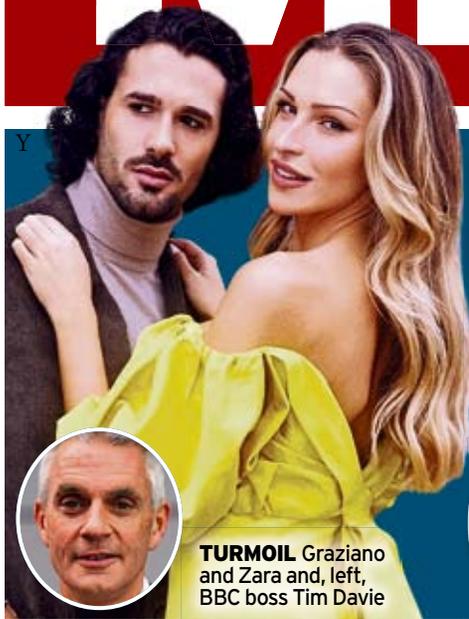


# Biden quits race to stay President



**OVER & OUT** Joe Biden and, right, rival Donald Trump  
SEE PAGES 14&15



**TURMOIL** Graziano and Zara and, left, BBC boss Tim Davie

## BBC chief to face grilling over Strictly

SEE PAGE 11

# SCHOOL SCANDAL

# PRIVATE CARE HOME FOR KIDS SHUT OVER 'ABUSE'



**CONCERNS**  
Wings School

**EXCLUSIVE**

BY **NICK SOMMERLAD** Investigations Editor

**A PRIVATE home for vulnerable children has been shut over claims of physical abuse.**

Kids at Cumbria's Wings School were given hours to leave.

Paul Brosnan, left, runs the firm. Another of his companies was involved in an abuse scandal.

**FULL STORY: PAGES 4&5**



Facility for vulnerable children is closed after 'physical discipline' claims





**FAST FASHION** Madonna poses in classic car

## Vintage beauty .. in a 68 Jaguar

MADONNA indicates she is ready to go for a drive after getting behind the wheel of a classic Jag.

The singer, 65, posted photos of herself in sunglasses and leather driving-style gloves, captioned "68 jaguar" with a fire emoji.

Fans hope she will also push the accelerator on plans for a biopic after she recently posted photos of herself apparently working on a script.



**GLOVE IT** Singer in the driving seat



**MATERIAL GIRL** Star in Jaguar with Louis Vuitton holdall

# My Tangerine dream

BY PAUL BYRNE

**A FOOTBALL supporter made his final journey in a coffin painted in his beloved club's colours and shaped like a plane.**

Malcolm Brocklehurst was even carried on to Blackpool FC's Bloomfield Road pitch in his bright orange coffin on the way to the crematorium and his funeral.

Former aerospace engineer Malcolm, 89, had planned his quirky farewell years ago. And in

## Football fan gets funeral wish in coffin sporting club colours

2013, he featured on the Channel 5 show Bizarre Burials, where he filmed a full funeral rehearsal.

The Tangerines supporter said at the time: "It felt, and indeed was, a dress rehearsal for my command

performance with the great author in the sky – a day like no other."

The grandfather, of Cleveleys, Lancs, wrote a song called Fry Me, Toast Me, which was played at last week's service. Malcolm, who died

peacefully in hospital, even asked mourners to spin his propeller.

Richard Spedding, 57, who conducted the service, said: "I've done a few interesting funerals but never one with a coffin like that. It was an absolute privilege."

The coffin, made by Crazy Coffins of Nottingham, was named TANGO ONE and numbered MB 1934 – the year of his birth.

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**TEST RUN** Malcolm appeared on TV in his coffin in 2013



**LAST FLIGHT** Blackpool supporter heads to funeral

# ALLEGATIONS OVER UNIT THAT

**EXCLUSIVE**

BY **NICK SOMMERLAD**  
Investigations Editor

**THE boss behind a firm which runs a private care home for vulnerable children that was closed suddenly has previously been involved in an abuse scandal.**

Irish businessman Paul Brosnan is director of Kedleston Group, that runs Wings School, which was shut down three weeks ago amid claims staff were physically abusing pupils.

And Mr Brosnan was also non-executive chairman of Castlebeck Group, which had the Winterbourne View home near Bristol.

In 2011, BBC's Panorama secretly filmed staff carrying out attacks on elderly residents. The 48-year-old quit in the wake of that abuse.

Staff at Wings School were given just hours to find alternative accommodation for distraught youngsters. Some who had been there up to seven years ended up in AirBnBs miles away to be looked after by strangers.

The Department for Education asked that the school be closed after Ofsted found "physical intervention is being used to discipline children and force compliance" at the attached children's home.

Kedleston receives up to £10million a year from councils for children with "social, emotional and mental health needs" – around £250,000 per child, the Mirror understands.

Ofsted inspectors who viewed the children's home in Milnthorpe, Cumbria, added: "Children say they have been physically harmed by staff and that they are physically held for no reason.

"Records demonstrate staff do not hold children in line with agreed holds or to keep children safe."

Cumbria Police are looking into the allegations.

A whistleblower, who asked not to be named, said: "The notice to close and get kids off site was given to us after 3pm. We then had until midnight to tell the kids, pack them up and get them off.

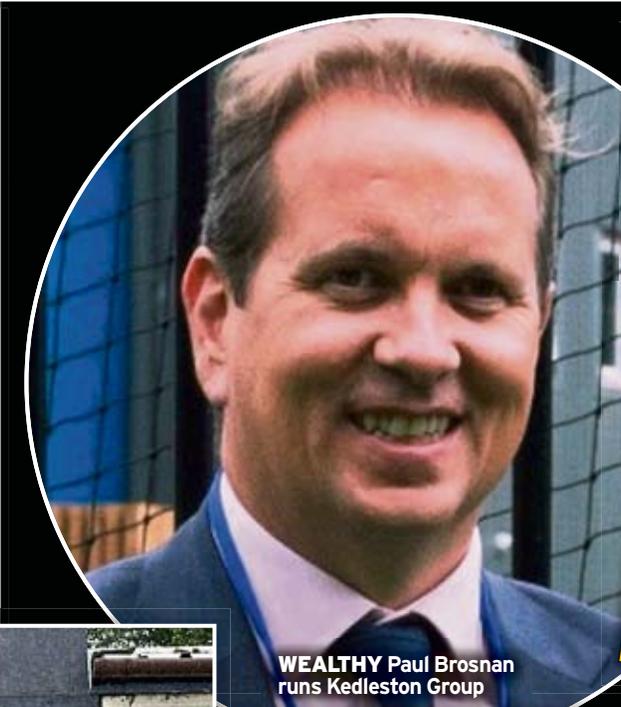
"It was terrible. All the kids were crying, sobbing, all distressed. One climbed a tree because he didn't want to leave.

"I think Ofsted and the Department for Education could have decided earlier but the blame is with Kedleston as staff here told them months ago about how the place was run.

"I had no idea until this happened that Paul Brosnan was also behind Winterbourne View. I'm speaking out because I want something to be done."

The children's home was suspended from taking new children with "immediate effect" by Ofsted inspectors three weeks ago.

It was found to be "inadequate"



**WEALTHY** Paul Brosnan runs Kedleston Group

# For school ABUSE



**RUN DOWN** Some of the buildings appear to be in state of disrepair with paint and plaster peeling



**GRIM** Block at the school, a former prisoner of war camp in Cumbria



**ALLEGATIONS** Aerial shot of Wings in Milnthorpe

following an inspection in May. Areas of the former prisoner of war camp were "unkempt", including the children's bedrooms, and it did "not provide a safe, homely and nurturing environment for children to live in", Ofsted said.

It also found "management arrangements are chaotic" – children reported being "physically and emotionally harmed" with "no action taken".

It is not known what knowledge Mr Brosnan had, if any, of the conditions

at Wings School or Winterbourne View. Kedleston insisted it had "been working closely alongside Ofsted and other statutory bodies to address the serious matters raised in the report".

But when Ofsted returned last month it found there was still a "culture of poor and unsafe practice that places children at risk of harm". They added: "Staffing ratios are not sufficient to protect children and staff from harm."

Kedleston agreed to close the home, meaning more than 30 kids had to be moved.

Some were sent to

alternative places, some to foster families and relatives took others in.

But we understand seven who had been sent from Middlesbrough, more than 80 miles away, ended up being put up in an AirBnB in Manchester for a week. It is believed some are 14 or

younger. Middlesbrough council said: "Once notified of the closure, we acted quickly to make sure appropriate arrangements were in place for all those affected."

More than 20 staff at Wings School have allegedly been suspended so far this year, many over their "physical interventions".

The whistleblower added: "Lots of us are good staff. We care about our children, 124 are redundant because some staff can't keep their hands off kids. Good people are tarred with their brush."

Kedleston said, "the

» Care home is shut down as kids given hours to move

» Director was at firm where residents faced horror attacks

“

**We had until midnight to get them off. The kids were crying, sobbing, distressed**

WHISTLEBLOWER ON DECISION TO SHUT SCHOOL LAST MONTH

# IS MEANT TO PROTECT CHILDREN

# boss this is.. SCANDAL NO2



school has recently experienced operational challenges which were being addressed” but “after careful consideration, the difficult decision was taken by us to deregister the school and on-site children’s home. “The children’s well-being remains our absolute priority and a responsibility we take very seriously. “Our organisation has a strong track record of providing good and outstanding children’s services. Where issues are identified, we take positive and proactive action to address them. Ofsted declined to comment but the Department for Education said: “Working closely with Ofsted and the

local authorities, we acted quickly to remove all pupils from the school and make sure an alternative placement was provided for all children.” Former Children’s Commissioner for England Anne Longfield, who works at the Centre for Young Lives, said: “It is shocking to learn that vulnerable teenagers were moved from a children’s home into AirBnBs. We cannot continue to place children into unsuitable accommodation. None of us would want this for our own children and we should

never accept it as normal. This investigation raises a number of questions and concerns, which I hope Ofsted will examine closely and swiftly.” Cumbria Police said: “We have received a number of reports of abuse at a school. Enquiries are at the initial

stages to establish the full circumstances of the allegations.” Wings School home was reinspected twice last year and found to be “good” until May’s visit. Ofsted has criticised other Kedleston’s children’s homes in the past over physical interventions, one in 2020. That one has a new manager and was rated “outstanding” when it was last inspected in January. Another one in the Midlands was rated “inadequate” in 2021, but is



**SHOCKING** Abuse at care home. Left, our report on the scandal

**“ Children said they have been physically harmed by staff and are held for no reason OFSTED OUTLINING THE PHYSICAL ABUSE OF YOUNGSTERS**

now “good”. Brosnan’s father Denis, 79, resigned as a director of Castlebeck in 2009. He is one of the richest men in Ireland, with a fortune of more than £50m. Denis and Paul became the directors of Kedleston in 2012. It is not known if father and son own shares in it as it is owned offshore in Jersey by Kyanite Limited. [nick.sommerlad@mirror.co.uk](mailto:nick.sommerlad@mirror.co.uk) @NickSommerlad **VOICE OF THE MIRROR: PAGE 8**

## Plea as four dead in tree crash horror

FOUR men lost their lives after a car smashed into a tree early yesterday.

Police are trying to identify the victims, aged 18 or over, who were found inside a black Renault Clio.

Officers on patrol came across the single vehicle collision just before 2am.

Police appealed for information over the A436 crash in Ullenwood, Glos.

A Gloucestershire Police spokesman said: "The vehicle had left the road and collided with a tree.

"Urgent work has been ongoing to identify all of those involved and notify their next of kin."

The road was closed between the Air Balloon roundabout and Seven Springs. It later reopened.

## £13bn loss to customers in 0% accounts

SAVERS miss out on nearly £13billion a year by leaving their money in current accounts paying zero interest, analysis suggests.

Some £318billion sits in these types of accounts, says data provider CACI.

If the money was moved to 4% savings accounts, customers would be £12.7bn a year better off.

The difference was noted by telephone and internet bank First Direct.

Its head of banking, Carl Watchorn, said: "Millions of savers are missing out on interest because they are not hunting for the best deal on their savings.

"Current accounts offer convenience but there are better places to maximise returns."

# 6 killed in Israeli strikes on Yemen



FLAMES and smoke engulf oil storage tanks yesterday in Yemen after strikes by Israeli warplanes.

Israel's military struck several Houthi-held targets, including the western port of Hodeida.

The Health Ministry in Yemen said at least six people had died.

The strikes, 1,000 miles from Israel, were in response to a Houthi drone attack on Tel Aviv that killed one person. They mark the

first time Israel is known to have responded with military action to repeated Houthi attacks - most of them intercepted - during its nine-month war against Hamas.

The burst of violence has threatened to open a new front as Israel battles Iranian proxies.

Israel's defence minister, Yoav Gallant, said: "The fire that is burning now in Hodeida is seen across the Middle East and the significance is clear."

A Houthi spokesman said the attacks aim "to pressure Yemen to stop supporting Gaza".



**ABLAZE** Oil tanks at Hodeida port, Yemen, yesterday

# Power verge

## Grass cuttings used to generate electricity

BY PAUL BYRNE

**GRASS cuttings from roadside verges will be used to power homes in a green fuel trial.**

Clippings are poured into giant vats and broken down into bi-methane to generate electricity.

Next month, 8,000 homes in Bridgwater, Somerset, will become the first in the UK to benefit from the technology.

It is part of a £30million government project to decarbonise the UK's highway network.

The scheme could be extended to half of Britain's 313,000 miles of roadside verges and council-owned public space, providing enough power for 260,000 homes.

Alan Armstead, of Somerset-based Cannington Enterprises, said: "We mix the grass clippings with a bit of maize and pour it into an anaerobic digester at the rate of four tons per hour.

"We inject the bi-methane into the grid and it goes off to



**CUT ABOVE** Cuttings used for trial Bridgwater, where we are powering about 8,000 homes with gas.

"We also take some of the gas and convert it into electricity."

Up to six tons of daily clippings from verges along the lanes of South Gloucestershire are providing fuel for the recycling plant. Mark Schofield of charity Plantlife, which is working with the trial, said it has the potential to help nature and reduce the workload for mowing crews.

When grass cuttings are left to rot where they are cut, they accelerate

the growth of the grass underneath. But if they are removed a wider range of plants can flourish.

The area covered by roadside verges in Britain is as big as Dorset and they account for half of flower-rich grasslands and meadows.

Over 700 species of wild flowers grow on road verges and they are home to plants that are now threatened, including harebell, field scabious and ragged robin.

Mr Schofield said: "When neatness prevails and mowing is frequent, we're not allowing plants to complete their natural life cycle, nor insects and small invertebrates.

"We have been interrupting flowering seed production, which also removes plants that provide shelter from predators or somewhere to hibernate."

**8k**  
Number of homes in Somerset to benefit from the scheme

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PANELLIST Ruth Langsford

## Ruth returns to work after Eamonn split

BY MARK JEFFERIES  
Showbiz Editor

RUTH Langsford will be back on Loose Women today after two months off following her split from husband Eamonn Holmes.

Sources say Ruth, 64, has been left hurt by the marriage breakdown.

A friend said of her return to the ITV chat show's panel: "Even though the split has been very tough, life must go on."

"Don't expect revelations about the divorce – she wants to keep that private."

TV host Eamonn, 64, who has continued to work at GB News in recent weeks, was still wearing his wedding ring in a photo he posted online yesterday.

Eamonn, who married Ruth in 2010, has been consoled through the split by relationship counsellor Katie Alexander, 42.



ORDEAL Student Courtney

## £20k payout over teenage tooth mix-up

BY ADAM ASPINALL

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

Courtney Monksfield was left with a gap on her bottom jaw after a healthy tooth was taken out under anaesthetic in 2017.

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

The error was found in a follow-up appointment.

Courtney, from Faversham, Kent, was a patient at a dental practice in Margate, which made a partial admission and settled out of court.

Courtney, 20, said: "I was so shocked when I realised a completely healthy tooth had been taken out."

# PHILIP NAMED IN FBI PAPERS ON PROFUMO

## Claim Prince 'involved' with Keeler and her pal



MARRIED The Queen and Philip in 1963

BY PAUL BYRNE

## PRINCE Philip was named in top secret US documents about the 1960s Profumo affair.

They reveal the FBI was told of a rumour claiming that he was personally "involved" with models Christine Keeler and Mandy Rice-Davies.

Last night, Keeler's son Seymour Platt, 51, said: "This is another piece of evidence that supports my mother's telling of the scandal. Whether it's these FBI files or the MI5 documents released last October."

Keeler and Rice-Davies were at the centre of the sex scandal that brought down the Tory government.

In March 1963, John Profumo, the secretary of state for war, denied having a sexual relationship with Keeler, when he was 46 and she was 19.

Keeler had also been sleeping with Russian spy Yevgeny Ivanov. Months later, married Profumo resigned when proof of his affair became public.

Osteopath Stephen Ward, who had introduced Keeler to Profumo, was charged with living off the immoral earnings of Keeler and her friend Rice-Davies. He took a fatal overdose three days after he was convicted.

### ESPIONAGE

In the recently disclosed document, Thomas Corbally, a US businessman involved in industrial espionage – who was interviewed by the FBI about his friendship with Ward – is said to have made the claim about Philip.

US Department of Justice files show a memo was written by FBI director J Edgar Hoover.

A cable sent by Hoover to the US embassy in London on June 20, 1963, said: "Corbally also stated there was a rumour Prince Philip may have been involved with these two girls."

Keeler was jailed for nine months in an unrelated case. Son Seymour said: "Although she was the victim of a violent assault, it was a convenient legal technicality that sent her to prison and branded her a perjurer and a liar. What a way to silence her secrets."

A friend of Seymour's added: "Christine maintained a friend had Prince Philip's child but she never said who – it's in her book." Philip's alleged links to the affair are mentioned in Netflix series The Crown. He died aged 99 in 2021. Keeler died at 75 in 2017.

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IN PUB Keeler and Rice-Davies during break in Ward trial, Below, Mirror story



MODEL Mandy Rice-Davies is mentioned in file

AFFAIRS Christine Keeler was at centre of a scandal that brought down Conservative government

VOICE OF THE

# DAILY Mirror

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# KEVIN MAGUIRE

Stalking the corridors of power

## Kid homes a high cost

**QUESTIONS** are being raised about how vulnerable children are treated by private firms at huge public expense, after a home was shut over claims staff abused pupils.

The Wings School, a specialist residential and day facility in Cumbria, operated by the Kedleston Group, closed two weeks ago.

Kedleston received around £250,000 per child, adding up to as much as £10million a year, from councils to teach kids with social, emotional and mental health needs.

Pupils were moved into temporary AirBnB accommodation and Ofsted suspended the acceptance of new pupils after an inspection.

Cumbria Police are also making inquiries after reports of physical abuse against pupils.

Yet the wider discussion needs to ask why taxpayers are shelling out huge amounts for privatised care instead of public bodies running schools and homes?

The vulnerable young deserve to be treated with the utmost care and respect wherever they are supposed to be looked after.

## PM skill seeker

**KEIR Starmer values opportunities for all after defying the odds to become PM.**

When the ex-director of public prosecutions has bored the nation with references to his dad the toolmaker, his mother a nurse, and the pebble-dashed semi he was brought in, then he will have done his job.

Everybody will know he came from an ordinary background and was sufficiently talented, hardworking and fortunate to be able to seize chances that came his way.

A Prime Minister wanting others to benefit from opportunities is a welcome change in British politics. Equipping people with the skills to succeed is good for everybody.

## Beeb in twist

**BBC director general Tim Davie would be forgiven if he hoped the Strictly row would waltz away and never come back.**

Bullying allegations enveloping the popular Saturday night show are missteps in danger of tripping up the broadcaster.

### TORIES 'ONLY REMEMBERED FOR PARTYGATE AND BREXIT'

oh, yeah... and Test and Trace, those ferry contracts, gold wallpaper, £1m so Boris could have a flag on a plane's tail, the Nightingale Hospitals, Truss's luxury flights, missing bathrobes, burning PPE, putting cronies in the Lords, that party in Italy in a Russki villa, anything Grayling did, Williamson!, 'looking up tractors'..



### POINTS OF DISORDER #1

Charlie Falconer, the former Justice Secretary and Tony Blair's first flatmate, will be a history man if his assisted dying Bill becomes law.

It aims to let terminally ill people, with only six months to live, shuffle off this mortal coil with dignity.

Many hurdles remain but the Labour peer - whose son Hamish is a Foreign Office Minister after winning Lincoln - is smart at building alliances and the cause will also be boosted if an MP wins a Commons ballot this week.

It may all be too late for TV's Esther Rantzen, but others will be grateful in the future.

### GOING UP

**Huge credit to Labour's new MP for Bolsover, Natalie Fleet, for breaking a taboo in talking about how she was "groomed" by an older man and got pregnant at 15.**



### GOING DOWN

**Ranting Victoria Atkins' bully girl tantrum in Parliament was further proof that there will be nothing constructive about Tory opposition.**



### POINTS OF DISORDER #2

He has a photographic memory and is charged with improving ties with an EU we left in a strop.

Nick Thomas-Symonds, Minister for European Union Relations, is a good pick.

Dismantling barriers hurting Britain won't be easy and Brextremists screeching "betrayal" are out of touch. Most folk, including many who voted for it, know Brexit is national self-damage.

# Just cut the cap and right this old wrong

**KEIR Starmer's threat to suspend two-child benefit cap Labour rebels whizzes me back 27 years to the start of the Tony Blair era.**

This Prime Minister making an example of veteran MPs poised to vote this week for an amendment to the King's Speech axing the cruel, Tory poverty-plunging limit would warn fresh-faced newbies to stay loyal or be cast out.

But heavy-handed discipline would also risk creating a dozen martyrs to inflame what will be a running sore until Chancellor Rachel Reeves eventually, as I suspect she will, conjures the money to do the right thing.

Grey hair is my passport to 1997 and then-PM Blair facing a similar confrontation, albeit six months rather than three weeks after securing a Labour landslide.

Blair and his Chancellor Gordon Brown forged ahead with callous single-parent benefit cuts inherited from John Major's Tories. That led to



47 Labour MPs voting against, another 100 abstaining, a minister resigning, two Parliamentary aides quitting, with a third being sacked.

The mayhem was vicious on both sides until cooler heads prevailed, with Brown going on to rebuild the welfare state and put big cash into the pockets of the lowest paid.

Dumping the benefit cap wasn't in

Starmer's manifesto or the King's Speech setting out Labour's programme, so his whips will be emphasising this isn't the moment for a revolt, although I'd expect them to press home a similar argument at the autumn Budget.

Starmer's ministerial taskforce on poverty feels like playing for time, a traditional long grass tactic.

Reeves asserted she hasn't got £3billion to ditch a cap which, unfortunately, is backed by the public despite helping push 1.6 million kids - most in a household with at least one working parent - into miserable, life-sapping poverty.

The ceiling is an inherited stain deserving eradication, and the earlier the better not only for poor children but for a party committed to opportunities for all.

This week's rebellion, if it doesn't fizzle out, would be the first of many until a wrong is righted and children aren't punished because poorer parents have three or more kids.

**Research finds the disasters of Brexit and Partygate are what Tories will be remembered for. This crowns 14 lost years, which are also scarred by austerity, low growth, ruined public services and sleaze. Not one positive achievement is an unrivalled record of failure.**

## LABOUR'S TRUMP LIFT

BLUE collar Joe falling on his sword might save the US and world from a Donald Trump second coming even worse than a first which closed with an attempted coup.

Assassin Thomas Crooks' bullet only grazed his despotic target but it killed dodderly Biden's chances of beating a mortal threat to US democracy.

Messianic Trump believes that God is on his side as he spouts old lies and fires fresh abuse.

His brush with death

has reinforced the deranged nationalist's me-me-me narcissism.

No wonder senior Labour figures were willing Biden to retire and for the Democrats to run somebody, anybody - Kamala Harris, Gavin Newsom, Gretchen Whitmer, George Clooney, A N Other - to stop Trump.

Keir Starmer speaking to Trump after the failed assassination was a PM

reaching out but nobody in the government wants deranged Donald to be US President again.



**ABUSE** Donald Trump at Michigan rally on Saturday



Clacton cuckoo Nigel Farage flying to the US to join Boris Johnson and Liz Truss in the battle for Trump's winged ear unintentionally suggest the Reform UK leader isn't as close to the presidential hopeful as he pretends to be.

The lack of a photograph in Milwaukee with Trump, a seat in his convention box or even a chat was embarrassing for the MP.

Trump might be his priority, but Farage isn't Trump's.

David Lammy restoring £30million of British aid rashly suspended by the Tories to UNWRA, the UN relief agency for Palestinians, is Labour making a difference in power.

Starmer's dreadful initial Gaza response when Israel retaliated after the Hamas pogrom will still take time to correct but the Foreign Secretary has started the process.

### SPEAKER'S CORNER

"I really value public service workers, in our schools, in our hospitals, in our police as well..." So Chancellor Rachel Reeves accepting 5.5% independent pay awards must be honoured - a welcome start after double-dealing Tories refused in 2013, 2018 and 2022.



**TARGET** England fan zone  
**IS terror plot foiled before England final**

BY ADAM ASPINALL

DETECTIVES foiled an IS terror plot before England's Euro 2024 final in Berlin, it is claimed.

German police carried out raids that led to three suspects being detained.

They feared the attack would take place at the England fan zone ahead of the Three Lions' 2-1 loss to Spain on June 24.

Berlin Police said: "The homes of three men were searched at three addresses in Potsdam.

"Measures were carried out in connection with an immediate threat from the Islamist spectrum."

The three men have since been released.

An Iraqi national suspected of plotting to carry out attacks as an "IS sleeper agent" was also detained in June near a Stuttgart stadium.



REISSUES John Lennon

**Sean Lennon to keep dad's legacy alive**

BY MARK JEFFERIES  
Showbiz Editor

SEAN Lennon says he is reissuing his father's solo albums so he and his music are not "forgotten".

Beatle John was shot dead in 1980 and Sean is remixing this month's re-release of Lennon's 1973 album, Mind Games.

Sean, 48, said: "One thing that distinguishes my dad's solo career is how personal his lyrics became. It is like a diary.

"It is my duty to bring attention to my father's music. With the world as it is now, people have forgotten so many things I never imagined could be forgotten. I refuse to let that happen to this music."

John took time off from music to help raise Sean with wife Yoko Ono.

Sean said of his parents: "Their story is a love story."

# FLIGHTS STILL OUT OF THE WINDOWS

» Travellers stranded after IT meltdown hell : » GP and prescription delays due to backlogs



**LONG WAITS** Passenger at Manchester airport yesterday

BY PAUL BYRNE

**BRITAIN is still reeling from the biggest ever IT meltdown and is facing yet more travel chaos at airports and GP patient backlogs.**

And for one woman with brain cancer, Friday's devastating global outage meant her surgery was put back.

More than 8,000 worldwide flights were grounded as a faulty update to CrowdStrike antivirus software crashed Microsoft systems and disabled 8.5 million computers around the globe.

Days later, some UK passengers are still stuck overseas - but airlines have been told they will not have to pay compensation to travellers.

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

Yesterday, dozens more flights were cancelled, with bad weather in parts of Europe making the problems worse.

EasyJet scrapped 24 flights at Gatwick and British Airways cancelled a dozen flights to and from the UK at Heathrow.

Rory Boland, editor of Which? Travel, said: "Airlines could be facing backlogs of tens of thousands of passengers needing to be booked on to new flights."

CrowdStrike CEO George Kurtz said the issue had now been fixed but admitted it could take "some time" for some computer systems to be restored.

The outage hit GP surgeries, pharmacies, card payments and railway ticket machines.

NHS England has warned disruption may continue for days as GPs and pharmacies work through a backlog of cancelled appointments.

Mondays are usually the busiest day of the week for GPs but the British Medical Association said normal service "cannot be resumed immediately".

Hospitals are also rescheduling appointments - including that of brain cancer sufferer Chantelle Mooney, 41, of Great Harwood, Lancs.

She was due to have a craniotomy at the Royal Preston Hospital, Lancs, on Friday but medics feared for her safety if it went ahead.

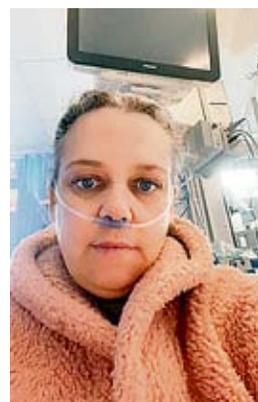
Her surgeon explained they relied on Microsoft

**“ They didn't want to cancel the op because of how serious it is but my safety comes first**

CHANTELLE MOONEY ON HER BRAIN SURGERY BEING PUT OFF

technology for scans, medication, accessing medical records and more.

She is now due to have the op later this week. Chantelle said: "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."



**STILL WAITING FOR OP** Cancer patient Chantelle

EMIS, the healthcare tech system used by GPs, was a casualty of the outage, meaning doctors could not access medical records and prescriptions had to be filled out by hand.

Dr David Wrigley, of the General Practitioners Committee England - the representative body for GPs at the BMA - said: "Friday was one of the toughest single days in recent times for GPs across England.

Without a clinical IT system many were forced to return to pen and paper to be able to serve their patients.

"The temporary loss of the EMIS patient record system has meant a considerable backlog.

"Even if we could guarantee it could be fully fixed on Monday, GPs would still need time to catch up from lost work over the weekend, and National Health Service England should make clear to patients that normal service cannot be resumed immediately."

An NHS England spokesman said: "As practices recover from the loss of IT systems on Friday, there may be some continued disruption, particularly to GP services, in some areas into next week as practices rebook appointments.

"The advice remains that patients should attend appointments as normal unless told otherwise."

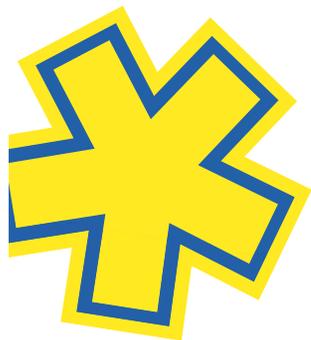
Nick Kaye, of the National Pharmacy Association, said disruption was likely to go on due to prescription backlogs. MP Peter Kyle, Science and Technology Secretary, said a "learning exercise" will be carried out in the wake of the fallout.

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# Glitterfall

## BBC boss Davie to get dragged into Strictly row over abuse claims



**OUR SHOW**  
Anton And Giovanni on stage. And, left, friends together

**EXCLUSIVE**  
BY MARK JEFFERIES



**BBC Director General Tim Davie is to be dragged into the Strictly Come Dancing row as the show faces an uncertain future.**

The corporation's annual report comes out tomorrow and the crisis is certain to be raised in the media Q&A session with the boss later.

In last year's report, a picture of Strictly was used on page 47 and the show is regularly heralded by bosses as one of the jewels in the BBC's crown, winning the Entertainment Programme BAFTA just two months ago.

But the series is now deep in crisis as to how it moves forward and keeps the family-friendly image that has made it so popular for two decades.

Two of the professional dancers are not returning for the new series – Giovanni Pernice and Graziano Di Prima, who admitted kicking his partner Zara McDermott in rehearsals last year. And the BBC is still to reveal the results of its probe into the show following complaints from celebrities.

Some pros have faced claims they mistreated the stars during training sessions, pushing them too hard in some cases allegedly abusing them. Yesterday, the Sunday Mirror revealed a female pro dancer now faces allegations of "bullying" following complaints from a male celeb.

Up until then, the complaints had focused on female stars.

Over the weekend, Amanda Abbington branded Pernice "abusive, cruel and mean" after she made complaints to lawyers Carter Ruck.

She 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. But I would not have been able to live with myself for future people going on that show." But Pernice has told pals he



**CRISIS** Amanda and Giovanni, and below. Above, BBC chief Davie and Judge Craig



expects to be cleared after reportedly meeting with

BBC bosses. The weekend allegations made by Amanda, 50, were said not to be included in their dossier.

A source said: "This would suggest her more serious claims are without merit, and is a massive boost to Giovanni's case."

A Strictly source reportedly claimed Pernice made a crude sexual remark to Amanda. But his

**TROUBLE** Zara and Graziano

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

"He remains fully confident of clearing his name."

Strictly judge Craig Revel Horwood has told how complaints about dancers were a "shock" to him. Asked if

he is worried about the future of the show, he added: "I don't think so."

Judge Anton Du Beke was last week dragged into a legal probe into "serious misconduct".

His 2009 partner Laila Rouass is understood to have claimed he said she looked like "a P\*ki" after a spray tan. He apologised and she accepted.

Over the weekend, he appeared in the touring show he has with Pernice, where fans sang happy birthday to him in Llandudno, North Wales.

The BBC said: "We will not be commenting on individuals. We will always listen if people want to make us aware of something."

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**VOICE OF THE MIRROR: PAGE 8**

## Q&A

**BUST-UP**  
Graziano and Zara on last year's Strictly Come Dancing

### What is at the root of Strictly's problems?

The show has received complaints about professional dancers being too aggressive, overly physical or competitive with contestants in training.

Documentary maker Zara McDermott said rehearsal videos of her dancing with Graziano Di Prima were "incredibly distressing" to watch after a member of staff raised concerns.

Actress Amanda Abbington, who danced with Giovanni Pernice and was also unhappy, said the behaviour by pro dancers must be "endemic".

Giovanni denies wrongdoing and Graziano says his "intense passion and determination to win might have affected my training regime".

### How many celebrities have complained?

It is thought at least three females and one male celebrity. Some are using lawyers to seek compensation.

### What has the BBC said and done about it?

The BBC has launched an internal investigation which is expected to conclude shortly. New measures announced last week include chaperones to monitor training sessions.

### Will Strictly be back on TV later this year?

There have been crisis meetings but the plan is to continue with the next series using the new measures. Earlier this month, the BBC said the 20th anniversary series would be "extra special". Reports suggest filming is due to start on August 21, with the live launch show on September 4.



## Public school tax loophole closing soon

BY LIZZY BUCHAN

LABOUR'S plan to scrap private school tax breaks to pay for more state sector teachers could come into force by January.

The party vowed to end the VAT exemption on school fees to raise up to £1.6 billion a year for 6,500 more teachers.

Private schools in England and Wales also get at least 80% relief on business rates.

A source said: "This was a manifesto commitment and we have been clear the change would be in our first Budget."

Think-tank The Institute for Fiscal Studies has predicted that the move will result in around 3-7% of private pupils moving to the state system.

## Nurse 'told not to back killer Letby'

BY PAUL BYRNE

A NURSE was allegedly told it could harm her career if she gave evidence on behalf of baby killer Lucy Letby.

The medic trained with Letby at the Countess of Chester Hospital and was asked to be a character witness by the defence.

The ex-colleague said: "I talked to my trust about it and I was advised it would be better not to, as it could hurt my career."

Letby, 34, was convicted of murdering seven babies and trying to kill seven.

The fellow nurse added: "I think [Lucy] is innocent. There should be a retrial."

The NHS foundation trust declined to comment.

# An empties legacy

## Partygate and Brexit what Tories remembered for after 14 years

**EXCLUSIVE**

BY LIZZY BUCHAN  
Deputy Political Editor

**SCANDALS and disastrously divisive acts are how the Tories will be remembered after 14 years in power, says a poll.**

Key legacies of their rule are Brexit, according to 43% of people, followed by Partygate, the scandal of lockdown-breaking gatherings in Downing Street (41%).

Close behind is Boris Johnson's bungling response to the pandemic (33%), Liz Truss's disastrous mini-Budget as PM (31%) and the Rwanda deportation scheme (27%), which has now been ditched by Keir Starmer.

Just 8% of the 2,415 adults interviewed by pollsters Savanta said the Conservatives would be remembered for more positive things, such as the London 2012 Olympics and legalising same-sex marriage.

The damning poll comes as the party attempts to rebuild after one

of its worst-ever general election defeats. A bitter leadership contest looms, with ex-Home Secretary James Cleverly and former Business Secretary Kemi Badenoch among eight possible contenders.

Tees Valley mayor Ben Houchen yesterday called on ex-Home Secretary Suella Braverman to act "with civility" after she warned the party risks becoming "centrist cranks".

Referring to the poll, Savanta's Chris Hopkins said people's perception of the Tories is framed by "a series of scandals and policy missteps" which the party will have to tackle.

Rishi Sunak will be most remembered for leading his team to electoral disaster (42%), the Rwanda Bill (33%), being the first Asian and Hindu PM (31%), furlough during the pandemic (21%) and the controversial Eat Out to Help Out scheme (19%).



**CHAOS** Truss

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**43%**  
of people said Brexit is the Tories' legacy

**41%**  
of people will remember the Tories due to Partygate



**CONTEMPT** Boris Johnson at No10 lockdown gathering

## Hunt says sorry to Covid-hit families



**QUIZ** Mr Hunt

JEREMY Hunt has apologised "unreservedly" to the families who lost loved ones to Covid-19.

The Health Secretary from 2012 to 2018 admitted not challenging "groupthink" after a report found the UK wasn't prepared for the pandemic.

In a BBC interview yesterday, he

said: "We overprepared for pandemic flu. We didn't think about other types of pandemic. I apologise unreservedly to the families of this terrible tragedy."

"The report has some very sensible recommendations, including simplifying structures for preparing for these kinds of emergencies."

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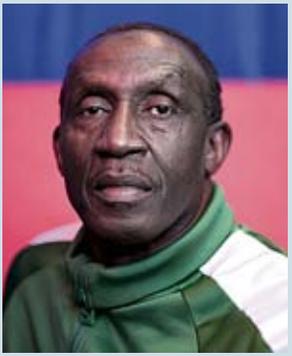
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# Big wheels fly the flag for GB



**NEW SHOW** Linford Christie

## Tormented sprint hero Linford: I've lost medals

BY **NICOLA METHVEN**  
TV Editor

LINFORD Christie's children are moved to tears as the former champion athlete tells of his 25 years of torment since being labelled a cheat.

Linford, who tested positive for the banned substance nandrolone in 1999, admits in a new documentary that he does not know where his 1992 100m Olympic gold medal is.

His daughter Briannah asks: "Why do you not prize your medals? You can still cherish what you had."

Linford, 64, who still works as a coach, tells her: "What value is it? It's just sentimental. Over the years you get beaten down a lot - it brings back

memories."

Linford was cleared by UK Athletics but the International Association of Athletics Federations overturned it and banned him for two years.

In the BBC film, he insists he never took steroids, saying: "I don't even believe they were in my system."

The 90-minute film also touches on the racism Linford experienced when wearing the British Olympic tracksuit.

He says: "One of the officials reprimanded me for wrapping the Union Jack around me when I won," he recalls sadly.

"They said it was not the done thing. What he meant was it was not the done thing for a Black person."

Briannah, and her younger brother Kian, also both weep as the dad of eight explains that he found the obsession with his "lunchbox" both demeaning and racist.

Briannah says: "It was never necessary, for what reason?" Linford tells them: "It was total ignorance."

Linford can be seen on BBC1 on Thursday at 8.30pm.



**UPSET** Sprint ace's daughter Briannah



**DAME** Laura and Sir Jason Kenny have high hopes for our British athletes as they fly the flag 440ft up in the air.

They also want our stars to reach new heights at the Paris Olympics.

The former cyclists, who have 12 Olympic golds between them, wished all the athletes good luck from the lastminute.com London Eye before the games kick off on Friday.

# Take a swim in Paris? That would be insane



**JOY** Tom celebrates Tokyo golds with mum Jacquie

BY **JEREMY ARMSTRONG**

## BRITAIN'S double Olympic champion Tom Dean is questioning the sanity of swimming in the Seine at the Paris Games.

The river, to be used in a number of events, has failed tests for faecal matter in the run-up to the Games.

Paris mayor Anne Hidalgo, 65, took a long-awaited dip in the Seine last week in a bid to prove the water is clean.

But there was no sign of French President Emmanuel Macron, who had promised to join the Seine bathers.

Dean, 24, the first Brit swimmer to win two golds at a single Games in 113 years, said:

## GB star blasts use of river

"The amount of money they have put into the Seine cleaning project and yet they still cannot say it is ready.

"They have spent more than a billion euros, something absurd, that is incredible and yet they are hoping for a dry summer to meet standards of cleanliness. It is crazy."

He said Team GB chiefs are closely monitoring the water test results to safeguard athletes. But Dean, of Maiden-

head, Berks, was also critical of the Thames near his home.

He said: "I would not want to swim in the River Thames at the moment. My brother Alfie did the Henley Regatta rowing for Durham University, and it failed the water safety tests. I

used to do a 5km swim there in my childhood and that has had to be cancelled due to the risk of illness. I don't like what the water companies are doing."

Our weightlifting gold medal hope Emily Campbell, 30, who won silver at the Covid-delayed Tokyo Games, said of Paris: "This is the real Games to unite everyone back together. This will really remind us why sport is so special."

Tom and Emily are part of Old El Paso's Make Some Noise for your Home Team campaign.

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**“**They've spent over a billion euros yet are hoping it is dry to meet cleanliness standards

TOM DEAN TALKING ABOUT THE WATER QUALITY OF THE SEINE

# TV star Dani and footie ace Jarrod's yacht engagement

BY CHARLOTTE MCINTYRE

LOVE Island star Dani Dyer has revealed she has got engaged to footballer Jarrod Bowen.

The daughter of actor Danny Dyer shared a series of snaps of the proposal on a sun-drenched yacht.

The couple are currently on holiday after jetting off following England's Euro 2024 campaign.

In one snap, the pair **SPARKLE Jarrod & Dani**



pose together as Dani shows off her ring, while another gives fans a close-up of the huge diamond. A final picture shows Dani just after West Ham star Jarrod, 27, popped the question.

Mum-of-three Dani, also 27, captioned the Instagram post: "Us forever," alongside a diamond ring emoji.

The pair have dated since 2021 and share one-year-old twins Summer and Star.

# Suspect held over 4 rapes

A MAN in his 40s was arrested yesterday over a series of rapes.

Detectives are questioning him about four separate incidents in Manchester city centre, dating from February.

Police said the attacker targeted intoxicated men and women, raped them and then stole their personal items.

Det Supt Richard Hunt said: "These are truly horrific crimes. No one should feel unsafe when walking the streets."

# US ELECTION

# For my

BY MARTIN FRICKER in Chicago

## US President Joe Biden sensationally dropped out of the American election race last night.

He said his decision is in the best interests of his party and the country.

Mr Biden, 81, has endorsed Vice President Kamala Harris, 59, to be the Democrats' presidential candidate.

He added that it is "time to come together and beat" Republican nominee Donald Trump.

The drama comes only four months before the election.

In a letter on social media, Mr Biden said: "While it has been my intention to seek re-election, I believe it is in the best interest of my party to stand down."

Mr Biden, who said he intends to remain as president until his term ends, is due to give a TV address to the American public later this week.

There had been growing concerns about his mental and physical health.

He came under intense pressure to stand aside after a disastrous televised debate last month with Mr Trump.

It was said that very few people could convince him to step down from the election race, one being his wife Jill, 73.

Another was former president Barack Obama who said last night that Mr Biden "has never backed down from a fight", adding: "For him to look at the political landscape and decide that he should pass the torch to a new nominee is surely one of the toughest in his life."

Mr Obama added: "Joe Biden has been one of America's most consequential presidents, as well as a dear friend and partner to me."

"Today, we've also been reminded - again - that he's a patriot of the highest order."

He also praised Mr Biden's "character - his deep empathy and hard-earned resilience; his fundamental decency and belief that everyone counts".

Mr Biden was vice president during Mr Obama's time in the White House.

Former US president Bill Clinton and wife Hillary, who ran for president in 2016 but lost to Mr Trump, praised Mr Biden for his "extraordinary career" and joined him in endorsing Ms Harris.

Keir Starmer said: "I respect President Biden's decision and I look forward to us working together during the remainder of his presidency."

"I know that, as he has done throughout his remarkable career, President Biden will have made his decision based on what he believes is in the best interests of the American people."

Mr Trump, 78, reacted last night by saying Mr Biden was "not fit to serve



DISASTROUS During televised debate

“Today, we've been reminded - again - that he's a patriot of the highest order”

BARACK OBAMA PRAISES MR BIDEN AFTER YESTERDAY'S ANNOUNCEMENT



SUPPORT Kamala Harris hugs Mr Biden in March

from the very beginning". He added that Mr Biden is "crooked" and the "worst president, by far, in the history of our nation".

And he claimed that Mr Biden's team have "lied to America about his complete and total mental, physical, and cognitive demise".

Earlier, at a rally in Grand Rapids, Michigan, Mr Trump spoke about Thomas Matthew Crooks, 20, the man

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# SHOCK AS PRESIDENT QUILTS RACE

# party and country

» Biden ends re-election bid & endorses VP Kamala Harris

» He says it is time to 'come together and beat Trump'



**TIME TO DEPART**  
President Biden will not seek re-election

## Decision to pull out should have come weeks ago

### ANALYSIS

BY CHRISTOPHER BUCKTIN  
US EDITOR



IT was a case of when, rather than if, Joe Biden would step down following his disastrous TV debate performance.

The decision, however, should have come weeks ago, sparing Democrats the prolonged agony of defending his increasingly evident fragility.

There will be questions as to why this charade persisted for so long, undermining their credibility and strategy, while allowing Republicans to gain much ground.

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

Biden's decision to bow out clears a path for his deputy, Vice President Kamala Harris.

But for much of the past three years, she has been viewed as a liability due to her consistently lower approval ratings than her boss.

Recent strong performances as a vigorous spokesperson and loyal deputy have helped to shift perceptions, however.

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

But there is anxiety about Harris's polarising image. Many of the party faithful have been urging others such as Governor Gavin Newsom of California to consider running.

Whoever takes the ticket, it will mean Trump 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.

Trump is now the old man in the race and must quickly recalibrate his approach.

At the Democratic National Convention next month, the party must act decisively and choose a new standard-bearer to take on Trump. Buckle up.



**POSSIBILITY**  
Gavin Newsom



**STUMBLE** Aides pick up President after 2023 fall



**BOND** Biden with the First Lady Jill

who almost assassinated him a week earlier. Wearing a plaster over his wounded ear, he called Crooks a "horrendous person". Crooks was shot dead by a Secret Service sniper.

Ms Harris said she is "honoured" to have the endorsement of Mr Biden.

She thanked him for his "extraordinary leadership" and for making a "selfless and patriotic act" by stepping aside.

She said: "I am honoured to have the President's endorsement, and my intention is to earn and win this nomination." Mr Biden's string of

difficult moments in recent years included an occasion when he fell on stage during a US Air Force Academy graduation ceremony in 2023.

He is currently isolating at home in Delaware after being diagnosed with Covid. His granddaughter Naomi Biden said: "I'm nothing but proud today of my pop, our President."

"He has served our country with every bit of his soul and with unmatched distinction."

She added: "Our world is better today in so many ways thanks to him. To the

Americans who have always had his back, keep the faith.

"He will always have ours."

Jaime Harrison, who chairs the Democratic National Committee, has promised a transparent and orderly process in selecting the party's candidate for the November election.

He added the Democrats will share more information shortly. He said: "The work that we must do now, while unprecedented, is clear."

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**RALLY** Rival Trump with ear plaster on Saturday

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# Our Band of Brothers can go all the way

## Trent on his World Cup prediction

“There is no reason why England cannot go and win in two years... finally

TRENT ALEXANDER-ARNOLD  
PLENTY OF TALENT TO DRAW ON

EXCITED Trent sits down with Mirrorman Jeremy  
Picture: ANDY STENNING

### EXCLUSIVE BY JEREMY ARMSTRONG

TRENT Alexander-Arnold is backing the Three Lions to win the World Cup in 2026 - no matter who the new England manager is.

The Liverpool star, 25, believes they will go one step further than this year's Euro finals to end 60 years of hurt since their World Cup victory in 1966.

He told the Mirror: "There is no reason why England cannot go and win the World Cup in two years and finally do it at a major tournament.

"When I looked around at my team-mates in training at the Euros, I was excited.

"I had belief because of the talent around me.

Jude Bellingham, when you have players like him, you're grateful he is on your team and not the opponents.

"He knows what it takes to win, you have to be more than a one-man team, not just one superstar, but we have had Jude, Phil Foden, Kobbie Mainoo, Bukayo Saka, Marc Guehi.

"There are so many young players who have huge potential." In the first

interview with an England player since the 2-1 defeat to Spain, he said the group had been through so much together that they were now a "Band of Brothers". "We had that bond," he said.

"Adversity brings you closer together. Everything was clicking by the end of the tournament, everyone was pulling in the same direction.

"There were those who have never played a game for England and those who have played almost 100 times, everyone was best friends."

He is taking time out from football to "reset" before he returns to a new era at Liverpool following the exit of Jurgen Klopp. Trent would love him to be England's boss and has spoken to new Reds manager Arne Slot.

Trent is the youngest Premier League player to win every major honour in the domestic game.

He has on his honours list the FIFA Club World Cup, UEFA Champions League, UEFA Super Cup, Premier League, FA Cup and League Cup, for an English club, by 23.

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MEMORY Houston Wallace

## Service and memorial for hero killed at the Somme

EXCLUSIVE BY ANDY LINES  
Chief Reporter

A FIRST World War hero killed in action 108 years ago will be remembered at a poignant service at his grave at the Somme today.

Capt Houston Wallace died aged 24 after being hit by German machine gun fire as 10th Battalion Worcestershire Regiment moved into line.

The service is being held by well-wishers who have come together to have his memorial in Bazentin, northern France, restored.

### PROJECT

It was paid for by the Birkenhead-born soldier's aunt Beatrice Heap but when she died in 1940 it fell into disrepair.

The Duke of Westminster, who owns the Grosvenor estate in Chester, has offered to supply all the oak needed for the restoration free of charge.

Stephen Benson, trustee of the Cheshire Roll of Honour, said: "On one of my visits to the Somme I noticed the poor condition of the memorial.

"I started a project to restore it and now have approval from the local mayor to carry out a restoration and ground improvement project."

## Parents fret over summer holiday costs

MORE than half of parents fear they will not be able to afford a family summer holiday this year.

And 52% cannot stretch to a short break or activities for their kids, a survey has revealed.

A third of parents are even worried about providing three meals a day this summer, while more than a quarter may turn to a foodbank.

The Savanta survey for Action for Children found 7% may have to quit their job to look after their kids over the holiday.

The charity's Paul Carberry said: "We see the strain holidays have on families, particularly those on low incomes."



**ROUGH RIDE**  
Flight footage in show

**UNDERCOVER**  
Video of passenger

Distressing flight incidents exposed in TV documentary

# Plane failing for disabled

BY PAUL BYRNE

**A DISABLED man having to sit on the floor on a plane and push himself by his hands to the toilet is among the flight experiences filmed undercover for a TV documentary.**

On the same Wizz Air flight, the pilot appeared to blame a delay in take-off on wheelchairs being loaded on board.

Two other passengers were initially denied boarding due to their wheelchairs being "too heavy", despite having provided the information beforehand.

A passenger on a BA flight from London to Paris says she nearly fell from the aisle chair used to transport her off the plane.

She then found her wheelchair had been damaged when it was returned to her from the hold.

TV host Sophie Morgan asked 17 people who use wheelchairs or mobility aids to film their flight experiences. The results feature in

the Channel 4 documentary tonight.

Sophie, 39, who was paralysed aged 18, also saw a prototype of an airline seat that folds down to allow a wheelchair user to remain in their chair while flying.

She said: "It will change people's lives... Disabled people will [no longer] have to deal with the trauma and abuse... because of this one space on an aircraft."

Working with charity Scope, the show also polled more than 500 people with reduced mobility who have flown in the past five years. Half felt they were discriminated against when flying during that time. Two in five said they had difficulty accessing loos on planes.

Wizz Air said: "We were



**PRESENTER**  
Sophie Morgan

extremely sorry to hear about the experiences of the customers [in the filming].

"Unfortunately, there was no aisle wheelchair on this flight. We're in the process of having aisle chairs available on

all our aircraft, 85% of our fleet has them.

"We apologise for the way the pilot communicated the delay."

BA said: "We're sorry for the unacceptable experience. We're committed to learning from these incidents and have been in touch with our customers to apologise and arrange service recovery."

■ Sophie Morgan's Fight to Fly is on Channel 4 at 9pm tonight.

paul.byrne@mirror.co.uk  
X @PaulByrneMirror

**WINGS OF CHANGE: PAGE 33**

**“ Disabled people will no longer have to deal with the trauma**

**SOPHIE MORGAN ON AIRLINE SEAT THAT WILL CHANGE LIVES**



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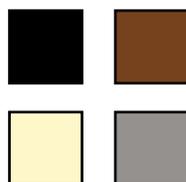
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# Things can only get batter



**THE FRIES  
 HAVE IT**  
 Richard  
 tucks in at  
 his chippy

## Chippy owner 'privileged' to be Isle of Wight's first Labour MP

**EXCLUSIVE**  
 BY SIMON MURPHY

**HE'S already made history as the  
 Isle of Wight's first Labour MP.**

And Richard Quigley has achieved another feat as Westminster's only known fish and chip shop owner.

The dad-of-two and his wife Leah have had Corrie's Cabin, in Cowes, for more than 20 years.

The chippy has survived Covid-19, a fire and, its website says, "a knife-wielding loon nearly driving into the shop".

Nicknamed Dickie Chips by his friends, Richard, 52, has broken the Tories' decades-long stranglehold on the island.

Mr Quigley said: "Obviously I want to be taken very seriously about my politics. But it's really

important that people realise you don't have to have gone to Eton or any private school, or any of that.

"You just have to get your head down and say, 'Let's do this', build a good team, make sure you're focused on your community and deliver for them and then you can do it.

"I don't think anybody should see this as a career, they should see it as a real privilege to be able to go and serve." Mr Quigley, who grew up in

Retford, Notts, chose a different political path to his parents - his dad is a Tory councillor and his mum used to be one.

Though he is no longer involved in the day-to-day running of the chippy, he said it has helped him in politics.

"Understanding how business works, understanding how people work and respond to things, is a really good basis in getting your head around politics," he explained.

A key issue for him is the island's ferries.

"It's not just expensive and unreliable, it's become a barrier to all sorts of opportunity," he said.

Schools have stopped doing trips as half the class cannot afford the ferry, he explained.

Asked whether the National Federation of Fish Friers was

aware of any other MPs, past or present, owning a fish and chip shop, president Andrew Cook said: "As far as I know there hasn't been one.

"It's great to know we have an MP who understands the industry and what it is like to run a small independent hospitality business."

Mr Quigley won 13,240 votes to take the Isle of Wight West seat, beating Tory Bob Seely on 10,063.

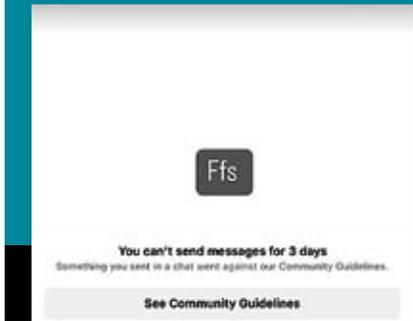
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**“It's really important people realise you don't have to have gone to Eton**

**RICHARD QUIGLEY MP  
 ON DIVERSITY IN POLITICS**

# THE DIARY

with Ashleigh Rainbird



Leaf it out! **Rylan** has revealed he has been temporarily banned from Instagram for posting a picture of a plant that looked too much like... men's genitals.

The radio host had been out celebrating mum **Linda**'s birthday on Saturday when he found himself blocked on the socials.

After posting videos of Linda doing karaoke on Instagram Stories, Rylan then shared a screenshot which read: "Something you sent in a chat went against our Community Guidelines. You can't send messages for three days."

He went on to explain: "Anyone that's messaging me I'm not being rude but I've been banned for 3 days for sending a picture of a plant that looks like a Willy. Back Wednesday x."

That's just (plant) potty.



It has been 25 years since **Stanley Kubrick**'s erotic thriller *Eyes Wide Shut* was released but **Nicole Kidman** still gets quizzed about appearing in the film alongside her then-hubby **Tom Cruise**.

Asked if the director had taken anything from Tom and Nicole's own marriage for the movie about infidelity, Nicole told the *LA Times*: "I suppose he was mining it."

"There were ideas he was interested in. He'd ask a lot of questions."

It's a tough ask: trying to get **Madonna** to allow the use of one of her songs in a film. But **Ryan Reynolds** not only managed to get the Queen of Pop to let them use *Like A Prayer* in *Deadpool & Wolverine* but she also gave them some tips for the film.



Ryan said: "She gave a great note. My God, she watched it and - I'm not kidding - she was, like, 'You need to do this, this, and this in this moment'. And damn it, if she wasn't, like, spot-on and right."



She's a director, Ryan. Remember 2011's *W.E.*? Actually, the less said about that the better...



**CHEERS** Islanders toast at awards do

## JESS LISTEN, JOEY!



**HEART TO HEART** Joey and Jessy

Elsewhere in *Love Island's* The Grafties, the contestants were subjected to the humiliation of categories such as Ultimate Pot Stirrer, It's Giving One-Sided and Most Epic Fail. After being called "an absolute f\*\*\*\*\*g k\*\*\*head" by **Ciaran Davies**, *Towie's*

**Joey Essex** was then taken to task by his partner, **Jessy Potts**. Jessy complained that Joey never listens to her, and ended up storming off, saying: "I'm tapping out." Is Joey going to be the recipient of the Most Unhappy Ending award now?

# It's Leave Island

**There are always winners and losers during award season but on *Love Island*, the losers face even more indignity – being kicked out of their home.**

Last night, tensions rose as the couples attended an award ceremony entitled The Grafties that turned out to be even more savage than that time the wrong film title was read out at the Oscars.

The lovers were told that the first award was the publicly voted Least Favourite Couple.

And it turned out to be **Harry Baker** and **Lola Deluca**, who were turfed out before they'd even had the chance to

enjoy an amuse bouche. After the unceremonious dumping, Harry was still banging on about the true object of his desires.

He said: "As soon as I entered the villa, I only ever really had eyes for



**OUT** Harry. Inset, true love Grace



**SECOND BEST** Lola Deluca

**Grace Jackson** as she's my type on paper, which is why I pulled her for a chat."

Still, coming in second place to Grace was fine by Lola, who said in her own exit interview that Harry was her third choice after **Joey Essex** and **Reuben Collins**.

They're not going to let this get in the way of landing some lucrative brand deals, though.

Lola said: "I feel like we will continue to get to know one another so watch this space."

Whether anyone will be interested now they've left the show will be another matter entirely...

Love Island continues tomorrow, 9pm, ITV2/ITVX

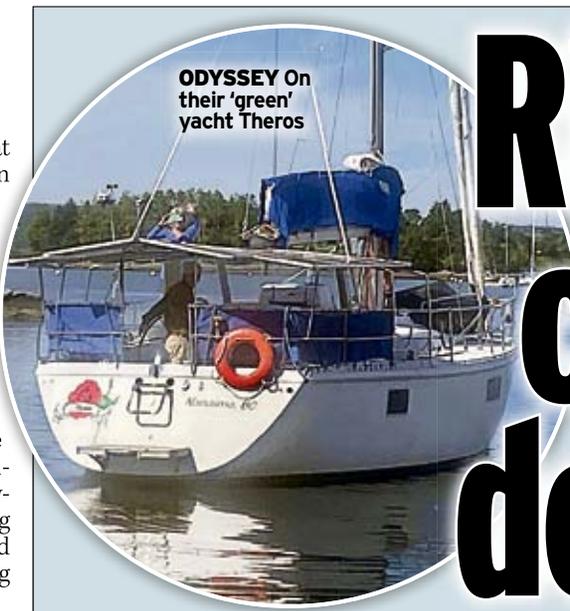
## Body find in hunt for Brit

A BODY believed to be that of a missing British man has been found in Spain.

Steven Michael B, 48, vanished in the village of Las Salas, in the north of the country, after a row with his wife on July 11.

It emerged yesterday a body was found in the town's church bell tower.

The mayor said the body was yet to be officially identified but everything points to it being Steven. Police are expected to say they are not looking for anyone else.



# Riddle of Atlantic crossing couple dead in a lifeboat

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- Full day South Iceland Tour with an English-speaking guide
- Visits to the Urriðafoss Waterfall, Hveragerði & Reykjavik with an English-speaking guide
- 2 presentations and astrophotography guidance by Pete Lawrence
- 2 nights watching for the Northern Lights with Pete Lawrence
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**TRAGIC ENDING**  
Brett and Sarah, who was from UK

## Brit and Canadian missing for three weeks wash up on island

BY ADAM ASPINALL

**MYSTERY surrounds how a couple who had been sailing across the Atlantic Ocean were found dead in a life raft.**

The bodies of Brett Clibbery, 70, and Brit Sarah Packwood, 54, were found when their lifeboat washed ashore three weeks after the pair were reported missing.

It is believed that Ms Packwood was from Warwickshire and her partner Mr Clibbery was from Canada.

Formal identification is yet to take place but Mr Clibbery's son James confirmed their deaths and said on Facebook that the past few days had been "very hard".

He said the couple would be "forever missed", adding: "There isn't anything that will fill the hole that has been left by their so far unexplained passing."

The couple were found on Sable Island, 100 miles south-east of Nova Scotia in Canada, local media said.

It is unclear how their dream transatlantic crossing ended in tragedy

but the Royal Canadian Mounted Police said a probe is under way.

One theory investigators are exploring is that the yacht was struck by a passing cargo ship that did not notice the collision, according to Canadian news website Saltwire.

The sailboat crew were either unable to avoid the collision or they could have been down below with the yacht on automatic pilot, a source said.

The Canadian coast guard and military aircraft have not reported wreckage or any sign of the boat.

The couple were heading to Azores, having left Halifax harbour on June 11 on board their yacht Theros, police said.

They were reported missing on June 18 and found on July 10. The pair regularly uploaded videos to their YouTube channel Theros Adventures.

They had dubbed their voyage "the green odyssey" – a nod to Theros being powered by a battery from an electric car and six solar panels.

**“There isn't anything that will fill the hole left by their passing”**

JAMES CLIBBERY ON DEATH OF DAD & PARTNER

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# Campaigner Joanna Lumley on cubs hand-reared in captivity.. so they are easier for hunters to shoot

# UTTER CRUELTY



STUNNING Big cat Sally bares teeth



## EXCLUSIVE

BY NADA FARHOUD  
Environment Editor  
in Johannesburg



**T**HIS tiger was bred to be killed by sick trophy hunters, part of what experts say are big cat “cub mills” on factory farms.

Sally, a three-year-old Bengal tiger, was stolen from her mother at just a few days old and then bottle-fed to tame her for a life of captivity.

But thanks to a rescue mission led by investigators for the Campaign to Ban Trophy Hunting, she now lives at a secret sanctuary in South Africa which the Mirror was invited to visit.

Actress Joanna Lumley, who backs our campaign to ban imports, said: “Tiger cubs like Sally are being ripped away from their mothers, so they can be shot in an enclosure by a trophy hunter.

“This is an utterly grim and cruel industry. Killing animals for fun is unforgivable. Virtually everyone agrees allowing people to bring home trophies from hunting holidays should be banned.”

The star added: “We have a responsibility to help protect wildlife. Trophy hunting is helping drive animals to extinction. Anyone who makes excuses for this despicable behaviour should hang their head in shame.”

When Sally arrived at the sanctuary, dozens of thorns were embedded in her paws, making it painful to walk. Boredom had also set in after spending her life in a 10ft by 10ft enclosure.

Now the big cat leaps, hides and playfully runs up to the fence where I am standing on the other side.

At times she is unbothered by my presence – a legacy of being hand-raised by humans which means she could be never released in the wild.

Another factor is that



**Mirror**

tigers are not native to Africa.

But her life could have ended up so differently. Investigators for the CBTH spent two years infiltrating South African businesses which were

quietly breeding cubs including white tigers, tabby tigers, white lions,

black leopards, and even South American jaguars.

Many of these exotic animals were hand-reared and tame – so trophy hunters could easily shoot them at close range.

Sally’s story is being told after Labour was elected with a manifesto pledge to stop trophy hunters from the UK bringing home the heads and bodies of animals.

Eduardo Goncalves, founder of the

ROOM TO ROAM Nada and rescued tiger Sally, which can now run and relax, below, at the sanctuary in South Africa

Pictures: ROWAN GRIFFITHS



CBTH, said: “Sally’s story has revealed the factory farming of tigers and other cats on an industrial scale, just so trophy hunters can shoot them and show off.

“Female tigers are being used as ‘cub mills’ – churning out litter after litter of cubs that are then taken away from their mother when they are just a few days old.

“The cubs are reared for a life of captivity, and a cruel and horrific death. They are bred for nothing more than a bullet. They are shot

in enclosures they can’t even escape from. How cowardly and low is that?”

He added: “Sally is thankfully safe from trophy hunters but we need to bring this whole sordid industry to an end. That’s why it’s so important to have a UK ban on trophies.

“The Labour government has a golden chance to prove it can deliver. It is essential the ban becomes law as quickly as possible. There has been too much dithering and delaying.”

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“Anyone who excuses this despicable behaviour should hang their head in shame”

ACTRESS JOANNA LUMLEY, WHO BACKS MIRROR CAMPAIGN



# Teen's 'new freedom' after getting bladder pacemaker

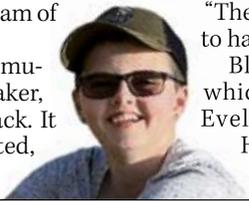
BY ELLA PICKOVER

AN outdoorsy girl has become the first teen to receive a bladder "pacemaker".

Jenny Allan, 17, could not urinate and had to self-catheterise every few hours, but now says she has the "freedom" to pursue her dream of being an ecologist.

She had an electrical stimulator, similar to a pacemaker, implanted in her lower back. It corrects wrong, or unwanted,

**OUTDOORSY** Jenny Allan



nerve messages in the bladder which can cause urinary incontinence or an inability to empty the bladder.

Jenny, of Thanet, Kent, said: "I'm a very outdoorsy person and will be studying ecology at university in September.

"The operation has allowed me to have a whole new freedom."

Bladder neuromodulation, which is carried out at the Evelina London Children's Hospital, has been available to adults for 20 years.

## OUR DAILY PUB QUIZ

- 1 In the Euro 2024 final, who scored England's equaliser?
- 2 True or False. You can see the Great Wall of China from space.
- 3 From which direction does the sun rise?
- 4 What colour are Oompa Loompas in the film Willy Wonka & the Chocolate Factory?
- 5 In which Shakespeare play would you find the line "to be or not to be"?

ANSWERS: PAGE 32

# RARE IMAGES



**NO SATISFACTION** Mick Jagger and ex Jerry Hall

## EXCLUSIVE

BY FRAN BOWDEN Features Editor

lights, camera, action! Flashbulbs pop as celebs rub their beautifully toned shoulders on the red carpet of the Cannes Film Festival.

Photographer Richard Blanshard first visited in 1976 as a 22-year-old rookie, then spent two decades as an official snapper.

And unlike the flawlessly posed red carpet pictures of the internet era, Richard's portfolio includes candid personal shots of the stars working hard and partying hard.

Many appear in his book, Cannes Uncut: The Golden Years, and were taken at a time when the festival was THE showcase for promoting or raising money for a film.

Richard recalls: "I was assigned to photograph Muhammad Ali when he visited Cannes to launch Freedom Road.

"He never once declined to have a picture taken. He was a wonderful character, but his entourage was a scary bunch."

In 1976, Richard was sent to snap Fred Astaire and Gene Kelly and set up a dark-room in a caravan. But he says: "As I tried to print the negatives, there was no power. The gardener had cut through a cable."

Essex-born Richard worked round the clock to produce images for daily trade mags at the French festival. He says: "They had to be under everyone's hotel door for 7am. Back then, with no internet, the only way to let the world know you were in Cannes was by being photographed."

Richard, 69, recalls Johnny Depp being "effortlessly cool", and Arnold Schwarzenegger and Sylvester Stallone "trying to upstage one another".

Of a 1987 appearance by Prince Charles and Princess Diana, he says: "When I look at the images now, it's clear their relationship wasn't in a great place."

Other famous ex-couples he photographed include Rolling Stone Mick Jagger and Jerry Hall and Hugh Grant and Liz Hurley.

He also captured Grace Jones' strong cheekbones, and shot a casual Paul Newman and a young Sharon Stone.

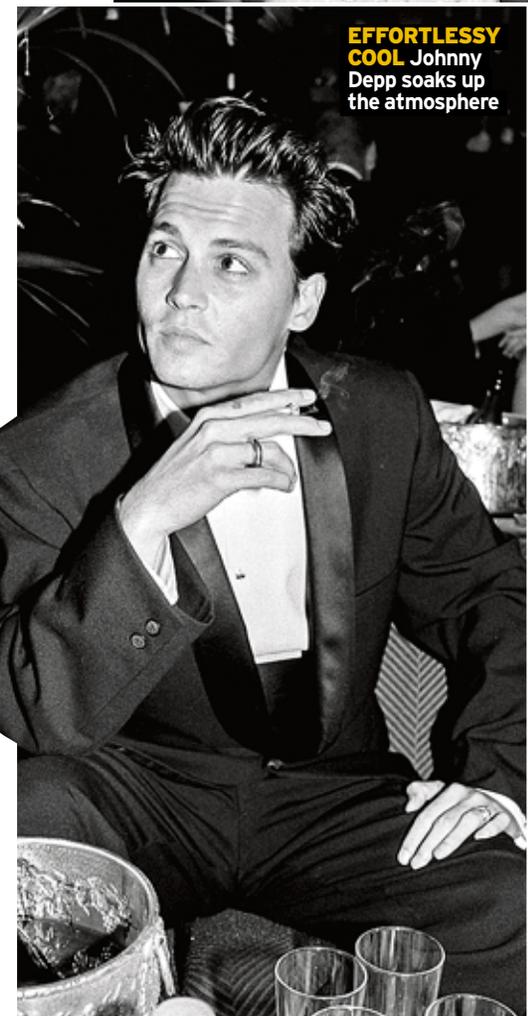
Richard says such images would be harder to capture now: "It is all choreographed. Stars arrive in blacked-out limos for their red carpet moment, then leave immediately after."

■ Cannes Uncut: The Golden Years is published by History Press in September, £45: historypress.co.uk



**“ It was the only way to let the world know you were in Cannes**

RICHARD BLANSHARD ON HIS FESTIVAL PHOTOS



**EFFORTLESSLY COOL** Johnny Depp soaks up the atmosphere

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# OF CELEBS IN PREMIERE LEAGUE

# Golden Cannes



**FIGHT FOR PUBLICITY**  
Muhammad Ali was never camera-shy, says Richard

Film festival's glory years are captured in new book



**TAKING THE MICK**  
Jagger with Arnie



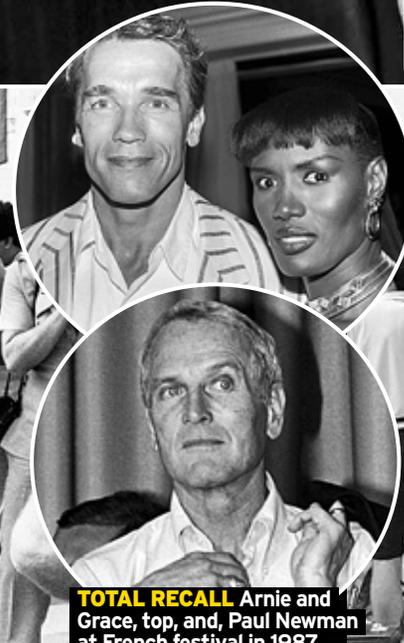
**ROYAL TENSION**  
Charles and Diana in 1987



**STROLLING**  
Gene Kelly and Fred Astaire at 1976 festival



**CANNES DO ATTITUDES**  
British stars Finola Hughes & Joan Collins



**TOTAL RECALL** Arnie and Grace, top, and, Paul Newman at French festival in 1987



**RELAXED**  
A smiling Sharon Stone back in 1990

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**PLANE SAILING** Leo is at home in cockpit

# Globetrotters

## Evelina, 1, and Leo, 2, are youngest travellers to visit all 51 countries in Europe

**EXCLUSIVE**  
BY KATE SKELTON

**SIBLINGS** Evelina and Leo Kadela have caught the travel bug early, having already visited every country in Europe at the age of just one and two.

They are world record breakers, according to their mum, Alex Kadela, 27, who said: "The youngest people to do it before this were 17."

Leaving their London home in December last year, the trio spent six months and £10,000 country-hopping, mostly by Interrail.

They stayed with 30 families, with warehouse worker dad, Piotr, 29, joining when he could.

The Guinness World Record for the youngest people to visit all the countries in Europe was given last year to Norwegian brothers Sander and Mathias Rolon, who were 17 and travelled solo.

Alex said: "My children were too young to travel alone, so they don't officially qualify."

"But we live in a world where people are told life stops when you have kids. We've shown travelling the world with kids is one hundred per cent possible."

### ADVENTURES

When she left her supermarket job to travel but then became pregnant, people said her adventures were behind her.

But she and Piotr took Leo on honeymoon to Malta, Portugal and Poland when he was five weeks old.

And Evelina boarded her first plane to Morocco when she was just nine weeks old.

"Going on a plane is like any other kid going in a car," said Alex, who added they did not moan when delays turned a two-and-a-half-hour bus trip into 16 hours. "Most children would scream the place down but they just got on with it," she said.

Sites visited included the Eiffel Tower in Paris, Georgia's ancient city of Uplistsikhe, Hadrian's Gate in Turkey and Aphrodite's Rock in Cyprus, and the children visited a playground in every country.

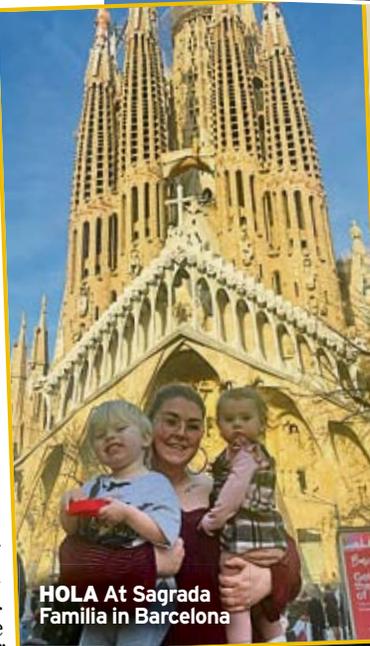
They went to a traditional wedding in Azerbaijan and visited Russia and Ukraine.

"Some people were worried about us going to Ukraine but we visited friends next to the Polish border," Alex said. "I didn't feel unsafe in any country."

To keep costs down, if they



**LANDMARKS** Little Mermaid, Copenhagen



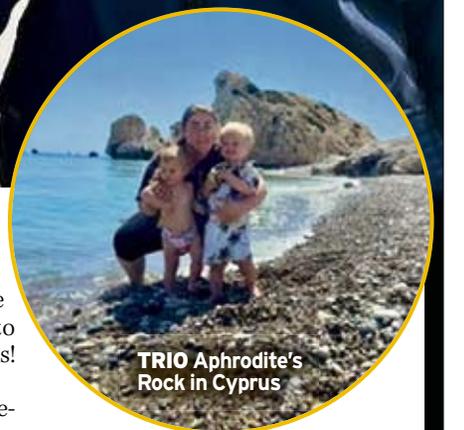
**HOLA** At Sagrada Familia in Barcelona



**CAVES** Uplistsikhe city in Georgia



**WEDDING** In Azerbaijan and, main picture, Paris



**TRIO** Aphrodite's Rock in Cyprus



**DAD** Piotr joins them in Turkey

needed clothes, they bought second-hand, they cooked food to take on trips and used trains and buses.

"I didn't want us to be typical tourists, we stayed with local families, ate with them, went out with them," Alex said. "One highlight

was when Leo and Evelina were wearing traditional outfits in Azerbaijan and were invited to a wedding."

The children tried local dishes, such as khachapuri (bread with cheese and egg on top) in Georgia, saffron rice in Azerbaijan and paella

in Spain. Of course, there were a few mishaps. "The kids were ill and vomited on a plane," Alex recalled.

"Then I lost our passports - we were travelling from Kosovo to Albania and I left them on the bus! But I got them back the next day.

"The thing is not to panic. If something does go wrong, don't stress because the kids will pick up on it."

The intrepid mum also taught her children to say hello, thank you and goodbye in each country's language.

"We are a multilingual family," she said. "I'm half English and half Spanish and my husband is Polish. When Italians heard Evelina say 'ciao' they wanted to give her a cuddle."

Alex shares their adventures on Facebook and Instagram, @globe\_trotting\_babies. Now home and job

hunting, she is planning a two-month road trip along the US East Coast, before which there will be trips to Tunisia, Algeria and Egypt, all, of course, with her children.

"I can't wait to go on more adventures with them," she added. "They are fearless now and their confidence and language skills have soared."

"They are global citizens now."

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# LIFE live it well

Midlife 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



**STRONG** With husband **Kenny**



Edited by  
**HANNAH BRITT**

changing  
and improving  
your  
exercise,  
s guide to  
ve  
etter

# Midpoint

n



**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."



**STILL GOT IT**  
Gearing up for a half marathon

**■ The Midpoint Plan by Gabby Logan, £22, (Piatkus) is out now**

INTERVIEW BY  
**CHARLOTTE HEATHCOTE**

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# DR MIRIAM STOPPARD



## Ovulation pain

### What is it?

The old-fashioned name for ovulation pain is Mittelschmerz pain and it can affect anyone who ovulates. The pain arises when an egg is released from the surface of the ovary at ovulation, about 14 days before your period.

It's not serious so is nothing to worry about.

### What are the symptoms?

Ovulation pain often feels like a dull ache or sharp sudden twinges and it affects one side of your lower abdomen one month and switches sides the next month, depending on which ovary is releasing an egg (the right and left ovaries alternate).

It lasts from a few minutes to one or two days. You may also have a little spotting or discharge during ovulation and that's normal.

### What causes it?

Ovulation pain is a sign an egg is bursting free of the ovary. There are some conditions that may mimic ovulation pain - when the womb and ovaries are affected by endometriosis and ovarian cysts; some sexually transmitted infections (STIs) such as chlamydia; scar tissue (adhesions) after surgery, such as a caesarean section; an ectopic pregnancy, though this pain is usually very severe; and pelvic inflammatory disease which may lead to infertility.

### What's the treatment?

If ovulation is the cause of your pain and it's not severe, a warm bath and painkillers such as paracetamol or ibuprofen may be all you need.

If your GP thinks something else is causing the pain, they'll refer you for tests or to see a specialist.

Treatment will depend on what the cause is.

# Glowing dye helps medics find prostate cancer cells

This research is so simple and so beautiful I'm left wondering why hasn't anyone done it before. If you were a surgeon wouldn't you want to use a glowing marker dye that sticks to prostate cancer cells so you could see them clearly and remove them?

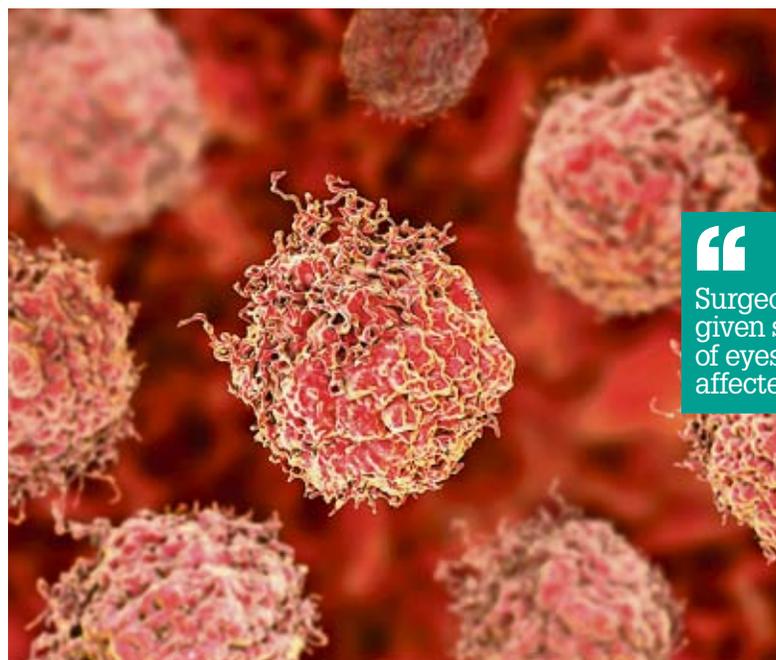
Well, thanks to a study led by Oxford University, this is now possible.

Cancer Research UK scientists from Oxford, including the departments of biomedicine engineering, have used a fluorescent dye attached to a special marker to give medics a "second pair of eyes" during surgery.

Prostate cancer is the most common cancer in men in the UK, with around 52,300 new cases every year.

Twenty-three patients were injected with the dye before undergoing prostate removal surgery, and its beauty is that it finds areas of cancerous tissue not picked up other clinical methods.

The dye helps surgeons to see the edges of the tumour and identify any clusters of cells that have spread into nearby pelvic tissues and lymph glands. This guides the surgeon to remove all cancerous tissue and preserve healthy areas. It substantially



“Surgeons are given second pair of eyes to see affected areas”

in the study, the dye identified clusters of cells which had spread away from the tumour which couldn't be seen by the naked eye.

Freddie Hamdy, Nuffield professor of surgery at Oxford University and lead author of the study, said: "We are giving the surgeon a second pair of eyes to see where the cancer cells are and if they have spread."

"It's the first time we've managed to see such fine details of prostate cancer in real-time during

surgery." He describes how all the cancer cells can be stripped away with this technique, including cells that have spread. And healthy tissue can be preserved reducing life-changing side effects like incontinence and erectile dysfunction.

Prof Vojnovic said: "Prostate surgery is life-changing. We want patients to leave knowing we have done everything possible to eradicate cancer and give them the best quality of life afterwards."

"I believe this technique makes that possibility a reality."

Stunning.

reduces the chances of the cancer coming back and minimises the chances of complications.

The dye and marker work by attaching themselves to the surface of prostate cancer cells.

As a first step, the 23 men diagnosed

with prostate cancer were injected with the fluorescent dye. Next, surgeons used an imaging system devised by engineers led by Oxford's Professor Borivoj Vojnovic that shines a special type of light making prostate cancer cells glow. For many patients

## Ask Dr Miriam

**Q** My neighbour has haemochromatosis. I've never heard of it. Please can you tell me what it is?

**A** Haemochromatosis causes your body to absorb too much iron from the food you eat.

The trouble is that the excess iron is stored in your organs especially your liver, heart and pancreas, where it leads to damage.

Too much iron can therefore cause life-threatening conditions such as liver disease, heart problems and diabetes.

There are different forms of this condition but the most common type is caused by a

gene which is passed down through families.

Symptoms like joint pain, abdominal pain, tiredness, loss of sex drive, impotence, diabetes, and heart failure usually appear in middle age.

Typically, treatment includes regularly removing blood from your body because red blood cells, in total, contain much of the body's iron, and so this treatment lowers iron levels.

At present, the blood removed is thrown away which is a great pity as in haemochromatosis the red blood cells are normal and people with the condition can donate blood if they want to.



## DID YOU KNOW?

### Technology steps up fight against bacterial infections

This is a real step forward. A point-of-care diagnostic test that rapidly detects whether an infection is caused by bacteria - and identifies the right antibiotic to treat it - has won an £8million Longitude Prize prize on antimicrobial resistance (amr.longitudeprize.org).

The PA-100 AST test - which takes 45 minutes rather than around three days for traditional laboratory tests - aims to transform the treatment of urinary tract infections.

It's based on technology from Uppsala University in Sweden, developed by the diagnostics company Sysmex Astrego.

## CHARITY OF THE WEEK

Haemochromatosis UK was founded by people affected by this genetic "iron overload" condition.

The charity works to help anyone affected across three key areas: support, education and awareness, and medical research.

It acts as the voice for change and improvement in the diagnosis and care of those affected by genetic haemochromatosis. [haemochromatosis.org.uk](http://haemochromatosis.org.uk)



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**DEAR COLEEN**



**I don't want to go to my cheating cousin's wedding**

Dear Coleen

I have a cousin who's getting married for the second time and her fiance is someone she had an affair with when they were both married to other people. It's an utter shambles and her mum (my mother's sister) can barely show her face in the village!

Their exes are well-known and liked in our community, and everyone knows how badly they were treated by my cousin and her husband-to-be.

They seem to have no shame, though, and have sent out invites to their wedding with a note asking for cash.

Apparently, they need to buy furniture, as their ex-partners took most of it in the divorces.

I don't want to go to this wedding, as I'm not happy for them to be honest and I certainly don't want to give them cash for new furniture for their love nest.

My mum wants to turn down the invite, too, but says she can't as she needs to be there for her sister. Surely it's perfectly reasonable to decline the invite and not buy them anything?

I think they've behaved appallingly and hurt a lot of people, and I don't want to celebrate that.

Coleen says

OK, you might not love my response, but here's my first thought: yes, they've hurt people and obviously went



about things the wrong way, but it must have been the right thing for them because they're getting married.

When the affair came out there were probably a lot of people who said it wouldn't last and they'd blown their lives up for a fling, but they've proved the relationship is genuine.

On a grander scale, maybe it's a bit like Charles going on to marry Camilla. Hear me out! At first, all I could think about was Diana and all the people they'd hurt, but theirs is clearly a genuine love story and they've proved how well suited they are.

I'm only using this analogy to help you think about your cousin's situation from a different angle. I'm also pretty sure she and her fiance are sorry about things.

As for asking for cash, it might have been better to ask for vouchers, but I still think it's better than wasting money on a kitchen appliance they'll barely use, and it also means you can give as much or as little as your budget (or your spirit of generosity) allows.

Life hurts sometimes and people aren't perfect, but their exes will move on if they haven't already and I'm sure will look back at some point and feel relieved they got out of those relationships, even though it hurt at the time.

I'm not condoning what they did – an affair is never a good response to a relationship that's struggling – but they're making a proper commitment to each other and are clearly in it for the long haul. Finally, don't worry about the local gossips!

**“ They hurt people and I don't want to celebrate that ”**



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**COLEEN'S WORDS OF WISDOM**

Getting into new positive habits – whether that's exercising, eating healthier or getting more sleep – requires effort and discipline at first. If you can change your mindset to be consistent, you will finally get to a point where it doesn't feel like an effort at all.

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

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# Let's do this together

Edited by **SIOBHAN McNALLY**

School's out for the summer tomorrow and The Dark Lord has brought home the annual stack of classroom exercise books that need binning or keeping.

We've been playing the game of bin or keep every July for 12 years, and the sheer amount of year 6 maths books that I have stored for TDL means much of our family fortunes have been invested in plastic storage boxes.

When I die, they'll read the Will and it will say, "To my dearest daughter, I bequeath you all my worldly goods - 200 heavy duty 20L stacking boxes with lids filled with the spoils of your endless imagination - and quite a lot of spelling mistakes."

In the early years, when TDL wrote sweet poems about fairies and how much she loved her mummy, I would keep them - mainly for myself as evidence she did actually like me at some point.

But as the years passed and the classwork got more difficult and her writing more indecipherable, I started dropping them accidentally into the recycling wheelie bin.

Our fridge used to be covered in her works of art, especially the unnervingly accurate portrait she did of me in Year 4. "This is Mummy," read her caption. "She likes drinking wine."

Much of the art also found its way to the wheelie bin filing cabinet, but I did keep the creepy story she wrote for a competition once and which upset her lovely Year 6 teacher so much, I was called into her primary school to explain.

Turns out The Dark Lordette had written a tale about a little girl who lived in a house with her dad and cruel stepmother, and to make sure the little girl could never reveal the appalling treatment she was subjected to, the stepmum had sewed up the child's mouth.

"We just wondered where TDL could have got such terrible ideas," the school head and her teacher said to me, as if it was my fault she had such a dark and chilling imagination. I've kept that book as proof for TDL's therapy years so that we all know who the real monster was!

■ Email [siobhan.mcnally@mirror.co.uk](mailto:siobhan.mcnally@mirror.co.uk) or write to Community Corner, PO Box 791, Winchester SO23 3RP.

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

*Yours, Siobhan*

I did some financial planning and it looks like I can retire at 97 and live comfortably for eleven minutes



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## TOPPER the morning

Going for gold in the knit and stitch race, this Olympics-themed topper has just appeared on a seaside postbox.

"With the Paris Olympics just around the corner, I spotted this in Leigh-on-Sea," says

Sue Hampshire from Chelmsford, Essex. "It's by a lady known as the Leigh Banksy aka Linda Catling."

■ Send your local postbox creations to [siobhan.mcnally@mirror.co.uk](mailto:siobhan.mcnally@mirror.co.uk)

## Write to reply

■ I was impressed with your summing up on England's defeat in Germany (July 16). It's good to hear a female's view - my wife is not in the least bit interested and was watching a Christmas movie in the other room.

I thought before the tournament it would be a Spain v France final, so I wasn't too gutted at the outcome.

Mind you, trust a woman to notice where Gareth Southgate purchased his knitwear, tee hee!

**Peter Clarke, Birkenshaw, West Yorkshire**  
**Ed: Indeed, Southgate is an unlikely fashion icon, Peter, but I am a keen follower, especially when he was in his waistcoat era. It will be interesting to see what he does next - more short-sleeved knits in neutral tones? Or will he let it all go and start wearing slightly grimy, baggy trackie bottoms.**

■ I was surprised to see letters from readers disappointed by a lack of old Westerns on TV (July 15). My parents love those movies and always find lots to watch. May I suggest the following Freeview channels to your readers? They show many Westerns every day on Great Action, 5 Action, Talking Pictures, Legend, Film 4, ITV 3 and ITV 4 sometimes show a few on weekends too.

**Louise C by email**

■ If you or your readers want to enrich their gardening experience (July 17), I suggest going to other people's gardens.

Try the National Gardens Scheme or the yellow book as it is known in garden centres. They tell you what gardens are open, and on what dates.

It's a marvellous way to spend an afternoon and you get lots of ideas for your own garden, and they usually have tea and cake at least, and possibly lunches too.

**Susan Rennie, Hailsham, East Sussex**

**Ed: Thanks for the tip, Susan. I love snooping round people's houses, so I can now add gardens to my list of unhealthy interests.**

■ I've been really interested in how so many readers are irritable about how American words and phrases have crept into our language. But something that annoys me is that the Mirror always refers to the date the American way - it's also printed that way on the front of each copy!

Please could you ask the powers that be to change it so that the day comes first, followed by the month? I am able to say that today is the 22nd day of July but the Americans would have to say today is July the 22nd day!

**Debbie Richens, Bromley, SE London**

**Ed: I think if the month is spelled out, then it's entirely British, Debbie. And in fact all the national papers, apart from The Guardian and Telegraph, have it the same as the Mirror. We can't ALL be wrong.**

■ Several readers were tickled by Bernard Thorne's vintage limerick. Janet Strachan, Michael White and Brian Cowell all sent in their naughty school days version...

*Mary had a little lamb,  
She also had a bear,  
I've often seen her little lamb,  
But I've never seen her bear.*

## Stupid adverts

While I'm not a huge fan of the coy blue liquid used by feminine hygiene adverts, I am wholly in agreement with Karen Carrington over the fake bonhomie used by actors to talk about their leaky bladder. The reader from Rawdon, Leeds, names the ads that make her cringe. "The Always Discreet advert where we have to share the fact that she's, 'Letting it all go'. Yuk! I don't want to know that when I'm having my tea, thank you very much.



ALL GONE Indiscreet ad

"Then there's the Viking River Cruises

with the very posh female voiceover urging us to 'sail in caamfort'. I wouldn't want to be cooped up on a cruise with the sort of people in that advert.

"Finally there is the Staysure insurance ad showing the couple grinning inanely at each other. It ends with him sitting on a quayside and her lying in his lap. Who are they trying to kid? That's not real life. There we go. Rant over."

May you be at peace, Karen. ■ Send your pet peeves and daft adverts to [siobhan.mcnally@mirror.co.uk](mailto:siobhan.mcnally@mirror.co.uk)

## SWEETEST PET SELFIE

Having reached the grand old age of 19, little Rooney went to the Happy Hunting Grounds, leaving his owners heartbroken.

"Our Rooney passed away after catching cat flu," writes Wendy Edens in Oxford. "We had Rooney from a kitten and he was a loving, friendly lap cat who welcomed all visitors to our home. We will forever love and miss him."

■ Send a tribute to your much-missed pet to [siobhan.mcnally@mirror.co.uk](mailto:siobhan.mcnally@mirror.co.uk)



## THOUGHT OF THE DAY

Smell can conjure up memories stronger than any other sense. Especially childhood memories. Perhaps because you were that much shorter, and therefore closer to the ground and its smells.

**LILLI PALMER**



# YOUR VOICE Edited by AMANDA EVANS

## YOUR MEMORIES



■ This is a photograph of me, aged six, on Portsmouth's Southsea beach with my mother Sybil, father George, his father Jack and wife Flo, and Uncle Bert in 1950. My aunt Dorothy was the photographer. **Leslie White, Eastleigh, Hants**

■ If you'd like to send us a photo of a cherished loved one, please email us at the address below with a picture and some information about who they are and where it was taken. Please do not send original photos as we cannot guarantee they will be returned.

# Lessons to learn from pandemic

■ I READ the damning coverage from the Covid Inquiry (Mirror, July 19) with such dismay at the industrial scale of mistakes and deficiencies outlined in its report. Baroness Hallett could not be more explicit in her criticism of the government at the time.

As usual it was the healthcare workers who took up the slack and went the extra marathon to care for us all. Now we have a Labour government in charge who will no doubt address the findings of this pivotal inquiry.

They will do this with service to citizens at the heart of every decision and not let the devil take the hindmost, as in the recent past. **Judith Daniels, Great Yarmouth, Norfolk**

■ Where Covid is concerned, the inquiry is just confirming what we've known all along, the Tories' incompetence cost lives, especially in old people's homes, letting infected people back into them.

Even with the lessons learned, which undoubtedly Labour will put into operation, there needs to be some accountability. If this was done by private companies, the people in charge would probably be imprisoned. **Geoff Willmetts, Bridgwater, Somerset**

■ Now we have a Labour government, I am looking forward to some honesty from our elected officials. All this after 14 years of the Tories turning lying into an art form.

Liz Truss blamed everybody else for her own actions during her disastrous

## THE BIG ISSUE

**A damning report has revealed the Government "failed" its citizens due to being ill-prepared for the "foreseeable" Covid-19 pandemic. The Covid Inquiry, chaired by Baroness Hallett, heard how a string of failures from those in charge led to deaths and suffering across the country as coronavirus took hold in 2020. You say...**



49 days as PM when she crashed the economy. And, finally, Rishi Sunak has a selective memory, as displayed at the Covid Inquiry, when he claimed everybody knew about his Eat Out to Help Out scheme, despite no other officials knowing anything about it until after it was rolled out. **Jeffrey Williams, East London**

■ Most people in this country knew the Government was slow to act during the Covid pandemic. Information was kept quiet from late 2019 that a possible flu or SARS epidemic was imminent, yet football matches were allowed to go ahead by not only UEFA and FIFA but by our government.

We were woefully unprepared due to underfunding and understaffing of the NHS, no PPE being available, and borders were being closed too late.

It was obvious that we were totally unprepared for what was to come. **Kenneth Rheeston, Birmingham**

■ Britain didn't have enough PPE equipment to cope with a flu outbreak, let alone a pandemic.

Baroness Hallett, at long last, has chastised the naive judgment of politicians, which led to thousands and thousands of lives being lost unnecessarily.

It's extremely difficult to see how so many citizens can be compensated, bearing in mind the sub-postmasters who are still awaiting compensation. **Bill Cook, Teignmouth, Devon**

■ When Boris Johnson attended the Covid Inquiry recently he read out the oath to "tell the truth, the whole truth and nothing but the truth". It's a pity he didn't remember this when asked about the Downing Street parties.

So I ask myself – can we believe he's telling the truth, now or ever? This man is a serial liar and he will say anything to get his own way. **Tony Howard, Salford, Greater Manchester**

■ The Covid report blasts the Tories for failing us all. NHS cuts, austerity and flawed planning led to deaths and suffering for many.

The lack of preparedness by the Tories failed the nation. **Dave Mellor, Warrington, Cheshire**

## Cost of living still a killer

With seven million people struggling to pay essential bills such as rent and council tax, I can't see things getting better any time soon. Despite inflation easing, according to National Debtline more than one in five are in trouble with their finances.

Rent increases are now a joke. How can people afford such huge hikes? Food prices have shot up over the years and we're still feeling the cost-of-living crisis. **Mike Galloway, Bristol**

## THE BIG QUESTION

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

Reform UK leader Nigel Farage was criticised for ditching his constituency for the Republican National Convention in the US just two weeks after being elected as the MP for Clacton.

### Do you think Farage should have gone to the US?

**YES 11%**

**NO 89%**

No. Farage is after a job with Trump and saw turning up as a "loyal friend" would help that. **GERALDINEMITCHELL**

Yes. What on earth is the problem with jetting off for a couple of days to comfort an American ally who was inches from death? **CHUGS123**

No. SuperNige has flown across the Atlantic to do things he knows how to do instead – stand around and talk to TV cameras and have a bevvy. **NIGEBODDY**

Yes. Would you go and visit a sick friend? Trump had an attempt on his life! **NED1965**

No. He's being paid to be an MP, not an American Republican. **MARKLAZYBONES**

Yes. So Mr Farage is taking a two-day break to see his friend, so what? **BOBK3**



## Adele earned her big break

Adele is taking a well-deserved "big break" after her two-year residency in Las Vegas. She hasn't said she's quitting music for ever, which I am pleased about as she is such a great singer. I wish her well in whatever she decides to do. **Sylvia Robins, Maidenhead, Berks**

## Change for our children

■ More than eight in 10 NHS trusts are unable to meet the demand for children and young people's services.

Waiting times for assessments and treatment have increased, forcing youngsters to go without urgent mental health treatment. This is shameful and without immediate intervention, things will only get worse. **Belinda Collier, Exeter**

■ MPs should bear in mind when discussing scrapping the two-child benefit cap that parents have a choice on how many children they have, and how many children they can afford to have.

They need to play fair with taxpayers' money. **Joyce Barker, Manchester**

## Tweet of the day



**Comedian Mark Watson responds to the speaker of the Commons, Sir Lindsay Hoyle, who has demanded MPs dress more formally for work...**

@watsoncomedian - If you want to wear [a tie], good luck to you. Some people look great in them - but in the seat of democracy, it's genuinely odd to be saying "if you have a point to make, you'd better have something dangling round your neck".

■ The condescending and dismissive attitude of potential US vice-president JD Vance towards the UK shows the real nature of the special relationship between us. **Phil Brand, South West London**

## Pub quiz answers

How many of our daily pub quiz brainteasers did you manage to get right?

1. Cole Palmer
2. False
3. East
4. Orange
5. Hamlet

To have your say, go to [mirror.co.uk](http://mirror.co.uk)

email [yourvoice@mirror.co.uk](mailto:yourvoice@mirror.co.uk) facebook.com/dailymirror X@dailymirror

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write Daily Mirror, One Canada Square, London E14 5AP

# TODAY'S TV



with SARA WALLIS

## EMMERDALE

ITV1, 7.30pm

Bolstered by Mandy's support, Ella considers telling Liam about her pregnancy. Meanwhile, he opens up to Chas about his concern over Ella's return to the village.

Tracy thinks Ella is not suitable for the receptionist role.

Elsewhere, Billy finally confesses to Dawn that Kim took the rap when he broke the social bubble and came home drunk.

And Charity is very concerned to hear about Tom's job interview in Wales and their sudden departure from the village. Unable to shake her anxiety, she calls Cain.

## EASTENDERS

BBC1, 7.30pm

Money troubles are mounting for Reiss as Debbie's care home calls to complain that he still owes them. If he doesn't pay soon, she will be moved.

Planning to scam her, Reiss lies to Sharon about an outstanding VAT receipt, but he quickly backtracks after she becomes emotional about Keanu.

Elsewhere, it's the day of Dean's plea hearing and Linda is struggling to cope.

And Kat and Alfie try to discipline Tommy, but they're furious when he skips school for the Boxing Den.



**TRAILBLAZER** Sophie Morgan wants disabled passengers to be treated the same as others

# The wings of change

## SOPHIE MORGAN'S FIGHT TO FLY

Channel 4, 9pm

**FROM wheelchairs being broken to a passenger having to drag himself along the aisle to use the plane's toilet, this is a shocking insight into the discrimination against disabled travellers.**

TV presenter, adventurer and activist Sophie Morgan has been campaigning hard for changes in legislation after suffering terrible treatment that sadly affects so many

others. Sophie, who has used a wheelchair since suffering a spinal cord injury after a car crash when she was 18, says she once had her wheelchair broken after a flight.

She says: "I was literally shaking, I was so upset. Your life stops when your wheelchair is broken."

"I have to travel the world for my job but almost every flight is a battle."

Airlines and airports regularly discriminate against disabled travellers.

"They are left stranded on planes,

abandoned, treated like second-class citizens."

One disabled passenger says: "We're treated like luggage, like cattle."

In this eye-opening documentary, Sophie, who has founded the Rights On

Flights campaign, sends a group of disabled travellers undercover to expose the horrifying service and regular challenges they can experience when flying.

Determined to inspire change, Sophie visits both the White House

**PICK of the DAY**

and Downing Street and becomes the first British female paraplegic to take a zero-gravity flight.

Sophie also opens up about her devastating accident in 2003, describing what happened and how she

nearly died.

She says: "I came back for a reason. Change is needed. Well-behaved women seldom make history. I'm not going to be well behaved, I'm going to make a fuss."



**DISCOVERY** Stu finds Mason injured

## CORONATION STREET

ITV1, 8pm

Toyah heads off for her hospital appointment alone. She is shocked when Nick turns up.

With Mason's release on his mind, an anxious Dylan arrives for his shift at Speed Daal. Stu is shocked to find a bloody and battered Mason near the precinct.

Meanwhile, Abi returns from Essex and makes it clear to Kevin she just wants to forget all about Stefan.

And Billy calls the family together for a meeting where Paul plays them a pre-recorded message telling him that he's dying.

## INVESTIGATION Will Mellor visits some of the sub-postmasters



## SURVIVING THE POST OFFICE

BBC1, 8.30pm

The wrongful convictions of hundreds of Post Office workers due to faulty software has been one of Britain's biggest miscarriages of justice to date.

Twenty-five years on from the first convictions for theft and fraud, the ITV drama Mr Bates vs The Post Office ignited mass public interest in the scandal.

In this film, actor Will Mellor, who played a victim in the drama, travels across England to meet some of the

real-life sub-postmasters whose lives have been torn apart by injustice.

After being wrongly accused of theft, many of them lost not only their savings but also their livelihoods.

As the country wakes up to the full scale of the scandal, Will finds out what's happened to the people involved, as well as their families.

He discovers that many of them want to take back control of their lives. And for some, facing the past proves a troubling experience, while for others it heralds a liberating new step forwards.

## THE BATTLE TO BEAT MALARIA

BBC2, 8pm

More than 200 million people fall ill and 600,000 die of it every year, making malaria among the world's deadliest diseases.

The vast majority of those fatalities are young children - an average of one child every minute. A terrifying statistic, but medical science may now be at an exciting turning point.

With access to key scientists on four continents, this documentary tells the inside story of the development of a

new malaria vaccine that could save millions of lives.

It is hoped that the new vaccine, developed by many of the same team behind the Oxford/AstraZeneca Covid-19 vaccine, will be the first to meet the World Health Organisation's target of 75% efficacy.

Immunologist Professor Katie Ewer, part of the vaccine team, says: "It's more personal to me because it's children. You'd have to be a very hard-hearted person not to be moved by a death toll of 400,000 kids a year dying in Africa, under the age of five, from malaria."



**VACCINE** Science at a turning point, inset, Professor Katie Ewer

In the **DAILY MIRROR** Saturday



**LOVE TV** All the new shows, soap news and 7-day listings

More TV and film news online at [mirror.co.uk/tv](http://mirror.co.uk/tv)

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

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

**11.05 The Apartheid Killer** Documentary exploring the investigation into a series of shootings in 1980s South Africa, when private security guard Louis van Schoor killed at least 39 people, all of them black.

**11.40 Love & Death** After a charged moment at a church volleyball match, Candy Montgomery proposes that she and Allan Gore have an affair. Fact-based crime drama, starring Elizabeth Olsen and Jesse Plemons. (R)

**11.05 The Great** Double bill. Catherine must decide what to do about unrest in the regions, but Velementov is in no state to help her. Peter is tormented; Catherine tries to persuade Peter to come home. Elle Fanning stars.

**11.05 Police 999: Clear & Present Danger** Following an assault, armed police chase down a gun-wielding suspect. Officers urgently need to capture a murder suspect, and a police officer is brutally attacked with a machete. (R)

12 midnight

**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)

**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

**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

**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

**5 USA** Freeview 21

**6.00am** Home Shopping **9.00** NCIS **11.55** Entertainment News on 5 **12.00noon** Law & Order **3.00** Law & Order: Criminal Intent  
**6.00** **NCIS Triple bill.** A woman claims to have witnessed a murder; a US Marine is found dead near cliff; a bartender wakes up next to a corpse.  
**9.00** **NCIS: Hawai'i** The team investigates the mysterious shooting of a Marine while on horseback, who believes he was probably snared by a hunter. Vanessa Lachey stars.  
**10.00** **Law & Order: Special Victims Unit** Double bill. A PR executive is found dead in a fountain; a businessman is found drugged, stripped, tied up, and branded.  
**12.00m't** Law & Order: Special Victims Unit: double bill **1.55** Law & Order **2.50** Criminal Minds **3.35** 999: Criminals Caught on Camera **4.00-6.00am** 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

**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

**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

**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.

**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.

**6.00-6.30** ITV News West Country **10.30-10.45pm** ITV News West Country. Headlines.  
**S4C** **6.00am** Cyw **9.00** Y Sioe 2024 - Bore lau o'r Sioe **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Y Sioe 2024 - Dros Ginio lau o'r Sioe **2.00** Newyddion S4C a'r Tywydd **2.05** Y Sioe 2024 - Prynawn lau o'r Sioe **5.15** Byd Rwtsh Dai Potsh **5.25** NEW Y Stadiwm **5.40** Cer I Greu **6.00** Cegin Bryn. Bryn Williams cooks with beetroot. **6.30** Rownd a Rownd. Everybody is worried about Mel following the accident. **6.57** Newyddion S4C **7.00** Heno o'r Sioe. Nightly magazine programme. **7.30** Newyddion S4C a'r Tywydd **8.00** Y Byd ar Bedwar. Dot Davies shines a light on the 11,000 child carers in Wales. **8.25** Garddio a Mwy. Helen Scutt shares tips on how to keep borders full throughout the summer. **8.55** Newyddion S4C a'r Tywydd **9.00** Y Sioe 2024 - Uchafbwyntiau Dydd Llun. Highlights from the first day at the Royal Welsh Show. **10.00** Rallo+. Action from the eighth round of the World Rally Championship, held on gravel roads around Liepaja. **10.30** Ras yr Wyddfa 2024 **11.30pm-12.35am** Y Sioe 2024 - Uchafbwyntiau Dydd Llun. Highlights from the first day at the Royal Welsh Show.

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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 Whalley's Shiny Happy Playlist **7.30** Jo Whalley **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** Gold 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 Megawrecks: 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

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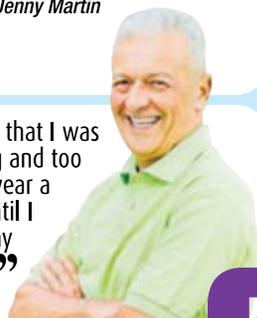
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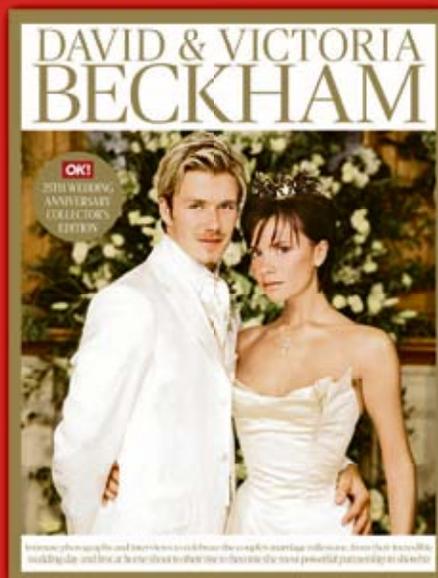
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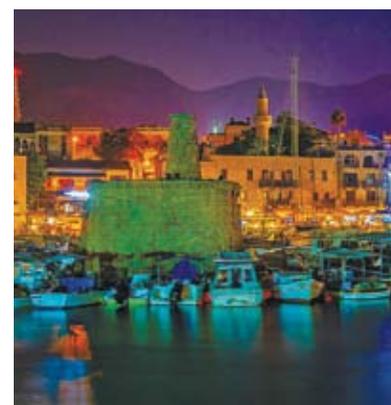
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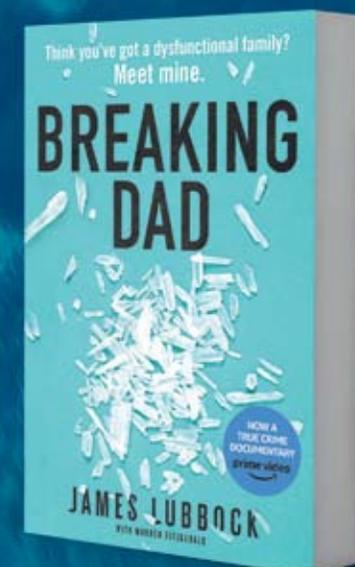
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# TOUR DE FRANCE

As top dog Pog makes history, Cav signs off for the final time

# MANX FOR THE MEMORIES

BY DARREN WELLS

**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 over five minutes into the final stage with his third yellow jersey practically secure.

But Pogacar (below, circle) was in no mood to take an early victory lap in the 33.7km time trial up to Nice as he romped home over 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 of cycling.

"I'm super happy. It's incredible," he said. "People might think the Giro was a safety net if I didn't succeed in the Tour, but winning both is another level."

While it was a dream finish for Slovenian Pogacar, it was an emotional ending for Cavendish, who admitted it was "likely" 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.

Speaking after his final ride, Cavendish said: "I knew my family was

waiting at the finish and I was just absorbing it. I got all the emotions out of the way yesterday and I could just really enjoy today."

Cavendish – who embraced Pogacar after his triumph – has recorded 165 professional road wins, including the 2011 world title and 55 Grand Tour wins, a tally which puts him third all-time.

The Manx Missile had to battle back from illness and injury that led to a diagnosis of depression before his comeback at the 2021 Tour. "I've been very lucky to have the career I've had," he said.

"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. That's the biggest thing I take from this sport.

"Of course I'll be back at the Tour de France, even as a spectator. This has been my professional life for 18 years."



## RUGBY LEAGUE CASTLEFORD 28 CATALANS 18

# TIGERS CLAW WAY BACK

BY ROSS HEPPENSTALL

**CRAIG LINGARD** hailed his side's resurgence after Castleford edged out title-chasing Catalans.

The Tigers saw off Steve McNamara's team to clinch a third straight Super League win.

Castleford made an awful start to the season, but Lingard has fashioned them into a respected force. They raced into an 18-0 lead in the first half.

Although the Dragons hit back to level, Castleford claimed a late winning try

through Tex Hoy (left). Lingard said: "It was tight towards the end, but the boys scrambled really well."

"To see the game out after allowing them to level at 18-18 was a turning point for us. In the past, we've conceded points and gone into our shells, but the way we got better as the game wore on was testament to our hard work."

"We needed to change that narrative from earlier in the season. This again shows we can beat teams in the top six." Defeat

raised doubts over the Dragons' play-off hopes.

They also suffered the loss of star winger Tom Johnstone to injury.

The prolific wideman scored in the first half, but picked up a heavy knock.

Liam Horne crossed twice and Jacob Miller also scored to put the Tigers 18-0 up, before Johnstone, Matt Ikuvalu and Arthur Mourgue levelled ahead of Hoy's winning try.

Catalans boss McNamara said: "We blew a game we should've won."



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RESULTS & PRICES

REDCAR

1.47: BRASTIAS (D Tudhope 9-4f) 1; Belator Bullet (13-2) 2; Treble Winners (33-1) 3. 11 ran. 1% 1% (D O'Meara). Tote: £3.25; £1.30, £2.40, £5.70. Tote Exacta: £15.40. Trifecta: £285.20. CSF: £16.88.

Outback Frontiers (9-2) 2; Good Impression (11-2) 3. 12 ran. 6-4f Eurkash. 1% 3/4. (D Rees). Tote: £17.20; £3.50, £1.80, £1.70. Tote Exacta: £83.00. Tricard: £338.33. Trifecta: £427.20. CSF: £63.18.

GREYHOUND RESULTS

YARMOUTH. - 11.01 Blue Aminta 15-8f (2-5-3, £7.09, TC: £31.62). 11.18 Good Steel Evensf (3-5-1, £5.87, TC: £19.02). 11.34 Everleys Emerald 15-8f (3-5-4, £10.10, TC: £37.24).

STRAFORD

1.50: ROYAL PRETENDER (T Cannon 11-2) 1; Honneur D'Ajone (15-2) 2; A G Henly (5-2f-1) 3. 8 ran. 5-2f-1 Kick Up A Storm. 5f. 1% (A King). Tote: £6.50; £1.80, £1.80, £1.50. Tote Exacta: £42.90. Tricard: £128.61. Trifecta: £152.30. CSF: £46.15. NRs: Gwash, Lunar Power.

TOP DOG'S BEST

ROMFORD: 11.01 Last Dance Lydia (4-1-6) 11.18 Heavenly Scent (6-5-2) 11.34 Burgess Siun (2-4-6) 11.52 Nanny Lynn (3-1-6) 12.09 Princes Percy (3-4-5) 12.26 To Tone Chloie (1-2-3) 12.42 Bombay Lemon (1-6-6) 12.59 Altesse Destiny (1-3-5) 11-7 March On Ivy (6-2-4) 1.33 Jeopardy Rover (8-5-1) 1.51 Young Joddy (4-1-5) 2.07 Jeopardy Blitz (Nap) (4-3-9)

NEWTON ABBOT

2.05: FINAL ENTRY (J Tudor 11-2) 1; Kalkaroo (7-2) 2; Golden Path (8-13) 3. 5 ran. 1/2, 29f. (D Pipe). Tote: £6.50; £2.00, £1.50. Tote Exacta: £19.50. Trifecta: £26.50. CSF: £23.39.

GREYHOUND RESULTS

1.10: Blue Aminta 15-8f (2-5-3, £7.09, TC: £31.62). 11.18 Good Steel Evensf (3-5-1, £5.87, TC: £19.02). 11.34 Everleys Emerald 15-8f (3-5-4, £10.10, TC: £37.24).

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EMERGING ECONOMICS



ECONOMY PLAN Economics is likely to miss the Juddmonte at York

Haggas' star set for Deauville return next month

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.

this weekend, said: He's not going to be entered at York on Saturday - he's not going to be ready."

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."

CARTMEL

1.40 HENRY CAVENTISH 10TH BIRTHDAY HURDLE (5m) 2m 6f Winner £3,248 (10 run) SPOT FORM

1 564P-1 BELLES BENEFIT (24) B Case 8 11-0 (CD) (SF) H Bannister 101 G

3.55 WEATHERBYS HAMILTON NOVICES' LIMITED HURDLE CHASE (GBB RACE) (3) 2m 1f Winner £6,205 (6 run)

NEWSBOY 1.40 BELLES BENEFIT 2.10 TRAILBLAZER 2.45 JOLIE COEUR ALLEN 3.20 DYNAMITE KENTUCKY 3.55 FORCING BULL 4.30 HAPPY DU MESNIL 5.00 BREAKING THE ICE

2.10 BURLINGTON STONE HURDLE (5) 2m 1f Winner £3,248 (10 run)

1 1F3-35 ARTISTE D'AINAY (46) T Ellis 6 11-0 (BF) Mr J Andrews (3) 97 S

4.30 STRATHMORE HOTELS HURDLE CHASE (4) 3m 1f 107yds Winner £4,832 (12 run)

GOING: Soft-Good to Soft in places. COURSE: Left-handed, sharp and undulating track of 1m, with a 4f run-in. There are 6 fences and 4 hurdles per circuit.

2.45 WOMENS COMMUNITY MATTERS MAIDEN HURDLE (GBB RACE) (4) 2m 1f Winner £3,921 (12 run)

1 FAIRMAC (F140) L Russell 6 11-0 (BF) D R Fox - -

5.00 BOWNESS BAY HURDLE CHASE (5) 2m 5f Winner £3,617 (12 run)

TOP TRAINERS: J Moffatt 33-182 (18.1%), B Haslam 18-78 (23.1%), S England 16-66 (24.2%), D McCain 15-105 (14.3%), D Sayer 14-74 (18.9%).

3.20 CHAMPAGNE LOUIS ROEDERER HURDLE (4) 3m 1f Winner £4,146 (14 run)

1 3141-1 TOWNHILL (27) T Lacey 6 12-0 (D) (SF) DOUBTFUL

PRO-BET No bet today IN FORM TRAINERS: A Balding 15-56 (27%), J & T Gosden 7-27 (26%), A Nicol 1-4 (25%), D Carroll 3-12 (25%), E Williams 1-4 (25%), G Tutty 1-4 (25%), J Mackie 1-4 (25%), M Rimell 1-4 (25%), R Cook & J Bridger 2-8 (25%), S & E Crisford 6-24 (25%), G Boughey 7-29 (24%), S C Williams 6-26 (23%), K Ryan 8-36 (22%).

FAB 4 TIPS NORTHERNER'S NAP ETHERNAL SUNSHINE (4.15 Ayr) TOPSPOT TWILIGHT JAZZ (3.05 Newton Abbot) NEWMARKETS BEST SEA REGAL (7.50 Windsor) SPEEDHORSE LOTUS ROAD (6.30 Beverley)

TODAY'S ABC GUIDE TO FOUR UK MEETINGS

Table with columns for meeting name, race name, time, horse name, jockey, odds, and trainer. Meetings include Ayr, Beverley, Cartmel, Windsor, and Newton Abbot.

AYR

RTV



TREBLE Golden Phase aims for a third win

Golden chance at Windsor

NEWSBOY'S DAILY DOUBLE GOLDEN PHASE is fancied to make it three wins from her last four starts by landing the Download The Fitzdares App Now Handicap (8.20) at Windsor this evening.

Denis Coakley's daughter of Gustav Klimt marked her first attempt at today's mile-and-a-quarter trip with a length-and-a-half margin from Snapcracklepop at Bath in mid-May.

That success under Hollie Doyle (below) came from a British Horseracing Authority rating of 54 and Golden Phase followed up from a 4lb higher mark over the same course and distance at the beginning of last month, having the same cushion to spare over Manila Mist.

The hat-trick bid came up short by three-quarters of a length as my selection, partnered by Rose Dawes, finished second to Lucky's Dream over a mile and three furlongs at Newbury last time out, but that doesn't mean Golden Phase's winning days are at an end.

Doyle is back on board as the four-year-old drops from a 0-70 to a 0-65 here and, in her current mood, a 1lb nudge up the weights may not be enough to stop Golden Phase from getting back to winning ways.

At Beverley, UGO GREGORY is poised to cash in on the handicapper's clemency when he takes on 10 opponents for the Skybet Go-Racing-In-Yorkshire Summer Festival (7.00).

GOING: Good-Good to Firm in places. COURSE: Left-handed oval course of 1m 4f, races of 1m 3f start on a chute, straight 6f track. DRAW: Middle to high numbers are favoured on the straight course. TOP TRAINERS: J Goldie 72-637 (11.3%), I Jardine 48-423 (11.3%), R M Smith 35-433 (8.1%), R Fahy 30-301 (10.0%), K Ryan 24-199 (12.1%), M Dods 23-260 (8.8%), K R Burke 20-142 (14.1%), K Scott 14-114 (12.3%), Miss L Perratt 13-247 (5.3%), C Johnston 13-60 (21.7%), M & D Easterby 8-94 (8.5%), R Menzies 6-78 (7.7%), Ewan Whillans 5-79 (6.3%), R Fell & S Murray 5-91 (5.5%).

TOP JOCKEYS: Paul Mulrennan 63-413 (15.3%), Joe Fanning 41-243 (16.9%), Andrew Mullen 34-262 (13.0%), Patrick Mathers 20-206 (9.7%), Sam James 11-104 (10.6%), Clifford Lee 11-91 (12.1%), Osin Orr 10-111 (9.0%), Tom Eaves 9-157 (5.7%), David Nolan 9-87 (10.3%). 1ST TIME BLINKERS: 5.25 Wildfell. CHEEKPICES: 2.30 It's All About You, 3.40 Pinpoint, 4.15 Earn Your Stripes, 4.50 Braes Of Doune, Gobi Sunset, Tarjamah, 5.25 Hale End. TONGUE STRAPS: 2.30 Ravenscraig Castle, Tilsitt. (=1st time). PROFITABLE RACES FOR FAVS: 4.15.

2.30 EVERY RACE LIVE ON RACING TV APPRENTICE HANDICAP (5) 1m 5f Winner £4,187 (7 run) SPOT FORM

3.05 IRISH EBF MAIDEN STAKES (GBB RACE) (4) 2(Y-0) 5f Winner £4,860 (5 run)

3.40 SUMMER STAYERS AT WESTERN HOUSE HOTEL HANDICAP (6) (3-Y-0) 5f Winner £3,664 (8 run)

BEST LONGSHOT GOLDEN SANDS (7.00 Beverley) STAT OF THE DAY

NEWSBOY 2.30 DESERT QUEST 3.05 STRONG WARRIOR 3.40 LA BOO 4.15 ETERNAL SUNSHINE 4.50 CONCERT BOY 5.25 HELTER SKELTER

BOUVERIE 2.30 GLASSES UP 3.05 MOTAWAHJI 3.40 LA BOO 4.15 ETERNAL SUNSHINE 4.50 CONCERT BOY 5.25 CISCO DISCO

4.15 JOIN RACING TV NOW HANDICAP (6) 6f Winner £3,664 (10 run)

4.50 RACING TV HANDICAP (6) 7f Winner £3,664 (13 run)

5.25 RACING TV PROFITS RETURNED TO RACING HANDICAP (5) 1m Winner £4,187 (7 run)

NEWSBOY 5.18 RUFF JUSTICE 5.50 FLEETWATER 6.20 IZIPIZI 6.50 RAHEEN RODE 7.20 SIXTIES CHIC 7.50 SEEK AND DESTROY 8.20 GOLDEN PHASE (NAP) 8.50 SALAAMAAT

BOUVERIE 5.18 RAN AMOK 5.50 FLEETWATER 6.20 IZIPIZI 6.50 RAHEEN RODE 7.20 BONA FORTUNA (NB) 7.50 SEA REGAL 8.20 NEW DAYRELL 8.50 SALAAMAAT

5.18 DOWNLOAD THE RACEDAY READY APP NURSERY (5) (2-Y-0) 6f Winner £4,397 (10 run) SPOT FORM

7.20 FITZDARES SPRINT SERIES HANDICAP (4) 6f Winner £5,653 (16 run)

5.50 EBF FILLIES' RESTRICTED NOVICE STAKES (GBB RACE) (5) (2-Y-0) 6f Winner £3,672 (16 run)

7.50 BRITISH STALLION STUDS EBF FILLIES' HANDICAP (4) 1m 2f Winner £8,505 (6 run)

6.20 DOWNLOAD THE RACING APP 43 NOW MAIDEN STAKES (GBB RACE) (DIV 1) (5) 1m 2f Winner £4,320 (10 run)

8.20 DOWNLOAD THE FITZDARES APP NOW HANDICAP (6) 1m 2f Winner £3,768 (13 run)

6.50 DOWNLOAD THE RACING APP 43 NOW MAIDEN STAKES (GBB RACE) (DIV 2) (5) 1m 2f Winner £4,320 (9 run)

8.50 FREE DIGITAL RACEDAY AT RACEDAY-READY.COM HANDICAP (6) 1m Winner £3,768 (14 run)

SINGLE-SHOT STAR (Top in-form jockey with just one booked ride) Rossa Ryan: KIT GABRIEL (7.20 Windsor)

BEVERLEY

NEWSBOY 6.00 SENSORIUM 6.30 GOLDEN RAINBOW 7.00 UGO GREGORY (NB) 7.30 ALICE'S IMPACT 8.00 CUBANISTA 8.30 CHICAGO GAL 9.00 BOHEMIAN BREEZE

BOUVERIE 6.00 SENSORIUM 6.30 JACK OF CLUBS 7.00 UGO GREGORY 7.30 CLOTHERHOLME 8.00 KING SHARJA 8.30 SEAHORSE SYD 9.00 CAKEWALK

GOING: Good to Firm-Good in places. COURSE: Right-handed, sharp, oval course of 1m 3f, uphill run-in. The 5f course bends right at halfway and is uphill and testing, especially on soft ground. DRAW: Low best over 5f. TOP TRAINERS: T Easterby 45-519 (8.7%), R Fahy 38-253 (15.0%), D O'Meara 27-214 (12.6%), M & D Easterby 25-180 (13.9%). TRAINER TARGETS (won today's race at least twice in last 10 years): R Fahy won the 6.00 in '21 and '23. T Easterby won the 9.00 in '15 and '19. TOP JOCKEYS: David Allan 27-249 (10.8%), Connor Beasley 22-164 (13.4%), Rowan Scott 17-161 (10.6%), Jason Hart 14-174 (8.0%).

1ST TIME BLINKERS: 8.00 Marton Heads, 8.30 Three Platoun. CHEEKPICES: 6.30 Golden Prosperity, 7.00 Golden Sands, Ugo Gregory, 7.30 Clotherholme, Elettaria, 8.00 Papagrey, 8.30 Jamih, 9.00 Bohemian Breeze, Sonning, Where's Jeff. TONGUE STRAPS: 6.30 Exceed, Golden Rainbow, Opal Storm, Refuge, 7.00 Ugo Gregory, 7.30 Entrecasteaux, 8.00 Marton Heads, 8.30 Lincoln Royal, 9.00 Mount King, Sonning. (=1st time). 1ST TIME HOODS: 9.00 Bigtime Bridget. PROFITABLE RACES FOR FAVS: 9.00.

6.00 RACING TV EBF RESTRICTED MAIDEN STAKES (GBB RACE) (5) (2-Y-0) 5f Winner £4,050 (12 run) SPOT FORM

6.30 JAIMIE KERR MEMORIAL HANDICAP (6) 5f Winner £4,004 (12 run)

7.00 SKYBET GO-RACING-IN-YORKSHIRE SUMMER FESTIVAL HANDICAP (4) 7f Winner £6,621 (11 run)

7.30 TOMAHAWK STEAKHOUSE HANDICAP (DIV 1) (6) 7f Winner £4,004 (10 run)

8.00 TOMAHAWK STEAKHOUSE HANDICAP (DIV 2) (6) 7f Winner £4,004 (9 run)

8.30 SKY BET SUPPORTING MATT HAMPSON FOUNDATION HANDICAP (6) 1m 2f Winner £4,004 (11 run)

9.00 RACING AGAIN NEXT TUESDAY HANDICAP (5) 1m 2f Winner £4,527 (9 run)

LONGEST TRAVELLER By road, Six Mile Bottom, Cambridgeshire-based Robert Cowell sends LEXINGTON BLITZ (3.05) on a 360-mile trip to Ayr.

WINDSOR JACKPOT

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DARTS



## Luke is all smiles on the Mile

BY MIKE WALTERS  
LUKE HUMPHRIES was close to tears after clinching his fifth TV major in nine months and becoming king of the Golden Mile.

Cool Hand Luke became only the second player in darts history to win the World Matchplay as reigning world champion with a tense 18-15 win against Michael van Gerwen (circle) in the final.

And as he lifted the Phil Taylor Trophy at Blackpool's sold-out Winter Gardens, Humphries (top) admitted: "When I take this trophy home with me, it will mean the world."

"I got a bit of luck near the end when Michael missed a few doubles, but I am really blessed to be up on this stage and hold a trophy won by so many great players, especially

Phil Taylor. "To do it in the same year as winning the World Championship is amazing."

"I can pretty much guarantee Luke Littler will pick up this trophy one day - I'm just glad I got there first!"

Humphries, who sealed his triumph with an audacious tops-tops combination, was a worthy winner after sustaining a tournament average of 102.04. And since breaking his duck in TV majors at the World Grand Prix last October, he has now won more than £1million.

Earlier, Beau Greaves retained the Women's World Matchplay title with a 6-2 win against Fallon Sherrock in the final - but she will pass up the chance to pit her talents against the men at Alexandra Palace in the PDC World Championship in December.

Beau 'n' Arrow admitted: "I don't think we will ever be good enough to play against the likes of Luke Humphries or Luke Littler."

"I don't think any lady will ever go to Ally Pally and win that. You are literally being silly if you think that's possible."

# CRICKET ENGLAND v WEST INDIES



2ND TEST DAY FOUR

# SHO STOPPER

## Bashir puts woeful Windies in a spin as they collapse after Root century

BY NEIL MOXLEY  
at Trent Bridge

**SHOAIB BASHIR capped a ton-derful day for England as they crushed the sorry Windies.**

The young off-spinner capitalised on centuries by Yorkshire duo Joe Root and rising star Harry Brook by grabbing a five-fer as the hosts emphatically wrapped up the three-Test series.

The 20-year-old ripped the heart out of the tourists' chase as they surrendered with little more than a whimper after being ground down by both bat and ball.

Bashir, who did not get a bowl in the first Test, will leave Trent Bridge a happy man after two victims in the first innings was followed up by a sparkling display in the second that saw him depart the arena with 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.

Brook (109) and Root (122) wrote themselves into the history books with a record fourth-wicket partnership of 189 for England at this famous old venue.

Brook, resuming on 71, played fluently as he chased down his first century on home soil.

He reached three figures from just 118 balls - giving a glimpse of the bright future he will surely enjoy in international cricket - and seemed set for a big score.

But Jayden Seales cut short his innings - which left Root (right) to shoulder

the burden. He did just that as he became the eighth-highest run scorer in Test history. It was a classic innings of its kind, too.

When the ex-skipper

### SCOREBOARD

England v West Indies (Day 4 of 5)

TRENT BRIDGE: England beat West Indies by 241 runs

ENGLAND: First Innings 416

(Pope 121, Duckett 71, Stokes 69)

WEST INDIES: First Innings 457

(Hodge 120, Da Silva 82no, Athanaze 82, Woakes 4-84)

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

Total (92.2 overs) .....425

Fall: 8, 127, 140, 329, 341, 348, 378, 419, 421.

Bowling: 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.

WEST INDIES: Second Innings

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

Total (36.1 overs) .....143

Fall: 61, 66, 74, 75, 82, 91, 113, 113, 129.

Bowling: Woakes 8-3-28-2, Atkinson 9-1-49-2, Wood 8-2-17-1, Bashir 11.1-2-41-5.

Umpires: A Holdstock & R Tucker.

finally brought up three figures - for the 32nd time - he had scored just seven boundaries from the 158 balls faced. 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 Root 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 required a total way above the highest ever chased down at Trent Bridge.

Kraigg Brathwaite and Mykyle Louis

started brightly and reached 61 before Woakes found the edge of Louis's bat.

That breakthrough sparked a staggering collapse as the Windies lost all ten wickets in just 23 overs. Bashir profited from a rash shot by McKenzie, but it was a far better delivery that accounted for Alick Athanaze, the batter nicking off to Root at slip

He then trapped Kavem Hodge plumb in front.

When Woakes returned to snare Brathwaite, the end was near.

Mark Wood bounced out Sinclair and Atkinson weighed in with two wickets in an over as England tried to finish the job inside four days.

Jason Holder whacked Bashir for a four and a six, but was then bowled before the spinner castled Shamar Joseph.

## 'SO HAPPY FOR BASH'

FROM BACK PAGE

done is shown the world what he can do.

"That wicket offered hardly anything to the 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.

"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."

Captain Stokes (above) was delighted to see Bashir claim the final wicket to secure the victory with a day to spare.

He added: "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."

### ENGLAND'S STAR TURN

Bashir celebrates on his way to a match-winning five-wicket haul



## BOYCS WORRY

SIR GEOFFREY BOYCOTT is fighting pneumonia in hospital after taking a "turn for the worse" following surgery for throat cancer.

The former England batsman (below), 83, had his operation on Wednesday, and was discharged 48 hours later.

But his family confirmed yesterday that he is back in hospital and on oxygen after contracting pneumonia during his recovery.

"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.

"Unfortunately, things have taken a turn for the worse."



# FORMULA ONE

## HUNGARIAN GRAND PRIX HUNGARORING

### TENNIS SWEDISH OPEN



## NET CLOSES ON NADAL'S COURT TIME

RAFA NADAL was blown away in his first final for two years - and then hinted his career is close to the end.

The 22-time Grand Slam singles champion saw his hopes at the Swedish Open dispatched in double quick time, 6-3 6-2 by Nuno Borges of Portugal.

The 38-year-old, playing the tournament for the first time since 2005, told the crowd: "You made me feel great and special on the court, and you gave me a lot of energy in the tough moments. I don't know if I'll be back here playing, probably not."

"But I enjoyed it a lot, playing for one more time here."

Borges even admitted that a part of him wanted the Spaniard to win, but the prize on offer - a first ATP singles tour final victory - was too hard to resist.

The 27-year-old (with Nadal, above) became just the fifth player to beat Nadal in a clay-court final.

He was overcome with joy after receiving the trophy in Bastad.

"I never thought I would have been playing here in a full stadium against Rafa on clay," he said. "It is a dream come true. I'm living in the clouds."



### PRESSURE POINTS

It was a tense day for Norris and Piastri (circle) and old rivals Verstappen and Hamilton

# OSCAR, WILD

## On a day of confusion over team orders with Norris, and Verstappen colliding with Lewis, Piastri gets his first F1 win

BY DANIEL MOXON  
**LANDO NORRIS could not look Oscar Piastri directly in the eye - but he could at least muster a handshake after a frustrating Hungarian Grand Prix.**

After all, the Brit felt like he was the one who should have been standing on the top step of the podium.

But he had to settle for second after finally listening to repeated pleas from McLaren to "do the right thing".

Norris started the race 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.

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.

But for more than 20 laps they had to keep asking McLaren's desperation getting more and more evident as time went by.

Eventually, a civil war was avoided as Norris obliged with three laps to go and Piastri took the win. 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 done a lot for me in the past and 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 insisted he never thought Norris was going to steal his thunder.

The Aussie (celebrating with Norris, left) smiled: "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. And that's what we did."

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.

Hamilton explained: "Ultimately, he was much quicker and sent it. I moved a little bit to defend but I left enough space on the inside but then he locked up and couldn't turn."

"If he was under control, he would have gone by."

Verstappen earned plenty of criticism after spending the afternoon shouting at his Red Bull colleagues.

What would the championship leader say to those critics?

"They can all f\*\*k off," was his deadpan reply.

### HOW THEY FINISHED...

- 10 Piastri (Aus) ..... 1:38:01.989
- 2 L Norris (GB) ..... +2.141
- 3 L Hamilton (GB) ..... +14.880
- 4 C Leclerc (Mon) ..... +19.686
- 5 M Verstappen (Hol) ..... +21.349
- 6 C Sainz Jr. (Spa) ..... +23.073
- 7 S Perez (Mex) ..... +39.792
- 8 G Russell (GB) ..... +42.368
- 9 Y Tsunoda (Jpn) ..... +1:17.259
- 10 L Stroll (Can) ..... +1:17.976
- 11 F Alonso (Spa) ..... +1:22.460
- 12 D Ricciardo (Aus) ..... +1 Lap
- 13 N Hulkenberg (Ger) ..... +1 Lap
- 14 A Albon (Tha) ..... +1 Lap
- 15 K Magnussen (Den) ..... +1 Lap

### DRIVERS' STANDINGS

- 1 Verstappen (Red Bull) 265pts
- 2 Norris (McLaren) ..... 189
- 3 Leclerc (Ferrari) ..... 162
- 4 Sainz Jr. (Ferrari) ..... 154
- 5 Piastri (McLaren) ..... 149
- 6 Hamilton (Mercedes) ..... 125
- 7 Perez (Red Bull) ..... 124
- 8 Russell (Mercedes) ..... 116
- 9 Alonso (Aston Martin) ..... 45
- 10 Stroll (Aston Martin) ..... 24



## LANDO LOSES OUT IN HUNGAR GAMES

FROM BACK PAGE  
admitted it was only fair that he should have given the place back to his team-mate.

But Norris was nowhere near as aggrieved as Max Verstappen (left) who spent the entire race turning the radio airwaves blue.

He fumed about Red Bull's lack of pace, their "s\*\*t"

strategy and then Lewis Hamilton after they collided, sending his car flipping up into the air.

The Dutchman finished fifth and accused his old rival of moving in the braking zone.

But Hamilton declared it "a racing incident" and the stewards agreed, deciding no

penalty was necessary for either of them.

It means 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. It was past midnight in Melbourne as he did so but

Piastri - who became the seventh race winner of the F1 season - was confident that people back home were still awake and celebrating with him.

The 23-year-old beamed: "It's very, very special."

"This is the day I dreamt of as a kid, standing on top of an F1 podium."

### FORMULA E LONDON E-PRIX



## LUCKY SEVEN FOR WEHRLEIN

BY AARON FLANAGAN  
PASCAL WEHRLEIN finally secured racing redemption by becoming a world champion seven years after his axe from F1.

The Porsche driver was forced to rebuild his career when he went from wonderkid and youngest-ever DTM champion to the racing scrapheap.

Wehrlein, 29, has slowly become a challenger in Formula E and last night overcame the two Jaguar cars of Mitch Evans and Nick Cassidy in a nail-biting finale in London.

"I'm not thinking too much about the past," Wehrlein (above) said.

"Sometimes it goes your way, sometimes it doesn't. This year has been special. I always believed in us. I said this to myself multiple times a day. I'm happy for the team. I know how much it means to everyone."

Cassidy, who took pole position earlier in the day before suffering a puncture, said: "It is utterly heartbreaking."

The consolation prize for the Jaguar pair is the team's championship - the British brand's first in any racing series since 1991.



# WEST HAM UTD

# ORF AND RUNNING

## A product of the famous Hammers academy, Lewis never featured in Moyes era but now hopes to be in Lopetegui's notebook

**BY KEITH WEBSTER**  
**LEWIS ORFORD has had a dream since he was just five years old - and now hopes he can convince a former Real Madrid manager to make it come true.**

The 18-year-old was included in West Ham matchday squads 10 times last season, four of them in the Premier League, as David Moyes gradually brought him through from the academy he joined 13 years ago.

He failed to get on in any of those games and had to watch fellow youngsters George Earty and Kaelan Casey make their senior debuts.

But Orford, fresh from a pre-season run-out against Dagenham (with Kurt Zouma and Luis Guilherme, right) hopes that new manager Julen Lopetegui will let him earn his stripes with the big boys.

The midfielder said: "I've been working hard since I was a young boy, and the goal has always been to play for West Ham."

"I loved seeing George and Kaelan get their debuts in the Premier League last year."

"I thought I was a bit unlucky not to get mine, but I'm in a good position

to get those opportunities, especially with a new head coach. I consider myself to be the sort of midfielder who likes to play around the back, and play forward.

"He likes to keep the ball a lot and switch it from one side to the other, which is a big part of my game."

"I've got a good range of passing, and out of possession he wants us to be aggressive, which suits me as well."

"Off the pitch, I've enjoyed having chats with him. I'm thankful for the chances he's giving me. It's just all about taking them now."

The former Real Madrid and Spain boss (below right), whose last job was in charge of Wolves, took over from Moyes at the end of last season and is

assessing his charges on a pre-season tour

in America. Orford started at Upminster Park Rovers before signing with West Ham Juniors. He inked his first professional deal shortly after his 17th birthday in February 2023.

Orford said: "Going to America, and playing in the stadiums they've got over there, is going to be amazing. Hopefully in the US, I can make more steps towards making that senior debut happen."

"I've grown a lot physically recently, and I'm ready for the first team."

**CROWN JULE**  
 Midfielder Orford hopes to shine for new boss Lopetegui



## VILLA TURN TIDY PROFIT ON MOUSSA

**BY DARREN WELLS**

ASTON VILLA have cashed in on Moussa Diaby, flogging the France international to Saudi Arabian club Al-Ittihad for £60million.

Villa have turned a profit on the 25-year-old forward, who was their club-record signing when they landed him last season from Bayer Leverkusen for little more than £50m.

Diaby enjoyed a flying start to life at Villa Park, scoring on his debut at Newcastle. And he initially made a big impact under Unai Emery but became a victim of Leon Bailey's emergence.

Bailey had been expected to be understudy to Diaby at Villa Park but his form made him an Emery favourite.

Diaby - who worked his way back into favour with the France national team last season - found it hard to maintain his early form. He did recover from a mid-season dip and played a full part in Villa's Europa Conference League run.

But this summer has been one of significant change at Villa Park and Emery has several striking options.

He has triggered the release clause on Hull star Jaden Philogene, and Morgan Rogers' emergence during the second half of the campaign has allowed him to sanction the sale of Diaby (above).

Villa finished fourth in the Premier League last season to qualify for the Champions League. They begin the new season with a trip to West Ham on August 17 and the following week are at home to Arsenal. The West Midlands side have been given an 11-4 quote by bookies to finish in the top four again.

## REDS IN A FURY OVER RACE ROW

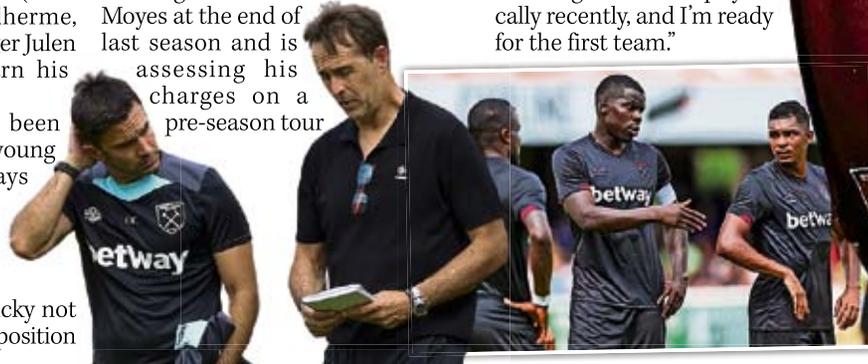
LIVERPOOL have demanded an investigation after claiming that a member of their Under-18s team was racially abused during a youth tournament in Germany.

Liverpool players and coaches left the pitch in two consecutive fixtures at the Bundesliga Cup youth tournament after the same player complained to match officials and coaches.

Both matches - against Hoffenheim on Friday and Eintracht Frankfurt on Saturday - were abandoned.

A club statement said: "A member of our Under-18s team reported he was racially abused by an opponent on Friday. In a further incident, the same player was the target of abuse during a fixture on Saturday. The club calls upon our opponents and tournament organisers to conduct a thorough investigation into the incident."

Eintracht sporting director Timmo Hardung said: "We can rule out racism, it is a linguistic issue and therefore we hope to have resolved the misunderstanding among the players and Liverpool officials concerned."



### WEST HAM'S FIXTURES

Sat July 27 Wolves (Jacksonville)

Sun Aug 4 C Palace (Tampa)

Sat Aug 10 Celta Vigo (h, friendly)

Sat Aug 17 Aston Villa (h, Prem)



## TEN HAG: ONLY PEP PIPS MY SUCCESS

**FROM BACK PAGE** heading off on this week's US pre-season tour.

But when asked if he thought the FA Cup final win over Guardiola's Manchester City had made him a stronger manager, Ten Hag said: "Of course. This club didn't win trophies, before I came, for six years. In two years,

after Guardiola, we won the most trophies in English football. So we are in a strong position."

Ten Hag has already brought in central defender Leny Yoro and striker Joshua Zirkzee this summer and is on the lookout for more signings.

But he also made it clear he wants to resist moves to prise

Scott McTominay out of Old Trafford because he values the Scotland international highly.

McTominay (left) has been the subject of a £40million bid from Fulham while Tottenham are also interested.

But Ten Hag added: "We have very good players, so there will always be an interest from other

clubs. Scott scored 10 goals last season and also performed very well for Scotland, so there will be interest."

"But we want to keep him because he is a very important player for our squad."

"He can contribute, as we saw last season. He can play in a more advanced role."

# NEWCASTLE UTD



# LEWIS HALL

## Former Chelsea kid Hall is now flying with Magpies

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 ever 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 Hall (left) 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 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. He even showed his ability in front of goal on loan last season by scoring at

**'It is a big season for me - I want to get in as many games as possible'**

Old Trafford in a 3-2 defeat against Manchester United.

For now, though, he is keen to soak up as much learning as he can from Howe and his staff.

Hall (below) said: "I'm incredibly grateful (to Eddie Howe). That's the most detail I've ever had from a coach, not just the gaffer but all of his backroom staff.

"Whether it's on the pitch coaching me or off the pitch, analysing from training, it's

helped me come along a lot. It's not just every so often - it's every day they're trying to get the best out of me and trying to improve me.

"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 Premier League games last season and is hoping there are many more to come at Newcastle.

He is also looking forward to many more walks down the tunnel at St James' Park.

He added: "It's an important season for us. We know we have the talent to be in the league position we want to be in, which is near the top. We've shown we can get into the Champions League spots.

"We've added more great players to the squad and more experience. That's only going to help us go one way.

"On a personal note, it is a big season for me. I've had spells throughout the last two seasons where I have had regular minutes.

"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.

"Playing football is an amazing feeling but playing at home, in front of the supporters who are so strongly into the club, there is no better feeling than walking out at St James' with all the fans behind you. You just want to do them proud and show them that you are 100 percent committed."



**GIVE IT MY HALL**  
 Newcastle stars Hall and Isak are hoping new season is a slam dunk for Toon



# CITY EYE UP A DONNA

FROM BACK PAGE  
 Pep Guardiola's men, who said to be happy in Paris and did have early conversations about a renewal of his current deal, which expires in 2026.  
 But he also has eyes on a switch to England and would relish a move to

Pep Guardiola's men, who won the league title again last season.  
 Donnarumma (left) was player of the tournament in Euro 2020, starring in Italy's penalty shoot-out win in the final against England at Wembley. The national team captain

also impressed at the Euros this summer despite Italy's early exit to Switzerland in the round of 16.  
 Ederson (right) went close to joining Al-Nassr recently but could now move to Al-Ittihad amid plenty of Saudi interest.



# Tommy is a Gunner

ARSENAL have completed the signing of goalkeeper Tommy Setford from Ajax.

The 18-year-old England youth international came through Ajax's academy.

Setford, who was born in Holland, will initially join up with Arsenal's Under-21 side.



But he will train regularly with the first team and will join the pre-season tour of the United States.

Setford (above) said: "I'm looking forward to learning new things and pushing myself to another level."

## RESULTS & FIXTURES

**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.

**DARTS**  
**PDC WORLD MATCHPLAY, WINTER GARDENS, BLACKPOOL FINAL:** L Humphries (Eng) bt M Van Gerwen (Ned) 18-15.

**RUGBY LEAGUE**  
**Betfred Super League**  
**Betfred Super League Castleford** ..... 24 **CATALANS DRAGONS 18** Castleford—T: Horne (2), Miller, Hoyos. G: Milnes (4).  
**Catalans Dragons**—T: Johnstone, Ikuvalu, Mourgue. G: Johnstone, Mourgue (2).  
**Betfred Championship**—Barrow 8 Sheffield 6, Batley 29 Dewsbury 22, Bradford 36 York 28, Halifax 20 Widnes 24, Swinton 20 Whitehaven 22.

	P	W	D	L	F	A	Pts
Wakefield	16	15	0	1	538	188	30
Toulouse	16	11	1	4	448	230	23
Sheffield	16	11	0	5	410	259	22
Bradford	16	10	1	5	395	272	21
Widnes	16	9	1	6	385	301	19
Featherstone	16	8	0	8	422	313	16
Batley	16	8	0	8	268	344	16
Doncaster	16	7	1	8	281	380	15
York	16	7	0	9	394	345	14
Swinton	16	6	0	10	338	388	12
Whitehaven	16	5	2	9	312	478	12
Barrow	16	6	0	10	241	459	12
Halifax	16	5	0	11	296	443	10
Dewsbury	16	1	0	15	214	542	2

**Betfred League 1**—Cornwall RLFC 8 Worthington 30, North Wales Crusaders 16 Hunslet 46, Oldham 44 Keighley 6, Rochdale 14 Midlands Hurricanes 10.

	P	W	D	L	F	A	Pts
Oldham	14	13	0	1	607	122	26
Keighley	14	11	1	2	492	238	23
Hunslet	15	10	0	5	387	394	20
Rochdale	15	9	1	5	493	352	19
Midlands	15	7	0	8	480	300	14
Worthington	15	7	0	8	380	407	14
NW Crusaders	15	6	0	9	358	558	12
Cornwall RLFC	14	2	0	12	180	444	4
Newcastle	15	0	0	15	138	800	0

**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** (Kitzbuehel, 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).

# GOLF THE 152ND OPEN



## Silver? Scott now out to strike gold

BY JOSHUA LEES

SCOTLAND'S Calum Scott joined an illustrious group of players in winning the Silver Medal as the week's top amateur.

Scott ended the championship at eight over par to get his hands on the title, and received quite the reception when making his way up the 18th in front of his home crowd at Royal Troon.

"I did the last 100 yards just walking and I got kind of emotional," the 23-year-old said. "It's a memory I'll have forever and will cherish for a lifetime."

Scott currently 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.

"There's been a bunch of Silver Medal winners that go on to do incredible things in their career," Scott (above) said.

"Given 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. I'm in a decent position going into my last year."



## Bob's in no rush for Troon return

BY SAM FROST

BOB MACINTYRE says he will not return to Royal Troon in a hurry after a chastening week on the Ayrshire coast.

The 27-year-old Scot arrived last Monday still feeling the effects of his celebrations after winning the Scottish Open, and he was unable to back up his performance at The Renaissance Club.

The Oban native finished nine over par for the tournament, in 50th spot, after a three-over-par final round playing alongside his childhood idol Phil Mickelson (above).

Rubbing shoulders with the six-time Major champion provided some satisfaction, but MacIntyre could take few positives from a week he will toss "straight in the bin."

"It was terrible," he said. "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 a victory last week."

"Physically I'm fine but mentally I'm gone. The Scottish Open probably took a lot out of me. It was worth it. You've got to celebrate special wins and that was outrageous."

# BEATEN

Another body blow in this sporting summer when England cruelly fall at the final hurdle... but brave Rose will never give up on his Open fairytale

FROM ANDY DUNN

Chief Sports Writer at Royal Troon

@andydunnmirror

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.

It was in celebration of a putt that briefly had Justin Rose in pole position for victory in golf's blue riband event.

With 10 holes left to play, the 43-year-old Englishman was tied for the lead with a nervy-looking Billy Horschel – with playing partner and eventual winner Xander Schauffele one behind – and he was in the zone.

He had missed a couple of decent opportunities but there was a buzz about his progress, a feeling that fate was going to deal him a winning hand.

Sure, Rose has long been an established big-name player on the grand stage, 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 Open, grinding his 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 Open appearance, Rose spoke about his feelings for the oldest Major.

He said: "The



TEEN SENSATION Rose celebrates his stunning final shot at the 1998 Open

Open has been a bit of a fairytale and a love story for me ever since I was 14. You can kind of take it for granted, you have nice spells when you're exempt but as you get older, it gets a little harder."

It does not get a little harder, it gets a lot harder.

And that is why, as he started his back nine on Sunday, it felt a bit like a now-or-never scenario for the man who introduced himself into the sporting consciousness 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, he became 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 onto 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 and match Rose's two-putt birdie.

Yes, Rose made an error on the tough 12th hole – making his only bogey of the day – but the simple truth is that Schauffele produced one of THE great back nines in Open history to put himself a level above the rest.

That is why Rose lost nothing in finishing tied second, that is why he got such 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 generous in his praise of Schauffele.

Rose will be at Royal Portrush next year and the love story with The Open will continue.

But it is hard not to think that the best chance of a fairytale ending to that story vanished at Royal Troon.

HOLE	PAR	PLAYER	SCORE	CURL	NTT DATA
72	09	SCHAUFFELE	275		 AFTER 71 HOLES PLAYER WELL PLAYED XANDER SEE YOU AT ROYAL PORTRUSH 2025 THE OPEN.COM
72	07	ROSE	277		
72	07	HORSCHEL	277		
72	06	LAWRENCE	278		
72	05	HENLEY	279		
72	04	LOWRY	280		





ROYAL TROON  
FINAL DAY

# AGAIN... JUST



## DAN CAPS OFF TOP DEBUT WITH PORTRUSH SPOT

BY **JOSHUA LEES**  
DAN BROWN'S fairytale Open debut ended with a top-10 finish after a testing final round at Royal Troon.  
Brown had proved to be the shock story of the week, bursting into contention despite the world No.272 being priced as a huge outsider with the bookmakers heading into the championship.  
While he struggled to make his mark yesterday, shooting 74, the Englishman 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 (above) 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 too bad for a 19-year-old."  
To cap off his week, Brown was partnered alongside world No.1 Scottie Scheffler in round four, and it was company he enjoyed.  
"He's a really nice guy. I've never met him before, so I wasn't too sure how it was going to go, but we had a good time," he said. "It wasn't quite how we both wanted it to end, but it was fun."



## LOWRY: MAJOR MISS HURTS

SHANE LOWRY insisted his Open experience was a positive - despite admitting that missing out on a second Major would "hurt for a few days".  
The 37-year-old was three clear after four holes of his third round before fading.  
Lowry (right) remained upbeat after the disappointing six-over-par 77 on Saturday scuppered his chances of repeating his

2019 success. He said: "How could you not look back on it positively, a chance to win the Open?"  
"The critics will say that I probably should have won from where I was, but it's not easy out there."  
"There's no two ways about it. I had a great chance of winning this Open and it's going to hurt for a few days."  
Lowry shot 68 to finish in sixth.



**JUST NOT HIS DAY...**

Rose had plenty of support but could not quite match Schauffele's brilliance



## SCHEFFLER'S ROUGH FINISH

BY **SAM FROST**  
SCOTTIE SCHEFFLER'S bizarre final round at Royal Troon was summed up by a pair of blunders as a chance to win the Claret Jug passed him by.  
World No.1 Scheffler lurked ominously behind the leaders, just three shots off the lead heading into his final round, but he had to settle for a share of seventh place at one-under-par.  
His bid to add a third Major to his collection 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 the cup as he tried to get back into contention and by the time the American reached the last, he was out of

the race. His woes were compounded by a dismal tee shot, duck hooking a two-iron just 176 yards into thick rough and he was forced to take a penalty drop.  
He would finish with another double bogey and ended eight shots behind winner Xander Schauffele.  
Scheffler (left) made a quick exit from Troon, declining to speak to the media as he pondered how this chance to claim golf's most prestigious prize slipped away in such meek fashion.



# GOLF THE 152ND OPEN



## XANDER AND DELIVER

FROM BACK PAGE because he's taking the first gulp out of it."

Stefan Schauffele (with his son, below), 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."

Schauffele took 28 attempts to win his first Major, the US PGA in May, and is now halfway to a career Grand Slam.

"Before I had won any Majors, it was something I'd always wanted," he said. "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 (congratulating the Open winner, top) 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 Open winner since 1992.

"I felt gutted when I walked off the course. It hit me hard because I was so strong out there today," he said. "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."



# UNION SLAM

X marked the pot at Troon as ice-cool Schauffele made it an American clean sweep in majors this year and he declared: I felt calm down the stretch.. but my caddie said he was going to puke

BY NEIL McLEMAN  
@NeilMcLeman



**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 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 which 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 single one on the back nine as he came home in five-under 31 - the best of the weekend.

Asked to rate his display, the new Champion Golfer said: "At the very tip top. Best round I've played."

Americans have now won seven out of the last eight Opens here since Arnold Palmer in 1962 - and Yanks have completed a calendar Grand Slam for the first time since 1982 when Tom Watson won here.

While Europe reclaimed the Ryder Cup in Rome last year, Americans have now won nine out of 10 of the big individual events since

Matt Fitzpatrick won the 2022 US Open. In the last Troon Open, Henrik Stenson shot a 63 to beat Phil Mickelson (65) by three shots.

The 2024 vintage saw Schauffele win by two over fellow Olympic champion and playing partner Justin Rose (67) and overnight leader Billy Horschel (68).

"I actually watched the highlights of Phil and Henrik to motivate myself for this week," he said. "I guess that paid off pretty nice."

He joins Jack Nicklaus as the second player to shoot 65 or lower in the final 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-ten finishes in Majors since 2017.

His birdie putt on the 72nd in

Valhalla just dropped in the hole and changed his life. Now after 28 attempts to win his first Major, he is halfway to securing a career Grand Slam.

"I thought the PGA win would help me, and it did," he said. "I had a sense of calm, a calm I didn't have when I played at the PGA."

"I felt collected. I was telling my caddy, 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 Firth of Clyde. Schauffele nailed birdie putts on 11, 13, 14 and 16 to open up a three-shot lead before Horschel's

**SCHAU BUSINESS**  
Schauffele celebrates victory; and with caddie Austin Kaiser on 18th green



**OUT OF TROON** Lawrence, Horschel and Lowry couldn't keep up with Schauffele



**ROYAL TROON  
FINAL DAY**



**OPEN LEADERBOARD**



**THE 152ND OPEN CHAMPIONSHIP, ROYAL TROON GOLF CLUB, TROON, SOUTH AYRSHIRE  
FOURTH ROUND**

(Gbr & Irl unless stated, par 71):  
(a) denotes amateurs

- 9** X Schauffele (USA) 69 72 69 65
- 7** B Horschel (USA) 72 68 69 68, J Rose 69 68 73 67
- 6** T Lawrence (Rsa) 71 74 65 68
- 5** R Henley (USA) 69 75 66 69
- 4** S Lowry 66 69 77 68
- 1** Sung-Jae Im (Kor) 76 72 66 69, J Rahm (Spa) 73 70 72 68, S Scheffler (USA) 70 70 71 72
- E** D Brown 65 72 73 74, M Jordan 71 71 71 71, A Scott (Aus) 70 77 66 71
- +1** Byeong-Hun An (Kor) 75 71 68 71, J Day (Aus) 73 68 76 68, A Noren (Swe) 69 75 71 70
- +2** J Catlin (USA) 76 70 69 71, M Hughes (Can) 69 74 75 68, C Morikawa (USA) 73 70 72 71
- +3** D Burmester (Rsa) 71 69 76 71, D Hillier (Nzl) 76 71 68 72, S Sharma (Ind) 76 72 67 72
- +4** E Ferguson 74 73 70 71, P Harrington 72 73 71 72, S Straka (Aut) 70 74 73 71
- +5** L Canter 71 74 70 74, P Cantlay (USA) 73 68 75 73, C Conners (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
- +6** 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
- +7** K Kitayama (USA) 77 69 74 71, M Wallace 70 77 71 73
- +8** 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
- +9** 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
- +10** A Ancer (Mex) 73 75 70 76, J Niemann (Chi) 71 71 76 76
- +11** 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
- +12** A Eckroat (USA) 73 73 72 78, N Højgaard (Den) 69 75 75 77, H Matsuyama (Jpn) 75 72 75 74, T McKibbin 73 72 77 74, D Thompson (USA) 74 73 71 78
- +13** R Fowler (USA) 79 69 74 75
- +14** T Hoge (USA) 74 70 74 80, M Siem (Ger) 73 71 77 77, Young-Han Song (Kor) 71 76 77 74
- +15** A Cejka (Ger) 73 74 72 80, D Clarke 77 71 76 75, A Rai 73 74 75 77
- +18** L Masaveu (Spa) 73 75 78 76
- +19** A Ogletree (USA) 75 72 79 77
- +22** D Fichardt (Rsa) 77 71 80 78

**XANDER IN THE MAJORS THIS SEASON**

Masters .....	8th
USPGA .....	Win
US Open.....	T7
The Open.....	Win



**"That walk up 18 truly is the coolest with the yellow leaderboards and the fans and the standing ovation. It really is one of the coolest feelings I've ever had in my life"**

**IT'S A REAL YANKEE DODDLE**



**HAUL THE WAY** Scheffler, DeChambeau & Schauffele hold on to their silverware

**PLAYERS TO WIN OPEN AND USPGA IN SAME YEAR**

- 2014..... Rory McIlroy
- 2008..... Padraig Harrington
- 2006..... Tiger Woods
- 2000..... Tiger Woods
- 1994..... Nick Price
- 1924..... Walter Hagen



## McLAREN DUO IN HUNGAR GAMES

BY DANIEL MOXON  
OSCAR PIASTRI raced to his first F1 victory as team orders denied Lando Norris in a bad-tempered Hungarian Grand Prix.



The Aussie got the better of Norris to take the lead but lost it again as his team-mate got the

preferred pit strategy. McLaren told Norris to give the place back and spent 20 laps begging the 24-year-old to follow orders. With three laps to go the Brit finally obeyed

and Piastri triumphed. "It hurts," said Norris (with Piastri, above), who

TURN TO PAGE 45

**HIGH FIVE**  
Shoaib spun England to victory



## Windies are BASHED

### Stokes hails spin star

BY NEIL MOXLEY  
BEN STOKES believes the sky is the limit for England spin sensation Shoaib Akhtar.

The youngster, who had never even visited Trent Bridge before the Second Test match started, grabbed 5-41 as he helped skittle the Windies.

Kraig Brathwaite's side crumbled

and lost all 10 wickets for 82 runs in 23 madcap overs inside the final session - as the 20-year-old ripped out the heart of the tourists' batting.

That was after England's own batting line-up had racked up successive scores of over 400 in both innings of a match for the first time ever.

Stokes (with Bashir, left) said: "What Bash has

TURN TO PAGE 44



## City track PSG No.1 Gianluigi

BY IAN BAKER  
MANCHESTER CITY have made an approach to sign Italian hero Gianluigi Donnarumma from Paris Saint-Germain.

The Premier League champions expect first-choice keeper Ederson to leave for Saudi Arabia this summer. And they have sounded out French giants PSG over Donnarumma (top), believing they can get their man for £50million.

The ex-Milan player is a huge name in Europe and helped his country to Euro 2020 glory. Donnarumma is

TURN TO PAGE 47

## » THE OPEN AT ROYAL TROON

# XAND & DELIVER

## Schauffele claims Claret Jug to spoil Rose's Open dreams

BY NEIL McLEMAN  
XANDER SCHAUFFELE and his French father drank "good red wine" out of the Claret Jug to toast his sensational Open victory.

The new world No.2 saw off Justin Rose (left) and fellow American Billy Horschel to claim his second Major of the season. And the US PGA champ

immediately targeted a career Grand Slam.

But the 30-year-old first wanted to celebrate his superb two-shot win at Royal Troon.

Cradling the Claret Jug, Schauffele (right) said: "I just can't wait to drink out of it. It really is a dream come true to be holding this. I don't really drink a whole lot. I don't really get to

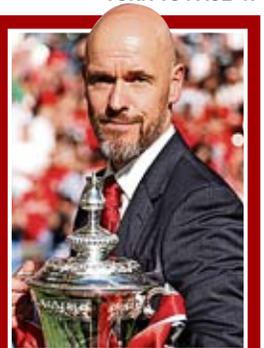
celebrate too many things ever because this game is cruel at times. But I can't wait to enjoy this with my family. Tonight will be awesome. It will be low-key for most, but not for me.

"My father's going to have to figure out what he wants to put in there

TURN TO PAGE 50



**STAR OF THE SCHAU**  
American star Xander Schauffele with the Claret Jug at Royal Troon



## Ten Hag: Only Pep pips me

BY ANDY NEWPORT  
ERIK TEN HAG says he will be a stronger manager this season because of Manchester United's FA Cup win.

The Dutchman faced down his critics by pointing out that, after Pep Guardiola, he is the most successful manager in England over the past two seasons, having won the League Cup a year before the FA Cup.

Ten Hag watched an experimental side beat Rangers 2-0 on Saturday at Murrayfield before

TURN TO PAGE 46



NEWSPAPERS SUPPORT RECYCLING  
The recycled paper content of UK newspapers in 2023 was 45.5%



# PUZZLES



## Speedbreaker

Target time:  
**18:16**  
mins

Test your codecracking skills against us! We took 18 minutes and 16 seconds to complete this puzzle – can you do better? We've taken a completed crossword puzzle and replaced each letter in the grid with the same number throughout. The completed grid will include all letters of the alphabet. If you find it hard to get going, call the Extra Letter line where you will also find a little bit of extra help. Remember, none of the answers are proper nouns.  
**Solutions in Wednesday's Daily Mirror**

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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

**£75 to be won!** Which letter is represented by the number '1' in today's Speedbreaker? Call **0903 681 3000** (£2/call) or text **SPEED** and your answer, name and postcode to **61011** (£2/text)  
Last Monday's winner: Karen Fisher, Castle Bytham

**SOLUTIONS**  
Call **0903 659 6060** (80p/min) for 5 extra letters or the full solution, or text **SPEEDCLUE** to **61011** (£1/text) for 5 extra letters. Deduct one minute from the target time for each extra letter used.

Calls to solutions line cost 80p/min + network access charge and texts cost £1 + 1 standard network rate message. Calls to the Speedbreaker competition line cost £2/call + network access charge and texts cost £2 + 1 standard network rate message. You may receive free promotional messages, to opt out end message with NO INFO. Competition lines close midnight tonight. Min age 18+. SP: MI Telecom Ltd, Helpdesk 0330 880 6060. Full T&C's at www.mirror.co.uk/rules.

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

## Just a bit of fun

Which one of our three definitions is correct?

### MANDIBLE

- 1 Jaw or jawbone
- 2 Write or command
- 3 Large mandoline

**Solutions in tomorrow's Daily Mirror**

Scribble pad

## Wordsearch

Can you find all the listed lakes, loughs and lochs of the British isles in the grid?  
**Solutions in tomorrow's Daily Mirror**

M	C	L	R	V	A	V	K	R	W	X	P	L	R	K
P	O	U	L	A	P	H	O	U	C	A	G	V	N	V
A	N	R	X	J	R	L	K	T	V	Y	R	N	W	Y
C	I	R	A	T	K	S	B	L	G	P	J	S	G	J
Z	S	M	N	R	A	S	N	A	I	R	E	Q	A	G
A	T	P	O	M	A	B	Q	N	L	S	E	V	K	R
Q	O	L	O	M	O	N	D	D	R	A	N	D	K	A
Y	N	Y	U	V	S	H	W	O	U	L	E	E	I	S
V	L	A	E	D	X	D	G	D	J	C	A	H	E	M
Z	E	L	N	A	U	N	N	I	J	G	G	L	E	
N	R	Z	M	G	A	B	U	G	I	L	H	M	D	R
E	N	T	U	L	S	W	A	T	E	R	P	E	E	
S	E	J	L	C	W	I	N	D	E	R	M	E	R	E
S	D	E	R	W	E	N	T	Q	C	O	R	R	I	B
B	A	S	S	E	N	T	H	W	A	I	T	E	X	O

- |               |             |
|---------------|-------------|
| BALA          | LOMOND      |
| BASSENTHWAITE | MASK        |
| CONISTON      | MORAR       |
| CORRIB        | NEAGH       |
| DERG          | NESS        |
| DERWENT       | POULAPHOUCA |
| ERNE          | RUTLAND     |
| GRASMERE      | ULLSWATER   |
| KIELDER       | VYRNWY      |
| LLANGORSE     | WINDERMERE  |

## Niner

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

- 4198936739 gives a fruit  
1966249 gives a vegetable  
457117 gives a hot dish

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

## Arrow Word

Arrow Words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows.  
**Solutions in tomorrow's Daily Mirror**

Opposed to Presenter, _ Rippon	Lower limbs	Highly-spiced sausage	Mythical bird	Star sign Keep _ say nothing	Summer- house
Afternoon nap	Spike of a cereal plant	Stand-in doctor	Greek letter		Stocking run
Ricky pictured	London observat- ion wheel	Road vehicle	Month	Savoury jelly	Unit of linear measure
Party, informally	English river	Egg cells	In favour of	Arrest Mass of bread	Nuisance
Of a choir	Quieten	Shouting, noisy Go by horse	Peace offering (5,6)	Gap, hole Isle of Man (abbr.)	British thermal unit (abbr.) Bellow
Place to study		Puerile	Maximum (abbr.)	Atmos- phere	Below or beneath
Foot covering	Prima donna		Hand over a criminal to another country	Shake involun- tarily	Jenny _ pictured
Costing nothing		Fury			Petty quarrel
Door handle	Floor covering			Strongly recomm- end	Make minor improve- ments to
Clarified butter	Falsehood			Male cat	Contend
					Decom- pose
					Light- emitting diode (abbr.)



Su-doku corner

EASY SU-DOKU

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

The rules for Su-doku couldn't be easier. All you have to do is fill the empty squares so that each row, column and 3x3 block contains all the numbers 1 to 9.

Solutions in tomorrow's Daily Mirror

SU-DOKU TOUGHIE

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

The rules for Su-doku are easy, but this one's a toughie! Each number from 1 to 9 must appear only once in each horizontal and vertical line, and only once in each 3x3 grid.

Solutions in tomorrow's Daily Mirror

KILLER SU-DOKU

14 13 17 8 10 15
11 13 12 14
16 11 11
13 4 8 17 7 22
9 9 9
6 12 8 23 12
26 4 11 6
19

Killer Su-doku is based on the traditional grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But the dotted squares must be filled with numbers that add up to that in the left corner.

Solutions in tomorrow's Daily Mirror

FUTOSHIKI

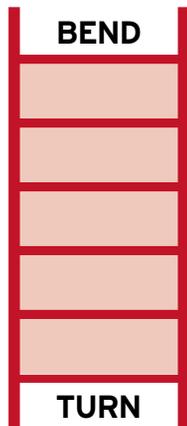
2
4

Insert the numbers one to five in each row and each column, making sure that no number is repeated. The only symbols to guide you are the "greater than" (>) and "less than" (<) signs.

Solutions in tomorrow's Daily Mirror

CHECK THE SOLUTIONS NOW! Call 0903 659 6060 (80p/min) to hear SU-DOKU 5 NUMBER CLUES or FULL SOLUTIONS to the easy and toughie su-dokus. Or text EASYCLUE or TOUGHCLUE to 61011 (£1/text) for 5 CLUES.

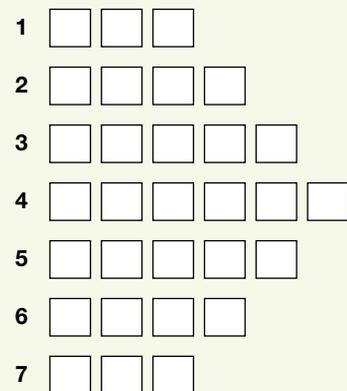
Word Ladder



Using the clues provided, fill in each step of the ladder with a new word, changing one letter at a time.

Solutions in tomorrow's Daily Mirror

Brickwork



Solutions in tomorrow's Daily Mirror

Enter the solutions to the clues in their numbered layers of the wall. Each word must be an anagram of its neighbours, plus or minus one letter.

- 1 Spanish cry
2 Single
3 Small mammals
4 Small piece
5 Defeated competitor
6 Theatre part
7 Mineral-bearing rock

Bingo

Mon Jul 22 2024 Game 28 Day 1

17 45 82
31 30 57
38 43 26
36 35 3

HERE are the numbers for Day 1 of Game 28 on your Bingo card.

TO WIN a full house £100 prize, all 15 numbers on the Game 28 grid must be correctly crossed off with the Daily Mirror numbers. If you're still short, buy the Sunday Mirror and the Sunday People for more numbers and another chance to win a £100 prize. TO CLAIM call 01420 525501 from 10am to 3pm on Mondays only. No responsibility is accepted for failure to claim in the stated hours. Calls charged at national rate. Standard Reach PLC rules apply, see mirror.co.uk/2024bingorules. Full terms as previously published.

SATURDAY'S SOLUTIONS

EASY SU-DOKU

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

SU-DOKU TOUGHIE

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

KILLER SU-DOKU

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

GOGEN 1

S B Y H L
G O P A W
J N F R C
K U I E T
Q M V X D

GOGEN 2

J X R H Q
I K E U O
V N S P F
G A L T Y
B M W D C

CELLS

3 2
8
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6 6 2

WORDSEARCH

Q V M I T Z O U H L U G M L T
C D S O C B Y F R F S O E T B
P A R R H B J C O L D P Z A B
A X R L G C C O L W E G O I B
A J R R C C O L W E G O I B
N G K T I B O G A L O O J X T
A E L V A N D S A M H E Y T
B P A E W S L O G A I N K W O
W P R L O O D O G A I N K W O
V A X O A T W O N A M B I J J Y
H C G F B N I D O R C I A W S J M
T D K F O U N H H A C I N S C X
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FILL IN

TRAGEDY LAMB BACK
O A T P L E R O
SNIPES EXTOL EACH
D E S P E F C K
VET FILTER RACILY
A A M T S I T E
SURROUNDERS RELAPSE
C L E T S
ASTHMA SWIM OFTEN
M T R U A L
WEATHERGLASS UGLY
ARDENT O M RHINOS
A Y W S S
AGED PREJUDGEMENT
E L E R E C
BOXED MERE ROCKET
M A D U R U
MERMAID PRAYERFUL
T I R G O M L N
DRILLS APPEAL NAG
I T P S E N W S
SCUTERIGA DRINKS
P L E A D O G S T R I P O D S

FUTOSHIKI

2 1 < 3 < 4 5
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3 < 4 5 2 1
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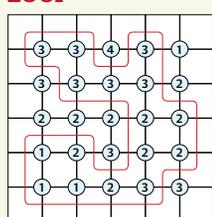
JIGSAW SU-DOKU

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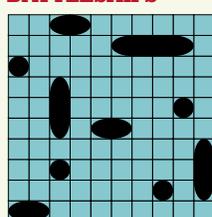
KAKURO

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

LOOP



BATTLESHIPS



DOUBLE JIGWORD

R A Y S G A S P
T E E I
F O R T I T U D E
N E T S E A
B E E E L F
M O B I L
M E L B O U R N E
N O C E
S T Y E K I S S

SOAKING

S O A K I N G
E S P Y O D E R
T R A S H E R S
U I O
A C H E B O N E
T V O A N D S

COLOSSAL CROSSWORD

ACROSS: 13 Made tracks, 14 Reproof, 15 Hard up, 16 Railed, 17 Oversee, 18 Mates, 19 Ashy, 20 Merge, 21 Snaps, 22 Donned, 23 Shade, 28 Abstain, 30 Stone me, 33 Cameo role, 36 Breaks, 38 Allow, 39 Stick, 40 Rancid, 42 Steam, 43 Cousins, 44 Wedges, 46 Pads, 49 Open, 51 Put off, 53 Matches, 55 Tense, 59 Setter, 60 Chime, 61 Train, 62 Assail, 63 Jet-setter, 65 Bloomed, 66 Corsage, 70 Strip, 71 Spring, 73 Baton, 75 Jumpy, 80 Arms, 82 Taken, 83 Marbles, 84 The end, 85 Confer, 86 Test out, 87 Terra firma.

DOWN: 1 Manage, 2 Red light, 3 Trade, 4 Account, 5 Asleep, 6 Brass, 7 Append, 8 Comment, 9 Off the mark, 10 Whist, 11 Breather, 12 Rush, 24 Dallied, 25 First, 26 Knowing, 27 Repress, 29 Beret, 31 Tales, 32 Miss, 34 Ragout, 35 Fine, 37 Against, 41 Nippers, 45 Gleans, 47 Spirits, 48 Partook, 50 Present, 52 Fair, 54 Cease, 56 Swing, 57 Tell, 58 Carol, 60 Cheap skate, 64 Slips off, 67 Souvenir, 68 Dimness, 69 Consort, 72 Gammon, 74 Allots, 76 Panama, 77 Stork, 78 Broth, 79 Steal, 81 Root.

PATHFINDER Prime, Into the Woods, Fantastic Mr. Fox, Mamma Mia!, The Iron Lady, Out of Africa, Postcards from the Edge, It's Complicated, Doubt, Rendition, The Deer Hunter, Sophie's Choice, Death Becomes Her, Ironweed, Defending Your Life, Before and After, The Hours, Stuck on You, The Devil Wears Prada. 30-SEC BRAIN TEASER Beginner 40; Intermediate 78; Advanced 301. HONEYCOMB 1 Reader, 2 Aerial, 3 Ladder, 4 Decide, 5 Dilute, 6 Turned, 7 Denude, 8 Duster, 9 Endear, 10 Derive, 11 Villas, 12 Really.

ANAGRAM CROSSWORD ACROSS: 7 Felony, 8 Onesie, 9 Ions, 10 Pastiche, 11 Unction, 13 Swath, 15 Frail, 17 Aridest, 20 Abattoir, 21 Each, 22 Rodent, 23 Teeter. DOWN: 1 Bemoan, 2 Nous, 3 Symptom, 4 Horse, 5 Reviewed, 6 Mishit, 12 Thirteen, 14 Pro rata, 16 Reboot, 18 Sachet, 19 Loath, 21 Ewer. BRICKWORK Rut, Rust, Turns, Trunks, Stunk, Nuts, Sun. WORD SPIRAL 1 Aunt; 2 Tiff; 3 Fast; 4 Text; 5 Tell; 6 Lord; 7 Diva; 8 Agog; 9 Gasp; 10 Polo; 11 Obey; 12 Yeti; 13 Imps; 14 Soda;

15 Acts; 16 Sari. Keyword: Apricot. CIRCLEGRAM The letter represented by the question mark is W. Lapwing, sparrow, hawfinch, all birds. CLOCKWORD 1 Abrade, 2 Damage, 3 Rattle, 4 Inside, 5 Aspire, 6 Nettle, 7 Change, 8 Haggle, 9 Ignite, 10 Locate, 11 Expose, 12 Stride. Hidden name: Adrian Chiles. QUIZWORD ACROSS: 1 Coleman, 7 Urban, 8 Klugman, 9 Cowboy, 11 Sethi, 13 Alma, 14 Thin Man, 15 Rise, 16 Beryl, 17 Remick, 21 Marston, 22 Boron, 23 Skinner. DOWN: 2 Owl Service, 3 Egg White, 4 Aran,

5 Trio, 6 Saab, 9 Comma, 10 Ormsby-Gore, 12 Pinsk, 13 Anderson, 18 Moor, 19 Cook, 20 Lark. CROSSWORD ACROSS: 1 Predict, 7 Graph, 8 Clarify, 9 Apache, 11 Pills, 13 Ramp, 14 Cagoule, 15 Spot, 16 After, 17 Enlist, 21 Mascara, 22 Lotto, 23 Wanders. DOWN: 2 Rolling pin, 3 Derelict, 4 Cafe, 5 Grip, 6 Epic, 9 Argue, 10 Human error, 12 Egret, 13 Red-faced, 18 Look, 19 Sett, 20 Lava. TWO-SPEED COFFEEBREAK ACROSS: 1 There, 5 Opine, 9 Rod, 10 Liver, 11 Aside, 12 Ink, 13 Net, 14 Can, 16 Son,

18 Outlet, 21 Ears, 23 Huts, 26 Eleven, 29 Arc, 31 Ore, 32 Ice, 34 Roc, 36 Nosed, 37 Idaho, 38 One, 39 Label, 40 Mints. DOWN: 1 Trance, 2 Hose, 3 Editor, 4 Elect, 5 Ovine, 6 Pen, 7 Irks, 8 Earn, 15 Alter, 17 Out, 19 Use, 20 The, 22 Air, 24 Unison, 25 Swedes, 27 Local, 28 Venom, 29 Abel, 30 Crib, 33 Cent, 35 Ode. GENERAL KNOWLEDGE QUIZ 11990s, 2 Clothing, 3 English Civil War, 4 Elizabeth I, 5 First World War, 6 Antarctica, 7 Fight Club, 8 50 Cent, 9 Bedknobs and Broomsticks, 10 George Ezra, 11 The Queen, 12 South Korean, 13 Pancreas,

14 Germany, 15 Stone, 16 Polar bear, 17 Nearer the front, 18 Sleeping sickness, 19 Three, 20 Cristiano Ronaldo, 21 Tennis, 22 St Leger, 23 Twenty-four, 24 Snowboarding, 25 Ancient Roman aqueduct, 26 Romania, 27 East Berlin, 28 Mediterranean Sea, 29 Pyrenees, 30 Five million. NAME GAME GOLDIE HAWN 1D, 2L, 3I, 4W, 5E, 6A, 7H, 8O, 9G, 10N. WORD WHEEL GALLANTRY JUST A BIT OF FUN 2 Small two-masted boat MIRRORGRAM STRAWBERRY SUMTHING 6x4=24, 3x5=15, 2+9=11. FRIDAY'S SPEEDBREAKER 1=Q, 2=X, 3=Y, 4=I, 5=L, 6=J, 7=D, 8=O, 9=V, 10=B, 11=R, 12=H, 13=N, 14=F, 15=W, 16=G, 17=E, 18=T, 19=C, 20=P, 21=U, 22=M, 23=S, 24=K, 25=Z, 26=A.

# RUSSELL GRANT

mirror.co.uk/horoscopes



## Aries March 21-April 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 certain deadlines. In order to clear this work quickly, get on behind the scenes. This will also enable you to achieve a great deal.

For more call **0905 789 4171** (80p/min + network access charge)

## Taurus April 21 - May 21

You're coming up with some profitable ideas. You should try to develop these the moment they pop into your head. This is your chance to experiment with new possibilities that unleash your creativity. Trust your instincts. When you follow your passion, success will come naturally.

For more call **0905 789 4172** (80p/min + network access charge)

## 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. Acquiring new skills and qualifications could help you land a better job. Joining forces in a business venture with a friend or colleague is a good step.

For more call **0905 789 4173** (80p/min + network access charge)

## Cancer June 22 - July 23

Be watchful and alert in a competitive setting in order to safeguard your own interests. One way to stay one step ahead of your competitors is to stay behind the scenes. Keep an eye on all that is happening around you. This cautious approach will also be useful in family situations.

For more call **0905 789 4174** (80p/min + network access charge)

## Leo July 24 - August 23

Your partner or a housemate has some strong opinions about your friendships, community commitments and goals. You don't necessarily agree with them. It is starting to feel as if you are going in different directions. A heart to heart conversation might help.

For more call **0905 789 4175** (80p/min + network access charge)

## Virgo Aug 24 - Sept 23

It's a good idea to exercise more care and caution when handling long-term matters. A change in circumstances will mean adjustments need to be made and this is entirely out of your hands. All you can do is accept the delays and rearrange your schedule. Focus on short-term goals.

For more call **0905 789 4176** (80p/min + network access charge)

## Libra Sept 24-Oct 23

If someone you work with or live with cannot be trusted, you might feel you have no choice but to end a relationship or shared obligation. Now you have discovered that a certain person has been plotting against you, you are faced with the predicament of how to address this problem.

For more call **0905 789 4177** (80p/min + network access charge)

## Scorpio Oct 24 - Nov 23

You've had time to think about what you are going to do with a legacy, inheritance or insurance pay-out. You might take this chance to establish long-term financial stability. Whether it's buying a house or setting up a retirement account or trust fund, take this first step in investing.

For more call **0905 789 4178** (80p/min + network access charge)

## Sagittarius Nov 23 - Dec 31

You accept the need to join forces with someone to reach a goal that can only be achieved through a joint effort. You might wonder how much trust you can put in a friend or colleague. The longer you spend in each other's company, the more confident you will feel they are a perfect match.

For more call **0905 789 4179** (80p/min + network access charge)

## Capricorn Dec 22 - Jan 20

You're exhausted from working long hours at the office or fulfilling heavy family obligations. Remember, life is also about having fun and relaxing. If you keep going as you are, burnout is likely. You need to start prioritising your health and tell your boss and others you need a different pace.

For more call **0905 789 4180** (80p/min + network access charge)

## Aquarius Jan 21 - Feb 19

Making criticisms and negative comments 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 to prevent upset.

For more call **0905 789 4181** (80p/min + network access charge)

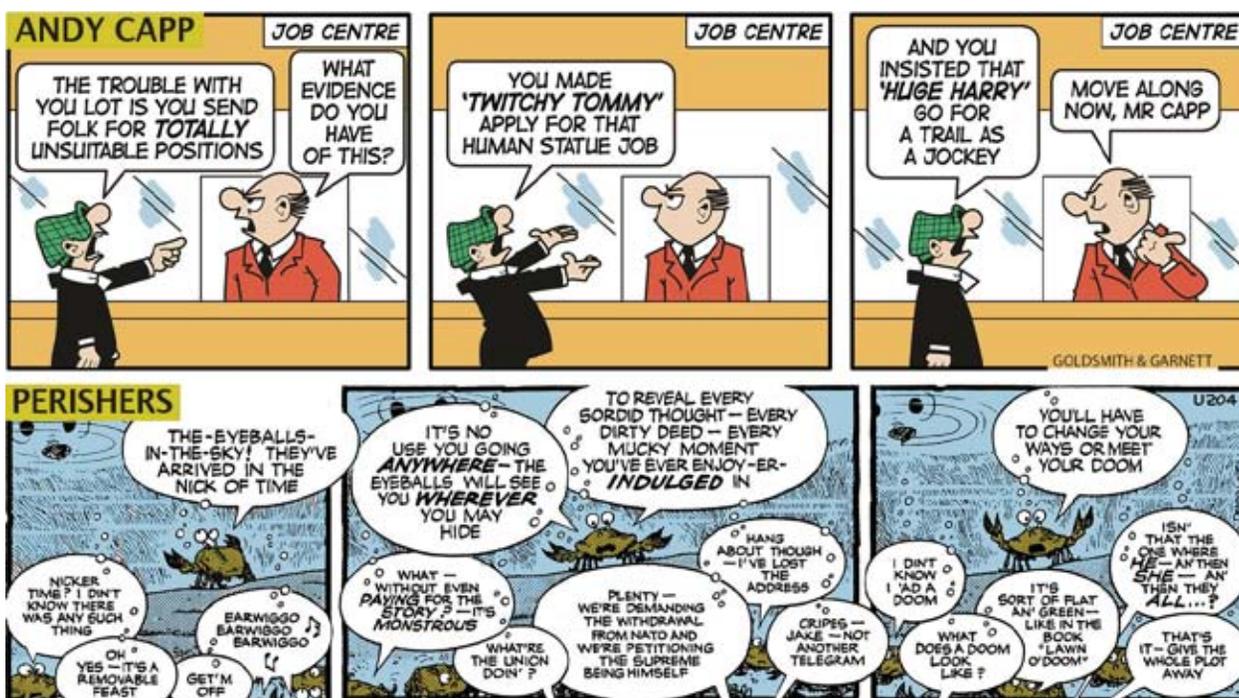
## Pisces Feb 20 - Mar 20

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 until they overcome obstacles. Be patient and keep reminding yourself of your long-term objectives. This kind of focus will take you far.

For more call **0905 789 4182** (80p/min + network access charge)

Calls cost 80p per minute plus your telephone company's network access charge - maximum of 5 minutes duration. You must be over 18 and have the bill payer's permission. Service provider Spoke. Helpline 0333 202 3390

# CARTOONS



## Summer desserts Good Food daily recipe to collect

# Individual summer puddings

A traditional, low-fat dessert with strawberries, raspberries, redcurrants, blueberries and blackberries set in mini basin moulds



**25 MINS**  
**COOK: 8 MINS**  
**PLUS 4 HRS**  
**CHILLING**  
**EASY**  
**SERVES 2**

- 350g mixed berry, fresh or frozen (we used raspberries, blackberries, redcurrants, blueberries and strawberries)**
- 2 tbsp golden caster sugar**
- Zest 1 lemon**
- Sunflower oil, for greasing**
- 3-4 slices slightly stale white bread, crusts removed**

- TO SERVE**
- 2 tbsp extra-thick double cream**
  - 2 tsp icing sugar, sifted**

1 Tip all the berries, apart from the strawberries, into a saucepan. Sprinkle over the sugar and stir. Set over a low heat and cook until the sugar has dissolved and the fruit has started to release its juices. Increase the heat, bring the mixture to the boil, then simmer for 2 mins until the fruit is soft and you have lots of deep red juices.

Quarter the strawberries and stir into the berries, along with the lemon zest. Remove the pan from the heat and strain the fruit through a sieve, reserving the juices. Meanwhile, lightly oil 2 x 175ml dariole moulds (or 2 large teacups) and line with cling film.

Using a pastry cutter, stamp out 2 small circles of bread to fit in the base of each mould. Dip one side into the reserved juices while still hot, and place, juice-side down, into the bottom of the lined mould. Cut another 2 larger circles from the bread, and slice the remainder into 2.5cm-wide strips that are the same height as the mould.

Dip the strips into the juices and use to line the sides of the moulds in the same way, pressing each piece in place and overlapping slightly.

2 Pack the strained fruit into the bread-lined moulds, reserving some fruit and juices for serving. Fold over any strips of bread that protrude from the mould, then dip the final 2 circles of bread in the juices and top the puddings to seal. Cover with cling film and push down firmly with the palm of your hand. Pop in the fridge to chill for at least 4 hrs, preferably overnight.

3 When ready to serve, whip together the cream and icing sugar. Turn the puddings out onto plates, top with the reserved fruit and juices, and serve with the sugared cream.

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**TOMORROW'S RECIPE: JAM JAR TRIFLES**

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