)
- 4.00 Tipping Point (R,S)
- 5.00 The Chase (R,S)
- 6.00 Regional News (S)
- 6.30 ITV Evening News (S)
- 7.00 SOAP Emmerdale Matty is terrified for his life, Rose has a secret meeting but is conflicted, Laurel tries to take charge, and Jai is out. (S)
- 8.00 SOAP Coronation Street Joel panics as Dee-Dee and Bethany's detective work leads them a step closer to finding Lauren, and Betsy pushes her luck with Carla. (S)
- 9.00 Who Wants To Be A Millionaire? Celebrity Special With Jo Brand and Dan Walker. (R,S)
- 10.00 ITV News (S)
- 10.30 Regional News (S)
- 10.45 Tom Allen: Completely A stand-up performance by the comedian. (R,S)
- 11.55 SailGP Highlights Action from San Francisco. (S)
- 12.45 Shop On TV
- 3.00 Tour De France Highlights Action from stage 17. (S)
- 3.50 Unwind With ITV (S)
- 5.05-6am Wheel Of Fortune Game show. (R,S,SL)

4.25 Awr Fawr: Ein Byd Bach Ni 4.35 Awr Fawr: Crows At Ffrindiau 4.45 Awr Fawr: Awyr Iach 5.00 Stwnsh: Dennis A Dannedd 5.10 Stwnsh: Chwarter Call 5.25 Stwnsh: Seligo 5.30 Stwnsh: Potsh 5.50 Stwnsh: Newyddion Ni 6.00 Pel-Droed

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126 Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.25 am Cheers Two shows. (R,S)
- 7.15 Everybody Loves Raymond Four episodes. (R,S)
- 9.05 Frasier (R,S)
- 11.05 Paris 2024 Paralympics: Meet The Athletes With Stuart Robinson. (R,S)
- 11.10 Undercover Boss USA (R,S)
- 12.05 C4 News (S)
- 12.10 A New Life In The Sun Two restaurateurs encounter technical troubles in Spain. (R,S)



8pm Kirstie And Phil's Love It Or List...

- 1.10 Car S.O.S (R,S)
- 2.10 Countdown (S)
- 3.00 A Place In The Sun (R,S)
- 4.00 Renovation Nation (S)
- 5.00 A New Life In The Sun: Where Are They Now? (R,S)
- 6.00 Come Dine With Me (R,S)
- 6.30 The Simpsons (R,S)
- 7.00 C4 News (S)
- 8.00 NEW Kirstie And Phil's Love It Or List It: Brilliant Builds Kirstie and Phil look back on some of their most interesting cases. (S)
- 9.00 NEW Suspect (1/8) One of Dr Susannah Newman's clients makes a disturbing confession. Mystery, starring Anne-Marie Duff and Dominic Cooper. (S)
- 9.30 Suspect (2/8) Susannah finds her concerns about Jon's confessions rejected. (S)
- 10.00 Britain's Most Expensive Houses (8/8) Jaishree puts a two-bed apartment in Chelsea on the market for £2.6million. (R,S)
- 11.05 My Massive C**k (R,S)
- 12.05 Paris 2024 Paralympics: Meet The Athletes (R,S,SL)
- 12.10 Ramsay's Kitchen Nightmares USA (R,S,SL)
- 1.00-3.15am FILM BlackKkKlansman Drama, starring John David Washington and Adam Driver. (2018) ★★★ (S,SL)

Rhyngwladol 6.57 Newyddion 5.45 7.00 Heno 7.30 Newyddion 5.45 A'r Tŷydd 8.00 Pobl Y Cwm 8.25 Tanwan Ac Ollie 8.55 Newyddion 5.45 A'r Tŷydd 9.00 Colli Cymru Yr Môr 10.00 Seiclo: Tour De France 10.30 Pride Cymru 2024 10.50-11.55pm Greenham

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

- 6.00 am Milkshake!
- 9.15 Jeremy Vine The broadcaster discusses the issues of the day. (S)
- 11.30 Storm Huntley Debate on the day's talking points continues. (S)
- 12.45 Friends Greg Kinnear guest stars as Charlie's old flame, who is overseeing a grant Ross wants, while Rachel and Monica fight over a painting. (R,S)



9pm Secrets Of The Sun With Dara...

- 1.10 Friends Ross discovers Rachel's worst fear. (R,S) Followed by 5 News
- 1.45 SOAP Home And Away Irene is back home and she's brought Bronte, who she met at the Hospital, with her. (R,S)
- 2.15 FILM Vanished: Searching For My Daughter Crime drama, starring Betsy Baker. (2023) ★★★ (S)
- 4.00 Bargain-Loving Brits In The Sun (R,S)
- 5.00 5 News At 5 (S)
- 6.00 Police Interceptors Firearms officers enter a property to discover an arsenal of weapons. (R,S) Then 5 News Update
- 7.00 Portillo's Andalucia (4/6) Michael Portillo visits Huelva. (R,S) Followed by 5 News Update
- 8.00 NEW Cumbria: The Lakes & The Coast The beauty and charm of Cumbria. (S)
- 9.00 NEW Secrets Of The Sun With Dara O Briain (2/2) Dara explores how the solar system's star has a darker side. (S)
- 10.00 Casualty 24/7: Every Second Counts (1/10) (R,S)
- 11.05 999: Critical Condition (7/8) (R,S)
- 12.05 Traffic Cops (R,S)
- 1.00-3am PlayOJO Live Casino Show (S)

FREEVIEW AND SATELLITE CHANNELS

ITV2

- 12noon Dress To Impress 1.00 Celebrity Wheel Of Fortune 2.00 Supermarket Sweep 3.00 Charmed 4.00 Dawson's Creek 5.00 Dress To Impress 6.00 Celebrity Catchphrase 7.00 Celebrity Wheel Of Fortune 8.00 NEW EPISODE! The Masked Singer US 9.00 NEW EPISODE! Love Island 10.05 Family Guy 11.35 American Dad! 12.30 Extraordinary 1.05 Shopping With Keith Lemon 2.05 World's Funniest Videos 2.35-3am Unwind With ITV

ITV3

- 11.40am Heartbeat 1.40 Classic Emmerdale 2.40 Classic Coronation Street 3.50 Inspector Morse 6.00 Heartbeat. Double bill. 8.00 Midsomer Murders. Mystery

drama. 10.00 Unforgotten. Double bill. 11.50 The Royal 12.45-2.30am Upstairs, Downstairs

ITV4

- 11.55am BattleBots 12.55 Tour De France Highlights 2.00 LIVE SPORT! Tour De France. Coverage of stage 17. 4.45 Snooker V Darts 4.50 The Professionals 5.55 BattleBots 7.00 Tour De France Highlights 8.00 FILM A View To A Kill (1985) 10.45 All Elite Wrestling: Collision 12.45 All Elite Wrestling: Battle Of The Belts 1.45 Minder 2.40-3am Unwind With ITV

BBC THREE

- 7pm Celebrity MasterChef 7.30 The Fast And The Farmer-ish 8.00 Gavin & Stacey 8.30 NEW EPISODE! Ghosts US. Jay's sister

visits; The Catch Up 8.55 The Film Fan's Guide To Surrey 9.00 NEW EPISODE! A Good Girl's Guide To Murder. Double bill. 10.25 Fleabag 11.20 Gavin & Stacey 11.50 Ibiza: Secrets Of The Party Island 12.35 Paddy & Mollie: Show No Mercy 1.35 A Good Girl's Guide To Murder 3.00-3.55am Fleabag

BBC FOUR

- 7pm The Pennine Way 7.30 Railway Walks With Julia Bradbury 8.00 Pole To Pole 8.50 Around The World In 80 Treasures 9.00 Sleuths, Spies & Sorcerers: Andrew Marr's Paperback Heroes 10.00 NEW! Richard Harrington Remembers Hinterland 10.20 Hinterland 11.55 Weatherman Walking: The Welsh Coast 12.25 The Pennine Way 12.55 Railway Walks With Julia Bradbury 1.25 Pole To Pole

2.15-3.15am Sleuths, Spies & Sorcerers: Andrew Marr's Paperback Heroes

E4

- 12noon The Big Bang Theory 2.00 The Goldbergs 3.00 Modern Family 4.00 Young Sheldon 5.00 The Big Bang Theory 7.00 NEW EPISODE! Hollyoaks 7.30 Celebrity Come Dine With Me 8.00 NEW EPISODE! Below Deck 9.00 Gogglebox 10.00 Naked Attraction 11.05 First Dates 12.05 The Big Bang Theory 1.05 Brooklyn Nine-Nine 2.05 Modern Family 2.55 Below Deck 3.45 Ramsay's Kitchen Nightmares USA 4.35-5.25am The Neighborhood

MORE4

- 11.25am Find It, Fix It, Flog It 12.30 Come Dine With Me

3.10 Four In A Bed 5.50 Château DIY 6.55 Car S.O.S 7.55 The Dog House 9.00 NEW EPISODE! Great British Home Restoration 10.00 999: On The Front Line 11.05 24 Hours In A&E 12.05 Emergency Helicopter Medics 1.10 999: On The Front Line 2.15 24 Hours In A&E 3.20-3.50am Food Unwrapped

FILM4

- 11am The Man From Colorado (1948) 1.05 Annie (1982) 3.55 Picnic (1955) 6.20 Only The Brave (2017) 9.00 Top Gun: Maverick (2022) 11.35 Baywatch (2017) 1.50-3.40am Airplane! (1980)

TALKING PICTURES

- 11am FILM Women Without Men (1956) 12.30 FILM Room To Let (1950) 1.55 The Brothers

GREAT! ACTION

- 12noon Wild West Chronicles 1.00 FILM Massacre Canyon (1954) 2.30 FILM Abilene Town (1946) 4.30 Wild West Chronicles 5.00 Wings At War: Fight For Britain 6.05 FILM Cromwell (1970) 9.00 FILM Red Sun (1971) 11.30 FILM Dragon Eyes (2012) 1.25 FILM Reprisal (2018) 3.20-4.20am War Machines

THURSDAY 18 JULY

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast (S)**
- 9.30 Morning Live (S)**
- 10.45 Close Calls: On Camera**
A man narrowly escapes death in a remote ravine after his dog alerts local walkers of his plight. (R,S)
- 11.15 Homes Under The Hammer**
Featuring properties in Wales, Norwich and Staffordshire. (S)
- 12.15 Bargain Hunt** From Ardingly, West Sussex. (R,S)



9pm Who Do You Think You Are ?

- 1.00 BBC News At One (S)**
- 2.00 Clive Myrie's Italian Road**
Trip Clive learns how to make tiramisu. (R,S)
- 2.30 Animal Park (R,S)**
- 3.00 Escape To The Country**
Property search. (R,S)
- 3.45 The Repair Shop (R,S)**
- 4.30 The Finish Line (R,S)**
- 5.15 Pointless (R,S)**
- 6.00 BBC News At Six (S)**
- 6.30 BBC Regional News (S)**
- 7.00 The One Show Magazine**
show, hosted by Alex Jones and Roman Kemp. (S)
- 7.30 SOAP EastEnders** Peter tries to prove he is there for Lauren and Louie. (S)
- 8.00 NEW Why Trains Crash**
The aftermath of the 2023 train crash in India's eastern Odisha state. (S)
- 9.00 Who Do You Think You Are?**
(1/5) Sue Perkins discovers more about her orphaned grandfather and a great grandfather interned as an 'enemy alien' during the First World War. (R,S)
- 10.00 BBC News (S)**
- 10.30 BBC Regional News (S)**
- 10.40 A Good Girl's Guide To Murder** (3/6) Pip follows new leads on the case, and takes bigger risks. (R,S)
- 11.20 Paddy & Molly: Show No Mersey (R,S)**
- 12.20 High Country (R,S)**
- 2.00-6am BBC News (S)**

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except:
9.00-10pm Strike! The Women Who Fought Back
10.40 Walescast 11.10-11.50 A Good Girl's Guide To

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.30 am Escape To The Country**
Property search. (R,S)
- 7.15 Garden Rescue: Top Of The Plots** Designs featuring water features. (R,S)
- 8.00 Sign Zone: Rick Stein's Food Stories (R,S,SL)**
- 8.30 Great Coastal Railway Journeys (R,S,SL)**
- 9.00 BBC News (S)**
- 12.15 Politics Live** The latest stories from Westminster and beyond. (S)



7pm Today At The Test

- 1.00 Impossible (R,S)**
- 1.45 Make Me A Dealer (R,S)**
- 2.30 The Customer Is Always Right (R,S)**
- 3.15 Coastal Defenders (R,S)**
- 3.45 B&B By The Sea (R,S)**
- 4.15 Cornwall: This Fishing**
Life Documentary. (R,S)
- 5.15 Flog It!** From Lulworth Castle in Dorset. (R,S)
- 6.00 Robson Green's Weekend Escapes** With Lee Ridley, aka Lost Voice Guy. (R,S)
- 6.30 Great Continental Railway Journeys** Michael Portillo visits Stockholm. (R,S)
- 7.00 Today At The Test** England v West Indies. Action from day one of the second Test in the three-match series, held at Trent Bridge in Nottingham. (S)
- 8.00 Golf: The Open** Highlights of the first day of the 152nd staging of the Major, held at Royal Troon Golf Club in South Ayrshire. (S)
- 10.00 Still Game** (3/6) Jack and Victor stage a sting. (S)
- 10.30 Newsnight (S)**
- 11.05 FILM The Phantom Of The Open** Sporting comedy drama, starring Mark Rylance. (2021) ★★ ★★ (S)
- 12.45 Sign Zone: Race Across The World - The Reunion** Last in the series. (R,S,SL)
- 1.45-3.15am The Bidding Room** With Nigel Havers. (R,S,SL)

Murder 12.20am Paddy & Molly: Show No Mersey 12.50 Paddy & Molly: Show No Mersey 1.20 Peacock 1.50 Weather For The Week Ahead 1.55-6am BBC News ITV WALES 8.30-9pm Wales This Week 10.45 Tom Kerridge Cooks Britain 11.15-11.45pm Fishlock's

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am Good Morning Britain**
News, current affairs and lifestyle features. (S)
- 9.00 Lorraine** Entertainment and fashion news. (S)
- 10.00 This Morning** Celebrity chat, showbusiness news, lifestyle features, topical discussion, health and beauty advice and more. Including Weather. (S)
- 12.30 Loose Women** The women put the world to rights. (S)



9pm Douglas Is Cancelled

- 1.30 ITV Lunchtime News (S)**
- 1.55 Regional News (S)**
- 2.00 Cooking With The Stars**
Thai-inspired dishes. (R,S)
- 3.00 Tenable (R,S)**
- 4.00 Tipping Point (R,S)**
- 5.00 The Chase (R,S)**
- 6.00 Regional News (S)**
- 6.30 ITV Evening News (S)**
- 7.30 SOAP Emmerdale**
Rose attempts to carry out her plan, some sparks fly, and Vanessa is jealous of Rhona and Mandy's friendship. (S)
- 8.30 Tom Kerridge Cooks Britain**
The chef heads to Newlyn in Cornwall, where he searches for sardines. (S)
- 9.00 Douglas Is Cancelled** (4/4) Douglas faces a battle with a woman who understands him better than he ever suspected. (S)
- 10.00 ITV News (S)**
- 10.30 Regional News (S)**
- 10.45 Long Lost Family** A woman goes in search of the son she gave up for adoption 57 years ago. (R,S)
- 11.45 Extreme E Highlights**
Action from race two of the Hydro X-Prix. (S)
- 12.40 Shop On TV**
- 3.00 Tour De France Highlights**
Action from stage 18. (S)
- 3.50 Unwind With ITV (S)**
- 5.05-6am The Chris McCausland Show (R,S,SL)**

Choice 5.45-6am Cw 12noon Newyddion 5.45 Ar Tywydd 12.05pm Sain Ffagan 12.30 Y Byd Ar Bedwar 1.00 Prynhan Da 1.55 Newyddion 5.45 Ar Tywydd 2.00 Seiclo: Tour De France 4.50 Sion Y Chef 5.00 Stwnsh: Oll! Osgar 5.10 Stwnsh: Y Doniells 5.15 Stwnsh:

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 106
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.25 am Cheers** Two shows. (R,S)
- 7.15 Everybody Loves Raymond**
Four episodes. (R,S)
- 9.05 Frasier (R,S)**
- 11.05 Paris 2024 Paralympics: Meet The Athletes (R,S)**
- 11.10 Celebrity Undercover Boss USA (R,S)**
- 12.05 C4 News (S)**
- 12.10 A New Life In The Sun**
In Italy, two holiday hosts are forced to ride out an unseasonal storm. (R,S)



8pm George Clarke's...

- 1.10 Car S.O.S (R,S)**
- 2.10 Countdown (S)**
- 3.00 A Place In The Sun (R,S)**
- 4.00 Renovation Nation (S)**
- 5.00 A New Life In The Sun: Where Are They Now? (R,S)**
- 6.00 Come Dine With Me (R,S)**
- 6.30 The Simpsons (R,S)**
- 7.00 C4 News (S)**
- 8.00 George Clarke's Amazing Spaces** In Denmark, George meets a young couple tackling the enormous task of turning a derelict water pumping station into a luxury holiday home. (S)
- 9.00 Suspect** (3/8) Susannah tracks down her ex-client, officer Louisa. (S)
- 9.30 Suspect** (4/8) Susannah discovers her ex-husband Danny has left the psychiatric hospital. (S)
- 10.00 Gogglebox** (15/16)
The households' opinions on BBC News coverage of Partygate. (R,S)
- 11.05 Celebrity Gogglebox**
A rolling cast of famous faces appraise the week's television. (R,S,SL)
- 12.10 Paris 2024 Paralympics: Meet The Athletes (R,S,SL)**
- 1.10 Ramsay's Kitchen Nightmares USA (R,S,SL)**
- 1.55 The Simpsons (R,S)**
- 2.20-3.10am Car S.O.S (R,S,SL)**

Byd Rwtsh Dai Potsh 5.30 Stwnsh: Tekkers 6.00 Dan Do 6.30 Rownd A Rownd 6.57 Newyddion 5.40 Cw 7.00 Newyddion 5.45 Ar Tywydd 8.00 Pabol Y Cwm 8.25 Rownd A Rownd 8.55 Newyddion 5.45 Ar Tywydd 9.00 Byd Ethafol: Chwarae Teg? 10.00 Seiclo: Tour De

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

- 6.00 am Milkshake!** Children's programmes.
- 9.15 Jeremy Vine** The broadcaster discusses the issues of the day. (S)
- 11.30 Storm Huntley** Debate on the day's talking points continues. (S)
- 12.45 Friends** Double bill. Monica cooks Thanksgiving dinner. Then, Joey dates one of Phoebe's friends. (R,S)
Followed by **5 News**



9pm Susan Calman's Grand...

- 1.45 SOAP Home And Away**
Bronte offers to pay rent between hospital appointments. (R,S)
- 2.15 FILM Look Who's Stalking**
Thriller, starring Alissa Filoramo. (2023) ★★ (S)
- 4.00 Bargain-Loving Brits In The Sun (R,S)**
- 5.00 5 News At 5 (S)**
- 6.00 Police Interceptors** The Operation Reacher team raids a suspected drug dealer's house. (R,S)
Followed by **5 News Update**
- 7.00 Happy Campers: The Caravan Park**
Maintenance man Lloyd attempts to fix an air conditioning unit. (S)
Followed by **5 News Update**
- 8.00 Supermarket Own-Brands: The Big Taste Test** A look at store cupboard staples, how packaging has changed over the years. (S)
- 9.00 Susan Calman's Grand Day Out** Susan explores the West Yorkshire Valleys, beginning in Keighley. (S)
- 10.00 The Bodies Under The Patio**
An unassuming couple who seemingly vanished from their Mansfield home in 1998. (R,S)
- 11.35 Cold Case Killers (R,S)**
- 12.35 Police: Suspect No 1 (R,S)**
- 1.25-3.25am PlayOJO Live Casino Show (S)**

France 10.30 Sgwrs Dan Y Lloer 11.00-11.35pm Cais Quinnell

FREEVIEW AND SATELLITE CHANNELS

ITV2

- 12noon Dress To Impress 1.00** Celebrity Wheel Of Fortune **2.00** Supermarket Sweep **3.00** Charmed **4.00** Dawson's Creek **5.00** Dress To Impress **6.00** Celebrity Catchphrase **7.00** In With A Shout **8.00 NEW EPISODE!** The Masked Singer US. The show celebrates the disco era. **9.00 NEW EPISODE!** Love Island. The couples wonder what drama awaits them. **10.05** Family Guy **11.35** American Dad! **12.35** Don't Hate The Playaz **1.20** Shopping With Keith Lemon **2.20-3am** Unwind With ITV

ITV3

- 11.40am** Heartbeat **1.40** Classic Emmerdale **2.40** Classic Coronation Street **3.50** Inspector Morse **6.00** Heartbeat **8.00** Vera

- 10.00** Maigret Sets A Trap. Crime drama. **11.50** The Royal **12.40-2.30am** Upstairs, Downstairs

ITV4

- 11.55am** BattleBots **12.55** Tour De France Highlights **2.00 LIVE SPORT!** Tour De France Live **5.00** Great Racehorses **5.25** River Monsters **6.00** BattleBots **7.00** Tour De France Highlights **8.00** Made In Britain **9.00** Auf Wiedersehen, Pet **10.15** FILM Rocky III (1982) **12.20** The Professionals **1.20** Auto Mundial **1.50** Motorsport Mundial **2.15** The Protectors **2.45-3am** Unwind With ITV

BBC THREE

- 7pm** Top Gear **8.00** Gavin & Stacey **8.30 NEW EPISODE!** Ghosts US **8.50** The Catch Up **8.55** The Film

- Fan's Guide To Glasgow **9.00** FILM The Sun Is Also A Star. Romantic drama, starring Yara Shahidi and Charles Melton. (2019) **10.35** Man Like Mobeen **11.20** Gavin & Stacey **11.50** Top Gear **12.50** Paddy & Molly: Show No Mersey **1.50** Man Like Mobeen **2.35-4am** A Good Girl's Guide To Murder

BBC FOUR

- 7pm** The Pennine Way **7.30** Railway Walks With Julia Bradbury **8.00** FILM The Eagle Has Landed. (1976) **10.10** Scene By Scene: Donald Sutherland **10.55** FILM The Railway Station Man (1993) **12.25** Scene By Scene: Donald Sutherland **1.10** The Pennine Way **1.40** Railway Walks With Julia Bradbury **2.10-3.10am** A History Of Ancient Britain: Orkney's Stone Age Temple

E4

- 12noon** The Big Bang Theory **2.00** The Goldbergs **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big Bang Theory **7.00 NEW EPISODE!** **Hollyoaks** **7.30** Celebrity Come Dine With Me **8.00 NEW EPISODE!** Below Deck **9.00** Gogglebox **10.00** Naked Attraction **11.05** First Dates **12.10** The Big Bang Theory **1.05** Rick And Morty **1.35** NEW SERIES! My Adventures With Superman **2.05** Brooklyn Nine-Nine **2.55** Below Deck **3.40** Modern Family **4.30** The Neighborhood **5.20-6am** Brooklyn Nine-Nine

MORE4

- 11.25am** Find It, Fix It, Flog It **12.30** Come Dine With Me **3.10** Four In A Bed **5.50** Château DIY **6.55** Car S.O.S. **7.55** Grand Designs

- 9.00** Perfect Pub Walks With Bill Bailey. Bill is joined by Trevor McDonald for walks in Essex and Suffolk. **10.00** 24 Hours In A&E **12.10** 999: On The Front Line **1.10** 24 Hours In A&E **3.20-3.50am** Food Unwrapped

FILM4

- 11am** San Demetrio, London (1943) **1.05** Animal Farm (1954) **2.35** Gift Horse (1952) **4.40** All The King's Men (1949) **6.50** Tolkien (2019) **9.00** Jumanji: The Next Level. Fantasy adventure sequel, starring Dwayne Johnson. (2019) **11.25** The Mist (2007) **1.50-4am** Carrie (1976)

TALKING PICTURES

- 10.35am** FILM Our Miss Fred (1972) **12.30** FILM The Strange

- Love Of Martha Ivers (1946) **2.45** Look At Life **3.00** Crown Court **4.30** Enemy At The Door **5.35** FILM Champagne For Caesar. Comedy, starring Ronald Colman. (1950) **7.40** Look At Life **8.00** The Brothers **9.05** Van Der Valk **10.10** FILM Town On Trial. Murder mystery, starring John Mills. (1957) **12.10** FILM The Onion Field (1979) **2.40** FILM Harrison's Flowers (2000) **5.10** Four Star Theatre **5.45-6am** Look At Life

GREAT! ACTION

- 12noon** Wild West Chronicles **1.00** FILM Apache Ambush (1955) **2.30** FILM Badland (2019) **5.00** FILM Bullet To Beijing (1995) **7.10** FILM Absolute Zero (2005) **9.00** FILM Missing In Action (1984) **11.15** FILM Assault On Station 33 (2021) **1.10** FILM Jack Strang (2014) **3.50-4.50am** War Machines

FRIDAY 19 JULY

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast** (S)
- 9.30 Morning Live** (S)
- 10.45 Close Calls: On Camera**
A dad performs CPR on his toddler with help from a 999 call handler. (R,S)
- 11.15 Homes Under The Hammer**
The progress of properties in Pudsey, Willenhall and Rochdale. (R,S)
- 12.15 Bargain Hunt** A special show about film, TV and theatre collectibles. (S)



9pm Death In Paradise

- 1.00 BBC News At One** (S)
- 2.00 Clive Myrie's Italian Road Trip** (R,S)
- 2.30 Clive Myrie's Italian Road Trip** (R,S)
- 3.00 Escape To The Country** (R,S)
- 3.45 The Repair Shop** (R,S)
- 4.30 The Finish Line** (R,S)
- 5.15 Pointless** (R,S)
- 6.00 BBC News At Six** (S)
- 6.30 BBC Regional News** (S)
- 7.00 The One Show** Live magazine show. (S)
- 7.30 Make It At Market** Dom Chinae helps a digital embroiderer and a woodworker. (R,S)
- 8.00 Would I Lie To You?** (11/11) Previously unseen material from the comedy panel show. (R,S)
- 8.30 Outnumbered** (5/7) Crossed lines of communication cause trouble. (R,S)
- 9.00 Death In Paradise** (4/8) A body is found on a boat out at sea, and suspicion soon falls on the victim's family and friends. (R,S)
- 10.00 BBC News At Ten** (S)
- 10.30 BBC Regional News** (S)
- 10.40 A Good Girl's Guide To Murder** (4/6) (R,S)
- 11.20 FILM Planet Of The Apes** Sci-fi adventure remake, starring Mark Wahlberg. (2001) ★★★ (S)
- 1.20-6am BBC News** (S)

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except: 7.30-8pm Who Needs Banksy - Our Lives 8.30-9.00 Kiri's TV Flashback 10.40 Duffy: In Concert 11.25 A

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.15 am The Finish Line** Roman Kemp and Sarah Greene host the quiz. (R,S)
- 7.00 Homes Under The Hammer** Featuring properties in Wales, Norwich and Staffordshire. (R,S)
- 8.00 Sign Zone: The Repair Shop** Items include a dress, a BMX bike, a painting and a dynamometer. (R,S,SL)
- 9.00 BBC News** The latest news stories. (S)



7pm BBC Proms 2024

- 1.00 Impossible** (R,S)
- 1.45 Make Me A Dealer** (R,S)
- 2.30 The Customer Is Always Right** (R,S)
- 3.15 Coastal Defenders** (R,S)
- 3.45 B&B By The Sea** (R,S)
- 4.15 Cornwall: This Fishing Life** Documentary. (R,S)
- 5.15 Flog It!** (R,S)
- 6.00 Gardeners' World** The team reports from the RHS Flower Show Tatton Park. (S)
- 7.00 NEW BBC Proms 2024** Clive Myrie and Sandi Toksvig kick off eight weeks of music from the Royal Albert Hall, launching with an all-female line-up featuring pianist Isata Kanneh-Mason. (S)
- 9.00 Golf: The Open** Highlights of the second day of the 152nd staging of the Major, held at Royal Troon Golf Club in South Ayrshire. (S)
- 10.30 Newsnight** (S)
- 11.05 Today At The Test** England v West Indies. Action from day two of the second Test in the three-match series, held at Trent Bridge in Nottingham. (S)
- 12.05 Daley: Olympic Superstar** A look at the life and career of Olympic decathlon champion, Daley Thompson. (R,S)
- 1.50-2.20am Sign Zone: Panorama** (R,S,SL)

Good Girl's Guide To Murder 12.05am FILM Planet Of The Apes (2001) 1.55-6am BBC News ITV WALES 7.00-7.30pm Coast & Country 8.45-9.00am Cymru 12noon Newyddion S4C Ar Tywydd 12.05pm Bwyd Bach Shumana A Catrin 12.30 Cegin

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am Good Morning Britain** News, current affairs and lifestyle features. (S)
- 9.00 Lorraine** Entertainment, current affairs and fashion news, as well as showbiz stories and celebrity gossip. Presented by Lorraine Kelly. (S)
- 10.00 This Morning** Celebrity chat and lifestyle features. (S)
- 12.30 Loose Women** Debate from a female perspective. (S)



9pm Champions: Full Gallop

- 1.30 ITV Lunchtime News** (S)
- 1.55 Regional News** (S)
- 2.00 Cooking With The Stars** (R,S)
- 3.00 Tenable** (R,S)
- 4.00 Tipping Point** (R,S)
- 5.00 The Chase** (R,S)
- 6.00 Regional News** (S)
- 6.30 ITV Evening News** (S)
- 7.30 SOAP Emmerdale** Liam is unnerved that Ella is back in the village. (S)
- 8.00 SOAP Coronation Street** Lauren apologises to Roy but gets a hostile reception from Carla. (S)
- 9.00 NEW Champions: Full Gallop** (1/6) Documentary following the drama on and off the racetrack. (S)
- 10.00 ITV News** (S)
- 10.30 Regional News** (S)
- 10.45 FILM Shanghai Knights** A Chinese sheriff and a reformed bandit hunt for a killer on the murky streets of Victorian London. Martial arts comedy sequel, with Jackie Chan, and Owen Wilson. (2003) ★★★ (S)
- 12.40 Shop On TV**
- 3.00 Tour De France Highlights** Gary Imlach presents highlights of stage 19, a route of 144.6km from Embrun to Isola 2000. (R,S)
- 3.50 Unwind With ITV** (S)
- 5.05-6am Jimmy & Shivi's Farmhouse Breakfast** With Iwan Thomas. (R,S,SL)

Bryn 1.00 Prynawn Da 1.55 Newyddion S4C Ar Tywydd 2.00 Seiclo: Tour De France 4.00 Awr Fawr: Nos Da Cyw 4.10 Awr Fawr: Bendibwmwbls 4.20 Awr Fawr: Anffleiriad Bach Y Byd 4.30 Awr Fawr: Guto Gwiningen 4.45 Awr Fawr: Kim A Cet A Twrch 5.00

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126 Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.25 am Cheers** Two shows. (R,S)
- 7.15 Everybody Loves Raymond** Comedy. (R,S)
- 9.05 Frasier** (R,S)
- 11.05 Paris 2024 Paralympics: Meet The Athletes** With Powerlifter Mark Swan. (R,S)
- 11.10 Celebrity Undercover Boss USA** (R,S)
- 12.05 C4 News** (S)
- 12.10 A New Life In The Sun** There is bovine bother at an Italian retreat. (R,S)



9pm 8 Out Of 10 Cats Does...

- 1.10 Car S.O.S** (R,S)
- 2.10 Countdown** (S)
- 3.00 A Place In The Sun** (R,S)
- 4.00 Renovation Nation** (S)
- 5.00 A New Life In The Sun: Where Are They Now?** (R,S)
- 6.00 Come Dine With Me** (R,S)
- 6.30 The Simpsons** (R,S)
- 7.00 C4 News** (S)
- 8.00 Lake District Rescue** (2/4) An emergency call comes in for a man with a badly broken leg on the Corridor Route to Scafell Pike. Darkness is closing in, and the first challenge is to locate the casualty. (R,S)
- 9.00 NEW 8 Out Of 10 Cats Does Countdown** Jimmy Carr hosts as Jon Richardson and Dan Tiernan take on Richard Ayoade and Katherine Ryan. (S)
- 10.00 Jimmy Carr's 1 Literally Just Told You** Mikie, Emma, Zawdie and Charlotte compete. (S)
- 11.05 Celebrity Gogglebox 2022** The best moments from 2022's Celebrity Gogglebox. (R,S)
- 12.10 Paris 2024 Paralympics: Meet The Athletes** (R,S,SL)
- 12.15 Micky Flanagan Live: The Out Out Tour** (R,S)
- 1.10-2.50am FILM My Super Ex-Girlfriend** Superhero comedy, starring Uma Thurman. (2006) ★★★ (S)

Stwnsh: Larfa 5.05 Stwnsh: Rhyfeddodau Chwilengoch A Cath Ddu 5.25 Stwnsh: Y Gemau Gwyllt 5.50 Stwnsh: Newyddion Ni 6.00 Y Sioe Fwyd 6.30 Garddio A Mwy 6.57 Newyddion S4C 7.00 Heno 7.30 Newyddion S4C Ar Tywydd 8.00 Cyfres Triathlon

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

- 6.00 am Milkshake!**
- 9.15 Jeremy Vine** The broadcaster discusses the issues of the day. (S)
- 11.30 Storm Huntley** Debate on the day's talking points continues. (S)
- 12.45 Friends** Rachel and Phoebe spot Chandler sneaking around with a beautiful blonde and follow him to a large house in the suburbs. (R,S)



8pm Motorway: Hell On The Highway

- 1.10 Friends** With Danny DeVito and Donny Osmond. (R,S) Followed by **5 News**
- 1.45 SOAP Home And Away** Mackenzie's distressed after receiving Imogen's wedding jewellery. (R,S)
- 2.15 FILM Finding Emma** Thriller, starring Jessica Morris. (2021) ★★ (S)
- 4.00 Bargain-Loving Brits In The Sun** (R,S)
- 5.00 5 News At 5** (S)
- 6.00 Police Interceptors** The firearms squad responds to reports of a shotgun changing hands. (R,S) Followed by **5 News Update**
- 7.00 Motorway Cops: Catching Britain's Speeders** (2/10) Inspector Anton Sullivan attends the scene of a three-vehicle crash. (R,S) Followed by **5 News Update**
- 8.00 Motorway: Hell On The Highway** Cameras focus on driving disasters at junctions. (S)
- 9.00 NEW Terror At 30,000 Feet** Stories of the most jaw-dropping and terrifying airline disasters. (S)
- 10.00 FILM Non-Stop** Action thriller, starring Liam Neeson. (2014) ★★★★★ (S)
- 12.05 Court Martial: Soldiers Behind Bars** (R,S)
- 1.00-3am PlayOJO Live Casino Show** (S)

Cymru 2024 - Triathlon Coerdydd 8.25 Y Gêm 8.55 Newyddion S4C Ar Tywydd 9.00 Clwb Rygbi Rhyngwladol 10.00 Seiclo: Tour De France 10.30 Tanwan Can Ollie 11.00-11.35pm Yn Y Fan Ar Lle

FREEVIEW AND SATELLITE CHANNELS

ITV2

- 12noon Dress To Impress** 1.00 Family Fortunes 2.00 Supermarket Sweep 3.00 Charmed 4.00 Dawson's Creek 5.00 Dress To Impress 6.00 Celebrity Catchphrase 7.00 In With A Shout 8.00 NEW EPISODE! The Masked Singer US 9.00 NEW EPISODE! Love Island 10.05 NEW EPISODE! The Stand Up Sketch Show 10.35 Family Guy 11.35 American Dad! 12.35 Don't Hate The Playaz 1.15 CelebAbility 2.05 Totally Bonkers Guinness World Records 2.35-3am Unwind With ITV

ITV3

- 11.40am Heartbeat** 1.40 Classic Emmerdale 2.40 Classic Coronation Street 3.45 Inspector Morse 6.00 Heartbeat 8.00 Doc

Martin 10.05 Mairget - Dead Man 11.50 The Royal 12.40-2.30am Upstairs, Downstairs

ITV4

- 11.15am LIVE SPORT!** Tour De France 4.00 The Derby Through The Years 4.20 River Monsters 4.55 The Professionals 6.00 BattleBots 7.00 Tour De France Highlights 8.00 River Monsters 9.00 FILM Twister (1996) 11.15 All Elite Wrestling: Dynamite 1.15 Minder 2.15 The Protectors 2.40-3am Unwind With ITV

BBC THREE

- 7pm Top Gear** 8.00 Gavin & Stacey 8.30 NEW EPISODE! Ghosts US 8.50 The Film Fan's Guide To Norfolk 9.00 FILM Nerve. Thriller, starring Emma Roberts. (2016)

BBC FOUR

- 7pm NEW EPISODE!** Today At The Test 8.00 TOTP: 1984 8.30 TOTP: 1978 9.00 Lulu At The BBC 10.10 It's Lulu 10.50 Lulu At The Blazer's Club 11.20 Sounds Of The Sixties 11.50 Cilla At The BBC 12.50 TOTP: 1984 1.20 TOTP: 1978 1.50 Lulu At The BBC 3.00-3.40am It's Lulu

E4

- 12noon The Big Bang Theory** 2.00 The Goldbergs 3.00 Modern Family 4.00 Young Sheldon 5.00 The Big Bang Theory 7.00 NEW EPISODE! Hollylocks 7.30 Celebrity Come

- Dine With Me** 8.00 NEW EPISODE! Below Deck 9.00 Gogglebox 10.00 FILM Assassin's Creed. Action adventure, starring Michael Fassbender. (2016) 12.10 Naked Attraction 1.10 The Big Bang Theory 2.05 Brooklyn Nine-Nine 3.00 Below Deck 3.45 Modern Family 4.35 The Neighborhood 5.25-6am Brooklyn Nine-Nine

MORE4

- 11.25am Find It, Fix It, Flog It** 12.30 Come Dine With Me 3.10 Four In A Bed 5.50 Château DIY 6.55 Car S.O.S 7.55 Grand Designs 9.00 NEW EPISODE! The Sommerdahl Murders. A man who handles sponsors for a youth football team is killed. 11.00 24 Hours In A&E 1.10 8 Out Of 10 Cats Does Countdown 2.15 24 Hours In A&E 3.20-3.50am Food Unwrapped

FILM4

- 11am Robin And Marian** (1976)
- 1.20 The Blue Lamp** (1950) 3.05 The Long Arm (1956) 5.00 Sister Act 2: Back In The Habit. Comedy sequel, starring Whoopi Goldberg. (1993) 7.10 Men In Black. Sci-fi comedy, starring Will Smith and Tommy Lee Jones. (1997) 9.00 The Green Mile. Supernatural drama, starring Tom Hanks and Michael Clarke Duncan. (1999) 12.45-3.40am Mulholland Drive (2001)

TALKING PICTURES

- 10.40am FILM** The Big Wheel (1949) 12.30 The Four Just Men 1.05 FILM Not As A Stranger (1955) 3.45 Derek Fowlds: A Part Well Played 4.25 FILM The Riddle Of The Sands (1979) 6.30 Fireball XL5 7.05 FILM Spaceways. Sci-fi

- murder mystery, starring Howard Duff. (1953) 8.40 Look At Life 9.00 Cellar Club With Caroline Munro 9.10 Hammer House Of Mystery And Suspense 10.40 Cellar Club With Caroline Munro 10.45 The Death Of Adolf Hitler 12.55 FILM Bear Island (1979) 3.15 FILM There Was A Young Lady (1953) 5.00-6am Bonanza

GREAT! ACTION

- 12noon Wild West Chronicles** 1.00 FILM The Professionals (1966) 3.25 FILM Panhandle (1948) 5.20 FILM Midnight In Saint Petersburg (1995) 7.15 FILM Earthquake. Sci-fi thriller, starring Paulette Goddard. (2016) 9.00 FILM In The Line Of Fire (1993) 11.40 FILM Revolution (1985) 2.00 FILM Brothers In Arms (2019) 4.10-5am Battle For Warsaw

SATURDAY 20 JULY

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast (S)**
- 10.00 Saturday Kitchen Live**
With chefs Vivek Singh, Poppy O'Toole, and special guest Jack Dee. (S)
- 11.30 Mary Berry - Cook & Share**
Mary heads to Edinburgh, where she meets runners before the city's marathon. Last in the series. (R,S)
- 12.00 Homes Under The Hammer**
In Birmingham, Norfolk and Nottinghamshire. (R,S)



NEW EP
9.15pm High Country

- 1.00 BBC News (S)**
- 1.15 LIVE Athletics: Diamond League London** The Anniversary Games, from London Stadium. (S)
- 5.00 The Bidding Room (R,S)**
- 5.45 Garden Rescue (R,S)**
- 6.30 BBC News (S)**
- 6.40 BBC Regional News (S)**
- 6.50 Pointless Celebrities (R,S)**
- 7.40 The Weakest Link (16/16)**
Romesh Ranganathan hosts an Olympic and Paralympic special. (S)
- 8.25 Casualty (34/36)** Jacob is determined to find Blake, but ends up trapped in a house with a woman who displays signs of unstable behaviour and whose daughter is seriously injured. (S)
- 9.15 High Country (3/8)** Andie has a strange encounter in the woods, while Kirra makes a confession, and Helen angers Rose. Forensics identify the type of knife that killed the female hiker. (S)
- 10.00 BBC News (S)**
- 10.20 High Country (4/8)** An arrest risks losing Andie an ally in the area. (S)
- 11.05 FILM The Courier** Fact-based spy drama, starring Benedict Cumberbatch. (2020) ★★★★★ (S)
- 12.55-6am BBC News (S)**

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.45 am Children's Programmes**
- 7.55 Game On Grandparents (R,S)**
- 8.20 Blue Peter (R,S)**
- 8.50 Newsround (S)**
- 8.55 One Zoo Three (R,S)**
- 9.20 Christine's Garden (R,S)**
- 10.20 FILM The Wooden Horse**
Fact-based Second World War drama, starring Leo Genn. (1962) ★★ (B/W,S)
- 12.00 The Hairy Bikers' Chicken And Egg (R,S)**



10pm Linda Ronstadt: The Sound...

- 1.00 Gardeners' World (R,S)**
- 2.00 The Great British Sewing Bee (R,S)**
- 3.00 Debbie Reynolds: Talking Pictures (R,S)**
- 3.30 FILM How The West Was Won** Western, starring James Stewart and John Wayne. (1962) ★★★★★ (S)
- 6.00 Flog It! (R,S)**
- 7.00 Today At The Test** England v West Indies. Day three of the second Test in the three-match series. (S)
- 8.00 Golf: The Open** Action from the third day of the 152nd staging of the Major, at Royal Troon Golf Club in South Ayrshire. (S)
- 10.00 Linda Ronstadt: The Sound Of My Voice** Documentary about one of the most versatile female singers of the 20th century, and one of the most successful recording artists of all time. (R,S)
- 11.35 The Old Grey Whistle Test: Linda Ronstadt** A 1976 performance by the American singer-songwriter. (R,S)
- 12.25 Sisters In Country: Dolly, Linda And Emmylou (R,S)**
- 1.25-3.05am FILM Photograph** Romantic drama, starring Nawazuddin Siddiqui and Sanya Malhotra. (2019) ★★

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am Simply Raymond Blanc**
Fresh flash-fired squid. (R,S)
- 6.30 Love Your Weekend With Alan Titchmarsh (R,S)**
- 8.25 The Chris McCausland Show** With Josh Jones. (S)
- 9.25 ITV News (S)**
- 9.30 James Martin's Saturday Morning (R,S)**
- 11.40 Ainsley's National Trust Cook Off (S)**
- 12.40 James Martin's French Adventure (R,S)**



NEW
10pm Love & Death

- 1.10 ITV News (S)**
- 1.30 LIVE ITV Racing: From Newbury** Coverage from Newbury and Market Rasen. (S)
- 4.00 Tipping Point: Lucky Stars** With Judi Love, Pete Wicks and Robert Peston. (R,S)
- 4.55 ITV News (S)**
- 5.20 FILM Aquaman** Adventure, starring Jason Momoa. (2018) ★★★★★ (S)
- 8.00 The 1% Club (6/8) Quiz**, hosted by Lee Mack. (R,S)
- 9.00 Changing Ends (3/6)** Alan and his family are confined to the house. (S)
- 9.30 NEW Piglets (1/6)** Superintendents Julie Spry and Bob Weekes take charge of a new batch of recruits at Norbourne Police Training College. Comedy, starring Sarah Parish and Mark Heap. (S)
- 10.00 NEW Love & Death (1/7)** Fact-based crime drama, with Elizabeth Olsen. (S)
- 10.55 ITV News (S)**
- 11.15 Champions: Full Gallop (1/6)** Documentary. (R,S)
- 12.15 Tour De France Highlights** The penultimate stage. (R,S)
- 1.05 Shop On TV**
- 3.00 Long Lost Family (R,S,SL)**
- 3.50 Unwind With ITV (S)**
- 5.05-6am Deal Or No Deal** Game show. (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104
Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.05 am Frasier (R,S)**
- 7.50 Everybody Loves Raymond**
Four episodes. (R,S)
- 9.45 The Simpsons (R,S)**
- 10.15 The Simpsons (R,S)**
- 10.45 The Simpsons (R,S)**
- 11.15 The Simpsons (R,S)**
- 11.45 The Simpsons** Homer becomes Mr Burns' assistant. (R,S)
- 12.15 The Simpsons (R,S)**
- 12.50 The Simpsons** Selma dates Troy McClure. (R,S)



FILM
9pm Kingsman: The Golden Circle

- 1.20 Couples Come Dine With Me** In Northampton. (R,S)
- 2.20 Four In A Bed (R,S)**
- 2.50 Four In A Bed (R,S)**
- 3.20 Four In A Bed (R,S)**
- 3.55 Four In A Bed (R,S)**
- 4.25 Four In A Bed (R,S)**
- 4.55 NEW Path To Paris: The Hunt For Gold** Part one of two. British athletes prepare for the Olympic and Paralympic Games. (S)
- 5.55 C4 News (S)**
- 6.25 Paris 2024 Paralympics: Meet The Athletes (S)**
- 6.30 F1: Hungarian Grand Prix Qualifying Highlights** The battle for grid positions at the Hungaroring. (S)
- 8.00 NEW MH17: The Plane Crash That Shook The World** The secret war that was triggered by the destruction of Malaysia Airlines Flight 17. (S)
- 9.00 FILM Kingsman: The Golden Circle** Comedy adventure, starring Taron Egerton. (2017) ★★★★★ (S)
- 11.45 Paris 2024 Paralympics: Meet The Athletes (R,S)**
- 11.50 FILM London Has Fallen** Action thriller, starring Gerard Butler and Aaron Eckhart. (2016) ★★ (S)
- 1.35-3.20am FILM In The Earth** Horror, starring Joel Fry and Reece Shearsmith. (2021) ★★ (S)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

- 6.00 am Milkshake!**
- 8.50 Play Like A Sponge (S)**
Followed by **Entertainment News On 5**
- 9.05 Eggheads** A team of chemists take part. (R,S)
- 9.30 Bargain-Loving Brits In The Sun** Triple bill. (R,S)
- 12.05 Dogs Behaving (Very) Badly**
Graeme Hall meets an owner struggling to work from home because of his disruptive dog. (R,S)



NEW
9pm Jay Blades: The West End...

- 1.05 Dogs Behaving (Very) Badly** Puppies. (R,S)
- 2.05 Dogs Behaving (Very) Badly** An Italian greyhound. (R,S)
- 3.00 Somerset: Wonder Of The West Country (R,S)**
- 4.00 Cumbria: The Lakes & The Coast (R,S)**
- 5.00 Wendy Craig: All The Laughs & More (R,S)**
Then **5 News Weekend**
- 6.30 The King's Guard: Serving The Crown** The seven regiments are just under a week away from the Coronation of King Charles. (R,S)
- 7.30 Clarence House: A Royal Residence** A look at the home of King Charles and Queen Camilla, a stately Georgian mansion on the Mall that is tucked away from the tourist trail and surprisingly unknown by the public. (R,S)
- 9.00 NEW Jay Blades: The West End Through Time (2/2)** Jay learns how the West End became a place for everyone. (S)
- 10.00 When 80s TV Goes Horribly Wrong** A look at some of the small screen disasters from the 1980s. (R,S)
- 12.05 Britain's Favourite 70s Toys** A countdown. (R,S)
- 1.00-3am PlayOJO Live Casino Show (S)**

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except: 5pm Garden Rescue 5.30 Taking On The Irish Sea - Our Lives 6.00-6.30 Weatherman Walking: The Welsh

Coast 11.05 Legends Of Welsh Sport: Bob Morgan 11.35 FILM The Courier (2020) 1.20-6am BBC News BBC TWO WALES As main BBC TWO except: 6pm Iolo: A Wild Life 6.30-7pm Wynne's Welsh 70s S4C 6am Cyw 8.00-10.00 Stwnsh Sadwrn 8.00 Stwnsh

Sadwrn Byw 8.05 Seligo 9.00 Siwrne Ni 9.10 Laria 9.15 Lego Ffrindiau: Amdani Ferched! 9.30 Tekkers 10.00 Waiiau'n Siarad 11.00 Bywyd Epic: Chris 11.30 Garddio A Mwy 12noon Ffermio 1pm Hen Dy Newydd 2.00 Seiclo: Tour De France 4.40 Sgwrs Dan Y Lloer 5.15 Ein

Llwybrau Celtaidd 5.45 Para-Triathlon Y Byd, Abertawe 2024 6.15 Clwb Rygbi Rhyngwladol 7.15 Newyddion A Chwaraeon 7.30 Colleen Ramsey: Bywyd A Bwyd 8.00 Noson Lawen 9.00 Seiclo: Tour De France 9.30 Canu Gyda Fy Arwr 10.30-11.35pm Am Ddr!

FREEVIEW AND SATELLITE CHANNELS

ITV2

- 11.30am Dress To Impress 1.30 NEW EPISODE!** American Ninja Warrior 2.30 In For A Penny 3.00 FILM How To Train Your Dragon (2010) 5.00 Family Fortunes 6.00 Celebrity Catchphrase 7.00 FILM Legally Blonde 2: Red, White And Blonde. Comedy sequel, starring Reese Witherspoon and Sally Field. (2003) 9.00 NEW EPISODE! Love Island: Unseen Bits. More unaired moments from a rollercoaster week in the villa. 10.05 Olivia Attwood Vs The Trolls 11.05 Family Guy 12.05 American Dad! 1.05 CelebAbility 1.50 All American 2.45-3am Unwind With ITV

ITV3

- 10.25am Inspector Morse 12.40 Poirot 7.00 Midsomer Murders**

- 9.00 Grantchester 11.05 Endeavour 12.55 Poirot 2.00-2.30am Unwind With ITV**

ITV4

- 11.55am** Made In Britain **12.30 LIVE SPORT!** Tour De France Live **4.45** World Of Sport **4.55** River Monsters **7.00** Tour De France Highlights **8.00 FILM** The Living Daylights. James Bond adventure, with Timothy Dalton and Maryam d'Abo. (1987) **10.45** FILM The World's End (2013) **12.50** Made In Britain **1.45** The Professionals **2.45-3am** Unwind With ITV

BBC THREE

- 7pm** Laugh Lessons **7.05** EastEnders **8.00** The Fast And The Farmer-ish **8.30** Gavin & Stacey **9.00 NEW SERIES!** Canada's Drag

- Race: Canada Vs The World.** Queens from around the world descend on Canada once again. **10.00** Two Pints Of Lager And A Packet Of Crisps **11.00** Gavin & Stacey **11.30** Paddy & Molly: Show No Mercy **12.30** The Fast And The Farmer-ish **1.00** Kyle: The Gunman Who Divided America **2.00** Two Pints Of Lager And A Packet Of Crisps **3.00-4am** Paddy & Molly: Show No Mercy

BBC FOUR

- 7pm** Patagonia: Earth's Secret Paradise **8.00** Francesco's Venice **9.00 NEW EPISODE!** End Of Summer **10.50** Parkinson: Kenneth Williams Interviews **11.30** Comic Roots: Kenneth Williams **12.00** One Foot In The Grave **12.30** Butterflies **1.00** Cilla At The BBC **2.00** Patagonia: Earth's Secret

- Paradise 3.00-4am** Britain's Forgotten Slave Owners

E4

- 11.15am** Ramsay's Kitchen Nightmares USA **1.15** FILM The Adventures Of Tintin (2011) **3.20** FILM Puss In Boots (2011) **5.05** Modern Family **6.00** The Big Bang Theory **9.00** Celebrity Gogglebox **10.00** Gogglebox **12.10** First Dates **2.20** Gogglebox **3.15** Ramsay's Kitchen Nightmares USA **4.05-6am** Modern Family

MORE4

- 11.25am** A Place In The Sun **12.30** Location, Location, Location **2.35** Come Dine With Me **5.15** Four In A Bed **7.55** Help! We Bought A Hotel **9.00** 24 Hours In A&E **11.05** 8 Out Of 10 Cats Does Countdown **1.10**

- 24 Hours In A&E 3.15-3.45am** Food Unwrapped

FILM4

- 11am** Dad's Army (1971) **12.55** Tooth Fairy (2010) **3.00** Maid In Manhattan (2002) **5.10** Men In Black II (2002) **6.55** Men In Black 3 (2012) **9.00** Passengers. Sci-fi drama, starring Jennifer Lawrence and Chris Pratt. (2016) **11.15** The Grudge (2020) **1.05-4am** A Time To Kill (1996)

TALKING PICTURES

- 12noon** Hawkeye & The Last Of The Mohicans **12.35** FILM The Frozen North (1922) **12.55** FILM Women Of The Prehistoric Planet (1966) **2.40** Look At Life **3.00** Captain Scarlet And The Mysterons **3.35** A Case For PC 49 **5.15** Scotland Yard

GREAT! ACTION

- 1.10pm** FILM The Professionals (1966) **3.35** FILM Death Rides A Horse (1967) **6.00** FILM The Day Of The Jackal (1973) **9.00** FILM Hamburger Hill (1987) **11.20** FILM To End All Wars (2001) **1.50** FILM The Blitz On London **2.55** The Blitz On Cologne **4.00-5am** Wild West Chronicles

Code word

In this crossword, each letter of the alphabet appears as a code number. Crack the code to complete the grid. We have given you some letters to start you off. Once you've completed the puzzle, transfer the appropriate letters to the smaller grid to spell out the name of a *Home and Away* character.

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

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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

O X B

2	13	8	11	15	19	2	10	13	2
---	----	---	----	----	----	---	----	----	---

Puzzles

Word spiral

In this puzzle, the last letter of each solution word is the first letter of the next. Once completed, the shaded diagonal letters – read left to right – will spell out the name of a former *Hollyoaks* actor.

1				2						3
		8						9		
7								14		
	13				18					
		17					20			4
									15	
	12				21					
6						19				
					16					10
								11		
										5

- Leto, Oscar-winning actor (5)
- Intrude on, interrupt (7)
- Tied up (5)
- Manufacturers of spirits (10)
- Expressing understanding (11)
- Nestle down (on a sofa) (4,2)
- Having little or no money (4)
- Ancient object (5)
- Finding fault with (11)
- Down in the mouth (4)
- Was naughty (10)
- Hard of hearing (4)
- Group of supporters (3,4)
- Writing table with drawers (6)
- Not listened to (7)
- Act of getting rid of something (8)
- Dua ____, *Levitating* singer (4)
- Down in the dumps (2,1,3,3)
- Admiring term for your spouse (6,4)
- Soft fabric often used for toy-making (4)
- Old-fashioned word for 'you' (4)

Mind the gap

Fill these three-letter words into the spaces on the right, so that each row spells out a word. Once completed, the shaded column – read top to bottom – will spell out the name of an *EastEnders* character.

- ALL RUM
APE SEE
MAT SIR
RID TON

D	R	Y	S				E
A	C	T	U				Y
D	E				O	U	S
F	L	Y	P				R
A	U	T	O				E
C	O	R				O	R
B	I	R	D				D
H	A	R					P

Arrow word

Follow the arrows to fill in your answers. Then rearrange the letters in the shaded squares to spell out the surname of a *Coronation Street* family.

Theatre play		Religious verse		Swoops down		Search for water		Clan enmity	Run for it
Statistics		Move on snow				Disconnected			
				A, e, i, o, or u					
Healing ointment		__ Mack, comedian				Take legal action against			
				Unglazed leather					

Kriss kross

Using logic, fit all the words in the grid. Then rearrange the shaded squares to spell out the name of an *Emmerdale* character.

- 3 letters: BAG, BYE, GAP, HUE, URN, USE
- 4 letters: AMID, BURN, CLEF, GAFF
- 5 letters: ACUTE, FLESH, IDEAL, PIPER, SEPIA, USUAL
- 9 letters: GOLDFINCH, SAGEBRUSH

Answers

AMY BARTON

G	O	L	D	F	I	N	C	H
B	A	E	A	C	T	E		
A	M	I	D	C	L	E	F	
S	A	G	E	B	R	U	S	H

KRISS KROSS

WEBSTER

B	A	L	M	S	U	E	D	E
D	A	T	A	V	O	W	E	L
R	S	K	I	O	F	F		

ARROW WORD

MIND THE GAP

TARA MISU
HARRUMPH
BIRDSEED
CORRIDOR
AUTOMATE
FLYPAPER
DESIROUS
ACTUALLY
DRYSTONE

WORD SPIRAL: JON PAUL BELL

J	A	R	E	D	I	S	T	R	B
P	A	N	C	L	U	B	U	R	I
L	A	L	A	H	O	L	E		
R	E	L	A	T	E				
F	L	A	P	M	Y	S	R	E	

CODE WORD: REMI CARTER

D	L	S	E	E	M	B	L	E	M			
A	O	A	H	E								
G	A	R	O	O	M	C	I	A	R			
T	O	X	R	O	O	M						
J	A	B	A	C	O							
T	W											
T	O	B	A	C	O							
N	E	B	U	L	A							
F	O	N	T	T	E	D						
N	E	M	B	L	E							
K	M											
S	T											
A	V	A										
O	L											
G	R	I	E									
D	E	R	I	D	E							
O	R											
E	N	G										
D	E	V	E									
L	O											
U	N	T	I	O	E							
L	O	E										
I	O											
L	O											
W	C	O	Z	Z	A	F	V	H	K	D	L	B

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