



**DRAMA IN RACE FOR WHITE HOUSE**

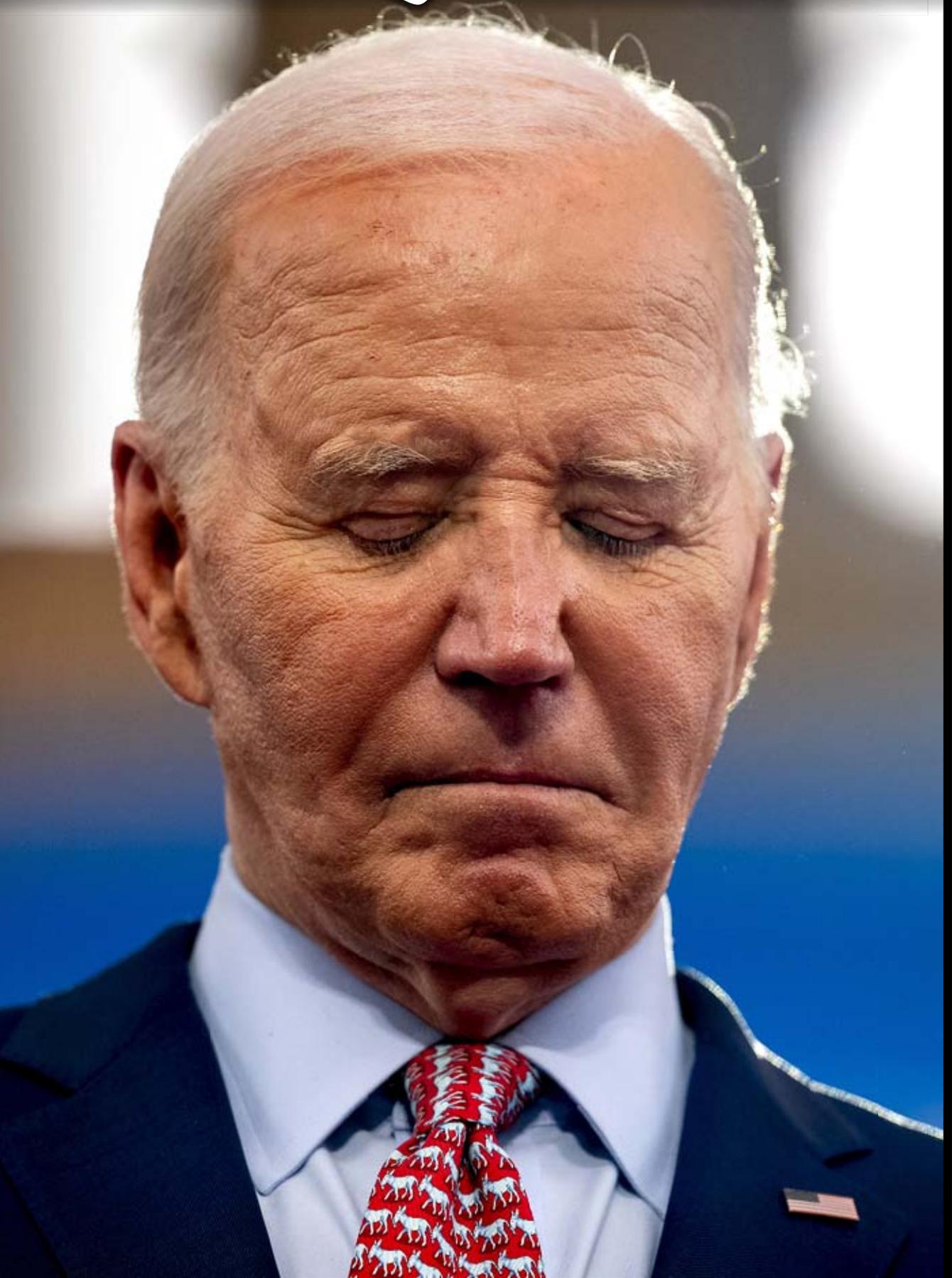
# BIDEN QUILTS

● **President caves in to pressure after disastrous debate**

● **'Stands down in interest of party and the country'**

● **81-year-old backs Kamala Harris as his replacement**

● **Trump: Biden is worst President in history of U.S.**



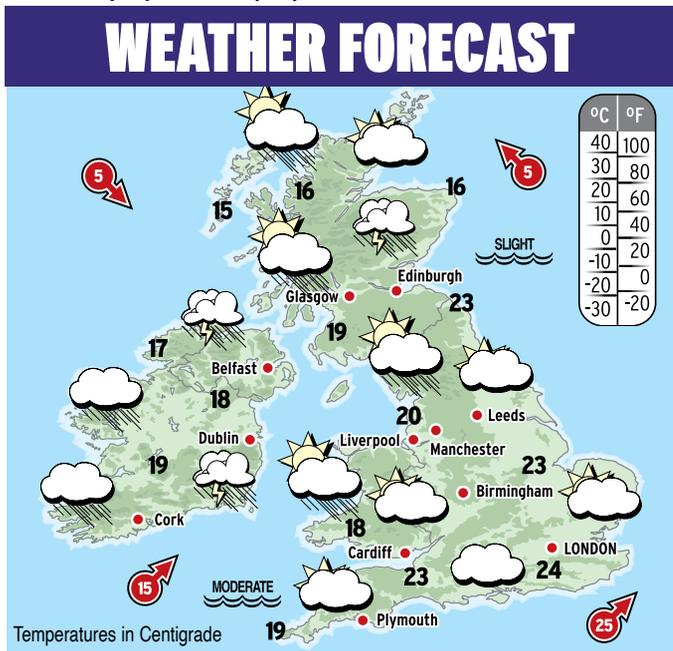
By **Martyn Brown** Deputy Political Editor

**JOE Biden dramatically quit the US presidential race last night, saying: "It is in the best interest of my party and the country".**

His seismic decision could pave the way for Republican rival Donald Trump, who survived an assassination attempt on July 13, to claim victory.

Biden, 81, stepped aside after facing weeks of questions over his fitness to serve following his disastrous presidential debate performance that sparked a series of fumbles he could not recover from. He is the

TURN TO PAGE 4



**Today's summary: Sunny spells and showers**

**North West:** Mostly cloudy with the risk of an isolated shower. Moderate south-westerly winds. High 20C (68F).

**Northern Ireland:** Cloudy and showery. Hail and thunder are possible later. Gentle north-westerly winds. High 18C (64F).

**Wales:** Possibly the odd shower, but becoming brighter later. Moderate south-westerly winds. High 23C (73F).

**Midlands:** Possibly the odd shower, but becoming brighter later. Moderate south-westerly winds. High 23C (73F).

**North East/Yorks:** Mainly dry but with the small threat of a shower breaking out. Moderate westerly winds. High 23C (73F).

**Scotland:** Cloudy, with spells of light rain for a time and showers later. Light to gentle winds. High 18C (64F).

**East Anglia:** Mainly dry but with the threat of a shower. Moderate south-westerly winds. Warm. High 24C (75F).

**London/South East:** Mostly dry with the chance of the odd shower developing. Brisk south-westerly winds. High 24C (75F).

**South:** Wet with light rain for a time. Brighter later. Brisk south-westerly winds. High 23C (73F).

**South West:** Cloudy with the small chance of the odd shower. Freshening westerly winds. Humid. High 23C (73F).

**Channel Isles:** Cloudy with patchy light rain, especially during the morning. Brisk south-westerly winds. High 20C (68F).

**Sea:** North Sea: Moderate. Irish Sea: Moderate. Channel: Moderate.

**UK OUTLOOK TOMORROW:** Sunny spells and a scattering of light showers tomorrow morning. Drier during the afternoon but clouds will begin to thicken from the west.

**SIX-DAY FORECAST** Temperatures in Centigrade

	TUE	WED	THU	FRI	SAT	SUN
	min max					
London	14 24	15 25	15 21	14 24	13 23	14 25
Belfast	11 19	15 20	10 18	10 17	10 18	12 19
Birmingham	12 22	14 24	13 20	12 22	11 20	12 22
Cardiff	12 23	14 22	13 20	11 21	11 20	12 22
Glasgow	11 19	15 20	11 18	12 17	11 18	12 18
Manchester	12 21	15 23	14 20	11 19	11 20	12 21
Newcastle	12 18	14 22	12 21	11 19	11 19	11 20
Norwich	11 20	14 23	15 21	13 22	12 21	12 22
Plymouth	12 22	15 21	13 20	12 20	12 20	13 22

**Britain yesterday**

Aberdeen	5.4	0.28	11	18
Aberporth	6.6	0.03	12	16
Alnwick	5.3	0.04	12	18
Belfast	1.1	0.04	10	16
Birmingham	4.9	0.03	13	20
B'mouth	6.1	0.13	15	22
Bristol	5.2	0.02	14	20
Cardiff	6.0	0.00	14	18
Durham	6.0	0.01	12	18
Edinburgh	2.2	0.24	9	17

**Extremes:** (73F) Coldest: Loch Glascomoch 4C (39F) Wettest: Lerwick 1.13in. (39F) Sunniest: Weybourne 8.3hr.

**Lighting-up times**

Belfast	9.40pm-5.20am
Birmingham	9.14pm-5.14am
Bristol	9.12pm-5.21am

**Moon, sun and tides**

MOON rises: 10.11pm, sets: 5.52am  
 SUN rises London: 5.10am, sets: 9.02pm  
 Manchester rises: 5.09am, sets: 9.20pm  
 Last Quarter 28 July

**HIGH TIDE**

London B'ge	(3.13am), (3.39pm)
Liverpool	(12.13am), (12.41pm)
Greenock	(1.37am), (1.58pm)
Dover	(12.10am), (12.34pm)

**Europe forecast**

City	Today	Temp	City	Tomorrow	Temp
Amsterdam	Cloudy	22C/72F	Amsterdam	Thunder	20C/68F
Brussels	Cloudy	23C/73F	Brussels	Thunder	22C/72F
Dublin	Thunder	20C/68F	Dublin	Cloudy	20C/68F
Frankfurt	Fair	28C/82F	Frankfurt	Thunder	25C/77F
Geneva	Drizzle	25C/77F	Geneva	Fair	27C/81F
Lisbon	Sunny	35C/95F	Lisbon	Sunny	34C/93F
Madrid	Sunny	36C/97F	Madrid	Sunny	39C/102F
Paris	Cloudy	26C/79F	Paris	Showers	26C/79F
Rome	Fair	33C/91F	Rome	Sunny	33C/91F

**Around the world yesterday**

City	Temp	City	Temp	City	Temp
Amsterdam	Fair 21 70	Hong Kong	Thndr 31 88	New York	Cloudy 28 82
Athens	Sunny 35 95	Istanbul	Sunny 33 91	Nice	Sunny 27 81
Barcelona	Thndr 26 79	Jersey	Fair 17 63	Nicosia	Sunny 40 104
Berlin	Sunny 30 86	Lamaca	Sunny 36 97	Perth	Sunny Shwrs 16 61
Budapest	Fair 28 82	Las Palmas	Sunny 27 81	Prague	Sunny 29 84
Cairo	Sunny 37 99	Los Angeles	Sunny 21 70	Singapore	Sunny Shwrs 32 90
Cape Town	Fair 5 41	Luxor	Sunny 41 106	Stockholm	Sunny Shwrs 23 73
Casablanca	Sunny 25 77	Malaga	Sunny 36 97	Sydney	Sunny 17 63
Corfu	Sunny 33 91	Mallorca	Sunny 29 84	Tel Aviv	Sunny 34 93
Dublin	Sunny Shwrs 16 61	Malta	Sunny 34 93	Tenerife	Sunny 29 84
Dubrovnik	Sunny 29 84	Melbourne	Fair 16 61	Toronto	Sunny 26 79
Faro	Sunny 25 77	Miami	Sunny Shwrs 29 84	Tunis	Sunny 40 104
Florence	Sunny 32 90	Moscow	Sunny Shwrs 22 72	Venice	Sunny 28 82
Gibraltar	Sunny 27 81	Nairobi	Fair 22 72	Vienna	Sunny 28 82
Guernsey	Fair 17 63	New Delhi	Sunny Shwrs 35 95	Warsaw	Sunny 29 84

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# Hi-tech British airport trolleys set for take off

**EXCLUSIVE**  
 By **Giles Sheldrick**  
 Chief Reporter



BRITISH-MADE driverless luggage trolleys are about to be used at airports around the world in yet another export triumph. The baggage-handling vehicles, designed and built by Coventry-based Aurriigo, have just been given the seal of approval at Stuttgart Airport after a test run.

German transport minister Oliver Luksic said: "They can make processes more efficient and safer. This is a crucial step towards a digital and interconnected air-freight transport chain." It comes after a £2.5million deal with Singapore Changi Airport and the US's Cincinnati/Northern Kentucky international airport. The all-electric trolleys -

called Auto-Dolly Tugs - are available as driverless or manual and carry 30% more than a traditional diesel-powered version. Luggage is loaded and unloaded autonomously by robotic arms. It is hoped the trolleys will help prevent the disruption seen at British airports last summer when airport security and baggage handling

staff threatened a succession of walk-outs. Professor Benjamin Bierwirth, from Frankfurt University of Applied Sciences, said: "I expect these vehicles to be in continuous operational use at major airports within the next five years. "[They can make] baggage handling more predictable and resilient even in times of skilled labour shortages."

## Confusion on doc job

By **Allister Hagger**

ALMOST a quarter of people do not know the difference between a doctor and a "physician associate", a poll for Healthwatch England has found. PAs are underlings who are not allowed to prescribe medication or order imaging scans involving radiation. They have been under increased scrutiny after the death of Emily Chesterton, 30, in November 2022. She thought she was seeing a GP but was actually seen twice by a physician associate, who failed to spot a blood clot that then got to her lungs and killed her.

## Dust threat to aircraft

By **Stephen Beech**

PLANES flying into desert regions are facing engine wear caused by dust in the air as they circle to land. Researchers at Reading University looked at 10 major airports in desert regions or subject to dust storms. Jets flying in and out of Delhi top the list with around 22lb of dust per 1,000 flights. Researcher Dr Claire Ryder said dust and sand melt to form deposits in engines that cause overheating and wear. The study is published in the journal Natural Hazards and Earth System Sciences.

# £150m for nature recovery

PROJECTS aiming to boost nature recovery will receive a share of £150million from the National Lottery Heritage Fund. The money will reach around 20 large-scale schemes as part of a decade-long initiative called Landscape Connections. It will focus on areas of outstanding natural beauty and national parks and landscapes. Julian Glover, trustee of the

Heritage Fund, said: "This is a chance to make them flourish by working with those who know them best, from naturalists to businesses and farmers." Culture Secretary Lisa Nandy said the investment will ensure "we can preserve our landscapes for future generations".

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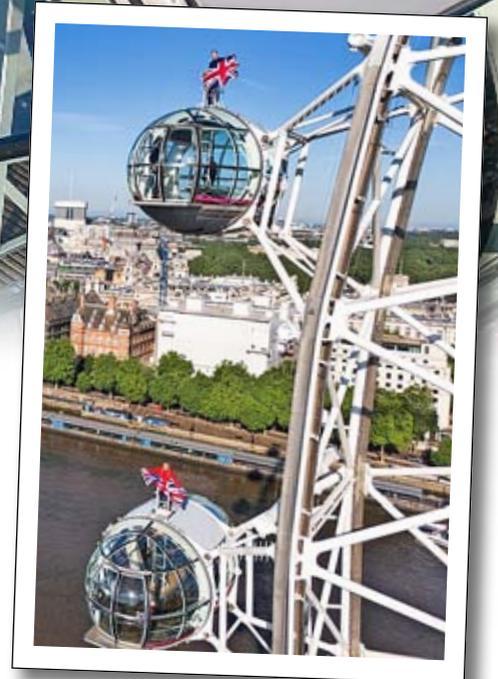
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## BIKE HEROES CHEER ON UK OLYMPIANS

## Pedal power couple flying Eye over London



The only way is up... Jason and Laura fly flag for Team GB on London landmark



BRITAIN'S most successful Olympic couple fly the flag again perched on the London Eye to cheer Team GB on and inspire the next generation of athletes.

Cyclists Dame Laura and Sir Jason Kenny's sky-high feat above the capital came before the Paris Olympics opening ceremony on Friday.

The couple, from Knutsford, Cheshire, have 12 Olympic cycling golds and three silver medals between them.

But, as it is the first Games without them since the London 2012, they wanted to show their support in a way the nation

By **Chris Riches**

would never forget. Laura, 32, who retired earlier this year to concentrate on raising the couple's two boys aged seven and one, wore red as she reached the top of the Eye.

On a capsule beside her Jason, 36, who retired from the velodrome in 2022 to become British Cycling's men's podium sprint coach, donned a blue top.

Laura initially hoped to compete in Paris this summer.

But in March she made the surprise

announcement she was retiring, saying: "I have had an absolute blast but now is the time for me to hang that bike up."

She gave birth to her first son, Albie, in 2017 after which she returned to cycling, hoping to juggle motherhood with competing in the elite sport.

After a miscarriage in 2021 and an ectopic pregnancy months later, Laura and Jason's second son, Monty, was born last year.

But Laura found she preferred being at home with the children and eventually decided to quit cycling.



Champion...Linford wins 100m gold at 1992 Olympics. Right, star now

## Linford: I've suffered for 25 years after being called a drugs cheat

FORMER Olympic sprint champion Linford Christie's children were moved to tears when he told how he suffered for 25 years after being accused of taking steroids.

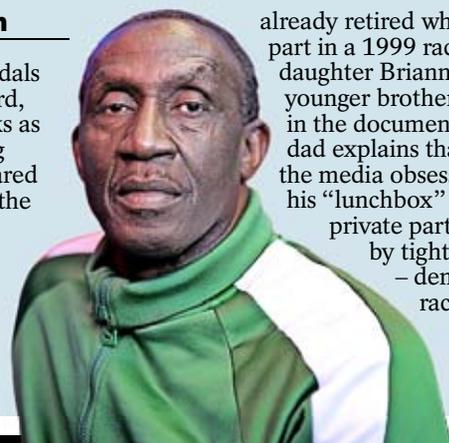
Christie, 64, had a glittering career featuring Olympic, World, European and Commonwealth titles.

But in a new documentary he tells of his struggle since testing positive for the banned substance nandrolone in 1999 – and admits he no longer

By **Nicola Methven**

knows where his medals are. Londoner Linford, right, who now works as a coach, denies using steroids. He was cleared by UK Athletics but the International Association of Athletics Federations banned him for two years.

However, the father of eight had



already retired when he took part in a 1999 race. Linford's daughter Briannah and her younger brother Kian weep in the documentary. Their dad explains that he found the media obsession with his "lunchbox" – his private parts outlined by tight shorts – demeaning and racist.

He said: "It was total

ignorance." In the 90-minute film he goes further on the racism he experienced.

He said: "I am so proud to be British but one of the officials reprimanded me for wrapping the Union Jack around me when I won.

"They said it was not the done thing, but everybody else did it. What he meant was it was not the done thing for a black person."

● *Linford will be shown on BBC1 on Thursday at 8.30pm.*

# 'It has been a great honour

FROM PAGE ONE

first President to step aside from a re-election race since Lyndon Johnson in 1968 at the height of the Vietnam War.

Democrat Mr Biden plans to serve out the rest of his term in office, which ends on January 20 next year. His historic exit comes after a 50-year career in politics in which he was Vice President to Barack Obama.

After telling close aides of his decision to step aside at 6.45pm UK time Mr Biden posted a letter on his social media account, saying it had been the greatest honour of his life to be President.

He added: "And while it has been my intention to seek re-election, I believe it is in the best interest of my party and the country for me to stand down and to focus solely on fulfilling the duties as President for the remainder of my term."

He quickly endorsed Vice President Kamala Harris to be the Democrat presidential candidate

JOSEPH R. BIDEN, JR.  
July 21, 2024

My Fellow Americans,

Over the past three and a half years, we have made great progress as a Nation.

Today, America has the strongest economy in the world. We've made historic investments in rebuilding our Nation, in lowering prescription drug costs for seniors, and in expanding affordable health care to a record number of Americans. We've provided critically needed care to a million veterans exposed to toxic substances. Passed the first gun safety law in 30 years. Appointed the first African American woman to the Supreme Court. And passed the most significant climate legislation in the history of the world. America has never been better positioned to lead than we are today.

I know none of this could have been done without you, the American people. Together, we overcame a once in a century pandemic and the worst economic crisis since the Great Depression. We've protected and preserved our Democracy. And we've revitalized and strengthened our alliances around the world.

It has been the greatest honor of my life to serve as your President. And while it has been my intention to seek reelection, I believe it is in the best interest of my party and the country for me to stand down and to focus solely on fulfilling my duties as President for the remainder of my term.

I will speak to the Nation later this week in more detail about my decision.

For now, let me express my deepest gratitude to all those who have worked so hard to see me reelected. I want to thank Vice President Kamala Harris for being an extraordinary partner in all this work. And let me express my heartfelt appreciation to the American people for the faith and trust you have placed in me.

I believe today what I always have: that there is nothing America can't do – when we do it together. We just have to remember we are the United States of America.




Joe Biden...the President, right, his resignation letter, left, and with Ms Harris, above

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in the election on November 5. Mr Biden went on: "My very first decision as the party nominee in 2020 was to pick Kamala Harris as my Vice President. And it's been the best decision I've made.

"Today I want to offer my full support and endorsement for Kamala to be the nominee of our party this year. Democrats – it's time to come together and beat Trump. Let's do this."

Ms Harris, 59, said she was "honoured" to have the backing and thanked Mr Biden for his "extraordinary leadership"

and for his "selfless and patriotic act" in stepping

**Brutal...race rival Donald Trump hit out at Mr Biden**



aside. She added: "My intention is to earn and win this nomination. I will do everything in my power to unite the Democratic Party – and unite our nation – to defeat Donald Trump. We have 107 days until election day. Together, we will fight. And together, we will win."

The endorsement stunned White House and campaign aides, who found out on social media. One Democrat told website Politico: "We're all finding out by tweet – none of us understand what's happening." In a sign of the abruptness of the decision, the Biden-Harris campaign sent out a fundraising email for

**PAINFUL GAFFES OF AMERICA'S OLDEST LEADER WHO SHOWED**

**JOSEPH Robinette Biden Jr has had a 50-year career, culminating in becoming, at 78, America's 46th president – the oldest person to attain that office.**

**He poked fun at himself for a long history of verbal slips and embarrassing blunders, often put down to his age.**

**His error-strewn speeches and humiliating slip-ups became the**

**By Giles Sheldrick**

hallmark of the man Donald Trump dubbed "Sleepy Joe".

Biden became a Delaware senator in 1973 after a car crash killed his first wife and daughter.

He ran for the Democratic presidential nomination before the 1988 election but his campaign halted after he was

accused of stealing a speech by former UK Labour leader Neil Kinnock.

Mr Kinnock had said: "Why am I the first Kinnock in a thousand generations to be able to get to university? Was it because all our predecessors were thick?"

Biden said: "Why is it that Joe Biden is the first in his family ever to go to a university? Is it

"Joe and Kamala" eight minutes after the announcement.

It comes days after Mr Biden quit the election campaign trail with a diagnosis of Covid, triggering even more speculation that he would drop out.

More than 30 Democrat mem-

bers of Congress had called on him to step aside. In the showdown against ex-President Trump last month, Mr Biden was often seen with his mouth open and a blank stare. He stumbled, froze, lost his train of thought and mumbled.

Just 12 minutes into the debate,

Mr Trump said: "I really don't know what he said. I don't think he knows what he said either."

Mr Biden also referred to Ukraine's President Volodymyr Zelensky as "Putin" recently. He had said only the "Lord Almighty" could make him withdraw but later

# to serve as your President'

Pictures: PHIL HARRIS, GETTY



## BIDEN'S DOWNFALL

**MARCH 2021:** Concerns were raised after President Biden slipped and stumbled attempting to board Air Force One. An aide blamed windy weather.

**MARCH 2022:** His State of the Union address was marred by a series of excruciating mistakes in which he said "Iranian" when he meant "Ukrainian", "America" when he meant "Delaware" and "profits" when he meant "prices".

**JUNE 2022:** He had an accident near his Delaware home blaming "toe cages" on his bicycle being tangled.

**SEPTEMBER 2022:** During a conference on food insecurity, President Biden sought out Jackie Walorski, an Indiana representative who died in a car accident the previous month. He thanked event organisers, then asked: "Jackie, are you here? Where's Jackie?"

**OCTOBER 2022:** He kicked off a speech on the economy in Maryland by saying: "Let me start with two words: 'Made in America'."

**NOVEMBER 2022:** At a campaign rally in Florida, he blamed rising inflation on "a war in Iraq" when he meant Ukraine. But in trying to correct himself he only made matters worse, saying: "I think of Iraq because that's where my son died." Beau Biden returned home in 2009 and died of brain cancer in 2015.

**APRIL 2023:** During a visit to Ireland, President Biden called New Zealand's All Blacks rugby team the "Black and Tans", the name of British recruits to the Royal Irish Constabulary in the 1920s.

**MAY 2023:** At the G7 conference in Japan, he said he had "spoken at length with President Loon of South Korea", meaning President, Yoon Suk Yeol.

**JUNE 2023:** President Biden tripped and fell over a sandbag on stage at a US Air Force Academy graduation event in Colorado Springs, joking he got "sandbagged". Later that month, he referred to then prime minister Rishi Sunak as "president" before saying: "I just promoted you."

**SEPTEMBER 2023:** He was incoherent during a press conference in Hanoi, Vietnam, which was abruptly brought to an end by a White House aide who said: "Thank you, everybody,

this ends the press conference." Moments earlier, he told reporters: "I don't know about you but I'm going to go to bed."

**FEBRUARY 2024:** At a campaign rally in Las Vegas, he said: "I sat down and I said: 'America is back.' And Mitterrand, from Germany - I mean, from France looked at me ..." He meant President Emmanuel Macron.

**JUNE 2024:** President Biden stood stock still and motionless during a Juneteenth musical performance at the White House, leading to speculation he had "frozen". He lost his train of thought while making his case on tax rates and the number of billionaires in America during the first televised presidential debate in Atlanta.

The next day, he appeared to acknowledge the performance, saying, "I know I'm not a young man, to state the obvious. I don't walk as easy as I used to. I don't speak as smoothly as I used to. I don't debate as well as I used to, but I know what I do know, I know how to tell the truth."

**JULY 2024:** President Biden offered an explanation for his below par debate performance at a Virginia fundraiser, saying he was jet-lagged after having gone to France, California and then Italy before taking down time in Delaware and Camp David. He arrived at Camp David on June 20, seven days before the debate.

Days later, he tried to end speculation over his fitness to contest the November election, explaining: "Let me say this as clearly as I possibly can, as simply and straightforward as I can, I am running. No one's pushing me out. I'm not leaving. I'm in this race to the end and we're going to win."

At the Nato summit in Washington, when introducing Volodymyr Zelensky, he said: "And now I want to hand it over to the president of Ukraine, who has as much courage as he has determination, ladies and gentlemen, President Putin."

The White House confirmed the President saw a neurologist on January 17 for a routine examination and on July 17 he confirmed he had tested positive for Covid, was experiencing mild symptoms and was going to self-isolate at his Delaware home. Four days later, he pulled out of the race for a second term.

## LITTLE RESPECT TOWARDS THE UK

because our fathers and mothers were not bright?"

Critics say he has had an antagonistic attitude to Britain.

Mr Trump, as President, gave pride of place to the Jacob Epstein bust of Winston Churchill in the White House. Mr Biden changed it for union leader Cesar Chavez.

A gaffe-prone visit to Ireland to mark the 25th anniversary of the

Good Friday Agreement last year was not supportive either.

In Israel a year earlier, despite tenuous links to the Republic, Biden played the Irish card, saying: "The background of my family is Irish-American, and we have a long history not unlike the Palestinian people, with Great Britain and their attitude toward Irish Catholics over the years."

added he would consider stepping down if he had a health condition.

Mr Trump gave a brutal assessment of his now ex-rival, saying: "Joe Biden is the worst President in the history of the United States by far. There has never been a President who has done such dam-

age." He claimed it will be easier to defeat Ms Harris than Mr Biden.

He went on: "Joe Biden was not fit to run for President, and is certainly not fit to serve." Reform UK leader Nigel Farage, who told the Daily Express he expected Mr Biden to stand down last year, said:

"Whoever they pick, Trump will win in November."

Former Democrat President Bill Clinton and his ex-Secretary of State wife Hillary praised Mr Biden and endorsed Ms Harris.

However, Mr Obama praised his former VP but called on Democrat party leaders to find "an outstanding nominee".

### Crucial

PM Sir Keir Starmer said last night: "President Biden will have made his decision based on what he believes is in the best interests of the American people."

The Democrats' crucial national convention is scheduled to begin on August 19 in Chicago.

# Political earthquake as stumbling Biden's dreams go off the rails, crash and burn

## ANALYSIS

**CHRISTOPHER BUCKTIN**  
US Editor



It was a case of when, rather than if, Joe Biden would step down following his disastrous TV debate performance, which proved he was no longer fit for four more years in the White House.

The decision, however, should have come weeks ago – sparing Democrats from the prolonged agony of defending their leader's increasingly evident fragility.

The party must now confront profound questions about why this charade persisted for so long, undermining its credibility and strategy while allowing Republicans to gain ground.

But before such an inquest, their focus must turn to who will take on Trump on November 5.

### Vigorous

Biden's decision clears a path for Vice President Kamala Harris, a scenario that seemed unlikely for much of the past three years.

She has often been viewed as a liability due to consistently lower approval ratings than her boss.

However, Democratic desperation and Harris's recent strong performance as a vigorous spokesperson and loyal deputy have shifted perceptions.

Should she receive the nomination, she would be the first woman of colour to head a national ticket and, if victorious,



*Spoke in the works... Biden fell off his bike at an event in Delaware in June 2022 when doubts about his health were starting to gain traction. Right, Kamala Harris may step in*



the first female president. Several recent polls indicate she is within one or two percentage points in a head-to-head against Trump.

However, her candidacy is uncertain. Within the Democratic Party, there is anxiety about Harris's polarising image.

Many of the party faithful have been urging other potential candidates, such as Governors Gretchen Whitmer of Michigan, Gavin Newsom of California and Josh Shapiro of Pennsylvania, to run – fearing Harris might not secure a majority of voters.

Whoever takes the ticket it will pose problems for Trump, who now finds himself in an unexpected position.

He must prepare to face a potentially younger and more dynamic opponent.

His strategy relied heavily on Biden remaining in the race, banking on his perceived weaknesses to secure the win.

With Biden out, Trump is now the old man in the race who must quickly recalibrate his approach. The election dynamics have shifted dramatically, and the Republican camp must prepare for an unexpectedly vigorous contest.

More so, the shift in Democratic strategy following Biden's exit will undoubtedly reinvigorate voters who were previously reluctant to support Biden, adding further challenges for Trump.

Former undecideds who might have stayed home or voted third party are now more likely to rally behind a younger, more vibrant candidate.

All eyes will turn to the Democratic National Convention next month, where the Democratic Party must swiftly and decisively choose a new standard-bearer.

The anointment of a new leader could spell trouble for Trump.

Buckle up.

# A fall from grace that

AS Charles Dickens might have said, it was the best of decisions, it was the worst of decisions. It was totally shocking, and yet entirely expected.

It plunged America's political landscape into chaos but gave a moribund Democratic Party the chance to pull victory from the jaws of defeat.

Under the sort of mounting pressure that moves tectonic plates and shakes cities, America's presidential race experienced an earthquake yesterday as Joe Biden announced that he was withdrawing from the election.

Amid growing concerns about his age, mental acuity and fitness to run for a second term in the White House, 81-year-old Biden threw in the towel.

"I believe it is in the best interest of my party and the country for me to stand down and to focus solely on fulfilling my duties as

## ANALYSIS

**PETER SHERIDAN**  
In Los Angeles



President for the remainder of my term," he stated.

Though he will remain in the Oval Office until his presidency expires in January, Biden will no longer be the Democratic Party's candidate facing Donald Trump, who on Thursday accepted the Republican nomination.

Biden's decision to end his five-decade political career comes after three nightmare weeks when his anticipated run for another four years in office went off the rails, crashed and burned.

Biden and Trump had been running neck-and-neck in polling, when the octogenarian met Donald Trump, aged 78, in a live televised debate that left Democrats fearing

an electoral disaster. Appearing weak and frail, Biden mumbled and stumbled over his words, lost his train of thought, and seemed shell-shocked under Trump's blitz of misinformation and exaggerations.

The substance of the debate was irrelevant. Biden's enfeebled performance, watched by 51 million Americans, led many in his party to fear that the White House had been lost, and along with it the Senate and House of Representatives.

Behind closed doors at first, and then openly, leading Democrats, Senators and Congressional representatives begged for Biden to step down in the November election.

Congressman Gerald Connolly, of Virginia, agreed: "We have to cauterise this wound right now and the sooner we do it the better."

Yet Biden refused to quit, driven by ego, supported by an inner



**Gaffe... Biden introduces Ukraine's President Zelensky as Russia's Putin**

cadre of diehard aides, and urged on by his wife Dr Jill Biden, viewed as the ambitious Lady Macbeth behind the throne. Of all the Democrats who could face Trump

in the election, Biden insisted: "I'm the most qualified person to beat him." Yet Biden's attempts to allay his party's fears only made matters worse. In a TV interview designed

## QUITS WHITE HOUSE RACE

Picture: GETTY



Fall guy...Biden stumbles through his presidency



Step too far...calls for Biden to quit followed a string of gaffes



# Joe didn't see coming

to prove he was not too old or mentally challenged, Biden mistakenly called his vice-president "Trump," and referred to Ukraine leader Volodymyr Zelensky as "President Putin."

He added that "only the Lord Almighty" could convince him to step down from the race.

It is unclear whether the Lord had spoken to Biden but he clearly got the message when Democrat cheerleader George Clooney joined the chorus calling for his withdrawal and former House Speaker Nancy Pelosi told Biden that he could not win.

The final straw may have come last week when former president Barack Obama privately begged him to step down.

After consulting with his family on Saturday, and perhaps after having a private conversation with the Lord, Biden announced he was stepping down. His decision comes

less than a month before the Democratic Party meets to anoint its candidate for November, leaving the field open for a wild scrum of contenders scrambling over Biden's still-warm body for the crown.

After an embarrassing delay, he followed the announcement of his departure with belated support for his vice-president, Kamala Harris, aged 59, as his successor in November.

### Lacklustre

But coming together behind Harris may be the last thing on the minds of the Democrats, who have been unimpressed by her lacklustre performance.

Many of Biden's supporters persisted in backing him because opinion polls predicted that Harris would fare even worse than Biden in an election against Trump. The Democrats now face an existential

fight not only for their leadership, but for the future of the party.

There is no lack of contenders who could face off against Harris: California Governor Gavin Newsom, Michigan Governor Gretchen Whitmer, and US transport secretary Pete Buttigieg among the front-runners.

Dark horses include Kentucky Governor Andy Beshear and Illinois Governor J.B. Pritzker.

The Democrats face a monumental battle to introduce a new candidate and sell him or her in the four months remaining before the election. But one person is certain to be lamenting Biden's withdrawal from the race – former President Trump, who saw himself cruising to the White House.

Trump now faces the fight of his life, in what Dickens might have called A Tale Of Two Parties – one of which is in disarray, floundering to find its next leader.



Clinging on to power...Biden and First Lady Jill after presidential debate

# Bonanza pay rises 'will push up tax and prices'

By **Martyn Brown**  
Deputy Political Editor

Pictures: BBC, PA

BRITONS face a double-whammy of tax rises and soaring prices as Rachel Reeves signalled she would hand public sector workers an inflation-busting pay bonanza.

The Chancellor hinted teachers, NHS staff and police could receive rises – warning that not giving them out would lead to expensive strikes and recruitment problems.

Reports have suggested independent pay review bodies had recommended a 5.5% rise for 500,000 teachers and 1.4 million NHS staff.

But experts claim the pay boost will cost the Treasury £10billion, leading to punishing tax rises and ramping up wages by so much will cause inflation, now at 2%, to spike again.

They insist the knock-on effect will be a delay in cutting interest rates, hitting millions of mortgage holders.

Former Tory leader Sir Iain Duncan Smith said: "It will push up costs, inflation and will require more borrowing or taxes."

In her first interview from 11 Downing Street, Ms Reeves said the Government would "make sure the sums add up".

Promising a decision on public pay this month, she said: "There is a cost to not settling, a cost of further indus-



**Assault on the planning system... Reeves yesterday**

## Reeves: You'll have to suck it up on planning

By **Martyn Brown**

**RACHEL Reeves yesterday agreed that people will have to "suck it up" when it comes to the building of new houses, pylons or solar-energy farms.**

**The Chancellor admitted "tough decisions lie ahead" as controversial planning decisions are rammed through even if they face opposition.**

**Ms Reeves said drastic action needed to be taken to wean Britain off imported energy when she was asked about a massive 2,500-acre solar farm, Europe's largest, which has just been given the go-ahead on the Cambridgeshire-Suffolk border.**

**Sunnica's £600million plant faced fierce opposition from the local council and residents.**

**Asked by the BBC's Laura Kuenssberg if some communities are "going to have to suck it up" when it comes to infrastructure projects, she said: "We are going to have to make tough decisions and I'm not going to shy away from that."**

**Referencing the UK's previous reliance on Russian energy, Ms Reeves said she is "not willing for our country to be at the mercy of dictators in that way".**

**She added: "We can't just keep saying no to investment projects. If we do our economy will continue like it has been and that's not delivering for working people."**

**Labour's assault on the planning system will mean communities can debate only "how, not if" homes are built. Tim Belkin, of the Construction Industry Training Board, said there are not enough workers to meet the plans.**

**He told Times Radio there were about 50,000 vacancies in construction with an extra workers 152,000 needed.**

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trial action, and a cost in terms of the challenge we face recruiting."

Paul Johnson, director of the influential Institute for Fiscal Studies, warned to find the extra money, the Chancellor would have to increase taxes or borrowing, or make major spending cuts to services.

He said it would cost an extra £3billion for schools and the NHS alone – with the entire public sector bill expected to hit £10billion.

Mr Johnson said: "In terms of the cost, there isn't a specific number that is budgeted for schools, it's probably 1% or 2%. It's certainly nothing like 5.5%. So we'd be looking at at least an additional £1billion on schools' costs relative to what they're currently expecting – and a number at least double that across the NHS if the proposals are similar."

Shadow Chief Treasury Secretary Laura Trott said: "The positive growth and inflation figures in recent weeks are evidence the economy is turning a corner because of difficult decisions made by the Conservatives."

She said Sir Keir Starmer's Government "cannot pretend things are worse than they thought, nor that they

didn't know what their economic inheritance was when they made promises during the election".

She added: "We will keep them to these promises, particularly not raising taxes on working people."

It is understood Labour budgeted for only a 3% pay rise. Refusing to back the 5.5% proposals could spark the same strikes that dogged the Tories for the better half of the past four years.

Daniel Kebede, from the National Education

Union, said a pay award below 5.5% "would be highly inflammatory and a strike would be unavoidable".

Former Cabinet minister Sir Jacob Rees-Mogg said: "The public sector is too big. To afford these pay rises, it needs to be reduced otherwise taxes will have to rise and the economy will decline in a spiral of failure."

Labour blames the Tories for leaving them with the worst fiscal inheritance since the Second World War.

Ms Reeves accused the Tories of calling an election because "they weren't willing to make tough decisions and they just ran away".

Former Chancellor Jeremy Hunt described her claim as "absolute nonsense" designed to lay the groundwork

for tax rises. He said: "It's very clear that if you are prepared to show restraint on public sector pay, if you're prepared to be ambitious on public sector productivity and you're prepared to do welfare reform, it's perfectly possible to balance the books in a way that means taxes don't have to rise."

Meanwhile, Sir Keir will launch Skills England today, a body aimed to ensure training provision is in step with the needs of the economy. It will also seek to reduce reliance on overseas workers by addressing areas where home-grown skills can be improved.

COMMENT: PAGE 12

## Hunt blast at Suella's 'Liberal' party jibe

By **Martyn Brown**

TORY infighting over the party's future erupted yesterday after Suella Braverman was ticked off by two senior Conservatives over her rhetoric.

The former Home Secretary, expected to run to be Tory leader, used a weekend interview to warn that the Conservatives risk becoming the "21st century Liberal party".

But appearing on the BBC's Sunday With Laura Kuenssberg programme, former Chancellor Jeremy Hunt, who will not run, said the next Tory leader had to restore the reputation for "calm competence".

### Civility

He said: "In the UK, elections are won from the centre ground.

"Ordinary, decent families want controls on migration, they want the Government to show restraint on spending and keep taxes down, they want welfare to be reformed."

Lord Houchen, Tory mayor of the Tees Valley, said the party needed a "back-to-basics leader" and urged Ms Braverman to conduct the leadership contest with "civility".

Tom Tugendhat has had the endorsement to stand for leader from Steve Baker, an ardent Brexiteer, and Damian Green, ex-chairman of the One Nation Group of Tory moderates.

## Alarms for new MPs

By **Martyn Brown**

ALL new MPs have been handed a personal panic alarm as they face record levels of abuse and threats.

The 335 members elected this month were given the devices in their welcome packs.

Previously they were handed out only to MPs who requested them.

When activated, the gadget – which has a GPS tracker – alerts police so they can quickly dispatch help.

One new MP praised the measure, saying: "The Speaker is putting much more emphasis on our safety."

**Election promises... Sir Keir Starmer**



## PLEA TO WATCH OUT FOR LOVED ONES

# Not the end of the world, we embrace it

**SIMON** Ruscoe has forgotten in recent weeks how to turn off the shower in his home.

It is the latest effect of early-onset Alzheimer's, which is slowly robbing Simon, 59, of the ability to complete simple daily tasks without support.

His wife Emma, 56, said: "It's as if tiny little bits of him are falling off all the time – things that he could do, he now can't."

Simon was diagnosed in January 2020, four years after Emma began to suspect something was wrong. The couple were on holiday in 2016 with their sons – Alex, 27, and Oliver, 22 – when "red flags started to come up".

Simon struggled to recall how to play a favourite card game. The IT computer manager went to see a GP but was reluctant to go for a scan.

It took two years for Emma to persuade him and then

By **Hanna Geissler**

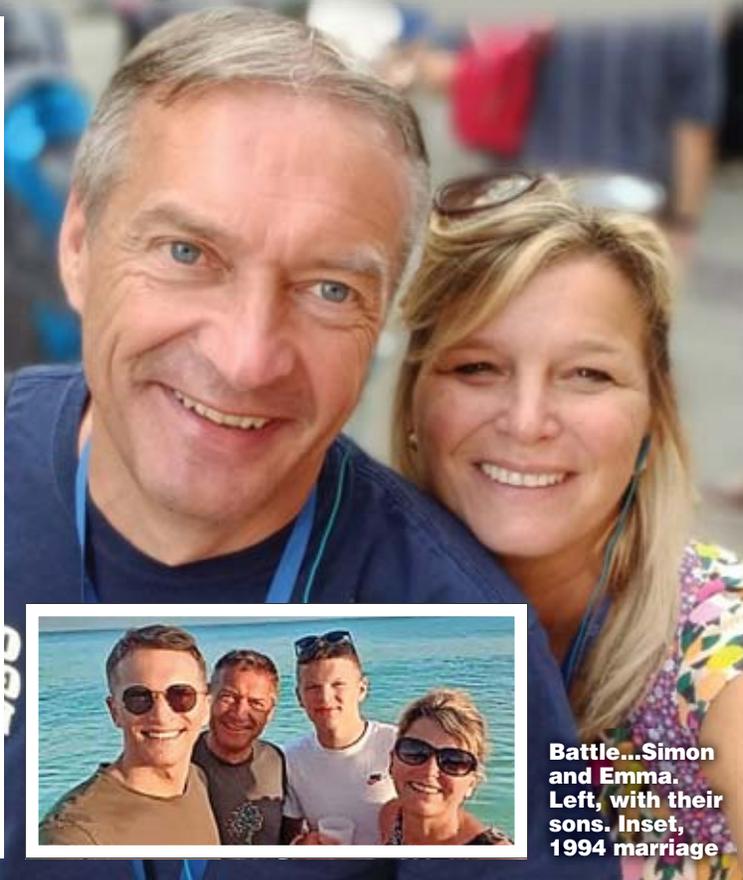
three referrals until he was finally assessed at a memory clinic. During the third referral, he waited 40 weeks for an appointment.

By the time his diagnosis was made, it was too late for Simon to benefit from early intervention drugs.

Emma, from Solihull, West Midlands, said the news came as a shock but also "a massive relief".

She added: "Once you know what you're dealing with, it's horrible, but you can deal with it. "There is a lot of support through the Alzheimer's Society and other charities, through your GP.

"People shouldn't think it's the end of the world. It's just a different kind of world. We just embrace it. He's still Simon. We have opportunities to make memories."



**Battle... Simon and Emma. Left, with their sons. Inset, 1994 marriage**

# Number of dementia patients at record high

By **Hanna Geissler** Health Editor

HEALTH chiefs have urged the public to be on the lookout for dementia symptoms in loved ones as patient numbers soar.

More people than ever before are living with a diagnosis of dementia in England as the NHS battles to boost detection rates.

A record 487,432 people were known to have the condition as of June, but hundreds of thousands more are undiagnosed.

With numbers set to continue rising due to the nation's growing and ageing population, health chiefs urged everyone to look for symptoms in loved ones.

Dr Jeremy Isaacs, the NHS's national clinical director for dementia, said: "Getting a diagnosis of dementia is the first step in supporting people, with a wide range of NHS services able to help.

"Thousands more individuals are being diagnosed each month and more medication reviews are being done within 12 months.

"Common early symptoms of dementia include forgetting bits of information, saying the same thing repeatedly, struggling to follow a conversation or find the right word, and being confused about time and place."

Such changes are usually more obvious to family and friends than the individual themselves, Dr Isaacs said. He added: "If you have

## 'CUT YOUR RISK BY DITCHING THE WEB'

**PEOPLE can reduce the chances of suffering dementia by relying less on the internet, claims an AI specialist.**

Simple daily habits such as regular afternoon naps, memory "workouts" and not reaching for a smartphone can all increase the prospect of healthy ageing, according to Professor Mohamed Elmasry.

The Canadian academic's new book *iMind: Artificial and Real Intelligence* states the

By **Stephen Beech**

focus has shifted too far away from real intelligence in favour of artificial intelligence.

And he calls for bingo halls to be converted into "active" learning centres for older people to help reduce the threat of dementia.

He said: "Your brain-mind is the highest-value asset you have. Increase its potential and longevity by caring for it."

noticed that someone has symptoms, please encourage them to visit their GP for an assessment – the sooner someone is seen, the quicker the NHS can help."

The world's first treatment proven to tackle the underlying causes of Alzheimer's could be approved in the UK within months.

Two groundbreaking medicines that were found in recent clinical trials to slow the progression of the disease are currently being reviewed by UK regulators.

The drugs, lecanemab and donanemab, are the first in the

world proven to both slow symptoms and target the underlying cause of the disease.

In the meantime, charities called for "bold, ambitious" targets to ensure patients can access breakthrough drugs that could soon offer thousands the hope of more time before their disease progresses.

But only those who have received a clear diagnosis in the early stages of their illness are expected to benefit.

Around 65% of over-65s with the condition are believed to have been diagnosed, falling short of a

health service target of at least 66.7%.

NHS England said diagnosis rates were at the highest level since the pandemic, after being impacted by Covid lockdowns.

But officials admitted there was "more to do".

Samantha Benham-Hermetz, executive director at Alzheimer's Research UK, said it was "really encouraging to see the NHS make some headway".

She added: "We look forward to seeing this progress continue to translate across the country, so more people can receive an earlier and accurate dementia diagnosis."

## Innovations

"This is essential for unlocking personalised care and support, opportunities to take part in medical research and soon could enable access to new Alzheimer's treatments that are on the horizon."

Ms Benham-Hermetz added: "The new Government's NHS Mission includes an ambition to improve diagnosis, so it's vital they help with piloting and implementing cutting edge innovations, like blood tests and the use of AI.

"These will be able to detect diseases like Alzheimer's faster."

OPINION: PAGE 12

## COMMENT

**DAVID THOMAS**

Head of Policy at Alzheimer's Research UK



THE shocking reality is that one in three people living with dementia in England has never received a formal diagnosis.

This urgently needs to change, and the latest data shows promising progress.

We know how hard NHS staff are working to provide a diagnosis. Early diagnosis is crucial for accessing personalised care and support, planning for the future, and participating in research.

However, it's not just about diagnosing early, but also accurately.

Alzheimer's is the most common disease which causes dementia, but others exist, and multiple types can occur simultaneously.

If people are to get the right support, it's vital they know the exact disease underpinning their dementia.

It's encouraging that the NHS in England is now recording data on dementia subtypes, a change pushed for by Alzheimer's Research UK and other organisations last year.

We need to ensure the NHS is set up to embrace the latest dementia breakthroughs.

Blood tests for diagnosing Alzheimer's are emerging, and new treatments that alter the course of Alzheimer's could be approved in the UK in just a few months' time.

## Stigma

To seize these opportunities, the Government must spearhead innovation in the NHS, specifically the adoption of new technologies – something Health Secretary Wes Streeting has already pledged to make Britain a powerhouse for.

For example, digital tests of people's thinking and memory, which can score performance in real-time, are being developed to provide quicker access to a formal diagnosis.

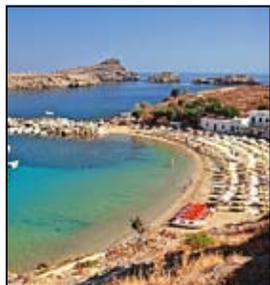
Combining these tests with digital healthcare records could speed up referrals to specialist services, enabling people to get support quicker.

Historically, the stigma surrounding dementia has prevented many from seeking a diagnosis. However, a survey by Alzheimer's Research UK found that nine in ten people would seek a diagnosis if they suspected they were in the early stages of Alzheimer's.

With the public conversation on dementia evolving, ensuring that diagnostic services are equipped to meet these needs is crucial.

New technologies  
...Mr Streeting





Dream resort...Rhodes

## 50% deals on Turkey holidays in tourist war

By **Lauran O'Toole**

HOTELS in Turkey have slashed their prices by up to 50% as the country's holidaymakers head off to Greece in their thousands.

Greece launched a new policy of issuing seven-day visas on arrival for Turkish visitors in April, allowing them to visit up to 10 islands per trip.

The number visiting has surged as a result while many hotel rooms in Turkish resorts have "remained empty", according to website VisaGuide.World.

During the first 10 days of April, islands such as Lesbos, Chios, Samos, Kos and Rhodes combined welcomed 20,690 Turkish tourists.

Hospitality bosses in Turkey have expressed their concerns with some demanding the cancellation of the instant visas.

The drop in domestic tourism has forced Turkish resorts, such as Bodrum, to reduce prices by up to 50% for the second half of this month and the first two weeks of August.

## Gun victim, 20, named

By **Allister Hagger**

A MAN gunned down in broad daylight was named yesterday by police.

Jesse Lloyd-Smith, 20, was shot multiple times in Peckham, South-East London, on July 10 at 5pm. He died the following day in hospital.

The Met's DCIAlex Gammampila said: "The impact gun crime has on communities is horrific, it instils fear and distrust."

Currently, no arrests have been made.

The scene of the incident was on the same road as the Damilola Taylor Centre – a youth centre established in memory of the 10-year-old killed in 2000 after being hit with a bottle.

# Migrant smugglers on track for Olympic push



Launch...dozens of migrants with dinghy in France

## 'Golden chance' to reach UK if police diverted to Games

### EXCLUSIVE

By **Michael Knowles** and **Christian Calgie**

PEOPLE smugglers see the Paris Olympics as a "golden opportunity" to get record numbers of migrants into the UK, ministers have been warned.

The prospect is believed to be one of the top threats identified by a Home Office crisis monitoring team.

Britain has been pressing France since January to ensure the number of police on French beaches remains the same.

Up to 45,000 police and soldiers will be on duty each day for the Games, which begin on Friday, amid fears it could be targeted by terrorists.

Home Office staff fear some will have been switched from patrolling beaches in Northern France.

Kevin Saunders, ex-Border Force chief immigration officer at Calais, said: "As the number of frontline officers are reduced, more opportunities will open up for the people smug-



Tracked...French police follow migrants and use drone, left



glers to launch boats, and as the beach patrols get less the boats will be able to get on to the Channel.

"People smugglers have a very effective intelligence system and seem to be aware where the French beach patrols are. They will view the Olympics as a golden opportunity to get record numbers of migrants across."

Karl Williams, research director at

the Centre for Policy Studies, said: "Labour has no answer to the problem of the small boats other than to rely on the goodwill of the French."

"If French police officers are re-deployed from the beaches because of the Olympics, then a likely surge in Channel crossings would expose the hollowness of Labour's policy."

Former Immigration Minister Kevin Foster said: "It is easy to see a busy summer ahead for the people smugglers." Mike Tapp, Labour MP for

Dover, said: "Labour's plan goes beyond beach patrols."

"Our new border security command will bring in counter-terror powers and tools and the finest security services in the world, MI5, to take on the evil smuggling gangs."

UK officials are said to accept that the Olympics is the "most important priority" for the French Government.

The Tory Government even offered help in policing the Games.

### Nervous

Despite France's "assurances" that its beaches will be patrolled regularly, the Home Office is said to be "nervous" about the coming weeks.

The French have set up a huge security operation in Paris for the fortnight's Olympics.

A ring of steel has been put up in the centre and anyone hoping to visit many of the capital's sights has to produce a pre-authorised QR code and go through checks.

The operation is estimated to cost about £270million and authorities claim to have foiled at least three potential plots by lone individuals to attack the Games.

## Children 'will suffer under Labour classroom reforms'

PLANS to soften measures tackling bad behaviour in the classroom mean disadvantaged children would pay the price, warns head teacher Katharine Birbalsingh.

It is understood that the new Government is set to overhaul procedures introduced by the Tories to deal with disruptive pupils in favour of a more "inclusive" approach to poor behaviour.

Ministers are said to be planning to stop schools from repeatedly

By **Martyn Brown**

suspending children with special educational needs who fail to meet strict rules.

Behaviour hubs to support schools with poor discipline could also be stripped of funding. Ms Birbalsingh, the head of Michaela Community

Standpoint...Birbalsingh

School at Wembley in North London and former chair of the Social Mobility Commission, said:

"Disadvantaged kids are set to suffer if Labour do what they are saying they will do."

She warned that "all the gains that have helped poorer kids over the last decade will be eradicated" if current measures are stripped back.

Ms Birbalsingh added:



"I was never a Conservative but I knew that what the Conservative Party was doing for kids was right."

Ministers are thought to have been rattled by a record number of school suspensions. In England, it has jumped 36% in a year.

Anne Longfield, the former Children's Commissioner, insisted that it was "clear that a large group of kids have been made to feel school isn't for them – and that has to change".

## £20,000 for girl's tooth op blunder

By **Ashley Pemberton**

A STUDENT has been awarded £20,000 after the wrong tooth was extracted when she was 13.

Courtney Monksfield, now 20, was left with a gap after a healthy tooth was taken out under anaesthetic in 2017.

Dentists wrongly wrote down she needed one upper and one lower tooth out. In fact, she should have had two upper teeth removed due to overcrowding.

The archaeology and forensics student, said: "I was so shocked when I realised a completely healthy tooth had been taken out. I'd been left with a gap in my bottom jaw that shouldn't have been there at all."

Courtney, from Faversham in Kent, was a patient at the dental practice in Margate but had the teeth extracted in hospital.

A tooth was later removed and placed in the gap. But it is likely she will need an implant.

The dentist made a partial admission and settled out of court.

## AI torment of child sex casualties

By **Pol Allingham**

ARTIFICIAL intelligence is being used to generate deepfake child-abuse images of real-life victims.

The Internet Watch Foundation said the tools used to create them remain legal even though the images are illegal.

Pictures of one victim were uploaded by her abuser when she was between three and eight years old.

Olivia – not her real name – was rescued by police in 2013 but years later dark web users are using AI tools to generate images of her in new abusive situations.

The group said: "Olivia, like many other survivors, is repeatedly victimised every time imagery of her abuse continues to be shared, sold and viewed online."

"This means that the suffering of survivors is potentially without end. "Hundreds of images can be spewed out at the click of a button"

The software can also generate child sexual material of celebrity children.

## OUTAGE ANGUISH CONTINUES

Picture: SWNS



**Fighting...Chantelle, 41, has been told her illness is terminal**

## My op to cut out brain cancer was cancelled

By **Josie Adnitt**

A CANCER patient has told how emergency surgery to remove a brain tumour had to be postponed due to the global IT meltdown.

Chantelle Mooney, 41, was due to be operated on last Friday morning but found out as she waited that it couldn't go ahead.

She said: "At the time I was upset because it had already been pushed back by a day."

"But I didn't realise how much it would have affected the operation – it would put my life at risk."

"The doctors wouldn't have been able to do brain scans, blood transfusions... they couldn't even access my medical records."

"They really didn't want to cancel the surgery because of how serious it is but at the end of the day my safety comes first."

Chantelle, from Great Harwood, Lancs, said she was diagnosed with stage 4B terminal cervical cancer in February 2022, which spread to her lungs. Three weeks

ago, after she started experiencing weakness down one side, a mass was found in her brain.

She arrived at Royal Preston Hospital early on Friday, expecting to go into surgery at 10am.

But while she was watching TV in a waiting area she saw the news about the Microsoft outages. She said: "Ten minutes later the surgeon came in and said they can't do the surgery without it."

"A lot of the tools and scans use Microsoft and they use it for emergency medication."

"It's a long surgery, it can be anything from four to seven hours, and at 1.30pm they came back and said there was no way they were going to do it, it's too risky."

Her operation was put back by a week.

Lancashire Teaching Hospitals NHS Foundation Trust has been contacted for comment.

# Holidays misery as IT fallout hits more flights

By **Mark Reynolds**

THOUSANDS of Britons remained stranded abroad yesterday after more flights were cancelled in the wake of last week's worldwide IT crash as Microsoft revealed 8.5 million computers were hit.

Experts warned it could take weeks for systems to fully recover – with more flight delays and cancellations expected in the coming days.

Some passengers stuck overseas were warned they may not be able to get home until Wednesday after flights going to, from or flying in the UK continued to be disrupted.

More than 20,000 Brits were stranded abroad at the weekend as airlines fought to deal with the backlog. The initial mass breakdown saw around 8,000 flights cancelled or disrupted across the globe. But while businesses and services were yesterday slowly recovering, the knock-on effects were dragging on.

Thousands of Britons were left sleeping on airport floors over the weekend – both home and abroad –



**Stuck...traveller sleeps at Manchester airport and couple wait**



amid the backlog of flights. Gatwick, Heathrow, Manchester airport and Belfast airport all warned they could still be affected in the coming days.

Bad weather in Europe made the problems worse.

EasyJet cancelled 24 flights at Gatwick, including to popular holiday destinations such as Naples and Majorca.

Heathrow has also been hard hit, with British Airways pulling a dozen flights to and from UK and European destinations. The airports said passengers should check with airlines

for delays or cancellations before travelling. Rory Boland, editor of Which? Travel, said: "Airlines could be facing backlogs of tens of thousands of passengers needing to be booked onto new flights."

But airlines have been told they do not need to pay compensation to the 80,000 passengers affected by the incident.

The Civil Aviation Authority said it was likely to be viewed as "extraordinary circumstances", for which the industry should not be liable.

Lorenzo Angiollilo said he was due to fly from Bari in Italy to Edinburgh but his flight was cancelled.

He said: "The airport staff got me onto another flight but that was

delayed five hours, so I spent eight hours waiting at the airport. We got on the plane to Stansted around midnight. But there wasn't enough fuel to get there so we diverted to Milan.

"We were on the ground for around an hour and tensions were high, people were angry. It was quite close to a physical confrontation."

"I arrived at Stansted around 4am this morning and coming through baggage claim, there were hundreds of bags just laying there – not even on conveyor belts. There were hundreds sleeping on the floor."

### Disruption

Traveller Emma Rowley said she was stuck at Heathrow Airport for 10 hours trying to fly to Naples for her best friend's wedding – which she was eventually forced to miss.

She said: "Our flight to Naples finally got cancelled as the crew ran out of legal time to work."

"I got auto rebooked on a flight today to Rome then Naples but woke up to see that had been cancelled."

Pharmacies were swamped with a backlog of medicine deliveries at the weekend. NHS sources said around 60% of GP practices were affected.

NHS England said: "There may be continued disruption, particularly to GP services, into next week."



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## It's game on as Biden quits White House race

**T**HERE has been speculation for weeks that Joe Biden might stand down and not seek a second term as President. But it still came as a huge shock last night when he announced that it was “in the best interest” of his party and the country that he should withdraw his candidacy – not least because he seemed determined to stand 24 hours earlier.

Make no mistake, the US election now takes on a whole new, electrifying perspective – and suddenly Vice President Kamala Harris is thrust into the spotlight, a politician largely unknown outside America.

Mr Biden and senior Democrats have been quick to endorse Ms Harris, but the question now is will anyone else throw his or her hat into this highly complex ring? Time is not on the Democrats' side.

The party's national convention takes place next month – so will it be a straight forward coronation of Ms Harris? And where does this announcement leave Donald Trump?

The former President is ahead in the polls but how much is that due to Mr Biden's infirmity? Clearly, he would have preferred to be taking on Mr Biden, who was struggling to master his briefs.

One thing's for certain – it's game on in the US elections.

## Boost dementia battle

**T**HE statistics are frightening – and the gravity of the situation is being felt in more and more households up and down the country.

Dementia is on the rise at an alarming rate, causing misery for hundreds of thousands of patients and their loved ones.

That's just the official figures. NHS officials believe many more are living with the disease without a definitive diagnosis, a trend which is likely to continue as people live longer. But better news is that the first proven treatment to tackle the underlying causes of Alzheimer's could be approved in the next few months.

For the treatment to be most effective it must be given to those in the early stages of their illness. Dementia is a scourge of our times. The Government has pledged to improve the rates of diagnosis and invest in research, but it's incumbent on all of us to be vigilant in noticing any changes of behaviour in those to whom we are close.

## Well done, PhD aged 98

**S**HE may have given up her academic career 75 years ago, but Rosemary Fowler has received an honorary doctorate in recognition of her scientific research at Bristol University.

Rosemary, 98, left before completing her PhD, putting her husband and children first – as people did in those days.

“I haven't done anything since to deserve respect,” she says. We beg to differ. Many congratulations Dr Fowler.

# Chancellor shouldn't compare herself to brilliant Nigel Lawson

**T**HE new Chancellor Rachel Reeves is not overburdened by false modesty. It could be said that, as a jazz enthusiast, her favourite musical activity is blowing her own trumpet. In interviews during the run-up to the General Election, she proclaimed that she is “steely” and “determined”, adding that “people have always underestimated me”.

Since taking office after Labour's landslide, she has kept up this narrative about the unprecedented impact of her work. Keen to stress the scale of her ambition, she boasts that she will preside over “the most pro-growth, pro-business Treasury in our country's history”.

So deep is her self-regard that she has even hinted at a parallel between her approach and that of Nigel Lawson, the intellectually brilliant Chancellor under Margaret Thatcher in the 1980s. It was Lawson who pushed through the “Big Bang” on cutting taxes and regulation in that decade. Today, Reeves declares that she “wants to lead a Big Bang on growth”.

Yet this eagerness to bracket herself with Lawson is a form of self-delusion. Lawson was a towering politician who transformed the British economy. In contrast, Reeves has still to leave her mark or even prove that she is up to the job.

Moreover, her political outlook is completely different to Lawson's.

The reduction of taxation lay at the core of his political philosophy, as reflected in the trio of Budgets between 1986 and 1988, which brought in the biggest tax cuts in history.

**B**UT it looks inevitable that taxes will rise under Labour, even though the current burden is at its highest level for 70 years. Rachel Reeves and Sir Keir Starmer like to indulge in



**CHANGES:** Chancellor Rachel Reeves is out to make her mark with fresh proposals



**Leo McKinstry**  
Daily Express Columnist

rhetoric about their attachment to “iron fiscal discipline” but, in reality, the pressures for increased spending are immense. Public sector unions, lobby groups and left-wing politicians have been shrieking about “Tory cuts” for the last 14 years and they are in no mood for continued restraint.

Only yesterday it was widely reported that Labour is planning to award inflation-busting pay increases of 5.5 per cent to teachers and NHS staff which could cost the Treasury an additional £8 billion a year.

That bill could only be met by increased borrowing or taxation. But state indebtedness, now the equivalent of Britain's entire economic output, is already far too high.

Another indicator of the problems in our public finances, last week the Government admitted that it had been forced to borrow £14.5 billion in June, far more than the £11.6 billion

forecast by the Office for Budget Responsibility. Labour's tax rises will start slowly at first, encompassing new levies on inheritances, and private school fees, but will soon build up into sweeping new charges on property, pensions, capital investments and share dividends. Class envy will be back with a vengeance. The buccaneering spirit of the 1980s will be forgotten as the confiscatory hand of socialism tightens its grip.

Neither is Reeves anything like Lawson when it comes to Government intervention. He passionately believed in rolling back the frontiers of the state, whereas she has a credulous faith in bureaucracy. Indeed, under Reeves and Starmer, the expansion of officialdom will be turned into a central principle of governance, providing the illusion of progress and action.

Tomorrow, she will attend the first meeting of her newly established Growth Mission Board

whose aim is to “achieve the highest sustained growth in the G7”. Other bodies under construction include an Industrial Strategy Council and a Child Poverty taskforce.

Labour's instinct for oppressive interference with business can be seen in their plan for a new Equality Act, which will strengthen the diversity industry, and introduce yet more monitoring exercises, awareness programmes, minority pay audits and recruitment based on identity politics.

**J**UST as heavy-handed will be the introduction of so-called “contract compliance” for any firms bidding for public sector work. Under this system, companies will have to prove their acceptance of the new orthodoxy.

Labour's addiction to officialdom will badly undermine the drive for growth. Rachel Reeves is talking a good game now, but she will soon find it much harder to translate words into deeds.

Unlike Lawson, she is only paying lip service to business. The concept of turbocharged growth could soon vanish under her Government's ill-conceived new plans.

**'Labour addiction to officialdom will undermine drive for growth'**

# James Whale



STRAIGHT TALKING AND TAKES NO PRISONERS

## Police were just wasting their time

I KNOW the police are busy but can anyone please explain why then they have time to stalk me and other drivers going about their daily business?

Recently, I was crawling along the A303 out of Devon when I noticed three police officers standing at the side of the road with a speed camera. I repeat: we were going at a snail's pace. Cars, lorries and caravans. All in bumper to bumper traffic.

It beggars belief that the very people paid to keep the public safe were standing there wasting time. Instead of tackling jobs on graffiti rampages or criminals on motorbikes.

It makes me question the level of intelligence of our police force leaders, so here's a free lesson for them: stop harassing motorists and start catching some criminals.

I PROFESS to knowing very little about sequins or spangly outfits. I generally leave that sort of thing to Lady W. But the scandal surrounding the BBC's cash cow, Strictly Come Dancing, and star Graziano Di Prima, pictured, is inescapable.

Listen, it really shouldn't be that difficult. There is never any excuse for violence. Ever. The show's producers need to stop worrying about upsetting the "talent" – the dancers, not the celebrities! – and put the safety of contestants first.

Pandering to overblown egos is what got us here in the first place. Maybe that's why the Beeb is so full of useless idiots rather than genuine talent.

I HAD a good chuckle seeing Labour MP Clive Lewis forced to return to the House after refusing to swear his allegiance to the Crown.

The brainless Left-winger, who represents Norwich South – my condolences to readers who are his constituents – had to repeat his oath after refusing to honour "King Charles's heirs and successors" on his first attempt.

Mr Lewis may dream of living in a republic but he needs to realise that the Crown remains an integral part of our constitution. This may not be to his liking but it is supported by the majority of people living in the UK.

I've invited Mr Lewis to come and appear on my show and explain to me why he didn't want to swear allegiance to the Crown in a sovereign nation.

Sadly, he's so far failed to answer. What a surprise. And from the man who harps on about democracy.



# Jail is a true lesson for the eco-activists

Picture: JONATHAN BUCKMASTER

FINALLY, we've seen some justice prevail concerning eco-fanatics – and about time too. Five campaigners who blocked the M25 across four days in November 2022, causing untold misery for many motorists, have been handed record five-year jail sentences.

Judge Christopher Hehir, who sentenced them, said they had "crossed the line from concerned campaigner to fanatic".

He added: "You have appointed yourselves as the sole arbiters of what should be done about climate change, bound neither by the principles of democracy nor the rule of law. Your fanaticism has made you heedless of the rights of your fellow citizens."

Spot on sir! And thank you. These protesters have become so blindsided by "the cause" that they've now reached epic proportions of harm-doing.

Yes, environmental change is needed but making people miss funerals and hospital appointments ain't the answer – and I say this as a cancer patient living on limited time.

The roll call of those who were jailed included the co-founder of Extinction Rebellion and Just Stop Oil, Roger Hallam, 58. This is someone whose very job is to create as much disorder as possible.

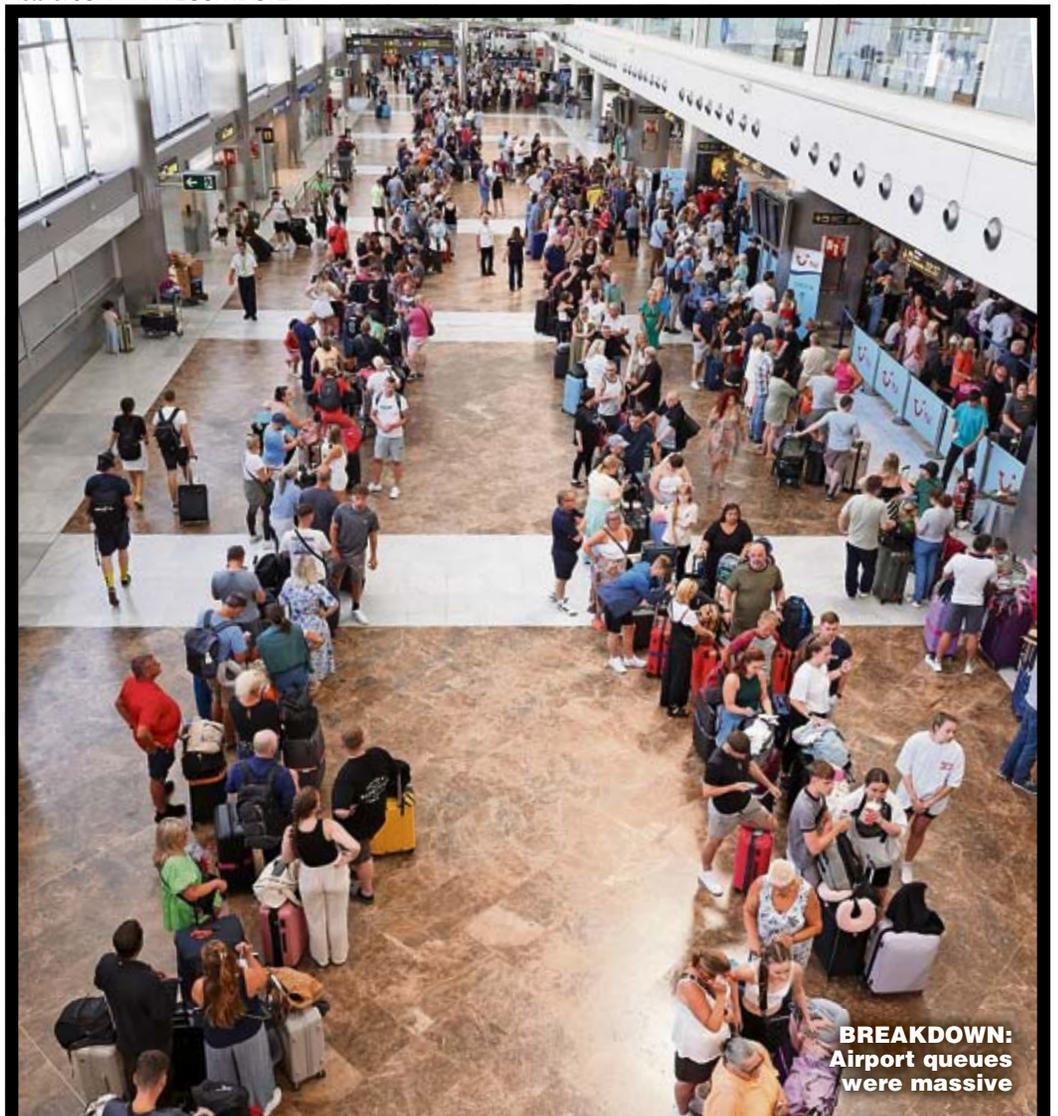
Well, let this be a lesson to him and his ilk – if you dare to ruin things for others, be prepared to be ruined yourself.

I only hope the silly little bunch serve their full sentences rather than being let out early.

Then it can be a true lesson to the idiots of these pathetic little childish organisations who think their point of view is the only one that matters.

I DROVE past Stonehenge on my recent travels, which I have visited many times over the years. I've been fortunate enough to see the stones up close. And they are amazing in person. A tangible link to our ancestors' past.

However, it did make me wonder how times have changed. Seeing them now will set you back almost £30 per person – the cost of a child aged five to 17 is £17.20 without a donation. But perhaps that's the right thing. As we've seen with the idiots of Just Stop Oil, even hulking stones are vulnerable to attack.



**BREAKDOWN:** Airport queues were massive

## Global IT outage an ominous sign

I AM getting very concerned about the impact of the IT breakdowns around the world. Last Friday's tech outage saw flights and GP appointments cancelled, and even news broadcasters going off air.

We've allowed ourselves to be so reliant on computers for all aspects of living that now all hell breaks loose when the internet goes down.

This incident wasn't even a cyber attack but a software update. Involving Microsoft – only the biggest technology company in the world.

The situation will only get worse as AI takes over. God help us all.

## TRUMP HAS ACTED IN SUCH A COURAGEOUS WAY AFTER SHOOTING

YOU HAVE to worry about the state of people's consciousness.

Especially when it comes to the claptrap spouted by so-called celebrities and influencers in the wake of Donald Trump's shooting. As always, the conspiracy theorists have been busy.

And they've suggested that the

assassination attempt on the former US president was... a publicity stunt. Some have suggested Trump himself may have even been involved.

It's unconscionable to say the least. What these comments do expose is the nastiness of Left-wing politics.

Let's all spread love and harmony to others – except for those whose

opinions we dislike. Well, I'd like to congratulate Trump for acting in such a courageous way after his life was nearly snubbed out.

A couple of millimetres more and the world would be unquestionably different. It's already dangerous enough and it's time people grew up and realised that.



**SHOCK:** For Trump



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# By George! Joy as Prince celebrates 11th birthday

So close...George and dad William at Euros. Below, a year ago and as newborn with his parents

By **Liz Perkins**

**PRINCE** George will today celebrate taking a step nearer to becoming a teenager – on his 11th birthday.

His big day comes amid a challenging time for George and his siblings Charlotte, nine, and Louis, six, after they have seen their mother the Princess of Wales having treatment for cancer.

Kates loves to stage a particular tradition the night before one of her children's special days – and it requires her to stay up late as she likes to make a cake for her children once they have gone to bed.

The Princess revealed her custom in 2019 when she appeared with her husband William on the BBC's *A Berry Royal Christmas* with TV baking guru Dame Mary Berry.

In it, she spoke of her love of baking and told Mary that when it comes to her children's birthdays, "I love making the cake."

## Ridiculous

Kate added: "It's become a bit of a tradition that I stay up till midnight with ridiculous amounts of cake mix and icing and I make far too much. But I love it."

George has recently been seen on high-profile engagements, joining his dad William supporting England at the heartbreaking Euro 2024 final against Spain in Berlin. The Three Lions failed to end a 58-year wait for a major football trophy.

Last month Prince George met US legend Taylor Swift at her Wembley concert.



10th BIRTHDAY



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# Boycott hit by pneumonia after cancer op

CRICKET legend Sir Geoffrey Boycott was fighting pneumonia in hospital last night – days after having throat cancer surgery.

The former England captain, 83, underwent a three-hour operation on Wednesday and was released from hospital 48 hours later – having first battled the disease back in 2002.

But on Sunday afternoon his devastated family revealed the batting icon had been rushed back to hospital after being struck down with pneumonia.

They confirmed the sporting star, who played in 108 Tests between 1964 and 1982 scoring 8,114 runs including 22 centuries, had suddenly declined.

Daughter Emma Boycott posted: "Unfortunately things have taken a turn for

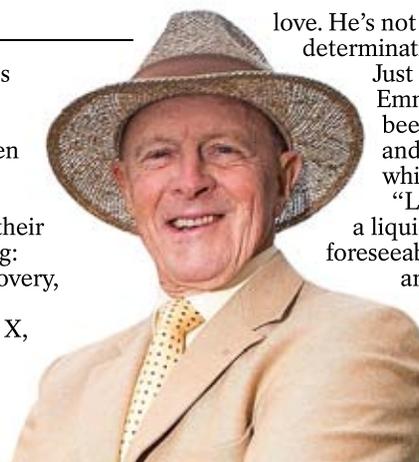
By **Chris Riches**

the worse and my father has developed pneumonia and is unable to eat or drink so is back in hospital on oxygen and a feeding tube for the foreseeable."

Fans were quick to send their best wishes, with one saying: "Prayers for his speedy recovery, get well soon sir."

While another posted on X, formerly known as Twitter: "Sending best wishes and

Throat cancer operation  
...Sir Geoffrey Boycott



love. He's not short of stubborn determination and will dig in."

Just two days earlier elated Emma had written: "He's just been discharged from hospital and is on the way home which is fantastic!

"Lots of pain meds and a liquid only diet for the foreseeable but he's on the mend, and looking forward to watching The Open and England cricket at home."

Before his operation, Sir Geoff said: "It has now been confirmed I have throat cancer and

will require an operation. From past experience, I realise to overcome cancer a second time I will need excellent medical treatment and quite a bit of luck.

"Even if the operation is successful every cancer patient knows they have to live with the possibility of it returning.

"So I will just get on with it and hope for the best."

Sir Geoff was first diagnosed with throat cancer in 2002 and was treated with chemotherapy and radiotherapy. But the cancer returned earlier this year.

Boycott had quadruple heart bypass surgery in 2018, which he said was a factor in his decision to step away from commentating on the BBC after 14 years. The pandemic was also a factor.

# Reach for the beach

By Adam Gilham

SOME 60% of people say the seaside is a national institution – but 10% of kids today have not been.

First Bus has linked up with Cadbury to offer free trips – from London, Leeds and Bradford on August 10/11 and 17/18 – so families can savour the “joy of a beach”.

They go to and from the Yorkshire cities and Bridlington plus from Tower Hill in the capital to Southend in Essex.

# ‘Gibraltar and Falklands next if Lammy abandons Chagos’



UK territories ...status of Gibraltar, right, and Falklands could be at risk



UK sovereignty of the Falkland Islands and Gibraltar will be undermined if Foreign Secretary David Lammy turns his back on a strategic Indian Ocean archipelago, a former minister claims.

Mauritius, supported by the International Court of Justice, is laying claim to the Chagos Islands.

The 60 isles, 300 miles from the Maldives, are officially known as the British Indian Ocean Territory,

The largest, Diego Garcia, is home to a key British military base currently leased by the US.

Ex-Tory Lord High Chancellor Sir Robert Buckland said: “Let’s not forget these overseas territories, like the Falkland Islands, have very clearly exercised their wishes to stay British, and the same for Gibraltar.”

“I certainly hope David Lammy will have a view about [Mauritius’s claim] that is strong and resolute.

“Otherwise, I’m afraid we’re going to be sending mixed messages, which I think could be damaging to our long-term interests.

“Once you start using words like partial decolonisation and referring to Britain’s role as a colonial power, then you are immediately ceding ground, both literally and metaphorically.”

Sir Robert said challenging Mauritius’s claim was one thing but “there’s a more fundamental issue

By Ciaran McGrath

here with the rise of China and the geopolitical reality of what that means for our security”.

He added: “Anything that endangers or reduces the resolve of the UK and the US in that region is potentially damaging.

“And that’s why I think it is strategically important that we continue to assert our claim.

“If we just sort of meekly cede ownership of the island, what does that mean for the long-term interests of not just the UK and America

but India and also other Indo-Pacific countries that rightly are worried about the rise of China and the way in which it is using economic might to buy influence?”

“You see the Chinese investment in Sri Lanka and Mauritius itself. It’s all part of their strategic long-term plan. It’s naive,

I think, for us to pretend anything other than the fact that China is developing its presence.

“Therefore, there needs to be a counterbalance.”

The Foreign, Commonwealth and Development Office said: “The UK is committed to resolving this long-standing and important issue.

“Any outcome must ensure the long term and effective operation of the joint UK/US military base on Diego Garcia.”



Wanted by Mauritius ...Chagos Islands

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# Ruth back after Eamonn break-up

By Mark Jefferies

RUTH Langford is returning to Loose Women today after two months away due to her split with Eamonn Holmes.

Sources close to the presenter, 64, say she won't be discussing it in depth on the ITV show – and she just wants it to be a normal programme.

One friend said: “It has been a tough few weeks but now Ruth feels it is time for her to get back to Loose Women. It is a job she loves doing and even

though the split has been tough, life must go on.

“Just don't expect any big news or revelations about the divorce – she wants to keep that private.”

It is thought Ruth will be joined by Coleen Nolan, Brenda Edwards and Janet Street-Porter.

Meanwhile Eamonn, 64, has been working as a GB News presenter. On the breakfast show yesterday he was still wearing his wedding ring.

TV return...Ruth will be on Loose Women today





Named...Prince Philip

## Philip 'link' to Profumo scandal showgirls

By **Chris Riches**

PRINCE Philip was named in top-secret files about the Profumo affair in the 1960s, it was revealed yesterday.

The FBI was aware of claims that Philip may have been "involved" with the showgirls at the centre of the scandal – Christine Keeler and Mandy Rice-Davies.

The allegations were made in a memo from FBI director J Edgar Hoover to the US embassy in London on June 20, 1963.

It said US businessman Thomas Corbally told of a "rumour Prince Philip may have been involved with these two girls".

The memo was made public after a request by a newspaper under US freedom of information laws. The scandal involved married War Secretary John Profumo, who lied to the Commons that he had not had a sexual relationship with teenager Ms Keeler.

It later emerged she was also sleeping with a Russian attache and Profumo quit. The Prince died aged 99 in 2021.

The Palace last night refused to comment.

## Children's dream job

By **Mark Solomons**

ONE in 20 youngsters wants to be an influencer or a YouTuber.

Some 5% of under-16s dream of being a social media star while 13% long to be a footballer or other sports star.

But 10% eye being a teacher, suggesting they are the top influencers.

A poll by One4all Gift Cards was commissioned as the school year ends.

The firm's Lou Hickey said: "Our teachers are there every step of the way as we grow up."

She added they spot talent before children see it for themselves.

Doctors, dentists, vets and actors also featured in the top 10 dream jobs.



## Madonna in driving seat at 65...age is immaterial, girl

By **Mark Reynolds**

SHE might be into her fifth decade of fame but Madonna proves she still knows how to strike a pose at 65.

The Material Girl hitmaker posted these arresting photographs to her Instagram account yesterday.

The veteran singer and actress said she was in London where she sat in a vintage car. She

posed in racy gear, including a black mini-skirt and fishnets, and captioned the snaps "LNDN...68 Jaguar".

The pictures were quickly liked by hundreds of thousands of her 20 million followers.

Meanwhile her adopted son David Banda, 18, said he lives a humble life in New York, selling guitar lessons and "scavenging" for his food. The musician left his mum's home to live in The Bronx.

Looks glovely... Madonna poses at the wheel of a 1968 Jaguar



# BBC boss dragged into Strictly bullying row



Claims...Pernice and Abbington; upset in rehearsals, right

BBC boss Tim Davie is set to be dragged into the Strictly Come Dancing bullying row as the show faces an uncertain future.

The corporation's annual report is due tomorrow and the Strictly crisis is certain to be raised when the director-general faces the media.

A picture of Strictly was used in last year's report and the show is regularly heralded by bosses as one of the BBC's crown jewels – it won the Entertainment Programme Bafta just two months ago.

But the family-friendly image that made it so popular for two decades has been hit by a string of allegations.

Pro dancers Giovanni Pernice and Graziano Di Prima will not return for the new series and the BBC is still to reveal the results of a probe into complaints from celebrity contestants.

It is claimed that some male pros have mistreated the stars during training, pushing them too hard and even abusing them, while one female dancer has been accused of "bullying" an unnamed male celebrity.

Actress Amanda Abbington branded Pernice "abusive, cruel and mean" in an interview about

By **Mark Jefferies** and **Tom Bryant**

her time on the show and the complaints she has made to lawyers.

Amanda said: "I couldn't sit back and let him do that to other people. I had to think long and hard about making a complaint because I knew the backlash I would get.

"I know what happened in that room, it's on video and I have no problem with anyone seeing that. It's a duty of care that is needed."

She added: "Rehearsal rooms should be a safe space."

### Checks

Pernice has told pals he expects to be cleared by the BBC of abusive behaviour after meeting corporation bosses to see the results of their investigation.

The latest claims were not included. Insiders said the BBC had checked and decided the claims did not need to be put to Pernice, 33.

A source told the Daily Express: "This would suggest

her more serious claims are without merit – and is a massive boost to Giovanni's case."

Amanda, 50, complained to the BBC she endured five weeks of inappropriate behaviour on the last Strictly before she quit and was diagnosed with PTSD.

She added: "I should never ever have danced with him."

Pernice's spokesman said: "Giovanni refutes these allegations and denies any accusations of abusive or threatening behaviour."

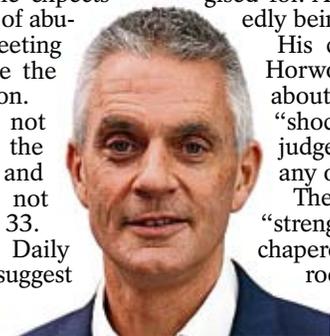
Dancer-turned-judge Anton Du Beke was last week named to lawyers Carter Ruck by his 2009 partner Laila Rouass over a remark that he apologised for. A complaint is reportedly being considered.

His co-judge Craig Revel Horwood said complaints about dancers were a "shock". He added: "The judges are never present at any of the teaching."

The BBC is to "strengthen welfare" with a chaperone at all training room rehearsals.

Filming is due to restart next month.

Firing line...Tim Davie



**EXPRESS**



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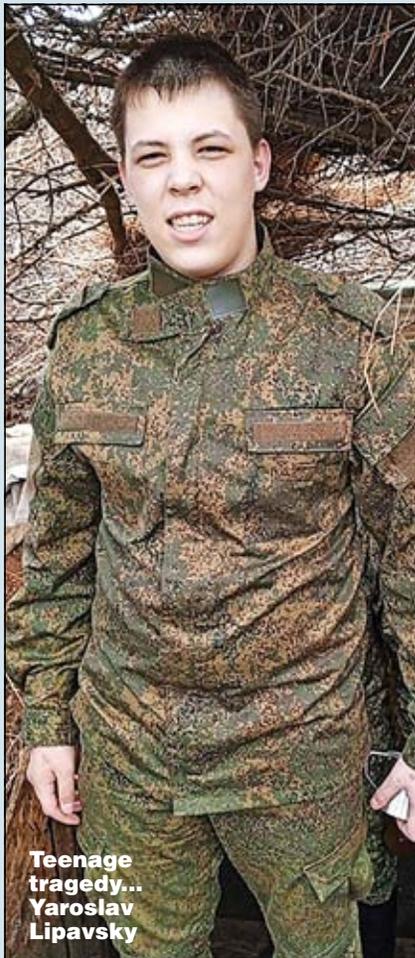
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# 'Cannon fodder' Putin troop dies aged just 18

By **Mark Reynolds**

Pictures: EASTWEST/GETTY



Teenage tragedy... Yaroslav Lipavsky

THE funeral of this teenager is being held today after he became the youngest known Russian soldier to be killed in the Ukraine conflict.

Yaroslav Lipavsky signed up to Vladimir Putin's army on April 8 – three weeks after his 18th birthday. He died in the war zone one week later.

Critics claim it shows Putin is sending raw recruits to the front line as "cannon fodder" without proper training.

Conscripts are allegedly "pressured" to sign up as full soldiers for extra pay. But it also means they can be sent to the war zone.

## Clouds

Yaroslav's mum Nadezhda Cherepanova, 41, said: "My son. I love, I miss, I grieve. Soft clouds for you, my son."

She also "liked" a comment that said: "I'm very sorry for your son – he died ingloriously and for nothing."

At the weekend, Ukraine struck the major Russian military airfield of Millerovo.

Meanwhile, Moscow took the unprecedented step of banning its citizens from travelling to 14 villages in Belgorod due to shelling.

# Netanyahu's new hostage deal summit

By **Mark Reynolds**

BENJAMIN Netanyahu last night ordered a delegation charged with negotiating a hostage deal with Hamas to be sent on Thursday.

Israel's Prime Minister said the decision came after a meeting with senior members of his defence team.

It has not been made clear where the meeting will be held. Ceasefire proposals worked on by Qatar and Egypt, and backed by the US, have so far failed to produce a deal.



Blaze...oil storage facility in Hodeidah

## Harmed

There were fears over the weekend of a major escalation in the Middle East conflict after Houthis promised to hit back for Israeli's blitz on Yemen.

Jets unleashed heavy air strikes on "terrorist military targets" in the city of Hodeidah in revenge for a drone attack on Tel Aviv that killed one person and injured eight others.

Israel's defence minister Yoav Gallant claimed: "The fire burning in Hodeidah is seen across the Middle

East and the significance is clear." The planes travelled more than 1,118 miles to make the strike.

Mr Gallant added: "The Houthis attacked us over 200 times."

Mr Netanyahu said: "Anyone who harms us will pay a very heavy price."

He claimed the port of Hodeidah was an entry point for Iranian weapons. Footage showed fires raging on Saturday with three people killed and 80 injured. Houthi rulers warned there will be an "effective response".

# High there! Spitfire and Hornet 'meet' in flypast



By Robert Kellaway

**PROPELLER** power met the jet set as iconic aircraft from very different eras passed each other in a poignant moment.

A CF-188 Hornet fighter with a top speed of 1,127mph flashed past a 370mph Supermarine Spitfire that flew over RAF Fairford yesterday to mark 100 years of the Royal Canadian Air Force.

The sight thrilled huge crowds at the Royal International Air Tattoo in Gloucestershire. Both aircraft were state of the art in their time.

Yet it was the Mk Vb Spitfire, built at Castle Bromwich in 1942,

which had the distinguished combat record.

Named City of Winnipeg, it served with 402 Squadron Royal Canadian Air Force and was credited with seven aerial kills during the Second World War. The Hornet is also an RCAF plane and the pair flew majestically alongside one another.

Hornet planes date from 1983 and still fly today. The tattoo, which also included a Red Arrows display,

featured hundreds of aircraft from 25 nations. Air traffic control was handled by RAF Brize Norton, Oxon.

Historic display... Spitfire and Hornet, top. Left, Red Arrows show wows crowd



## Cold water swimming 'saved life'

By Amy Reast

A WOMAN "prescribed" cold water swimming to treat her depression has told how it saved her.

Between 2019 and 2022 Helen Downham, 37, left a relationship, lost her job and broke her leg, leaving her suicidal.

Pills did not help so Helen, from Bristol, was referred to a six-week course with a women's cold-water swimming group. She now goes twice a week.

She said: "It's bliss – after I swim, my head feels so much clearer, calmer and I feel happy. It has changed my life – it has saved my life."

# Four men found dead in car after horror crash

## Grim 2am discovery made by officers on patrol



Accident road...A436 in Ullenwood yesterday

THE bodies of four men were discovered in a crashed car by police on patrol early yesterday.

The officers came across the mangled black Renault Clio shortly before 2am.

The vehicle had apparently come off the road and all of its occupants were pronounced dead.

Gloucestershire Police said urgent efforts were being made to identify the men and notify their families.

A force spokesman revealed the horror incident happened on the A436 in Ullenwood, near Cheltenham. He added: "The vehi-

By Izzy Hawksworth

cle had left the road and collided with a tree, and four males who were inside the vehicle were deceased."

Police confirmed that those who died in the collision are aged 18 plus.

The A436 was closed until late afternoon in both directions between the A417 Air Balloon roundabout and Seven Springs – one of the county's busiest stretches of road.

It caused disruption for visitors travelling to the Royal International Air Tattoo – the world's largest military air show – at RAF Fairford in

Gloucestershire. Last night social media users described the crash as "utterly tragic".

One post read: "This is so dreadfully sad."

"My heart goes out to all the families and friends of those four poor lads. Especially the emergency services who attended the scene."

Another said: "Utterly tragic. My thoughts are with their families and friends and the emergency services attending."

Anyone with dashcam footage or information about the collision is urged to contact the police.

# PhD 75 years on for genius who put family first

A PIONEERING physicist who gave up her PhD 75 years ago to have a family has received an honorary doctorate from her old university.

Rosemary Brown's work at Bristol changed science as her 1948 discovery of the kaon particle helped cause a revolution in particle physics. But Rosemary – now 98 – decided to leave academia when she wed physicist Peter Fowler in 1949.

Bristol's Chancellor Sir Paul Nurse has conferred an honorary Doctor of Science on her near her Cambridge home. Dr Fowler said she felt "very

By **Nina Massey**

honoured", but claimed: "I haven't done anything since to deserve special respect." Sir Paul praised her "intellectual rigour", adding she "paved the way for critical discoveries that continue to shape the work of today's physicists".

The discovery by Rosemary, then 22, of an unknown particle was covered in academic papers. Her three children all studied science. Rosemary's husband died in 1996.

OPINION: PAGE 12



Doctorate at last ...Dr Rosemary Fowler and, left, in younger times



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# New research shows autism is reversible

SEVERE autism could be reversed and symptoms reduced greatly if children are treated regularly from an early age, scientists say.

Twin 20-month-old girls needing "very substantial support" with the neurological condition showed "dramatic improvements" after a two-year programme of behavioural analysis, speech therapy and a gluten-free diet and nutrition programme.

## Radical

One was described as "a kind of miracle" as her autism evaluation scale score fell from 43 out of 180 in March 2022 to just four last October.

Meanwhile, the score of her sister, who had more severe autism, plummeted from 76 to 32.

Study author Dr Chris D'Adamo, from America's Maryland University, said: "One of the twins' symptoms

By **Allister Hagger**

were reversed to being indistinguishable from children who had never had a history of autism symptoms."

Scientists are not using the term "cure", but Dr D'Adamo said: "Because autism is a developmental condition, one can safely say once they have overcome its developmental aspects and returned to a typical trajectory, they are very unlikely to exhibit common symptoms again."

"Symptoms that could return might be more like anxiety, gastrointestinal and sensory issues, but not necessarily behavioural aspects of autism."

The girls' parents said: "We have witnessed the radical recovery of one daughter and remain steadfast in our support for the other, whose progress has also amazed us."

The study was published in the Journal of Personalised Medicine.

## PLEA FOR BETTER WIFI IN RURAL AREAS

# Poor broadband hits farmers' productivity

By **Steph Spyro**  
Environment Editor

FOOD production on our farms is being hampered by poor mobile and internet connectivity, sector officials have warned.

Around 76% of National Farmers' Union members report some level of unreliable phone signal across outdoor locations.

NFU vice-president Rachel Hallos said: "We are told again and again that food security is a major priority for the Government. To confidently produce more of what we do well in the UK, we need to be as efficient and productive as possible.

"Reliable internet and mobile access are key to achieving this.

"Despite there being some improvements in access, it needs to go further.

"It's worrying that three-quarters of farmers still have mobile signal gaps on their farms. This not only impacts the day-to-day operations of rural businesses but also the safety of our workforce.

### Dangerous

"Leaving a farmer with no way of communicating in a crisis is dangerous. This lack of access is preventing UK farmers and growers from doing what they do best – running successful and profitable food producing businesses."

Labour has pledged to deliver gigabit broadband and 5G by 2030 but the NFU said it needs detailed plans and a timeline on how this will be delivered in rural areas.

Ms Hallos added: "2030 is six years away and waiting that long for better connectivity is a huge burden for rural businesses.

"The lack of sufficient mobile and broadband connectivity is a barrier to greater productivity, growth and investment into the rural economy, especially at a time when businesses are being required to meet more of their legal and regulatory obligations online.

"That is why we are asking the Government to prioritise improving rural connectivity." Labour

## 'THE PROBLEMS ARE HINDERING OUR ABILITY TO BE EFFECTIVE FOR THE COUNTRY'

**Frustrations... Jane Bassett is pleading for improvements in connectivity**



By **Steph Spyro**

UNRELIABLE connectivity has impacted on production for Jane Bassett but it has also had an effect on tourism.

And the uplands livestock farmer is concerned about safety due to an inadequate phone signal at her Peak District family farm.

Jane, 60, said: "It's hindering our ability to be able to be effective on the farm to produce the food that we need in this country.

"We need reliable internet and we need broadband and phone signal.

"Increasingly, like every farm, everything's moved online – which has its advantages, don't get me wrong. But it only works if you have got connectivity to have the advantages of the digital world. And we haven't."

Jane, who believes the Government does have the will to fix the issue, revealed a significant amount of time" is used up because of the problem.

### Growth

She explained: "My son runs a rural business on our farm. He's in his 20s. His business growth is affected by it. We have no rural bank services at all in the national park. Not one. His customers want to pay online.

"We need that connectivity to enable his business to be able to grow and move forward in the digital area that we're in now.

"The connection doesn't always work. Sometimes it works and sometimes it doesn't. It's frustrating all the way around."

Jane added: "Tourism is also impacted because when visitors come, there's an expectation to have the level of connectivity they have where they've come from. We haven't got it. We need the facilities which they want. The first thing visitors say, even before they ask about the nearest pub, is 'How do I connect to the WiFi?'. We need to meet those expectations."

has also been accused by the Tories of "riding roughshod" over the countryside and ignoring rural communities.

The Conservatives said the King's Speech "barely mentioned" the future of farmers and food security while Labour's manifesto gave only 87 words to outline their plan for farming.

Steve Barclay, Shadow Environment and Rural Affairs

Secretary, said: "This King's Speech confirmed that Labour simply aren't on the side of our farming and fishing industries.

"They haven't matched the Conservative commitment to increase the UK-wide agriculture budget by £1 billion over the Parliament nor to introduce a legally binding target to enhance our food security.

"And when it comes to rural

communities, it seems they simply want to ignore their voice to concrete over the Green Belt or cover it in solar panels and pylons."

Sir Keir Starmer went to lengths to provide reassurances to the House of Commons on Thursday that rural communities were a priority to his Government.

The Prime Minister insisted that their voices and issues will be represented on the Government

benches following his party's landslide majority at the General Election.

Meanwhile, Energy Secretary Ed Miliband said: "The biggest threat to nature and food security, and to our rural communities, is not solar panels or onshore wind, it is the climate crisis which threatens our best farmland, food production and the livelihoods of farmers."

## CONNECTION DISRUPTION NOT ONLY HITS MILKING BUT IS ALSO A MAJOR WORRY FOR SAFETY IN FIELDS



Tech issues...dairy farmer Charles Goadby

CHARLES Goadby has told how his robot milker fails to work properly because of a poor internet connection.

Some of his Holstein cows are unable to produce for hours because he is not alerted when there are problems.

The dairy farmer said: "The system is constantly linked to my phone. If I have a serious issue, it will phone me.

"I've had cases where the whole system was down, it stopped cows from getting access and I've not received a call until a couple of hours later. That is reducing

By **Steph Spyro**

productivity and putting a cow under more strain and more risk. Delay milking time and you're risking things like infections."

### Concerns

The farmer, from Nuneaton in North Warwickshire, spends upwards of £120 a month to get a decent digital connection.

He also raised concerns about the lack of safety without adequate access to the

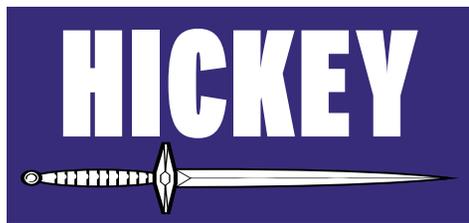
internet. Charles has had to write out each field's three word combination from the app What3Words in case of emergency.

The tool works by giving every three-metre square of the world a unique combination of three words.

Charles said: "What3Words is so important but so often phone signals make it unable to use.

"We are now putting a list of all our fields in every tractor with the What3Words so that we can direct emergency services even when we have no signal."

# HICKEY



PUBLICITY-savvy Piers Morgan, who fell out with pal Donald Trump during a 2022 interview, eagerly confirms they're back on friendly terms.

Two years after being labelled a "fool" and "over the hill" by the former President, Piers appeared on American television over the weekend hailing Donald as the "Mick Jagger of politics". Trump approved, with Morgan now announcing: "Donald Trump called me after watching this and we had a 15-minute chat about bullets, Biden, the presidential race, Jagger, bleeding ears and the elixir of eternal youth."



Now hosting YouTube show Piers Morgan Uncensored, the star, pictured with Trump, adds: "He agreed to another interview."

FONDLY discussing her Good Life co-stars, Felicity Kendal enthuses in *The Oldie*: "We were all very, very similar in the way we worked. That may be why it was so successful – and we all got on very well."

Just before his death in 2013, however, Felicity's screen husband Richard Briers sadly suggested their relationship was more distant. "I don't really know who she is," he said. "Never did. She was always an attractive girl...but you know she's very strange. Enchanting, but strange."

WE may be in the midst of summer, but showbiz vicar Richard Coles wastes no time cashing in on the festive season, cheekily announcing: "Merry Christmas everyone." Coles shamelessly promotes his upcoming fourth novel in the Canon Clement series, *Murder Under the Mistletoe*. Kerching!

SYMPATHIES to "Emma M from Whitby" who writes she was particularly "disappointed" during a visit to The Burrell Collection museum in Glasgow's Pollok Country Park.

"Came because we wanted to see the collection of letters, clothes, household items and jewellery the late Princess Diana gave and left her butler and 'rock' Paul Burrell, pictured," Emma writes. "Just so others know, this museum has nothing to do with Lady Di and it is NOT Paul Burrell's collection."



A museum spokesman responds: "As you mentioned, the Burrell Collection is not related to Paul Burrell or Princess Diana, but rather is the collection of Glasgow shipping magnate Sir William Burrell and wife Lady Constance Burrell, who donated their collection to the city in 1945."

CELEBRATING his 90th birthday next month, gentlemanly actor John Standing recalls starring alongside Cary Grant in the latter's final film, 1966's *Walk, Don't Run*.

He remembers: "After we'd finished filming, Cary said to me, 'I'm not going to make any more movies because I don't get the girl any more!'"

ONCE employed by Labour to pursue late Lib Dem leader Charles Kennedy while dressed in a chicken outfit, comedian Matt Forde confirms they ended up bonding. "He'd have a photo with me and whisper stuff," Forde explains. "I think I ate your father at KFC last night."

# THE ORIGINAL

The Turkish invasion of Cyprus in 1974 caught everyone by surprise, not least thousands of British tourists enjoying their summer breaks. And its 50th anniversary brought fresh protests



CHOPPER RESCUE: A Royal Navy helicopter evacuates tourists at the height of fighting

EXCLUSIVE By Neil Clark

IMAGINE taking a glance out of your hotel window only to see armed paratroopers descending from the sky while amphibious landing vehicles crawl slowly out of the sea and up onto the beach paying little heed to sun loungers and parasols. Not exactly what the travel brochure promised, you might think.

Incredibly, that's exactly what happened when tourists on Cyprus found themselves inadvertently caught up in the Turkish invasion of the island half a century ago, waking to heavy shelling and bombing raids. Turkish forces launched their invasion in the early morning of July 20, 1974, catching almost everyone by surprise – not least the many holidaymakers.

There had long been tensions on Cyprus between the Greek majority and Turkish minority communities. When the island, granted to Britain as a protectorate by the Ottoman Empire in 1878, achieved independence in 1960 after a guerrilla campaign against the British authorities, it sparked further inter-communal fighting.

In 1964, after a Turkish enclave was attacked by the Cypriot National Guard in a bid, they claimed, to stop the importation of weapons from Turkey, Ankara responded with air strikes. Yet despite such festering ethnic divisions, tourism to the island grew.

Famagusta in particular was one of the most fashionable resorts in the whole of the Mediterranean. Once the wealthiest city in the world, it boasted luxury hotels and its celebrity visitors in the early 1970s included Brigitte Bardot, Richard Burton and Elizabeth Taylor.

Cyprus had a great climate and some lovely beaches. But those who decided to go there in the summer of 1974 expecting a relaxing time were in for a holiday they would never forget. The dramatic escalation began on July 15 when the ruling military junta in Greece – desiring "Enosis" or "union" with Cyprus – gave the go-ahead for a coup against the Greek-Cypriot leader Archbishop Makarios, the first President of Cyprus and widely regarded as the country's founding father after colonial rule.

National Guard troops moved on the

Nicosia and surrounded it with tanks. Makarios was declared dead, with Cyprus Radio announcing: "The National Guard this morning took over authority in Cyprus. This step was taken to put an end to civil strife among Greek Cypriots. Long live the Greek Cypriot people!" In fact, Makarios hadn't been killed. He managed to escape – literally through the backdoor – to the southwestern city of Paphos. There he was rescued by the British, who maintained a 5,000-strong military presence on the island.

He was flown by helicopter to the British airbase at RAF Akrotiri from where he was taken to Malta and then on to London, where he set up his leader-in-exile base in a luxury suite at Claridges Hotel.

"You should have known it was not easy for me to die. But tell me, at least, were my obituaries good?" asked the Archbishop.

In his place Athens had installed the fiercely anti-Turkish Nikos Sampson, a former guerrilla fighter against the British.

**B**UT the coup in Cyprus was like a red rag to the authorities in Ankara. The Turkish Prime Minister Bulent Ecevit flew to London to propose joint action to protect Turkish citizens on the island. But the fighting had already started, between Sampson's forces and other Cypriots loyal to the regime and Turkey.

On July 19, tourists started to flee, with long queues appearing at Nicosia airport. Those who did manage to get out were only just in time. Because just before dawn on the following day came the start of Operation Atilla, the full-scale Turkish invasion. It involved amphibious landings, bombing raids and paratroop drops.

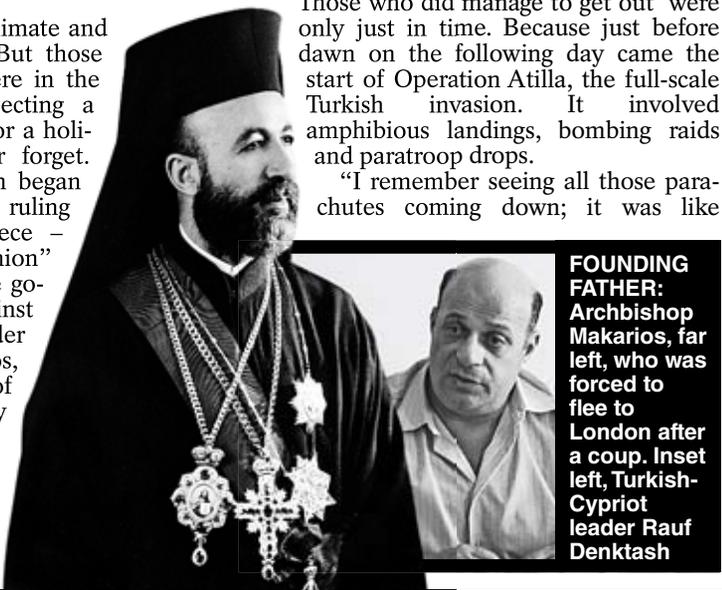
"I remember seeing all those parachutes coming down; it was like

watching butterflies descend. Quite surreal. I'd never seen anything like that before," recalled James Alan Williams, a political officer at the US Embassy. Amanda Lee had been on holiday in Kyrenia for a month. "There was fighting around our hotel that first evening. Very noisy it was. The friends in whose hotel I had been staying, being Greek Cypriots, lost everything," she told the BBC. Lee managed to get out of Kyrenia before the Turks invaded, but others were not so lucky.

Stranded in a war zone, they had to wait to be evacuated by the Royal Navy who launched a major operation to take people to safety. The first ship to arrive was HMS *Andromeda*. In the end some 4,000 Britons and other civilians were evacuated.

"Although we witnessed and heard some horrific things, I often think of the people we helped and what became of the people we had to leave behind," said Mike Marriott, who served on the rescue ship.

The invading Turks, seen as liberators by Turkish-Cypriots in the north, suffered high casualties – mowed down by machine gun fire as they came ashore. In response to the Turkish invasion, the Greek military



FOUNDING FATHER: Archbishop Makarios, far left, who was forced to flee to London after a coup. Inset left, Turkish-Cypriot leader Rauf Denktaş

# HOLIDAY IN HELL

Pictures: GETTY



**STREET FIGHTING: A Greek tank in Nicosia, main. Right, forbidden 'ghost town' of Varosha in Famagusta**



**FULL-SCALE INVASION: Turkish paras dropping into Cyprus on July 20, 1974**

shot dead. Meanwhile, tensions spilled over into Britain, especially in London where there were both Greek-Cypriot and Turkish-Cypriot communities.

Eventually the fighting stopped, with the Turks in control of some 36 per cent of the island and the capital, Nicosia, divided. In December, Archbishop Makarios returned – he would die three years later aged 63.

He and his Turkish-Cypriot counterpart Rauf Denktash agreed a population transfer program which saw about 60,000 Turkish-Cypriots moving from the south to the north. But despite a whole raft of initiatives aimed at reunification, the island remains divided to this day along the 1974 UN Green Line.

The Turkish Republic of Northern Cyprus, its population boosted by immigration from Turkey, declared full independence in 1983 but today is still only recognised internationally by Turkey.

On the 50th anniversary on Saturday, members of the Cypriot community in the UK protested outside the Turkish embassy in central London. Around 250 protesters chanted, "No more Turkish occupation" and "Turkish troops out of Cyprus".

Yet Cyprus is in many ways the forgotten war. Because of the

government ordered Greece's Army to attack Turkey. But senior officers refused and the junta in Athens fell apart.

On the same day, July 23, Sampson's junta in Cyprus also fell. Peace talks began soon after between Greece, Turkey and Britain, but they eventually broke down without agreement and, on August 14, the second phase of the war began.

The Turks, boosted by reinforcements, launched a new offensive. Thousands died and around 165,000 Greek Cypriots fled the island. Moreover, around 1,600 people – including many soldiers – went missing, the fates of many still not known to this day.

"The 50th anniversary of the invasion is going to be a real hard time for a lot of people," says Tonia Buxton, a TV cookery presenter of Greek-Cypriot origin. "There's so much hurt in it all. One of my aunts was engaged to one of the missing soldiers.

"She's now in her late 70s and her life quite literally stopped 50 years ago. She never thought of meeting anyone else because her fiancé was missing. She held hope out, it didn't matter how many of us said 'move on', it was too late. So her whole

life was affected by what happened in 1974. Her life has passed by waiting.

"That for me was the worst case, there were lots of other horrific stories that happened on both sides, but that particular side of the war of the missing soldiers and missing loved ones is the biggest heartbreak."

People were forced to leave family homes that they had lived in for generations, as well as most of their possessions. Overall, about a third of the population became refugees.

**T**HERE was anger, in the Greek-Cypriot community, that the western powers did not protest more strongly about the Turkish invasion. Many felt Britain as the former colonial power could have done more to deter the Turks. "My grandfather, like many Cypriots, had fought in the Second World War – the British had promised Cyprus independence in return but it only came in 1960," adds Buxton.

"They did nothing to stop the Turkish invasion, they just let it happen. No one talks



about Cyprus today." While sterling work was done by the Royal Navy to evacuate people from the conflict, the UK was highly reluctant to get directly involved as a combatant, it was said.

"The Turks were determined on taking the law into their own hands. We don't see that there is anything that can be done in a military sense," British Prime Minister Harold Wilson told US Vice President Gerald Ford.

The US for its part didn't want to fall out with Turkey, which was a Nato member and strategic ally at a time of the "old" Cold War.

In any case, President Nixon had his mind on other things in August 1974 – he was on the verge of resigning due to the Watergate scandal.

August 19 saw anti-American demonstrations in Nicosia and the US Ambassador Roger Davies and a Cypriot employee were

frozen nature of the dispute, parts of the island are still left in a mid-1970s time-warp, none more so than the ghost town of Varosha (Maras in Turkish).

The coastal suburb of Famagusta, once home to fashionable hotels, has lain abandoned and derelict since the UN decreed only original inhabitants could live in the town. It was fenced off completely until 2019, though in 2022 there was a partial reopening. Earlier this year, Turkish President Recep Erdogan defended the 1974 invasion, claiming Turkish-Cypriots in the north had been at risk from genocide.

With other conflicts garnering more of the world's attention, it's hard to see the issue settled anytime soon.

But at least, for those who remember the traumatic events of the summer of 1974, there's no more fighting.

# 30-SECOND CHALLENGE

JUST follow the instructions from left to right, starting with the number given to reach an answer at the end of the row. Set your own 30-second challenge. For the very young or arithmetically rusty, you have 30

seconds for the BEGINNER task. For a greater challenge, try BEGINNER and INTERMEDIATE in 30 seconds. True mental gymnasts should try INTERMEDIATE and ADVANCED in 30 seconds together.

Today's answers can be found in the puzzles pullout

YOUR ANSWERS

Beginner	53	-17	TAKE THE SQUARE ROOT	+19	x3	+9	÷7	-4	x6	
Intermediate	141	2/3 OF THIS	+128	5/6 OF THIS	-42	REVERSE THE DIGITS	÷11	-19	x11	
Advanced	8	x64	-68	7/12 OF THIS	+186	INCREASE BY 40%	-47	4/9 OF THIS	+164	

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12 13 14 16 18 3

FRIDAY, JULY 19  
**EUROMILLIONS** 15 22 35 44 48 6 7  
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THURSDAY, JULY 18  
**SET FOR LIFE** 5 7 27 38 46 8

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## PHONE POLL RESULTS

We asked in our poll on Friday:  
**Will co-operation with France reduce number of migrants?**

**YES: 23%**  
**NO: 77%**

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Fill in all the squares so that each row, each column, and each 3x3 square contain all the digits from 1 to 9

		6		4				3
	7	8		1		6		
2	3						7	8
6				9	1	4		7
	1	2		3			6	
		5	4	8				1
8	4				7		3	6
	2	7		5			1	
			9			7		2

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**MORE PUZZLES - PULLOUT SATURDAY'S SOLUTION**

9	5	3	1	8	6	2	4	7
8	7	6	3	4	2	5	1	9
4	2	1	9	7	5	6	8	3
7	6	5	4	9	1	3	2	8
2	8	9	5	6	3	4	7	1
1	3	4	7	2	8	9	6	5
5	9	7	2	1	4	8	3	6
6	1	2	8	3	9	7	5	4
3	4	8	6	5	7	1	9	2

Picture: SWNS



Re-hearse my funeral... Malcolm in 2013; below, real send-off

# Footy fan departs in plane-shaped coffin

By **Izzy Hawksworth**

FOOTBALL fan Malcolm Brocklehurst went to his cremation in this tangerine plane-shaped coffin having planned it a decade ago.

The cortege for Malcolm, 89, halted at the Bloomfield Road pitch of his beloved Blackpool FC, known as The Tangerines. A song Fry Me, Toast Me that the granddad had written was played at the service and he had asked mourners to spin the propeller on MB1934 – his birth year.

The ex-aerospace engineer of Cleveleys, Lancs starred on Channel 5's Bizarre Burials in 2013, rehearsing his funeral. He said at the time: "I insisted that



they did not put the lid fully on. In spite of protestations from one or two pals who said 'We've got him at last, nail it down!'

Malcolm decided to plan his own funeral so that his wife Mary would not have to. He died peacefully in hospital in June, shortly after she passed away.



# Will a 'super' coffee leave you full of beans?

**H**ow do you like your coffee in the morning? If your only consideration is whether to take milk or sugar, you could be missing out.

Coffee and other morning drinks with added health benefits, such as collagen, adaptogens or mushrooms, have never been more popular.

Holland & Barrett has seen sales of healthy "functional" mushroom coffee increase by 598 per cent.

Nutritionist Milena Kaler (milena.kaler.co.uk) is not surprised by the trend.

"They are popular due to increasing awareness of health and wellness. People want convenient ways to incorporate nutrients, vitamins and supplements into their diet."

However, while packing your morning brew with added nutrients sounds like a win-win situation, Milena warns that not all healthy drinks are created equal.

"The amount of nutrients varies and some drinks may contain very low doses. So look for products with clear labelling, including detailed ingredient lists and dosage information."

Here, we have tried some of the leading health-boosted drinks.

## ■ Ancient & Brave Coffee + Collagen, £24, [ancientandbrave.earth](http://ancientandbrave.earth)

**What is it:** This rich Brazilian coffee contains 2,000mg of collagen as well as cacao, ashwagandha, chicory root and baobab.

**Milena says:** Collagen peptides boost skin elasticity, joint health and muscle recovery. Cacao contains compounds that may enhance mood and cognitive function, while baobab is rich in vitamin C, supporting the immune system and skin health.

**Verdict:** This is rich and flavoursome and the collagen is undetectable. For a higher dose of collagen, add a spoonful of Ancient & Brave True Collagen, £29.

## ■ Fast 800 Keto Coffee, £22.99, [thefast800.com](http://thefast800.com)

**What is it:** Designed for people following a keto (low-carb, fat-rich) diet or low-carb diet, or as part of a fasting plan, this contains coffee, MCT oil and collagen.

**Milena says:** Medium chain triglycerides (MCTs) provide a quick



Forget your standard cappuccino, coffee boosted by anything from mushrooms to collagen are booming. But which one is right for you? **MERNIE GILMORE reports**

source of energy and can enhance cognitive function, while coconut milk powder is rich in healthy fats and nutrients that boost immunity and energy levels.

**Verdict:** Makes a sweet and creamy drink with a pleasant coconut aftertaste, and it's definitely more filling than a cup of regular coffee.

## ■ OYL Focus Mushroom Coffee, £39, [drinkoyl.com](http://drinkoyl.com)

**What is it:** Packed with functional mushrooms, this blends high-grade coffee with lion's mane, cordyceps militaris and reishi mushrooms.

**Milena says:** Lion's mane supports memory and brain health, cordyceps militaris is known for energy boosting and reishi mushrooms have adaptogenic qualities, for relaxation.

**Verdict:** Comes with a V60 Dripper, so you don't even need a cafetiere. It tasted delicious – rich, chocolatey and with no mushroom aftertaste.

**■ A Vogel Bambu Fruit & Grain Coffee Substitute, £5.49, [avogel.co.uk](http://avogel.co.uk)**

**What is it:** Made from fruit and grains including wheat, malted barley, figs and chicory, this is naturally caffeine free.

**Milena says:** Chicory



is rich in inulin, a prebiotic fibre that supports gut health and digestion, while acorns provide a blend of healthy fats, protein and antioxidants. Wheat and barley may be problematic for people with gluten sensitivity.

**Verdict:** Great for anyone who wants to cut out caffeine. It has a coffee-like bitter aftertaste, which makes it a convincing alternative.

## ■ Raise & Replenish Plug Me In, £42, [raiseandreplenish.com](http://raiseandreplenish.com)

**What is it:** Made from matcha, lion's mane, ginseng root, lemon balm and cinnamon, this promises to boost energy, mood and stamina.

**Milena says:** Matcha green tea is considered a superfood due to its antioxidant content, and is good for heart health and concentration. Lion's mane and ginseng improve cognitive function, while lemon balm aids relaxation and digestion.

**Verdict:** This was delicious when blended into warm almond milk. It has a soft herbaceous flavour and provides an energy lift.

**■ Adaptogenic Apothecary Freedom, £55, [adaptogenicapothecary.com](http://adaptogenicapothecary.com)**

**What is it:** Designed especially for women, this adaptogen-packed blend contains functional mushrooms and other ingredients to boost mood,

energy, libido and sleep.

**Milena says:** Lion's mane and cordyceps support cognitive function and energy levels, while saffron regulates mood and goji berries boost immunity and skin health. Raw cacao provides antioxidants while rosehip contains vitamin C, and beetroot is good for athletic performance.

**Verdict:** Mixed with milk, this makes a tasty coffee alternative with a nutty, chocolate flavour. It had an immediate soothing effect.

## ■ Biotiful Kefir+Coffee Latte, £1.75, [Sainsbury's](http://Sainsbury's)

**What is it:** Kefir blended with cold brew coffee. Contains no added sugar and it's a natural source of protein.

**Milena says:** Kefir is rich in probiotics, which promote gut health, supporting digestion and boosting immunity. Adding kefir to coffee might make it slightly more filling compared to regular coffee due to the protein and fat content, which increases satiety.

**Verdict:** Kefir and coffee sounds like an unusual combination but this was delicious, with just the lightest coffee flavour. It was filling and would be a great option for breakfast on the go.



## ■ London Nootropics Zen Coffee, £15, [londonnootropics.com](http://londonnootropics.com)

**What is it:** An adaptogenic coffee, this promises to tackle tension and stress while calming the mind and leaving a sense of peace and calm.

**Milena says:** One of the ingredients, L-theanine, is found in green tea. It promotes relaxation and reduces anxiety. The other main ingredient, ashwagandha, is an adaptogenic herb that reduces stress.

**Verdict:** The idea of coffee that chills you out may seem counterintuitive, but this does just that, and it didn't disturb sleep when drunk later in the day. Comes in individual sachets – useful for travel.

## ■ Dirtea Coffee, £39.99, [dirteaworld.com](http://dirteaworld.com)

**What is it:** Arabica coffee served up with a trio of focus-boosting functional mushrooms – lion's mane, chaga and tremella – as well as ashwagandha and maca powder.

**Milena says:** Lion's mane supports cognitive function and nerve health, while chaga provides antioxidants and immune support. Tremella boosts skin health, while maca enhances energy levels.

**Verdict:** This is so quick and easy to make – add hot water, like instant coffee. But it tastes like a properly brewed one, rich and satisfying, and it definitely helped with focus.

## ■ Foodhak Melange Ayurvedic Golden Latte, £8.99, [foodhak.com](http://foodhak.com)

**What is it:** Promising to balance hormones, there's superfood turmeric, plus ashwagandha, ginger and other soothing ingredients.

**Milena says:** Turmeric and ginger have anti-inflammatory and antioxidant properties, supporting immune function and digestion. Ashwagandha helps reduce stress, while cardamom and fennel aid digestion. It also contains sugar, which can lead to health issues when consumed excessively.

**Verdict:** Warm and comforting, this is like a hug in a mug. A nice spicy kick and a gentle sweetness – perfect for a relaxing morning.



## EXPRESS SHOP



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The chair is upholstered in a soft yet durable bonded leather with some faux leather used on the lower stress areas,

Both the lift assist and recline functions are operated by an easy to use remote control and the dual motor allows the footrest to be fully extended with the chair remaining

in an upright position.

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Your order will be shipped with our white glove, two man delivery service and delivered within 5 to 10 working days from the point of order. You will be contacted to arrange the delivery date and the chair will be brought into your room of choice and assembled.

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### CHAIR DIMENSIONS

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### AVAILABLE COLOURS

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# express yourself

**M**idlife can be a perfect storm for women who often find themselves juggling the challenges of menopause with caring for ageing parents and demanding teens, all while holding down stressful jobs.

But Gabby Logan, 51, has written a midlife bible to support women every step of the way, drawing on her podcast *The Mid Point* and the wisdom of its stellar range of expert guests.

And woven through the experts' insights are Gabby's personal experiences of the curveballs midlife has thrown at her.

She wryly describes *The Mid Point* as "the most self-serving podcast in the charts" and, likewise, says of her book, *The Midpoint Plan: Taking Charge of Your Health, Habits and Happiness to Thrive in Midlife and Beyond*, "I wanted to write the book I needed when I was heading into this midlife period. It was so unbelievably beneficial, getting free advice!"

More than any other chapter, she wishes she could have read about perimenopause before she found herself in the thick of it in her mid to late 40s.

### UNFAMILIAR

"I didn't have big dramatic symptoms, I wasn't getting hot flushes in bed.

"But I wasn't able to collect names in my brain as quickly, or adjectives that I'd normally immediately use. I was aware that I was feeling a bit slower.

"A few times on live telly, I failed to recall the correct word or name and bluffed my way through. It was unfamiliar and unpleasant. But I just thought I was getting older and I had to accept that."

It was podcast guest Mariella Frostrup who suggested the perimenopause might be responsible. "She led me down the path of finding out about my own perimenopausal journey so she was massively impactful.

"Realising that it was all part of perimenopausal package was quite a good thing. When I decided to go down the HRT route, I felt better within days."

Gabby learned she had underestimated the power of hormones. "Hormones feed into your health, mental health and physical wellbeing. I had no idea how much those hormones drop off. I had no idea how those hormones are through your whole body, all your receptors, every organ."

Though HRT has been linked to breast cancer, menopause specialist Dr Louise Newson highlighted the research that debunked the claim on *The Mid Point*.

Now, Gabby exercises her brain just as she trains her body – reading challenging books, doing puzzles and memory tests, or playing sports requiring hand/eye coordination.

She says she also experienced "low-level anxiety" around the same time that she became aware of her brain fog, but the country was also in the thick of the pandemic.

"So it was a combination of fears," she explains. "But I wasn't responding in the same way I probably would have done before. I was never a big worrier but I felt myself being more anxious, finding things that weren't massively problematic more of a problem."

To her relief, her marriage to former rugby player Kenny Logan has survived the

From tackling hormones and sleep to boost nutrition and Gabby Logan's midlife will leave you feeling better than ever

# The midlife plan



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With husband  
Kenny

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**NEW BOOK**  
Gabby believes we can embrace the midlife stage

midpoint unscathed. "Of course, I annoy Kenny, and he annoys me," she says, but these are just niggles. Frank disagreements are, she adds, a sign of emotional honesty. "From all the relationship experts who've been on different episodes, the thing that comes through is communication. I feel lucky that Kenny and I have always had really good lines of communication. "But I can see how they could get eroded in people's busy lives. I talk about hugs and intimacy and touch. It could be a minute in the morning and a minute in the evening. If you just give your

**“**  
**It's better to realise I feel so much better eating good food and exercising**

partner a kiss and a hug goodbye, it becomes a habit again."

Gabby's experts also emphasise the importance of finding the fun in relationships. She adds that she and Kenny never go to bed on an argument, and cites two duvets as the secret to a happy marriage.

Kenny has also appeared on The Mid Point, talking about his experience of prostate cancer. In 2021, he heard Davina McCall on Gabby's podcast, talking about libido and hormones declining with age, and booked a general well-man check even though he was symptom-free.

This led to early diagnosis which Gabby acknowledges came as a shock, and, in 2022,

his prostate was removed. It was, she says, a "tough" period.

Afterwards, Kenny struggled to get an erection. "We had to work out other ways of enjoying sexual relations until that functionality returned," says Gabby. But happily, he has since made a full recovery.

The guest who had the biggest impact upon Gabby was psychotherapist Julia Samuel. This is in part because Gabby's brother Daniel died suddenly of hypertrophic cardiomyopathy aged 15 in 1992. In the wake of this devastating loss, Gabby felt compelled to honour him by putting maximum effort into everything she did.

"Julia has been an amazing source of wisdom. Loss isn't just death," says Gabby. "People dealing with relationship separation, feeling that when their children are getting older, they're losing something of themselves – all of that stuff is really relevant in this period of life."

### REDISCOVERY

So Gabby urges midlife people to discover new hobbies, or to rediscover old pleasures that got lost amid the demands of parenting. And she's enjoying leading by example now that her twins Reuben and Lois are 19.

"Last night, I went and played padel tennis with a group of women. I wouldn't have done that 10 years ago because I'd be thinking, 'I've got to pick up one of the kids'.

"Or at five o'clock, my husband and I might have finished our work for the day and we'll say, 'Right, let's go and play nine holes of golf'. Which we wouldn't have done before. He'd have been taking my son to rugby, I'd have been taking my daughter to horse riding."

A teenage gymnast, Gabby has always been fit. These days, she enjoys variety in her exercise regimen. "I've liked strength training since my early 30s but now I understand why weights are vital for women. I might run one day, do a bit of Pilates, or do strength training.

"I did a half marathon recently. I hadn't done a half marathon since my 30s and I did it in the same time, practically."

Sports scientist and Olympian Greg Whyte shared heartening insights into exercise on the podcast. "You don't have to expect yourself to massively decline in age," says Gabby. "Greg talks about increasing the intensity as you get older, rather than feeling you should slow down. The more you do, the more you can do as you get older."

Over the years, she has come to appreciate her body more.

"After having babies, I started to see my body differently. Looking back, I realise how much time was wasted on wanting the thighs of a Vogue model.

"The change is gradual. It's that realisation of, 'Oh, actually I feel so much better eating really good food and exercising and not denying myself.

"Not thinking I failed or it's summer again and



**SUPPORT**  
At a charity function with Clare Balding and Davina McCall

guess what? My body's not like Gisele's. That self-flagellation that used to go on."

Now, her diet is focused on health, not weight. "There's a movement to eat 30 vegetables in a week and I've been doing that for a while, with nuts and seeds supplementing those."

The change was inspired by a personal trainer who, in 2019, suggested she wear a glucose monitor to see how food impacted her blood sugar levels.

"That has definitely helped my gut health. I very rarely feel any kind of bloating or discomfort in my stomach."

### SELF-CONFIDENCE

But the guests her listeners most want to hear from are sleep experts. "In midlife, people have a lot of sleep issues. It's all about consistency of wake-up time, not worrying if you get to bed late, it's about getting up at the same time to keep your circadian rhythm regular."

The need for a good night's sleep is the reason why Gabby now only drinks alcohol on special occasions.

But in her view the biggest midlife change stems from greater self-confidence.

"It's feeling confident in your decisions and listening to your gut. Those things come with age and experience.

"And women are more prone to being people pleasers which in midlife you feel more confident about not being – saying no and not feeling like you've got to give a million different reasons.

"You can't do everything. You have to make sure you've got enough energy left for the people you love."

Her key message is you're never too old to future-proof your body, and The Midpoint Plan aims to support us all embrace midlife. "It's about being able to do the things you want to do, so you can be well, and the best version of yourself that you can."

**■ The Midpoint Plan by Gabby Logan, £22, (Piatkus) is out now**

INTERVIEW BY  
**CHARLOTTE HEATHCOTE**



**STILL GOT IT**  
Gearing up for a half marathon

# expressyourself

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## Beauty news



■ Sometimes the best things really do come in small packages - like these GHD Mini Hair Straighteners, £159 (ghdhair.com), which are 40 per cent slimmer than the originals, making them ideal for travel, as well as shorter hairstyles and fringes. Smaller plates mean you can get right down to the root.

■ I've long loved Byredo's Mojave Ghost fragrance, a beautiful mix of ambrette seeds, magnolia, violet and sandalwood. New for summer is a limited edition alcohol free version, £220 (byredo.com), which presents a lighter, "second skin" take on the scent. Warm, whimsical and with a sophisticated subtlety, snap it up while you can.



■ High street favourite Zara has teamed up with super stylist Guido for a functional and fashion-forward hair care collection. Choose from the Air Dry Foam, Wet Look Mousse and - my favourite - the deliciously scented Sea Spray, £15.99 each (zara.com). Apply to damp hair and scrunch to form beachy waves.



Compiled by HANNAH BRITT



# Can tortoise stay outside?

## Pampered Pets

OUR VET DAVID GRANT WORKS HIS MAGIC



**Q** We keep our six-year-old leopard tortoise indoors all year, but it's annoying to clean up her toilet mess. Now she is quite big is it OK to keep her outside in a heated hutch even in winter?

**A** Exotic pets in general can be very difficult to keep in conditions that replicate their natural environment. This includes feeding, housing and providing ideal ambient temperatures and humidity levels.

Leopard tortoises originate from grasslands in sub-Saharan Africa. They are accustomed to a hot climate and do not hibernate. Getting temperature control is crucial. For this, a spot lamp is required giving a basking temperature of 35-40C and it should be on all day.

The cool end of the enclosure should be maintained at 25C. At night, background heat should be maintained with, for example, a ceramic bulb, so that the temperature doesn't drop below 20C. This will need setting with a thermostat, and having a maximum and minimum thermometer in the enclosure is also useful to add security in the colder months. A UVB light is also a requirement.

For the summer months, an additional enclosure with a protected outside run will allow the tortoise to be exposed to natural sunlight.

With a suitable specially built enclosure this might be satisfactory until autumn, but in winter it is safer and easier to keep the tortoise indoors.

Changing the substrate - the substance such as soil, woodchips or coconut fibre used as the base of the enclosure - might help with cleaning up.

For more information, search "leopard tortoise care, Royal Veterinary College".

**Q** I have a seven-month-old male kitten. I noticed recently that he has extra teeth in his upper jaw. There are two canine teeth on each side, instead of one. I think these are baby teeth. Should I wait to see if they fall out?

**A** Like us, cats have two sets of teeth: the baby teeth, also known as deciduous teeth, and the permanent adult teeth.

Cats have 26 deciduous teeth and 30 permanent teeth, comprising 12 incisor teeth at the front of the mouth, four canines, 10 premolars and four molars.

The deciduous teeth start to appear at three weeks and begin to be lost at three to four months.

The first to fall out are the incisors, followed by the canines at the corners of the mouth, and lastly, the premolars and molars.

During teething, the kitten may show signs of oral pain, dribble with traces of blood, and it is not unusual to find deciduous teeth around the home.

The growing permanent teeth push the deciduous teeth out to occupy their normal position. By the time a kitten is six months old it should have all its adult teeth in place with no deciduous teeth remaining.

If deciduous teeth do not fall out, (these are called persistent deciduous teeth), they can cause problems. Adult teeth can become abnormally positioned, causing difficulty in eating. Dental and gum disease is another a potential problem.

Removal of persistent deciduous teeth, performed under general anaesthesia, will probably be the vet's advice. I wouldn't wait to see if the teeth fall out.

● David Grant has been a vet for more than 50 years. Email questions to him at [pamperedpets@express.co.uk](mailto:pamperedpets@express.co.uk). He cannot enter into individual correspondence.

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# “How I got rid of my back pain at the age of 72”

## Try this breakthrough device yourself, and if your pain doesn't disappear, it won't cost you a penny!

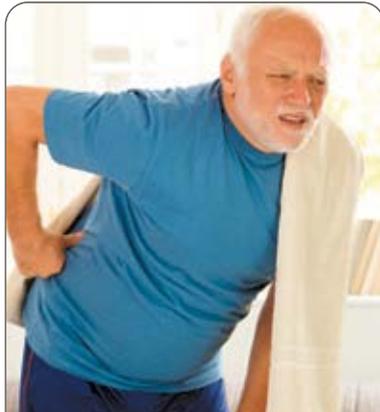
I first experienced back pain just before I retired and as the years passed, it got worse. I had to hold my hips when I walked or went upstairs. The slightest effort was torture.

### Fate stepped in

I wasn't allowed to take anti-inflammatories because of a recent heart attack and I resigned myself to a life of pain. But fate stepped in and I'm 72 now and pain free. Last July, I was flipping through a magazine, and an article about back pain caught my eye. It read 'Do you suffer from lower back pain?' and it was the story of a man who'd been immobilised by terrible pain following a car crash. A pharmacist had sold him an extraordinary lumbar decompression belt that helped to work and stretch an area around the 4th and 5th vertebrae.

### Formal guarantee

I was sceptical. I'd been suffering for almost 20 years and I'd already tried lots of methods: creams, exercises and even injections. They gave me a bit of relief, but the effects never lasted very long! Getting up in the morning was so



**BEFORE:** John shows us how he suffered before using the Stretch&Go® belt.



**AFTER:** “Today, at the age of 72, I've got all my flexibility and no more pain.”

painful and this put a dampener on my efforts to find a solution. At the end of the article, there was a phone number and a website.

I called out of curiosity, but when I was told the belt came with a total money-back guarantee, I thought, ‘why not give it a try?’ They promised: “if my pain didn't go within 90 days of receiving my Stretch&Go® belt, I could send it back for an instant refund.”

So I had nothing to lose by trying it out, so I ordered my belt.

### So easy to use

I received it within 48 hours and put it on right away. I was a bit worried I wouldn't be able to wear the clothes I wanted but it wasn't a problem at all and I very quickly forgot I was wearing it and no one noticed I had it on. You need to inject a bit of air into the belt using the pump provided.

As soon as you feel a little pressure, you stop and your belt will do its job of decompressing your vertebrae. Plus, you have the great

feeling of being taller, stronger and more upright. I felt something was happening in the first few minutes and decided to keep it on all day and night.

### I can walk normally

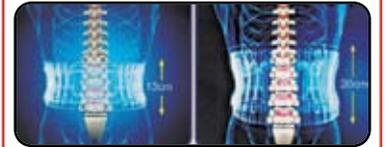
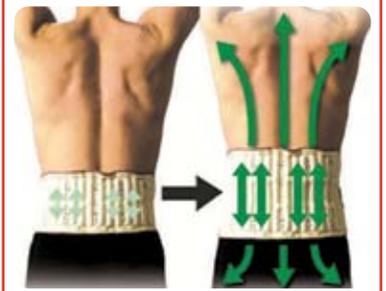
As I mentioned, getting up in the morning was a real ordeal. I was bent in half and it took hours before I could stand up straight. Believe it or not, the first morning there was already an incredible difference. I still had some pain but I was standing up straight! After that, every day got better. I climbed the stairs painlessly, I began to walk normally without holding my hips.

Until one day (about 3 weeks later) when I got up in the morning without feeling the slightest pain!

I wore it for 3 months, several hours a day, and a few nights because it also felt good lying down with it on. Then one day I went to my son's for the weekend and left it. I realised I was no longer in pain even without having it on. So I stopped wearing it. Two weeks ago during a routine check at the doctor's, I asked him how this belt had managed to relieve my back pain and continue working when I wasn't wearing it anymore.

Out of curiosity, he arranged a few X-rays. He was amazed because my intervertebral discs had grown in size and my vertebrae were better spaced. He explained to me that the belt had decompressed my vertebrae and allowed my discs to regenerate. As a result, it was unlikely the pain would reappear any time soon.

### THE SECRET BEHIND THE Stretch&Go® BELT



As you can see in these illustrations, once injected with air, your belt expands by 7cm, allowing you to decompress your spine as also shown by these X-rays. Worn for hours, the belt increases the distance between your vertebrae, allowing your discs to regenerate. It puts an end to the pinching of the spinal nerve that cause sciatica and lower back pain.

### 3-month GUARANTEE

You have 3 months to assess the results of the Stretch&Go® belt. At any time during this 3 month period, if you don't notice any improvement in your back pain, just return your belt, along with your invoice and once we've received it, we'll refund you in full, excluding p&p.

### Don't let the pain back in

However, he told me that at my age it was inevitable the vertebrae would settle again. So if I wanted to avoid more, I'd have to use my belt back regularly. I understood why I was no longer in pain and followed his advice to put the belt back on before the pain returned.

This belt changed my life, my friends tell me I've gained a new lease of life and my only regret is not experiencing the results of the Stretch&Go® belt sooner in life.

So, if you suffer from back pain, don't do what I did, don't wait years to get rid of it. Ask today for a risk-free trial of your Stretch&Go® belt.

## Why the Stretch&Go® belt can eliminate the back pain ruining your life



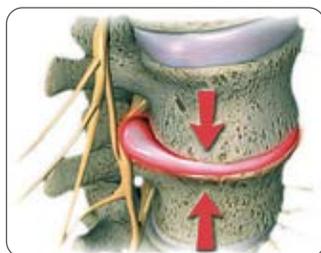
P. Han, our specialist, explains the cause of lower back pain

Over the years your vertebrae settle and crush your discs, causing irritation of the spinal nerves and causing pain.

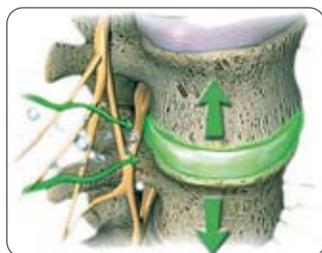
Painkillers only temporarily reduce pain. As soon as they stop working, the pain will start again. To eliminate the pain permanently, you have to treat the causes of this settlement of the vertebrae and crushing of the discs. There's a good reason why back pain is considered the ailment of the century. We're living longer, overweight, unfit and many of us have bad posture and muscle tension. So, the number of people suffering from back pain continues to increase.

The only way to treat it is to repair the damage, namely:

### SPINAL DECOMPRESSION



**BEFORE DECOMPRESSION**  
Damaged and compressed disks pinch the nerves and cause pain and inflammation



**AFTER DECOMPRESSION**

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- Less pressure on the disks
- Reabsorption of nutrients and rehydration of the disks
- Elimination of pressure on the nerve
- Elimination of pain and inflammation



Suitable for men and women with a waist size of 60 to 150 cm

- Decompress the vertebrae
- Allow the discs to be rehydrated
- Release the spinal nerves

To achieve these three things, we need to stretch the spine; and this is exactly what the Stretch&Go® belt does. Unlike long tedious,

painful stretches or expensive physiotherapy sessions with a limited effect, the Stretch&Go® belt decompresses your spine on its own all day (and even at night if you want).

Your discs will be decompressed and rehydrated and your nerves released.

The pain will disappear. Of course, you'll have to put your belt back on from time to time when you experience any stiffness. Stretch&Go® was designed to be worn under clothes without being visible and does not restrict your mobility. Thanks to its huge success in Switzerland (where it was developed), we can offer it to you at a special introductory price of £129.95 (instead of the usual price of £199.95), saving you £70.

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# The Crusader **Fighting for your rights**

By MAISHA FROST

## Follow the code

A SERIES of shock debits linked to a mystery phone account that kept appearing on a customer's bank statement rang no bells, but certainly rattled him.

The payments that William Wood discovered had been taken over several months amounted to £200. The money appeared to be being paid to Vodafone, the telecoms provider he had left late last year in a move to Three.

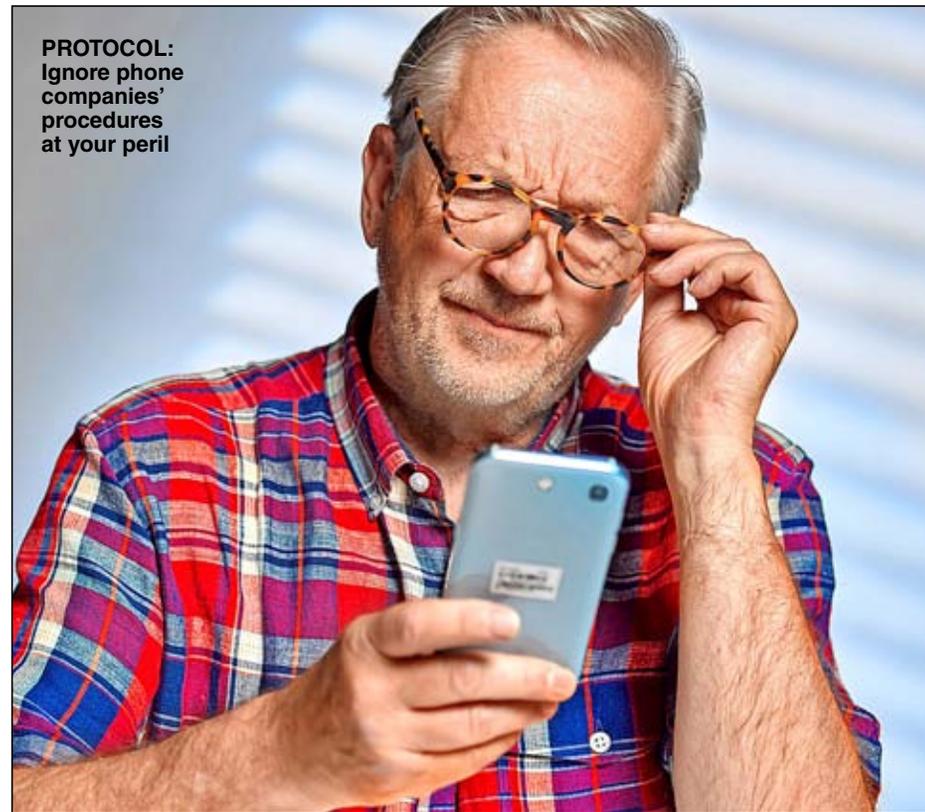
Following that he had stopped the direct debits and thought, wrongly as it turns out, that everything was sorted.

"I could not understand how this new debit had been set up as I had not done it," William told Crusader.

"Vodafone's customer service said they could see two accounts for me – one which was closed and this was correct. They were unable to provide any more information on the new one and directed me to go to a shop to get it sorted."

Matters then took a turn for the worse as, fearing fraud, an increasingly confused William got his bank to refund the money only to find it had been taken again, "because Vodafone objected," he explained.

"My bank then said this was between me and Vodafone. I feel abandoned and need Crusader's



**PROTOCOL:** Ignore phone companies' procedures at your peril

Picture: GETTY

help." As we began digging William then received a debt warning and collector's letter on behalf of Vodafone.

"So what on earth is going on?" we asked the phone giant.

Even if William had slipped up, which seemed possible, finding out exactly how would help not only him, but others too potentially.

And now we have the answer because it was all down to how William had handled the PAC, the Porting Authorisation Code used to keep the same mobile phone number when changing networks.

Because William had moved provider but kept his number he needed to adhere to the PAC process and use the code.

Vodafone explained: "We are pleased to have resolved the issue with the customer. He had requested a PAC rather than a full disconnection, and since the PAC was not used, the number remained active."

"We contacted him following our standard procedures and have now credited the amount charged since the last usage. The credit file agency has been notified, and the customer will receive the credit within 14 working days."

● William's name has been changed

➤ **YOUR PAC code is unique, lasts just 30 days and you must give it to your new provider. William was sent one, but if you think you haven't had yours, regulator Ofcom advises: "Text 'PAC' to 65075 to begin the process. If playback does not begin shortly, try restarting your device."**

**Check the SIM works in your phone and the porting has happened. If you don't want to keep your number when you switch provider then you should request a Service Termination Authorisation Code (STAC) instead of a PAC texting STAC to 75075.**



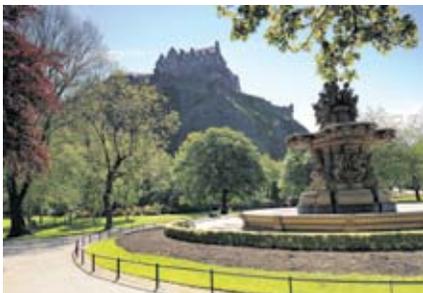
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# Shopping trolley dollies

**S**OMETHING I've noticed about big businesses lately is how very, very kind they all are. I've noticed this because they keep telling us. They'll tell us on their premises, forever displaying the right-on flag or banner of the hour.

They'll tell us online, in their email sign-offs and their saintly social media posts.

They'll tell us if we download one of their smartphone apps, where we're rarely more than a click away from yet another fashionable slogan or piece of imagery.

And in their TV adverts? Oh, my



**Mike Ward**  
previews  
tonight's TV

God, don't get me started on their TV adverts. Smuggity smug smug.

Yes, as you may have twigged, I'm a teensy bit sceptical about these companies, about the image of themselves they're now so desperate to project.

It's too performative, too try-hard, too look-at-us-we're-oh-such-lovely-people. It's also a bit

too cheap. For companies to be properly forward-thinking, it takes more than just platitudes and rainbows and hashtags.

It takes money. It takes genuine sacrifice on their part. And that's when I start to wonder if their hearts are really in it.

It's a view only further reinforced by watching **SOPHIE MORGAN'S FIGHT TO FLY**, a seriously eye-opening documentary going out tonight on Channel 4 (9pm).

A wheelchair user now for more than 20 years, having been paralysed in a car crash, Sophie has long been appalled by the attitude of airlines towards disabled people.

And so will you be, if you watch some of the footage here, most of it captured on smartphones.

It's truly shocking.

Some airline staff are clearly just inadequately trained. Others need to learn some manners.

For some while now, Sophie has been campaigning for things to change, for disabled passengers no longer to be treated like awkward bits of cargo or worse, for planes to be properly equipped to meet their needs and for airlines to be hit in the pocket if they fail to get their acts together.

In fact, she's been making such a magnificent nuisance of herself ("Well behaved women seldom

make history," she points out) that the undercover element of this programme is one she can't take part in. She's become way too prominent a campaigner in these circles. So instead she's hired a group of volunteers to record their own experiences.

Bear in mind, these are not people with a huge political axe to grind, revelling in some spurious victimhood. These are people simply trying to live their lives, facing everyday challenges they'd rather not have to deal with, hoping to be treated with dignity, consideration and respect.

It's shocking that they even have to ask.

## PICKS OF THE DAY



**Current Affairs:** The Battle To Beat Malaria – Horizon, BBC2, 8pm

Of the many diseases posing a threat to humans, malaria has been one of the most stubborn in the face of medical advances. Each year more than 200 million people worldwide become ill with malaria and 600,000 die – the vast majority of whom are young children – making it one of the world's deadliest illnesses. Scientists may now be at an exciting turning point in the battle against malaria. The programme makers were granted access to key scientists across four continents to help them film the inside story of a new vaccine – developed by many of the same minds behind the Oxford/AstraZeneca Covid-19 vaccine – which is bringing new hope.

**DID YOU KNOW?** Shaun Of The Dead star Simon Pegg is great friends with Chris Martin, lead singer of the band Coldplay, and has sometimes appeared on stage with them at gigs, playing percussion or harmonica.



**Documentary:** Surviving The Post Office, BBC1, 8.30pm

In the wake of the Post Office Horizon scandal, actor Will Mellor (left) – who starred in the TV drama series Mr Bates Vs The Post Office – meets some of the real-life sub-postmasters caught up in the disturbing scandal. He hears first-hand how lives were torn apart as sub-postmasters, wrongly accused of theft, battled to clear their names. While some are still troubled by their experience, others are starting to move on.



**Factual:** Long Lost Family, ITV1, 9pm

Davina McCall and Nicky Campbell present more stories of people searching for birth families. Tonight they follow Sue Stalley (above, with McCall), looking for her son. She became pregnant as a teenager but her mother was too ashamed to allow her to keep the baby. Also tonight Melanie Mackney, whose adoption paperwork revealed her mother had twins before she was born, seeks to find out what happened to them.



**Film:** The World's End, ITV4, 10.45pm

Simon Pegg (above) and Nick Frost star in this sci-fi inspired third movie in director Edgar Wright's film trilogy. It's an entertainingly offbeat tale with strong characters, led by immature alcoholic Gary King, who gathers his old school mates together for another attempt at their hometown's 12-pub crawl to The World's End inn. But will they fail to finish the crawl yet again when they discover aliens have invaded?

**Crime:** Motorway Cops: Catching Britain's Speeders, C5, 8pm

The daily fight to catch Britain's speeding drivers continues. In Sunderland, PC Will Hunter (right) stops and breathalyses a driver who is overtaking others in an alarmingly dangerous way. Meanwhile, outside Newcastle, PC Brian Camsell pulls over a car with plates that may be cloned. The driver claims to have bought the car earlier that day for cash and has no receipt. A car search reveals a set of plates and accessories which raise suspicions.



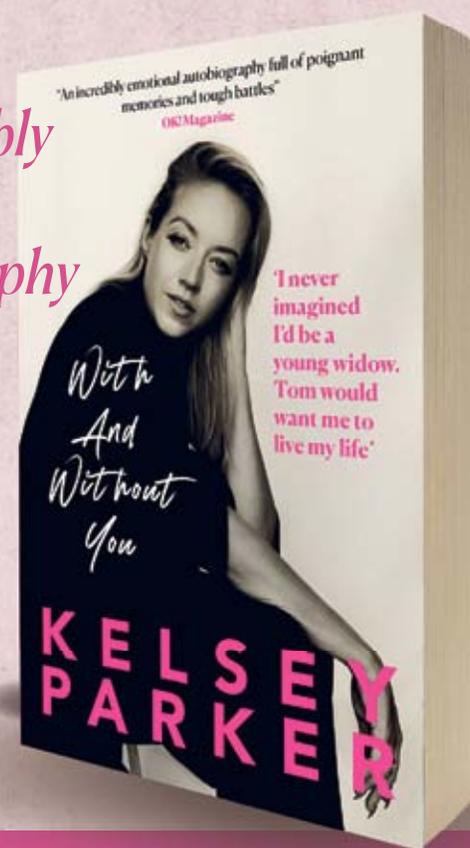
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Today's TV previews are on the previous page

All programmes are listed in British Summer Time (BST).

film ratings

★★★★★ Brilliant  
★★★★ Very Good  
★★★ Good  
★★ Average  
★ Bad

(R) Repeat

## BBC One

**6.00am Breakfast** News headlines.  
**9.30 Rip Off Britain** (R)  
**10.15 Expert Witness** (R)  
**10.45 Close Calls: On Camera** (R)  
**11.15 Homes Under the Hammer** Property auctions in Coventry, Folkestone and Maidstone. (R)  
**12.15pm Bargain Hunt** Charlie Ross visits the Royal Armouries Museum in Leeds, while Izzie Balmer and David Harper assist the teams in Wetherby.  
**1.00 BBC News at One; Weather**  
**2.00 Rick Stein's Cornwall** The chef visits a deer farm near Bodmin Moor. (R)  
**2.30 Animal Park** A pygmy goat goes into labour. (R)  
**3.00 Escape to the Country** Briony May Williams helps a retired couple who live just outside Belfast move closer to their family in Herefordshire.  
**3.45 The Repair Shop** The experts restore a barber's chair. (R)  
**4.30 The Finish Line** Quiz. (R)  
**5.15 Pointless** Quiz show, with co-host Gyles Brandreth. (R)  
**6.00 BBC News at Six; Weather**  
**6.30 Regional News; Weather**

## BBC Two

**6.30am Saturday Kitchen Best Bites** Highlights. (R)  
**8.00 Sign Zone: Rick Stein's Food Stories** (R)  
**8.30 Sign Zone: Great Coastal Railway Journeys** (R)  
**9.00 BBC News**  
**12.15pm Politics Live**  
**1.00 Impossible** Quiz. (R)  
**1.45 Make Me a Dealer** (R)  
**2.30 The Customer Is Always Right** (R)  
**3.15 Coastal Defenders** The dive team try to clear shellfish that are blocking a ship's pipes. (R)  
**3.45 B&B by the Sea** Shirley Ballas is the next well-known face to check in to the villa. (R)  
**4.15 Cornwall: This Fishing Life** Changes for Cornwall's biggest fishing port. (R)  
**5.15 Flog It!** From Powderham Castle near Exeter. (R)  
**6.00 Robson Green's Weekend Escapes** Sara Davies takes Robson gorge-walking. (R)  
**6.30 Great Continental Railway Journeys** Michael Portillo travels from Stockholm to the Arctic Circle. (R)

## ITV1

**6.00am Good Morning Britain** A lively mix of news, current affairs and lifestyle features.  
**9.00 Lorraine** Entertainment and the latest fashion news.  
**10.00 This Morning** Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion. Including Local Weather.  
**12.30pm Loose Women** Celebrity interviews and topical debate.  
**1.30 ITV News; Weather**  
**1.55 Regional News; Weather**  
**2.00 Cooking with the Stars** Emma Willis and Tom Allen host the celebrity cookery competition. (R)  
**3.00 Tenable** Five golfing friends from Shropshire answer a series of Top 10 list questions for the chance to win £125,000 in the quiz show hosted by Warwick Davis. (R)  
**3.59 Regional Weather**  
**4.00 Tipping Point** Ben Shephard hosts the popular arcade-themed quiz show. (R)  
**5.00 The Chase** Quiz show, hosted by Bradley Walsh. (R)

## Channel 4

**6.25am Cheers** Double bill. (R)  
**7.15 Everybody Loves Raymond** Four episodes. (R)  
**9.05 Frasier** Four episodes. (R)  
**11.05 Paris 2024 Paralympics: Meet the Athletes** (R)  
**11.10 Undercover Boss USA** (R)  
**12.05pm Channel 4 News Summary** Headlines.  
**12.10 A New Life in the Sun** (R)  
**1.10 Car S.O.S** A 1929 Rolls-Royce Doctors Coupe. (R)  
**2.10 Countdown** Katharine Merry is in Dictionary Corner.  
**3.00 A Place in the Sun** (R)  
**4.00 NEW The Great House Giveaway** Joiner Grant and lettings agent Kelly are paired up to transform a three-floor period terrace in Llanymynech.  
**5.00 A New Life in the Sun: Where Are They Now?** With gite owners in France. (R)  
**6.00 Come Dine with Me** The first host in Swansea is postal worker Rachel. (R)  
**6.30 The Simpsons** Bart feels neglected when Homer and Lisa bond over the book, To Kill a Mockingbird. (R)

## Channel 5

**6.00am Milkshake!** Children's TV.  
**9.15 Jeremy Vine** Discussion.  
**11.30 Storm Huntley** Debate.  
**12.45pm Friends** Double bill. (R)  
**1.40 5 News at Lunchtime**  
**1.45 Home and Away** Mackenzie battles trust issues. (R)  
**2.15 FILM Stolen Baby: The Murder of Heidi Broussard** (2023, 12) Premiere. Fact-based drama about Heidi Broussard, who was kidnapped and murdered by her friend Magen Fieramusca, who then faked a pregnancy and tried to pass off Heidi's baby as her own. Starring Anna Hopkins. ★★★  
**4.00 Bargain-Loving Brits in the Sun** Entertainer Rocking Stephanie is a huge fan of music legend Shakin' Stevens, and has a new look to debut at her gig. (R)  
**5.00 5 News at 5** Headlines.  
**6.00 Police Interceptors** A suspect heads onto the M1, weaving all over the road at more than 120mph (R); Followed by 5 News Update



8.30pm, SURVIVING THE POST OFFICE: Will Mellor



8pm, THE BATTLE TO BEAT MALARIA: Umesh Shaligram



9pm, LONG LOST FAMILY: Davina McCall and Nicky Campbell



8pm, JAMIE: WHAT TO EAT THIS WEEK: Jamie Oliver



9pm, POLICE: SUSPECT NO 1: DC Heather Butler

7

**7.00 The One Show** Live magazine show, hosted by Alex Jones and Jermaine Jenas.  
**7.30 EastEnders** Reiss comes up with a new plan as his money troubles mount and Linda struggles to cope on the day of Dean's plea hearing.

**7.00 Today at the Test** England v West Indies. Action from day five of the second Test in the three-match series. The last time these two teams met in a Test series was back in 2020, when the series took place behind closed doors.

**6.00 Regional News; Weather**  
**6.30 ITV Evening News** A round-up of the day's headlines; Weather  
**7.30 Emmerdale** Billy finally confesses to Dawn, Rose's behaviour alarms Billy, and Charity is concerned.

**7.00 Channel 4 News** A round-up of all the latest headlines.  
**7.55 Paris 2024 Paralympics: Meet the Athletes** Boccia player Claire Taggart talks about her love of the game and why she thinks it's the most inclusive sport in the world.

**7.00 Traffic Cops** A look at incidents involving alcohol or drug abuse. Andy Swift is on the trail of a driver who has allegedly failed to stop after a collision and the officer suspects the driver has been smoking cannabis. (R); 5 News

8

**8.00 Panorama** In-depth current affairs report covering a story behind the headlines.  
**8.30 Surviving The Post Office** Will Mellor meets some of the real-life sub-postmasters whose lives have been torn apart by the scandal.

**8.00 The Battle to Beat Malaria** Documentary telling the inside story of the development of a new malaria vaccine that could change the very nature of the fight against the disease. Filmed with access to key scientists on four continents.

**8.00 Coronation Street** Leanne tackles Rowan about his past, Nick joins Toyah at a nerve-racking appointment with her consultant, Stu encounters a bloodied and battered Mason, and Joel ushers Lauren out of his flat.

**8.00 Jamie: What to Eat this Week** Jamie Oliver picks the first of the season's tomatoes, combining them with some early potatoes and chorizo in a sauce to make a delicious sticky chicken traybake. Plus, a creamy rice pudding.

**8.00 Motorway Cops: Catching Britain's Speeders** Outside Newcastle, PC Brian Camsell stops a car with suspected cloned number plates, with the driver claiming to have bought the car that morning for cash – with no receipt.

9

**9.00 The Jetty** Ember is forced to confess to her family that human bone fragments were found in the boat hut, while a new development propels her into dangerous territory. Crime drama, starring Jenna Coleman. Last in series.

**9.00 The Turkish Detective** Suleyman goes undercover as a rubbish collector to try to find the serial killer before they strike again, while Ayse turns to an unlikely source for help.  
**9.45 QI XS** Highlights featuring clips on the theme of travel. (R)

**9.00 Long Lost Family** Davina McCall and Nicky Campbell present the story of Sue Stalley, who was a teenager when she became pregnant and whose mother was so ashamed she would not allow her to keep her son.

**9.00 Sophie Morgan's Fight to Fly** Sophie Morgan sends a group of disabled travellers to expose the shocking service they can experience when flying. Sophie also becomes the first British female paraplegic to take a zero-gravity flight.

**9.00 Police: Suspect No 1** Documentary. In Hull, people are terrorised by a knife-wielding intruder and less than 24 hours later, the same victims are targeted again, but this time by two attackers, and left traumatised.

10

**10.00 BBC News at Ten**  
**10.30 Regional News; Weather**  
**10.40 We Hunt Together** Double bill. Haunted by visions from her past, Freddy makes a deadly confession that leaves her with no way out. Lola and Jackson investigate a shocking new lead, which throws up more questions; with the Birdman in their sights, Freddy, Jackson and Lola race to unmask the killer once and for all. Psychological thriller, with Eve Myles and Hermione Corfield. Last in series.

**10.00 Spent** Mia struggles to keep a roof over her head using a high-end hustle, but a welcome distraction comes in the shape of David, the rabbi's brother, who takes her on a date. Michelle de Swarte stars.  
**10.30 Newsnight** Analysis.

**10.00 ITV News at Ten; Weather**  
**10.30 Regional News; Weather**  
**10.45 Goodwood Festival of Speed Highlights** A celebration of motor racing from its beginnings to the present from Goodwood Estate in West Sussex.

**10.00 Celebrity Gogglebox** A rolling cast of famous faces watch Five Star Kitchen: Britain's Next Great Chef, The 1% Club, Hijack, Antiques Roadshow, The Yorkshire Vet, 90 Day Fiance UK and This Morning. (R)

**10.00 999: Police Hour of Duty** The return after a break of the documentary following Derbyshire police. After a two-day manhunt, officers track down a man suspected of carrying out a series of terrifying armed robberies. (R)

11

**12.10am The Weakest Link.** Olympic and Paralympic special of the quiz show, featuring Greg Rutherford, Sally Gunnell, Pete Reed, Sam Quek, Tessa Sanderson, Will Bayley, Jade Jones and Rhona Martin. Last in series. (R) **12.55** Weather for the Week Ahead **1.00-6.00am** BBC News

**12.20am Sign Zone: Countryfile.** Charlotte Smith and Sean Fletcher present from Hengistbury Head in Dorset. (R) **1.15** Sign Zone: The Bidding Room. People try to sell items to five dealers. (R) **2.00** Sign Zone: The Jetty. Ember offers to help Riz. (R) **3.00-6.30am** This Is BBC Two

**12.35am Shop on TV** **3.00** Family Fortunes. Gino D'Acampo hosts the game show, with the Joneses of Liverpool going up against the Bakers of Nottingham for a chance to win the £30,000 jackpot prize. (R) **3.50** Unwind with ITV **5.05-6.00am** Jimmy's Taste of Florida (R)

**1.05am Ramsay's Kitchen Nightmares USA.** An upmarket bistro in the Chicago suburbs. (R) **1.55** The Simpsons: double bill (R) **2.45** Becoming Elizabeth (R) **3.45** Grand Designs (R) **4.35** Kirstie's Fill Your House for Free (R) **4.55** Frasier: double bill (R) **5.45-6.25am** Countdown (R)

**12.05am Traffic Cops** (R) **1.00** PlayOJO Live Casino Show **3.00** Riot in the UK: Caught on Camera (R) **3.50** Inside the Balmoral: Scotland's Finest Hotel (R) **4.40** Wildlife SOS (R) **5.10** House Doctor (R) **5.35** Entertainment News on 5 **5.40** Milkshake! Monkey (R) **5.45-6.00am** Paw Patrol (R)

12 midnight

**ITV2** Freeview 6

**6.00am** CITV **9.00** World's Funniest Videos  
**9.30** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** Dress to Impress **1.00** Family Fortunes **2.00** Supermarket Sweep **3.00** Charmed **4.00** Dawson's Creek **5.00** Dress to Impress. With flight attendant Iyren.  
**6.00** **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition, with Beverley Callard, Kirsty Gallacher and Stephen K Amos taking part.  
**7.00** **The Masked Singer US** Past and present contestants take part.  
**9.00** **Love Island** After eight weeks of flirting, fighting and fun in the Spanish sun, the finish line is now in sight.  
**10.05** **Family Guy** Animated triple bill.  
**11.35** **American Dad!** Stan is forced to issue Roger with an ultimatum.  
**12.05am** **American Dad!** **12.35** Shopping with Keith Lemon **1.35** Totally Bonkers Guinness World Records **2.35** Unwind with ITV **3.00-6.00am** Teleshopping

**U&Dave** Freeview 19

**7.10am** Whose Line Is It Anyway? USA  
**8.00** **Border Force: America's Gatekeepers** **9.00** **Top Gear** **10.00** **Extreme Salvage Squad** **12.00noon** **Storage Hunters UK:** four episodes **2.00** **James May's Top Toys** **3.00** **Top Gear** **5.00** **Gordon's Great Escape**  
**6.00** **Rick Stein's Far Eastern Odyssey** The chef ends his adventure in Bangladesh.  
**7.00** **Would I Lie to You?** Panel show.  
**7.40** **Richard Osman's House of Games** Double bill. Trivia-based games.  
**9.00** **Have I Got a Bit More News for You** Jo Brand hosts, with guests Reginald D Hunter and Charlene White.  
**10.00** **Have I Got a Bit More 2023 for You** A compilation of the popular news quiz that looks back at the big news of 2023.  
**11.00** **Taskmaster** With Katherine Ryan.  
**12.00m't** **Mock the Week** **12.40** **Would I Lie to You?** **1.20** **Big Zuu's Big Eats** **2.00** **Whose Line Is It Anyway? USA:** four episodes **4.00-6.00am** Teleshopping

**E4** Freeview 13

**6.00am** **Hollyoaks** **7.00** **Ramsay's Kitchen Nightmares USA** **9.00** **The Goldbergs** **10.00** **Young Sheldon** **11.00** **Modern Family** **12.00noon** **The Big Bang Theory:** four episodes **2.00** **The Goldbergs** **3.00** **Modern Family** **4.00** **Young Sheldon** **5.00** **The Big Bang Theory:** four episodes  
**7.00** **Hollyoaks** Tony wants to do something special for Diane.  
**7.30** **Celebrity Come Dine with Me** First to host this week is Anthea Turner.  
**8.00** **Below Deck** Fraser confronts Camille.  
**9.00** **Gogglebox** The critics opinions on Britain's Got Talent and One Night Stand.  
**10.00** **Naked Attraction** Featuring singletons from Glasgow and Edinburgh.  
**11.05** **First Dates** Diners include an Italian restaurant-owner and a plumber's mate.  
**12.05am** **The Big Bang Theory** **1.05** **Brooklyn Nine-Nine** **2.00** **Modern Family** **2.50** **Below Deck** **3.40** **Ramsay's Kitchen Nightmares USA** **4.30** **The Neighborhood** **5.20-6.00am** **Brooklyn Nine-Nine**

**Variations & S4C**

**WALES** As **BBC1** except: **1.35-1.45pm** **BBC Wales Today; Weather** **6.30-7.00** **BBC Wales Today; Weather** **10.30** **BBC Wales Today** **10.40** **Elis James: Funny Nation** **11.10** **We Hunt Together** **11.55** **We Hunt Together** **12.40am** **The Weakest Link** **1.25-6.00am** **BBC News**  
**MERIDIAN** As **ITV1** except: **1.55-2.00pm** **ITV News Meridian** **6.00-6.30** **ITV News Meridian** **10.30-10.45pm** **ITV News Meridian**  
**CENTRAL** As **ITV1** except: **1.55-2.00pm** **ITV News Central** **6.00-6.30** **ITV News Central** **10.30-10.45pm** **ITV News Central**  
**ITV WALES** As **ITV1** except: **1.55-2.00pm** **ITV News Cymru Wales** **6.00-6.30** **ITV News Wales at Six** **10.30-10.45pm** **ITV News Cymru Wales**  
**WEST** As **ITV1** except: **1.55-2.00pm** **ITV News West Country** **6.00-6.30** **ITV News West Country.** The latest headlines. **10.30-10.45pm** **ITV News West Country.** The latest headlines.  
**ANGLIA** As **ITV1** except: **1.55-2.00pm** **ITV News Anglia** **6.00-6.30** **ITV News Anglia** **10.30-10.45pm** **ITV News Anglia**  
**WESTCOUNTRY** As **ITV1** except: **1.55-2.00pm** **ITV News West Country.** Headlines.

**ITVBe** Freeview 28

**6.00am** Unwind with **ITV 6.30** **Teleshopping**  
**7.00** Unwind with **ITV 7.20** **Be Beautiful**  
**7.35** **The Real Housewives of Cheshire**  
**8.35** **Making It Home** with Kortney & Dave  
**9.35** **Buying and Selling** **10.30** **The Real Housewives of Cheshire** **11.30** **The Real Housewives of New Jersey** **12.25pm** **The Real Housewives of Orange County** **1.15** **The Only Way Is Marbs** **2.15** **Dinner Date** **3.10** **Million Dollar Listing: LA** **4.05** **The Real Housewives of New Jersey** **5.00** **The Real Housewives of Salt Lake City**  
**6.00** **Making It Home with Kortney & Dave**  
**7.00** **Million Dollar Listing: LA**  
**8.00** **Dinner Date** Robbie from Hampshire.  
**9.00** **Emergency Nurses: A&E Stories** Lou celebrates his last-ever shift.  
**10.00** **The Real Housewives of Miami**  
**10.55** **The Only Way Is Essex**  
**11.40** **Loaded in Paradise**  
**12.45am** Unwind with **ITV.** Daily escape to calm the mind. **1.00** **Teleshopping** **2.00-6.00am** Unwind with **ITV**

**U&Drama** Freeview 20

**6.00am** **Teleshopping** **7.10** **London's Burning** **8.00** **Doctors** **9.15** **Classic Holby City** **10.35** **Classic Casualty** **11.40** **The Bill** **12.40pm** **Classic EastEnders** **2.00** **London's Burning** **3.00** **Born and Bred** **4.10** **Howards' Way** **5.20** **Birds of a Feather.** Chris gets weekend leave.  
**6.00** **Waiting for God** Comedy. Tests confirm Tom has prostate trouble.  
**6.35** **Are You Being Served?** Job cuts are imminent at the store.  
**7.20** **Last of the Summer Wine** Barry yearns for adventure.  
**8.00** **The Brokenwood Mysteries** Kristin leads the inquiry into a 1970s-themed party where partygoers turn up dead.  
**10.00** **New Tricks** A dead girl's voice on a cassette tape prompts the team to reopen her murder investigation.  
**11.00** **Silent Witness** Nikki questions her judgement in a case from her past.  
**1.15am** **Footballers' Wives** **2.50** **Classic Holby City** **4.00-6.00am** **Teleshopping**

**More4** Freeview 18

**8.55am** **Food Unwrapped** **9.30** **A Place in the Sun** **10.25** **A New Life in the Sun** **11.25** **Find It, Fix It, Flog It** **12.30pm** **Come Dine with Me:** five episodes **3.10** **Four in a Bed** **5.50** **Chateau DIY**  
**6.55** **Car S.O.S** Fuzz Townshend and Tim Shaw restore a small car.  
**7.55** **Grand Designs** Converting a cowshed into a three-bedroom home.  
**9.00** **Help! We Bought a Hotel** The transformation of an Italian palazzo into a classy hotel starts to pay off.  
**10.00** **Jobs from Hell: Caught on Camera** A change to watch real-life footage of challenging situations in the workplace.  
**11.05** **24 Hours in A&E** A patient has broken his leg playing American football, while a resident at a neurological hospital is examined for signs of a stroke.  
**12.10am** **Help! We Bought a Hotel** **1.10** **Jobs from Hell: Caught on Camera** **2.15** **24 Hours in A&E** **3.20-3.50am** **Food Unwrapped.** Perfectly shelled walnuts.

**BBC3** Freeview 23

**7.00pm** **Celebrity MasterChef** The finalists serve up pies.  
**8.00** **Gavin & Stacey** Bryn tries to organise a surprise for Gwen.  
**8.30** **Ghosts US** Trevor's brother Jeremy checks into Woodstone.  
**8.50** **The Catch Up** Headlines.  
**8.55** **Ryan Tricks on the Streets**  
**9.00** **Paddy & Molly: Show No Mersey** Double bill. Paddy tries to find out if having a baby is as tough as fight camp; Molly and Ellis visit a fertility clinic. Last in series.  
**10.00** **The Instagram Effect** The story of the social media giant and how it became a dominant force.  
**10.50** **Pobl Bachyn** Welsh folklore.  
**11.00** **Him & Her** Double bill.  
**12.00m't** **Gavin & Stacey** **12.25** **Paddy & Molly: Show No Mersey** **1.25** **Hunting the Catfish Crime Gang** **2.25** **Sky High Club: Scotland and Beyond** **2.55-3.55am** **Him & Her**

**BBC4** Freeview 9

**7.00pm** **Coastal Path** Paul Rose walks the South West Coast Path.  
**7.30** **Railway Walks with Julia Bradbury** A look back at a Dorset line that ran from Weymouth to Portland.  
**8.00** **Art of France** Andrew Graham-Dixon examines French art.  
**9.00** **Rebuilding Notre-Dame** Rebuilding the cathedral in Paris.  
**10.00** **Paris** Art historian Sandrine Voillet presents a guide to Paris.  
**11.00** **Private Life of a Masterpiece** The identity of the models behind the lovers of Rodin's sculpture *The Kiss*.  
**11.50** **Art on the BBC: Michelangelo: The Good, The Bad, and The Ugly** How TV has influenced our understanding of Renaissance giant Michelangelo.  
**12.50am** **Coastal Path** **1.20** **Railway Walks with Julia Bradbury** **1.50** **Rebuilding Notre-Dame** **2.50-3.50am** **Art of France**

**GB News** F'view 236

**6.00am** **Breakfast with Eamonn and Isabel** **9.30** **Britain's Newsroom** **12.00noon** **Good Afternoon Britain.** Headlines. **3.00** **Martin Daubney**  
**6.00** **Dewbs & Co** Plain-speaking, straight-talking – Michelle Dewberry delivers her take on the day's news.  
**7.00** **GB News Tonight**  
**8.00** **Jacob Rees-Mogg's State Of The Nation** Join Jacob for his unmissable take on the day's news.  
**9.00** **Patrick Christys Tonight**  
**11.00** **Headliners** The paper review that won't put you to sleep (like the others). Join the all-star comedy cast for an intelligent and insightful look at tomorrow's headlines tonight. Hosts Simon Evans & Dominic Frisby.  
**12.00m't** **GB News Tonight** **1.00** **Rees-Mogg's State Of The Nation** **2.00** **Headliners** **3.00** **Patrick Christys Tonight** **Replay** **5.00-6.00am** **Headliners** **Replay**

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# Sport

## SKY SPORTS MAIN EVENT

**6.00am** Sky Sports News **7.00** Good Morning Sports Fans **10.00** Test Cricket Bitesize  
**10.15** **LIVE** Test Cricket England v West Indies. Coverage of day five of the Second Test in the three-match series, held at Trent Bridge. The last time these two teams met in a Test series was back in 2020, when the Covid-19 pandemic meant that the series had to take place behind closed doors, with the hosts winning the series 2-1. The final Test in this series starts on Friday, as the series heads to Edgbaston in Birmingham.  
**7.00pm** **LIVE** Tennis Coverage of the day's action on the WTA and ATP Tours, as the season continues with a number of clay and hard-court tournaments around the world.  
**10.00** Sky Sports News **10.30** Back Pages Tonight **11.00pm-6.00am** Sky Sports News

## SKY SPORTS CRICKET

**6.00am** Vitality T20 Blast Cricket **7.00** Test Cricket **8.00** Test Cricket Bitesize **8.15** The Hundred Bitesize **8.30** Test Cricket **9.25** Stuart Broad - My Greatest Spells **9.50** Best of England v Windies **10.00** Test Cricket Bitesize  
**10.15** **LIVE** Test Cricket England v West Indies. Coverage of day five of the Second Test in the three-match series, held at Trent Bridge. The last time these two teams met in a Test series was back in 2020, when the Covid-19 pandemic meant that the series had to take place behind closed doors, with the hosts winning the series 2-1. The final Test in this series starts on Friday, as the series heads to Edgbaston in Birmingham.  
**7.00pm** Every Ball Counts **7.30** Every Ball Counts **8.00** Test Cricket **9.00** Every Ball Counts **9.30** Every Ball Counts **10.00** Test Cricket **11.00** Test Cricket Bitesize **11.15** Secrets of Success  
**12.00m't** Test Cricket **1.00** T20 Blast 2010 **4.00** Inside Southern Brave **5.00** The Hundred Bitesize **5.15** The Hundred Bitesize **5.30** The Hundred Bitesize **5.45-6.00am** The Hundred

## SKY SPORTS FOOTBALL

**6.00am** Retro League One **8.00** EFL Cup Highlights **8.30** EFL Trophy Football **9.00** EFL Greatest Games **10.00** EFL Cup **11.00** EFL  
**12.00noon** Bundesliga Highlights Show  
**1.00** WSL **1.30** Women's Championship Show **2.00** Scottish Premiership Round-Up **2.30** Championship Season Review **3.30** EFL Goals **5.30** EFL Greatest Games  
**6.00** Bundesliga **6.30** Bundesliga Highlights Show **7.30** WSL **8.00** Women's Championship Show **8.30** Scottish Premiership Round-Up **8.45** Scottish Premiership Round-Up **9.00** Championship Season Review **10.30** EFL  
**12.00m't** EFL Highlights **1.00** EFL **2.00** EFL Highlights **3.00** EFL Greatest Games **4.00-6.00am** Championship Retro

## TNT SPORTS 1

**6.00am** T100 Triathlon World Tour **6.30** The Football's On **8.30** International Rugby Union **10.00** AFL **4.00pm** T100 Triathlon World Tour **4.30** Major League Cricket Highlights **5.00** MLB **6.00** **LIVE** MLB New York Yankees v Tampa Bay Rays (Start time 6.05pm). The American League East match from Yankee Stadium.  
**9.15** MLB Plays of the Week **9.45** Born Racers **11.00** WWE Raw Highlights **12.00m't** WWE  
**1.00** **LIVE** WWE Monday Night Raw  
**4.15** What Went Down **4.45** UEFA Champions League - Stories of the Finals **5.00-6.00am** Andrew Mensah's Stand Up Kickabout

## TNT SPORTS 2

**6.00am** UEFA Champions League  
**6.30pm** **LIVE** Ultimate Pool Coverage of Group 6 of the Ultimate Pool Pairs Cup, which takes place at the Players Pool & Snooker Lounge in Newcastle-under-Lyme.  
**9.30** Fight Week **10.15** Tom Aspinall's Fight Lab. The Interim UFC Heavyweight Champion previews UFC 304 at Co-op Live in Manchester, which will see him defend his title against Curtis Blaydes in the co-main event. **11.15** UFC Fight Flashback. A look back at the best of the action from the UFC 278 rematch between Kamaru Usman and Leon Edwards as they fought in Salt Lake City, Utah, USA for the welterweight title.  
**12.45am** Major League Cricket Highlights. Los Angeles Knight Riders v MI New York.  
**1.15** **LIVE** Major League Cricket San Francisco Unicorns v Washington Freedom. Coverage of the T20 match from Grand Prairie Stadium in Grand Prairie, Texas.  
**5.15** Crouchy and Cole **5.45-6.00am** What I Wore

## EUROSPORT 1

**6.30am** Snooker: Shanghai Masters **8.30** Cycling: Tour de France **9.30** Tour de France - The Breakaway **10.00** Climbing World Cup  
**12.00noon** Snooker: Shanghai Masters **2.00** Cycling: Tour de France **3.00** Tour de France - The Breakaway **3.30** Olympic Games: The Power of the Olympics. Stories concerning the Games. **4.00** Climbing World Cup  
**6.00** Snooker: Shanghai Masters **8.00** Cycling: Tour de France **9.00** Ultra Trail: World Tour **10.00** Cycling: Second to None **10.45** Skateboarding: Concrete Dreams **11.00** Climbing World Cup **1.00am** SailGP **2.00** Snooker: Shanghai Masters **4.00-6.00am** Olympic Games: La Vie Sportive

# Entertainment & Factual

## ITV3 Freeview 10

**6.00am** Emmerdale **7.00** Classic Coronation Street **8.05** Agatha Christie's Poirot **10.30** The Royal **11.35** Heartbeat **1.40pm** Classic Emmerdale **2.40** Classic Coronation Street **3.50** Inspector Morse **6.00** Heartbeat **8.00** Vera **10.00** Unforgotten **11.50** The Royal **12.40-2.30am** Upstairs, Downstairs

## ITV4 Freeview 26

**6.00am** World of Sport **6.10** Minder **7.10** The Professionals **8.15** Dempsey and Makepeace **9.15** The Champions **10.20** Kojak **11.25** The Protectors **12.00noon** Tour de France Highlights **1.00** Made in Britain **1.35** The Champions **2.40** Kojak **3.45** Minder **4.50** The Professionals **5.55** BattleBots **7.00** The Chase Celebrity Special **8.05** **FILM** The Living Daylights (1987/PG) **★★★** **10.45** **FILM** The World's End (2013/15) **★★★★** **12.50am** Motorsport UK **1.45** Auto Mundial **2.15** Motorsport Mundial **2.40-3.00am** Unwind with ITV

## 5STAR Freeview 32

**8.00am** 22 Kids & Counting **9.00** Happy Campers: The Caravan Park **10.00** Nightmare Tenants, Slum Landlords **11.00** Traffic Cops **2.00pm** Police Interceptors **5.00** Car Pound Cops: Give Me My Car Back! **6.00** Home and Away **7.00** GPs: Behind Closed Doors **8.00** Text Scams: Don't Get Caught Out **9.00** Ambulance: Code Red **10.00** My Wife, My Abuser: The Secret Footage **11.35** 999: Critical Condition **12.35am** Cold Case Killers **1.35** Skin A&E **2.25** Casualty 24/7: Every Second Counts **3.10-4.00am** GPs: Behind Closed Doors

## REALLY Freeview 17

**6.00am** Fantasy Homes by the Sea **7.00** Cruise TV **8.00** Salvage Hunters **11.00** Antiques Road Trip **12.00noon** Money for Nothing **2.00** The Repair Shop **3.00** Antiques Road Trip **5.00** The Edinburgh Auction House **7.00** Antiques Road Trip **9.00** **NEW** The Derbyshire Auction House **10.00** The Repair Shop **11.00** Help! My House Is Haunted **1.00am** The Dead Files **2.00** Teleshopping **4.00-6.00am** Salvage Hunters

## 5ACTION Freeview 33

**9.00am** Car Pound Cops: Give Me My Car Back! **9.30** Outback Truckers **10.30** **FILM** Ride a Crooked Trail (1958/U) **★★★** **12.20pm** **FILM** Mutiny on the Bounty (1962/12) **★★★★** **4.00** Outback Truckers **5.00** Traffic Cops **6.00** Trucking Heavy **7.00** Police Interceptors **9.00** **FILM** Sudden Impact (1983/18) **★★★★** **11.25** **FILM** Ambushed (2013/15) **★★★★** **1.25** World's Deadliest Weather: Caught on Camera **2.25** Trucking Hell **3.25** Car Pound Cops **3.50-4.00am** Entertainment News on 5

## SKY ARTS Freeview 36

**6.00am** Andrea Bocelli: The Journey **7.15** The South Bank Show Originals **7.45** The Joy of Painting **8.55** Tales of the Unexpected **10.00** Alfred Hitchcock Presents **11.00** Discovering: Brad Pitt **12.00noon** The Joy of Painting **1.00** Tales of the Unexpected **2.00** Brunelleschi's Impossible Dome **4.00** Discovering: Matt Damon **5.00** The Joy of Painting **6.00** Tales of the Unexpected **7.00** Painting Birds with Jim and Nancy Moir

## BBC RADIO 1

**97.6-99.8MHz** **6.57am** Newsbeat **7.00** Radio 1 Breakfast with Greg James **11.00** Rickie, Melvin and Charlie **12.45pm** Newsbeat **1.00** Matt and Mollie **3.30** Newsbeat **3.32** Going Home with Vick, Katie and Jamie on Radio 1 **5.45** Newsbeat **6.00** Radio 1's New Music Show with Jack Saunders **8.00** Radio 1's Future Artists **10.00** Radio 1's Power Down Playlist **11.00** Rock Show **1.00am** BBC Introducing Rock on Radio 1 **2.00** Radio 1's Future Alternative **3.00** Radio 1 Relax **4.00** Radio 1 Pop Anthems **5.00-6.57am** Radio 1 Early Breakfast with Dean McCullough

## BBC RADIO 2

**88-91MHz** **6.30am** The Breakfast Show **9.30** Gary Davies **12.00noon** Jeremy Vine **2.00** Scott Mills **4.00** Sara Cox **6.30** Sara Cox's Half Wower **7.00** Jo Whaley's Shiny Happy Playlist **7.30** Jo Whaley **9.00** The Blues Show with Cerys Matthews **10.00** Trevor Nelson's Magnificent 7 **10.30** Trevor Nelson's Rhythm Nation **12.00m't** OJ Borg **2.30** One Hit Wonders with OJ Borg **3.00** Class of '84 **3.30** Class of '84 **4.00-6.30am** Owain Wyn Evans

## BBC RADIO 3

**90.2-92.4MHz** **6.30am** Breakfast **9.30** Essential Classics **1.00pm** Classical Live **4.00** Composer of the Week **5.00** In Tune **7.00** Classical Mixtape **7.30** BBC Proms 2024 **10.00** Night Tracks **11.30** 'Round Midnight **12.30-6.30am** Through the Night



**The Cleaning Lady**  
**Sky Witness, 9pm**  
 As Arman and Nadia plan their most dangerous scheme yet, Thony (Elodie Yung, left) begins to question her alliances. Meanwhile, Garrett zeroes in on a suspect in Maya's death.

**8.00** Battle of the Bagpipes **9.00** Andre Rieu: Romantic Paradise **10.45** Andre Rieu: Welcome to My World **11.45** Classic FM Live **1.45am** Academy of Ancient Music: Vivaldi's Four Seasons **3.15** **FILM** Janine Jansen: Falling for Stradivari (2021/U) **★★★★** **4.10** Cheltenham Literature Festival **5.10-6.00am** The Art of Architecture

## GOLD

**7.10am** The Fosters **8.05** Only Fools and Horses **8.40** Keeping Up Appearances **9.20** Ever Decreasing Circles **10.00** Are You Being Served? **10.40** Porridge **11.20** Last of the Summer Wine **12.40pm** Keeping Up Appearances **1.20** Ever Decreasing Circles **2.00** Porridge **2.35** Dad's Army **3.15** Are You Being Served? **4.00** Last of the Summer Wine **5.20** Porridge **6.00** Keeping Up Appearances **6.40** Dad's Army **8.00** Blackadder II **8.40** Only Fools and Horses **9.20** The Young Ones **10.05** Victoria Wood as Seen on TV **10.45** Blackadder II **11.30** Only Fools and Horses **12.10am** The Young Ones **12.55** Victoria Wood as Seen on TV **1.35** The Cockfields **2.10** The Two Ronnies **2.55-4.00am** Hi-de-Hi!

## U&YESTERDAY Freeview 27

**6.10am** Space Shuttle: Triumph and Tragedy **7.10** Underground Worlds **8.00** Abandoned Engineering **10.00** The Buildings That Fought Hitler **11.00** Secret Nazi Bases **12.00noon** Find It, Fix It, Flog It **1.00** Antiques Roadshow **2.00** Bangers & Cash **4.00** The Buildings That Fought Hitler **5.00** Secret Nazi Bases **6.00** Antiques Roadshow **7.00** Find It, Fix It, Flog It **8.00** Abandoned Engineering **9.00** Agatha Christie: Lucy Worsley on the Mystery Queen **10.00** Bangers & Cash **11.00** Abandoned Engineering **12.00m't** Great British Railway Journeys **1.00-3.00am** Secrets of the Railways

## ALIBI

**7.15am** Murdoch Mysteries **9.00** The Doctor Blake Mysteries **10.00** Elementary **11.00** Hudson & Rex **12.00noon** Father Brown **1.00** Death in Paradise **2.00** Murdoch Mysteries **4.00** Elementary **5.00** Father Brown **6.00** Hudson & Rex **7.00** Elementary **8.00** Death in Paradise. Crime drama series. **9.00** Father Brown **10.00** Pretty Hard Cases **11.00** Elementary **12.00m't** CSI: Vegas **1.00** Murdoch Mysteries **3.00-4.00am** Clarice

## SKY MAX

**6.00am** NCIS: New Orleans **7.00** SEAL Team **8.00** The Flash **9.00** Stargate SG-1

# Radio

## CHOICE

**Gary Davies Radio 2, 9.30am**  
 Gary sits in for Vernon Kay, and all this week he will be joined by award-winning singer-songwriter Delta Goodrum who will be sharing her Tracks Of My Years. Delta is a and one of the highest-selling Australian artists in history, and she will be performing at Radio 2 In The Park in Preston this September.

## BBC RADIO 4

**FM 92.4-94.6MHz** **6.00am** Today **9.00** Orwell vs Kafka **9.30** Natalie Haynes Stands Up for the Classics **10.00** Woman's Hour **11.00** Policing Protest **11.45** Child **12.00noon** News **12.04** You and Yours **12.57** Weather **1.00** The World at One **1.45** Escape from the Maze **2.00** The Archers **2.15** Ed Reardon's Week **2.45** Gambits **3.00** A Good Read **3.30** God Next Door **4.00** Donald Trump and Black America **4.30** Alexei Sayle's Strangers on a Train **5.00** PM **5.57** Weather **6.00** News **6.30** Mark Steel's in Town **7.00** The Archers **7.15** Front Row **8.00** The Briefing Room **8.30** BBC Inside Science **9.00** History's Secret Heroes **9.30** To Catch a Scorpion **10.00** The World Tonight **10.45** Book at Bedtime: Yellowface **11.00** The System **11.30** Today in Parliament **12.00m't** News **12.30** Child **12.48** Shipping Forecast **1.00** As BBC World Service

**11.00** NCIS: New Orleans **12.00noon** The Flash **1.00** MacGyver **3.00** Hawaii Five-0 **4.00** S.W.A.T. **5.00** SEAL Team **6.00** Stargate SG-1 **8.00** Flintoff: Lord of the Fries **9.00** Mr Bigstuff **10.00** The Walking Dead **12.00m't** Warrior **1.00** The Force: North East **2.00** Road Wars **3.00** Hawaii Five-0 **4.00** S.W.A.T. **5.00-6.00am** Highway Patrol

## SKY ATLANTIC

**6.00am** Fish Town **7.55** Six Feet Under **10.05** Gomorrah **12.15pm** Game of Thrones **1.25** The Sopranos **3.35** Six Feet Under **5.45** Gomorrah **7.45** Game of Thrones **9.00** House of the Dragon **10.20** The Last of Us **11.25** House of the Dragon **12.45am** Succession **1.55** The Leftovers **2.55** Game of Thrones **4.05-6.00am** Fish Town

## SKY WITNESS

**6.00am** Bondi Rescue **7.00** Border Patrol **8.00** Stop, Search, Seize **9.00** Highway Cops **10.00** Send in the Dogs **11.00** Blue Bloods **12.00noon** The Rookie **1.00** Chicago Fire **2.00** FBI: Most Wanted **3.00** Send in the Dogs **4.00** Nothing to Declare **8.00** Blue Bloods **9.00** The Cleaning Lady **10.00** Coroner **11.00** Chicago Fire **12.00m't** For Life **1.00** The Good Doctor **2.00** **NEW** Elsbeth **3.00** The Force: North East **4.00** Paramedics Australia **5.00-6.00am** Sun, Sea and A&E

## SKY COMEDY

**8.00am** Will & Grace **9.00** The Conners **10.00** In the Long Run **10.30** How to Make It in America **11.40** Ballers **12.50pm** The Comeback **2.10** How to Make It in America **3.20** Ballers **4.30** In the Long Run **5.00** Will & Grace **6.00** The Office (US) **7.00** The Conners **8.00** Will & Grace **8.50** Last Week Tonight with John Oliver **9.35** Stewart Lee, Basic Lee: Live at the Lowry **11.35** Last Week Tonight with John Oliver **12.20am** Sex and the City **1.30** Real Time **2.40** Silicon Valley **3.50-5.00am** The Comeback

## DISCOVERY

**6.00am** How It's Made **7.00** Deadliest Catch **8.00** Blowing Up History **9.00** How the Universe Works **10.00** Iron Resurrection **11.00** Wheeler Dealers World Tour **12.00noon** Wheeler Dealers **1.00** Treehouse Masters **3.00** Mystery at Blind Frog Ranch **4.00** Flying Wild Alaska **5.00** Salvage Hunters **6.00** Iron Resurrection **7.00** Fish or Die **8.00** Wheeler Dealers World Tour **9.00** Shorty's Dream Shop **10.00** **NEW** Last Chance Garage **11.00** **NEW** Chasing Glory: Road to Paris 2024 **12.00m't** Mysteries of the Deep **1.00** Shorty's Dream Shop **2.00** Last Chance Garage **3.00-4.00am** God Rush

## NATIONAL GEOGRAPHIC

**8.00am** Food Factory USA **9.00** Air Crash Investigation **10.00** WW2: Hell Under the Sea **11.00** Nazi Megastructures **12.00noon** Car S.O.S **1.00** Pacific War Megawecks: Drain the Oceans **2.00** Air Crash Investigation **3.00** Hitler's Last Stand **4.00** Lost Treasures of Egypt **5.00** Car S.O.S **6.00** Seconds from Disaster **7.00** Air Crash Investigation **8.00** Construction Fails **9.00** Air Crash Investigation: Special Report **10.00** Air Crash Investigation **12.00m't** Banged Up Abroad **1.00** Wicked Tuna **2.00** Lords of War **2.30** Made in a Day **3.20-4.10am** Food Factory

# Movies

## FILM4

**11.00am** Against the Wind (1948/PG) Thriller, starring Simone Signoret. **★★★**  
**12.55pm** The Wrong Box (1966/U) Black comedy, starring Ralph Richardson. **★★★**  
**3.05** Barnacle Bill (1957/U) Comedy, starring Alec Guinness and Irene Browne. **★★**  
**4.50** The Bedford Incident (1965/PG) Cold War thriller, starring Richard Widmark. **★★★★★**  
**6.55** Gifted (2017/12) Drama, starring Chris Evans and Lindsay Duncan. **★★★★★**  
**9.00** Top Gun: Maverick (2022/12) Pete 'Maverick' Mitchell gets called back to the Top Gun academy, where he must train a new band of recruits for a deadly mission. Action drama, starring Tom Cruise. **★★★★★**  
**11.35** The Hunt (2019/15) Horror thriller, with Betty Gilpin and Hilary Swank. **★★★★★**  
**1.20-3.50am** Bandits (2001/12) Comedy crime adventure, starring Bruce Willis. **★★★★**

## SKY CINEMA PREMIERE

**6.05am** Deep Sea (2023/PG) See 2.00pm for details. **★★★**  
**8.10** Uproar (2024/12) See 4.00pm for details. **★★★**  
**10.15** Please Don't Destroy: The Treasure of Foggy Mountain (2023/15) Comedy, starring Martin Herlihy and John Higgins. **★★★★★**  
**12.00noon** Mean Girls (2024/12) See 8.00pm for details. **★★★**  
**2.00pm** Deep Sea (2023/PG) Animated adventure, featuring the voices of Brian Flaccus and Angela Malhotra. **★★★**  
**4.00** Uproar (2024/12) Drama, starring Minnie Driver and Rhys Darby. **★★★**  
**6.00** Anyone But You (2023/15) Romantic comedy, starring Sydney Sweeney. **★★★★★**  
**8.00** Mean Girls (2024/12) Musical adaptation of the cult classic, with Angourie Rice. **★★★**  
**10.00** LaRoy, Texas (2023/15) Comedy crime caper, starring Steve Zahn. **★★★**  
**11.55** Eileen (2023/15) Thriller, with Thomasin McKenzie and Anne Hathaway. **★★★**  
**1.40am** Drift (2023/15) Drama, starring Cynthia Erivo and Alia Shawkat. **★★★**  
**3.20** Manodrome (2023/15) Thriller, starring Jesse Eisenberg and Adrien Brody. **★★★**  
**5.00-6.00am** Sky Cinema Preview-July 2024

## SKY CINEMA DRAMA

**4.10pm** Aisha (2022/15) Drama, starring Letitia Wright and Josh O'Connor. **★★★★★**  
**5.55** BlackBerry (2023/15) Comedy, starring Jay Baruchel and Glenn Howerton. **★★★**  
**8.00** Oppenheimer (2023/12) J Robert Oppenheimer leads the Manhattan Project to develop an atomic weapon before Hitler and end the Second World War. Biopic, starring Cillian Murphy. **★★★★★**  
**11.05** Meet Joe Black (1998/12) Drama, starring Brad Pitt and Anthony Hopkins. **★★**  
**2.10am** West North West (2015/15) Drama, with Hanae Kan and Sahel Rosa. **★★★**  
**4.25-6.25am** Der Kaiser (2022/PG) Drama, starring Klaus Steinbacher. **★★★**

## SKY CINEMA FAMILY

**4.00pm** Goosebumps (2015/PG) Fantasy adventure, starring Jack Black. **★★★**  
**5.50** Scooby-Doo (2002/PG) Comedy adventure, starring Sarah Michelle Gellar. **★★**  
**7.25** Scooby-Doo 2: Monsters Unleashed (2004/PG) Comedy adventure, with Sarah Michelle Gellar and Matthew Lillard. **★★**  
**9.05** Despicable Me 3 (2017/U) Animated sequel, with the voice of Steve Carell. **★★★★★**  
**10.50** Patch Adams (1998/12) Drama, with Robin Williams and Monica Potter. **★★★★★**  
**1.00am** Robo-Dog (2015/PG) Family sci-fi adventure, starring Michael Campion. **★★★**  
**2.40** Blithe Spirit (2020/12) Comedy, starring Isla Fisher and Dan Stevens. **★★★★★**  
**4.25-6.05am** Pups United (2015/U) Family adventure, starring Matthew James Roberts and Kristin Carey. **★★★**

## TALKING PICTURES TV

**4.05pm** The Thief (1952/PG) Spy thriller, starring Ray Milland and Martin Gabel. **★★★**  
**7.00** The Footage Detectives Documentary. **★★★**  
**8.00** Enemy at the Door Seventies drama. **★★★**  
**9.05** Ten Little Indians (1989/PG) Agatha Christie murder mystery, starring Donald Pleasence and Brenda Vaccaro. **★★**  
**10.55** Nightbeat (1947/PG) Drama, starring Anne Crawford and Maxwell Reed. **★★★**  
**12.50am** Reel Stories: The Projectionists **2.00** Maigret Classic detective stories. **★★★**



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# Letters

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## Chris should go and moan at China and United States

IF THE sanctimonious, holier-than-thou, arrogant Chris Packham had an ounce of sympathy for the worldwide problems we have regarding pollution he would be better off travelling to countries which create vast amounts of pollution such as China and the US and leave England for good thereby giving us some peace and quiet.

Ian Fuller,  
 Harrogate, N Yorks

## Just Stop Oil eco-loons deserve their years in jail

AT LAST some Just Stop Oil ringleaders got the jail time they deserve. They stopped rush hour traffic which created massive extra carbon emissions from static cars.

Just Stop Oil supposedly cares about the planet but maybe a lot of them are keener on the unelected power it gives them to disrupt the lives of millions of ordinary people.

At the same time it does nothing to stop China emitting 30 times the carbon that the UK does. Just Stop Oil is a despicable waste of space.

Dan Hartley,  
 Solihull, W Mids

## Hopefully long sentences shape of things to come

SENSIBLE punishment for a bunch of eco-vandals who caused huge disruption and costs while achieving the ire of thousands. Hopefully this is the start of retribution to deter this sort of wanton stupidity.

Typical that the apologist Chris Packham thinks this was "judicial thuggery" and "disproportionately high sentences given to peaceful climate protesters in a world which is on fire" when we are having one of our coolest, wettest summers.

Barrie Warren,  
 Bury, Lancs

## No early release date for arrogant climate idiots

I WAS very pleased to read prison sentences have been given out to the Just Stop Oil idiots who caused chaos on the M25. I hope we shall not be reading in a year or so's time that they have been released early.

Geoff Manning,  
 Lower Kingswood, Surrey

## It's not hard to predict a riot in summer of unrest

SO WE'VE seen a tent encampment set up in London's Park Lane and a riot in Leeds ("Streets in flames as dispute sparks riot", July 19).

I guess Mayor Sadiq Khan will keep his head down and hope someone else will sort out his problem, while Leeds will be drafting in reinforcements from surrounding authorities but leaving those areas very vulnerable.

I hope this isn't the start of major civil unrest.

Neil Johnson,  
 Mablethorpe, Lincs

## Where were the parents as children rampaged?

I NOTICED many of the rioters in Leeds were young children. If this is the case and they are identified, the

## Letter of the day

Picture: GETTY



BRAINLESS: Just Stop Oil protest stops M25 traffic in 2022

# Get Packham to pay M25 protest bill

SO CHRIS Packham has criticised a judge for sending activists to jail for halting traffic on the M25 for more than 120 hours and disrupting the lives of thousands of innocent people ("Just Stop Oil activists jailed for M25 protests", July 19).

Perhaps the TV naturalist would like to put his money where his mouth is and repay the taxpayer the economic bill of at least £765,000 plus the cost to the Met Police of more than £1.1million.

Hopefully these Just Stop Oil individuals will spend their time in jail reflecting on whether their actions actually have the effect of turning public opinion against tackling climate change.

Peter Beckley,  
 Crawley, W Sussex

parents should be brought before the courts and heavily penalised.

Keith Woods,  
 Manchester

## UK frontline policing has become kiddies' crusade

ASA retired police officer of 30 years' service, I was involved in the miners' strike and the Toxteth riots. We were extensively trained and dealt with the problem effectively.

I saw a police inspector as a spokesperson on a TV news channel recently – she looked about 18 in a nice new uniform.

I doubt whether she went through two years' probation training, which meant walking the streets day and night in all weathers, where you learnt more about people and life in the area you were policing on a day-to-day basis which is something you can't be taught at university.

Brian Howlett,  
 Thorpe St Andrew, Norfolk

## Thirteen migrants out yet 15,000 land here in 2024

SO 13 migrants are sent back to France and we are supposed to believe this is a step forward ("That's progress! Migrants finally returned to France", July 19)?

Please don't make me laugh. We send France millions to wave off

supposed asylum seekers from their nation to ours as they check British paratroopers' passports on D-Day.

Thirteen migrants have been returned while 15,000 have arrived so far this year.

John Kennedy,  
 Hornchurch, Essex

## Cosy cabal of lefty leaders feels like huge stitch-up

QUELLE surprise! Sir Keir Starmer and Emmanuel Macron get their heads together at Blenheim Palace and give the go-ahead to return illegals to France. This is blatant collusion by left-wing politicians and proves how they will use any method to keep the right out of power. It is going on everywhere.

Graham Partington,  
 Liverpool

## Rwanda plan was better than £84m waste of cash

LABOUR was quick to pour scorn on the last government's idea of sending illegal immigrants to Rwanda in an effort to cut down the numbers arriving in boats from across the Channel.

The Labour Government's solution is to send £84million to Africa to be spent on projects which it hopes will persuade would-be migrants to stay where they are. The

Rwanda solution had more clout than this pathetic idea. What about the thousands that come here from Eastern Europe or the Middle East?

Jean Norfolk,  
 Knottingley, W Yorks

## Nobody could have seen Covid pandemic coming

IT APPEARS someone wants to pin the unpreparedness for the Covid pandemic on Matt Hancock and Jeremy Hunt ("State 'failed its citizens' leading to more deaths, Covid inquiry finds", July 19).

Nobody in government would have been prepared. Millions have been wasted on the inquiry. Someone should ask Sir Keir Starmer how he is preparing for the next one. That would stump him.

David Sallis,  
 Byfleet, Surrey

## Esther budgets for chaos from Keir's Government

YET another great article by Esther Krakue ("Labour plays it safe as houses...but just wait till the Budget", July 18). From bulldozing building plans, power devolution, to releasing of criminals from jail and illegal immigration, while keeping her reporting courteous and tactful.

John Howard,  
 Hemel Hempstead, Herts

## IS LABOUR DRAGGING UK BACK TO THE DARK DAYS OF 1970s?

**Yes** PLANNING reforms, the public has no say. Rail nationalisation, no competition, yet again the public has no say ("Sir Keir reveals red blueprint for UK", July 18).

As well as this, French-style workers' rights, employers have no say. Closer ties with

Europe, the public have no say.

In other words, we are being dictated to and the unions will run the lot, for a load more money and strikes at the drop of a hat.

The 1970s start now. Watch this space. You have been warned.

Anne Jones,  
 Stalybridge, Cheshire

**No** GIVE them a chance! Labour has only been in power for a couple of weeks and Sir Keir Starmer has barely got his feet under the table in Downing Street.

Our rail network is unreliable at best, zero-hour contracts are exploitative and anyone who thinks turning your

back on your closest trading partners was a good idea needs to give their head a wobble.

The Tories had been in power too long and got stale. It really was time for a change. I'm no fan of Starmer but I'll judge him after two years, not two weeks.

Marvin Walters,  
 Sheffield

TODAY: Monday  
 July 22, 2024

## ON THIS DAY



### 55 years ago (1969)

Our front page announced that US astronauts Neil Armstrong and Buzz Aldrin had safely rejoined Michael Collins in Apollo 11 and were all ready to head home after their historic Moon landing.

Armstrong and Aldrin spent 21 hours on the Moon in their capsule and two-and-a-half hours on its surface, running experiments and collecting samples. They left behind the US flag, scientific instruments and their space boots.

### 19 years ago (2005)

Jean Charles de Menezes was shot dead at London's Stockwell Tube station by police hunting suspects of four failed bomb attacks the previous day.

The 27-year-old Brazilian electrician was shot seven times in the head, raising difficult questions about the Metropolitan Police's shoot-to-kill policy.

### 37 years ago (1987)

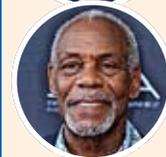
Palestinian political cartoonist Naji Salim al-Ali was fatally wounded in a shooting outside his London office.

Famed for his satirical portrayals of Arab leaders, he was especially critical of Iran's headline leader Ayatollah Khomeini. The police relaunched an investigation into the unsolved murder in 2017.

## BIRTHDAYS



**HRH Prince George of Wales** is 11. He wants to be a pilot. Lethal



**Weapon star Danny Glover** is 78. He's also a producer and director.



**Actress and singer Selena Gomez** is 32. She has 425 million Instagram followers.



**Platoon star Willem Dafoe** is 69. He got ill from drinking river water on set.

### TODAY'S GIGGLE

What did the plumber say to the singer?  
 "Nice pipes!"

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Soon the ball stops moving and Rupert is hailed by a cheery voice as Algy runs forward. "Hi, Rupert, where have you been?" cries the little pug. "Where did you get that ball? It isn't yours, is it? And what on earth were you doing in that glass globe? However did you make it fly out of the lake?" Before they can answer they both give a jump, for the ball at their feet has begun to bounce and swirl about.



Just then, the ball begins to whirl, It leaps and bounds with every twirl.

"Hey, Rupert! Tell me where you've been!" Cries Algy, coming to the scene.

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### Cranachan

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#### INGREDIENTS

5 tbsps porridge oats

150ml whipping cream

150g fromage frais

2 tbsps clear honey

2 tbsps whisky

400g raspberries

#### METHOD

- 1) Toast the oatmeal on foil under a hot grill for about three minutes until it is golden-brown, then set aside to cool.
- 2) In a bowl, whip together the cream and fromage frais until thick. Stir in the honey and whisky, then fold in four tablespoons of the toasted oatmeal.
- 3) Reserve a few raspberries for the decoration. Layer the remaining raspberries with the cream mixture in four glass serving dishes, starting with raspberries and making sure to end with a layer of the cream mixture.
- 4) Decorate each dessert with a sprinkling of the remaining tablespoon of toasted oatmeal and the reserved raspberries.
- 5) Serve immediately or keep in the fridge for up to one hour before serving.



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**ALAN'S TIP OF THE DAY:** Transplant winter cabbages, savoy and purple and white sprouting broccoli plants. Tread down well-prepared ground to firm it, then make rows of planting holes 15 to 18 inches apart. Feed the roots down into the holes, then fill them with water.

## Russell Grant



Britain's celebrity astrologer

#### Aries Mar 21 - Apr 20

You can't ignore how restless you feel and that's because you need a change in activity. Before you can even think about taking time off, you must meet deadlines. To clear this work, get behind the scenes. This will enable you to achieve a lot. **0905 789 3701\*\***

#### Taurus Apr 21 - May 21

You're coming up with profitable ideas. Develop these the moment they pop into your head. This is your chance to experiment with new possibilities. Trust your instincts. When you follow your passion, success will come naturally. **0905 789 3702\*\***

#### Gemini May 22 - June 21

You shouldn't be procrastinating when it comes to setting goals. Focus on finding ways to improve your career or financial status. Joining forces in a business venture with a creative friend will lead to a more secure financial future. **0905 789 3703\*\***

#### Libra Sep 24 - Oct 23

If someone you work with cannot be trusted, you might feel you have no choice but to end a relationship. Now you have discovered that a certain person has been plotting against you, you are faced with the predicament of how to address it. **0905 789 3707\*\***

#### Scorpio Oct 24 - Nov 22

You've had time to think about what you are going to do with a legacy pay-out. Take this chance to establish long-term stability. Whether it's buying a house or setting up a retirement account, take this first step in investing in your future. **0905 789 3708\*\***

#### Sagittarius Nov 23 - Dec 21

You accept the need to join forces with someone to reach a goal that can only be achieved through a joint effort. The longer you spend in each other's company, the more confident you will feel that you have discovered a perfect match. **0905 789 3709\*\***

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#### Cancer June 22 - July 23

You need to be watchful in a competitive setting to safeguard your interests. One way to stay one step ahead is to stay behind the scenes. Keep an eye on all that is happening around you. This approach will be useful in family situations. **0905 789 3704\*\***

#### Leo July 24 - Aug 23

Your partner has strong opinions about your friendships. You don't agree. It is starting to feel as if you are going in different directions. A heart-to-heart conversation might help to determine if you can ever find common ground. **0905 789 3705\*\***

#### Virgo Aug 24 - Sep 23

It's a good idea to exercise more care when handling long-term matters. A change in circumstances will mean adjustments and this is entirely out of your hands. Try focusing on short-term goals that you know you will be able to reach. **0905 789 3706\*\***

#### Capricorn Dec 22 - Jan 20

You're exhausted from working long hours. Remember, life is also about having fun. If you keep going as you are, burnout is likely. You need to start prioritising your health and tell your boss that you'll be taking some time off soon. **0905 789 3710\*\***

#### Aquarius Jan 21 - Feb 19

Making criticisms about your partner's friends will lead to tension. Your remarks are likely to be discussed when you aren't around. Disputes at home will mean plans are altered and you won't be happy. Consider your words carefully. **0905 789 3711\*\***

#### Pisces Feb 20 - Mar 20

Keep your thoughts positive and refuse to give up even if it feels like everything is going wrong. Successful people are the ones who keep on going. Be patient and keep reminding yourself of your objectives. This focus will take you far. **0905 789 3712\*\***

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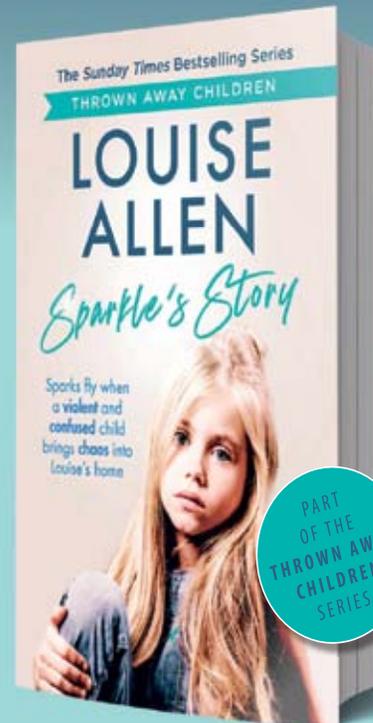


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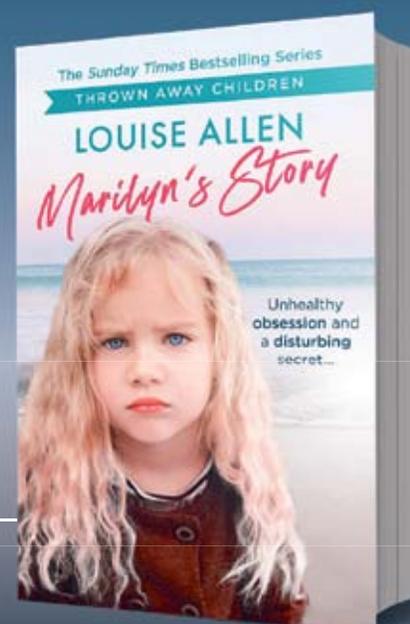
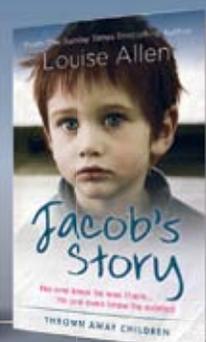
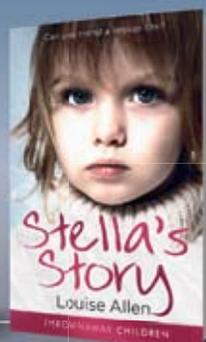
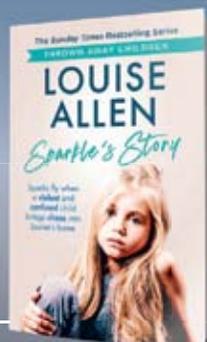
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# City & Business

## Profits slump at banks due to competitive mortgage market

BANKS are set to reveal lower profits as the benefit from higher mortgage rates starts to subside, despite elevated borrowing costs still gripping households across the country.

Lloyds and NatWest report half-year results on Thursday and Friday respectively, while Santander will update investors this Wednesday.

Lloyds Banking Group, which incorporates the Halifax brand and is the largest mortgage lender, is expected to report a pre-tax profit of £3.2 billion – a fifth lower than last year.

It was among lenders reporting bumper profits as higher interest rates let banks charge more for loans.

Earnings retreated from 2023 highs early this year as competition in the mortgage and savings market heated up.

Investors will look to see if the level of lending remained subdued in recent months, as buyers continue to hold out for borrowing costs to come down.

Gary Greenwood, research analyst at Shore Capital Markets, said the outlook is “perhaps more encouraging given improving UK economic sentiment...especially if base rates begin to fall” in the second half of the year.

He said this is likely to drive a pick-up in demand for loans. UK interest rates have been at 5.25% since August.

NatWest is expected to report an

By Anna Wise

operating pre-tax profit of £2.6 billion for the six months to June, £1 billion lower than this time last year.

The banking group said in April it had seen consumer confidence start to improve, and reported an increase in both savings and current account balances since the end of 2023.

Mr Greenwood suggested the trend may have slowed recently, with fewer people moving money into long-term savings accounts after a spike in transfers last year.

Key quarterly earnings updates from FTSE 100 firms are due this week including from BT, Vodafone and pharma's AstraZeneca.

In May, Vodafone group revenue fell 2.5% to £30.9 billion for 2024. The telecoms giant reports its first-quarter results on Thursday. Analyst consensus for 2025 anticipates group revenue will reach £31.4 billion.

Under chief executive Margherita Della Valle, Vodafone has started to divest underperforming businesses, such as its Spanish and Italian units.

She has ruled out any more major deals as part of her strategy to simplify and streamline the firm.

Attention will focus on the proposed merger with Three, with the competition regulator's ruling awaited.



PLUNGE: Lloyds profits hit

### AIMING TO CLEAN UP WITH RENTOKIL...



DIRTY WORK: A pest controller at the UK-based FTSE 100 company

FORMER BT Group chief Philip Jansen is said to be eyeing a bid to take over FTSE 100 firm Rentokil Initial.

Jansen has begun talks with private equity houses to evaluate options for the Crawley-based pest control company, it was reported yesterday.

Rentokil bought US peer Terminix for \$8 billion (£6.7bn) in 2021, which expanded its market share in North America

to 30%. However, efforts to grow in the region have failed to pay off.

Speculation regarding Rentokil's future began last month when it emerged Nelson Peltz's firm Trian Partners had acquired a stake.

Analyst Russ Mould of AJ Bell said Peltz may campaign to swap Rentokil's listing to the US, “which would be another blow to the prestige of London as a listing venue”.



By GRAHAM HISCOTT

SAVERS are missing out on £12.7 billion a year by leaving money in current accounts paying zero interest, analysis suggests.

Big banks particularly rely on customer loyalty, or lack of motivation, to get away with giving them no interest on everyday accounts.

Yet providers use those funds to lend to borrowers, making a tidy profit.

According to financial services firm CACI's current accounts and savings database, £318 billion is held in UK adult current accounts paying 0% – an average balance of £4,426 per account.

When interest rates were rock bottom, there was less incentive to move funds into savings accounts.

But as the Bank of England raised rates to cool inflation, so did returns for those savers savvy enough to seek out better deals.

Many instant access savings accounts now pay over 3% interest and lots of fixed rates in excess of 4%.

If all £318 billion in 0% paying accounts were to go to 4% accounts, customers would get £12.7 billion a year.

First Direct, which highlighted the issue, pays no interest on credit balances on its current accounts but it has been encouraging customers to move their money into accounts that do.

## TalkTalk collapse fear over £1bn debts

TALKTALK has warned it could collapse within weeks unless its bosses secure a £200 million lifeline from its largest shareholders.

In its latest annual report, the internet provider said there was a chance that the embattled firm could become insolvent by “August 2024 or sooner”. The warning comes as TalkTalk bosses continue

their scramble to refinance more than £1 billion in outstanding debt.

It piled up when the firm was taken private four years ago by its founder, Sir Charles Dunstone, and money manager Toscafund.

The two shareholders have both said they are open to pumping an additional £200 million into the firm.

But negotiations remain unresolved. If the company fails to refinance its loans, it could be seized by lenders.

TalkTalk said: “We anticipate agreement on new capital investment into the business in the near future.”

“Engagement continues with a potential new investor, together with potential new lenders.”

## EasyJet hopes turbulence is ending

EASYJET will give investors a first picture of performance over one of the busiest summers on record when it reports third quarter results on Wednesday.

The budget carrier has cashed in on a post-pandemic resurgence in travel.

EasyJet swung back to profit last year and said in April it was eyeing up a sec-

ond consecutive summer of record earnings as bookings soared. Capacity is set to rise 8% over the second half.

But despite the boom, investors have reacted without enthusiasm.

Flight cancellations stemming from the conflict in the Middle East and capacity constraints at European airports have sent shares down

over 8% this year to date. Aarin Chiekrie, of Hargreaves Lansdown, said: “Markets didn't react too well to easyJet's last results, despite half-year revenues soaring 22% to £3.3 billion.”

“That was largely thanks to a weak outlook in the group's commentary on bookings and revenue per seat in the short term.”

### ++THE SHARE HUNTER++ AARIN CHIEKRIE++HARGREAVES LANSDOWN++



AARIN CHIEKRIE  
Equity Analyst  
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ASML, based in Holland, is the sole producer of the most advanced type of this technology, called Extreme Ultraviolet lithography. It took over two decades to research, develop and commercialise the secret sauce behind EUV. That's now a very wide moat for any competitor to try to cross.

Forecast-beating second-quarter revenue of £5.2 billion failed to impress the market last week. That's because it was overshadowed by third-quarter guidance that fell short of market

## Appetite for chips means ASML reap fat profits

expectations. Many of the company's end users remain challenged. While the green shoots of recovery are beginning to emerge, there's still some work to do to ensure that 2024 sales match the £23.2 billion seen last year.

Second-quarter operating profit was 9% ahead of market forecasts, despite falling from £1.9 billion to £1.5 billion.

With the order backlog sitting at £33 billion, the group has high expectations for significant growth in 2025. Longer-term trends such as AI, unprecedented data volumes, and the

energy transition underpin forecasts that the semiconductor market could double by 2030. ASML sees an opportunity to more than double its sales and significantly increase profitability by the end of the decade.

There's also the services side of things which covers fixing and upgrading machines. It makes up around 20% of sales. Equipment sales to China are also an area in focus.

In the first half of the year, China leapfrogged Taiwan to become the company's largest territory by revenue.

For now, fears of a further US crackdown on exports may be boosting Chinese demand. But if trading restrictions come in, it may see sales to the region dry up.

ASML's dominant market position leaves it well-placed to grow over the long term. However, with geopolitical tensions running high, there may be ups and downs along the way.

“This article is designed for investors who make their own decisions without advice. If unsure whether an investment is right for you, you should seek advice. Shares can rise and fall in value so you could get back less than you invest.”

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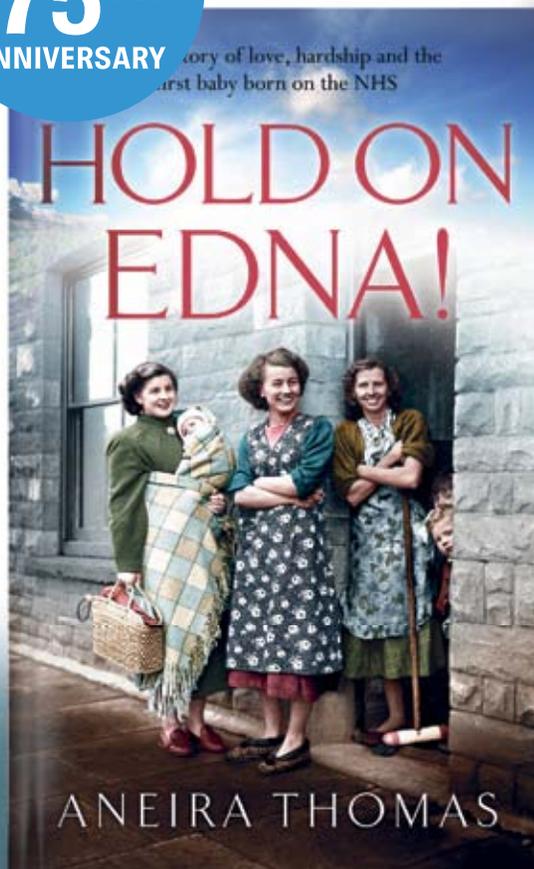
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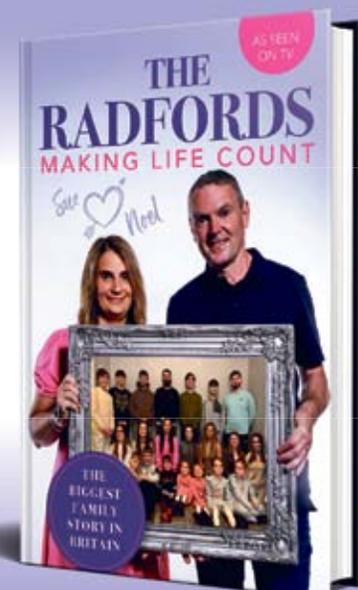
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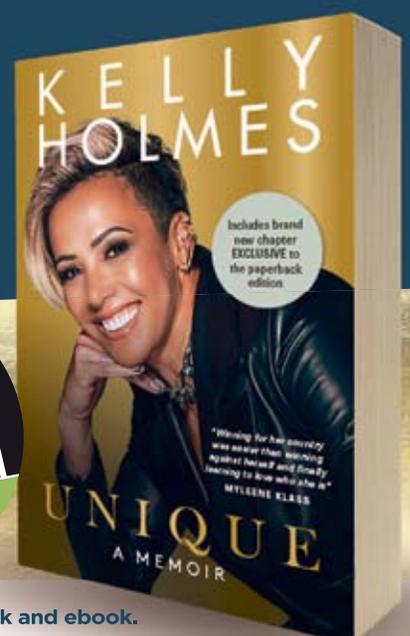
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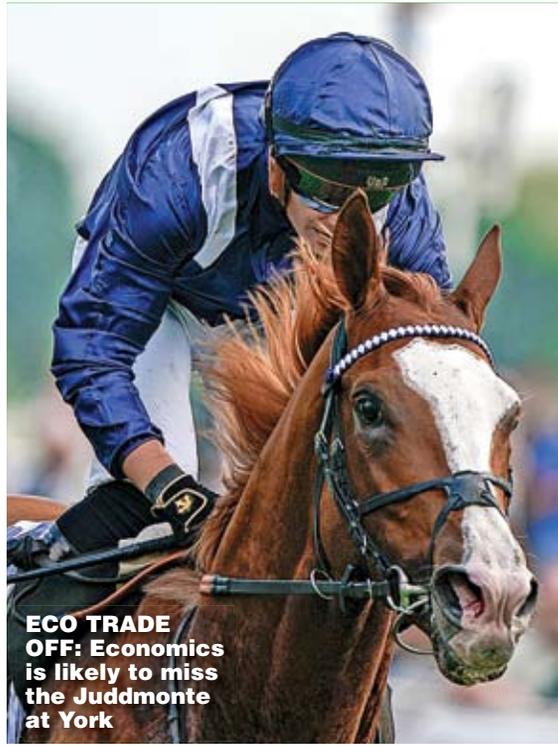


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**ECO TRADE OFF:** Economics is likely to miss the Juddmonte at York

# PLAN FOR ECONOMICS

By David Yates

ECONOMICS is set to make his eagerly awaited return to action in France next month after William Haggas ruled out an appearance at York next Saturday.

The chestnut son of Night Of Thunder hasn't run since marking his third start with a six-length victory in the Group Two Dante Stakes at York in May.

Haggas was mulling over an entry in the Group Two Sky Bet York Stakes on the Knavesmire this weekend but, after shelving

## Trip to Deauville all set for Haggas' top three-year-old

plans to work Economics in Newmarket this weekend, said: He's not going to be entered at York on Saturday - he's not going to be ready."

The Prix Guillaume d'Ornano, a Group Two for three-year-olds, at Deauville on August 15 and the Group One Juddmonte International back

at York six days later are twin options for Economics' next outing, with Haggas leaning towards the former for the Sheikh Isa Salman Al Khalifa-owned colt.

"I haven't discussed it with Sheikh Isa next and both races are still a possibility but I think the three-year-old option looks

more sensible. "I think he's still very inexperienced so my gut feeling would be to go to Deauville, but we will take a view nearer the time."

Harry Cobden, the star of racing's docuseries Champions: Full Gallop, which aired on ITV1 last Friday, faces "two to three weeks" on the sidelines after damaging knee ligaments at Stratford yesterday.

AMATEUR rider Alice Procter is in intensive care after suffering suspected spinal injuries in a fall at Cartmel on Saturday.

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2.10-BABOUCHE (C T Keane, 13-8 fav); Camille Pissarro (9-2); California Dreamer (7-1) 3. 10 ran. 1/4, 1/4, (G M Lyons). Tote: £263; pl £120, £120, £140. exacta: £103.30, trifecta: £40.70. CSF: £8.69. Non-runner: Black Forza.  
2.45-MARY SHOELACES (M W Hassett, 12-1); Kendall Roy (9-4 fav); Nouvel Espoir (9-1) 3. H'cap 12 ran. 1/4, 2l, (E & P Hart). Tote: £15.10; pl £3.00, £1.40, £2.80. exacta: £53.30, trifecta: £273.72. trifecta: £1204.10. CSF: £39.09.  
3.15-POET MASTER (S James, 7-2); Lord Massusus (11-4 2nd fav); Mutasarref (7-2) 3. 6 ran. 3/4, 1/4, (K R Burke (UK)); 9-4 fav Mountain Bear). Tote: £45.00; pl £2.30, £1.40, exacta: £11.60, trifecta: £36.00. CSF: £13.78. Non-runners: Ano Syra, Norwalk Havoc.  
3.45-VERA'S SECRET (M M Cross, 12-1); Alabama Calling (11-1); Indigo Five (7-2 fav) 3. H'cap 13 ran. 6/4, 3/4, (J Feane). Tote: £14.00; pl £4.20, £3.70, £1.40. exacta: £168.00, trifecta: £451.43. trifecta: £944.30. CSF: £137.43.  
4.20-ROYAL DRESS (B M Coen, 16-1); American Sonja (7-4 2nd fav); Caernarfon (4-1) 3. 5 ran. 2/4, nk, (J Tate (UK)); 11-8 fav Jackie Oh). Tote: £17.00; pl £4.10, £1.50, exacta: £52.50, trifecta: £102.70. CSF: £43.65. Non-runners: Enfranchise, Villanova Queen.  
4.55-EPHEBUS (R L Moore, 13-8 fav); Rosso (7-2 jt 2nd fav); Kalkani (7-2 jt 2nd fav) 3. 11 ran. 1/4, 3/4, (A P O'Brien). Tote: £2.63; pl £1.10, £1.60, £1.80. exacta: £9.30, trifecta: £38.30. CSF: £7.70. Non-runner: Pearl Jewel.

**5.30-NDAAWI** (Megan O'Leary, evens fav) 1; Jungle Cove (11-2); Endless Pursuit (14-1) 3. 13 ran. 4/4, 8/4, (G Elliott). Tote: £2.10; pl £1.80, £2.40, £1.30. exacta: £11.20, trifecta: £35.00. CSF: £7.20. Non-runners: Mighty Mo Missouri, Royal Eagle.  
Placepot: £73.70  
**NEWTON ABBOT: Good to soft**  
2.05-FINAL ENTRY (J Tudor, 11-2); Kalkaroo (7-2 2nd fav); Golden Path (8-13 fav) 3. 5 ran. 1/4, 2/4, (D Pipe). Tote: £6.50; pl £2.00, £1.50, exacta: £19.50, trifecta: £26.50. CSF: £23.39.  
2.35-KARRANNELLE (J Bowen, 12-1); Outback Frontiers (9-2 2nd fav); Good Impression (11-2); H'cap 12 ran. 1/4, 1/4, (D Rees); 6-4 fav Eureka). Tote: £17.20; pl £3.50, £1.80, £1.70. exacta: £83.00, trifecta: £338.33, trifecta: £427.20. CSF: £63.18.  
3.05-KONIGIN ISABELLA (S Twiston-Davies, 4-1 fav); Get The Value (10-1); Ryder's Rock (11-1) 3. H'cap 12 ran. 1l, 5/4, (A Honeyball). Tote: £5.00; pl £1.80, £2.90, £3.30. exacta: £30.40, trifecta: £412.22. trifecta: £616.50. CSF: £41.01.  
3.35-GROVE ROAD (S Bowen, 11-4 fav); Saint Bibiana (9-2 jt 2nd fav); Crossing The Bar (10-1) 3. H'cap 10 ran. hd, 3l, (James Owen). Tote: £3.75; pl £1.60, £2.00, £3.10. exacta: £20.40, trifecta: £108.47, trifecta: £172.60. CSF: £16.12. Non-runner: Mourzouk.  
4.10-ZHANG FEI (Fern O'Brien, 10-3 2nd fav); Bravewinehiedotbe (12-1); Kilcummin (25-1) 3. H'cap 12 ran. 12l, 5l, (F O'Brien); 11-4 fav Mellon Mossy). Tote: £4.34; pl £1.70, £4.00, £7.40. exacta: £49.00, trifecta: £883.57, trifecta: £909.60. CSF: £38.95.  
4.45-HOLD YOUR FORT (J Best, 7-2); Dripsy Moon (3-1 2nd fav); Glynn (14-1) 3. H'cap 6 ran. hd, 1/4, (D Hamer); 11-10 fav

**RESULTS**  
Jerrash, Tote: £4.60; pl £2.00, £1.70. exacta: £14.00, trifecta: £61.20. CSF: £14.21.  
5.20-NOAH'S LIGHT (L Stones, 18-1); Radharh Na Slaine (20-1); Layerthorpe (50-1) 3. H'cap 14 ran. 8l, 4l, (Mrs R Ford); 7-4 fav Limerick Leader). Tote: £22.80; pl £5.70, £5.80, £10.30. exacta: £408.30, trifecta: £1627.38. trifecta: £2653.40. CSF: £324.85. Non-runner: Holiday Ridge.  
Placepot: £486.80  
Quadpot: £50.20  
**REDCAR: Good**  
1.47-BRASTIAS (D Tudhope, 9-4 fav); Bellator Bullet (13-2); Treble Winners (33-1) 3. 11 ran. 1/4, 1/4, (D O'Meara). Tote: £3.25; pl £1.30, £2.40, £1.70. exacta: £15.40, trifecta: £285.20. CSF: £16.88.  
2.17-WHAT'S SHE AT (H Doyle, 2-1 2nd fav); Ryder's Rock (11-1) 3. H'cap 12 ran. 1l, 5/4, (A Honeyball). Tote: £5.00; pl £1.80, £2.90, £3.30. exacta: £30.40, trifecta: £412.22. trifecta: £616.50. CSF: £41.01.  
2.52-HAVANA PRINCE (D Costello, 11-1); Sir Garfield (9-2 2nd fav); War Memorial (17-2) 3. H'cap 14 ran. 1/4, shd, (Tony Coyle & Kaine Wood); 3-1 fav Kode Secret). Tote: £12.30; pl £3.60, £1.80, £3.20. exacta: £75.70, trifecta: £468.02. trifecta: £587.60. CSF: £56.25.  
3.22-FLIGHT RADAR (P-L Jamin, 13-8 2nd fav); Pinent (11-1) 2; Longhaired General (11-10 fav) 3. 8 ran. 3/4, 1/4, (K R Burke). Tote: £2.63; pl £1.10, £2.20, £1.10. exacta: £18.80, trifecta: £30.60. CSF: £19.62.  
3.52-COPPULL HALL LANE (C

### THE SCOUT

1.40 Secret Secret 3.55 The Gypsy Davey  
2.10 Trailblazer 4.30 Iikedwayurthinkin  
2.45 Jolie Coeur Allen 5.00 Sean Og  
3.20 Saint Bibiana

**3.20 HANDICAP HURDLE**  
£4,146 (4) 3m 1f 83yds (14)  
1 4314F1 TOWNHILL (27) (D) (T) Lacey 6 12-0. Doubtful 108  
2 723-11 SAINT BIBIANA (22) (C&D) (T) G Nicholls 7 11-13. L Williams 106  
3 3PP-221 BOOMSLANG (24) (C) R Menzies 7 11-11. R Chapman 113  
4 52/2-P52 DYNAMITE KENTUCKY (24) (D) Dr R Newland & J Insole 9 11-9. L Scott(5) 112

**5.00 BOWNESS BAY HANDICAP CHASE**  
£3,617 (5) 2m 5f 34yds (12)  
1 45-3413 DR SANDERSON (2) (C&D,F) B Haslam 10 12-0. R McLernon 106  
2 4514/6-4 ANIMORE (29) H Burns 11 12-0. R Mania 64  
3 221/4L-1 GRAND SOUFLE (54) J Moffatt 8 11-12. Charlotte Jones(3) 83  
4 L4-2312 SEAN OG (2) (C&D) D Sayer 6 11-11. Sean Quinlan 100  
5 64PP-P2 BREAKING THE ICE (2) (C) G Bewley 9 11-9. J Bewley 109  
6 454-610 GOING MOBILE (29) S England 9 11-5. J England 101  
7 86L-95 THE KING OF MAY (22) B Ellison 10 11-5. Craig Nichol\*116  
8 L5-514 OVER MILK WOOD (37) (D) G Hamner 8 10-13. J Hogan(3) 102  
9 1/L4-U64 INTO THE SUNSET (13) D McCain 7 10-12. B Hughes 99  
10 622L-UL BENINSI (31) (T) R L Llewellyn 8 10-11. Charlie Price(3) 105  
11 480/L50 KARADIL REVIEW (191) J Moffatt 6 10-4. D McMenamin -  
12 5P/P4-4P JUPIRO DOUG (71) D Brooke 10 10-3. Miss P Brown(7) -

**TRACK FACTS: GOING:** Soft. Left Handed. **TOP TRACK JOCKEY (2019-24):** Charlotte Jones 24% Strike rate. **TOP TRACK TRAINER (2019-24):** J Moffatt 18% Strike rate. **FIRST TIME:** 2.45 Storm Spirit (hood, tongue strap), Fairmac (tongue strap, wind surgery), A Day To Dream (cheek pieces), Thunder Gap (wind surgery), 3.20 Native Fighter (visor), 5.00 Judicial Review (cheek pieces, tongue strap, wind surgery), Bensini (visor). **BEATEN FAVOURITES:** 2.10 Artiste D'ainay, For Three(hcp hdd), 2.45 Jolie Coeur Allen(hcp hdd), Reach For The Moon, 3.55 Lipa K(hcp hdd), 4.30 Happy Du Mesnil(hcp ch), 5.00 Dir Sanderson(hcp ch), Going Mobile(hcp ch), Sean Og(hcp ch). **LONGEST TRAVELLER:** Jimli's Cave (140) & Flashthlights (210) Ireland; Bensini (5.00) 272 miles. **STABLE SWITCH:** 2.45 Fairmac from Anthony Charlton to L Russell, Jolie Coeur Allen from W P Mullins in Ireland to B Haslam, 5.00 Karapiro Doug from Kathleen Blenkins to D Brooke.

**4.27-GARIFULLINA** (S B Kirrane, 16-5 fav) 1; Gunnerside (33-1) 2; So Grateful (5-1 2nd fav) 3. H'cap 14 ran. nk, hd, (J J Davies). Tote: £4.20; pl £1.60, £8.90, £2.20. exacta: £125.40, trifecta: £535.54, trifecta: £1472.00. CSF: £133.22. Non-runner: Urban Dandy.  
5.02-JEZ BOMB (Oisín Orr, 9-2); Whatwoudyouknow (17-2); Imprint (4-1 2nd fav) 3. H'cap 12 ran. 1/4, 1/4, (S England); 10-3 fav Temper Trap). Tote: £5.80; pl £2.20, £2.50, £2.10. exacta: £44.60, trifecta: £171.30, trifecta: £176.50. CSF: £43.24. Non-runners: Gregorianna, Strike Rate.  
5.37-GASTRONOMY (Rhy Elliott, 5-2 2nd fav) 1; Bulldog Spirit (7-4 fav) 2; Mythical (8-1) 3. H'cap 7 ran. 1/4, nk, (P Kirby). Tote: £3.50; pl £1.80, £1.50, exacta: £8.10, trifecta: £26.17, trifecta: £31.90. CSF: £6.83. Non-runner: Gabside.  
Placepot: £39.40  
Quadpot: £16.70

**STRATFORD: Good-good to firm in places**  
1.50-ROYAL PRETENDER (T Cannon, 11-2); Honneur D'Ajoc (15-2); G A Henty (5-2 jt fav) 3. H'cap 8 ran. 5l, 1/4, (A King); 5-2 jtfav Kick Up A Storm). Tote: £15.80, £1.80, £1.40. exacta: £42.90, trifecta: £128.61, trifecta: £152.30. CSF: £46.15. Non-runners: Gwash, Lunar Power.  
2.25-FINE BY ME (J Brace, 5-1); Propelled (4-1 2nd fav); Bright Sunbird (11-1) 3. H'cap 9 ran. 8/4, 18l, (N Twiston-Davies); 13-8 fav Side Stepper). Tote: £6.40; pl £1.60,

**4.30 STRATHMORE HOTELS HANDICAP CHASE**  
£4,832 (4) 3m 1f 107yds (10)  
1 P454-L8 COOLINO (22) B Haslam 9 12-2. N F Houllihan 119  
2 7PL-031 ILIKEDWAYURTHINKIN (24) (C&D) B Haslam 10 11-2. R McLernon 123  
3 1229-L3 WASDELL DUNDALK (8) Miss L Harrison 9 11-11. D McMenamin 122  
4 2132L-1 NO REGRETS (75) (F) N Richards 10 11-9. Sean Quinlan 119  
5 2P2PP-2 MOTION IN LIMINE (51) Dr R Newland & J Insole 9 11-6. L Scott(5) 123

**5.00 BOWNESS BAY HANDICAP CHASE**  
£3,617 (5) 2m 5f 34yds (12)  
1 45-3413 DR SANDERSON (2) (C&D,F) B Haslam 10 12-0. R McLernon 106  
2 4514/6-4 ANIMORE (29) H Burns 11 12-0. R Mania 64  
3 221/4L-1 GRAND SOUFLE (54) J Moffatt 8 11-12. Charlotte Jones(3) 83  
4 L4-2312 SEAN OG (2) (C&D) D Sayer 6 11-11. Sean Quinlan 100  
5 64PP-P2 BREAKING THE ICE (2) (C) G Bewley 9 11-9. J Bewley 109  
6 454-610 GOING MOBILE (29) S England 9 11-5. J England 101  
7 86L-95 THE KING OF MAY (22) B Ellison 10 11-5. Craig Nichol\*116  
8 L5-514 OVER MILK WOOD (37) (D) G Hamner 8 10-13. J Hogan(3) 102  
9 1/L4-U64 INTO THE SUNSET (13) D McCain 7 10-12. B Hughes 99  
10 622L-UL BENINSI (31) (T) R L Llewellyn 8 10-11. Charlie Price(3) 105  
11 480/L50 KARADIL REVIEW (191) J Moffatt 6 10-4. D McMenamin -  
12 5P/P4-4P JUPIRO DOUG (71) D Brooke 10 10-3. Miss P Brown(7) -

**GOSSIP FROM THE GALLOPS**  
North: ROYAL COLLEGE (6.50 Windsor)  
Midlands: TOPTIME (6.30 Beverley)  
Newmarket: CAVERN CLUB (2.45 Cartmel)  
Scotland: BRAES OF DOUNE (4.50 Ayr)

**VITAL STATISTICS**  
**IN-FORM TRAINERS** (last 10 days) M Rimell 75% (1 wins and 2 places from 4 runners), P & M Bowen 67% (2/8/15), B Haslam 58% (1/6/12), D O'Meara 53% (10/15/47), G Kelleway 50% (1/2/6), M & D Easterby 50% (2/6/16), M Wigham 50% (1/1/4).  
**IN-FORM JOCKEYS** Shay Farmer 60% (1 wins and 2 places from 5 runners), Ben Sanderson 57% (1/3/7), Sean Bowen 52% (3/8/21), Archie Young 50% (1/2/6), Derek Fox 50% (1/2/6), Franny Norton 50% (3/3/12).

£1.60, £2.30. exacta: £27.30, trifecta: £207.08, trifecta: £186.70. CSF: £25.17.  
2.55-CATUAHA (Elizabeth Gale, 5-2 fav) 1; Dancingtonheedge (11-4 2nd fav) 2; Moro Rock (8-1) 3. H'cap 8 ran. 6l, 17l, (C Longsdon). Tote: £3.50; pl £1.60, £1.40, £2.20. exacta: £11.00, trifecta: £46.13, trifecta: £55.00. CSF: £10.22. Non-runner: Hollow Row.  
3.25-MATTERHORN (N De Boinvilie, 7-4 fav) 1; In This World (15-8 2nd fav) 2; Only Money (17-2) 3. H'cap 7 ran. 8l, 5l, (P Nicholls). Tote: £2.75; pl £1.60, £1.60. exacta: £5.20, trifecta: £28.90. CSF: £5.87.  
4.00-BRANT KNIGHT (H Skelton, 8-15 fav) 1; United Front (18-1) 2; Joel's Rainbow (66-1) 3. 12 ran. 9/4, 1/4, (P Nicholls). Tote: £15.4; pl £2.50, £1.80, £1.40. exacta: £13.60, trifecta: £398.90. CSF: £15.77. Non-runner: Mully Crew.  
4.35-MALINA OCARINA (J Hogan, 25-1) 1; Northern Rose (9-1) 2; Fashionelle (15-2) 3. H'cap 14 ran. hd, 1/4, (G Hamner); 3-1 fav Getmetothemood). Tote: £29.50; pl £8.60, £3.60, £3.50. exacta: £332.00, trifecta: £1883.47, trifecta: £3899.70. CSF: £221.47.  
5.10-SOIR DE GALA (N De Boinvilie, 5-2 fav) 1; Climbing (12-1) 2; Almost Getaway (14-1) 3. H'cap 11 ran. 4/4, 4l, (P Nicholls). Tote: £3.50; pl £1.50, £3.40, £3.70. exacta: £43.50, trifecta: £361.09, trifecta: £443.30. CSF: £31.96.  
5.45-RONNIES RULES (Mr B Sutton, 10-11 fav) 1; Lady Henrietta (9-1) 2; A Little Something (14-1) 3. 9 ran. 4/4, 12l, (D Skelton). Tote: £1.91; pl £1.10, £1.80, £2.80. exacta: £8.00, trifecta: £59.90. CSF: £10.15. Non-runners: Believe A Little, O'Malley.  
Jackpot: £10,000.00, with £5,062.91 carried over.  
Placepot: £31.50  
Quadpot: £9.10

**THE SCOUT**

2.30 It's All About You 4.15 Eternal Sunshine  
3.05 Strong Warrior 4.50 The Gay Blade  
3.40 Pinpoint 5.25 Hey Lyla

**2.30 APPRENTICE HANDICAP**  
£4,187 (Class 5) 1m 5f 26yds (7 dec)

1 (6) 40L RAVENS CRAIG CASTLE (14) (C&D) J Jardine 6 9 9  
Shay Farmer(5)

2 (5) 423 ● IT'S ALL ABOUT YOU (13)(T) J Candlish 4 9 8... S Feilden  
3 (3) 708 AYR POET (14) (C) J Goldie 9 8 13... Lauren Young(7)  
4 (1) 07L KONDO ISAMI (357) R M Smith 6 8 11... R Kavanagh(5)  
5 (7) 435 TILSITT (7) (C) R M Smith 7 8 11... Rhys Elliott(5)  
6 (2) 656 GLASSES UP (14) (C) R M Smith 9 8 9... Archie Young  
7 (4) 223 DESERT QUEST (39) (C&D) F Ewan Williams 6 8 5  
Liam Wright

VISOR: No. 1 TONGUE STRAP: Nos. 1, 5 CHEEK PIECES: No. 2.  
W-Factor: Glasses Up (86); Ayr Poet (85); It's All About You (84).  
SP FORECAST: 9-4 It's All About You, 10-3 Desert Quest, 4 Tilsitt, 11-2 Glasses Up, 6 Ravenscraig Castle, 12 Ayr Poet, 33 Kondo Isami.

**3.05 IRISH EBF MAIDEN STAKES 2YO**  
£4,860 (4) 5f (5)

1 (5) 4 HAMMER THE HAMMER (11) K Ryan 9 7... T Eaves  
2 (4) LEXINGTON BLITZ (7) R Cowell 9 7... P J McDonald  
3 (2) 53 MANAGING DIRECTOR (16) B Smart 9 7... H Russell  
4 (1) 20 MOTAWAHJ (30) (F) K R Burke 9 7... Doubtful  
5 (3) ● STRONG WARRIOR (T) R Fahy 9 7... Oisín Orr

W-Factor: Motawahj (86); Managing Director (77); Hammer The Hammer (75).  
SP FORECAST: 6-5 Hammer The Hammer, 15-8 Managing Director, 11-2 Strong Warrior, 7 Lexington Blitz.

**3.40 HANDICAP 3YO**  
£3,664 (6) 5f (8)

1 (1) 317 ZAPHEA (9) (D) I Jardine 9 11... A Mullen  
2 (7) 6-79 CLASSY CLARETS (16)(T) R Fahy 9 11... Oisín Orr  
3 (2) 594 LA BOO (31) (F, T) M & Easterby 9 9... Joanna Mason  
4 (5) 676 TAYGAR (16) (D) M Dods 9 6... P Mulrennan  
5 (8) 208 ● PINPOINT (11) (C&D) Ewan Williams 9 3... P J McDonald  
6 (3) 410 BETTER (16)(T) P Midgley 9 1... D Nolan  
7 (6) 268 LADY OF THE GARR (16) T Waggett 8 5... A Elliott  
8 (4) LL5 SHATIN VENTURE (321) Miss L Perratt 8 4  
Rhys Elliott(7)

W-Factor: Lady Of The Garr (77); Pinpoint (76); Zapha (73).  
SP FORECAST: 9-4 La Boo, 5-2 Zapha, 5 Taygar, Pinpoint, 12 Classy Clarets, 16 Lady Of The Garr, Better, 20 Shatin Venture.

**TRACK FACTS: GOING: Good, Left Hand. TOP TRACK JOCKEY (2019-24):** Paul Mulrennan 15% Strike rate. **TOP TRACK TRAINER (2019-24):** J Goldie 11% Strike rate. **FIRST TIME:** 3-40 Pinpoint (cheek pieces), La Boo (visor), 4-50 Tarjama (cheek pieces), 5-25 Wildfell (blinkers), BEATEN FAVOURITES: 2-30 Tilsitt(hcp), 3-40 Zapha(hcp), 4-15 Ramon Di Loria(hcp). **DRAW:** A middle to high draw is an advantage in sprint races, low numbers favoured on the round course. **LONGEST TRAVELLER:** Wild Mountain (415) & Rhasadat (450) Ireland; Lexington Blitz (305) 360 miles. **STABLE SWITCH:** 4-15 Piper's Fort from A Watson to K Scott.

**THE SCOUT**

5.18 Spirited Dancer 7.20 LAHINA BAY  
5.50 Star Of Mehamas 7.50 Seek And Destroy  
6.20 Izipizi 8.20 Golden Phase  
6.50 Royal College 8.50 Adace

**5.18 NURSERY 2YO**  
£4,397 (Class 5) 6f 12yds (10 declared)

1 (5) 841 BALZARINI (21) (C) S Williams 9 11... S M Levey  
2 (3) 51 RAM ANOK (35) (D) H Palmer 9 10... O Murphy  
3 (4) 715 ● SPIRITED DANCER (60) (F, T) J Channon 9 9... C Bishop  
4 (6) 91 JUSTICE CIARA (34) (D) A Watson 9 9... H Doyle  
5 (8) 01 RUFF JUSTICE (23) (D) W Greatrex 9 8... E Greatrex  
6 (1) 55L BRETTON WOOD (33) James Owen 9 7... S De Sousa  
7 (7) 426 BANTZ (26) W Haggas 9 7... T Marquand  
8 (2) 43L HAVANA DANCE (18) J Portman 9 7... R Hornby  
9 (9) L53 TOLERANCE (32) (F) G Boughy 9 5... Billy Loughnane  
10 (10) 51 JOHN'S DRAGON (35) (C) T Dascombe 9 4... P-L Jamin

W-Factor: Spirited Dancer (81); John's Dragon (79); Tolerance (78).  
SP FORECAST: 11-2 Ram Anok, 6 Ruff Justice, Balzarini, 7 Spirited Dancer, Countess Ciara, Tolerance, John's Dragon, Bantz, 10 Others.

**5.50 RESTRICTED NOVICE STAKES 2YO**  
£3,672 (5) 6f 12yds (16)

1 (3) 7 CASTRO AURUM (24) Darryll Holland 9 2... J F Egan  
2 (9) 9 DUBAI MAGIC (21) J Tate 9 2... N Callan  
3 (7) 9 HANDLE WITH CARE M Botti 9 2... H Doyle  
4 (15) 0 KEVEN KNOWS (24) R Guest 9 2... C Shepherd  
5 (2) 40 KYLIE OF LOCHALSH (31) G Kelleway 9 2... H Turner  
6 (13) LL MAGNA A Carroll 9 2... L Morris  
7 (13) LL PUGLIA (26) E De Giles 9 2... P Cosgrave  
8 (16) 57 RIDGEWAY REDDING (23) D Coakley 9 2... G Bass(3)  
9 (14) ● STAR OF MEHAMAS R Hughes 9 2... O Murphy  
10 (12) YESTERDAY'S GONE M Bell 9 2... H Crouch  
11 (5) 3 DARK SORCERESS (20) C Hobson 9 0... M Ghiani  
12 (6) L FLAINE (14) T Dascombe 9 0... P-L Jamin  
13 (10) 3 FLEETWATER (11) J Moore 9 0... Billy Loughnane  
14 (11) 8 LA MER GRISE (10) A Carroll 9 0... W Carson  
15 (8) L LITTLE SHE M Trengoning 9 0... T Whelan  
16 (1) 0 NANNA WESTERN (21) G Nicholls 9 0... A Keeley(3)

W-Factor: Fleetwater (77); Castro Aurum (72); Dark Sorceress (70).  
SP FORECAST: 3 Fleetwater, 9-2 Dark Sorceress, 5 Star Of Mehamas, 6 Castro Aurum, 12 Yesterday's Gone, Kylie Of Lochalsh, Handle With Care, Dubai Magic, 14 Others.

**6.20 MAIDEN STAKES (DIV 1)**  
£4,320 (5) 1m 2f (10)

1 (3) 47 LION WAIT (J26) B Lund 4 10 2... Taylor Fisher(3)  
2 (1) 22 CALUMET (159) M Peltan 3 9 7... O Murphy  
3 (10) CELTIC JOHN P Bohn 3 9 7... P Bradley  
4 (5) 32 GLENDOWER (26) W Muir & Grassick 3 9 7... L Edmunds  
5 (4) 53 SCOTTISH REEL (30) (F, T) C Johnston 3 9 7  
Billy Loughnane

6 (8) 22L THE HUN (16) R Eddy 3 9 7... S D Bowen(3)  
7 (2) 6 ADMIRE HOPE (105) W Haggas 3 9 2... T Marquand  
8 (2) 7-2 ● ZIPIZI (39) J & T Gosden 3 9 2... K Shoemark  
9 (7) L7 LIVEALITTLECRAZY (60) A West 3 9 2... T Whelan  
10 (9) 88 UPTON (21) A Balding 3 9 2... R Hornby

W-Factor: Zipizi (79); Calumet (78); Glendower (76).  
SP FORECAST: 5-2 Zipizi, 3 Calumet, 9-2 Glendower, 5 The Hun, 8 Admired Hope, 14 Scottish Reel, Lion Wait, 25 Upton, 33 Others.

**6.50 MAIDEN STAKES (DIV 2)**  
£4,320 (5) 1m 2f (9)

1 (6) 7-7 DUBAI HARBOUR (13) P Imela 4 10 2... P Bradley  
2 (5) L8 BE LIKE PUMPKIN (31) M West 3 9 7... W Cox  
3 (2) L GREY MOON (47) Harry Charlton 3 9 7... T Whelan  
4 (7) L-0 HOMME DE FER (28) A Carroll 3 9 7... W Carson  
5 (4) 24-5 HOUSTON (66) R Hannon 3 9 7... P Dobbs  
6 (3) LL KING AFFECTION (26) A Balding 3 9 7... C Hutchinson(3)  
7 (1) 3-6 RAHEEN ROSE (66) W Haggas 3 9 7... T Marquand  
8 (8) 3 ● ROYAL COLLEGE (25)(T) C Johnston 3 9 7  
Billy Loughnane

9 (9) GLORIOUS LANDSCAPE E J Houghton 3 9 2... C Bishop

W-Factor: Houstonn (83); Raheen Rose (71); Royal College (64).  
SP FORECAST: 5-4 Houstonn, 3 Raheen Rose, 5 Royal College, 6 Glorious Landscape, 12 Grey Moon, 16 Dubai Harbour, 25 King Affection, 50 Be Like Pumpkin, Homme De Fer.

**TRACK FACTS: GOING: Good to Firm. TOP TRACK JOCKEY (2019-24):** Tom Marquand 19% Strike rate. **TOP TRACK TRAINER (2019-24):** R Hannon 13% Strike rate. **FIRST TIME:** 5-50 Flaime (cheek pieces, tongue strap), 6-20 Upton (hood), 6-50 Be Like Pumpkin (hood), 8-20 River Alwen (visor), Platinum Perfect (cheek pieces), Caballo De Mar (cheek pieces), BEATEN FAVOURITES: 6-50 Houstonn, 7-50 Sea Regal, 8-20 Mr Zee(hcp hdl), 8-50 Salaamaat(hcp). **DRAW:** High numbers hold a slight advantage in sprints.

**AYR RTV**

**4.15 JOIN RACING TV NOW HANDICAP**  
£3,664 (6) 6f (10)

1 (1) 158 NEWYORKSTATEOFMIND (13) (D) R Carr 7 10 3... T Eaves  
2 (5) 772 ROSENPUR (10)(T) J Candlish 4 10 2... C Lee  
3 (6) 17L JKR COBBLER (7) (C,D) J Jardine 5 10 1... A Mullen  
4 (9) 331 NOVELLO LAD (24) (D, F) P Midgley 3 9 13... D Nolan  
5 (10) 732 RAMON DI LORIA (7) (D) Ewan Williams 6 9 10... P J McDonald  
6 (2) 411 ● ETERNAL SUNSHINE (14) (C&D) J Goldie 4 9 9  
P Mulrennan

7 (3) 415 PIPER'S FORT (26) (D) K Scott 3 9 4... S James  
8 (7) L67 WILD MOUNTAIN (31) (D) P J McKenna (IRE) 5 9 3  
Oisín Orr

9 (8) 218 NAZCA (61) (D) Miss L Perratt 5 8 12... J Fanning  
10 (4) L46 EARN YOUR STRIPES (7) (C&D) R M Smith 6 8 11... P Mathers

BLINKERS: No. 8 CHEEK PIECES: No. 10 HOOD: No. 2.  
W-Factor: Ramon Di Loria (69); Eternal Sunshine (68); Newyorkstateofmind (67).

**4.50 RACING TV HANDICAP**  
£3,664 (6) 7f 50yds (13)

1 (10) 740 END ZONE (30) (C&D, T) R Fell & S Murray 7 10 1... C Lee  
2 (5) 97L TARJAMA (24) T Waggett 4 9 13... T Eaves  
3 (4) 624 PEMBROKESHIRE (14) (D) J Jardine 4 9 13... A Mullen  
4 (2) 541 ● THE GAY BLADE (4) (D, F) J Jardine 5 9 13(5ex)  
Archie Young(5)

5 (1) U78 GOBI SUNSET (19) (C,D) I Jardine 7 9 11... Shay Farmer(7)  
6 (1) 392 CONCERT BOY (7) (D) K Scott 4 9 9... S James  
7 (8) LL8 ZEBRA STAR (7) (C&D) R M Smith 4 9 9... P Mathers  
8 (9) 213 DRAKEHOLES (113) (D) Mrs A C Hamilton 5 9 7... D Nolan  
9 (12) 234 BRAES OF DOUNE (7) (C) J Goldie 6 9 5... P Mulrennan  
10 (6) 0L8 RHASIDAT (17) (D) P J McKenna (IRE) 3 9 0... Oisín Orr  
11 (7) 388 DARKER (30) R Carr 5 9 0... Joanna Mason  
12 (13) 77L ONTHEBUNNY (7) Miss L Perratt 4 9 0... T Jakes(5)  
13 (3) L44 ZACHARY (7) C Johnston 3 8 13... J Fanning

BLINKERS: Nos. 1, 11 CHEEK PIECES: Nos. 2, 5, 9  
EYE COVERS: No. 12 HOOD: Nos. 3, 4, 13.

W-Factor: Concert Boy (65); Braes Of Doune (64); Drakeholes (63).  
SP FORECAST: 4 Braes Of Doune, 5 The Gay Blade, 11-2 Concert Boy, Pembroekshire, Drakeholes, 15-2 Zachary, 10 Gobi Sunset, 16 Others.

**5.25 HANDICAP**  
£4,187 (5) 1m (7)

1 (2) 610 HALE END (26) (D) M Dods 4 9 11... S B Kirrane  
2 (3) 606 WILDFELL (11) (D, T) R Fell & S Murray 4 9 9... C Lee  
3 (1) L-17 ● HEY LYLA (32) (C,D) C Johnston 4 9 8... J Fanning  
4 (5) 722 HELTER SKELTER (9) (F) R Menzies 4 9 4... D Nolan  
5 (4) 768 TRAIS FLUORS (24) (D) Miss L Perratt 10 9 2... T Jakes(5)  
6 (6) 354 ALPINE SIERRA (15) (C&D) J Goldie 6 9 11... P Mulrennan  
7 (7) 775 CISCO DISCO (16) (D, T) R Fahy 6 9 0... Oisín Orr

BLINKERS: No. 2 VISOR: Nos. 4, 7 CHEEK PIECES: No. 1 HOOD: No. 6.  
W-Factor: Helter Skelter (85); Alpine Sierra (84); Hale End (82).  
SP FORECAST: 2 Helter Skelter, 4 Alpine Sierra, 9-2 Hey Lyla, 6 Hale End, 15-2 Cisco Disco, 10 Wildfell, 12 Trais Fluors.

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**7.20 FITZDARES SPRINT SERIES HANDICAP**  
£5,653 (4) 6f 12yds (16)

1 (5) 311 SIXTIES CHIC (39) (C&D) J Channon 4 10 2... C Bishop  
2 (10) 398 SUPREME KING (23) (D) P Evans 4 10 0... O Murphy  
3 (15) L82 WATCHYA (11) (D) G Baker 5 9 13... P Cosgrave  
4 (4) 13-8 KIT GABRIEL (18) (D) D Loughnane 5 9 13... J Rossa Ryan  
5 (16) 198 CINQUE VERDE (15) (D) A Carroll 4 9 11... Jack Doughty(5)  
6 (8) 095 CAPOTE'S DREAM (11) (C&D) T Ward 7 9 11... S M Levey  
7 (3) 377 ASHWIYAA (14) G Boughy 3 9 10... Billy Loughnane  
8 (14) 727 TREMBLANT (24) Miss A Murphy 4 9 9... T Marquand  
9 (12) 275 SKY WARRIOR (35) (D) C Cox 3 9 9... R Kingscote  
10 (1) 422 NOGO'S DREAM (18) R Hughes 4 9 9... G Rooke  
11 (2) 134 GRENHAM BAY (96) (D) A Balding 4 9 8... C Hutchinson(3)  
12 (3) 775 BETTIES BAY (19) (D) G Nicholls 3 9 6... J Bryan  
13 (9) 35-1 BONA FORTUNA (27) (D) M Appleby 3 9 6... F Marsh  
14 (11) 345 GLAMOROUS EXPRESS (18) (D) A Carroll 5 9 4... L Morris  
15 (6) LL-0 TOUSSAROK (18) (D) A Carroll 6 9 3... W Carson  
16 (7) 421 ● LAHINA BAY (21) (C&D) R Cook & J Bridger 4 8 11  
S D Bowen(3)

BLINKERS: No. 6 TONGUE STRAP: Nos. 6, 7, 8, 13, 14  
CHEEK PIECES: No. 4, 8, 10, 12 HOOD: No. 8.  
W-Factor: Cinque Verde (87); Capote's Dream (86); Supreme King (85).  
SP FORECAST: 11-2 Sixties Chic, 7 Watchya, Nogo's Dream, 8 Bona Fortuna, 10 Sky Warrior, Supreme King, Grenham Bay, 12 Betties Bay, Lahina Bay, Glamorous Express, 14 Others.

**7.50 EBF FILLIES' HANDICAP**  
£8,505 (4) 1m 2f (6)

1 (5) 2/1-7 NAAEY (13) J & T Gosden 4 10 2... K Shoemark  
2 (3) 840 MOTHER MARY (33) R Hughes 4 10 0... Taryn Lughan(7)  
3 (6) 1-44 WARREN HILL (164) (D) R Varian 4 9 11... A Keeley(3)  
4 (2) 130 STAR JASMINE (37) G Boughy 3 9 8... Billy Loughnane  
5 (1) 0-21 ● SEEK AND DESTROY (21) (C&D) R Beckett 3 9 5  
H Crouch

6 (4) 3-17 SEA REGAL (17) (D) W Haggas 3 9 3... T Marquand

CHEEK PIECES: No. 2.  
W-Factor: Mother Mary (86); Warren Hill (83); Star Jasmine (81).  
SP FORECAST: 5-2 Naaey, 3 Seek And Destroy, 10-3 Sea Regal, 6 Mother Mary, 7 Warren Hill, 10 Star Jasmine.

**8.20 HANDICAP**  
£3,768 (6) 1m 2f (13)

1 (1) 771 SHALFA (49) (D) Mrs L Richards 5 10 4... N Callan  
2 (13) 4L2 NEW DAYRELL (28) (D, F) W Muir & C Grassick 4 10 3  
L Edmunds

3 (10) L37 SILASTAR (26) (D) G & J Moore 7 10 2... T P Queally  
4 (6) 112 ● GOLDEN PHASE (27) (D) D Coakley 4 10 0... H Doyle  
5 (2) 173-3 MR ZEE (J54) (C&D) M Blake 7 9 13... L Catton(3)  
6 (7) 7-54 PLEDGE OF HONOUR (30) (D) D Ivory 8 9 12... L Keniry  
7 (12) 275 GALLIMMUS (20) (J) G Gallagher 4 9 11... D Keenan  
8 (3) 514 LAWN RANGER (11) (C&D) M Atwater 9 9 9... R Havlin  
9 (11) 0/LL RIVER ALWEN (11) (D) Craig Benton 6 9 9... C Bennett  
10 (4) 860 CABALLO DE MAR (30) C G Scott 3 9 7... C Shepherd  
11 (8) 077 HOPE RISING (39) H Hills 3 9 6... Billy Loughnane  
12 (7) 686 GOLDEN ARC (16) A Perrett 3 9 2... S M Levey  
13 (5) 689 PLATINUM PERFECT (20) A Perrett 3 8 2... Jimmy Quinn

BLINKERS: No. 7 VISOR: Nos. 1, 9 CHEEK PIECES: No. 4, 6, 10, 13.  
W-Factor: Pledge Of Honour (69); Gallimus (68); New Dayrell (67).  
SP FORECAST: 4 New Dayrell, 9-2 Golden Phase, Shalfa, 7 Mr Zee, 8 Lawn Ranger, 10 Pledge Of Honour, 12 Silastar, Caballo De Mar, 14 Others.

**8.50 HANDICAP**  
£3,768 (6) 1m 31yds (14)

1 (13) 857 ALWAYS FEARLESS (5) (D) R Hannon 7 10 2  
Tyrese Cameron(7)

2 (14) 277 NASIM (42) (D) M Pattinson 5 10 0... W Carson  
3 (8) 156 CAREY STREET (33) A Carroll 8 9 12... H Doyle  
4 (1) 52L MANILA MIST (23) K Jewell 4 9 11... L Morris  
5 (10) 6-57 LUNA QUEEN (13) (D) Miss S West 5 9 10... J Gilligan  
6 (12) L35 BOLD SUITOR (12) (D) Craig Benton 7 9 9... C Bennett  
7 (2) 723 ● ADACE (21) (C&D) D Ivory 6 9 9... Jimmy Quinn  
8 (3) 35/L-VILLEURBANNE (320) A Irvine 6 9 6... A Keeley(3)  
9 (1) L-88 WOOF (14) M Rimell 3 9 4... R Hornby  
10 (7) 332 SALAMAAT (27) R Guest 3 9 4... C Shepherd  
11 (9) 0LL BEAUTIFUL SURPRISE (85) R Ingram 5 9 3... R Havlin  
12 (16) 196 ON THE NOSE (J27) (D) A West 6 9 1... D Keenan  
13 (4) 0L-4 BREAK THE SPELL (177) D J Jeffreys 4 9 0... Doubtful  
14 (5) L66 NASNEEN (48) J Williams 3 8 11... Billy Loughnane

BLINKERS: Nos. 1, 4, 12 TONGUE STRAP: Nos. 6, 11  
CHEEK PIECES: No. 7, 13.  
W-Factor: Manila Mist (67); Nasim (66); Always Fearless (65).  
SP FORECAST: 9-4 Salaamaat, 3 Adace, 8 Luna Queen, 12 On The Nose, Bold Sutor, Nasneen, 14 Carey Street, Manila Mist, 16 Others.

**LONGEST TRAVELLER:** Scottish Reel (620) & Royal College (650) 238 miles. **STABLE SWITCH:** 6-20 Lion Wait from A Oliver in Ireland to B Lund, The Hun from K R Burke to R Eddy, 8-50 Break The Spell from M Atwater to D J Jeffreys, Villeurbanne from L Carter to A Irvine.

**TENNIS**

RAFA NADAL was blown away in his first final for two years, then hinted retirement was close. The 22-times Grand Slam singles champion, 38, saw his hopes at the Swedish Open quickly dashed, 6-3 6-2 by Nuno Borges of Portugal. Nadal, playing the tournament for the first time since 2005, told the crowd in Bastad: "You made me feel great and special on the court. "I don't know if I'll be back here playing, probably not, but I enjoyed it a lot." Borges, 27, said a part of him wanted the Spaniard to win, but a first ever ATP singles tour final victory was too much to turn down. He became the fifth player to beat Nadal in a clay-court final.

**SNOOKER**

JUDD TRUMP claimed his first Shanghai Masters trophy with an 11-5 victory against Shaun Murphy. The world No.2, runner-up three times, hit three centuries on his way to the title, having led 7-3 from the morning session before sweeping aside Murphy. Trump knocked out reigning champion Ronnie O'Sullivan in Saturday's semi-final.

**RUGBY LGE**

**CASTLEFORD 24 CATALANS 18**

CRAIG LINGARD could not hide his delight as Castleford edged out Catalans to maintain their resurgence. The Tigers saw off Steve McNamara's title contenders at the Jungle to clinch a third-straight Super League win. Cas raced into an 18-0 lead midway through the first half and, although the Dragons hit back to level, Castleford claimed a late winning try through Tex Hoy. Coach Lingard said: "It was a bit tight towards the end, but the boys scrambled really well to prevent Catalans scoring another try. "To see the game out after allowing them to level at 18-18 was a real turning point for us. "In the past, we've conceded points and gone into our shells a bit, but the way we got better as the game wore on was testament to our hard work over the last six or



LINGARD



**WORLD OF SPORT**

**FLIER: Kalle Rovanpera during Rally Latvia event**

**Hoy's joy as Tigers slay the Dragons**

seven weeks. We needed to change that narrative that there was about us earlier in the season. "This again shows we can beat teams in the top six and on our day we can challenge anybody." Defeat raised doubts over the Dragons' play-off hopes and was compounded by the loss of star winger Tom Johnstone to injury. The prolific wideman scored in the first half, but picked up a heavy knock and had to be helped off shortly before the break. Catalans coach McNamara said: "Tom's sore and he's not looking great. "The way we fought back was good but, for the last 12 minutes, we were terrible."

- 10 to tackle RATINGS**  
0-3 Oh dear  
4-6 Small beer  
7-9 So near  
10 Sporting Seer
1. Which Harlequins fly-half scored 13 points for England in their 52-17 win against Japan in Tokyo last month?
  2. Who came second to George Russell at this season's Austrian Grand Prix?
  3. Which golfer won the 2024 Travelers Championship?
  4. Which Scottish football team have played home games at Central Park since 1917?
  5. Which Sri Lanka batsman scored 374 against South Africa in Colombo in 2006?
  6. Which French tennis player won the women's singles at the Australian Open in 1995?
  7. Which American boxer was the first heavyweight to regain the title of world champion after losing it?
  8. Who was the only Frenchman to have won the Superbike World Championship prior to 2014?
  9. Which Ugandan runner won the men's 5,000m and 10,000m double at the 2010 Commonwealth Games?
  10. Which Soviet female athlete won gold in the shot put at the 1960 and 1964 Olympics?

6 Mary Pierce, 1 Marcus Smith, 2 Oscar Piastri, 3 Scottie Scheffler, 4 Cowdenbeath, 5 Mahela Jayawardene, 6 Manservants, 7 Floyd Patterson, 8 Raymond Roche, 9 Moses Ndlema Kipstiro, 10 Tamara Press.

**6.00 RESTRICTED MAIDEN STAKES 2YO**  
£4,050 (Class 5) 5f (12 dec)

1 (1) BONNIE'S BOY R Fahy 9 7... Ryan Sexton  
2 (2) 303 SENSIORUM (23) (F) D Cunha 9 7... R Clutterbuck  
3 (9) 6 ANDALPROFIT (37) N Tinkler 9 5... R Scott  
4 (12) 7 CAUSIN A COMMOTION (26) K Ryan 9 5... S Gray  
5 (4) LL SOLAR BIRIZC (6) B Ellison 9 5... B Robinson  
6 (11) THE VOOMINATOR Craig Lidster 9 5... J Hart  
7 (5) OCEAN FALLS T Easterby 9 3... D Fentiman  
8 (3) 924 ● STIRRUP CUP (19) (F) T Easterby 9 3... D Allan  
9 (10) L INDY'S ANGEL (21) P Kirby 9 2... B Garrity  
10 (6) KENSINGTON HOPE K P De Foy 9 2... David Egan  
11 (7) JEANY MAY N Tinkler 9 0... F McManoman  
12 (8) NOVAMAY M Dods 9 0... C Beasley

W-Factor: Stirrup Cup (78); Sensorium (77); Causin A Commotion (61).  
SP FORECAST: 13-8 Sensorium, 3 Stirrup Cup, 5 Bonnie's Boy, 8 Kensington Hope, 12 Novamay, 14 Causin A Commotion, 16 Others.

**BEVERLEY RTV**

**THE SCOUT**

6.00 Stirrup Cup 8.00 Twilight Jazz  
6.30 Exceed 8.30 Chicago Gal  
7.00 DISTINCTION (nap) 9.00 Bohemian Breeze  
7.30 CLOTHERHOLME (nb)

**7.00 HANDICAP**  
£6,621 (4) 7f 96yds (11)

1 (4) 577 MASTER RICHARD (10) (D) Mrs A Duffield 5 10 3  
O McSweeney(3)  
2 (7) 198 ENOLA GREY (16) (D) G Tutty 4 10 0... R Scott  
3 (1) 332 TROPEZ POWER (16) (D, F) J & S Quinn 5 10 0... D Hart  
4 (6) 20-L GOLDEN SANDS (44) (C) M Appleby 5 9 11  
A Rawlinson

5 (5) LL CAPITAL GUARANTEE (17) (D) D O'Meara 4 9 10  
Jason Watson  
6 (11) 107 CLIFFCAKE (44) (C&D) S Bowring 6 9 5  
R Clutterbuck

7 (8) 356 GRESSINGTON (44) (D) E Bethell 3 9 3... C Rodriguez  
8 (9) 244 PARK STREET (6) (C&D) Miss T Jackson 5 9 3  
B Garrity

9 (3) 151 ● DISTINCTION (13) (C,D) J Mackie 6 9 1... C Beasley  
10 (2) 072 UGO GREGORY (6) (C&D) T Easterby 8 9 0... D Allan  
11 (10) 03L SECRET WORLD (16) (D) C Johnston 3 8 11... Norton

VISOR: Nos. 3, 9 TONGUE STRAP: No. 10  
CHEEK PIECES: Nos. 4, 10 HOOD: No. 4.  
W-Factor: Ugo Gregory (91); Secret World (90); Gressington (89).  
SP FORECAST: 11-4 Tropez Power, 5 Master Richard, 6 Distinction, Ugo Gregory, 13-2 Gressington, 7 Others.

**7.30 HANDICAP (DIV 1)**  
£4,004 (6) 7f 96yds (10)

1 (9) 646 GORDONSTOUN (77) (D) L Bailey 6 9 12... Doubtful  
2 (10) 19-5 ELETTERIA (17) (D) J Wainwright 5 9 9... Ryan Sexton  
3 (2) 16L RUM RUNNER (17) (C&D) G Harker 9 9 6... C Beasley  
4 (3) 578-1 TIMELY CHANCE (270) Steph Hollinshead 3 9 5  
D Costello

5 (6) 425 ● CLOTHERHOLME (17) (C,D) Mrs A Duffield 7 9 4  
R Scott  
6 (8) 64L CHAT UP LINE (14) T Easterby 3 9 1... D Allan  
7 (1) 79L-1 ENTRECASTEAU (276) R Fell & S Murray 3 8 11  
Jason Watson

8 (4) 8-94 ALICE'S IMPACT (36) J & S Quinn 3 8 12... J Hart  
9 (5) 457 BATTLEOFBALTIMORE (7) D Cunha 3 8 11  
R Clutterbuck  
10 (7) 248 ALEXTRICIAN (65) Mrs Stella Barclay 3 8 10  
Z Wheatley(3)

VISOR: No. 1 TONGUE STRAP: Nos. 7, 9  
CHEEK PIECES: Nos. 2, 5 HOOD: No. 5, 6.  
W-Factor: Clotherholme (61); Eletteria (60); Rum Runner (59).  
SP FORECAST: 5-2 Rum Runner, 11-4 Alice's Impact, 7-2 Clotherholme, 13-2 Eletteria, 10 Battleofbaltimore, 14 Others.  
**LONGEST TRAVELLER:** Kensington Hope (600), Sensorium (600), Battleofbaltimore (730), Twilight Jazz (800), Miss Billie (800), Cakewalk (900), Bigtime Bridget (900) 141 miles. **STABLE SWITCH:** 6-00 Solar Birizc from R Fahy to B Ellison, 8-00 Bestie from A Keatley to B Haslam.

**8.00 HANDICAP (DIV 2)**  
£4,004 (6) 7f 96yds (9)

1 (7) 944 KING SHARJA (17) R Carr 4 9 12... JP Sullivan  
2 (5) 771 ● TWILIGHT JAZZ (17) (C&D, F) Charalambos  
& J Clutterbuck 4 9 7 D Allan  
3 (9) 225 CUBANISTA (37) (D) Oily Williams 5 9 6  
Morgan Cole(5)

4 (3) L6L PENNY GHENT (14) S Whitaker 4 9 5  
B Sanderson(3)

5 (1) 904 MISS BILLIE (14) M Wigham 4 9 4... J Hart  
6 (4) 53L BESTIE (28) B Haslam 3 9 2... A Breslin(3)  
7 (8) 515 PAPAGREY (16) T Easterby 3 9 1... C Murtagh  
8 (6) 765 MARTON HEADS (17) T Easterby 3 8 12... D Fentiman  
9 (2) L06 TIGLA (279) N Tinkler 3 8 10... F McManoman

BLINKERS: No. 8 TONGUE STRAP: No. 8  
CHEEK PIECES: No. 7.  
W-Factor:

# KICK-OFF

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# Lewis loves living the family dream

By Keith Webster

LEWIS HALL was born in Slough and signed his first scholarship with Chelsea in his mid-teens.

In January 2022, at 17, he became the youngest player to start an FA Cup tie for the Stamford Bridge club and later that year, made his Premier League debut in a 1-0 defeat against Newcastle.

That was a day of mixed emotions, as he grew up in a Toon-loving household so when he was offered a season-long loan to join them a year ago, there was no hesitation.

Three weeks ago, he signed permanently for Eddie Howe's side and is itching to get going as a fully-fledged Magpie.

"I'm really happy," said the 19-year-old in Germany at Newcastle's pre-season training camp. "It felt like a long period during the

## 'AMAZING' TO BE AT TOON

summer before it was officially announced on July 1. As soon as that happened I was relieved.

"With how the season panned out last year, especially towards the back end, I was playing a lot of minutes and I was enjoying it. It's an amazing group of players and staff. The whole atmosphere at the club is amazing. It's a club that is on the up.

"With my mum and dad, I'm so proud, especially with everything they have had to commit to allow me to be in the position I am now.

"It is a dream for them as well as myself, playing for a club that you've always supported, and from a family that has always been big Newcastle fans, from my dad through to my

grandparents. It's a massive honour."

Hall has set himself many targets for his new role in the North-east, where he can play either as a left-back or a midfielder. For now, though, he is keen to soak up as much learning as he can from Howe, left, and his staff. Hall said: "I'm incredibly grateful [to Howe]. That's the most detail I've ever had from a coach, not just the gaffer but all of his staff.

"Whether it's on the pitch coaching me or off the pitch, analysing from training, it's helped me come along a lot."

"Sometimes they put me in situations where I don't feel comfortable because they want to improve me. Although it is frustrating sometimes not being at the level I wanted to be at when I first came, they stuck by me and I'm so grateful for that."

Hall managed 18 league games last season on loan and is hoping there are many more to come now that he has signed permanently.

He added: "It is a big season for me. I'm looking to get a full season under my belt and get in as many games as possible and show my qualities to help the team."



### SHOOT HOOPS

Hall, left, and Alexander Isak take a break from football as they aim for the top

## 'I'm second to Pep'

ERIKTEN HAG is sure he will be a stronger manager this season because of Manchester United's FA Cup performance.

And he says his wins in the the League Cup and FA Cup makes him the most successful manager in England after Pep Guardiola over the past two seasons.

Ten Hag, above, watched as his

experimental side beat Rangers 2-0 on Saturday before this week's US tour.

When asked if he thought the FA Cup final win against Manchester City had made him a stronger manager, he said: "This club didn't win trophies for six years before I came.

"In two years, after Guardiola, we won the most trophies. So we're in a strong position."



## FOOTBALL LATEST

● **ASTON Villa** have sold France forward Moussa Diaby to Saudi club Al-Ittihad for £60million. Villa have turned a profit on their club record signing, who joined last season from Bayer Leverkusen for a reported £52m. Diaby scored on his debut at Newcastle but lost his way as Leon Bailey's star rose. But, after a dip in form, he played a full part in Villa's run to the Europa Conference League semi-final.

● **LIVERPOOL** have demanded an investigation after one of their Under-18

team was allegedly racially abused twice in Germany. Reds players left the pitch in two Bundesliga Cup youth tournament games after the player told match officials and coaches that he had been abused. The games were abandoned.

● **ARSENAL** have signed goalkeeper Tommy Setford, 18, from Ajax. The England youth keeper, born in Holland, will be part of Arsenal's Under-21 side but will train regularly with the first team. Setford said: "I can't wait to hit the ground running."

By Daniel Moxon

LANDO NORRIS could not look Oscar Piastri directly in the eye but could at least muster a handshake after a frustrating Hungarian Grand Prix.

After all, the Brit felt he was the one who should have been on the top step of the podium.

But he had to settle for second yesterday after eventually listening to repeated pleas from McLaren to "do the right thing".

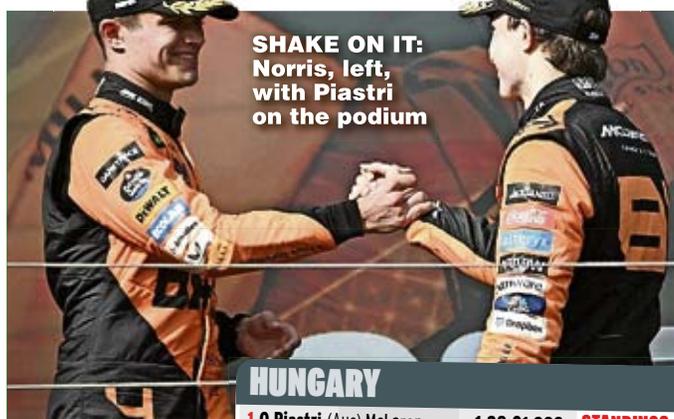
Norris started on pole but came out of the first corner third, after Piastri and Max Verstappen swept past.

The latter did so by going off track and was ordered by Red Bull to give the place back, prompting the first of many foul-mouthed rants from the Dutchman during the race.

From there the day was McLaren's and Piastri looked secure, until Norris got the nod to pit first on both stops for fresh tyres as the team covered off rivals.

That put Norris into the lead but he was told straight away to give the place back.

For more than 20 laps they had to keep asking, McLaren's desperation getting



SHAKE ON IT: Norris, left, with Piastri on the podium

more evident as time went by. Eventually, a civil war was avoided as Norris obliged with three laps to go and Piastri won.

Norris said it was "tough" to give up what would have been only his second career victory but admitted: "It was fair to give the position back."

"I don't want to come across as a guy who's not fair. Oscar has helped me in many races. He drove a better race than I did, got a good start – a better start. He deserved it and it was the right thing to do. It hurts

any time you give away a win, but I shouldn't have had it in the first place, which is the main point."

Piastri is a calm character and never thought Norris would steal his thunder.

The Australian smiled as he said: "I had a lot of trust in the

team and in Lando. We were free to race each other and try to win the race, as long as we finished one and two. That's what we did, so there was a lot of really good planning and open discussions."

Verstappen looked set to take third but collided with Lewis Hamilton as he made the move. The furious Dutchman lost his temper again but the stewards rejected his accusation that his rival had moved under braking.

Verstappen earned plenty of criticism for shouting at his Red Bull colleagues.

What would the championship leader say to those critics?

"They can all f\*\*\* off," was his deadpan reply.

As for Hamilton, yesterday was his 200th time on the

podium – a Formula One record – and also the fifth race in a row that Mercedes were in the top three. The 39-year-old said: "The year started out with us struggling to finish in the top 10. So for us to be in the mix really feels great."

HUNGARY		13/24
1 O Piastri (Aus) McLaren	1:38:01.989	<b>STANDINGS</b>
2 L Norris (GB) McLaren	+2.141	<b>Drivers</b>
3 L Hamilton (GB) Mercedes	+14.880	1 M Verstappen (Hol) 265pts
4 C Leclerc (MON) Ferrari	+19.686	2 L Norris (GB) 189
5 M Verstappen (Hol) Red Bull	+21.349	3 C Leclerc (Mon) 162
6 C Sainz Jr. (Spa) Ferrari	+23.073	4 C Sainz Jr (Spa) 154
7 S Perez (Mex) Red Bull	+39.792	5 O Piastri (Aus) 149
8 G Russell (GB) Mercedes	+42.368	6 L Hamilton (GB) 125
9 Y Tsunoda (Jpn) RB	+1:17.259	7 S Perez (Mex) 124
10 L Stroll (Can) Aston Martin	+1:17.976	8 G Russell (GB) 116
		9 F Alonso (Spa) 45
		10 L Stroll (Can) 24

**FASTEST LAP:** Russell 1:20.305 (lap 55) **POLE:** Norris 1:15.227



FINAL FLING: Cavendish saw family at finish

## Tour ends for Cav as Tadej celebrates

TADEJ POGACAR showed his class to finish his historic Tour de France triumph in style as Mark Cavendish signed off from the race for the last time.

The UAE Team Emirates rider carried a lead of more than five minutes into the final stage with his third Yellow Jersey virtually secure.

But Pogacar, right, was in no mood to take an early victory lap in the 33.7km time trial up to Nice as he romped home more than a minute quicker than dethroned champion Jonas Vingegaard to claim his sixth stage and make history.

The 25-year-old's win completed an historic double as he became the first man in 26 years to claim both the Giro d'Italia and the Tour de France in a season and cement his place among the greats. "I'm super happy," he

### TOUR DE FRANCE

By Darren Wells

said. "People might think the Giro was a safety net if I didn't succeed in the Tour, but winning both is another level."

Cavendish admitted it was "likely" to be his final race.

The 39-year-old postponed his retirement to return this season in pursuit of a record-breaking 35th career Tour stage win – and achieved that feat with his victory on stage five.

He said: "I knew my family was waiting at the finish and I was just absorbing it. I've been very lucky to have the career I've had. "You see the success, but it's very rare people see everything that goes in behind it – it's taught me a lot about myself and taught me a lot about how to be a father."



# FAIR TRADE AVERTS McLAREN CIVIL WAR

## Norris: I couldn't deny Piastri a deserved win



LATE DRAMA: Verstappen's car is sent flying after colliding with Hamilton

## IT'S THE PITS FOR MAX AND LANDO

OSCAR PIASTRİ became the seventh race winner of the season as team orders denied Lando Norris victory in a bad-tempered Hungarian Grand Prix.

The Aussie got the better of team-mate Norris at the start to lead, but lost it again as the Briton was given the preferred pit strategy. McLaren told Norris to give the place back and spent 20 laps begging the 24-year-old to

follow their orders. With three laps left, he finally obeyed and Piastri raced to his first F1 victory.

"It hurts," said Norris, who admitted it was only fair that he should have given the place back.

And he was nowhere near as aggrieved as Max Verstappen, who fumed at Red Bull's lack of pace, calling it a "s\*\*\*" strategy, and then at Lewis Hamilton after they collided, sending his car flipping up

into the air. But Hamilton declared it "a racing incident" and the stewards agreed.

The seven-time champion made it two Britons from three on the Budapest podium, while Piastri secured Australia's first F1 win since Daniel Ricciardo's Monza victory in 2021. Piastri said: "It's special. This is the day I dreamt of as a kid."

DANIEL MOXON

### SPORT IN BRIEF

#### CYCLING

**TOUR DE FRANCE STAGE 21 (MONACO - NICE, 34.0KM):** 1 T Pogacar (Slo) UAE Team Emirates 45m 24s, 2 J Vingegaard (Den) Team Visma | Lease a Bike +1:03, 3 R Evenepoel (Bel) Soudal Quick-Step +1:14, 4 M Jorgenson (Usa) Team Visma | Lease a Bike +2:08, 5 J Almeida (Por) UAE Team Emirates +2:18. **Final General Classification:** 1 T Pogacar (Slo) UAE Team Emirates 83hrs 38mins 56secs, 2 J Vingegaard (Den) Team Visma | Lease a Bike +6:17, 3 R Evenepoel (Bel) Soudal Quick-Step +9:18, 4 J Almeida (Por) UAE Team Emirates +19:03, 5 M Landa (Spa) Soudal Quick-Step +20:06.

#### RUGBY LEAGUE

**Betfred Super League**  
**Betfred Super League CASTLEFORD** ..... 24 **CATALANS DRAGONS** 18  
 Castleford—T: Horne (2), Miller, Hoy. G: Milnes (4).  
**Catalans Dragons**—T: Johnstone, Ikuvalu, Mourgue. G: Johnstone, Mourgue (2).

Wigan	P	W	D	L	F	A	Pts
Warrington	18	13	0	5	460	241	26
Hull KR	18	13	0	5	441	238	26
St Helens	18	11	0	7	451	210	22
Catalans Dragons	18	11	0	7	341	258	22
Salford	18	11	0	7	325	344	22
Leeds	18	9	0	9	321	336	18
Leigh	17	7	1	9	326	272	15
Huddersfield	18	7	0	11	330	393	14
Castleford	18	6	1	11	304	473	13
Hull	18	3	0	15	252	542	6
London Broncos	18	1	0	17	182	685	2

**Betfred Championship**—Barrrow 8 Sheffield 6, Batley 29 Dewsbury 22, Bradford 36 York 28, Halifax 20 Widnes 24, Swinton 20 Whitehaven 22.

**Betfred League 1**—Cornwall RLFC 8 Workington 30, North Wales Crusaders 16 Hunslet 46, Oldham 44 Keighley 6, Rochdale 14 Midlands Hurricanes 10.

**Betfred Women's Super League**—Barrow Raiders 10 Leeds Rhinos 28, Huddersfield Giants 46 Featherstone Rovers 8, York Valkyrie 10 Wigan Warriors 18.

**SNOOKER SHANGHAI MASTERS, CHINA**—Final: J Trump (Eng) bt S Murphy (Eng) 11-5.

**TENNIS ATP NORDEA OPEN, BASTAD, SWEDEN**—Final: N Borges (Por) bt R Nadal (Spa) 6-3 6-2.

**WTA HUNGARIAN GRAND PRIX, BUDAPEST**—Final: D Shnaider (Rus) bt A Sasnovich (Blr) 6-4 6-4.

**ATP EFG SWISS OPEN, GSTAAD**—Final: M Berrettini (Ita) bt Q Halys (Fra) 6-3 6-1.

**ATP HAMBURG OPEN, GERMANY**—Final: A Fils (Fra) bt A Zverev (Ger) 6-3 3-6 7-6 (7-1).

### TODAY'S DIARY

(7.45pm unless stated)  
**TENNIS**  
**ATP Generali Open** (Kitzbuhel, Austria).  
**ATP Plava Laguna Croatia Open Umag** (Umag, Croatia).  
**Prague Open** (Prague, Czech Republic).  
**Iasi Open** (Iasi, Romania).  
**ATP Atlanta Open** (Atlanta, Georgia, United States).

# SUMMER BASH

## 'He's got so much talent'

### FROM BACK PAGE

spinners. Being honest, I didn't think it did on the fourth day.

"But Bash was so aggressive, his intent was always to take wickets, not to hold up an end.

"And the way he can change his pace, over-spin or under-spin the ball – he showed his full bag of tricks."

Skipper Stokes added: "The ball he got Jason Holder with was a great example of that. You could see the seam was sideways. He's got so much talent, the ceiling is so, so high.

"He's got an unbelievable desire and will to get better. He works so hard with [spin coach] Jeetan Patel, that's really good for a young guy to put in a performance that wins a Test match for England.

"We're really pleased for him. He was pretty emotional at the end. To get a five-wicket haul and win the game, it's a pretty cool day for him."

Bashir said: "It was special. It's the first time I've bowled in England, for England and it was special to finish it off in a session.

"In the first innings, I wasn't as consistent as I could have been. In the second, it was nice to cash in. I'm still trying to soak everything in. It all went so quickly."

## Boycott in hospital

SIR Geoffrey Boycott is fighting pneumonia in hospital after taking a "turn for the worse" following surgery for throat cancer.

Former England icon Boycott, 83, had the operation to remove the cancer on Wednesday and was discharged 48 hours later.

But his family said in a statement yesterday that he was back in hospital and on oxygen after contracting pneumonia.

"Thank you all for the well wishes, we've been blown away by the sheer number!" his daughter Emma wrote on Boycott's social media accounts.

By Neil Moxley

**SHOAIB BASHIR** capped a wonderful day for England as they crushed the sorry Windies.

The off-spinner capitalised on centuries by Yorkshire pair Joe Root and fellow rising star Harry Brook by grabbing a five-for as the hosts wrapped up the three-Test series. Bashir ripped the heart out of the tourists' chase as they surrendered

## Spinner crushes Windies after centuries from Brook and Root

with little more than a whimper after being ground down by both bat and ball.

The 20-year-old, who did not get a bowl in the First Test, left Trent Bridge a happy man after two victims in the first innings were followed up by a sparkling display in the second that earned him the match ball.

But he was only afforded the platform after the two county colleagues with the bat had pushed

England into a commanding position.

At the start of the day, the hosts were in the driving seat but still needed to be watchful as they looked to set up a meaningful total to chase.

And they achieved that through Brook (109) and then Root (122), who wrote themselves into the history books with a record fourth-wicket partnership at this famous old venue.

Brook, resuming on 71, had played fluently as he chased down his first three figures on home soil.

He reached it from just 118 balls – giving a glimpse as to the future he will surely enjoy on the international stage – and seemed set for a big score. But he became Jayden Seales' first

victim, caught behind. That left Root to shoulder the burden, which he did as he became the eighth-highest run scorer in Test history.

It was a classic innings of its kind, too. When the former skipper finally brought up three figures – for the 32nd time – he had done so making only seven boundaries from the 158 balls faced.

However, although England's lead had topped 300 at lunch, Root was running short of help.

Ben Stokes mistimed a pull from Seales and was caught in the deep, while James Smith edged Kevin Sinclair behind.

Chris Woakes and Gus Atkinson provided sufficient support for the country's premier batter to nudge and nurdle the lead over the 350-mark.

By the time Root rather tamely slapped a drive into Kyle McKenzie's hands at short extra cover, the tourists already required a total way in excess of the highest ever chased down at Trent Bridge.

Openers Kraigg Brathwaite and Mikyle Louis started brightly and brought up the half-century before Chris Woakes found the edge of Louis' bat.

That breakthrough sparked a staggering collapse, as the Windies lost all their 10 wickets in just 23 overs.

Bashir returned after Jason Holder had whacked him for a four and a six to bowl the powerful all-rounder and then wrapped up the match by castling Shamar Joseph.

SCOREBOARD	
<b>Second Test Match</b>	
England v West Indies (Day 4 of 5)	
TRENT BRIDGE: England beat West Indies by 241 runs	
ENGLAND: First Innings 416 (Pope 121)	
WEST INDIES: First Innings 457 (Holder 120)	
ENGLAND: Second Innings (Overnight 248-3)	
J Root c McKenzie b Holder	122
H Brook c Da Silva b Seales	109
B Stokes c S Joseph b Seales	8
J Smith c Da Silva b Sinclair	6
C Woakes c Holder b S Joseph	12
G Atkinson not out	21
M Wood b Seales	0
S Bashir b Seales	0
B4 lb8 w1 nb4	17
<b>Total (92.2 overs)</b>	<b>425</b>
Fall: 8, 127, 140, 329, 341, 348, 378, 419, 421.	
<b>Bowling:</b> Joseph 20-0-103-2, Seales 22-2-1-97-4, Joseph 19-0-75-1, Holder 15-2-54-1, Sinclair 15-1-78-1, Brathwaite 1-0-6-0.	
<b>WEST INDIES: Second Inns</b>	
K Brathwaite c Smith b Woakes	47
M Louis c Smith b Woakes	17
K McKenzie c Smith b Bashir	1
A Athanaze c Root b Bashir	1
K Hodge lbw Bashir	0
J Holder b Bashir	37
K Sinclair c Crawley b Wood	1
J Da Silva lbw Atkinson	14
A Joseph b Atkinson	0
J Seales not out	8
S Joseph b Bashir	8
Lb8 w1	9
<b>Total (36.1 overs)</b>	<b>143</b>
Fall: 61, 66, 74, 75, 82, 91, 113, 113, 129.	
<b>Bowling:</b> Woakes 8-3-28-2, Atkinson 9-1-49-2, Wood 8-2-17-1, Bashir 11-1-2-41-5.	
<b>Umpires:</b> A Holdstock & R Tucker.	

**COME IN SPINNER:** Bashir celebrates on his way to a five-wicket haul for England yesterday



**TON OF CLASS** Holder is bowled by Bashir, left, and Brook celebrates his ton with Root, right

**STAMP OF APPROVAL:** Justin Rose shows his delight at holing a putt on the Postage Stamp eighth hole

# Rose at 43 is still making good fist of things

By **Andy Dunn**

**IT WAS** a fist pump that got its first Open airing 26 years ago at Royal Birkdale.

This time, it was in celebration of a birdie putt on the Postage Stamp, one of the most famous holes on the Championship roster.

The putt briefly had Justin Rose in pole position for victory in golf's blue-riband event. With 10 holes left, the Englishman, 43, was tied for the lead with a nervy-looking Billy Horschel, with playing partner and eventual winner Xander Schauffele one behind.

He had missed a couple of decent opportunities but there was a buzz about his progress, a feeling that fate was dealing him a winning hand.

Sure, Rose has long been an established big-name player, a Major winner and a Ryder Cup stalwart.

But that Major, the US Open, came in 2013, and Rose's world ranking – in a five-year period when he has won only one tournament – has slipped to 67th.

That is why he had to qualify for the 152nd Open, grinding his

## BUT HIS BEST CHANCE OF GLORY MAY NOW BE OVER

way through two rounds at Burnham and Berrow Golf Club, a course where he won the English under-18 amateur championship as a 15-year-old.

After making it to Royal Troon for his 21st Championship bow, Rose spoke about his feelings for the oldest Major, last won by an Englishman when Nick Faldo, right, triumphed at Muirfield in 1992.

Rose said: "The Open has been a fairy tale and love story for me since I was 14. You have nice spells when you're exempt but as you get older, it gets harder."

It gets a lot harder – and that is why, as he started his back nine yesterday, it felt like a now-or-never scenario for the man who introduced himself when he holed a 50-yard shot as a 17-year-old amateur at the last hole of the 1998 Open at Royal Birkdale, finishing fourth and winning the Silver Medal.

It was tough going for Rose after he joined the paid

ranks but, over two decades, he became not only one of the most accomplished professionals but one of the most popular.

And through the ups and downs of his career, he has always been one of the most determined.

That determination was written all over his final round here, not least when he smashed a driver 300 yards from the fairway on to the 16th green in search of an eagle that could have set up a grandstand finish.

But what summed up his afternoon was that Schauffele would then hit his third shot stone-dead to match Rose's two-putt birdie.

Yes, Rose made an error on the tough 12th for his only bogey of the day, but in truth Schauffele produced one of the great back nines in Open history to put himself a level above the rest.

Rose lost nothing in finishing tied second, receiving a rousing ovation when he walked to the 18th green and knocked in a birdie that gave his Championship the lovely finale it deserved.

Predictably, he was a class act when talking about his day and praising Schauffele generously.

Rose will be at Royal Portrush next year and the love story with The Open will continue.

But the best chance of a fairy-tale ending to that story probably vanished here.

### UP AND DOWN

Rose, far left, salutes his birdie at the last but reacts to a missed putt at the 15th



**CARNAGE:** Little joy for MacIntyre

## Mac is out of Troon

By **Sam Frost**

**BOB MACINTYRE** says he will not return to Royal Troon in a hurry after a chastening week.

MacIntyre, who arrived last Monday still feeling the after-effects of his celebrations after winning the Scottish Open, was unable to back up his form at The Renaissance Club.

The Oban native finished at nine-over-par for the tournament after a three-over-par final round playing alongside his childhood idol Phil Mickelson.

Rubbing shoulders with the six-time Major champion provided some satisfaction, but MacIntyre conceded: "It was terrible. We won't be back here in a hurry. This week has just gone straight in the bin, and last week is the one that we'll reflect on because this one has been absolute carnage from start to finish.

"Preparation wasn't the best, obviously, coming off of last week, but we'll sit back and reflect and look to see where we can keep moving forward."

## SCOTTIE DOGGED

**SCOTTIE SCHEFFLER'S** bizarre final round was summed up by a pair of uncharacteristic blunders as his chance to win the Claret Jug passed him by.

The World No.1, 28, lurked ominously just three shots behind the leaders heading into his final round but finished tied seventh on one-under-par

His bid to win a third Major was derailed at the par-four ninth, when he followed a poor tee shot with three putts from inside nine feet to card a double bogey.

Numerous birdie putts slipped past as the American fell out of the race.

His woes were compounded by a dismal tee shot at the last, duck hooking a two-iron just 176 yards into thick rough. He took a penalty drop for an unplayable lie to finish with another double bogey.

The Texan made a quick exit from Troon, declining to speak to the media.

**SAM FROST**





**EMOTIONAL:** Scott's dream tournament

## Scott's the silver star

By Joshua Lees

SCOTLAND'S Calum Scott joined an illustrious group of players in winning the Silver Medal as the week's best amateur.

The 20-year-old ended The Open at eight over, and received quite the reception when making his way up the 18th in front of his home crowd.

"I did the last 100 yards just walking, and I got kind of emotional," he said. "It's a memory I will cherish for a lifetime."

Scott plays college golf at Texas Tech University and, despite his achievements this week, he will keep his amateur status for now, with the hope of earning a PGA Tour card in his final year in the United States.

He said: "A bunch of Silver Medal winners have gone on to do incredible things. I'm not exactly sure what this will do."

"The opportunities that college has with the PGA Tour, it's a no-brainer to go back and try to compete for that Tour card because that's the peak, that's where you want to be."

## BROWN'S IN TOP 10

DAN BROWN'S fairy-tale Open debut ended with a top-10 finish after a testing final round.

The Englishman burst into contention, despite being priced as a huge outsider with the bookies heading into the event.

While he struggled to make his mark yesterday, he ensured he would be returning for Royal Portrush next year after finishing tied 10th

"At the minute, it's probably a little bit more disappointment but, when I reflect, I'll be very pleased," he said.

Brown shared the week with his teenage brother, Ben, a talented golfer who also attempted to qualify at West Lancashire, as his 29-year-old sibling did earlier this month.

Asked what it was like to have his brother beside him, Brown said: "Amazing. He's getting a nice little payday. Not bad for a 19-year-old."

JOSHUA LEES

# SCHAUFFELE IN

XANDER SCHAUFFELE fired another devastating final round to win his first Open and complete a season of Major domination for the Americans.

The classy Californian finally shed his label as a nearly man when he shot a closing 65 to win the US PGA in Kentucky.

Two months later at Royal Troon in slightly cooler Scotland, the Ryder Cup star returned to the same red-hot form with a bogey-free 65 to win the Claret Jug by two shots.

A final day that promised a thrillingly tight finish ended with Schauffele simply outclassing the rest of the field.

Schauffele hit 16 of 18 greens in regulation in his final round, including every one on the back nine as he came home in 31 – five under par – the best of the weekend.

Asked to rate his performance, the new Champion Golfer said: "At the very tip top. Best round I've played."

Americans have now won seven out of the past eight Opens at Royal Troon since Arnold Palmer in 1962 and have completed a calendar Grand Slam of the Majors for the first time since 1982, when Tom Watson won here.

While Europe reclaimed the Ryder Cup last year, Americans have won nine out of 10 of the big individual events since Matt Fitzpatrick clinched the 2022 US Open.

In the last Troon Open, Henrik Stenson, above, shot a 63 to beat Phil Mickelson (65) by three shots. The 2024 vintage saw Schauffele win by two over his fellow Olympic champion and playing partner Justin Rose (67) and overnight leader Billy Horschel (68).

Schauffele said: "I actually watched the highlights of Phil and Henrik to motivate myself for this week. I guess that paid off pretty nicely."

He joins Jack Nicklaus as the second player to shoot 65 or lower in the final

By Neil McLeman

round to win a Major more than once in their career – and the first to do it in the same year.

And he is the first player to win two Majors in a season since Brooks Koepka in 2018.

But before his US PGA triumph in May, Schauffele had not won since the 2022 Genesis Scottish Open and had recorded 12 top-10 finishes in Majors since 2017.

His birdie putt on the 72nd at Valhalla just dropped in the hole and changed his life.

Now after 28 attempts to win his first Major, he is halfway to a career Grand Slam.

He said: "I thought the PGA win would help me, and it did. I had a sense of calm, which I didn't have when I played at the PGA."

"I felt collected. I was telling my caddie [Austin Kaiser] I felt pretty calm coming down the stretch, and he told me he was about to puke!"

It had promised to be a much tenser finish. The final round had started with 12 players within four shots of overnight leader Horschel.

But all his competitors were slowly blown away by the 20mph crosswinds coming off the Forth of Clyde. Schauffele nailed birdie putts on 11, 13, 14 and 16 to open up a three-shot lead before Horschel's late charge.

Nobody else could match Schauffele's combination of superb ball-striking and sensible tactics on the testing links track.

He said: "There's calmness and super stressful moments when you're trying to win a Major. I felt them in the past, the ones I didn't win, and I let them get to me. Today I did a pretty good job of weathering the storm."

"That walk up 18 is the coolest with the yellow leaderboards and the fans and the standing ovation. It is one of the coolest feelings I've ever had."



**HATS OFF:** Schauffele salutes the crowd around the final green



**FAMILY DO:** Xander and Stefan Schauffele

## Champion puts toasting victory

FROM BACK PAGE

of it. It really is a dream come true to be holding this.

"I don't really drink a whole lot ever. I don't really get to celebrate too many things ever. This game is cruel at times. I can't wait to enjoy this with my family. Tonight will be awesome.

It will be low key for most, but not for me.

"My father's going to have to figure out what he wants to put in there because he's taking the first gulp out of it."

Stefan Schauffele, who was born in Germany to a French mother, said: "Red wine – we are

trying to find good wine. It is a Claret Jug – the name says it. I am half French. No beer."

The Ryder Cup star took 28 attempts to win his first Major at the US PGA in May but is now halfway to a career Grand Slam.

"Before I had any Majors, it's something I've always wanted,"

# CLASS OF OWN

Californian dreaming as Troon triumph makes it a Major double



## ROUGH TIMES

Lowry, top, Horschel and Lawrence, below, find trouble on the final day



That walk up 18 is the coolest with leaderboard, fans and ovation

## with a fine red at top of win list

said the 30-year-old. "I'm one step closer and still have a long way to go. But if you don't see yourself doing it, you're never going to do it."

Rose had been bidding to win his second Major a record 4,053 days after his first at the 2013 US Open and become the first

English winner of The Open since Sir Nick Faldo in 1992.

"I felt gutted when I walked off the course and it hit me hard because I was so strong out there today," said the 43-year-old, who had to qualify for the tournament.

"I left it all out there. I'm super proud of how I competed.

That's the deal I made with myself to come off with no regrets.

"There are a lot of positives, in terms of what I'm looking for toward the end of my career. I'm looking for those big stage moments, and today was nearly it. It was a lot of fun."



HOME STRAIGHT: Rose with fans

## LEADERBOARD

**THE 152ND OPEN CHAMPIONSHIP, ROYAL TROON GOLF CLUB, TROON, SOUTH Ayrshire — FINAL ROUND** (Gbr & Irl unless stated, par 71): (a) denotes amateurs

**275** X Schauffele (USA) 69 72 69 65

**277** B Horschel (USA) 72 68 69 68, J Rose 69 68 73 67

**278** T Lawrence (Rsa) 71 74 65 68

**279** 279 R Henley (USA) 69 75 66 69

**280** S Lowry 66 69 77 68

**283** Sung-Jae Im (Kor) 76 72 66 69, J Rahm (Spa) 73 70 72 68, S Scheffler (USA) 70 70 71 72

**284** D Brown 65 72 73 74, M Jordan 71 71 71 71, A Scott (Aus) 70 77 66 71

**285** Byeong-Hun An (Kor) 75 71 68 71, J Day (Aus) 73 68 76 68, A Noren (Swe) 69 75 71 70

**286** J Catlin (USA) 76 70 69 71, M Hughes (Can) 69 74 75 68, C Morikawa (USA) 73 70 72 71

**287** D Burmester (Rsa) 71 69 76 71, D Hillier (Nzl) 76 71 68 72, S Sharma (Ind) 76 72 67 72

**288** E Ferguson 74 73 70 71, P Harrington 72 73 71 72, S Straka (Aut) 70 74 73 71

**289** L Canter 71 74 70 74, P Cantlay (USA) 73 68 75 73, C Connors (Can) 71 70 80 68, J Dean 69 77 71 72, R Fox (Nzl) 73 73 76 67, J Spieth (USA) 71 74 74 70

**290** S Burns (USA) 76 69 65 80, E Cole (USA) 72 73 72 73, D Johnson (USA) 74 69 72 75, Min-Kyu Kim (Kor) 73 71 72 74, C Kirk (USA) 70 76 69 75, M Manassero (Ita) 73 73 70 74, G Migliozzi (Ita) 73 75 71 71, J Thomas (USA) 68 78 67 77, B Todd (USA) 73 73 70 74, C Young (USA) 73 73 71 73

**291** K Kitayama (USA) 77 69 74 71, M Wallace 70 77 71 73

**292** J Campillo (Spa) 80 68 73 71, E Grillo (Arg) 71 74 72 75, M Homa (USA) 76 72 70 74, Si-Woo Kim (Kor) 76 71 71 74, B Koepka (USA) 70 73 78 71, T Olesen (Den) 72 73 76 71, C Scott 71 75 70 76

**293** S Crocker (USA) 72 74 69 78, H English (USA) 76 71 72 74, M Fitzpatrick 70 78 73 72, R MacIntyre 72 75 72 74, A Meronk (Pol) 73 72 73 75, M Pavon (Fra) 72 72 77 72, G Woodland (USA) 76 68 72 77, R Mansell 75 71 74 73

**294** A Ancer (Mex) 73 75 70 76, J Niemann (Chi) 71 71 76 76

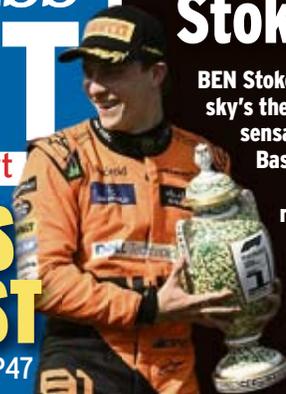
**295** B Harman (USA) 73 73 72 77, R Højgaard (Den) 74 72 74 75, P Mickelson (USA) 73 74 72 76, T Morrison (USA) 75 73 74 73, Jeung-Hun Wang (Kor) 72 72 77 74, J Skov Olesen (Den) 76 71 72 76

# DAILY EXPRESS SPORT

[express.co.uk/sport](http://express.co.uk/sport)

## NORRIS PUTS PIASTRI FIRST

BUT SPARKS FLY IN HUNGARY: P47



# BISH, BASH, BOSH

## Stokes hails match-winner Shoaib

**BEN Stokes** believes the sky's the limit for spin sensation **Shoaib Bashir**.

The youngster, right, who had never even visited Trent Bridge before the Second Test match started, grabbed 5-41 as he helped

By **Neil Moxley**

skittle the Windies. **Kraig Brathwaite's** side lost all 10 wickets for 82 runs in 23 madcap overs inside the final session, as the 20-year-old ripped the heart out of the tourists' batting.

That was after England's own batting line-up had racked up successive scores

of more than 400 in both innings of a match for the first time.

Stokes said: "What Bash has done is shown the world what he can do."

"That wicket offered hardly anything to the

TURN TO PAGE 48, COLUMN 1



## Guardiola moves for Italy star

By **Ian Baker**

**MANCHESTER CITY** have made an approach for Italy Euro 2020 winner **Gianluigi Donnarumma**.

The Premier League champions are expecting No.1 goalkeeper **Ederson** to leave for Saudi Arabia this summer.

And they have now sounded out Paris Saint-Germain over **Donnarumma**, who they think they can get for £50million.

The 25-year-old is said to be happy in Paris and did have early talks on a renewal of his deal, which expires in 2026.

But the Italy captain also has eyes on a switch to England and would relish a move to **Pep Guardiola's** men.

**Donnarumma** was player of the tournament in Euro 2020 and also impressed this time around, despite Italy's last-16 exit.

**Ederson** could move to Al-Ittihad with plenty of interest from Saudi Arabia in the Brazilian.

**WANTED:** Donnarumma is Guardiola's leading keeper target



# TOAST OF TROON

## Xander cannot wait to fill the Claret Jug with a fine red wine

By **Neil McLeman**

**XANDER SCHAUFFELE** and his French father planned to drink "good red wine" out of the Claret Jug to toast his Open victory.

The new world No.2 saw off "gutted" **Justin Rose** and **Billy Horschel** to claim his second Major of the season.

And the US PGA champion immediately targeted a career Grand Slam. But the American first wanted to celebrate his superb two-shot win at Royal Troon.

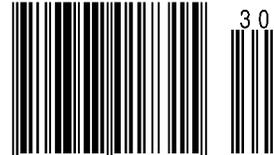
Cradling the Claret Jug, **Schauffele** said: "I just can't wait to drink out

TURN TO PAGE 50, COLUMN 3



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### SWEET KISS

**Schauffele** enjoys winning the Claret Jug and Rose, right, greets the winner

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# Puzzles

## SUDOKU

Fill the grid so that every column, row, and 3x3 square includes all of the digits from one to nine. **Solutions tomorrow**

**EASY**

			6		8		7	9
	6	9		2	4	1		
2		1					8	6
	5		9	8				4
1		7				8	9	
3				7	1			
4	8					9		7
		3	2	4			5	
9	2		8		7			

**MEDIUM**

		9		1	2			3
	6	5						7
4			6		8	5		
	8			4		3		5
		1	2					
5	7		6				8	
			8		9			3
9				3		1	6	
		8	1	2		4		

**DIFFICULT**

				4				
7		1				6		5
		9	1		3	2		
			5	6				
	6	8				9	3	
			9	1				
		5	8		4	3		
1		4				7		8
				2				

Extra clues:  
**0901 322 5609**

*\*Calls cost 75p plus your telephone company's network access charge.*

Today's solution:  
**0907 181 2573**

*\*Calls cost 80p per minute plus your telephone company's network access charge.*

## QUICK CROSSWORD

	1	2		3		4		5		6		
7												8
9				10								
11		12				13						
14				15			16					
						17						
18								19				
20											21	
	22											

**ACROSS**

- 1 Scatter here and there (11)
- 9 Serpent (3)
- 10 Instruction (9)
- 11 Type of duck (5)
- 13 Apart (7)
- 14 Beginning (6)
- 16 Highest point (6)
- 18 Relate (7)
- 19 A dead language (5)
- 20 Vigorous (9)
- 21 Untruth (3)
- 22 Anyway (2,3,6)

**DOWN**

- 2 Pinch (3)
- 3 Senior (5)
- 4 Shriek (6)
- 5 Shut out (7)
- 6 Blown spray (9)
- 7 Seek advice (4,7)
- 8 Rebuked (11)
- 12 Cleansing agent (9)
- 15 Gospel (7)
- 17 Stinging plant (6)
- 19 Sordid gain (5)
- 21 Allow (3)

**Solution tomorrow**

Stuck on the puzzle? Call **0905 789 4188** to hear individual clues or the full solution

*\*Calls cost 80p per minute plus your telephone company's network access charge. Service provider Spoke Ltd - Helpline 0333 202 3390*

## CROSS DOUBT

Target times: Average: **18 mins**  
Good: **14 mins** Excellent: **10 mins**


Stuck? Call for a clue  
**0901 322 5601**

Halve your Target Time!

Today's solution  
**0901 322 5607**

Both today's words in a moment!

*\*Calls cost 75p plus your telephone company's network access charge.*

Can you make two common five-letter words from the nine letters given, using each letter only once? You can - but only if one letter features in both words in the squares on the right. There's at least one way to do it, and you have to have the right letter at the crossover - but which one is it?

See if you can find the answer within our target time. If you need help, ring our clue-line below to find out the crossover letter. **Solution tomorrow**

**E F G I L N O R W**

## SMALL CROSSWORD

1		2	3	4		5	6		
7									8
9				10					
		11				12			
13									
14							15		
16		17				18			
				19					
20									

**ACROSS**

- 1 Bag for documents (9)
- 7 Member of the clergy (6)
- 9 Actor, \_ Guinness (4)
- 10 Musical drama (5)
- 12 Long or narrow cut (4)
- 13 Passing critical remark (9)
- 14 Taverns (4)
- 16 Hex (5)
- 18 Amend text (4)
- 19 Request for aid (6)
- 20 Yes cranes (anag.) (9)

**DOWN**

- 1 Genus of cruciferous vegetables (8)
- 2 Served very cold (4)
- 3 Engraves (6)
- 4 Sound of someone walking (9)
- 5 Ginger \_, soft drink (3)

**DOWN**

- 6 Screenplay (6)
- 8 Obviously (8)
- 11 Period of 60 seconds (6)
- 12 Uses a broom (6)
- 15 Concept (4)
- 17 Mythical giant bird (3)

**Solution tomorrow**

For today's solution call:

**0907 181 2582**

*\*Calls cost 80p per minute plus your telephone company's network access charge.*

## KAKURO

	7	15	10		27	14	5
14				25	20		
12					9		
		23			7		
		26				16	
	12	34					20
5			12			8	
			6				
17				14	10	6	16
	38						
			12				

Fill each sequence of blank squares using the numbers 1-9. Each sequence - across and down - must total the number in the shaded box at the beginning or top of each line. A number may be repeated in each line but NOT in a sequence.

**Solution tomorrow**

# Puzzles

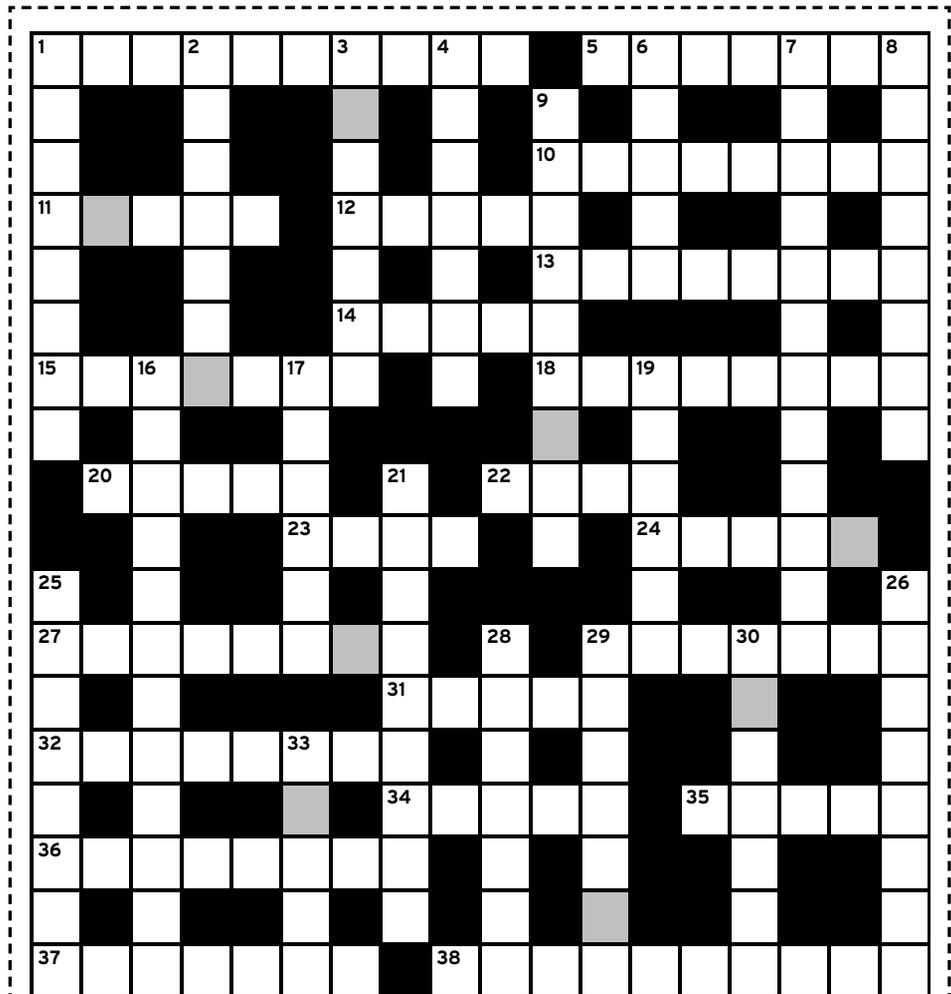


## BIG MONDAY CROSSWORD

### ACROSS

- 1 First song in the 1935 George Gershwin opera Porgy and Bess, sung by fisherman's wife Clara (10)
- 5 In prosody, a metrical unit equal to half a foot (7)
- 10 Edward \_\_\_ (1749-1800), youngest signatory, at 26, of America's Declaration of Independence (8)
- 11 Part of the body from which the medial malleolus and lateral malleolus protrude (5)
- 12 Musician born Rowland Constantine O'Malley Armstrong, who co-founded UK dance act Faithless and whose sister is singer Dido (5)
- 13 Small migratory songbird of the genus Oenanthe (Greek, 'wine flower') related to the flycatchers (8)
- 14 Fantasy hero of the fictional Hyborian Age created by US author Robert E. Howard in 1932 (5)
- 15 Sixth month of the French Revolutionary calendar, straddling February and March; the windy month (7)
- 18 Rich dark Italian vinegar traditionally made from the must of grapes matured in wooden barrels for at least twelve years (8)
- 20 & 35 Across Chief female singer in an opera or opera company, typically a soprano (5,5)
- 22 Standard monetary unit of Vanuatu (4)
- 23 Egyptian goddess of truth, justice and cosmic balance; daughter of the sun god Ra and counterpart or wife of Thoth (4)
- 24 Sir James \_\_\_ (1842-1923), Scottish chemist and physicist whose achievements include the invention of the vacuum flask (5)
- 27 In astronomy, the displacement of spectral lines towards longer wavelengths, seen as evidence that the universe is expanding (8)
- 29 Flammable hydrocarbon gas of the alkane series produced during oil refining and natural gas processing, used as a fuel (7)
- 31 T. H. \_\_\_ (1906-64), Indian-born British novelist best known for the Arthurian tetralogy The Once and Future King (5)
- 32 Capital and largest city of the Hunan province of SE China, on the Xiang River (8)
- 34 Member of the second-largest ethnic group in Rwanda and Burundi after the Hutu (5)
- 35 See 20 Across
- 36 Medical instrument for examining the ear canal, typically comprising a magnifying lens

- and a light mounted on a handle (8)
  - 37 Country of NE Africa whose name derives from the Greek for the Red Sea, on which it stands (7)
  - 38 US singer-songwriter whose hits include 'Oh! Carol' (1959) and 'Laughter in the Rain' (1974) (4,6)
- ### DOWN
- 1 European capital in which Archduke Franz Ferdinand of Austria was assassinated in 1914 (8)
  - 2 French word for 'jersey', used of the colour-coded tops worn by riders in the Tour de France (7)
  - 3 English lyricist awarded the 2,375th star on the Hollywood Walk of Fame in 2008 (3,4)
  - 4 & 8 Down First German actress to receive an Oscar nomination, for her role in the 1930 film Morocco (7,8)
  - 6 & 19 Down US cosmetics pioneer born Josephine Esther Mentzer in 1908 (5,6)
  - 7 Mother of the Star Wars characters Luke Skywalker and Leia Organa, portrayed by Natalie Portman (5,7)
  - 8 See 4 Down
  - 9 Ursus arctos, chiefly occurring in temperate forests of Eurasia and North America (5,4)
  - 16 Prime minister of India re-elected for a third consecutive term in June 2024 (8,4)
  - 17 Plural form of the Italian name for the langoustine (Nephrops norvegicus), also known as the Norwegian lobster (6)
  - 19 See 6 Down
  - 21 England's deepest lake, in the Lake District at the foot of Scafell Pike (9)
  - 25 Technical name of the crystalline monosaccharide also known as laevulose and fruit sugar (8)
  - 26 Home stadium of the Spanish football club Valencia, inaugurated on May 20th 1923 (8)
  - 28 Subdivision of a habitat, often small, associated with a particular ecological community (7)
  - 29 In botany, a small stalk bearing a single flower in an inflorescence (7)
  - 30 Largest of the salivary glands in humans, situated in front of and below each ear (7)
  - 33 Historic capital of the Picts in ancient Scotland; from it a coronation stone has been taken, last used as Charles III was crowned (5)



NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

POSTCODE \_\_\_\_\_

## STOP THE CLOCK

### THE GREAT ALPHAPUZZLE™ TIME CHALLENGE

A	23	18	9			15	6	22	22	23	20	19	
B													
C	16		16		11		5		26		25		21
D													
E	19	26	25	9	1		25	9	7	25	23	1	9
F													
G	11		9		1		11				15		20
H													
I	22	9	15	20	9	15	4		13	23	15	20	25
J													
K	23				17		9		1		6		
L													
M	25	11	1	1	26	24		18	11	8	5	6	20
N													
O			11		15		2		8				23
P													
Q	3	9	18	11	14		6	16	23	18	26	15	16
R													
S	23		10				3		16		15		18
T													
U	12	11	6	1	25	9	3		17	11	22	1	9
V													
W	11		9		9		9		26		23		15
X													
Y													
Z		17	15	11	16	11	15	14			25	26	9

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

**LAST WEEK'S SOLUTION Across:** Fraud, Demonic, Ankle, Justify, Lie, Clay, Laugh, Ideal, Stock, Peace, Zinc, Beg, Verdict, Liken, STERNUM, Mince. **Down:** Fiance, Canvas, Awkward, Purge, Duel, Taxation, Jell, Debt, Mosquito, Glum, Neigh, Chicken, Coyote, Sconce.

## WIN £100



TACKLE the Alphapuzzle™ Challenge - and be in with a chance of a £100 cash prize. FIRST, call the number below and note today's CLUE LETTERS and your unique PIN NUMBER to set your personal stop-watch running. Then, use the clue letters to work out the seven-letter word in the green squares. When you crack the mystery word, call again and enter your pin number to STOP THE CLOCK. Winner selected at random from all correct entrants who beat the 25-minute Target Time. Each grid number represents a different letter. All 26 letters of the alphabet are used.

**0907 181 2908**  
YOUR PIN No. \_\_\_\_\_

\*Calls cost 80p per minute plus your telephone company's network access charge. Lines close 23:59 every Sunday.

**£100 Winner (July 8):**  
W Howitson, Linlithgow.

## TO WIN £250 CASH!

read down the letters in the highlighted squares to reveal the mystery word.

**TO ENTER CALL: 0904 161 1601**  
(£1.50 per call plus network extras)

Leave your answer and details, or text **BIGXWORD** followed by a space, your answer, name and address to **88833** (texts cost £1.50 plus your standard network rate) or just complete the crossword correctly and send it to: **Daily Express, Prize Crossword (No 1058), PO Box 8694, Derby DE1 9TW**. Competition closes Friday, July 26, 2024 at 11:59pm. Winner picked at random from all entry routes after close date. **NEED HELP?** Call **0904 161 1602** for five extra clues! \*Calls are £1.50 plus your telephone company's network access charge.

\*SP: Spoke, 0333 202 3390.

For any postal enquiries, call this helpline.

## BIG MONDAY CROSSWORD SOLUTION AND WINNER

**Monday July 8**  
**£250 WINNER:**  
R Easton,  
Bishop Auckland,  
County Durham.

P	E	R	I	P	A	T	E	T	I	C	P	L	E	N	T	Y
O	A	D	R	A	A	P	A									
R	A	M	P	I	O	N	I	M	M	I	S	C	I	B	L	E
T	A	R	R	A	T	C	A									
M		M	A	N	T	E	G	N	A	D	O	U	R	O		
O	M	A	N				M			M	N	I				
R		O	T	O	O	L	E		C	L	A	U	D	I	A	
E		L	S	O		Y	R	Y		B						
S	H	E	I	N	B	A	U	M	G	C	L	E				
B		M	O	R		A	N	T	O	N	I	N	U	S		
Y		E	R	R		U	N	T		S						
D	E	T	I	N	U	E		A	S	S	I	S	I			
U	A	E				N			S	I	N	E				
F	L	Y	N	N		B	R	A	D	S	H	A	W			
C	G	P				I	I		B		J	M				
S	I	D	E	W	I	N	D	E	R		N	A	I	R	O	B
A	R	U	E	O					F	A	T					
A	N	G	E	L	S		R	A	N	J	I	T	S	I	N	G

# ARROW-WORD

Arrow-words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows.

**Solution tomorrow**

# WORDSEARCH

S	R	E	H	T	N	A	P	M	L	A	Q	U	B	E
A	B	S	W	E	H	V	X	Y	M	A	O	Q	D	Z
Z	U	N	O	S	R	E	N	I	N	Y	T	R	O	F
D	C	I	A	C	S	S	B	X	N	J	G	P	V	L
K	C	H	G	E	N	Y	M	E	P	A	I	R	A	E
C	A	P	V	H	W	O	S	O	A	G	A	S	R	S
U	N	L	N	F	O	B	R	H	C	U	N	N	G	T
P	E	O	I	Y	R	W	E	B	K	A	T	O	Y	E
A	E	D	B	F	B	O	D	F	E	R	S	C	Y	E
T	R	W	S	E	W	C	I	O	R	S	N	L	A	L
R	S	N	K	E	N	N	A	Z	S	S	B	A	S	E
I	L	J	Z	A	L	G	R	X	E	I	Y	F	R	R
O	R	E	K	R	R	G	A	P	L	F	V	E	A	S
T	Z	T	Z	A	V	S	A	L	A	O	D	G	E	V
S	T	S	T	L	O	C	S	E	S	M	S	B	B	F

## NFL TEAMS

Find all the terms listed below in the grid.

**Solution tomorrow**

- BEARS ● BENGALS ● BILLS ● BRONCOS
- BROWNS ● BUCCANEERS ● COLTS
- COWBOYS ● DOLPHINS ● EAGLES ● FALCONS
- FORTY-NINERS ● GIANTS ● JAGUARS ● JETS
- PACKERS ● PANTHERS ● PATRIOTS
- RAIDERS ● STEELERS

Quiet spell Martial art (4,2)	Jelly type	Golf club	Ruby picture	Deny any connection with Insulate	Chess piece					
			Defence plea							
Red wine	High mountain	America's Lone Star State			Desire to drink					
			Strange	Style of rock music						
Beg desperately	Farrow, actress	Miserables, musical	Female sheep		Which person? Prophet					
				Bargain, informally						
Rope for catching cattle	Neither good nor bad (2-2)	TV show, Yorkshire Farm	hockey, sport		Anti-social behaviour order (abbr.)	Cardinal number Sound quality		Classical poem	Notion	
			Sustenance	Clint actor Flow away						
Small restaurant	Little devils	Comprehended Clothes, informally							Contend	
			Convent member	Long flowing garment	Pictured, Minogue		Mendes, actress Country			
Cow sound		Intact						Place to train	Total	
Poses a question	Spiritual guide		Confident	Driving force	Relatively long time					
		Lack of competence							Schedule	
		Therefore	House type			Mosque official Sentimental		Upper layer of earth	Golfer's pegs	
				Mexican monetary unit						
Starmer, Labour leader	United Arab Emirates (abbr.)				Beginning					
				Highest in position			Boy band, Direction			
Fastener	Rod Hull's bird				Group of lions					
				Secret agent				Vegas, US city		



# FRIDAY'S SOLUTIONS

## THE ALPHABEATER

**Black squares:** 1, 5, 8, 10, 18, 19, 20, 21, 22, 23, 24, 29, 33, 38.  
**Across:** Salad, Dressing, Jelly, Exits, Viewpoint, Vow, Calf, Ouzo, Gnu, Equipment, Eject, Frock, Enjoined, Myrrh. **Down:** Axe, Junk, Excuse, Aglow, Ethic, Orchid, Rubber, Islet, Murky, Invoke, Knot, Cur.

## THE ALPHAPUZZLE

**Across:** Abseil, Module, Amnesia, Defer, Axed, Mange, Spade, Idea, Pearl, Untruth, Clingy, Deacon.  
**Down:** Caravan, Spice, Asunder, Mania, Kiosk, Apology, Hazardous, Bondage, Strew (clue), Quaff, Adjunct, Merry, Dashing.

## TV CROSSWORD

**Across:** 5 Owen, 7 Angela, 8 Naomi, 11 Mayor, 12 Ian Smith, 13 Marc, 15 Ashe, 16 Rebekah, 17 Bing, 18 Alyson, 21 Hugo, 22 Sale.  
**Down:** 1 Anna, 2 Gloria, 3 Dawn, 4 Miriam, 5 Octavia, 6 Eric, 9 Lightning, 10 White, 14 Piers, 17 Bush, 19 Les, 20 One.  
**TV show:** We Are Lady Parts

## ARROW-WORD

**Across:** Haven't, Elah, Teri, Hear, Ape, Depp, Amos, Lap, Cede, Ana, Only, Hatcher, Made, Material, Can, Lois, Mends, Lent, Kay, Facial, Les, State, Maslen, Mos, Rea, Ivana, Stamps, Ron.  
**Down (left to right):** Eva, Ace, Apart, Overhead, Titanic, Sea, Elie, Mel C, End, Islam, Una, Ado, Her, Skate, Theresa, Alanis, Normally, Plan, Aloe, Lemar, Lid, Ince, Ono, Pay, East, Susan.  
**Shaded letters:** Palo Alto

## WORDS

BLEAK

## MUDDLESOME

Ian Thorpe  
Dannii Minogue  
Shane Gould

## CLOCK-WISE

Bead, Adam, Ambo, Boos, Oslo, Lobe

## QUIZ OF THE WEEK

1 Rabbit, 2 Subordinate, 3 Nick Hower, 4 Cratchit, 5 Liberal Democrats, 6 SpongeBob SquarePants, 7 American Football, 8 Donald Trump, 9 Rita Ora, 10 1930s.

## DITLOIDS

1 1452: Birth of Leonardo da Vinci, 2 7 is the Atomic Number of Nitrogen, 3 Woodrow Wilson: The 28th US President, 4 July 15 is St Swithin's Day, 5 The 3 Virtues: Faith, Hope and Charity, 6 J and X Score 8 Points in Scrabble

## TRIVIA WORDSEARCH

1 Hanover, 2 Westeros, 3 Eric Blair, 4 Don't Bother Me, 5 Argo, 6 Cubism, 7 Seoul, 8 Wigan, 9 Majorca, 10 The Black Moth

## SUMTHING

3x9=27, 6x3=18, 9+6=15

## SMALL CROSSWORD

**Across:** 1 Platforms, 7 Rely, 8 Drove, 10 All, 11 Cereal, 13 Energetic, 14 Forest, 16 Use, 18 Rungs, 19 Iron, 20 Extending.  
**Down:** 1 Procedure, 2 Legend, 3 Tyre, 4 Ore, 5 Roasted, 6 Selecting, 8 Dragons, 9 Present, 12 Vision, 15 Raid, 17 Age.

## CROSS DOUBT

**Across:** WONKY  
**Down:** TOWER

## SUDOKU EASY

7	8	3	1	5	9	6	4	2
2	1	9	8	6	4	3	7	5
6	4	5	3	7	2	9	1	8
5	2	8	9	3	1	7	6	4
1	9	4	7	8	6	5	2	3
3	6	7	2	4	5	8	9	1
4	7	1	5	9	8	2	3	6
9	5	6	4	2	3	1	8	7
8	3	2	6	1	7	4	5	9

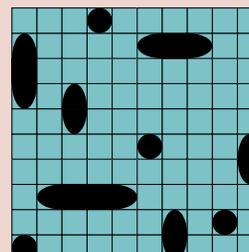
## SUDOKU MEDIUM

5	4	1	8	6	3	9	7	2
2	9	8	1	7	4	5	6	3
7	3	6	5	9	2	8	1	4
8	5	7	4	1	6	2	3	9
1	2	9	7	3	5	6	4	8
3	6	4	9	2	8	1	5	7
4	7	5	6	8	9	3	2	1
6	8	3	2	4	1	7	9	5
9	1	2	3	5	7	4	8	6

## SUDOKU DIFFICULT

3	2	8	6	9	5	1	7	4
5	1	4	3	7	2	9	6	8
6	7	9	4	8	1	5	3	2
2	8	1	9	4	6	3	5	7
4	3	7	5	1	8	6	2	9
9	6	5	7	2	3	4	8	1
1	5	2	8	6	4	7	9	3
7	4	3	2	5	9	8	1	6
8	9	6	1	3	7	2	4	5

## BATTLESHIPS



## KAKURO

5	4	1			9	5		
9	7	8			9	3	2	1
	5	7	9	8		9	4	
6	1		8	6	9	7	5	
4	2		7	5	2			
			4	1	2			
1	2	5		7	4	2	1	
3	7				9	8	6	

## KEIJO

2	1	4	3
1	3	2	4
4	2	3	1
3	4	1	2

## QUICK CROSSWORD

**Across:** 1 Atmosphere, 7 Motor, 8 Develop, 10 Accosted, 11 Fair, 13 Uproar, 15 Distil, 17 Ally, 18 Crucifix, 21 Element, 22 Pilot, 23 Pernickety.  
**Down:** 1 Attic, 2 Marksman, 3 Sudden, 4 Have, 5 Reliant, 6 Immaculate, 9 Perplexity, 12 Disciple, 14 Relieve, 16 Critic, 19 Folly, 20 Lean.

## TARGET

**PORTFOLIO**  
flip flop loop orlop pilot plot polio polo pool poor port PORTFOLIO prof profit proof rooftop topi trip troop

# Puzzles

## CRUSADER PRIZE CROSSWORD

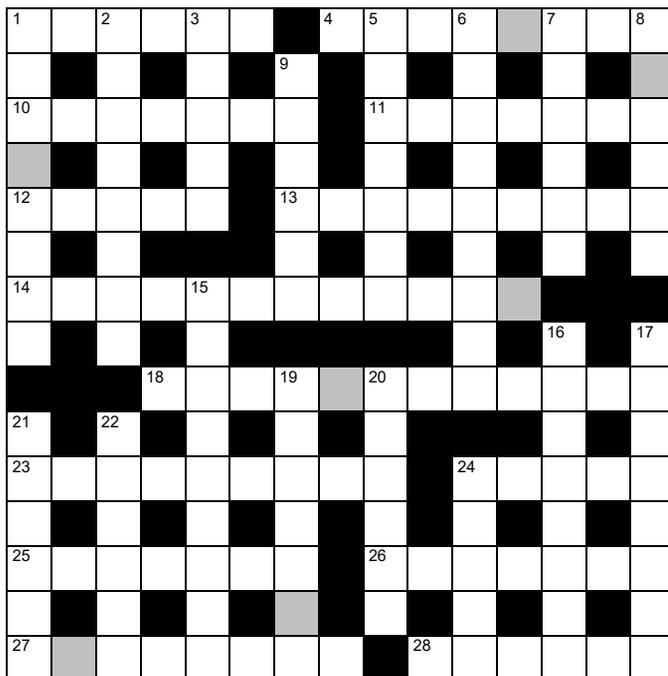
WIN  
£100  
CASH

### ACROSS

- 1 Remove from French channel (6)
- 4 Cars meandering about city? Only just (8)
- 10 Attack a sailor in report (7)
- 11 Sentimental Frenchman with dual disorder at home (7)
- 12 Tree left next to building (5)
- 13 Leaner bid generated state of poverty (9)
- 14 Controversial issue for our neighbours (5,7)
- 18 Confectionery salesperson ensures safe crossing (8,4)
- 23 Use of a fire engine (9)
- 24 Check gold key and object (5)
- 25 Small church has nice deployment as a field of study (7)
- 26 Colin worried about notes being short (7)
- 27 Unwavering rose design on instrument (8)
- 28 Walk like a son and ogre (6)

### DOWN

- 1 Harbour deal adjusted in stalemate (8)
- 2 Wishing for ride, so tour America (8)
- 3 Passing fancy for squash (5)
- 5 Audibly liken to master of ceremonies (7)
- 6 Terribly torpid run, there and back (5,4)
- 7 Clear problem around current cake (6)
- 8 Rodney ran that way (6)
- 9 Reliable outbuilding (6)
- 15 English proposal a student finds moving (9)
- 16 Dance enthusiast and karate expert leave (8)
- 17 Claim sty had become spiritual (8)
- 19 Indulgent, allowed nine to run in (7)
- 20 All ape cooked was a rice dish (6)
- 21 Ruler brings his own salad (6)
- 22 Twitches after work in study (6)
- 24 Tie coats in a new way (5)



**FOR YOUR CHANCE TO WIN**  
Read down the letters in the highlighted squares to reveal the mystery word.

**TO ENTER:** Call **0904 161 3700** (calls cost £1.50 plus your telephone company's network access charge) and leave your answer and details, or text **DXCRUS** followed by a space, your answer, name and address details to **88833** (texts cost £1.50 plus your standard network rate). Lines close at midnight Saturday. Or send your grid containing the answer in the shaded squares by posting it to: Crusader Crossword, July 22, PO Box 8694, Derby DE1 9TW. Entries must be postmarked by July 23 at the latest. For any postal enquiries, call helpline number. SP: Spoke - 0333 202 3390. An extra day is given for postal entries during bank holidays.

● **One weekly winner will be the first random correct entry drawn from all entry routes after the closing date of midnight Saturday. Competition runs Sunday to Saturday. The Editor's decision is final.**

**NEED HELP?** Call **0904 161 1609** for 5 extra clues! Calls cost £1.50 plus your telephone company's network access charge.

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
POSTCODE \_\_\_\_\_

### LAST THURSDAY'S SOLUTION

**ACROSS:** 1 September, 6 Seam, 10 Troop, 11 Yesterday, 12 Referee, 13 Too true, 14 Tower of London, 17 Cheeseburgers, 21 Lying in, 22 Draftee, 24 Plenitude, 25 Imago, 26 Nest, 27 Litigated. **DOWN:** 1 Saturate, 2 Proof, 3 Emperor penguin, 4 Bay leaf, 5 Risotto, 7 Endurance, 8 Mayhem, 9 Record-breaking, 15 Wackiness, 16 Asteroid, 18 Sensual, 19 Bad debt, 20 Slip-on, 23 Tract. **Prizeword:** Matured

## TARGET



● The Target uses words in the main body of Chambers 21st Century Dictionary (1999 edition)

**HOW many words of four letters or more can you make from the letters shown here?**

In making a word, each letter may be used once only. Each must contain the centre letter and there must be at least one nine-letter word. No plurals. Verb forms ending in S permitted.

### TODAY'S TARGET

Good 7; very good 10; excellent 13 (or more). **Solution tomorrow**

Call **0907 181 2585** for today's Target solution

\*Calls cost 80p per minute plus your telephone company's network access charge.

## THE ALPHABEATER

TARGET TIME: 36 minutes

CAN you crack the Alphabeater? Each grid number represents a letter - or black square. As in Alphapuzzle, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the grid to start. The grid is 'rotationally symmetrical' - in other words, it looks the same if you turn the page upside down.

**Solution tomorrow**

Extra letter clues  
**0907 181 2560**

(Deduct three minutes for each extra clue letter heard)

Full solution  
**0907 181 2558**

\*Calls cost 80p per minute plus your telephone company's network access charge.

A	10	9	30	9	14	40	7	32	22	37	34	38	5
B	31	8	7	10	13	32	20	21	2	8	33	14	40
C	22	35	17	8	1	21	30	7	27	23	31	15	37
D	7	17	34	23	8	15	15	8	39	8	2	15	26
E	36	30	12	18	6	16	15	23	19	5	10	26	10
F	34	13	37	9	14	40	8	15	7	24	32	34	25
G	22	2	8	40	21	31	24	16	18	26	30	28	22
H	3	18	5	26	3	4	8	13	33	14	11	30	25
I	18	39	16	32	30	11	15	31	30	7	27	40	24
J	39	15	14	13	39	4	8	13	33	3	23	35	16
K	3	14	5	34	17	16	2	37	33	30	28	17	2
L	1	40	30	20	2	10	26	21	15	34	25	8	21
M	11	19	16	10	14	18	11	29	14	40	27	22	25

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

● Alternatively, for six Extra Letter clues to your mobile, text **DXBEAT** to **64343**. Texts cost £1 plus standard network rate.

## WORD BUILDER

**Solution tomorrow**

Answer the clues so that each word contains the same letters as the previous word, plus or minus one.

- 1    1 Zero
- 2     2 African river
- 3      3 Padded
- 4       4 Connected
- 5      5 Compare
- 6     6 Enjoy
- 7    7 Fib

## THE ALPHAPUZZLE®

Alphapuzzle® tests logic and word power. Each grid number stands for a letter. Every letter of the alphabet is used. Use the given letter or letters - below the main grid - to start. **Solution tomorrow.**

**DIFFICULTY:** 8/10; **TARGET:** 25 mins; **CLUE:** 100 in a parched state are pungent.

A		10	23	1	20	15	26	7		7	17	2	4	
B	2		3		6		20				22		17	
C	20	3	2	26	8		12	1	16	23	23	8	5	
D	19		15		5		12				1		15	
E	19			16	26	5	17	4			15	17	2	18
F	1		15		20		2			6		26		
G	8	13	7	3	22	8		22	16	2	17	16	26	
H				8		8		16		1		15		3
I	9	16	10	7		23	17	25	3	8				10
J	5		23			11		16		10				15
K	20	5	17	14	16	22	17			24	16	2	21	20
L	2		16			4		1		3				22
M	14	20	2	11		12	20	5	8	17	14	2		

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

### EXTRA LETTER CLUES: 0907 181 2568\*

Hear up to six Extra Letters, deduct two minutes for each clue letter heard.

**FULL SOLUTION: 0907 181 2565\***

**ACROSS ONLY: 0907 181 2561\* / DOWN ONLY: 0907 181 2562\***

\*Calls cost 80p per minute plus your telephone company's network access charge.

Alternatively, for six extra letter clues direct to your mobile, text **DXALPHA** to **64343**. Texts cost £1 plus standard network rate.

Alphapuzzle® ©2024 Acorn Editorial Ltd. All words appear in Chambers Dictionary.

## THE DAILY EXPRESS 30-SECOND CHALLENGE

**TODAY'S ANSWERS:** BEGINNER = 48; INTERMEDIATE = 132; ADVANCED = 420.

PLAY MORE CROSSWORDS AND GAMES AT [EXPRESS.CO.UK/PUZZLES](http://EXPRESS.CO.UK/PUZZLES)

SP: Spoke - Helpline 0333 202 3390

## BATTLESHIPS

FIND where the fleet of ships shown is hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.

**Solution tomorrow**

1	2	3	4	5	6	7	8	9	10
A									2
B									4
C									1
D									2
E									1
F									2
G									2
H									1
I									3
J									2
1	3	1	2	2	0	4	2	2	3