

90p



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2024 NEWSPAPER OF THE YEAR

MONDAY
22 JULY 2024
Number 4,263

LIFE

What my dad Mark Steel and I have learned about cancer ... and carers



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FAMILY

How to boost your child's brain power this summer, according to science



P34

POLITICS

NHS and teachers set for bigger pay rises - as Reeves urged to explain funding

P4

EXCLUSIVE

University crunch: Labour warned students face fee hike or closures

P12

Biden quits



» US President is forced to stand aside from 2024 White House race to make way for younger candidate

» Growing rebellion left angry Biden with no option but to exit contest against Trump, as he struggled to prove his fitness for office

» White House staff are blindsided by statement

» Biden quickly endorses Kamala Harris to succeed him, amid chaotic scramble for Democrats to agree a candidate for 5 November US presidential election

» Outgoing President has six months left in office and says: 'It has been the greatest honour of my life'

Reports & analysis, pages 6-11



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America will pay a price for stubborn Biden
by James Naughtie

Tables turn - with Trump now the older man
by Andrew Buncombe



Harris needs to win over doubters
by Anne McElvoy

The News Matrix

The day at a glance



MONDAY

22

JULY

Quote of the day



A lot of people mistake a short memory for a clear conscience
DOUG LARSON



Birthdays

Terence Stamp, actor, 86; Emily Saliers, singer, 61; George Clinton, musician, 83; Alan Menken, composer, 75; Rufus Wainwright (below), singer, 51; Selena Gomez, singer/actress, 32



Anniversaries

Sunday 22 July 1934

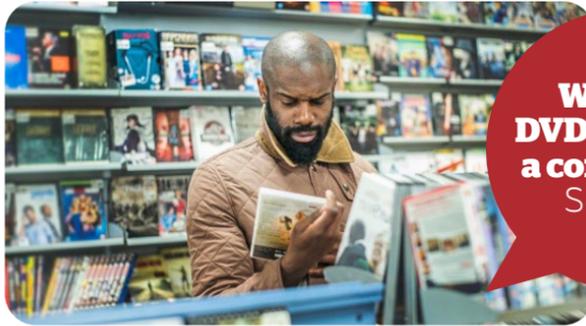
The notorious bank-robbler John Dillinger – America's "public enemy No 1" – is killed in a hail of bullets fired by federal agents outside the Biograph Theatre in Chicago.

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Why are DVDs making a comeback?
See p.42

The Page 3 Profile

SAM SILLS, WINDSURFER WITH STAYING POWER

Is he in line for an Olympic gold?

Sam Sills, who will compete at the Paris Olympics after more than a decade of trying to reach the top of his sport, already deserves a medal for the challenges he has overcome to qualify for the Games.

What choppy waters did he encounter along the way?

The naval architect failed to make the Great Britain team for the 2016 and 2020 Olympics and stepped away from the sport to contribute to reducing its carbon footprint.

But his Olympics ambition bubbled away. When the Olympic windsurfing equipment changed from RS:X to iQFOiL, which suits him better, he decided to give it another shot.

But it was not all plain sailing. He had run out of money and had to take radical action, so he decided to live in his van. For 18 months he was mostly based in a Dorset car park, driving to competitions across Europe.

How did he make it to Team GB?

Sam, who grew up in Cornwall, returned to the sport of competitive sailing in 2020.

Then, two weeks before the Olympic test event, he almost broke his wrist in a traffic accident. Nevertheless, he went on to qualify for Team GB.

Securing lottery funding allowed him to move out of his van and take advantage of British Sailing's coaching and support.

What is the plan in France?

"The goal is to win," he told The Observer. "But I'm happy just to be going because it was such a struggle to get there. It's been so tough. It's been an amazing life journey that has taught me a lot."

Jane Clinton

Sport, page 48

POLICE

Man's body pulled from River Trent

The body of a 44-year-old man has been recovered from the River Trent in Nottingham, Nottinghamshire Police has said. Emergency services were called to Wilford Toll Bridge on the Victoria Embankment, around 2.15pm on Saturday following reports that a person had entered the water.

GREENLAND

Leading anti-whaling activist arrested

Police in Greenland have arrested a prominent environmental activist and anti-whaling campaigner on an international arrest warrant issued by Japan. Paul Watson was arrested when his ship docked in Nuuk. The Captain Paul Watson Foundation said the vessel had been on its way to intercept a Japanese whaling ship.

NORTHERN IRELAND

'Sword attack' suspect arrested

A man is being treated for facial wounds and a severe arm injury following what police believe was a suspected sword attack in Co Down. A suspect, aged in his thirties, was arrested on suspicion of attempted murder following the incident at a property in Newcastle in the early hours of yesterday.



POLICE

Four men killed as car crashes into tree

Four men have died after a car crashed into a tree in Ullenwood, near Cheltenham, Gloucestershire. Police found the black Renault Clio on the A436 while on patrol shortly before 2am yesterday. Gloucestershire police were trying yesterday to identify those involved and notify their next of kin.

SOCIETY

Crafty group knits up some Olympic fun

A crafting group in Hertfordshire is celebrating the Olympic Games by crocheting and knitting sporting events to decorate local postboxes. Around 100 members of the Secret Society of Hertford Crafters spent months making 37 postbox toppers, which will appear in Hertford and Ware.

MIDDLE EAST

IDF in battle with militants in Rafah

Israeli forces battled Palestinian fighters in the southern Gaza city of Rafah yesterday. Residents said fierce battles raged, especially in the centre and in western areas where tanks had advanced. The armed wings of the Islamic Jihad and Hamas militant groups said fighters confronted Israeli forces with anti-tank rockets and mortar bombs.

AUSTRIA

Fifty held in clashes at far-right march

Police in Austria have detained more than 50 people after clashes during a march by right-wing extremists in Vienna, against which anti-fascist groups had called for people to protest. Forty-three people were detained for refusing to end their protest blocking the march, with 10 detained after some protesters threw rocks and bottles.

CRIME

Man arrested over Manchester rapes

A man has been arrested over a series of rapes in Manchester. Detectives investigating four rapes dating back to February this year arrested the man early yesterday morning. Greater Manchester Police said the suspect, in his forties, had been targeting intoxicated men and women, raping his victims and then taking their personal items. Detective Superintendent Richard Hunt said: "These are horrific crimes. No one should feel unsafe when walking the streets of Greater Manchester. We remain committed to achieving justice for all victims of rape."



The List

Top lingo for getting down with the kids

Most members of Gen Z (83 per cent) think older generations regularly fail to understand their slang and research from Amazon Alexa shows that a third of them (35 per cent) cringe when older people use it incorrectly. The most popular Gen Z term proved to be "lowkey", closely followed by the phrase "it's giving". The top 10 Gen Z terms are:

- 1 Lowkey
- 2 It's giving
- 3 Ick
- 4 Slay
- 5 Rizz
- 6 The math is mathing
- 7 Tea
- 8 Lives rent-free in my head
- 9 Mid
- 10 Sus

SPAIN

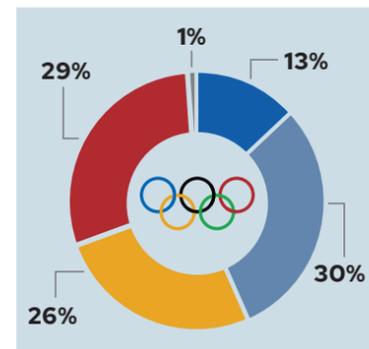
Thousands protest against mass tourism

Thousands of anti-tourism activists protested in Palma, Mallorca, yesterday in the latest demonstration against a key industry for the Balearic island. Carrying makeshift models of planes and cruise ships, protesters walked through the streets of the capital with posters reading "no to mass tourism" and "stop private jets". Anti-tourism activists have staged a series of protests this year in Barcelona, and other popular holiday destinations like Malaga and the Canary Islands, saying visitors drive up housing costs and lead to residents being unable to afford to live in city centres. PAGE 33

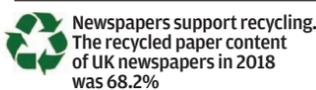
Paris Olympics

How interested are you, if at all, in the forthcoming Paris Olympics?

- Very interested
- Fairly interested
- Not very interested
- Not interested at all
- Don't know



3,937 GB adults surveyed; 18 July 2024
percentages rounded SOURCE: YOUNG&Rubicam



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**MUSIC****Swift flies high over chart-topping album**

Taylor Swift has said she was “completely blown away” at the success of her album *The Tortured Poets Department*. Her 11th original studio album was released in April and has spent eight non-consecutive weeks at No 1 on the UK albums chart and 12 consecutive weeks topping Billboard’s US chart.

UNITED STATES**Hemingway fans gather in celebration**

Fans, scholars and relatives of Ernest Hemingway gathered in Key West, Florida, yesterday to celebrate the US author’s award-winning novels and adventure-filled life on the 125th anniversary of his birth. Hemingway Day was started in 1981 with a short story competition and a look-alike contest.

SPORT**Tour de France final race for Cavendish**

Sir Mark Cavendish may have raced for the final time in yesterday’s closing stage of the Tour de France. The 39-year-old cyclist from the Isle of Man put his retirement on hold as he sought a record-breaking 35th career Tour stage win this year – that was achieved on stage five into Saint-Vulbas. **PAGE 47**

FILM**‘Twister’ stirs up a blockbuster opening**

Film fans have given *Twisters* a blockbuster opening weekend. The standalone sequel to the 1996 hit made \$80.5m (£62m) in ticket sales from 4,151 cinemas in North America. That’s about \$30m more than analysts expected, and makes for the biggest opening of a live-action movie so far this summer.

Letter from
the Editor

Oliver Duff
i@inews.co.uk



Right decision. But is it too late for Harris to stop Trump?

Joe Biden’s exit was inevitable.

His contribution to US politics has been immense. Yet by refusing to recognise for three weeks that he could not operate at the level needed for a presidential campaign, he has jeopardised Democratic chances of victory.

In truth, the signs of his decline have been evident for many months. Biden’s refusal to acknowledge them is only human, albeit selfish in the circumstances. His advisers’ repeated denials have done US politics a disservice, and some of these statements have been dishonest. Within hours of Biden’s disastrous TV debate, the dam broke. More stories emerged – from political allies, American journalists and foreign diplomats – recalling worrying instances of severe mental confusion. That fate awaits most of us, after all. But it is hardly ideal for the highest office.

Had Biden or his aides acted sooner, they would have given their party more time to align around a replacement candidate, and given that nominee the best shot at fighting Trump. Instead it will be a mad scramble, probably leading to the anointment of Kamala Harris. For all her talents, she has weak opinion poll ratings.

Seven key swing states will decide the White House: Arizona, Georgia, Michigan, Nevada, North Carolina, Pennsylvania and Wisconsin. Trump and JD Vance will fancy their chances of trouncing her on 5 November.

If chosen by Democrats, Harris has 15 weeks to take the fight to Trump and Vance. She still needs a clear offering for the American people, and especially for those white collar voters in “rust belt” states who will decide the election.

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ECONOMY

Reeves urged to explain how she will finance public sector pay rises

By Richard Vaughan

Rachel Reeves is under mounting pressure to spell out how she will deliver above-inflation pay rises to public sector workers in England in order to avoid a fresh wave of damaging industrial action.

The Chancellor gave her strongest hint to date that she was preparing to give millions of workers in the state sector an increase in their salaries above inflation.

Treasury sources said Ms Reeves will spell out how the Government would deliver the latest round of public sector pay at the Budget in the autumn.

The pay review bodies of both teachers and NHS workers are understood to have recommended pay rises of 5.5 per cent, which would cost an extra £3bn, rising to £10bn if such a rise is offered across the public sector.

Speaking to the BBC, Ms Reeves insisted that the Government would “make sure the sums add up” if she agreed to give workers above-inflation rises, adding that she will set out her plans before the end of the month.

But in a hint of pay rises to come, she said: “There is a cost to not settling, a cost of further industrial action, and a cost in terms of the challenge we face recruiting.”

Treasury minister James Murray said the Chancellor would present the Government’s response to the recommendations at the end of the month, taking into account the state of the public finances.

He added that it would not be “helpful” for him to “pre-empt the



Rachel Reeves said the Government would ‘make sure the sums add up’

process that we are going through right now”.

The comments have prompted major questions as to where the money will come from to pay for the increases.

Treasury sources are refusing to be drawn on whether it will result in tax rises, increases in public borrowing or spending cuts elsewhere.

Paul Johnson, director of the influential Institute for Fiscal Studies, suggested the pay rises could cost an extra £3bn for schools and the NHS alone.

“In terms of the cost, there isn’t a specific number that is budgeted for schools, it’s probably 1 or 2 per cent.

“It’s certainly nothing like 5.5 per cent, so we’d certainly be looking at at least an additional £1bn on schools’ costs relative to what they’re currently expecting.

“And a number at least double that across the NHS if the proposals

for the NHS are similar, which it appears that they might be.”

Union leaders have warned that anything less than the pay review body recommendations would be likely to lead to industrial action.

The National Education Union’s general secretary, Daniel Kebede, warned yesterday that any attempt to go against the pay recommendation would be “highly provocative”.

He added: “We absolutely would want to avoid strike action, but that would almost seem inevitable if the Treasury were to make such an intervention.”

The Association of School and College Leaders (ASCL) warned the Chancellor that any increase in teacher pay must not come from existing school budgets, with schools across the country facing serious funding challenges.

ASCL general secretary Pepe Di’lasio warned that schools “cannot bear this additional cost”.

“While we understand the Government is dealing with the fallout from the previous administration’s neglect of the education system, the only viable solution is to fully honour and fund the pay recommendation,” he said.

Yesterday, the Chancellor accused Conservative former ministers of “running away” from making a decision. She singled out former education secretary Gillian Keegan, saying that the pay review body’s recommendations for teachers had been on her desk for “months”.

Ms Reeves added: “She didn’t do anything about it. She didn’t publish it, she didn’t say how she was going to respond to it.”



EDUCATION

Extra teachers’ pay boost may cost £1.5bn more than manifesto budget

Exclusive

By Connie Dimsdale

EDUCATION AND NEWS REPORTER

Labour’s manifesto budget could be blown by an additional £1.5bn if the Government meets demands to pay teachers in England an above-inflation rise of 5.5 per cent, *i* can reveal.

Experts have warned that the issue threatens to put the Education Secretary, Bridget Phillipson, on a collision course with teaching unions just weeks into the job.

Teachers from the National Education Union (NEU) – the largest teaching union with approximately 445,600 members – could ballot for fresh strike action in the coming months if Labour cannot offer an “inflation plus” pay award.

The NEU initially called for a pay rise of more than 4 per cent, based

on the 4.4 per cent level of inflation in April, saying it would go some way to restoring the real-terms pay cuts they have had since 2010.

But independent pay review bodies representing teachers and NHS workers have now recommended pay rises of about 5.5 per cent.

In evidence to the School Teachers’ Review Body (STRB) last year, the Government said each percentage point offered in a pay deal would cost the an extra £300m per year.

Luke Sibieta, of the Institute for Fiscal Studies (IFS), said Labour’s manifesto has costed for an increase in school funding for 2024-25 which includes allowance for staff pay rises of between 1 and 2 per cent. But if the STRB recommends anything beyond this, schools would need funding beyond their existing budget.

Based on the previous govern-

FINANCE

Cautious welcome for Labour’s scheme to increase pension pots

By Grace Gausden

MONEY AND BUSINESS EDITOR

The Chancellor has said that Labour will bring in new laws to boost pension pots by more than £11,000 and unlock billions extra in investment with a review of retirement savings.

Rachel Reeves said the Government will ensure pension schemes are well managed and deliver better value for money.

A Pension Schemes Bill, announced in the King’s Speech, will help savers by introducing automatic consolidation of small pension pots

and what the Government called a “value-for-money framework”.

The Treasury said that the £11,000 figure was an “illustration of the potential impact” of the framework on the pension pot of an average earner who saves over their lifetime in a defined-contribution scheme.

Experts have criticised how the Government has arrived at the £11,000 figure, because the workings are based on analysis from the Department of Work and Pensions (DWP) which made several assumptions, including that pension schemes that were performing at 3

percentage points below average, or worse, would either consolidate or improve their performance to match the industry average.

This would make the average investment growth across the industry increase by around 0.3 percentage points, the DWP said.

Tom Selby, director of public policy at AJ Bell, said: “There is a pretty big pinch of salt required with those numbers. They seem to be based largely on assumptions of improved investment returns as a result of greater allocation to private equity, which are not guaranteed.

“It’s good there’s a focus on value for money. But trying to turn that focus into a number in retirement is pure guesswork.”

£11,000

The amount by which the Government claims its reforms could boost an average pension pot



Mayor leads way for Pride

Tracy Brabin, the Mayor of West Yorkshire, joins the colourful celebrations at yesterday's annual Leeds Pride. DANNY LAWSON/PA

ECONOMY

NHS workers and teachers welcome brighter pay news

By Jane Clinton

Public sector unions have called upon the Government to listen to their demands and make a decision on pay soon, as the Chancellor hinted that above-inflation pay rises may be granted.

Rachel Reeves told BBC One's *Sunday with Laura Kuenssberg*: "I really value public service workers in our schools, in our hospitals, in our police as well." She added that a decision on public sector pay would be made this month, saying: "People won't have long to wait."

Last week, *The Times* reported that independent pay review bod-



Dr Patrick Roach of the NASUWT: 'We need to invest in our teachers'

ies have recommended pay rises in England of about 5.5 per cent for teachers and some NHS workers – substantially more than the 3 per cent the Government budgeted for.

Helga Pile, Unison's head of health, said: "Health workers will be hoping they'll soon know how much they'll be getting this year. NHS staff were due a wage rise in April, but the previous government failed to deliver that on time. Pay is key to solving the staffing crisis and getting patient waits and delays down."

Dr Patrick Roach, general secretary of the NASUWT teachers' union, told BBC Radio 4's *The World This Weekend*: "It's really important that the Government is listening to the sector about how best to ensure that schools are not left in the position in which they are robbing Peter to pay Paul, but actually ensuring that we don't see further unnecessary cuts to provision in our schools whilst we're investing as we need to invest in the quality of our teachers."

A survey for King's College London by the pollsters Ipsos found that about half the public thought newly qualified nurses, junior doctors and healthcare assistants were underpaid, *The Guardian* reported.

FINANCE

Prisons, police and social care facing squeeze

By Richard Vaughan

Ministers have little choice but to spend more on public pay to retain experienced staff and attract more UK workers into the public sector, a major report has warned.

A study by the Institute for Government has painted a gloomy picture for public services under Labour's implied spending plans, and suggested a series of targeted reforms to improve outcomes, including boosting benefits and focusing on public health measures to take the pressure off hospitals.

The report stated that on the current trajectory, unprotected public services, including prisons, criminal courts, the police and social care will suffer an annual 2.4 per cent cut on average by 2029.

The outlook means the quality and access to all public services – outside of the NHS, schools and defence – will deteriorate further over the next five years, it added.

It also warned that capital spending will suffer cuts of 1.7 per cent a year, and without major public sector reforms even those areas of the public sector that are in line to receive increases in funding will be unlikely to deliver improvements.

In a bid to enhance services in a tighter spending envelope, the report said the Government must focus its reforms on preventative interventions, such as increasing benefits, boosting public health measures and increasing youth services to lower demand on hospitals.

Nick Davies, programme director at the institute, said: "The new Government has inherited both collapsing public services and undeliverable spending plans from the Conservatives. The trade-offs it faces are very difficult and won't get easier with time."

"But with political will and bravery, and a new approach to public services, it can deliver meaningful improvements ahead of the next election."



Manchester Metro Mayor Andy Burnham (*inset*) backed the report, saying: "There is an undeniable case for public service reform and genuine investment in prevention that can realise future savings, better outcomes for individuals and more productive capacity."

Ministers have accused the previous Tory administration of "running away" from the tough decisions the country faces amid growing public sector demand and tighter spending.

Mark Franks, director of welfare at the Nuffield Foundation, which helped produce the report, said: "Public services account for a particularly large share of consumption among low-income families, providing critical support that often forms the backbone of their daily lives."

"This means that the most disadvantaged members of society bear the brunt when these services are run down or reduced."

"However, in the context of the poor state of the public finances, it is essential that all spending is well directed and supported."

POLICY

Pressure grows on Chancellor over two-child benefit cap

By Eleanor Langford

The Chancellor has stated she will not make an "unfunded" pledge to lift the two-child benefit cap, despite increasing pressure from Labour MPs and anti-poverty charities to abolish the rule.

Some backbenchers are pushing for the Government to reverse the cap, introduced under the Conservatives in 2017.

But Rachel Reeves said yesterday that she could not commit to this without identifying where the £3bn annual cost "is going to come from".

She highlighted other policies, such as introducing breakfast clubs in all English primary schools, to

demonstrate Labour's commitment to tackling child poverty.

Canterbury MP Rosie Duffield (*inset*) is among a number of Labour MPs pressuring the Prime Minister to end the policy.



In *The Sunday Times*, she wrote: "It is a heinous piece of legislation and the reason above all others that I was driven to stand as a member of Parliament."

"When proclamations on benefits are handed down by the great and the good in Westminster, the stark divide between the wealthy and those struggling is never more visible."

Treasury minister James Murray defended keeping the cap, pointing to market turmoil caused by Liz Truss's 2022 mini-budget.

COVER STORY

US President forced to quit White House race for younger candidate

By Isabella Bengoechea
DEPUTY WORLD EDITOR

Joe Biden has stepped down as the Democratic Party candidate in the race for the US presidency and endorsed his Vice President, Kamala Harris, to succeed him.

Faced with a growing rebellion from colleagues and donors, including the former president Barack Obama, Biden is reported to have spent recent days angry and frustrated at efforts to get him to stand aside.

In a letter addressed to “my fellow Americans”, the US President, 81, said: “It has been the greatest honour of my life to serve as your President. And while it has been my intention to seek re-election, I believe it is in the best interest of my party and the country for me to stand down.

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

“I believe today what I always have: that there is nothing America can't do – when we do it together.”

Biden also said he wanted to offer his “full support and endorsement” for Harris to replace him as the Democrats' presidential candidate. He added: “My very first

Joe Biden has been fighting for his political survival ever since an abysmal performance in the June TV debate against Donald Trump that prompted panic among Democrats.

The debate was followed by multiple verbal gaffes made by Biden during his hosting of a Nato summit.

Donors then increasingly called for him to stand down, citing concerns over his age, mental acuity and fitness for the presidency.

The debate also raised fears that his poor performances in public would hand victory to Trump



decision as the party nominee in 2020 was to pick Kamala Harris as my Vice President.

“And it's been the best decision I've made. Today I want to offer my full support and endorsement for Kamala to be the nominee of our party this year. Democrats – it's time to come together and beat Trump.”

Speaking shortly after President Biden's endorsement, Harris said it was her “intention to earn and win this nomination”, adding: “I will do everything in my power to unite the Democratic Party – and unite our nation – to defeat Donald Trump.”

Trump, the Republican candidate, said in a post on his social media site Truth Social: “Crooked Joe Biden was not fit to run for President, and is certainly not fit to serve – And never

in November. *The New York Times* reported that major Democratic donors had threatened to freeze \$90m (£70m) in donations if Biden maintained his candidacy in the election race.

Biden's granddaughter, Naomi Biden, said yesterday that she was “proud” of how he had served “our country”.

She tweeted on X: “I'm nothing but proud today of my Pop, our President, Joe Biden, who has served our country with every bit of his soul and with unmatched distinction.

“Our world is better today in so many ways thanks to him.”

was! He only attained the position of President by lies, Fake News, and not leaving his Basement.”

Trump also told CNN before Biden endorsed Harris that he doubted she would be a bigger problem for him than the President.

Biden's withdrawal comes after a growing chorus of Democratic politicians and donors called for him to stand aside, with Obama reportedly warning the President he should “seriously consider” dropping out of the election race.

The former speaker of the House of Representatives Nancy Pelosi (*inset*) had also spoken with Biden, expressing concern over polling that showed the President could not defeat Trump, and that he could wreck the Democrats' chances of recapturing the House.



Analysis

This may be too late to stop Trump

Daniel Bates
IN NEW YORK CITY



Joe Biden has just made the toughest, most heroic decision of his presidency. The US President's announcement that he is ending his re-election campaign is a stunning twist of events in an already extraordinary presidential race.

It would have gone against every one of his political instincts, which tell him he can always come back from defeat.

But it still might not be enough to beat Donald Trump and comes so late that it risks a chaotic process to find a replacement.

Biden – who became president on his fourth attempt – still sees

himself as an underdog who was written off in 2020 and yet vanquished Trump.

It is the dark side of this part of Biden that has got his party into this mess: the egotistical, stubborn and defiant man who either wouldn't listen to his aides or surrounded himself with people who told him what they thought he wanted to hear.

At 81 years old, “Scranton Joe”, a reference to the working-class Pennsylvania town where he grew up, fell into the trap of thinking he could repeat his performance from four years ago.

Instead, what we all saw last month during the presidential debate was the reality that Biden was hiding from himself, and from

the public. It doesn't matter how many times Biden says he is up to the job: the nation has already seen that he isn't.

So yes, his decision to quit was heroic. Yes it was undeniably tough. But it shouldn't have happened this late in the game.

Don't forget that in 2020, Biden ran as a “transitional candidate” on the path to the next generation of Democratic leaders.

At the time it seemed to be a clear promise that, at his age, he would be a one-term president.

But he then claimed that there was too much to be done so he needed a second term. Who would want to give up being the most powerful person on Earth? Turkeys don't vote for Christmas.



Then again, turkeys don't have their fingers on the largest nuclear arsenal on the planet.

Biden's allies have been telling him in recent days that he should focus on his legacy. Quit now and you will leave with your head held high, the message has been.

The Democratic representative Jamie Raskin (*inset*) even compared Biden to an ageing baseball player who won't quit despite the statistics showing him getting worse.

Biden's legacy, however, will only be secured if the Democrats win the election in November, and that isn't a sure thing.

The next month will be spent choosing a new presidential candidate and who knows how that will unfold.

The best scenario is that it is handled as quickly as possible, maybe with a rapid form of a primary election before the Democratic National Convention in August.

Meanwhile, Trump is on a high after favourable rulings from the

Supreme Court and his case in Florida being thrown out.

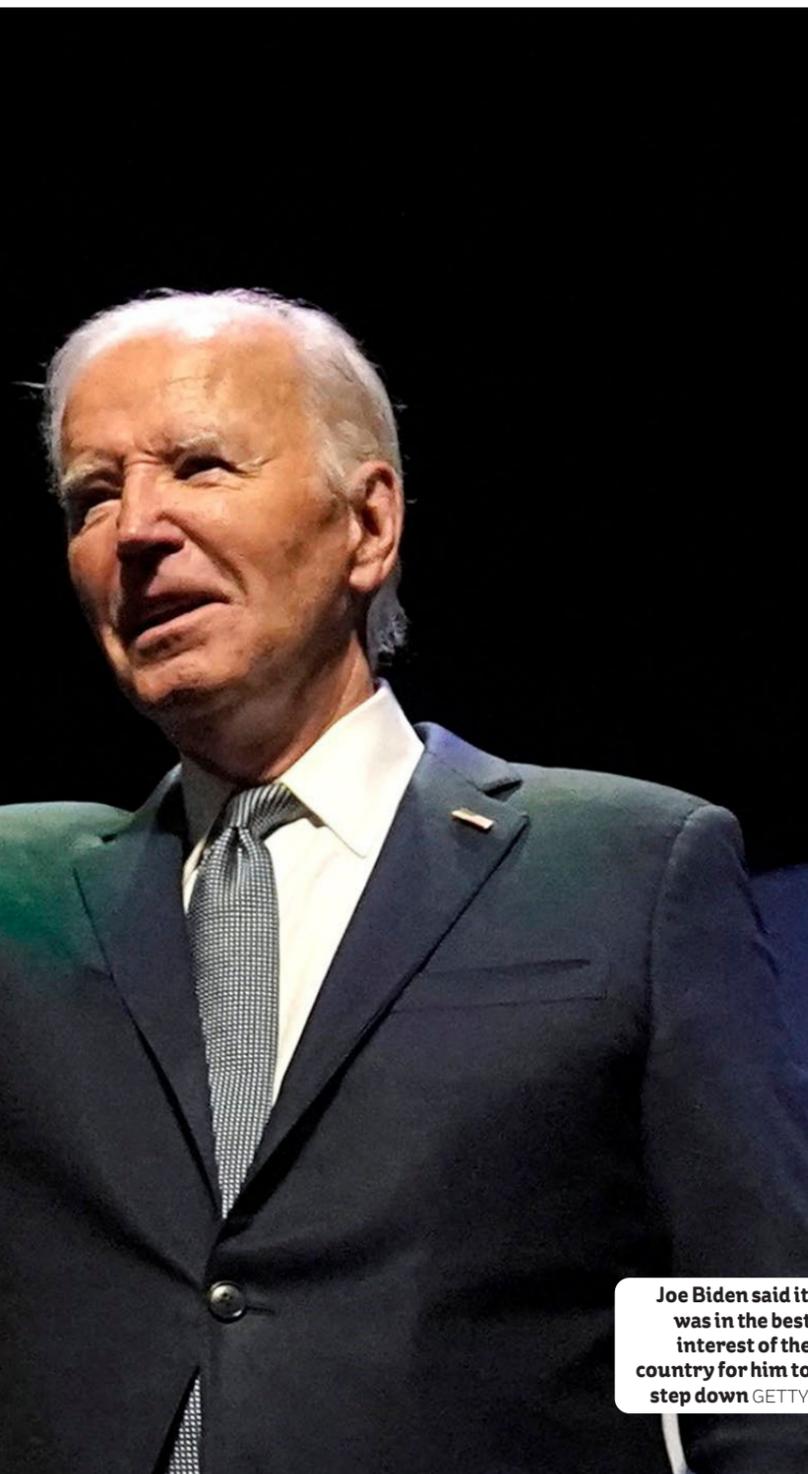
Republicans are united behind him in a striking reversal from 2020 when they were riven by divisions between the Maga wing and the establishment members of the party.

If Democrats choose Vice President Kamala Harris as their candidate, which appears likely after Biden gave her his “full support and endorsement”, then she faces a huge struggle to establish herself among the electorate in just three months.

Trump's campaign has a unity and momentum behind it which is beginning to feel ominous for Democrats.

The President stepping down could be the change that Democrats need, or it could be akin to moving the chairs around on the *Titanic*.

Biden had better campaign as hard as he can for whoever takes over from him or his political obituary could read: beat Trump in 2020, got him re-elected in 2024.



Joe Biden said it was in the best interest of the country for him to step down GETTY

INSIGHT

Tables turn - with Trump now the older man

Kamala Harris would have some advantages over her adversary. By **Andrew Buncombe**



In an instant, Joe Biden has done several things at once. He has given his party a chance of winning in November, he has ensured that he can rightly be remembered as a man who put his party and country ahead of himself, and he has tactically turned the presidential race on its head.

Now it is Donald Trump - not Biden - who will be portrayed as ageing and being out of touch as the oldest presidential candidate in history at 78.

As Biden, 81, struggled for his political life in recent weeks, in the wake of his poor performance in a TV debate with Trump, it had become clear that the former president wanted a rematch against the current President.

The Trump campaign has spent millions of dollars on adverts attacking Biden as "weak" in comparison to Trump's "strength". And it was no surprise that the final speaker on the last night of the Republican National Convention - before Trump delivered his long and rambling acceptance speech - was Dana White (*inset*), a former mixed martial arts competitor and president of the Ultimate Fighting Championship who has a cult following among working-class white men.

Now, Trump will have to change his tactics.

He can throw insults about

Harris. On Saturday night, he told a rally in Michigan: "I call her Laffin' Kamala. You ever watch her laugh? She's crazy. You can tell a lot by a laugh. She's nuts."

He can also accuse her of having failed to address the immigration problem at the US-Mexico border, a thankless job she was handed by Biden in her first months, and a poisoned chalice given the US has not had meaningful immigration reform since 1986.



But he cannot call Harris, 59, sleepy or dozy or claim she cannot make her way down some stairs without assistance.

Polls showed that the majority of Americans thought Biden was too old to run again, and in standing down he has removed age as a weapon to be used against the party for which he was first elected to the Senate in 1972.

It is not as if the Republicans were entirely blindsided by this. This month they started releasing a series of "Stop Kamala" adverts. They included one showing a succession of alleged gaffes by Biden and pointing out that Harris was preparing to take over.

Trump cannot call Harris sleepy or dozy or claim she cannot make her way down stairs without assistance

Harris will also be well positioned to lead the battle over what has been one of the most important issues for Democrats - the access to abortion after the scrapping of *Roe v Wade* in 2022 by the Supreme Court.

At speeches across the country, she pointed out that Trump often "boasted" about scrapping *Roe* because he had appointed three hardline justices that gave the court its conservative majority.

"The previous president expressed his intentions quite clearly," she said earlier this year. "And, fast forward to just recently, says he's proud of what he did."

She and whoever she selects as her running mate will be able to extend that criticism to JD Vance, the 39-year-old Ohio Senator who was last week picked to be Republican vice president if Trump wins. The author of *Hillbilly Elegy* has for a number of years positioned himself as a social conservative. In 2022, when running for Senate, he said he supported a national ban on abortion, a position to the right of Trump, who has said that the decision should be left to the individual states.

Trump has a preternatural energy. At his rally on Saturday night, he spoke for almost two hours. Yet just as Biden has declined physically and mentally, Trump is not the same candidate he was in 2016 or 2020.

Critically, that is something Democrats can go to town on.

PROFILE

Harris has already made history, but is yet to win over US

Advisers believe she needs to take on Trump in debates. By **Victoria Crow**

Kamala Harris is a former California attorney general and the daughter of Jamaican and Indian immigrants to the US. She is the first woman and first woman of colour to serve in the vice president role, and would make history again as the Democratic nominee for the presidential race. Her legal experience and record of campaigning on reproductive

rights following the Supreme Court decision on *Roe v Wade* is seen as an asset by Democrats.

She is also one of a handful of potential Democratic candidates with a national profile and is in line to inherit Joe Biden's campaign war chest.

As of 31 May, this amounted to \$91.2m (£71m) and funds from other Democratic campaign committees take the total funds at his disposal

to more than \$240m. At 59, she is younger than Biden and Trump, though Trump has partially offset concerns about his age with the choice of 39-year-old JD Vance as his running mate.

Harris (*inset*), who served as a senator in California between 2017 and 2021, has remained loyal to Biden in public.

But she has been increasingly spoken about publicly and privately as having a better chance of beating Trump in the November election.

Her allies had been privately gaming out what her presidential candidacy would look like, with state governors Roy Cooper, Andy Beshear and Josh Shapiro under discussion as potential vice president picks, *The New York Times* reported.

They have also worked to flesh out her political biography to include domestic and foreign policy issues, covered in a series of

talking points, Politico reported. Yet polls show she would be in a tight race with Donald Trump, with a recent poll for NPR showing she narrowly led Trump 50 per cent to 49 per cent.

Some critics have said that she might struggle against Trump, pointing to her handling of the crisis on the US southern border.



She is also associated by some with the left wing of the Democratic Party and has been described as "tough" to raise money for by Democratic fundraisers.

Yet others believe her poll numbers could improve with greater exposure, including national level debate.

One Democratic campaign volunteer said: "If she got out there and smashed some debates, did some press, I think people would see she's strong, she's charismatic, she's engaging and she can of course run with a record. She can say she

has worked with Biden and say 'It's broken my heart that we have to do this'."

Democrats will hope the decision to appoint her will stop the drip of negative press that the campaigner feared was a "political deathbed" for their party that was proving impossible to turn around.

Right-wing media in the US have already stepped up attacks on the Vice President, with Fox Business Network's Charles Gasparino referring to her as a "DEI" candidate - in reference to diversity, equality and inclusion - which he claimed had a "stranglehold" on the Democratic Party. Trump also attacked her performance before the assassination attempt against him, sarcastically implying her status as VP was Mr Biden's "one brilliant decision".

"It was an insurance policy, maybe the best insurance policy I've ever seen," Trump said. "If Joe had picked someone even halfway competent, they would have bounced him from office years ago."

News in brief

ELECTION

Trump had raised less than opponent

President Joe Biden's election campaign had outraised and outspent that of his Republican challenger Donald Trump.

The main campaign account for Mr Biden took in \$64m (£50m) in June and spent \$59m, largely on campaign ads, ending the month with \$95m in the bank, according to the Federal Election Commission.

Trump's main account reported raising \$21m in June and spending about \$10m, while having \$128m in cash at the close of the month.

Mr Biden raised over \$5m in the three days following his disastrous 27 June debate against Trump.

UKRAINE

**Plea for weapons as drones attack Kyiv**

Ukraine needs long-range weapons to protect its cities and troops on the front line from Russian bombs and drones, Ukrainian President Volodymyr Zelenskyy has said.

Russia launched its fifth drone attack on Kyiv in two weeks on Saturday night. "During last night alone, the Russian army used almost 40 Shaheds [suicide drones] against Ukraine. Importantly, most of them were shot down by our defenders of the sky," Mr Zelenskyy (below) said on Telegram.

He said it was necessary to destroy bombers at Russian air bases to protect Ukraine.

RUSSIA

Jets 'intercept US planes' near border

Russia's defence ministry has said its warplanes prevented two US bombers from violating the state border over the Barents Sea.

Having detected an air target approaching the border, the military scrambled MiG-29 and MiG-31 fighter jets, the ministry said. The MiGs identified the planes as two US B-52 strategic bombers.

"As the Russian fighter jets approached, the American strategic bombers adjusted their flight course... and subsequently turned away from the state border," the ministry said. The Pentagon did not immediately respond to a request for comment.

PEOPLE

Friendship between Biden and Obama turned sour

Outgoing president was furious about predecessor's intervention. By **Taz Ali**

Joe Biden once called Barack Obama his best friend, when he posted a picture of a personalised friendship bracelet with their names between colourful beads of a flower, smiley face, star and what appeared to be a slice of pie.

That was in 2020, when reports of a rift between the two senior Democrats were permeating news reports. Since then, those rumours have worsened, and they came to a head when reports suggested Obama had encouraged Biden to withdraw from the election race.

When Obama picked the veteran Delaware senator to be his running mate in 2008, they were not close, with their relationship described as a marriage of political convenience.

The pragmatic partnership was created in part because of quiet concerns about Obama's relative inexperience – and to make white Democrats more comfortable with casting their ballots for the country's most successful black politician.

The pair went on to spend eight years together in office when Obama won the presidency in 2008 and 2012 with Mr Biden by his side as vice president.

During that time their friendship grew, and they were frequently seen laughing, hugging and eating ice cream together, illustrating a bond that went beyond politics.

So when Obama appeared to embrace Hillary Clinton (inset) as his chosen successor in the 2016 election, cracks emerged in the Biden-Obama friendship.

"Biden was all heart, Obama all brain. In going with Clinton over Biden, Obama went with the brain rather than the heart," Steven Levingston, author of *Barack and Joe: The Making of an Extraordinary Partnership*, wrote in *The Washington Post*.

"The irony of his decision lingers," he added, alluding to Clinton's election loss to Donald Trump.

The strain in their relationship sometimes verged on the petty.

Biden was all heart. Obama all brain. In going with Clinton... Obama went with the brain

Author Franklin Foer wrote in his book *The Last Politician: Inside Joe Biden's White House and the Struggle for America's Future* that Mr Biden told a friend that Mr Obama could not swear properly.

Obama was unable to deliver a "f**k you" with "the right elongation of vowels and the necessary hardness of consonants; it was how they must curse in the ivory tower", the 2023 book says.

Foer's book also revealed how Biden tried to treat Vice President Kamala Harris more respectfully than he felt he had been treated him as vice president, calling her "the vice president" instead of "my vice president".

In his 2017 memoir *Promise Me, Dad*, Biden wrote about a lunch with Obama in 2015 at which they discussed the possibility of him running in the next election.

Obama, he recalled, asked if he was going to enter the race, to which Biden replied that he was not yet ready to make up his mind.

"The president was not encouraging," Biden wrote.

At the time, Obama aides attempted to downplay the former president's apparent snub of his vice president as an act of compassion – Biden was grieving for his son, Beau, who died of cancer in 2015, and therefore did not have the emotional strength to handle a campaign.

It is for that reason – a need to protect Biden and his legacy – that Obama stepped in and asked him to withdraw from the 2024 race, according to reports.

"President Obama has to and wants to play the role of statesman, above the political fray that former presidents have traditionally played," said Matt Bennett, who served as an aide to vice president Al Gore.

But while Obama remained publicly silent on Biden's candidacy, the 81-year-old faced criticism from prominent figures.

They include former aides David Axelrod and John Favreau – members of a group known as the "Obama bros" – and actor George Clooney, a close friend of Obama's, who wrote an opinion article in *The New York Times* calling on Biden to drop out of the presidential race.



REACTION

Democrats fly the flag for a 'patriot of the highest order'

By **Isabella Bengoechea**

Joe Biden's announcement that he was withdrawing from the race for the US presidency has prompted an outpouring of thanks and support from fellow Democrats, former presidents and other world leaders.

Barack Obama, the former US president under whom Mr Biden served as vice-president for eight years, said: "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."

In a long statement that paid

tribute to Mr Biden's "fundamental decency and belief that everyone counts", he celebrated how the President "pointed us away from the four years of chaos, falsehood, and division that had characterised Donald Trump's administration".

The former US president Bill Clinton (inset) and former secretary of state Hillary Clinton thanked Mr Biden for his "extraordinary career of service" and threw their weight behind Kamala Harris.

The UK Prime Minister, 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, he will have made his decision based on what he believes is in the best interests of the American people."

Dmitry Peskov, the Kremlin spokesman, said: "The elections are still four months away and a lot can change. We need to be patient and monitor what happens." Referring to the war in Ukraine, he said: "The priority for us is the special military operation."



Democrat supporters outside the White House had called on Joe Biden to 'pass the torch' over the weekend
ALLISON BAILEY/REUTERS



MIDDLE EAST

Israel and Yemen exchange missiles

By Isabella Bengoechea

Israel has intercepted a surface-to-surface missile fired from Yemen after Israeli fighter jets struck Houthi targets on Saturday.

Air raid sirens rang out in Israel's southern city of Eilat yesterday. The Israeli military said its Arrow 3 missile defence system had shot down a projectile before it entered Israeli territory.

Yemen's Iran-allied Houthi rebels claimed to have targeted Eilat.

It follows Israeli strikes on Houthi military targets near Yemen's port city of Hodeidah (inset) on Saturday in retaliation for a Houthi drone strike on Tel Aviv which killed one person on Friday.

"Israel Defence Forces fighter jets struck military targets of the Houthi terrorist regime in the area

of the port in Yemen in response to the hundreds of attacks carried out against the state of Israel in recent months," Israel's military said.

Its spokesman Rear Admiral Daniel Hagari described Israel's strikes as "necessary and proportionate".

Al-Masirah TV, run by the Houthis, showed fires and columns of smoke rising from Hodeidah on Saturday (inset). It reported that the strikes were directed against oil facilities.

Six people were killed and 80 others injured in the attack.

Yesterday the Houthi spokesman Mohammed Abdul-salam told Al Jazeera TV that they would continue to attack Israel and that there would be "no red lines" in the Houthis' response to Israel. "All sensitive institutions will be a target for us", he said.



OPINION

America may yet pay a price for stubborn Biden

James Naughtie



It is surely the climactic irony of Joe Biden's long political career that the feeling for a democracy in danger – which brought him out of virtual retirement to try to stop Donald Trump's re-election as president – was finally subsumed in a losing struggle to stay in power.

By the time he withdrew from this year's presidential race, some of his dearest friends believed that Biden's continued candidacy would deliver Trump a chance to change America more profoundly than even Biden used to think possible.

A few days before the mid-term elections two years ago, Biden ignored most of his White House advisers and said he would deliver an end-of-campaign speech about the threats to democracy he saw from Trumpists in Capitol Hill, and in state governments across the country.

He was told that voters cared much more about cost-of-living pressures, immigration and the rest, but ploughed on (his stubbornness being legendary). As a consequence, he attributed the better-than-expected results for the Democrats as evidence that he'd been right all along.

His problem was that although many of his most ardent loyalists couldn't see him any longer as a credible bearer of the flame, he

showed little sign of acknowledging the truth: that even if the spirit is strong, the flesh is weak.

This isn't a matter of medical diagnosis, but observation. No one could have missed it. So why the prevarication in recent days?

His own strengths wrapped him in their coils. He's been a fighter since he was elected to the Senate more than 50 years ago and he couldn't sum up that long career better – with eight years as vice president as the likely climax – than in his decision halfway through Trump's presidency to climb back into the ring to take him on.

For a while it looked hopeless. I recall watching him in a union hall in New Hampshire at the start of the 2020 primary campaign when he knew he was going to lose that first contest, and was bound for South Carolina even before the vote, because he thought he could claw it back there. And he did. He convinced himself yet again that he was, almost from birth, what Bill Clinton used to call "the comeback kid".

Winning that race four years ago convinced him, so it seems, that he is the only man who could do it again. The fact that the high command of his party disagreed sapped his campaign of energy and money. Yet up to this weekend he

had set his face against what most of Washington believed inevitable.

America may pay a price for Biden's stubbornness. Everything that Biden spoke about in that speech on democracy in 2022 is more urgent now. From his political perspective, the forces that would be energised by a Republican victory would deliver much more radical change than in Trump's chaotic first term (which he probably never expected to win in the first place).

Take Project 25, the plan hatched in the conservative think-tank the Heritage Foundation to replace thousands of federal employees at the stroke of a presidential

pen with politically trained operatives, to upend decades of practice and legislation in the federal government, using presidential executive powers and bypassing Congress. It is talked about by its organisers as "the second American revolution". One of them said publicly the other day that it would probably be bloodless – "if the Left allows it to be".

This is, even to the most sober observer, apocalyptic stuff. The kind of "Christian Nationalism" pushed by Steve Bannon and a host of far-right groups is a promise to take the country by storm. And "storm", incidentally, is a word they like.

And a significant number of serious Democrats – and by all accounts the man who made Biden his vice president, Barack Obama – no longer believed Biden was capable of leading a campaign that could stop it.

Democrats across the country are increasingly alarmed that state governments will turn dramatically rightwards, and that on questions of social policy (not only abortion but even contraception) they will intensify the divisions that have been the hallmark of the Trump era.

And with a Supreme Court tilted firmly against many of the liberal reforms of the past 60 years, thanks to Trump's judicial appointments, they think they may not be able to stop it.

Add to that the promise from Trump, repeated at every rally, to impose (by force) "the biggest mass deportation in American history" of immigrants deemed to be illegal. He talks of 12 million people being rounded up. A non-violent affair? Unlikely, you may think.

In the end it was the most brutal test for a proud man. Biden's view of American history celebrates a kind of progress that, from all his speeches, he believes to be in peril. In the end, he has very reluctantly sacrificed himself to defend it.



He showed little sign of acknowledging that though the spirit is strong, the flesh is weak



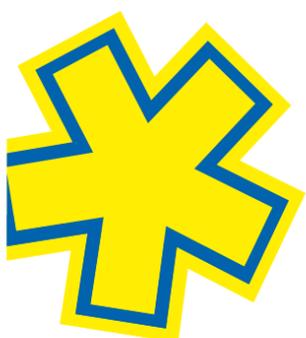
Barack Obama no longer believed that Joe Biden was capable of victory; inset, signs at the Republican convention demand mass deportations AP

James Naughtie is a special correspondent for BBC News



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TESCO
Every little helps

PEOPLE

Harris has 15 weeks to persuade doubters

Anne
McElvoy

In ultra-liberal Provincetown in Cape Cod on Saturday, Vice President Kamala Harris tried to motivate a rally of Democratic donors and loyalists to back a campaign which has been floundering since Joe Biden's first, flawed, TV debate. Yet by early afternoon yesterday, the entire race was thrown into turmoil. It summarised the topsy-turvy world of Democratic Party politics, mired in anxiety.

The inevitable happened when Joe Biden sent out a message from his Delaware home, stating that he was withdrawing from the race for the White House. The moment that felt so long coming arrived in spare, functional language via social media – he was stepping down in the “best interests of my party and country”.

A statement – and tributes – will follow as the week goes on. But America's handovers of power move lightning fast when the pressure is on, and for Harris, his “extraordinary partner”, this marks the moment that she can step up and grab a mantle shaken loose by Biden's health misfortunes.

Until the announcement, Harris had trodden an awkward line between calling for support for Biden while acknowledging a mood of anxiety, relying this weekend on vague formulations like, “anything worthwhile takes hard work”.

Figures including the former president Barack Obama (whom Biden has viewed as one of the prime movers against him) and the veteran former speaker Nancy Pelosi have been urging a transition to a younger, fitter candidate.

Influential critics put pressure on him to walk the plank, but it was his decision whether to jump – albeit after concern had mounted about his fitness to run again, from the moderate left in Senator Elizabeth Warren (*inset*), to aides and family

members, all concerned that a tight race and the tension of combat with Donald Trump could further damage his health.

Harris's job since 2020 has been to understudy the President. Now she acts as emergency “first responder”, replacing him as November's election looms and Trump's alliance with a younger, intellectually savvy right-winger in JD Vance nails the Republican strategy firmly to a populist message.

Harris is a former California prosecutor and former attorney general and, according to one of her ex-colleagues at San Francisco's legal bar, she still sounds like it. “She instructs rather than invites,” he says. “Notice that she chops her hands [when she speaks] in a way that looks like she's trying to get the case closed.”

The counter-argument, as Warren, who ran closer to Biden than Harris in 2020, puts it, is that a prosecutor might be well placed to take the fight to “a convicted felon in Trump”.

The bar is high for a woman who is smart and determined, but often seems to falter in the raw contests of politics and the art of persuasion.

Harris's last campaign in the 2020 party leadership primaries was an exercise in backwards momentum – finishing fifth in a poorly organised primary. She got the Veep role, and few doubt it was to address Biden's weakest point with younger voters of colour and (ironically) to ensure that a thin-skinned President, who often chafed as vice president to a showy Obama, was not outshone now his turn at the top had come.

By dint of Biden's weakness and now exit, however, she stands as the candidate who could most easily replace him. In part, that is practical – the ticket has large funding commitments which can transfer to her more seamlessly than to someone else. And while the Cape Cod donor event left many people frustrated about her reluctance to signal readiness for the role, she sensed, rightly, that



Kamala Harris tried to remain loyal to Joe Biden while acknowledging anxieties about his future. Some Democrats want her to be much bolder AFF

inheriting the Democratic crown by knifing her boss could turn toxic. In the end, others did the job for her.

But few who have heard the drumbeat from her campaign, and who relish her popularity with disaffected progressive voters, doubted that she was running to replace him. “Not very fast,”

quips a supporter. “More jogging. But definitely, she wants to be the candidate. She did, after all, enter the primary last time – and no one does that unintentionally.”

Both sides in this argument can cite polls as supportive. Donald Trump leads the President by two points and has the same margin



She's done four hard years. Is she going to stand aside for someone else? No way

over his deputy. But a spate of attacks by leading Republicans suggest that they would rather have faced a faltering Biden than regroup around the less familiar target of his deputy.

Not all Democrats are convinced. A substantial number, who are grouped around Pelosi, worry about the political downsides of party elites quickly crowning the Vice President. They want to open up the fields to other candidates, with Michigan Governor Gretchen Whitmer among the most likely alternatives.

That has probably served to steel Harris's resolve. “She's done four hard years and Biden is a hard boss to serve,” says one of her backers. “Is she is going to stand aside for someone who is totally untested outside her own state? No way.”

An impassioned but repetitious speaker, Harris often makes her case on equality, abortion rights and social progress by invoking the same phrase about “believing in what can be, unburdened by what has been”. It has become a meme which sums her up her style and limitations – more workhorse than box office.

Politics at the US Olympian level is a realm in which your burdens tend to follow you around. What can be achieved is often determined by someone who is not you. The person most likely to prevent Harris's ascent to the nomination was the tenacious, struggling and ultimately doomed President Biden.

Now, the burden of what comes next falls squarely on Harris – the woman who is probably the face of Democratic resistance to Trump's return to the White House.

Anne McElvoy is executive editor of *Politico* and hosts its *Power Play* podcast

REPUBLICANS

‘I took a bullet for democracy’, claims Trump

By Will McCurdy

Donald Trump has held his first rally since he was injured following an attempted assassination, telling crowds he “took a bullet for democracy”.

The event in Grand Rapids, Michigan, was the first with his new running mate, Ohio Senator JD Vance.

“They keep saying [I'm] a threat to democracy,” Trump told his supporters. “I'm saying, what the hell did I do for democracy? Last week, I took a bullet for democracy.”

There was a heavy police presence, with US Secret Service agents positioned on the top balconies of the 12,000-person Van Del Arena.

The former president told crowds that he would “take back the White House in a monumental landslide” and thanked divine intervention for his survival of the shooting the previous Saturday, saying he was only here due to “the grace of God”.



Michigan is a traditional swing state and will be an important battleground in the run-up to the presidential election in November.

During the rally, Mr Vance attacked Joe Biden's running mate, Vice President Kamala Harris, saying: “What the hell have you done other than collect the cheque?”

My View, page 19
Ian Burrell, page 43

POLICE

Shooter ‘used drone for recon’

By Isabella Bengoechea

The shooter who tried to assassinate Donald Trump had flown a drone over the grounds where the rally was held, according to reports.

Law enforcement sources said the gunman, identified as Thomas Matthew Crooks, 20, was able to obtain aerial footage of the grounds in Pennsylvania shortly before Trump was due to speak

at the rally on 13 July, *The Wall Street Journal* reported.

Crooks flew the drone on a programmed flight path earlier on the same day to scour the Butler Farm Show grounds, officials said. The path suggested he flew the drone more than once.

Crooks began researching the site shortly after 3 July when it was announced that the rally would take place there, and visited the grounds a few days later. He also made internet searches related to Trump, President Biden and the Democratic National Convention, sources told CBS News.

EDUCATION

University crunch: Labour warned students face fee hike or closures

Exclusive

By Richard Vaughan

CHIEF POLITICAL CORRESPONDENT

Labour will be forced either to give extra cash to universities or increase tuition fees to stop institutions going under, experts have warned.

The higher education sector is facing a funding crisis ahead of the new academic year, with universities sitting on large debt piles and budget deficits.

A freeze on tuition fee levels, higher running costs and the introduction of more stringent immigration policies, which has led to a fall in overseas students, have severely affected the finances of all but the most prestigious universities.

It has prompted calls for the Government to funnel more cash directly to universities via the Office for Students, or to increase tuition fees by around £600, bringing total fees up to £9,850 per student per year.

Nick Hillman, director of the Higher Education Policy Institute, said that, due to the freeze in tuition fees, universities had lost around £3,000 per student compared to when fees were tripled to £9,000 in 2012, due to inflation and higher running costs.

“By and large there is an agreement in favour of the funding model we’ve already got,” Mr Hillman said.

“The Government could raise tuition fees; all they would need to do is look to Wales, where a Labour-run government is in the process of increasing its tuition fees and nobody has been particularly surprised by it. Any replacement system is likely to cost a lot of money.

“What is clear is that the Government will need to do something, such as a short-term allocation of funding, because there are several universities that are operating with major deficits and large amounts of debt.

“Otherwise, the big question for [Education Secretary] Bridget Phillipson is whether she would save a university from going under?”

Labour stated in its manifesto that the “current higher education funding settlement does not work



Students such as those at University of East Anglia, Norwich, could have to pay more GETTY

for the taxpayer, universities, staff, or students” and pledged to create a “secure future for higher education”.

But there are serious doubts within the sector that the Labour administration has a clear strategy when it comes to overhauling the funding system for the HE sector, which will take years to implement.

It comes as reports emerged over the weekend that the financial crisis among universities could lead to institutions being forced to cut courses, close down departments or make redundancies before the start of the academic year.

i The University and Colleges Union told Ms Phillipson the sector faces a “catastrophe” and that an emergency funding package is needed to stop universities going under.

EDUCATION

Visa scheme for overseas graduates ‘needs overhaul’

By Jessica Rawnsley

The Government is being urged to confirm the long-term security of graduate visas for overseas students as universities face a cash crunch.

Vivienne Stern, the chief executive of Universities UK, said international students – who have increasingly been recruited by universities to “fill the gap” in funding – had been “spooked” by the former Tory government’s visa clampdown.

“Under the previous government, we saw a bit of a shock on the international recruitment front,” Ms Stern told

Times Radio. “The Government clamped down on visas for dependents and they started making noises about getting rid of the visa route that allows students to stay and work for a bit after they’ve graduated.”

Ms Stern said there was a “big decrease in numbers” as a result. “What would really help is if [the] Government was able to confirm that the visa regime for international students will be stable in the long term,” she said.

“We’ve seen some very positive signs from [Education Secretary] Bridget Phillipson in the past week, but we really need a categorical assurance.”

MEDIA

Part two of Leveson Inquiry won’t proceed, Nandy hints

By Eleanor Langford

The Culture Secretary, Lisa Nandy, has hinted that the second part of the Leveson Inquiry, known as Leveson 2, is unlikely to proceed.

She also appeared to criticise the previous Conservative government for its comments on the impartiality of the BBC as she suggested she remains open to further reform of the broadcaster.



Asked about the status of Leveson 2, which was put on hold in 2018, Ms Nandy (*inset*) said: “Well, it’s not something that we committed to in the manifesto.”

In an interview with *The House* magazine, shared with *i*, the Culture Secretary emphasised the need for a robust regulation system. She said: “We need a proper regulation system that supports the public to be able to have trust in what is reported.

“I’m very opposed to the idea that politicians should be telling the media and the press what they can and can’t say. The relationship between politicians and the media is always complicated. It can be very uncomfortable at times. But that’s important to democracy.”

The Leveson Inquiry, launched in 2011, investigated the practices and ethics of the British press following the phone-hacking scandal involving the *News of the World*.

The first part of the inquiry focused on the culture, practices, and ethics of the press and its recom-

mendations led to the creation of IPSO, the press watchdog.

The second part was intended to examine unlawful conduct within media organisations and the relationship between the press and police, but has been on hold since 2018.

The latest comments from the Culture Secretary suggest the continuation of this inquiry remains off the table under the current administration.

Under Jeremy Corbyn, Labour was committed to Leveson 2, which would have delved further into phone hacking at the Murdoch-

EDUCATION

New private school tax could start in January

By Eleanor Langford

Parents with children in private schools may need to start paying VAT on their fees as early as January, significantly sooner than initially expected.

The Chancellor, Rachel Reeves, had appeared to hint during the general election campaign that Labour’s plan to impose a 20 per cent VAT on private school fees would come into effect in September 2025.

She had told the Times CEO Summit in London that the tax would not be “retrospective” and stated it would be included in her first fiscal statement in the autumn, with many then anticipating that the tax would commence with the start of the next school year.

However, *i* understands that VAT could be applied to private school fees from as soon as January, meaning that parents paying by term could see their fees spike at the start of next year.

Ms Reeves defended the policy when speaking in London last month, insisting that “the children who are struggling most are in state schools – young people are not getting the chance to fulfil their potential”.

She also dismissed concerns that the change would mean private schools would be able to offer fewer bursaries to pupils from less affluent backgrounds, claiming that similar warnings were made in 1997 when Labour abolished the subsidised “assisted places” scheme but that bursaries subsequently increased.

The Chancellor added that “private schools will be able to make efficiencies” to accommodate the additional cost of paying VAT amid fears passing the cost onto parents could force thousands of children into the state sector.

Education Secretary Bridget Phillipson has also previously asserted that private schools could potentially adjust their budgets to absorb the cost of Labour’s proposed new tax increase.

owned *News of the World*. The *Sun* and *The Sunday Times* backed Labour at this month’s general election after News UK received private assurances that a Starmer-led government would not pursue Leveson 2, or introduce restrictions on press freedom, *i* understands.

Lachlan Murdoch, the head of parent company News Corp, approved the endorsement after meeting Sir Keir Starmer and his team. Relations had been cool with Sir Keir since he sanctioned prosecutions of the newspaper group’s journalists as director of public prosecutions.

CONSERVATIVES

Stride urged to enter Tory race as unity figure

By Richard Vaughan

Mel Stride is being urged to enter the race for the Tory party leadership as a surprise “unity” candidate amid wrangling over the rules of the forthcoming contest.

The shadow Work and Pensions Secretary (*inset*) is a well-regarded figure across the parliamentary party, and emerged as one of its leading communicators during the general election campaign.

While the MP for Central Devon would be an outside bet to lead the party, supporters of his believe he would steady the ship, even if he were to serve on an interim basis.

Others, however, believe the former cabinet member is seen as too close to Rishi Sunak, and would not provide the party with the leadership it needs after such a heavy electoral defeat.

One former minister said: “I think Mel is going to run. He may well be seen as being close to Rishi, but he is a very good communicator and he is widely liked across the party.”

The source also questioned the prevailing belief that Tory members will vote for whichever candidate is from the right of the party.

“It’s just not true that the membership are all on the right. Rishi was partly blamed for the downfall of Boris, but six months earlier



he was very popular within the party. Liz Truss was eventually seen as the least worst option.

“Members also voted in favour of David Cameron over David Davis.”

Candidates are expected to start announcing their bids this coming week, with Kemi Badenoch being viewed as the “acceptable face of the right” by many Tory MPs.

Others from the right of the party

expected to join the race are Robert Jenrick and Priti Patel, while serious doubts have emerged around Suella Braverman’s chances.

More moderate Tories expected to run include Tom Tugendhat and James Cleverly, while reports emerged over the weekend that shadow Business Secretary Kevin Hollinrake could also enter the fray.

The Tory party remains at odds over the process of the forthcoming leadership contest, with the executive of the 1922 Committee of Tory backbenchers promising last week to set out the rules this week.

MPs want the contest to take as long as necessary to ensure the

party chooses the right leader, with many calling for the race to go on until after the Tory conference in Birmingham this October.

But the party’s board is concerned that a prolonged leadership contest could further drain its finances.

i Candidates are expected to start trying to garner support from fellow MPs once recess starts in August. MPs will whittle down the candidates in September. The **run-off between the final two or three** could take place during the conference.

Comment

Where Labour should tell the public hard truths

Kate McCann



As every woman who has ever bought a cheap razor knows, there is a cost to failing to invest – often a painful one. Rachel Reeves has acknowledged this for the first time when it comes to public sector pay.

There has long been an argument that not giving NHS staff an above-inflation pay rise ultimately costs more, because of staff churn, and because every time workers walk out on strike the Treasury suffers to the tune of many millions of pounds and countless missed appointments.

In her first interview since becoming Chancellor, Reeves told the BBC: “There is a cost to not settling, a cost of further industrial action, and a cost in terms of the challenge we face recruiting.” Accepting this trade-off gives Reeves the opportunity to reset the terms of the debate, which dogged the previous Government and made waiting lists in the NHS worse.

But with inflation currently running at about 2 per cent, anything above that would outstrip Treasury expectations for the new public sector pay deal. A rise of 5.5 per cent, as recommended by independent pay review bodies, could cost about £3bn more.

This is money the new Labour government would have to find, and is likely to mean some difficult choices, especially when you consider that scrapping the two-child benefit cap would cost about the same and is

causing Keir Starmer problems on his own benches. But this rare piece of political honesty – or perhaps the willingness to confront political reality – will be welcomed by all sides.

Health professionals don’t want to strike and patients are fed up of being told their operations have been cancelled as a result of a walkout. If a deal is now reached it will be at least in part down to this change in tone between politicians and NHS workers.

So the question then becomes, what else is this new Government prepared to be honest about?

Perhaps the Home Office might step up and admit that processing asylum seekers who are currently housed in hotels won’t completely remove the cost – given many of those who are allowed to stay go on to need significant financial support from local authorities, which are already at breaking point.

Without this support many end up homeless. The latest figures show rough sleeping is up by 27 per cent compared to the year before – the sharpest rise year-on-year since 2015. In addition, statutory homelessness has increased by 10 per cent.

They could also talk honestly about how this Government’s answer to reducing illegal migration – to send migrants back to their countries of origin – may be impossible in many cases because the countries people are fleeing are not ones we can return them to.

Some may see her admission that NHS staff should be paid more as a reward for striking



Rachel Reeves acknowledges that a trade-off must be made. JONATHAN BRADY/AFP

And while return agreements have been reached with some nations, most notably Albania, an EU-wide agreement or a deal to return migrants while accepting some asylum seekers will be near-impossible if President Macron’s remarks at the European Political Community summit in Blenheim this week are anything to go by.

While she has the floor, Yvette Cooper, the Home Secretary, could ask us whether we really expect the police to attend every burglary – and what the trade-off of a policy like that might be when rates of prosecution for many other potentially more damaging crimes are already so poor.

Wes Streeting, the Health Secretary, could step up next and explain how a fundamental reform of social care would cost us all a lot more and take many years – and also begin a difficult conversation about immigration

and the types of jobs we expect others to do for us, ones which we’re not willing to do ourselves.

There are many areas of government where an honest conversation about the trade-offs would be welcomed by a public weary of politicians keeping the truth from them. Last week Keir Starmer highlighted a lack of trust as one of the fundamental problems of this political age. One of his most important tasks as prime minister will be finding a way to restore it.

Perhaps taking a leaf out of the Chancellor’s book is a good way to start. Yes, some may see her admission that NHS staff should be paid more as a reward for striking, but others will likely see it as a grown-up conversation about trade-offs. Ignoring them always makes the problem worse.

Kate McCann is Times Radio’s political editor

PEOPLE

Delaney urges Reeves to create ‘Robin Hood’ tax

By Casey Cooper-Fiske

Rob Delaney, the actor and comedian who created the sitcom *Catstrophe* with Sharon Horgan and appeared in *Deadpool 2*, has called on the Chancellor, Rachel Reeves, to be more bold in her approach to “Robin Hood-style” taxes on the rich.

Delaney, 47, was speaking to the *Big Issue* magazine when he called on the Government to “make changes” to the way wealth is distributed in Britain.

He said: “The amount of money in this country is outrageous, the sheer square footage of empty flats owned by people who don’t live in this country – come on, now.”

“So when I hear Rachel Reeves say: ‘There isn’t any money’, we’re not morons.”

“There is money. Take it. Mint it. Make it happen. I’m not interested in equivocating or managing expectations. So say whatever you want, but make changes,” Delaney said.

CONSUMER

Holiday is ‘out of reach’ for many

By Josie Clarke

More than half of UK parents fear they will not be able to afford a holiday this summer, a survey suggests.

As schools break up for the summer, 51 per cent of parents say a holiday is beyond their budget and 52 per cent say they could not stretch to a short break or activities, the poll for Action for Children found.

One in 12 – an estimated 700,000 families – said they had never been on a family holiday.

More than a third of parents are concerned their child could experience an unhealthy holiday in terms of nutrition and physical health due to a lack of money.

ENVIRONMENT



Llanwern solar farm in Newport, South Wales, is the UK's biggest solar farm – so far. J&B HOPKINS

Miliband overrules local opposition to solar farms

Planning inspectorate also bypassed. By **Tom Bawden**

The Government has ignored the recommendations of its own planning inspectorate and opposition from locals to drive through what will be two of the UK's biggest solar farm projects.

Just days into his tenure as Energy Secretary, Ed Miliband gave the green light to the projects, declaring that "solar power is crucial to achieving net zero".

"Some of these cases had been held up for months before I arrived in the department. They were put on my desk and I've made a decision in three days," he said.

The new projects, which would

power 400,000 homes in total, have been taken as the clearest sign yet that the Government intends to drive through dozens of solar and onshore wind farms in the next few years, in many cases against stiff opposition from locals.

The biggest of the new solar farms, near the village of Gate Burton in Lincolnshire, would be the largest in the UK – producing eight times as much electricity as the biggest currently in operation, in Llanwern, Wales.

The second biggest of the new solar farms – the 7 sq mile Sunnica development on the border of Cambridgeshire and Suffolk, supplying 100,000 homes – was opposed by the inspectorate.

Opponents say it takes some of the most productive land in the UK out of use while ignoring alternative sites such as south-facing commercial roof space.

The planning inspectorate objects to what will be the UK's second largest wind farm on

the basis that it would cause "widespread and significant effects upon landscape character and visual amenity".

The inspectorate concluded the Sunnica site – situated near Newmarket racecourse – could have "adverse impacts on the horse racing industry that could cause harm to the economy", while the "glint and glare" of the panels could affect motorists and horse riders.

Nick Wright, a vegetable farmer near Chippenham village in Cambridgeshire which is close to the solar farm, is one of many locals strongly opposed to the project.

"This wasn't five angry old men like me standing on the railings waving and making a lot of noise. It was a whole community, a whole list of regional government officials all saying 'This is not good'. And yet bang, three days in, we get a thing and it's 'Well good luck lads, this is what it's gonna be like'," he said.

"We are not a bunch of Nimbys, we're just saying it should be 'good

solar' – on rooftops and brownfield sites – not 'bad solar', like this project. Every acre of the Sunnica site is irrigated vegetable-growing land. If you approve something like this how are you ever going to stop these other huge solar schemes going through on good farmland?"

Mr Miliband has also waved through a new solar farm at Mallard's Pass, also in Lincolnshire. This would be one of the biggest in the UK and was strongly opposed – although the inspectorate did recommend that it go ahead.

A series of other similarly large solar farms are awaiting final approval, including the Cottam Solar Project on the border of Lincolnshire and Nottinghamshire, which would be even bigger than the ones just approved.

This wasn't five angry old men like me waving and making a lot of noise. It was a whole community

"The fact that Labour has driven Sunnica through so quickly, after delays under the previous government – and in the face of considerable opposition – shows just how determined it is to accelerate clean energy production," Ed Griffiths, head of business and client analytics at Barbour ABI, a provider of construction data to the Government, said.

The Department for Energy Security and Net Zero said it could not comment directly but pointed to the letter sent to Sunnica, confirming its consent.

"The Secretary of State has considered the overall planning balance and has concluded that the public benefits for the proposed development outweigh the harm identified."

A Sunnica spokesperson said: "Sunnica would make a significant contribution towards the UK's legal obligation to reach net zero by 2050 and its energy security".

CONSERVATION

Lottery to fund nature projects

By **Rebecca Speare-Cole**

Projects that aim to boost nature recovery and "back the people who make landscapes thrive" will receive a share of £150m from the National Lottery Heritage Fund.

The organisation said the money will reach about 20 large-scale projects across the UK as part of a new decade-long initiative called Landscape Connections.

The funding will focus on Britain's protected landscapes, including national parks and national landscapes in England and Wales, areas of outstanding natural beauty in North-

ern Ireland, and national parks and other areas in Scotland.

The National Lottery Heritage Fund said the initiative will empower landowners, such as public and private organisations, estates, farmers and communities, to collaborate.

Landowners will be able to apply for the money over the next decade.

Julian Glover, Heritage Fund trustee, said: "We have some of the most beautiful, loved and famous landscapes in the world.

"This is a chance to make them flourish by working with those who know them best, from naturalists to businesses and farmers."

HEALTH

Plea to end delay over buffer zones

By **Aine Fox**

Buffer zones outside abortion clinics must come into force in England as "a matter of urgency", campaigners have said in a letter to the Home Secretary.

Groups including the Royal College of Obstetricians and Gynaecologists, have appealed to Yvette Cooper to meet them to discuss delays to implementation.

Guidance on how the zones would work was originally due "no later than spring this year".

INQUIRY

Hunt apologises for 'groupthink'

By **Christopher McKeon**

Jeremy Hunt has apologised for failures in the UK's pandemic preparations highlighted by the Covid inquiry.

In its first report, published on Thursday, the inquiry found the former government had "failed" the public due to "significant flaws" in preparing for a pandemic.

Speaking to the BBC's *Sunday With Laura Kuenssberg* programme, Mr Hunt (*inset*) acknowledged that as health secretary

between 2012 and 2018, he had been "part of a groupthink where we over-prepared for pandemic flu, we didn't think about other types".

The report said the inquiry had "no hesitation" in concluding the "processes, planning and policy of the civil contingencies structures within the UK government and devolved administrations and civil services failed their citizens".

Among the problems identified was a "failure to learn sufficiently" from planning exercises.



TELEVISION

BBC insiders fear *Strictly* is 'fatally tarnished'

By Adam Sherwin

Insiders fear that *Strictly Come Dancing* could be "fatally tarnished" by the allegations about some dancers' behaviour that have rocked the show, as the BBC faces questions over this year's series.

The crisis worsened over the weekend after Amanda Abbington (*inset*), an actress, spoke out again about her experience with Giovanni Pernice, a professional dancer, calling him "abusive, cruel and mean".

A BBC investigation into Abbington's complaints is due to report its findings this week. Pernice, who has left the show and denies any abusive behaviour, believes he will be exonerated, according to reports.

The BBC had hoped that introducing tougher welfare measures, including giving stars a chaperone during rehearsals, would quell the rumours that followed the exit of Pernice and Graziano Di Prima, a fellow professional dancer.

Instead, the show faces further allegations from former contestants after a "culture of silence" over the extreme pressures some celebrities say they are placed under in training and rehearsals was finally breached.

Di Prima has admitted kicking his celebrity partner Zara McDermott during last year's competition

after pushing her hard in rehearsals, but said he apologised for his actions.

Amid allegations about his conduct, he had already announced his departure from the show, saying he "deeply regrets" the events that led to his exit and acknowledged that his "intense passion and determination to win might have affected my training regime".

An insider said: "The BBC thought that by announcing stronger welfare measures like chaperones in rehearsal it would close the story down but it's getting worse.

"The culture of silence has bro-

ken... the wholesome, family brand is tarnished."

Abbington, who withdrew early from the 2023 series, alleged to *The Sun on Sunday* that the BBC "knew about Giovanni's behaviour for years" and turned a "blind eye".

The BBC inquiry has been told that an executive had said at a meeting that Pernice's behaviour towards Abbington was "unacceptable and shocking", the newspaper reported.

The BBC did not comment on the latest claims, but has previously said it has robust duty of care procedures.

A spokesperson for Pernice said: "The BBC has shared allegations from the inquiry with Giovanni, who has co-operated fully.

"None of the allegations carried in

The Sun on Sunday are included in any shape or form.

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

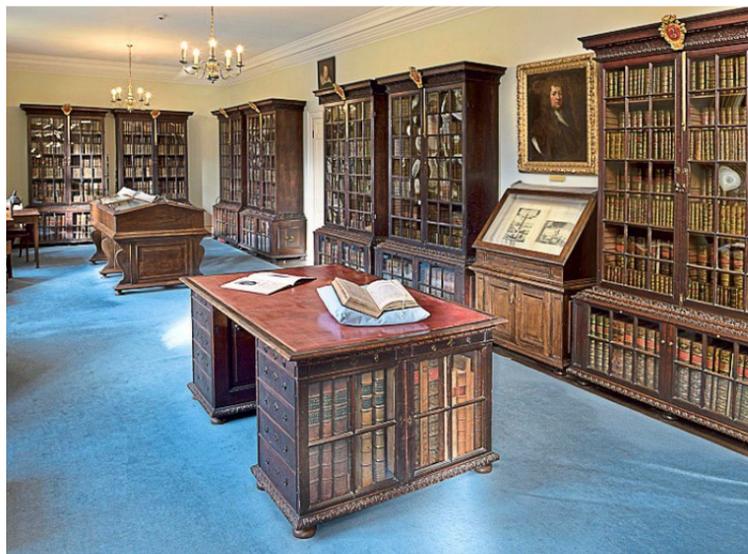
There are concerns that the BBC will struggle to attract celebrities to take part in the show following the revelations.

Another entertainment insider said: "The professionals won't be able to build a bond with the celebrities if the rehearsals are placed under microscopic scrutiny.

"The bravest option to save the brand would be to rest *Strictly* this year. It would protect Claudia [Winkelman] and Tess [Daly] from having to defend the show, and remind viewers what they are missing."



HISTORY



Pepys 'was anxious about wearing clothes above his station'

By Sam Russell

The 17th-century diarist Samuel Pepys had "anxieties" around his image and fashion sense, an academic has said.

"His father was a tailor, his mother a washerwoman, and throughout his life Pepys was profoundly worried about how he was perceived and took steps to manage his image," according to Cambridge University historian Marlo Avidon.

She studied Pepys's private collection of fashion prints in the Pepys Library at Cambridge's Magdalene College, where Pepys had been a student, to discover his attitudes to fashion in the period after he stopped keeping a diary.

The naval administrator's diary gave a picture of the official and upper-class life of London, from 1660 to 1669. Less is known about the second

half of his life, up to his death in 1703 aged 70.

Ms Avidon (*inset*), a researcher at Christ's College, said: "Pepys stopped writing his diary just as his career was taking off.

"It's really challenging to access Pepys's later life.

"These prints provide a unique opportunity to consider his attitudes to fashion in this period."

She focused on two volumes of fashion prints, the *Habits de France* and *Modes de Paris*, which comprise more than 100 illustrations printed between 1670 and 1696.

In research, in *The Seventeenth Century*, eight images from the collection are published for the first time and Ms Avidon links one of them to an episode in Pepys's diary.

In 1669, Pepys wrote that he was "afraid to be seen" in a summer



Pepys bought a print, 'Habit Noir', now in the Pepys library (above left), which may have influenced him UNIVERSITY OF CAMBRIDGE/PA; DOUGLAS ATFIELD/PA

suit he had just bought "because it was too fine with the gold lace at the hands".

Finally he plucked up the courage but a socially superior colleague spotted him in the park and told him the sleeves were above his station.

Pepys decided "never to appear in court" with the sleeves and made a tailor cut them off, "as it is fit I should".

He went on to buy a print entitled *Habit Noir* (evening wear) which shows an elite Frenchman proudly

showing off very similar lace cuffs as well as plentiful ribbons.

"Pepys would have seen this outfit as pretty risky," Ms Avidon said. "This was for a French courtier, and was probably well beyond his budget. But Pepys probably did own suits with these kinds of ribbon loops."

She continued: "Pepys felt he had to walk a really fine line, especially early in his career. The diary shows his anxieties as a young adult.

Pepys rose to be the chief secretary to the Admiralty in 1673 and was first elected as an MP in 1679.

MEDIA

Goodall claims BBC failed to support him

By Will McCurdy

Former *Newsnight* journalist Lewis Goodall has accused the BBC of failing to defend him amid what he called a "McCarthyite" witch-hunt.

Goodall (*inset*) worked on *Newsnight* between January 2020 to August 2022.

Following a public spat with the BBC executive Robbie Gibb, Goodall said he worked under "a hostile environment" and that bosses at the corporation didn't "push back enough" in support of him.

"Editors told me to be careful: Robbie is watching you," he told *The Observer*. "It was improper for someone on the board to be interfering."

The BBC and Robbie Gibb were approached for comment.



HEALTH

Girl has bladder pacemaker fitted

By Ella Pickover

A 17-year-old has become the first teenager to receive a so-called "bladder pacemaker" at a new specialist service for children.

Jenny Allan, from Thanet in Kent, has a rare condition which meant she was unable to pass urine and had to "self catheterise" every few hours.

During the bladder neuromodulation procedure at Evelina London Children's Hospital, an electrical stimulator device – similar to a pacemaker – was implanted into her lower back. It sends electrical impulses to change the nerve messages going to the bladder.

V O L V O

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TECHNOLOGY

GPs 'left in the dark' over CrowdStrike chaos

By Christian Oliver

General practitioners say they have been "left in the dark" by NHS England over ongoing repairs after Friday's widespread IT blackout, and warned patients to "bear with us" while staff deal with a "huge backlog" of prescriptions and appointments.

The CrowdStrike malfunction that hit Windows systems on Friday wrought havoc globally, leaving flights delayed or cancelled and some payment systems shut down.

The impact on medical systems – specifically the widely used EMIS appointment and patient record system – heavily affected the medical sector in the UK, leaving many unable to collect medicine prescriptions and test results.

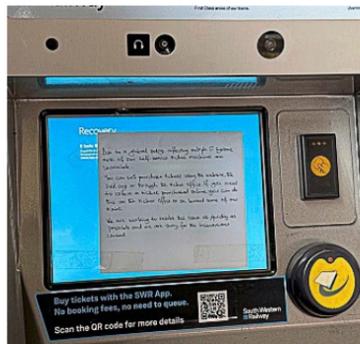
NHS England stated on Friday that the incident had created a problem "which is causing disruption in the majority of GP practices".

While most of the systems are being brought back online, the NHS said that there would probably be "some continued disruption, particularly to GP services".

But days after the initial meltdown, doctors told *i* that they were still unsure when they would be able to return to normal practice, accusing NHS bosses of failing to communicate with staff and patients, resulting in "radio silence".

Dr Dave Triska, a GP in Surrey, accused NHS England of providing "no support for practices at all" or sufficient communication for the public amid the breakdown, adding: "If you think 60 per cent of GPs are affected, you'd think there'd be a national messaging campaign for patients – and as far as I've seen there isn't any."

Dr Triska likened Friday's IT crash to early 2020 at the start of the Covid-19 pandemic when, he said, GPs had to share information and



An out-of-order ticket machine during the crash, which caused major disruption across many industries

policies with one another while they waited for the government to hand down advice.

He said: "The irony is that we had the Covid inquiry just a couple of days ago publish its report. And lessons learnt where that there should

be a central co-ordination of major incidents – but no, again."

He said there was "just radio silence" on Friday when the IT crash occurred.

Dr Triska said one of the most pressing issues that GPs will have to deal with this week are "hundreds and thousands of prescriptions that are generated every day electronically" which will have to be reprocessed on Friday.

The British Medical Association (BMA) said GPs would "need time to catch up from lost work over the weekend", adding that NHS England should "make clear to patients" this was the case.

Dr Douglas Price, a GP partner at a practice in Burntwood, Staffordshire told *i* reverting to a paper system had slowed things down and "introduces risk because we cannot see patients' blood results or a list of their current medication".

i The BMA said its GP committee would continue to talk to NHS England and patient record system supplier EMIS to secure a "better system of IT backup" to ensure the "disaster" was not repeated.

An NHS spokesman said: "Systems are now back online, and patients with an NHS appointment this week should continue to attend unless told not to."

"There still may be some delays as services recover, particularly with GPs needing to rebook appointments, so please bear with us."

"It's important that patients attend appointments as normal unless told otherwise. You can contact your GP in the usual way, or use your local pharmacy, NHS 111 online or call 111 for urgent health advice."

HEALTH

Dementia diagnosis figures hit record high

By William Warnes

The number of people in England being diagnosed with dementia is at a record high, according to figures from the NHS.

A record total of 487,432 people in the country had a diagnosis as of June.

While diagnosis rates are at their highest since the start of the pandemic at 65 per cent, the health service said it still has more to do to meet its ambition of diagnosing 66.7 per cent of the total number of people estimates suggest are living with a form of the disease.

England has one of the highest dementia diagnosis rates in the world – high-income countries are typically in the range of 20-50 per cent, according to the NHS.

Its staff across the country are assessing care home residents to support identification of people who may have dementia to boost numbers further.

The NHS is calling on people to come forward and get checked if they have any common early signs or symptoms.

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

65%

Diagnosis rates for dementia, the highest figure since the start of the pandemic but under the NHS target



Jet-powered anniversary

Tail fins of F-16 jets line up at the Royal International Air Tattoo at RAF Fairford, Gloucestershire, yesterday.

The three-day event marked a celebration of the 50th anniversary of the F-16, as well as the 75th anniversary

of Nato. The Norwegian Yellow Sparrows performed in the UK for the first time.

Visitors could practise landing on the Moon in a virtual reality hub. ANDREW MATTHEWS/PA

EMPLOYMENT

Let staff watch Olympics on TV, bosses told

By Alan Jones

Employers are being urged to be flexible when allowing staff time off to watch the Olympic Games in the coming weeks.

Conciliatory service Acas suggested businesses put agreements in place covering requests for time off, sickness absence or watching TV during the Paris Olympics,

which open on Friday and run until 11 August.

Acas chief executive Susan Clews said: "Paris 2024 will be an exciting event for many sports fans but staff should avoid getting disqualified for unreasonable demands or behaviour in the workplace during this period."

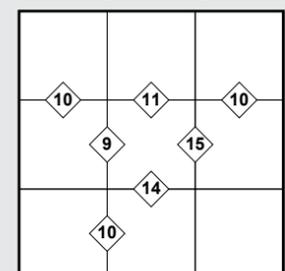
"For many businesses, maintaining a certain staffing level is critical in order to survive and sprint to that

finish line. Employers should have a set of simple workplace agreements in place before the Olympic Games."

Acas suggested employers could be more flexible when allowing staff time off, as well as reminding them their sickness and attendance policies will still apply during the Olympics. It said employees could come in a little later or finish earlier, then agree when this time can be made up.

One-minute Wjuko

How to play Place 1–9 once in the grid, obeying the sums between pairs of squares



Solution: page 45

The Opinion Matrix

COMMENT FROM HOME AND ABROAD

Opinion

STARMER'S PLANS



Labour's most Conservative programme

The Mail on Sunday

The Prime Minister's first programme for government is one of the most conservative – and Conservative – ever unveiled by a Labour administration. One senior Starmer adviser explained to me: "We are going to spend the next 12 months parking our tanks slap bang in the middle of the Tories' lawn." (Dan Hodges)

Sunday People

There were lots of bold, big-ticket policies in Keir Starmer's King's Speech but were there enough, in Harold Wilson's phrase to his Cabinet, "little things that mean a lot"? (Jason Beattie)

CROWDSTRIKE IT CRASH



We depend too much on technology

Washington Post

It's natural to ask how we can make sure it never happens again. But another question needs to come first: How much might we be willing to sacrifice to protect against the risk? Insuring against meltdowns like the CrowdStrike mess would require paying a price in economic efficiency. (Megan McArdle)

Daily Star Sunday

The rise of technology has changed the world. But how prepared are we for when things go wrong? Not very, by the looks of it. Most of our lives are now at the mercy of such tech... and we're all screwed when it goes haywire. (John Ward)

PRISONS CRISIS



Teaching skills is right thing to do

The Conversation

For years, politicians of all stripes have used prisons and incarceration as a populist cause to gain votes. The result is an overstretched, overcrowded prison system that is bad for prisoners, prison staff and communities. (Jonathan Estes)

Sunday Mirror

The Untold project – which teaches prisoners skills that can help them get jobs afterwards – is not just a nice thing to do but the right thing to do. If jails successfully cut re-offending rates then they will protect the public as well as give the inmates a better future. (Editorial)

EUROPEAN DEFENCE



Trump may govern more moderately

The Sunday Times

This is a dire time for Ukraine and the Trump-Vance ticket is worrying for Ukraine and Europe. But it should be borne in mind that Trump may govern less bombastically and more pragmatically than he campaigns. (Editorial)

Sunday Telegraph

Tedious north London and university high-table arguments about rejoining the EU are trivial compared with the existentialist question about Ukraine, and whether the free world is prepared to stop the tyrant Putin taking what he wants from a sovereign neighbour. (Simon Heffer)

JAIL FOR OIL PROTESTERS



Sentences were harsh but justified

The Observer

To suggest freedom of conscience creates an unlimited right to cause other citizens harm is to fail to engage with the nature of their offence. And to misunderstand what it means to live in a democracy where we enjoy a right to noisy protest, but are also bound by obligations to laws that apply to us all equally. (Sonia Sodha)

The Spectator

The sentences passed on the Just Stop Oil protesters who immobilised the M25 were stiff. But despite the backlash from environmentalists, justice has been served. (Andrew Tettenborn)

'STRICTLY' PROBLEMS



BBC dancing show makes a mis-step

The Sun on Sunday

Strictly Come Dancing was once TV's glitziest show. Now it's a tarnished version of its former self, with hideous allegations of misconduct continuously quick-stepping through the glitterball competition. It may be returning in six weeks' time, but the BBC can't expect any of us to fully embrace this toxic show unless it takes some immediate and drastic action. (Jane Atkinson)

Sunday Express

All TV shows eventually run out of steam. And, after 20 years (a very fine innings) that is happening to Strictly. Time to pull the plug. (Jennifer Selway)

Quote of the day



If I wasn't an actor, I'd be a sommelier. I'm obsessed with grapes, regions, barrels and techniques

Eva Longoria
The actress and activist on her alternative life plan

Life In Brief

BILL VIOLA VIDEO ARTIST

Bill Viola, the video artist known for applying modern technology to classical works, has died at the age of 73. He was suffering from Alzheimer's.

His most famous project was with director Peter Sellars on a groundbreaking production of Wagner's *Tristan und Isolde*, which opened in concert form at Los Angeles' Walt Disney Concert Hall in 2004, premiered on stage at the Paris Opéra the following year and was presented in concert at Lincoln Centre's Avery Fisher Hall in 2007.

His staging has been revived several times in Paris, as recently as 2023, and versions have been presented around the world.

"I hope that the audience will leave the theatre having a deeper understanding of the nature of our short time here on Earth and the importance and power of love and any

kind of relationship we're in really with the things and people in the world," Viola said in a 2013 interview.

While singers performed on the stage, a huge video showed images of individuals, water and candles and fire that ran from grainy gray to high-definition colour. His technique included Viola filming in Vermont woods for a week alone with a camcorder; to building a waterfall on a soundstage and lowering an actor on a wire, then using the video in reverse during the performance to make the actor appear to rise; to a crew of 70 in an aeroplane hangar with a 90ft pool of water and 25ft-high wall of flame.

William John Viola Jr was born in Queens, New York. His parents were William Sr, who worked at PanAm, and English-born mother Wynne Lee. He was raised in the Episcopalian church and was shy and introverted,

and nearly drowned in a lake aged six on a family holiday. It marked him profoundly. "I saw these plants. It was a kind of paradise. I felt that it was real life," he said. "I was shown that the real thing is under the surface."

After studying at Syracuse University in New York. He worked at art/tapes/22, a video arts studio in Florence, Italy, and had his first major European exhibition at Florence in 1975.

Viola moved to New York and spent from 1976-80 at WNET Thirteen's Television Laboratory as artist-in-residence and in 1976 created *He Weeps for You*, a live camera magnifying an image within a water drop, which travelled to New York's Museum of Modern Art.

He married Kira Perov, director of cultural events at Melbourne's La Trobe University.



From the mid-80s, Viola's work was shown at several shows at the Whitney in New York and at the Museum of the Moving Image, and in 1987 he had what MoMa said was the first video artist to have a retrospective there.

Viola received fellowships from the National Endowment for the Arts in 1978, 1983 and 1989, and a MacArthur Foundation fellowship in 1989.

He is survived by his wife and two sons. AP

Born 25 January 1951
Died 12 July 2024

My View



Ian Birrell

If the Tories follow Trump, they will spend a decade haunted by regret

Donald Reagan is routinely hailed on the right as one of the greatest Republican presidents in United States history for his role in winning the Cold War and sparking a conservative revival that reshaped the political landscape. His name was invoked often by candidates during the 2016 campaign.

One bragged of meeting him as a child, another said they idolised him as a teenager, a third styled himself the first real conservative running for the White House since “The Gipper”. Donald Trump inevitably went furthest. “I helped him,” he said. “I knew him. He liked me and I liked him.”

There was little evidence to support this claim beyond a solitary picture of the pair, although Reagan was such a promiscuous diarist there is mention of 21 dental trips even in his edited output.

Yet, last week emphatically underlined how the party for so long in thrall to Reagan’s optimistic vision of American exceptionalism – based on devout belief in big business, free trade and democracy – has been taken over by Trump’s darker brand of populist politics that preaches a revivalist message rooted in fear, isolation and pessimism.

And on this side of the Atlantic, a bruised Conservative Party is watching closely as it searches for ideas to restore its fortunes.

Trump’s success seems incredible after his lies about election theft, his stoking of insurgency, his unprecedented convictions and court cases – but it is indisputable. There were even T-shirts on sale proclaiming “I’m voting for the felon 2024” at the Republican National Convention. Yet this Trumpite makeover could be seen far beyond the adulation for their idol after he survived an assassination attempt.

Five of Trump’s family members spoke in Milwaukee, including his son Donald Jr’s fiancée and 17-year-old daughter. His choice of JD Vance as vice-presidential pick demonstrated his control over the party, rather than kowtowing to rival factions.

His slogan “Make America Great Again” is the party’s tagline. Before his key speech, fanboys strutted the stage including a sacked Fox broadcaster who has cosied up to Vladimir Putin, an ageing rock star singing about “Bad Ass America” and a shirt-ripping wrestler.



The Republican Convention underlined how the party has been taken over by Trump’s populist politics MATT ROURKE/AP

Given the current climate, it seems amazing to recall that Reagan’s final speech as president was a passionate tribute to immigration, hailing “the magical, intoxicating power of America” as a beacon of freedom and opportunity that lured people from all over the planet to enrich their land.

“This quality is vital to our future as a nation,” he said. “If we ever closed the door to new Americans, our leadership in the world would soon be lost.”

Now Reagan’s party wants to slam shut this door, build fences and expel the sort of undocumented migrants given an amnesty by the former B-movie star.

Trump was greeted by placards demanding “mass deportations now”, laid on chairs for delegates to wave. Despite efforts to pose as a unifier, he stoked the hysteria on migration by falsely claiming it was the root cause of spikes in crime,

housing prices and inflation. In place of Reagan’s confident warmth, Trump ranted about immigrants supposedly “coming from prisons, they’re coming from jails, they’re coming from mental institutions and insane asylums”.

His platform states they will not allow “Biden’s migrant invasion to alter our country”.

Such virulent hostility to migrants is interwoven with

Tories set pace for the populist right with their blundering adoption of Brexit

economic populism that rails against big business and multilateral corporations, cultural battles against women and minorities, plus an alarming isolationism that panders to despotism at a time when democracy is engaged in global struggle with dictatorship.

This stance was symbolised by Vance saying: “I don’t really care what happens to Ukraine one way or another” before he opposed sending crucial aid to Kyiv.

Throw into the mix their contempt for governing institutions, seen so starkly with bogus fraud claims after the 2020 vote, and we see a party sliding uncomfortably close to the populist far-right and authoritarian nationalist parties as it sheds any remaining vestiges of Reaganism and retreats from upholding democratic norms.

The Trump-Vance ticket solidifies this transformation (although their

economic populism is questionable when backed by billionaire financiers and tech titans).

But the big issue for British Conservatives, still coming to terms with crushing defeat, is whether to follow the same path into this fetid swamp that appeals to an inevitably dwindling slice of the electorate – especially if the Republicans sweep to triumph under their celebrity leader against whoever succeeds Biden, making their fool’s gold look more dazzling.

It should be noted, incidentally, that the Democrats won the most votes in seven of the last eight elections since the days of Reagan and his successor George Bush, even when losing the White House.

The Tories helped set the pace for the populist right with their blundering adoption of Brexit, which fuelled their deserved hammering after 14 years in power.

Now they look bewildered after so many years of bickering among their self-absorbed clans, shredding their historic brand while menaced by resurgent rivals on both flanks.

The median age for their voters was 63 after aiming their dismal campaign at older voters. Yet fresh analysis of their defeat by the Onward think-tank finds that among their bedrock of homeowners, the biggest fall in support came from those aged between 55 and 74 years old, while a sickly NHS was the priority issue across all age groups.

As Onward concluded, the central issue was collapse of trust in their competence, intensified by Boris Johnson’s contemptuous behaviour and Liz Truss’s arrogance. But will the Tories learn from their debacle?

They cling to the legacy of Reagan’s soulmate Margaret Thatcher, who believed in open markets, resolute defence of democracy and protecting the global environment even if she failed to share his unbridled admiration for immigration.

Yet, already siren voices jostling for control of the shrivelled party echo Trump with crass language on migration, vile attacks on LGBTQ+ citizens and seeking rapprochement with a bigoted Reform leader pushing Putin’s propaganda.

They should not follow the Republican Party’s false messiah but remember Reagan’s words: that it takes courage to do what is morally right.

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Your View

Tweets, emails and letters to:
 The Editor, **i**,
 9 Derry Street,
 London W8 5HY

Protesters' jail terms too long

I am shocked, but sadly not surprised, at the severity of the sentences handed out to climate activists last week for their non-violent protest.

This group have the courage, commitment and selflessness to bring attention to the need to address the climate change emergency.

What is a delay on our

motorways compared to the damage and loss of life already occurring through wild weather events around the globe?
NANCY STEDMAN
 KEIGHLEY,
 WEST YORKSHIRE

I agree with the sentences handed down. For too long these people have disrupted the lives of the ordinary citizens trying to go about their daily lives.

If they wish to protest, then do so outside the embassies of the main oil-producing countries.
JIM LEWIS
 SOMPTING,
 WEST SUSSEX

Their sentences are too lenient. Missed flights, missed appointments, etc with many untold consequences for people. These irresponsible idiots must realise there is a correct way to

protest. They have also alienated the public.
RON WRIGHT
 FERRYHILL,
 COUNTY DURHAM

I would agree those sentences of years may seem a harsh outcome – but maybe not as harsh as for those who were too late to say farewell to a loved one or to attend a dream job interview. So I have little sympathy.
STEPHEN LEACH
 FOLKESTONE, KENT



Private schools should pay VAT for the privilege of introducing children to a 'chumocracy', says a reader

while the wizzo in front of me who "never carries cash because he does everything on his phone" left the shop empty-handed.
DAVID HOOD
 BEWDLEY,
 WORCESTERSHIRE

Right to buy legacy

So "Thatcherism is finally dead" (Your View, 20-21 July), I fear not entirely; until the right to buy which Margaret Thatcher introduced is abolished, the social housing which Labour plans to build will seep into the private sector.
SYLVIA MESZAROS
 CAMBRIDGE

Trump votes mystify me

I am mystified that the once respected USA could think of voting for Donald Trump as

president for a second term. Millions of people saw him incite his Maga crowd to storm the Capitol. Then he was found guilty of 31 crimes. Trump brings shame on a once-admired America.
GILLIAN RANDALL
 SURREY

Taxing private schools is fair

Further to Katy Balls' article "Schools timebomb" (1 weekend, 20-21 July), private schools are businesses and, should pay VAT as any other company would. They are profit-making enterprises for the entitled or aspiring elite, who should pay their full dues for the privilege of introducing their children to the "chumocracy".
ANDREW RISBY
 LOCHGILPHEAD,
 ARGYLL

Increase our defence budget

Britain and Europe are faced with an existential threat through the Russian invasion of Ukraine and the possibility that this will spread.

Our new government should take bold action now by substantially increasing our military budget not just to provide protection for ourselves and Europe but also to supply the arms which Ukraine so desperately needs.
ANDREW FERGUSON
 EWHURST, SURREY

We're just too reliant on tech

A company that you have never heard of does a software update and half the world comes to a standstill. This should remind us that we have become over-reliant on technology to perform simple tasks and that the clever people have not put in place the necessary level of resilience.

Mind you, it was amusing to be able to buy my bottle of milk

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IN TOMORROW'S



SPORT
Breaking Olympic tradition
 Paris Games prepares to unleash the acrobatic dancers

Our parents are the last competent generation

PEOPLE

Lucy Mangan



We lay our scene at my mother's house a few days ago: it was a rare sunny forecast and by four o'clock she had done, dried and taken in the 17 washes she had earmarked for the day, and it was time to fold down the whirligig the washing had dried on once more and put its cover back on it.

But the cover, faithful servant for many years, finally reached the end of its life of toil and tore as she did so. No matter. She went to the cupboard where she keeps the replacement whirligig covers and put a new one on.

I watched, as I so often watch my mother, in awe, admiration and not a little fear. Because – think of me as your Peter Hall or Nicholas Hytner

for a moment – let's unpack that scene a little, shall we?

There are the loads of washing primed and ready to go and the close eye kept on the weather forecast. She triangulates via app, daily newspaper report and the evening news, like a Swat team synchronising watches.

There is the fact that she has a working whirligig – unrusted, a snug hole in the ground to slot it into, precluding wobble. There is the existence of both the cover and its regular deployment (hence no rust).

And of course there is not just the cover but the replacement, ready and waiting in a known, assigned spot in a known, assigned cupboard. Along with one more, which she has calculated should – now she has turned 80 – see her out.

In short, it was a feat of organisation in several forms and orders of magnitude greater than I will ever manage.

Ours is an extreme example, but it points to a wider general truth that has only become more undeniable as I have aged. Our parents are better at life than we are or will ever be. Probably the "at life" is actually redundant. They are just better. More skilled, more disciplined,

more farsighted, more practical, more sensible, less lazy, more self-sufficient – more of everything good, less of everything bad.

How does that work? Or rather, how is that going to work out? Is life actually more difficult these days? Or is the internet applying the anti-evolutionary pressure people (often our parents, actually) always warned it would, so we become functionally no more than giant thumbs? Can we start buttonholing old people to ask for Life (and Defrosting the Freezer) advice, as I do young people when I'm baffled by technology?

At the risk of sounding self-serving, I think we can argue that while life itself might not be more difficult these days, it is more difficult to organise. The tramlines that once helped keep all of society running smoothly are now ill-maintained at best, and a tangled mass of iron and rubble at worst.

There is virtually no such thing as a regular, nine to five job. Most people don't know what time they'll be home. And when they are, they will still be connected to the office via email, messages and bosses with no boundaries. It is no longer generally possible to have one



The whirligig of life is handled by the older generation with supreme organisational skills

Start asking older people for Life (and Defrosting the Freezer) advice

parent stay at home with children and earn nothing – if you want a family and a house big enough to put them in, two incomes are vital.

There is simply a degree of chaos that is not of your making and that you must just fight against as best you can. And watch Marie Kondo's decluttering programmes as you lie exhausted on the sofa, ordering storage solutions from Amazon as if they will solve your problems.

Which brings us to The Internet. Which pernicious little invention takes our natural inclination towards the path of least resistance and runs with it – largely towards obesity and cardiovascular disease, as we sign up for Deliveroo, call Ubers, book handymen and generally outsource everything we can until pretty soon we can do nothing for ourselves, from cooking a meal to sewing on a button.

Between the sloth engendered and encouraged by technology and the increasingly fragmented muddle of professional life, I can see our parents being the last fully adult generation. We are perpetual children now. Perhaps we voted Labour in because we know that the nanny state is exactly what we need if we are to survive.

+ HUNGER EMERGENCY + HUNGER EMERGENCY + HUNGER EMERGENCY + HUNGER EMERGENCY +

Horn of Africa Hunger Emergency

Displaced families across the Horn of Africa urgently need food to survive – will you give £119 to help them?

Across the Horn of Africa, years of severe drought and now torrential floods have created mass displacement and a hunger crisis of unprecedented proportions that is threatening the lives of millions.

Years of failed rainy seasons have caused rivers to dry up, crops to fail and livestock to die. Now devastating floods have claimed hundreds of lives and washed away homes and livelihoods.

- Over 20,000 refugees have been displaced by the flooding in the UNHCR supported Dadaab refugee camp.

- Hundreds of thousands of people have been forced to leave their land and homes behind in search of food.

- Prices have skyrocketed, making even basic foods unaffordable for displaced families.

How you can help

Lives are at risk, but if you can give an urgent donation today, you could help UNHCR, the UN Refugee Agency, get lifesaving Emergency Payments to the most vulnerable families. UNHCR is on the ground delivering vital aid, but resources are desperately stretched and your support is urgently needed.

A gift of £119 could help provide an Emergency Payment so a displaced family can buy the food they need to survive.

There is food available in local markets and Emergency Payments are one of the most effective ways to help people caught up in the crisis. They can be quickly delivered directly



Main: Fathi had to leave her home and all her possessions behind in search of food. Insert: Thousands of refugees in the Dadaab camp have been displaced by the floods.

to families, allowing parents to prioritise their family's most urgent needs, and they help to support the local economy.

You could help provide a payment to a mother like Fathi, who fled her home in Awdheegle in 2023 with her children in search of water and food:

"The best of us cooks one meal a day. There are people who stay hungry for three to four days – they have nothing to cook. There are children who died of hunger recently. Food is our priority. We can think of education and other things when we get food."

Your support could save lives

With needs increasing we face a race against time to get help to the most vulnerable. I hope you can send a gift to UK for UNHCR today, and together we will continue to stand by displaced people and refugees, and do all we can to help them survive.

HUNGER EMERGENCY

£119 could help provide a lifesaving Emergency Payment for a displaced family to buy food and other essentials.

Give now at

unrefugees.org.uk/hungerappeal

Call **0800 029 3883**, or fill in the form below

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Tick here, if you don't want to receive an acknowledgement by post

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*Please provide your details to receive updates by email and/or phone on the impact of your support, future appeals and details of other ways you may wish to help.

Please return this form along with your cheque to:

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P24HAA11

Men, don't be afraid of having a stent fitted

HEALTH
Stefano Hatfield



I am writing this from another bed this week: at a friend's house in Cornwall, happy to have woken up to the miserable damp, grey skies. Because I am alive.

After my column last week about my second heart attack and the astonishing treatment I received from Hammersmith Hospital Coronary Care Unit, both the paper and I have received too many well

wishes to respond to individually. Instead, I will thank you from the bottom of my triple-stented heart and explain why there is nothing to fear from the procedure I underwent – although it does not usually involve three hours and three stents!

Ever since the Nobel Prize-winning radiologist Charles Dotter (*inset*) first performed an angioplasty, inserting a balloon

into a woman's artery in 1964, the angiogram test to explore one's arteries – where dye is injected into your arm or leg and travels to your arteries, so that an X-ray can show the extent of any narrowing – and the angioplasty surgery to insert a balloon stent have revolutionised cardiology.

Around 90,000 coronary angioplasties are performed each year in the UK (600,000 in the US). And the benefits of the procedure can be expected to last as long as 25 years or more – although it's multi-factorial. That is, as long as you take your blood thinners to avoid the very low percentage risk of clotting.

Although it sounds daunting, the procedure is nothing to be afraid of.

If you're as lucky as me, then Dr Henry Spiegelman (my specialist and new man-crush) will – with a voice as calm as if he was telling you that day's lunch options – take you through the three possible post-angiogram outcomes: various heart drugs treatment only; a stent (or three); or bypass surgery.

Having spent 20 minutes analysing the wintry tree branches of my arteries on monitors, they decided on angioplasty.

Under the same local anaesthetic I'd been given for the angiogram, a

long thin tube (catheter) is guided through one's artery until it reaches the narrowed point. There, the tiny balloon on its tip is inflated with a little "pfft" sound. Doctors then insert a tiny mesh stent into the newly enlarged space which works with heart medicines to manage the regrowth of tissue over the stent and reduce the chance of a clot.

That's pretty much it.

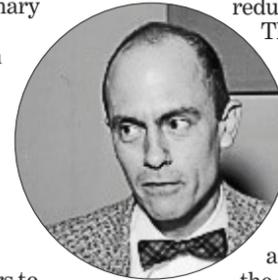
Although, in my case, a second stent was required, and then a third "kissing" stent. I have no idea what Henry meant when he said, "that's a beautiful landing", but it sounded a lot better than when the doctors had muttered

a quiet "hmmmm" two hours previously when they first peeked inside my rotting heart.

I can't lie. Back on the ward, I felt concerned and emotional when I realised I still felt chest pains. Henry appeared before he went home to assuage my worries. "We've been bullying your heart for three hours. It will feel a little bruised," he reassured me.

When I woke the next morning without chest pains, feeling like a new man, I had a quiet, solitary sob, giving thanks for my third chance in life. A chance I will not waste. I was home 24 hours later. You can be too.

There is genuinely nothing to fear. Please check out that chest pain.



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TOURISM

Sarah Manavis



Resist Harry Potterisation of Edinburgh

As a local in Edinburgh over the past few years, every weekend my friends and I play a masochistic game. If I try to contend with the city centre, will my day be ruined by TikTokers, Harry Potter tourists, *Outlander* fans or some combination of all three? Whichever you guess, the answer will always be right. But – no matter – you also always lose.

It would be wrong to say that when I moved to the UK 12 years ago, Edinburgh's city centre was a beacon of authenticity. But in the past few years it has become a dystopian commercial playground built for tourists only.

The city centre has been hollowed out, for visitors who seek a shallow, mindless experience of an Edinburgh they understand only through social media.

The season has also stretched into a year-long event, rather than

just the excruciating weeks and months surrounding the Fringe Festival. This story is similar across other European cities experiencing over-tourism.

But in these cities, locals have begun to stake their claim on the areas that were once theirs via a wave of anti-tourism protests.

These protests have been met with ire. But they are a logical reaction to the travel boom and the cost of living crisis working together to make it almost impossible for businesses and residents to thrive.

The picture might improve – marginally – in the coming years. In Greece, a new visa for Americans has been introduced to discourage tourism; here in Edinburgh, after studies found that one in 10 homes is an Airbnb, a minor crackdown on short-term lets promises to stymie the local housing crisis. But these are all paltry fixes for a much trickier and spiralling problem.

It's easy enough for those with the means to get away to escape these situations by moving into quieter neighbourhoods, more isolated homes or even to a new, less touristy place entirely.

But for those already suffering the most as a result of overtourism, this is a fantasy. They are trapped in cities which will only continue to be carved up by visitors expecting a place that has been designed primarily with them in mind.

We should embrace residents who refuse to resign themselves to this expensive, Harry Potter-tinged fate.

HEALTH

I cared for my dad Mark Steel during cancer ... and feel guilty

Helping my father hardly made me Florence Nightingale, writes **Elliot Steel**

I'm afraid it's not good news, Mr Steel." That phrase uttered by a doctor justified my dad's weeks of panic. The lump he had found on his throat was now proven to be cancer.

My dad, the comedian Mark Steel, was given a diagnosis of cancer and nothing more. I knew my moral support was about to begin. But I didn't know what I was meant to do.

So as he's dealing with that, I'm trying to get answers.

"Is it treatable?"

"The throat cancer which you've got, yes. But I'm afraid that isn't a primary cancer; it's secondary. Meaning it's spread, which somewhat complicates things."

"But that's fine, right - you can cure that?"

He touched his wooden desk, the best a failing public service can buy: "Touch wood."

Now, please don't read this and think I'm in any way an expert. Like my dad, I'm a comedian. But personally I would have started with medicine rather than a superstition.

We leave the doctor's office and solemnly walk to the car, thoughts racing through my mind but trying to remain calm in front of my dad.

"Looks like I might be on the property ladder sooner than I thought," I try. We both fight back tears and look at the floor. We

half-hug but it feels weird. We don't have the hugging kind of father and son relationship. The last time we fully embraced was when Thatcher died.

"The only thing that matters to me are you, your sister and Rae," Dad said. That's when it fully hit me. The thought of explaining this to Rae, my two-year-old niece. Having to let her know while she's dressed as a dinosaur that everyone she holds dear will one day die. And then breaking the news about how every dinosaur is also long dead.

How are we as a family meant to do that?

Hopefully there's an episode of *Bluey* that can do it for me.

Dad had cancer in his throat and lymph nodes, and let me be clear about dealing with a parent with cancer: it's boring. If you're reading this hoping there's some great epiphany coming, stop now.

It's being early for hospital visits that get delayed. It's feeling bad seeing people in worse conditions. It's connecting to Wi-Fi so you can peruse TikToks of *Simpsons* clips before finding out if your parent lives or dies. (Spoiler: he doesn't die.)

Chemotherapy and radiotherapy rendered my sprightly dad nothing more than a corpse watching the darts. Although he was still more mobile than most darts players. Other comedians asked how he was getting on. "Great," I'd reply.



Elliot Steel with his father Mark, a fellow comedian, who has recovered from cancer; Elliot helped to support his dad through chemotherapy and radiotherapy - and experiences like enjoying a pint (inset) can now evoke survivor's guilt

I wasn't lying. At this point I knew he was going to live. They didn't need to know the soundtrack to my Christmas was him vomiting and coughing all day while radiation destroyed his body. We'd pause *Home Alone* so he could go squirm in pain by the bathroom and throw up the artificial food he had to inject through a tube into his stomach.

Friends and family tell me how great I'm being as his nurse. But the truth is there isn't much to do. I stick on the odd game of football and wash out the sick bucket. If Florence Nightingale just had to put on *Soccer Saturday* we wouldn't have named hospitals after her.

There was no fight. His body was a battleground. He wasn't an Anglo-Saxon or a Norman. He was Hastings

People tell you how they beat cancer, or that they lost a parent, friend or spouse. And that's when the guilt kicks in.

The guilt at still having a life, going to gigs and having a beer and a cigarette. The guilt that I don't have to do end-of-life care. The guilt that sometimes I stay out late after doing a show to chat up a girl who I can confide these feelings in and then never see again. My dad was going to be fine. And here I am making a fuss about it.

Seven months after that first diagnosis, I, my dad and a friend of his went in for his final radiotherapy session. He said farewell to the nurses and to his little cancer buddies - they'd formed a slightly macabre coffee group - and then went home.

And then the recovery starts. Everything starts to clear. People

see him back gigging and go: "That's great." Then even that fades. Occasionally still someone asks how he's doing, and I think: "Why? Oh yeah - he had cancer."

In the end, cancer is nothing to do with bravery. I could write that my dad's a fighter. But, truth be told, there was no fight. His body was a battleground. He wasn't an Anglo-Saxon or a Norman. He was Hastings.

Cancer isn't a fight. It's a car crash that could have been worse. It's misfortune and bad luck. Bravery is running into a burning building. Cancer is finding yourself in one against your wishes. And fortunately, my dad got out.

Elliot Steel's comedy show 'Soft Boi Core' will be at the Underbelly at Edinburgh Fringe from 31 July to 25 August

News in brief

SCIENCE

Rescue dog helps to tackle eye condition

A rescue dog that was forced to retire after her eyesight failed has helped scientists create a test that could eradicate the genetic eye condition in her breed for good.

Shola the English shepherd has an inherited eye disease called progressive retinal atrophy.

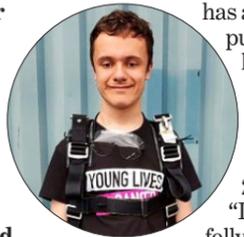
With Shola's help, researchers at the University of Cambridge have identified the genetic variant responsible for the condition.

CHARITY

Blind teen skydives to raise cancer funds

A blind teenager with a low-grade brain tumour has completed a "brilliant" skydive to raise cancer funds.

Jack Thompson (inset), 16, from Gateshead, has "retired" from fundraising to focus on his GCSEs. He has raised £160,000 for charity.



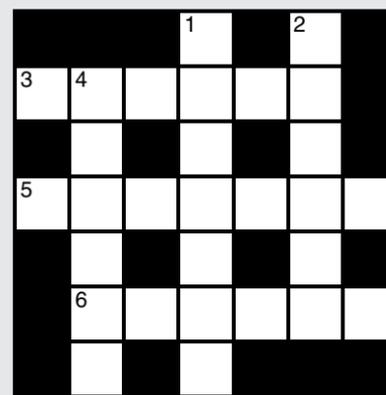
MEDIA

Lineker 'pushed boundaries to limit'

The former BBC chairwoman has admitted Gary Lineker pushed boundaries to the limit on social media on matters such as the Tory stance on immigration.

Dame Elan Closs, who held the role from June 2023 to March 2024, said: "Lineker's courage and folly is that he pushes those boundaries to the extreme."

The Five-Clue Cryptic Crossword No 4263



Solution, page 45

Across

- 3/5 You wouldn't want to go out in it, yet earthworms disagree (6,7)
6 Become more amenable about period before Easter (6)

Down

- 1 Foolish talk and 'spin' former PM cut short (7)
2 Heraldic beast getting first of wizards terribly nervy (6)
4 What about getting into Conservative reasoning (6)

An Energy Savings Account for money off today...

i CRYPTIC CROSSWORD No 4199 BY TEES

ACROSS

- 1 Drink son has in convenient place (6)
- 4 Supposed breakdown occurs in Police Department (8)
- 9 Miners embracing underworld in public exposure (6)
- 10 Pagan one at some future point hosting party (8)
- 11 Letter-opener in general use? (4,3,2,5)
- 13 Unkindness in Norfolk town with ruler failing (10)
- 14 Language in old city said to be enough (4)
- 16 Turn on radio for character in play (4)
- 18 Lawless Graham is no crime writer (5,5)
- 21 Whose aim is to see that people settle? (4,10)

- 23 Archdeacon and defaulter reported feud (8)
- 24 With short sudden movement snake gets rodent (6)
- 25 500 married in Scots town's important event (8)
- 26 Insect collections kept in ether regularly (6)

DOWN

- 1 Louis XIV beyond help? (4)
- 2 Daughter cutting a deck to deal with (7)
- 3 Indiscipline brings complaint (8)
- 5 Broadcaster busy putting out dangerous material (11)
- 6 Sausage product unfortunately going up M1 (6)
- 7 A bit more but not all about one facing charges? (7)
- 8 College town where revolutionary jazz tricky to hum (9)
- 12 One to watch in the examinations? (11)
- 13 Reckless lawman visibly embarrassed over wickedness (9)
- 15 Makes breathless male separate aboard steamer (8)
- 17 Country person, coarse in manner, losing head soon (7)
- 19 Savoury dish, uncommonly good, needing while (7)
- 20 Comedian to laugh uproariously (6)
- 22 Wicked soul emptied safe (4)

Solution to Saturday's Cryptic

T	O	U	C	H	E	D	F	O	G	I	S	H
H	N	O	I	I	R	M	E					
R	A	T	P	O	I	S	O	N	O	M	A	H
O	R	D	T	E	U	G	D					
W	O	O	D	P	R	E	T	E	N	D	E	R
D	P	E	O	D								
R	I	D	E	R	S	F	O	R	Z	A	N	D
E	P	H	E	S	T	E	I	N				
P	H	N	O	M	P	E	N	H	R	O	G	U
L	A	D	E	O	H							
A	L	L	A	R	G	A	N	D	O	S	T	E
S	I	I	R	C	H	F	E	I				
T	I	G	H	T	E	X	O	N	E	R	A	T
E	H	A	A	M	I	L	L					
R	A	T	T	L	E	S	B	U	R	N	L	E

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		



Stuck on the cryptic crossword? For today's solutions, call **0905 789 3580**. Calls cost 80p per minute plus your network access charge. If you are having trouble accessing this number, please call our helpdesk on 0333 202 3390.

Full terms and conditions can be found on page 29

HEALTH

Public confusion over 'physician associate' role

By Ella Pickover

Almost a quarter of people do not know the difference between a physician associate and a doctor, according to a poll.

While 52 per cent of people can differentiate between the two roles, 23 per cent said they did not know the difference, according to a survey by Savanta on 1,677 people, conducted for Healthwatch England.

Physician associates (PAs) are health professionals who help with diagnosis and management of patients but are not doctors.

Writing in the GP magazine *Pulse*, Louise Ansari, chief of the official feedback body Healthwatch England, said that "while patients might have heard of PAs and understood that they were not doctors, people's understanding of what they can and can't do is more limited."

"In many cases, patients needed to be made aware of the local presence of PAs, and often only found out about the role when given an appointment with a PA."

"In some instances, patients had specially asked to see a doctor, but were assigned to see a PA instead."

EDUCATION

Physics pioneer who gave up PhD graduates aged 98

By Nina Massey

A 98-year-old pioneering physicist who gave up her PhD 75 years ago to have a family has received an honorary doctorate from her old university.

In 1948 Rosemary Fowler's findings at the University of Bristol paved the way for critical discoveries that would rewrite the laws of physics.

Her discovery of the Kaon particle helped lead to a revolution in the theory of particle physics, and it continues to be proven correct – predicting particles such as the Higgs boson.

But in post-war Britain, Dr Fowler decided to leave academia when she married fellow physicist Peter Fowler in 1949.

Now, in a private graduation ceremony close to her Cambridge home, the University of Bristol chancellor



Sir Paul Nurse conferred an honorary doctor of science on her.

Dr Fowler said she feels “very honoured”, but added: “I haven’t done anything since to deserve special respect.”

Sir Paul praised Dr Fowler’s “intellectual rigour and curiosity”, adding that she “paved the way for critical discoveries that continue to shape the work of today’s physicists, and our understanding of the universe”.

In 1948, Bristol’s cosmic ray physics team, led by Professor Cecil Powell, was hunting for new fundamental particles.

They had already found the pion, for which Professor Powell would be awarded the Nobel Prize.

Then just 22, Rosemary Fowler spotted something when viewing unusual particle tracks – a particle that decayed into three pions (a type of subatomic particle).



Rosemary Fowler with her degree and, inset, as a younger woman. She left university to start a family in 1949, yet her work shapes physics to this day PA

She said: “I knew at once that it was new and would be very important. “We were seeing things that hadn’t been seen before – that’s what research in particle physics was. It was very exciting.”

The track she was looking at, later

labelled k, was evidence of an unknown particle, now known as the kaon or K meson.

The year after the discovery, Dr Fowler left university having published her discovery in three academic papers.

PEOPLE

Boycott ‘takes turn for worse’

Former England cricketer Sir Geoffrey Boycott has been readmitted to hospital with pneumonia following surgery for throat cancer, his family has said.

Boycott, 83, had been discharged from hospital on Friday after the successful operation.

A statement from the family on Boycott’s X account read: “Unfortunately, things have taken a turn for the worse and my father has developed pneumonia.”

CULTURE

Lennon’s glasses go under hammer

Round blue-tinted glasses given by John Lennon to a man visiting Abbey Road studios are to be sold.

The glasses, handed to the man in 1968, are expected to fetch £2,000 to £3,000. It is not clear to whom they belonged.

The auctioneer, Catherine Southon, said the man picked them up from a piano and his then girlfriend told him to leave them, to which Lennon replied: “It’s OK, he can have them.”

...and greener rewards

tomorrow.

OVO Beyond

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Television Monday 22 July

CRITIC'S CHOICE

BEN WALSH



PICK OF THE DAY

75 Years Of Nato: New Challenges and Chances

8.35pm, PBS America
 "Is Nato still fit for purpose?" asks this documentary. Nato, which has no troops of its own, prevented war for 75 years until Vladimir Putin ordered Russia's assault on Ukraine in 2022. "We took a holiday from reality and now we're dealing with the consequences," maintains Ben Hodges, the commanding general of US Army troops in Europe from 2014-2017. Nato's collective defence has faded "into the background" and "the weaknesses of the alliance are becoming clear". The biggest current danger is a second Trump presidency, as he is fixated with leaving Nato. Lieutenant General Alexander Sollfrank (left) comments.

===

The Battle to Beat Malaria

8pm, BBC Two
 "Throughout our history, the mosquito has been the paramount killer of humanity," says Dr Timothy Winegard, author of *Mosquito: A Human History of our Deadliest Predator*. He's got it in for the pesky bugs as have all the scientists dedicated to taking on the "complex scientific challenge" of malaria. More than 200 million people fall ill and 600,000 die of it every year, making malaria one of the world's deadliest diseases. However, this doc shows we're at an exciting turning point. The vaccine, dubbed R21/Matrix-M™ and developed by many of the same team behind the groundbreaking Oxford/AstraZeneca Covid-19 vaccine, aims to be the first to meet

the World Health Organisation's target of 75 per cent efficacy at preventing the disease.

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Surviving The Post Office

8.30pm, BBC One
 Will Mellor, who starred in Gwyneth Hughes's *Mr Bates vs The Post Office*, takes a journey across England to meet some of the real-life sub-postmasters whose lives have been torn apart by being wrongly accused of theft. For some, facing the past proves a troubling experience, while for others it heralds a step forward.

===

House Of The Dragon

9pm, Sky Atlantic
 The fall of the Targaryen empire continues with considerable (and

understandable) fallout from the three-way dragon clash at Rook's Rest where no one really covered themselves in glory, particularly dopey knight, Ser Criston Cole (Fabien Frankel). What will Rhaenyra do? And what's with Daemon's hallucinations? Is Simon Russell Beale's Ser Simon Strong putting something funky in his venison? All in all, though, these dragon owners do make some wretched decisions.

===

Sophie Morgan's Fight to Fly

9pm, Channel 4
 Documentary in which Sophie Morgan sends a group of disabled travellers undercover to expose the shocking service they can experience when flying. Morgan also visits the White House and Downing Street.

	ONE	TWO	itv1	4	5	FOUR	FILM	itv2	
Daytime	6.00 Breakfast (S), 9.30 Rip Off Britain (R) (S), 10.15 Expert Witness (R) (S), 10.45 Close Calls: On Camera (R) (S), 11.15 Homes Under The Hammer (R) (S), 12.15 Bargain Hunt (S), 1.00 BBC News At One; Weather (S), 1.35 BBC Regional News; Weather (S), 1.45 BBC News At One; Weather (S), 2.00 Rick Stein's Cornwall (R) (S), 2.30 Animal Park (R) (S), 3.00 Escape To The Country (S), 3.45 The Repair Shop (R) (S), 4.30 The Finish Line (R) (S), 5.15 Pointless (R) (S).	6.30 Saturday Kitchen Best Bites (R) (S), 8.00 Sign Zone: Rick Stein's Food Stories (R) (S), 8.30 Sign Zone: Great Coastal Railway Journeys (R) (S), 9.00 BBC News (S), 12.15 Politics Live (S), 1.00 Impossible (R) (S), 1.45 Make Me A Dealer (R) (S), 2.30 The Customer Is Always Right (R) (S), 3.15 Coastal Defenders (R) (S), 3.45 B&B By The Sea (R) (S), 4.15 Cornwall: This Fishing Life (R) (S), 5.15 Flog It! (R) (S).	6.00 Good Morning Britain (S), 9.00 Lorraine (S), 10.00 This Morning (S), 12.30 Loose Women (S), 1.30 ITV News; Weather (S), 1.55 ITV Regional News; Weather (S), 2.00 Cooking With The Stars (R) (S), 3.00 Tenable (R) (S), 3.59 ITV Regional Weather (S), 4.00 Tipping Point (R) (S), 5.00 The Chase (R) (S).	6.25 Cheers (R) (S), 7.15 Everybody Loves Raymond (R) (S), 8.05 Everybody Loves Raymond (R) (S), 8.35 Everybody Loves Raymond (R) (S), 9.05 Frasier (R) (S), 9.35 Frasier (R) (S), 10.05 Frasier (R) (S), 10.35 Frasier (R) (S), 11.05 Paris 2024 Paralympics: Meet The Athletes (R) (S), 11.10 Undercover Boss USA (R) (S), 12.05 Channel 4 News Summary (S), 12.10 A New Life In The Sun (R) (S), 1.10 Car 5.0.S (R) (S), 2.10 Countdown (S), 3.00 A Place In The Sun (R) (S), 4.00 The Great House Giveaway (S), 5.00 A New Life In The Sun: Where Are They Now? (R) (S).	6.00 Milkshake! 9.15 Jeremy Vine (S), 11.30 Storm Huntley (S), 12.45 Friends (R) (S), 1.10 News At Lunchtime (S), 1.45 Home And Away (R) (S), 2.15 FILM: Stolen Baby: The Murder Of Heidi Broussard (Michelle Ouellet 2023) Premiere. Fact-based drama, starring Anna Hopkins and Emily Osment (S), 4.00 Bargain-Loving Brits In The Sun (R) (S), 5.00 5 News At 5 (S).	6.00 Milkshake! 9.15 Jeremy Vine (S), 11.30 Storm Huntley (S), 12.45 Friends (R) (S), 1.10 News At Lunchtime (S), 1.45 Home And Away (R) (S), 2.15 FILM: Stolen Baby: The Murder Of Heidi Broussard (Michelle Ouellet 2023) Premiere. Fact-based drama, starring Anna Hopkins and Emily Osment (S), 4.00 Bargain-Loving Brits In The Sun (R) (S), 5.00 5 News At 5 (S).	6.00 Milkshake! 9.15 Jeremy Vine (S), 11.30 Storm Huntley (S), 12.45 Friends (R) (S), 1.10 News At Lunchtime (S), 1.45 Home And Away (R) (S), 2.15 FILM: Stolen Baby: The Murder Of Heidi Broussard (Michelle Ouellet 2023) Premiere. Fact-based drama, starring Anna Hopkins and Emily Osment (S), 4.00 Bargain-Loving Brits In The Sun (R) (S), 5.00 5 News At 5 (S).	6.00 Milkshake! 9.15 Jeremy Vine (S), 11.30 Storm Huntley (S), 12.45 Friends (R) (S), 1.10 News At Lunchtime (S), 1.45 Home And Away (R) (S), 2.15 FILM: Stolen Baby: The Murder Of Heidi Broussard (Michelle Ouellet 2023) Premiere. Fact-based drama, starring Anna Hopkins and Emily Osment (S), 4.00 Bargain-Loving Brits In The Sun (R) (S), 5.00 5 News At 5 (S).	6.00 CIVV 9.00 World's Funniest Videos (S), 9.30 Totally Bonkers Guinness World Records (S), 10.00 Love Bites (S), 11.00 Love Bites (S), 12.00 Dress To Impress (S), 1.00 Family Fortunes (S), 2.00 Supermarket Sweep (S), 3.00 Charmed (S), 4.00 Dawson's Creek (S), 5.00 Dress To Impress (S).
6pm	6.00 BBC News At Six; Weather (S), 6.30 BBC Regional News; Weather (S).	6.00 Robson Green's Weekend Escapes (R) (S), 6.30 Great Continental Railway Journeys (R) (S).	6.00 ITV Regional News; Weather (S), 6.30 ITV News; Weather (S).	6.00 Come Dine With Me (R) (S), 6.30 The Simpsons Bart feels neglected when Lisa and Homer bond (R) (S).	6.00 Police Interceptors (R) (S), 6.55 5 News Update (S).	6.00 Police Interceptors (R) (S), 6.55 5 News Update (S).	6.00 Police Interceptors (R) (S), 6.55 5 News Update (S).	6.00 Police Interceptors (R) (S), 6.55 5 News Update (S).	
7pm	7.00 The One Show Live magazine show (S), 7.30 EastEnders Reiss comes up with a new plan (S).	7.00 Today At The Test England vs West Indies. Action from day five, held at Trent Bridge (S).	7.30 Emmerdale Billy finally confesses to Dawn, and Rose's behaviour alarms Billy (S).	7.00 Channel 4 News (S), 7.55 Paris 2024 Paralympics: Meet The Athletes (S).	7.00 Traffic Cops Incidents involving alcohol or drug abuse (R) (S), 7.55 5 News Update (S).	7.00 Coastal Path (S), 7.30 Railway Walks With Julia Bradbury (S).	6.55 FILM: Gifted (Marc Webb 2017) Drama, starring Chris Evans and Lindsay Duncan (S).	7.00 The Masked Singer US Past and present contestants get in the festive spirit (S).	
8pm	8.00 Panorama (S), 8.30 Surviving The Post Office Will Mellor takes a journey across England (S).	8.00 The Battle To Beat Malaria The inside story of the development of a new malaria vaccine (S).	8.00 Coronation Street Nick joins Toyah at a nerve-wracking appointment with her consultant (S).	8.00 Jamie: What To Eat This Week Jamie Oliver makes a delicious sticky chicken traybake (S).	8.00 Motorway Cops: Catching Britain's Speeders (S).	8.00 Art Of France Andrew Graham-Dixon examines the history of French art (S).	8.00 Art Of France Andrew Graham-Dixon examines the history of French art (S).	8.00 Art Of France Andrew Graham-Dixon examines the history of French art (S).	
9pm	9.00 The Jetty A new development propels Ember into dangerous territory. Last in series (S).	9.00 The Turkish Detective Suleyman goes undercover as a rubbish collector (S), 9.45 QI XS (R) (S).	9.00 Long Lost Family A woman whose mother forced her to give up her son (S).	9.00 Sophie Morgan's Fight To Fly (S).	9.00 Police: Suspect No 1 (S).	9.00 Rebuilding Notre-Dame Rebuilding the world-famous cathedral in Paris (S).	9.00 FILM: Top Gun: Maverick (Joseph Kosinski 2022) Action drama, starring Tom Cruise (S).	9.00 Love Island The finish line is now in sight for the couples (S).	
10pm	10.00 BBC News At Ten (S), 10.30 BBC Regional News; Weather (S), 10.40 We Hunt Together (S).	10.00 Spent Mia struggles to keep a roof over her head (S), 10.30 Newsnight (S).	10.00 ITV News (S), 10.30 ITV Regional News (S), 10.45 Goodwood Festival Of Speed Highlights (S).	10.00 Celebrity Gogglebox A rolling cast of famous faces appraise the week's television (R) (S).	10.00 999: Police Hour Of Duty Officers finally track down a man suspected of a series of armed robberies (R) (S).	10.00 Paris Art historian Sandrine Voillet presents a guide to Paris (S).	10.05 Family Guy Joe and Quagmire are suspicious of Peter's new friend Mahmoud (S), 10.35 Family Guy (S).		
11pm	11.25 We Hunt Together Freddy, Jackson and Lola race to unmask the killer. Last in series (S).	11.05 The Apartheid Killer An investigation into a series of shootings in 1980s South Africa (S).	11.40 Love & Death Fact-based crime drama, starring Elizabeth Olsen (R) (S).	11.05 The Great Catherine must decide what to do about unrest in the regions (S).	11.05 Police 999: Clear & Present Danger A police officer is brutally attacked with a machete (R) (S).	11.00 Private Life Of A Masterpiece (S), 11.50 Art On The BBC: Michelangelo: The Good, The Bad, And The Ugly (S).	11.35 FILM: The Hunt (Craig Zobel 2019) Horror thriller, starring Betty Gilpin (S).	11.05 Family Guy Meg becomes infatuated with a popular boy at school (S), 11.35 American Dad! (S).	
Late	12.10 The Weakest Link (R) (S), 1.00 BBC News (S).	12.20 Sign Zone: Countryfile (R) (S), 1.15 Sign Zone: The Bidding Room (R) (S), 2.00 Sign Zone: The Jetty (R) (S), 3.00 This Is BBC Two (S).	12.35 Shop On TV 3.00 Family Fortunes (R) (S), 3.50 Unwind With ITV (S), 5.05 Jimmy's Taste Of Florida (R) (S).	12.10 The Great (S), 1.05 Ramsay's Kitchen Nightmares USA (R) (S), 1.55 The Simpsons (R) (S), 2.20 The Simpsons (R) (S), 2.45 Becoming Elizabeth (R) (S), 3.45 Grand Designs (R) (S).	12.05 Traffic Cops (R) (S), 1.00 PlayOJO Live Casino Show (S), 3.00 Riot In The UK: Caught On Camera (R) (S), 3.50 Inside The Balmoral: Scotland's Finest Hotel (R) (S), 4.40 Wildlife SOS (R) (S).	12.50 Coastal Path (S), 1.20 Railway Walks With Julia Bradbury (S), 1.50 Rebuilding Notre-Dame (S), 2.50 Art Of France (S), 3.50 Close	1.20 FILM: Bandits (Barry Levinson 2001) Comedy crime adventure, starring Bruce Willis (S), 3.50 Close	12.05 American Dad! (S), 12.35 Shopping With Keith Lemon (S), 1.05 Shopping With Keith Lemon (S), 1.35 Totally Bonkers Guinness World Records (S), 2.35 Unwind With ITV (S), 3.00 Teleshopping	



Actor Will Mellor meets some of the real-life sub-postmasters wrongly accused of theft 8.30pm, BBC One



Dr Timothy Winegard takes on malaria 8pm, BBC Two



Sophie Morgan meets disabled travellers 9pm, Channel 4

Dominoes

How to play All of the 28 domino pieces from 0-0 through to 6-6 have been placed once into the grid. Can you work out where each of them is placed?

5	5	6	0	4	6	4	5
1	3	2	1	1	0	4	3
4	5	0	0	4	1	0	3
6	3	4	2	2	1	2	6
6	1	0	1	2	1	5	3
5	3	0	6	2	4	5	4
6	3	3	2	5	0	6	2

0	1	2	3	4	5	6
6						
5						
4						
3						
2						
1						
0						

Journey Finder

How to play Move between the numbers in order 1,2,3,4,1,2,3,4 and so on, starting with the grey 1 and ending with the grey 4. On each step you may move one square in any direction (including diagonally). You must form a continuous path that visits every square exactly once.

1	4	1	2	3	4
3	2	3	3	1	1
4	1	4	2	2	4
2	4	1	2	3	3
4	3	1	2	2	4
3	2	1	4	3	1

Train Tracks

How to play Numbers around the outside indicate how many squares in each row and column the track passes through between A and B. The track either passes straight through a square or turns at right angles in it.

	2	4	2	3	3	6	7	6	
									7
									4
									3
									3
									1
									4
									7
									4

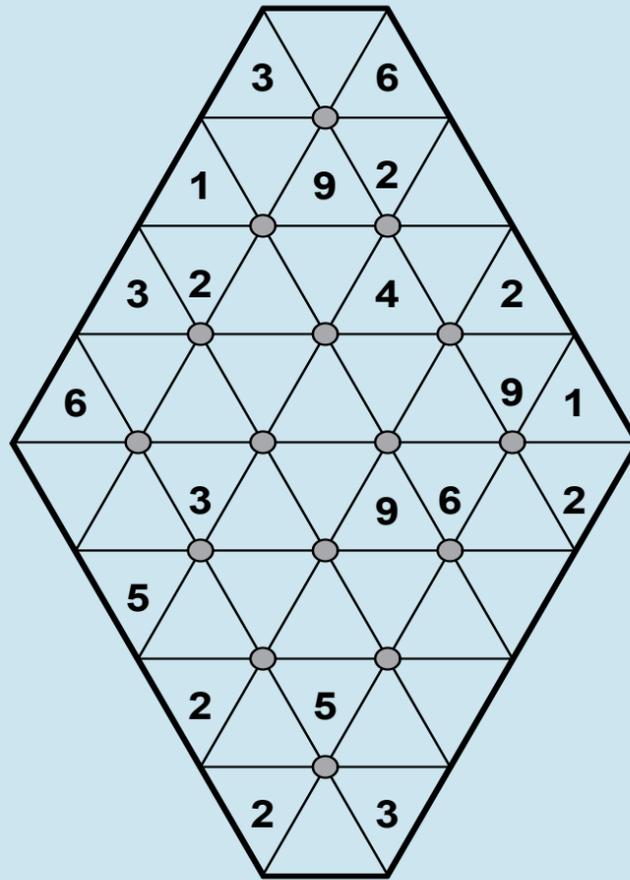
Binary

How to play Complete the grid so that each row and column contains five 0s and five 1s. The same number cannot appear in more than two consecutive squares in any row or column. In the finished puzzle, each row must have a different sequence of 0s and 1s to any other row, and likewise for each column.

						0			
0	0							0	
		1							1
1				0		1			
		1		0		1	1		0
			1	1				0	0
					0	0			
		1		0	1				0
0								1	1

Number Hexagon

How to play Each hexagon is divided into six triangles. The sum of these six triangles is always 25. Place a number from 1-9 in each empty triangle to complete the puzzle; you cannot repeat a number within a hexagon.



Pathfinder

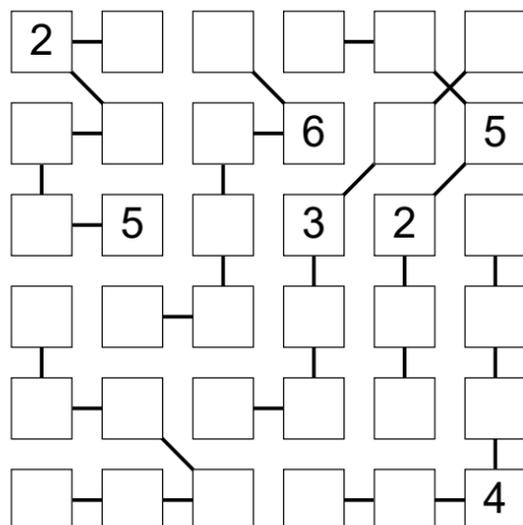
How to play Moving from letter to adjacent letter, can you create a continuous path that visits every square once and spells out all the words listed to the right of the grid? Start on the shaded square.

R	T	P	M	A	L	D	A	E	H
A	R	C	I	O	B	U	A	G	E
C	O	A	C	U	S	R	R	O	H
E	E	P	A	F	Y	S	A	N	C
D	T	E	R	O	R	A	R	A	E
F	L	M	B	I	S	S	Y	G	U
W	O	T	D	D	O	L	O	A	R
I	E	C	E	N	S	G	P	T	E
N	L	L	O	R	C	I	T	R	A
G	R	E	C	A	T	E	S	S	T

- Ague
- Anchorage
- Bursary
- Capacious
- Flowing
- Forbidden
- Glossary
- Headlamp
- Meteor
- Optics
- Rates
- Recollect
- Starter
- Traced

Chain Link

How to play Place the numbers 1-6 in each row, column and along each series of squares linked by the chain.



Battleships

How to play Locate the position of each of the ships listed below in the grid. Numbers around the edge tell you the number of ship segments in each row and column of the puzzle. Ships are surrounded on all sides by water, including diagonally.

										4
										2
										2
										3
										2
										3
										1
										1
										0
										2
4	3	2	5	0	1	2	0	3	0	



Daily Quiz

- Balsamic vinegar, made from the juice, skins, seeds and stems of crushed grapes, comes from which Italian city?
- Which fashion company was responsible for the black safety-pin dress worn by Elizabeth Hurley at the premiere of *Four Weddings and a Funeral*?
- The works of which female artist who died in 2008 were often humorous depictions of everyday life in an attractive naive style?
- What is the largest island in Canada, the second largest in the Americas and the fifth-largest in the world? **Answers, page 45**

Moroccan-inspired chickpea and apricot vegan filo pie



VEGETARIAN MONDAY

SERVES 6

- 3tbsp olive oil, plus extra for greasing
- 2 red onions, thinly sliced
- 3 peppers (mixed colours), chopped into 3cm chunks
- 350g sweet potato, peeled and cut into 2cm chunks
- 3 garlic cloves, crushed
- 1½tbsp Moroccan-inspired seasoning
- 400g tin chickpeas in water
- 75g dried apricots, chopped
- 30g dried cranberries
- 2tbsp fresh coriander, chopped
- 200g ready rolled filo pastry
- 15g flaked almonds
- ½tsp cumin seeds
- Green salad, to serve (optional)
- Green olives (optional)

Preheat the oven to 200°C/180°C fan/gas mark 6. Grease a deep 23cm springform tin with olive oil.

Heat one tablespoon of olive oil in a large frying pan and cook the onion and peppers with a little salt over a medium heat for 10 minutes. Add the sweet potato and cook, covered, for five minutes.

Add the garlic and Moroccan seasoning and fry for two minutes. Add the chickpeas and their liquid, 50ml of water and the apricots; cook covered for 10 minutes. Stir in the cranberries and set aside to cool. Once cool, mix in the coriander and season to taste.

Layer the filo in the tin, brushing each sheet with some of the remaining oil as you go. Arrange at different angles, so there's pastry overhanging all around the edge of the tin. There should be enough to go around the tin in two layers. Reserve three to four sheets.

Spoon in the veg mixture, smooth it over with the back of a spoon then fold over the overhanging pastry, scrunching for texture. Fill any gaps with scrunched sheets of the reserved filo. Brush the top with oil and sprinkle with the almonds and cumin seeds.

Bake for 25 minutes on the middle shelf. Then place on a baking tray, remove the outer springform tin and return to the oven for 15 to 20 minutes so that it crisps up and turns a deep, golden brown.

Let the filo pie cool for 10 minutes before serving with a green salad.

Recipe from asda.com

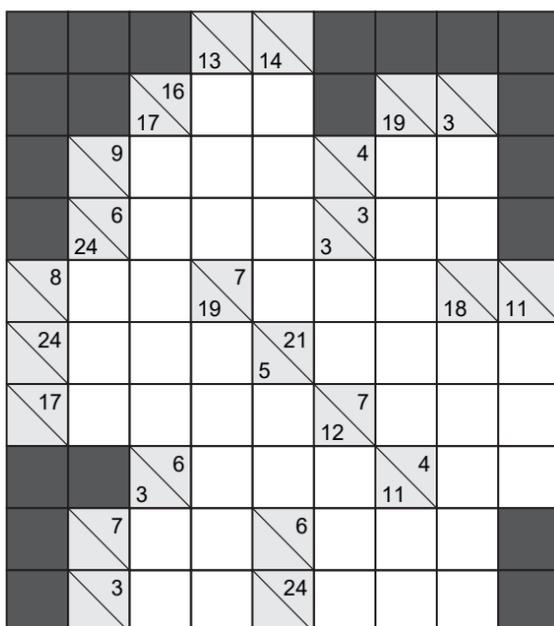
Tomorrow
Creamy sweet potato pasta



Games & Puzzles

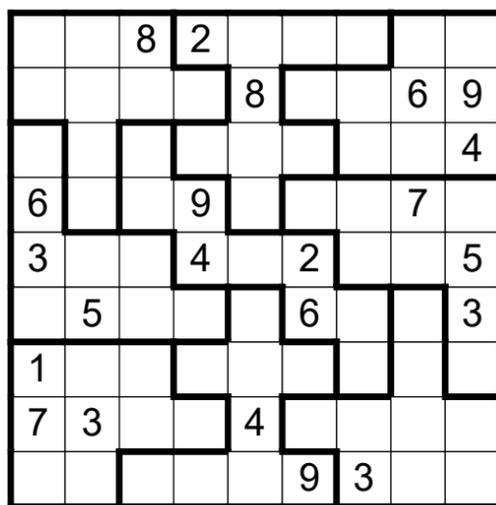
Kakuro

How to play Fill the white squares so that the total in each across or down run of cells matches the total at the start of that run. You must use the numbers from 1-9 only and cannot repeat a number in a run.



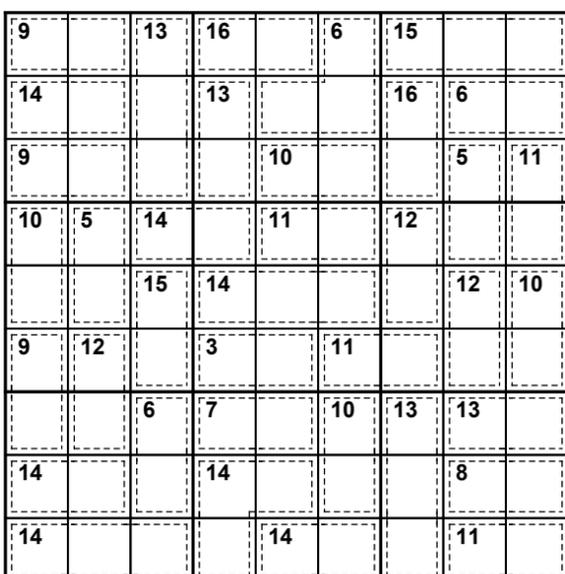
Jigsawdoku

How to play Place the numbers 1-9 once in each row, column and bold-lined jigsaw region.



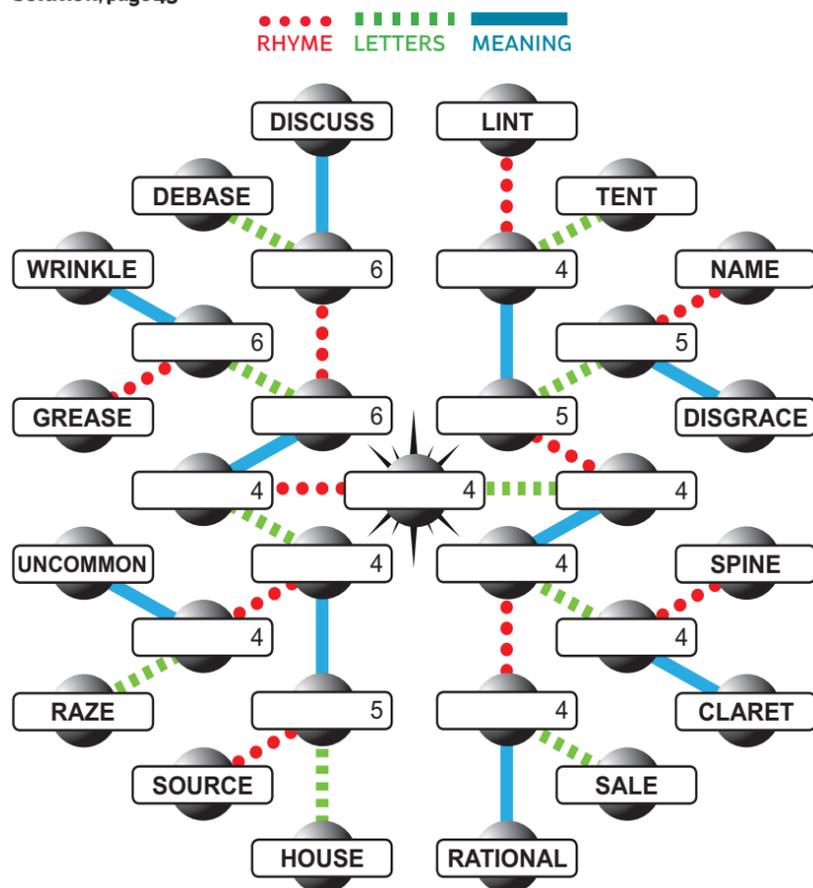
Killer Sudoku

How to play Each row, column and 3 by 3 box must contain each number (1 to 9) only once. The sum of all numbers contained in a dotted area must match the number printed in its top-left corner. No number can appear more than once in a dotted area.



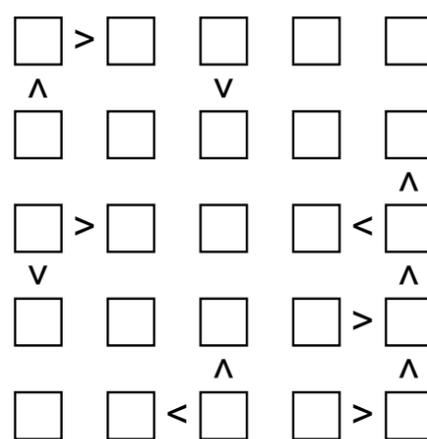
Zygolex® In i every day

Find the missing words by following the RHYME, LETTERS and MEANING links – eg, a word that rhymes with 'cheek', has one letter different from 'pear' and has the same meaning as mountain, would be 'peak'. Full rules at zygolex.com. Solution, page 45



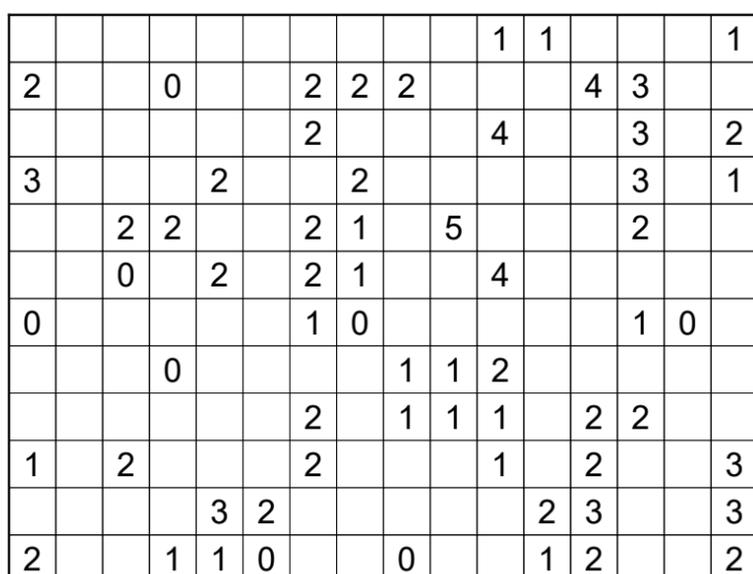
Futoshiki

How to play Place the numbers from 1-5 exactly once in each row and column. The greater than and less than signs ('>' and '<') indicate where one cell is greater/less than the adjacent cell indicated.



Minesweeper

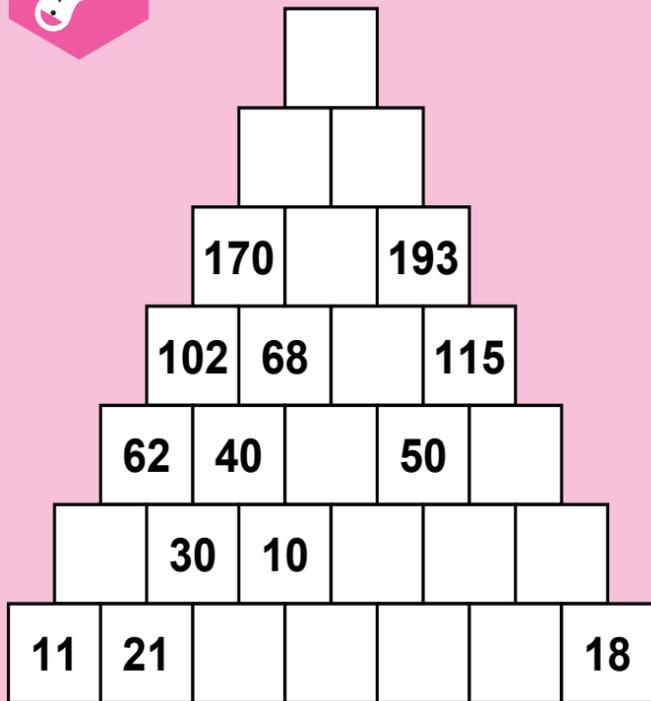
How to play Find all the mines in the grid. Numbers in certain squares indicate how many mines there are in the neighbouring squares, including diagonally touching squares. Mines cannot be placed in squares with numbers.



Children's Corner Number Tower



How to play The value of each square in the number pyramid is the sum of the two squares directly under it.



Knight's Tour

How to play A chess knight visits each square of the grid exactly once, starting at 1 and ending at 100 (these squares are shaded). Deduce the whole path of the knight - some of which is already given - and thus complete the grid. The knight moves either two squares horizontally followed by one square vertically, or two squares vertically followed by one square horizontally.

21	90		92	23	56	83			
52			95	84			29		59
	20			55					
48	53				81	28			
	88					99	74	27	32
10			77	86	71		1	36	61
	8		70		100				
46				76				64	37
	16	13		5	42				
	45				67		41		

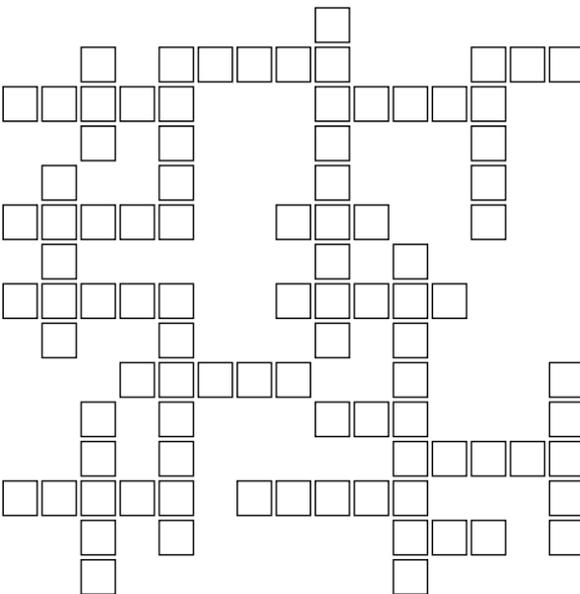
Rectangles

How to play Divide the grid into a series of rectangles or squares, such that every cell in the grid is in exactly one region. Numbers indicate the size of each region: for instance a "7" in a cell means that cell is part of a region that contains seven cells in total. There is only one number in each region.

				2		5		2
		8						2
	4							2
		16			6			
7								
								14
					6			
9						9	5	
				3				

Word Fit

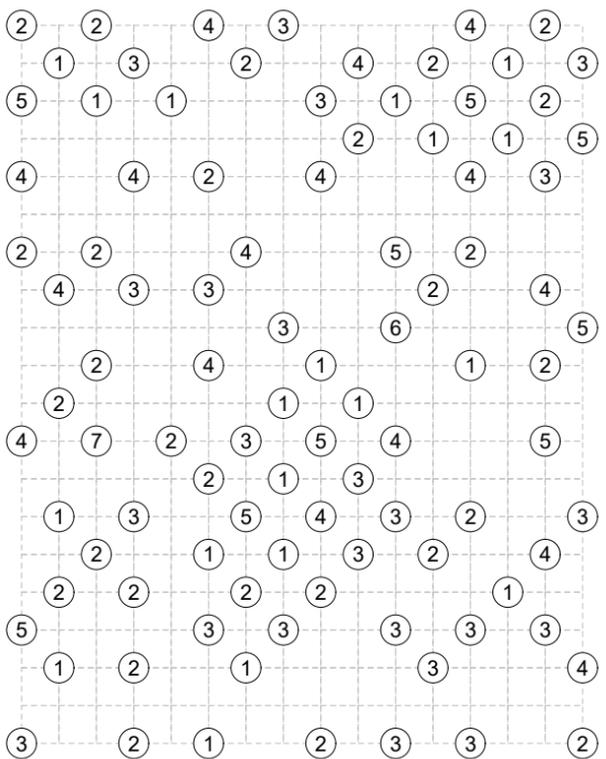
How to play Can you fit all the words into the grid to complete the puzzle? Some words may initially fit in more than one place, but there is only one way to fit all the words together to complete the grid.



- 3 letters**
Don
Guy
Ire
Nib
Nor
- 5 letters**
Acute
Broke
Crash
Docks
Drama
Drips
Finch
Grows
Masts
Nearls
Salve
Sells
Timer
Viola
Waken
- 7 letters**
Sponged
- 9 letters**
Accordant
Lethargic

Bridges

How to play Connect every island (represented by circles) into a single interconnected group. To do this draw bridges between islands. The number in each circle states how many bridges must be connected to that island. Bridges cannot cross each other, can only be drawn horizontally or vertically, and there can be a maximum of two bridges between any pair of islands.



Word Search

How to play The classic word-search puzzle: find all the words in the grid. Words may be hidden horizontally, vertically or diagonally and in either a forwards or backwards direction.

Z	A	W	H	A	I	K	U	M	E	Z	Z	A	G	M
M	V	T	J	M	N	O	X	Y	M	O	R	O	N	Z
D	Y	F	F	X	M	O	K	N	Y	A	N	J	Y	N
M	D	M	L	C	W	U	I	O	H	P	I	T	I	A
Y	O	O	J	O	X	I	D	T	R	P	A	A	K	T
G	R	N	L	U	C	I	M	N	I	B	R	K	T	B
C	A	O	T	P	A	C	G	A	L	T	F	N	Z	S
D	P	L	G	L	A	U	R	E	A	T	E	J	X	A
R	Y	O	O	E	A	O	A	U	Y	M	R	P	X	T
G	P	G	S	T	L	U	Q	A	B	Y	M	C	E	I
Q	U	U	Y	F	D	L	Z	M	M	F	Y	C	M	R
E	R	E	Q	G	I	N	A	D	V	E	R	B	S	E
A	Q	E	A	M	A	J	A	V	I	L	L	A	I	N
A	A	Y	K	T	N	B	A	Q	C	X	U	T	I	W
W	F	W	S	E	N	P	M	A	S	A	Z	L	U	E

- ADVERB
- ALLEGORY
- ANTONYM
- CAESURA
- COUPLET
- DIALOGUE
- ENJAMBMENT
- HAIKU
- LAUREATE
- MONOLOGUE
- OXYMRON
- PARODY
- QUATRAIN
- REFRAIN
- REPETITION
- RHYME
- SATIRE
- STANZA
- TABLEAU
- VILLAIN

Word Square

How to play Simply answer the clues alongside the grid, writing the answers in the respective rows. The solution must read the same horizontally in each row as it does vertically in each column.

				Hew
				Rent
				Killer whale
				Fruit with a distinctive shape

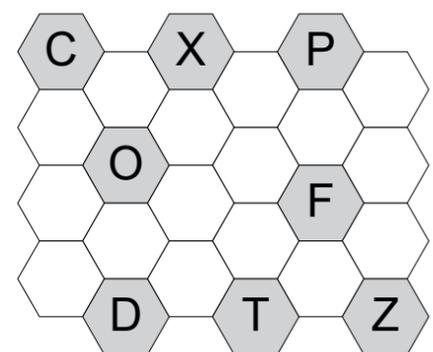
Calculatedoku

How to play Place the numbers 1-6 once in each row and column, obeying sums in bold-lined regions. The number in each region indicates the total for the region, and the symbol shows which type of operation should be applied to the numbers: addition, subtraction, division or multiplication. Numbers may repeat within bold-lined regions. With subtraction always take the lower numbers away from the highest number in a region, and with division divide the highest number by the lower numbers.

10+	18+			5x	12x
			4+		
2-				10+	2-
13+		10+	144x		
6+				3-	

Hexalex

How to play Place each of the letters below once into the empty hexagons, crossing them off as you do so. Enter the letters in such a way that it is possible to find all the words listed alongside the grid by moving from hexagon to adjacent hexagon to spell out each word.



- BID
- CAB
- FEZ
- FRY
- GNU
- JAB
- JOB
- KIDS
- LUX
- PLUGS
- RHYME
- SKI
- VETS

A B E G H I J K L M N R S U V Y

Solutions: page 45

discovers an invention that could let people stay in their wheelchairs while flying, and becomes the first British female paraplegic to experience a zero-gravity flight.

===

Spent**10pm, BBC Two**

Michelle De Swarte's former catwalk model Mia, laden with awful cushions she obtained babysitting a dog, is still homeless after bankrupting herself in New York and returning to Brixton. This week, she visits her mother and the girl she's looking after, Ella (who loathes Mia), and it's fractious, especially as Mia has stolen Ella's weed. Guz Khan (*Man Like Mobeen*) pops up in this spiky comedy held together by De Swarte's considerable charisma.

FILM CHOICE

LAURENCE PHELAN

**FILM OF THE DAY****Gremlins 2: The New Batch**

10.10pm, Sky Cinema Comedy (Joe Dante, 1990)
Amping up the anarcho-mayhem of the horror-comedy hit so far past 11 that it becomes pure comedy, this gag-stuffed and parodic postmodern sequel lets the titular critters run amok in the garishly lavish New York skyscraper belonging to a Trump-like villain. It begins with a sequence featuring Bugs Bunny and Daffy Duck, just to let you know what to expect tonally. And it is incidentally well worth googling the skit in which Jordan Peele and Keegan-Michael Key imagine a brainstorming session in the *Gremlins 2* writers' room, for a clear sense of how bizarre it is that this movie was ever made. Zach Galligan and Phoebe Cates (left) star.

===

Ocean's Eleven**8pm, Sky Cinema Select**

(Steven Soderbergh, 2001)
Frank Sinatra and the Rat Pack could only dream of seeming as suave as George Clooney, Brad Pitt, Matt Damon, Julia Roberts et al do in this remake of their creaky old heist caper. Slick, stylish, confident entertainment.

===

Unbreakable**9pm, Great! Movies**

(M Night Shyamalan, 2000)
Night Shyamalan's sombre and naturalistic take on superhero movies stars Bruce Willis as an ordinary joe who, once egged on by his nemesis Samuel L Jackson, comes to realise that he has unnatural powers.

ON DEMAND**The Responder**

BBC iPlayer
Martin Freeman is great as the broken Scouse cop in this gripping drama series.

Bodkin

Netflix
Siobhán Cullen's spiky journalist investigates a cold case in this hugely entertaining crime drama.

Alex Rider

Prime Video
Otto Farrant impresses in this thrilling teen spy caper.

itv3

E4

More 4

sky max

sky atlantic

6.00 Classic Emmerdale (S) **6.35 Classic Emmerdale** (S) **7.00 Classic Coronation Street** (S) **7.35 Classic Coronation Street** (S) **8.05 Agatha Christie's Poirot** (S) **10.30 The Royal** (S) **11.35 Heartbeat** (S) **12.40 Heartbeat** (S) **1.40 Classic Emmerdale** (S) **2.10 Classic Emmerdale** (S) **2.40 Classic Coronation Street** (S) **3.15 Classic Coronation Street** (S) **3.50 Inspector Morse** (S).

6.00 Hollyoaks (S) **7.00 Ramsay's Kitchen Nightmares USA** (S) **8.00 Ramsay's Kitchen Nightmares USA** (S) **9.00 The Goldbergs** (S) **9.30 The Goldbergs** (S) **10.00 Young Sheldon** (S) **10.30 Young Sheldon** (S) **11.00 Modern Family** (S) **11.30 Modern Family** (S) **12.00 The Big Bang Theory** (S) **12.30 The Big Bang Theory** (S) **1.00 The Big Bang Theory** (S) **1.30 The Big Bang Theory** (S) **2.00 The Goldbergs** (S) **2.30 The Goldbergs** (S) **3.00 Modern Family** (S) **4.00 Young Sheldon** (S) **4.30 Young Sheldon** (S) **5.00 The Big Bang Theory** (S) **5.30 The Big Bang Theory** (S).

8.55 Food Unwrapped (S) **9.30 A Place In The Sun** (S) **10.25 A New Life In The Sun** (S) **11.25 Find It, Fix It, Flog It** (S) **12.30 Come Dine With Me** (S) **1.00 Come Dine With Me** (S) **1.30 Come Dine With Me** (S) **2.05 Come Dine With Me** (S) **2.35 Come Dine With Me** (S) **3.10 Four In A Bed** (S) **3.40 Four In A Bed** (S) **4.15 Four In A Bed** (S) **4.50 Four In A Bed** (S) **5.20 Four In A Bed** (S) **5.50 Chateau DIY** (S).

6.00 NCIS: New Orleans (R) (S) **7.00 SEAL Team** (R) (S) **8.00 The Flash** (R) (S) **9.00 Stargate SG-1** (R) (S) **10.00 Stargate SG-1** (R) (S) **11.00 NCIS: New Orleans** (R) (S) **12.00 The Flash** (R) (S) **1.00 MacGyver** (R) (S) **2.00 MacGyver** (R) (S) **3.00 Hawaii Five-0** (R) (S) **4.00 S.W.A.T** (R) (S) **5.00 SEAL Team** (R) (S).

6.00 Fish Town (R) (S) **7.00 Fish Town** (R) (S) **7.55 Six Feet Under** (R) (S) **9.00 Six Feet Under** (R) (S) **10.05 Gomorrah** (R) (S) **11.10 Gomorrah** (R) (S) **12.15 Game Of Thrones** (R) (S) **1.25 The Sopranos** (R) (S) **2.30 The Sopranos** (R) (S) **3.35 Six Feet Under** (R) (S) **4.40 Six Feet Under** (R) (S) **5.45 Gomorrah** (R) (S).

6.00 Heartbeat David decides to make a will. Ophelia Lovibond guest stars (S).

6.00 The Big Bang Theory Sheldon and Leonard's mothers finally meet (S). **6.30 The Big Bang Theory** (S).

6.55 Car S.O.S Fuzz Townshend and Tim Shaw restore the smallest car they have ever worked on (S).

6.00 Stargate SG-1 Daniel's friend is abducted by slave traders. Sci-fi drama, starring Michael Shanks (R) (S).

6.45 Gomorrah Genny and the Levantes try to secure control of Secondigliano (R) (S).

7.00 Heartbeat Armed robbers hold up the night mail train. Eric Sykes makes a guest appearance (S).

7.00 Hollyoaks (S). **7.30 Celebrity Come Dine With Me** First to host this week is Anthea Turner (S).

7.55 Grand Designs Kevin McCloud follows the progress of Ed Versluys and Vicky Anderson (S).

7.00 Stargate SG-1 The team searches for missing soldiers. With Richard Dean Anderson (R) (S).

7.45 Game Of Thrones Jack Gleeson, Peter Dinklage and Stephen Dillane star (R) (S).

8.00 Vera A pensioner is found stabbed to death on a busy train. Starring Brenda Blethyn (S).

8.00 Below Deck Fraser confronts Camille about going over his head (S).

8.00 Flintoff: Lord Of The Fries The duo end their adventure in Lancashire (R) (S).

8.00 Mr Bigstuff Comedy, starring Danny Dyer and Ryan Sampson (R) (S). **9.30 Mr Bigstuff** (R) (S).

8.00 The Last Of Us Joel and Tess clash over Ellie's fate (R) (S).

10.00 Unforgotten A dismembered body is found in a scrapyard. Crime drama, starring Nicola Walker (S).

9.00 Gogglebox The critics share their opinions on Britain's Got Talent and One Night Stand (S).

9.00 Help! We Bought A Hotel The owners of a Welsh hotel get some honest feedback from their guests (S).

9.00 The Walking Dead Carl, Michonne and Gabriel hold the fort at the church (R) (S).

9.00 House Of The Dragon Fantasy drama, starring Matt Smith and Emma D'Arcy.

11.00 Unforgotten Cassie and Sunny identify four potential suspects (S). **11.50 The Royal** (S).

10.00 Naked Attraction Singletons from Glasgow and Edinburgh pick their potential partners (S).

10.00 Jobs From Hell: Caught On Camera Real-life footage of challenging situations in the workplace (S).

11.00 The Walking Dead Rick tries to find a peaceful agreement to the hostage situation (R) (S).

11.25 House Of The Dragon Fantasy drama, starring Matt Smith and Emma D'Arcy (R).

12.40 Upstairs, Downstairs (S) **1.35 Upstairs, Downstairs** (S) **2.30 Teleshopping**

12.05 The Big Bang Theory (S) **1.05 Brooklyn Nine-Nine** (S) **2.00 Modern Family** (S) **2.50 Below Deck** (S) **3.40 Ramsay's Kitchen Nightmares USA** (S) **4.30 The Neighborhood** (S) **5.20 Brooklyn Nine-Nine** (S).

12.10 Help! We Bought A Hotel (S) **1.10 Jobs From Hell: Caught On Camera** (S) **2.15 24 Hours In A&E** (S) **3.20 Food Unwrapped** (S) **3.50 Close**

12.00 Warrior (R) (S) **1.00 The Force: North East** (R) (S) **2.00 Road Wars** (R) (S) **3.00 Hawaii Five-0** (R) (S) **4.00 S.W.A.T** (R) (S) **5.00 Highway Patrol** (R) (S) **5.30 Highway Patrol** (R) (S).

12.45 Succession (R) (S). **1.55 The Leftovers** (R) (S). **2.55 Game Of Thrones** (R) (S) **4.05 Fish Town** (R) (S). **5.00 Fish Town** (R) (S).

Radio**BBC Radio 1**

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 With Sian Eleri **10.00** Radio 1's Power Down Playlist With Sian Eleri **11.00** Rock Show With Daniel P Carter **1am** BBC Introducing Rock On Radio 1 With Alyx Holcombe **2.00** Radio 1's Future Alternative **3.00** Radio 1 Relax **4.00** Radio 1 Pop Anthems **5.00** Radio 1 Early Breakfast With Dean McCullough

BBC Radio 1Xtra

6.33am 1Xtra Playlists **7.00** Nadia Jae **10.00** DJ Day Day **12.45pm** Newsbeat **1.00** Kaylee **4.00** Remi Burgz **5.45** Newsbeat **6.00** Remi Burgz **7.00** Cassidie **9.00** Sian Anderson **11.00** Snoochie Shy **1am** 1Xtra's Rap List **3.00** 1Xtra Salutes. **4.00** Battle Of The Mixes **4.30** 1Xtra's R&B Chill Mix **5.30** 1Xtra's Throwback Party

BBC Radio 2

6.30am The Gaby Roslin Breakfast Show **9.30** Gary Davies **12noon** Jeremy Vine **2.00** Scott Mills **4.00** Sara Cox **6.30** Sara Cox's Half Wower **7.00** Jo Whitley's Shiny Happy Playlist **7.30** Jo Whitley **9.00** The Blues Show With Cerys Matthews **10.00** Trevor Nelson's Magnificent **7 10.30** Trevor Nelson's Rhythm Nation **12midn't** OJ Borg **2.30** One Hit Wonders With OJ Borg **3.00** Class Of '84 **3.30** Class Of '84 **4.00** Owain Wyn Evans

BBC Radio 3

6.30am Breakfast. Petroc Trelawny presents. **9.30** Essential Classics. Georgia Mann presents a selection of music and features. **1pm** Classical Live. Another chance to hear Friday's First Night of the Proms. **4.00** Composer Of The Week: Silvestre Revueltas. The life and music of the Mexican composer, violinist and conductor. **5.00** In Tune. Music and arts news. **7.00** Classical Mixtape. A sequence of music. **7.30** BBC Proms 2024. The BBC National Orchestra of Wales performs Zemlinsky and Schoenberg. **10.00** Night Tracks. A soundtrack for late-night listening. **11.30** Round Midnight. With guest Theon Cross. **12.30am** Through The Night

BBC Radio 4

6am 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 **12noon** 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** Six O'Clock News **6.30** Mark Steel's In Town. The comedian visits Coleraine in Londonderry. **7.00** The Archers. There's a shock at the vets, and the Grundys scale new heights. **7.15** Front Row Arts programme. **8.00** The Briefing Room. The significant rise in mental health disorders among 16-24 year-olds. **8.30** BBC Inside Science **9.00** History's Secret Heroes. Thriller-seeker-turned-spy Christine Granville. **9.30** To Catch A Scorpion. Sue Mitchell and Rob Lawrie hear transcripts of police surveillance tapes. **10.00** The World Tonight. News round-up, presented by Julian Worricker. **10.45** Book At Bedtime: Yellowface. By Rebecca F Kuang. **11.00** The System. By Ben Lewis. Last in the series. **11.30** Today In Parliament. The start of the week's business in Westminster. **12midn't** News And Weather **12.30** Child **12.48** Shipping Forecast **1.00** As BBC World Service **5.20** Shipping Forecast **5.30** News Briefing **5.43** Prayer For The Day **5.45** Farming Today

BBC Radio 4 Extra

6am Julie Enfield Investigates - Terminus **6.30** Keep On Running **7.00** Anything Legal **7.30** Stop Messing About! **8.00** In And Out Of The Kitchen **8.30** Dark Matter **8.45** Why Mummy Swears **9.30** A Walk Of One's Own: Virginia Woolf On Foot **9.45** Daily Service **10.00** Radiolab **10.55** Inheritance Tracks **11.00** Julie Enfield Investigates - Terminus **11.30** Keep On Running **12noon** Anything Legal **12.30** Stop Messing About! **1.00** In And Out Of The Kitchen **1.30** Dark Matter **1.45** Why Mummy Swears **2.00** Just A Minute **2.30** Snap **3.00** It's Your Movie **4.00** Radiolab

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Pick of the day**Breakfast 6.30am, BBC Radio 3**

The programme begins a journey around the north-east of England on Lindsfarne, where Petroc Trelawny (above) explores the cultural and natural history of the island.

4.55 Inheritance Tracks **5.00** Julie Enfield Investigates - Terminus **5.30** Keep On Running **6.00** Anything Legal **6.30** Stop Messing About! **7.00** In And Out Of The Kitchen **7.30** Dark Matter **7.45** Why Mummy Swears **8.00** Just A Minute **8.30** Snap **9.00** It's Your Movie **10.00** Comedy Club: Mark Steel's In Town **10.30** Comedy Club: Goodness Gracious Me **11.00** Comedy Club: The News Quiz **11.30** Comedy Club: The Ape That Got Lucky **12midn't** Radiolab **12.55** Inheritance Tracks **1.00** Julie Enfield Investigates - Terminus **1.30** Keep On Running **2.30** Stop Messing About! **3.00** In And Out Of The Kitchen **3.30** Dark Matter **3.45** Why Mummy Swears **4.00** Just A Minute **4.30** Snap **5.00** It's Your Movie

BBC 5 Live

6am 5 Live Breakfast **9.00** Chris Warburton **11.00** Naga Munchetty **1pm** Gethin Jones **4.00** 5 Live Drive **7.00** 5 Live Olympics **8.00** 5 Live Olympics **9.00** 5 Live Sport: 5 Live Cricket **10.00** Gordon Smart **1am** Dotun Adebayo **5.00** Wake Up To Money

BBC 6 Music

7.30am Nemone **10.30** Mary Anne Hobbs **1pm** Craig Charles **4.00** Steve Lamacq's Teatime Session **7.00** New Music Fix Daily **9.00** Riley & Coe **11.00** 6 Music Artist In Residence: Wolf Alice **12midn't** In Their Own Words: The Prodigy **1.00** The Prodigy Live **2.00** The Prodigy At The BBC **4.00** The Prodigy Playlist **5.00** Nathan Shepherd

Classic FM

6.30am Classic FM Breakfast With Aled Jones **9.00** The Classic FM Hall Of Fame Hour With Aled Jones **10.00** Alexander Armstrong **1pm** Anne-Marie Minihall **4.00** Margherita Taylor **7.00** Relaxing Evenings **10.00** Calm Classics **1am** Bill Overton **4.00** Early Breakfast

Absolute Radio

6am Dave Berry **10.00** Leona Graham **1pm** Ben Burrell **4.00** Bush And Richie **7.00** Danielle Perry **10.00** Jay Lawrence **1am** Dan Noble

Heart

6.30am Heart Breakfast With Jamie Theakston And Amanda Holden **10.00** Pandora Christie **1pm** Matt Wilkinson **4.00** JK And Kelly Brook **7.00** Heart's Feel Good Weekend With Dev Griffin **10.00** Fia Tarrant **1am** Heart's Feel Good Weekend With Jonny Meah **4.00** Early Breakfast With Lindsey Russell

TalkSPORT

6am TalkSPORT Breakfast With Jeff Stelling **10.00** Jim White And Simon Jordan **1pm** Hawksbee And Jacobs **4.00** TalkSPORT Drive With Andy Goldstein And Darren Bent **7.00** Kick Off **10.00** Sports Bar **1am** Extra Time With Paul Ross **5.00** Early Sports Breakfast

Panorama

Around the world in 10 stories



TAIWAN

Taipei asserts independence

Taiwan must protect its sovereignty and know its own history, President Lai Ching-te has said, rejecting what he said was the previous mistaken belief that the island could serve as a base to "retake" China.

Speaking to the Democratic Progressive Party's annual convention, he said those who fought to bring democracy to Taiwan "used their lives to debunk the mistaken idea that 'Taiwan is a base to retake the mainland', and instituted the national policy of putting Taiwan first". REUTERS

AZERBAIJAN

Armenia treaty '90% ready'

Azerbaijan is proposing to sign a document with Armenia on a future peace treaty, a senior Azerbaijani official has said.

President Ilham Aliyev says a text of a treaty is about 90 per cent ready, but Armenia must amend its constitution to remove a reference to independence for the former breakaway Azerbaijani region of Nagorno-Karabakh, which Armenia rejects.

A document on the basic principles could be a temporary measure and form the basis of the bilateral ties, Hikmet Hajiyev, an adviser to President Aliyev and head of foreign policy, has said. REUTERS

CANADA

Evacuations as wildfires rage across Alberta

By Promit Mukherjee
IN OTTAWA

Wildfires raging through the northern part of Canada's Alberta have forced evacuations of three communities as the oil-rich province continues to fight five different

"wildfires of note" in separate areas. A wildfire of note is often considered to be of significant threat to public safety, communities and critical infrastructure.

The evacuation orders have been issued across John D'Or, Fox Lake and Garden River communities in northern Alberta, covering close to 62,000 hectares and comprising 5,000 inhabitants.

Alberta is in the grip of 158 wildfire events - of which 55 are out of control - exacerbated by hot weather. REUTERS

Postcard From... Barcelona

The Foixarda tunnel in Barcelona contains a free climbing wall, made up of thousands of holds of all shapes, sizes and colours, which has helped to popularise the sport and shape it into an official Olympic event.

"There's a lot of passion here... And the reward is to see people take up the sport," said Manolo Sanchez, 58, who has transformed the former road tunnel into a climbing gym.

Climbing debuted at the Tokyo Olympics and will next month feature in the Paris Games at the Le Bourget climbing venue - a sports

facility built specifically for the 2024 Olympics.

Mr Sanchez started climbing in the tunnel in 1992, the year of the Barcelona Games, using rocks and pieces of wood stuck to the walls, before starting to make his own holds in 1995.

He and his friends could use it only at night due to road traffic - they referred to themselves as "vampires", a symbol present on many of his home-made holds.

He pays for the materials with his earnings from a climbing gym he runs, and donations. The tunnel is open 24/7 and is free to use.

"That's a big gift," said Martina Detassis, 33, an Italian climber. "It's a very expensive sport," she added. REUTERS

Andrei Khalip

Sport, page 48

BANGLADESH

Job quotas that sparked violent protests scrapped

By Sam Jahan and Sudipto Ganguly
IN DHAKA

Bangladesh's Supreme Court has scrapped most of the quotas on government jobs that sparked student-led protests in which at least 114 people have been killed.

Ninety-three per cent of government jobs should be open to candidates on merit, without quotas, the supreme court directed, dismissing a lower court's order.

Anger had grown at the quotas, which included reserving 30 per cent of positions for the families of those who fought for independence from Pakistan in 1971.



Soldiers stationed outside the Supreme Court in Dhaka yesterday

According to Bangladesh's attorney general, AM Amin Uddin, the protesting students said they were not involved in the violence.

The government of prime minister Sheikh Hasina had scrapped the quota system in 2018, but the lower court reinstated it last month, pegging total quotas at 56 per cent, sparking the protests and a crackdown. Mr Uddin said those responsible for violence would be found.

Streets near the Supreme Court were quiet immediately after the decision and army teams were deployed throughout the capital Dhaka, a witness said.

Local media had reported scattered clashes earlier in the day between protesters and security forces.

A curfew had been extended before the Supreme Court hearing.



Larger than life

Mexican kite-flyers made a meeting of sea and sky in Puerto Progreso, in the state of Yucatan, over the weekend at the second Festival de Papagayos y Cometas (Kite Festival). Massive kites with a marine theme included squids and whales. Stalls taught festival-goers how to make their own.

HUGO BORGES/AFP

NORTH KOREA

War of words after rubbish-filled balloons launch

By Jihoon Lee
IN SEOUL

North Korea has floated balloons carrying trash towards South Korea, South Korea's military said, declaring it would respond with "full-scale" loudspeaker broadcasts.

The South Korean military said yesterday that the North's actions raising tensions near the heavily

armed border could have fatal consequences, adding the North Korean regime would be solely responsible.

"As we warned several times, the military will carry out loudspeaker broadcasts in full scale and on all fronts starting 1pm today," the South's Joint Chiefs of Staff said, calling the North's launch of balloons "vulgar" and "shameful".

Activists and defectors in South

Korea have for years sent their own balloons carrying propaganda leaflets and other items into North Korea, angering Pyongyang.

Earlier this week, South Korea's military resumed its round-the-clock loudspeaker broadcast campaign targeting North Korea in response to what it called the "despicable" launch of balloons by Pyongyang carrying rubbish across the border. REUTERS

VATICAN CITY

Pope: Olympics is time for truces

Pope Francis has said he hopes the Paris Olympics will be an occasion for truces in the world's conflicts, urging athletes to be messengers of peace and models for people.

During his weekly address in St Peter's Square, he said he hoped that the Olympics would be "an opportunity to establish a truce in wars, by demonstrating a sincere desire for peace". He mentioned the conflicts in Ukraine, Gaza and Myanmar. REUTERS

CHINA

Two cyclones to hit east coast

Two tropical cyclones will bring gales and heavy rain to China's eastern seaboard this week, with the first expected to make landfall yesterday, after flash floods struck over the weekend.

At least 11 people died when a bridge in the north west partially collapsed amid flooding on Friday night. Prapiroon was expected to make landfall in Hainan province last night.

Later this week, Gaemi is expected to make landfall as a typhoon. REUTERS

BRAZIL

Singer dies from electric shock

A Brazilian singer has died after being electrocuted on stage during a performance at the Solar Hotel in Salinópolis, in northern Brazil. News outlet *Diário do Pará* said he was playing his guitar when he was electrocuted. Police are investigating the death, the news website *Istoé Gente* said.

SPAIN

Mallorca joins wave of anti-tourism protests

By Leon Beckenham
IN MALLORCA

"You are not welcome!" read the posters taped around Palma's most gentrified of neighbourhoods, Santa Catalina, as Mallorca gears up for the latest of the "anti-tourism" protests spreading across parts of Spain.

"We used to go out in the morning for a summer swim, now due to overcrowding we just don't bother," said Marga Mas Gomila, a Catalan teacher and native Mallorcan.

"We have the feeling that the island is becoming somewhere for tourists and rich people, and we, the locals, are just a nuisance. The island is being ruined for us."

The recent wave of protests began in April with tens of thousands of residents in the Canary Islands, claiming overtourism was overwhelming the archipelago and seriously impacting their quality of life.

The story is echoed across the Balearic Islands. A string of protests followed, with the largest in Palma drawing an estimated 15,000. A few held placards urging "Guiris Go Home" ("guiri" being the pejorative term for a tourist). Yesterday anti-tourism groups were set to stage their biggest protest yet.

Estefanía Durán, a Mallorcan-born millennial, said: "I don't think anyone should point the finger directly at tourists. We all have

Barcelona to raise tax on cruise stopovers

Barcelona will raise the tourist tax for cruise passengers visiting the city for less than 12 hours, the mayor said yesterday.

The tourist tax for stopover cruise passengers is €7 (£6) per day. Jaume Collboni did not say by how much the tax would be increased. "We are going to propose... substantially increasing the tax for stopover cruise passengers," he told *El País*.

the right to travel and enjoy wherever we go. The problem is that we are islands and as such resources are limited."

When asked who is to blame, she is clear: "The government. If regional policies are not implemented to limit what happens in the Balearic Islands, there's free licence... to do everything without limits. And it's only when we reach the limit, as we have done, do we really see the seriousness of the problem."

Pere Joan (*inset*), a spokesperson for "Menys Turisme, Més Vida" (Less Tourism, More Life), the

i The chief of Mallorca-based hotel chain Meliá, Gabriel Escarrer, says: "The main trigger for this situation has been the uncontrolled growth in the supply of illegal holiday homes, which are not subject to planning and 'load limits' like hotels."

group behind the protests, blames the authorities as well as the "tourist lobby" and airport authority, Aena.

"For years they have been defending the tourist model with an unlimited growth that has clashed head-on with the limits of the population and the environment," he says.



DRUGS

Cannabis case a challenge to modern Japan

Social shame is seen as worse than a prison sentence. By Niko Vorobyov

Ryujiro Oyabu, a 52-year-old Japanese potter artist, smoked his first spliff while living in London in the early 2000s. "That was a wonderful experience," he remembered. "Living in London is easier than Tokyo... Japan is a different culture and the neighbours complain."

In Japan, cannabis use is widely derided - yet movement on the issue in its courts may offer lessons for the UK, where cannabis is a Class B drug as a result of concerns about super-strength "skunk" and links to mental illness.

In 2021, Mr Oyabu was pulled over by police who found he was carrying three grams of marijuana. The artist was eventually given a six-month sentence suspended for three years. For many Japanese, the greater punishment is not being locked in a cell, but the shame of being labelled a drug user.

"Japan is different from Western culture," said criminologist Shinichi Ishizuka of Ryukoku University in Kyoto. "Honesty is the most important value for the Japanese. Punishment isn't as important as shame."

Being a rulebreaker makes it much more difficult for those on the fringes to return to normal life. Mr Oyabu said his experience meant "it became very difficult to do certain projects". Cannabis was not always so controversial in Japan.

An hour's ride on the bullet

train north of Tokyo is the Taima Hakubutsukan (Marijuana Museum). It is a single room which is little more than a glorified shed but it houses a forgotten part of Japanese history.

The proprietor, Junichi Takayasu, showed classical clothing "hemp leaf" patterns, known as *asa-no-ha*, inspired by a top-down view of the cannabis bush. Weed even plays a role in Shinto, Japan's native religion, with priests waving hemp wands (*onusa*) to exorcise demons.

"Without cannabis, Shinto rituals cannot be held," Mr Takayasu said.

"There's a Shinto concept called *seimei* or purification, and one is not allowed to appear before the gods without a pure image. The Japanese have long believed that by coming into contact with the mysterious power from within cannabis, one becomes pure."

Mr Oyabu suggests that modern, industrialised Japan has given up much of its old identity, including cannabis. He has appealed against his sentence and plans to take the case to the Tokyo High Court based on new laws that allow the drug for medical use. The case has become a rallying point for Japan's small but active cannabis community (*inset*, a protest in Tokyo last year).

His team plans to argue that since marijuana is recognised as a medicine, the government must present scientific evidence of its dangers.



Pot heads

People carry pots with neem leaves - a traditional medicine - and cooked rice in Secunderabad, a city in the Indian state of Telangana, yesterday. Hindu followers made the ritual offering to the goddess

Mahakali during the Bonalu festival. It is celebrated annually in Secunderabad and its twin city, Hyderabad. The tradition is said to have started in the early 1800s, when people made offerings in an effort to halt the spread of plague.

NOAH SEELAM/AFP

FILM

Longoria hits out on diversity

By Conrad Smith

The actress Eva Longoria has said that "Latinos and women are still severely under-represented" in Hollywood.

The *Desperate Housewives* star (*inset*), 49, said it was "often the perception" that Hollywood is "pretty progressive" but sometimes this was not the case.

Speaking to *The Guardian*, she said: "We still have so far to go. Both Latinos and women are still severely under-represented."

"Statistically, we're actually going in the wrong direction. "In the US, Latinos are 20 per cent of the population but 5 per cent in TV and film."



MUSIC

Bennett's legacy hailed by Gaga

By Hannah Roberts

Lady Gaga has paid tribute to Tony Bennett on the first anniversary of his death and said she is grateful for "the legacy of jazz music he left".

Jazz singer Bennett, who was a long-time collaborator of the US pop star, died in July 2023 at the age of 96 after suffering from Alzheimer's.

Gaga (*inset*) shared a photo of her and Bennett on Instagram, writing: "We're gonna keep on swingin'. Miss you. Life is a beautiful thing."



FAMILY

How to boost your child's brain power this summer

From eggy breakfasts to computer games (yes really), **Sarah Rainey** gathers tips backed by science

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With the summer holidays looming, many parents are planning a monumental childcare juggle – and wondering how they can avoid losing their children to screens for six weeks.

There are so many options for children's activities these days that it can be difficult to choose. But which ones really make a difference to your child's happiness, development and IQ?

1. Delegate the housework or budgeting for the weekly shop

Great news: getting the kids to chip in with the chores can boost their brain power. A 2022 study in Australia found a link between housework and cognitive development, especially planning, following instructions and multitasking.

"Give them a budget and get them to sort the shopping for the week," suggests family coach Natalie Costa. "If you're doing a clear-out, get them to help. All this will expand their horizons, give them a sense of purpose and keep their brains busy with prioritising tasks and using their initiative."

2. Let them play computer games

Computer games – especially ones with strong visual effects – can have a positive impact on the brain. A study in *Paediatrics* in 2022, of nearly 2,000 children in the US, found that those who played video games for three hours a day or more performed better on cognitive skills tests.

What's more, in experiments by the neuroscientist Daphne Bavelier in 2011, students playing shooting games were found to have quicker reaction times, better peripheral vision and a stronger attention span than students playing gentler games.

3. Try running

Going for a jog is often seen as an adult activity, but children benefit hugely from running.

A study at Nottingham Trent University in 2021 found that students who ran the "daily mile" – whereby they jog a lap of the playground at their own pace – improved memory and flexible thinking, completing a series of mental tasks up to 10 per cent faster than those who did not run.

"It also helps with motor skills and co-ordination," says behavioural psychologist Jo Hemmings. "It can reduce stress and anxiety and increase serotonin, our mood-boosting hormone"

4. Encourage boredom

Don't feel guilty the next time your child tells you they're bored: clinical psychologist Stephanie Lee says it's good for them. "Life requires us to manage our frustrations and regulate our emotions when things aren't going our way, and boredom is a great way to teach that skill," she explains.

It's not the boredom itself that helps their brains; it's what they do with it. Being bored encourages children to make plans, solve problems and develop their organisational skills.



5. Let them draw - but make it big

Drawing and painting is good for brain development, but it's even better if done on a bigger canvas.

According to the late Professor Joan Freeman, an expert child psychologist, the larger the canvas, the more it develops the creative side of the brain. So switch that A4 page for a roll of wallpaper or old tablecloth – and see where their imagination takes them.

6. Build something together

Construction play – whether it's Lego, Meccano or building dens from sofa cushions – boosts children's fine motor control,

problem-solving abilities and maths skills.

A paper by the Lego Foundation, published in 2017, found clear links between construction and brain processes such as reward, memory and stress regulation.

Amy Shelton, director of research at the Johns Hopkins Centre for Talented Youth, says: "When kids are building with blocks, they're using spatial reasoning skills."

Even better, says Natalie Costa, if they can build something real – such as flat-pack furniture – which gives a sense of satisfaction.

7. Sleep on it

Getting a good night's sleep is crucial for growing brains. A 2021 British study of more than 5,500 children found that unhealthy sleep in early adolescents affects their attention span, memories and emotional processing.

Scientists have found the same applies to primary-school age children who get less than the recommended nine to 12 hours' sleep a night, exhibiting less grey matter in key areas of the brain.

8. Seek nature whenever possible

Studies have shown that getting outdoors, and especially exposing your little ones to green spaces, enhances brain power by improving concentration



Gaming, while much maligned by parents, can boost cognitive skills



Just dance:
moving your feet
can trigger new
connections in the
brain GETTY

levels and problem-solving skills. Exploring the natural world boosts their natural curiosity, says Costa.

“Something as simple as drawing things they find in nature can really boost their brain activity,” she explains. “There are so many details, textures, sights and sounds – and they can do this whether they’re in an urban environment or the countryside.”

9. Cook eggs for breakfast

A 2021 US study linked breakfast habits at the age of six with cognitive ability at the age of 12, showing that children who ate a nutritious breakfast had better academic ability.

Eggs contain choline, a micronutrient used to create acetylcholine, a neurotransmitter that helps to regulate mood and memory, as well as B vitamins, which boost brain health.

10. Introduce ‘gender-opposite’ toys

Boys’ and girls’ brains are wired differently in infancy, with boys typically better at spatial awareness and girls better at language skills.

“Your brain is what you do with it,” says the neuroscientist Lise Eliot, author of *Pink Brain, Blue Brain*. “So if your son spends all day building robots out of Lego, the parts of his

brain responsible for spatial skills will work brilliantly.”

To narrow the gap, experts recommend encouraging gender-opposite play: more rough-and-tumble and ball games for girls; more role-play, drawing and books for boys.

11. Dance together

Nimble feet make a nimble brain, say the experts. Encouraging your child to dance – and dancing with them – can work wonders for their minds.

According to research by the late Dr Michael Mosley, dancing can trigger new connections in the brain and encourage neuroplasticity, which is the brain’s ability to change.

In one study involving healthy volunteers, just one session of a half-hour salsa class was shown to boost participants’ spatial working memory by almost a fifth.

12. Ask open-ended questions

Stretch little ones’ brains by asking open-ended questions – the sort that start with “How”, “Why” or “What if” – rather than ones with a yes or no answer.

Not only does it spark longer conversations, but it gets their

brains working harder and encourages independent thinking and language skills.

13. Embrace messy mealtimes

If your child is a messy eater, fear not. In fact, experts say we should be encouraging them to make a mess at mealtimes rather than clearing their plate.

A study at the University of Iowa found that playing with food – poking it, squishing it, even throwing it – helps them to learn.

Of course, this applies more to toddlers than teenagers, but the science is the same: strict rules stop children from exploring and embracing new foods, flavours and textures.

And getting children into the kitchen is a powerful tool for improving their brain power.

Cooking helps them to learn essential skills for school – including counting, measuring, reading and following instructions – as well as fine motor skills, building creativity and understanding scientific reactions.

“It’s brilliant for developing sequencing skills,” explains Sally Goddard Blythe, author of *The Genius of Natural Childhood*.

10%

Children who went for a run completed mental tasks 10% faster than those who did not, in a recent study

MOTORING

‘I was a petrolhead bore – but now I love life at 20mph’

Jonathan Margolis explains how he tamed his inner speed demon

Ken Skates, the Welsh transport minister, told the Senedd parliament that the blanket 20mph speed in Wales is to be dropped just a year after it was introduced.

Mr Skates denied that this surprising change by the Welsh Labour Government was a U-turn. “This is about refining and finessing a policy that will help make Wales safer,” he said – which prompted one newspaper reader to write, “If I get stopped in Wales for doing an illegal U turn, I will say I was refining and finessing.”

You had to laugh. It was perfectly obvious that the Welsh Government had realised the 20mph limit was loathed by every driver, not just the middle class; that it was slowing up delivery vans and buses, adding to the everyday frustrations of life in the modern world and making the Government look Luddite.

If my tone in relating the above sounds a tad petrolhead pub-bore, be assured I could go on... And a couple of years ago, I might have. However, after moving to live next to a bridge across the Thames with a 30mph limit but which traffic roars across day and night at twice that, I became aware that a lot of drivers are antisocial creatures who need cracking into line.

Twenty limits were, I reasoned, just a way to keep urban speeds down to a sensible 30-ish; nobody is going to get prosecuted for doing 20-something. And then I was. A camera caught me doing 24 in a 20 zone on a deserted road in Kingston-upon-Thames late last New Year’s Eve.

The original bore in me was back in business. For days, I would fulminate about the police having nothing better to worry about.

Then a second unexpected thing happened. I opted to dodge the points on my licence by opting for the speed awareness course. I took it online. And I came out rather a fan of the 20mph speed limit.

It was all down to Steve, I’ll call him: a pleasant, perhaps slightly sarky, bearded middle-aged PE teacher type speaking to a group of seven of us from what seemed to be his home office.

He reminded us that despite the informality, this was part of the justice system, that he would be able to detect from experience when we were peeking at other screens and that if we were naughty

You really only shave a few seconds or minutes from a short journey by driving at 25 rather than 20



The author has slowed down after a brush with the law. Just don’t mention buses to him

in class, we would be thrown out and referred back to the police. He told us that in his line of work, a single speeding offence would lose him his job. (Which seemed harsh.)

It turned out that I was the only one who had been done for exceeding the 20 limit, and felt rather special. I was still hoping Steve might tell us off the record that he thought being hauled in for doing 24 in a 20 zone was a bit ridiculous. He did not.

We were soon watching a genuinely interesting video that showed how, in controlled conditions on a dry road, a car travelling at 20mph can be stopped in 12 metres – just three car lengths. Probably enough to avoid hitting a child who has run out into the road.

But if you are doing 25mph, you will still be doing 15mph when you hit the child – enough to injure them seriously. So my extra 4mph that dark winter’s night could have proved fatal to, say, a New Year’s Eve drunk lurching into the road.

“I know people hate the 20 speed limit. I hear it all the time,” Steve told us. “But if you kill someone because of a tiny excess in your speed, you stand the risk of you going to prison for causing death by careless or dangerous driving. Is that worth a few miles an hour?”

What about the way the 20 limit slows you up though? It’s really quite tedious driving at 20. Perhaps, but Steve gave us some pretty convincing figures to show that you really only shave a few seconds or minutes from a short journey by driving at, say, 25 rather than 20.

Overall then, am I now a “Twenty’s plenty” driver? I’d say yes, I do get it. In the areas around me where the 20 is largely observed – usually because there are cameras – there is now a sense of calm which is new and welcome.

I’ll tell you what is now really irritating though. Being on a bus, on an empty road, that’s sticking rigidly to 20mph. That does make you want to eat your own head in impatience.

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- Thu 14 **Qaqortoq, Greenland**
Cruising Einarsfjord, Greenland
- Fri 15 **Nanortalik, Greenland**
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- Mon 18 **Ísafjörður, Iceland**
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A cruise on this uncrowded river is a holiday packed with surprises, discovers **Adam Turner**, who enjoys Andalusia's scenery and complex history

Tom Jones' "Sexbomb" is blasting from the speakers in the panorama bar when suddenly the ship's captain bursts in with the panache of Robert Carlyle in *The Full Monty*. When a handful of male crew members follow, to the tune of "In The Navy", I'm half expecting a strip show to ensue.

As a first-time cruise passenger, this is a different image to what I expected. The introduction to the crew is more flamboyant than usual, I'm told.

At 34, as stereotypes would have it, I'm among the younger guests aboard the 88-cabin MS *La Belle de Cadix*. The sailing is with CroisiEurope, which offers river cruises along the Guadalquivir - Spain's only navigable river. The waterway flows for 408 miles, winding through Seville, the wetlands of the Doñana National Park, and the beaches of Sanlúcar de Barrameda before draining into the Gulf of Cádiz.

Only around 6,000 guests experience CroisiEurope's Guadalquivir cruise each year (for context, research suggests 1.6 million passengers cruise on European rivers annually). The trip is focused on Andalusia and includes many of the region's big-hitting sights, including Seville's Royal Alcázar, Granada's Alhambra Palace, and a guided tour of Cordoba's Mezquita-Catedral.

We're starting in Seville, where I lived in the late 2010s. Back then, I spent many hours walking, running, eating - though mostly drinking beer - beside the Guadalquivir in Seville, but little time on the water. Much of the city's history and prosperity relies on the river.

"It's one of the most important, not only in the region, but in Spain," explains Noemi Jimenez, 30, a licensed tour guide from Seville, during a walking tour.

In the 16th and 17th centuries, Seville was one of Europe's wealthiest cities. It was the headquarters of the House of Trade (Casa de Contratación), which controlled trade in the Americas.

Ships sailing to the New World had to start in, and return to, Spain's only inland port with high-value taxable goods such as spices, silver, gold and tobacco.

The Andalusian capital is also where Ferdinand Magellan set sail with a fleet of five ships back in 1519 on what's known as the world's first circumnavigation of the globe. The Portuguese navi-



The CroisiEurope cruise navigates the Guadalquivir as it passes through Seville GETTY

gator, widely credited with masterminding the voyage, was killed by a poison arrow in a tribal clash in the Philippines. Spanish navigator Juan Sebastián Elcano returned the ship to Seville in 1522 with a crew of only 18 men (240 fewer than had set off).

This is something I contemplate as I wander towards the Puente de Isabel, a bridge connecting Seville with Triana, a seafaring neighbourhood.

As the light fades, loved-up couples sit beside the water drinking Cruzcampo on the flagstones opposite the pastel-coloured houses of Calle Betis. The street's name is another indication of the river's history. Calle Betis, taken from "Baetis", is what the Romans called the Guadalquivir.

Later, it was named the "Wadi al-Kabir" or the "big river" when Al-Andalus, or Andalusia as it's known today, was under Islamic rule between the 8th and 15th centuries. The Almohads one of the

ruling dynasties, built Seville's golden-tinged "Torre de Oro" on the riverbank, a short walk from where we're docked.

Docking within a city means you can get on and off at your leisure every day - one of the benefits of river cruises (ocean cruises often anchor off port and send passengers to land on a tender). And everything is taken care of - food and drink, but also excursions and transfers.

Vicki, 61, a retired accountant from Hertfordshire, decided on CroisiEurope's Guadalquivir river cruise mainly for this reason, having planned to visit similar places by rail before realising it would take weeks.

"I wanted a slightly easier way of doing it, where someone else organised it for me," she explains.

I have visited most of the cruise's stop-off points before. Travelling along the Guadalquivir allows me to see them from a different perspective. As we drift in and out of ports, I imagine the Phoenician, Roman, and Islamic settlers enjoying similar views.

However, not all stops are ac-

cessible by river, so CroisiEurope arranges coach trips from Seville to Granada and Cordoba. We arrive at the latter one morning, parking at the city's mighty Roman Bridge before crossing it on foot to reach the 54-metre high Mezquita-Catedral (inset).

The mosque was converted into a cathedral in the early 13th century when the Christians captured Cordoba. Inside, features from the original mosque still exist, including a forest of columns with candy cane-like arches and a minaret.



Back aboard, we're seated for dinner at the ship's pistachio-hued restaurant. MS *Belle de Cadix*'s décor reminds

me of a 1990s B&B thanks to its lacquered wood dining chairs, gold-framed paintings of flowers and mauve, faux silk, curtains. Though this, along with three-course dinners, only adds to the ship's charm. Cabins are snug, but come with knockout views.

Meals include everything from fresh salads to grilled sea bass. Post-dinner, passengers chat about the day's excursion while swigging green, sugar-rimmed cocktails. There's also a sundeck with a dipping pool to repress the Andalusian heat.

One day, we stop at El Puerto de Santa María, a port city near Cádiz that's home to a gargantuan limestone medieval castle, scores of sun-beaten plazas and the odd crumbling industrial building. Here we try the area's dry fino sherry (El Puerto is on the sherry triangle) from Osborne, a cavernous bodega that smells like Christmas.

As the cruise's end draws near, we march through the cobbled streets of Cádiz on a final tour. We

Imagine the Phoenician, Roman, and Islamic settlers enjoying these views



The MS 'La Belle de Cadix' navigates the historical wonders of Andalusia

Travel essentials

Booking it

CroisiEurope's 2025 prices for a seven-night Guadalquivir cruise start from £1,745pp. The price includes return flights from Gatwick, overseas transfers and the cruise with all meals and drinks, excursions, onboard entertainment and port fees, croisieurope.co.uk

More information
spain.info

pass the ostonera stone (brick made from crushed shells), Baroque-meets-Neoclassical-style Cathedral. I pause to admire the pastoral houses lining the coast that mean the city is often compared to Havana. At one point, we squeeze up an alley to find a Roman theatre, built around 70BC. These brushes with history are frequent on the cruise.

But what I've loved most are the gentle moments between excursions. The romance of lying on my cabin bed watching different landscapes fade in and out of focus (like when I woke up from a nap to realise the earthy tones of the Doñana Maria National Park and the milky-green Guad had been replaced by an endless blue North Atlantic Ocean). The post-dinner heart-to-hearts with people like an elder English chap who told me he'd moved to Spain a couple of decades ago to set up a donkey farm with the love of his life. The solitary evening strolls along the emerald river under flickering stars.

I've even come to look forward to the onboard entertainment. And on that, I'd better run: the flamenco is about to start.

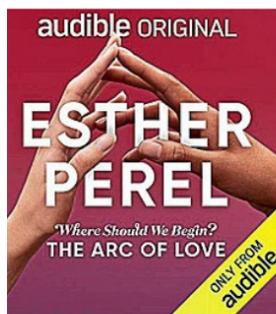
ARTS

We've got 'brat summer' all wrong

Charli XCX has released a complex and emotionally exposing album about the confusion and pressures of early thirties womanhood. It is not a Gen-Z lifestyle trend. By **Emily Bootle**



Podcast
The Arc
of Love



Esther Perel has led the charge on a new wave of emotionally clued-up relationships through her books, TED talks and social media presence – but also through her podcast *Where Should We Begin?*, which records real couples-therapy sessions where she offers valuable insights on struggles.

Now, she's launched a miniseries, *The Arc of Love*, which uses episodes from the vault alongside new ones to weave together a story of love at every stage of the journey.

There's the difficulties of a new relationship; romantic revivals; an affair; a divorce; and polyamory.

Through it all, Perel is the steady guiding hand, full of wisdom and humanity.

Emily Bootle

Driving really fast, smoking cigarettes, eating Haribo, hanging out with your mates, not wearing a bra, wearing a strappy top, Diet Coke, the colour green and cocaine. I've seen all of these things included on round-ups of what, exactly, constitutes a "brat summer" – the 2024 trend inspired by Charli XCX's hit album *brat*.

With the album having debuted at No 2 in the charts in June and the trend having reached the pages of a UK broadsheet last week, it seems brat summer is inescapable – and unlike other internet fads such as hot girl summer or rat girl summer, the *Guardian* piece stipulated that brat summer "actually means something": namely, a kind of feminist f**k-you hedonism.

XCX has, of course, marketed *brat* as a party album, and it is one. She has flown around the world doing DJ sets under the "Party Girl" moniker; the whole thing makes you want to dance and let loose. Yet for all its reckless abandon – thumping bass lines, screeching synths and zeitgeisty references – the aesthetic analysis is clouding what *brat* is actually about.

Much more interesting and important than painting the town green is how XCX uses her signature sugary sound and party-girl persona to interrogate darker, more existential themes: prospective motherhood, jealousy, insecurity, avoidance, grief.

This has been acknowledged – but contrary to the popular view that *brat* is about wanting to have a good time in spite of these issues, the pleasure is inseparable from the pain. *brat* is about both things happening at once. And, for all

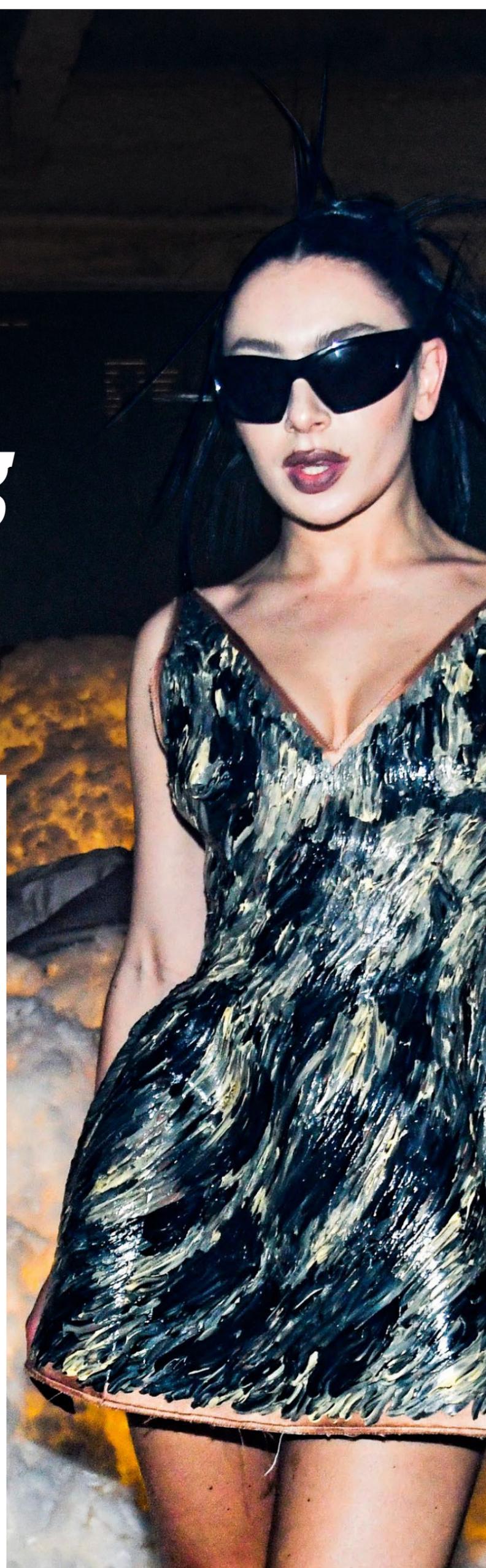
the talk of Gen-Z jumping on the bandwagon, this album, released by XCX at age 31, is actually a searingly specific reflection of the late twenties/early thirties period of flux and the state of perpetual adolescence faced by much of the millennial generation.

As XCX, a pop connoisseur and perfectionist, knows, the power of this music is that it can convey ambivalence (she is, of course, a friend and colleague of Robyn, who wrote the ultimate sad banger "Dancing on My Own").

From the outset, *brat* is laced with mixed feelings: excitement and ennui, confidence and vulnerability, defiance and surrender. Its most memorable lines, such as "I'm so Julia" (a reference to the it-girl actress Julia Fox) on the opener "360", or "666 with a princess streak", are heavy with the tongue-in-cheek irony that we millennials ladle on to everything – each of XCX's little catchphrases is as much a joke as a slay. (Her gentle piss-take continues to the end of the album: fan favourite bonus track "Guess" ends with the lines "Want you to guess / If I'm serious about this song".)

Humour – and big beats – guard the vulnerability that we see elsewhere on *brat* – and XCX bares her soul on almost every track. "Sympathy Is a Knife" paints a picture of irrational insecurity about another woman – not in a romantic sense, but just in general: "Couldn't

Pleasure is inseparable from pain – 'brat' is about both happening at once





Clockwise from main: Charli XCX at this year's Met Gala after party in New York; performing at Roskilde Festival in Denmark; and the unusual cover of her sixth studio album 'Brat' GETTY / JOSEPH OKPAKO

even be her if I tried", sings XCX. "I Might Say Something Stupid" is a scene of giving yourself pep talks at a party where you feel awkward and out of place. "So I" is a tragic ode to Sophie, the mentor to XCX, who died in 2021. "Girl, So Confusing" is about female rivalry, annoyance and reconciliation (a remix featuring Lorde, the song's muse, adds extra depth). "I Think About It All the Time" is about the anxiety many women in their early thirties face about the decision to have children.

Even outside these ostensibly emotional songs, which are thematically complex and have poignant lyrics, *brat's* rave tracks harness the juxtaposition of music and feeling to full effect. "Von Dutch", for example, is a cool-girl brag-banger in which XCX decries herself a "cult classic" – but in the context of the rest of the album we understand that the confidence is fragile, and that all the brash synth and Auto-Tune serves as armour.

"365", the euphoric album closer that reprises the beat from "360", shows us how old habits die hard: following the delicate, vulnerable, talcum-powder-scented "I Think About It...", "365" is a dramatic vibe shift, straight in with a mean, shiny beat and invocations to party.

XCX is back to being a "365 party girl", looking hot, wiping a different kind of white powder off her nose and b-b-b-bumpin' that beat. Its recollection of the opening track feels wistful and nostalgic; its minor chords are almost tragic. "365" doesn't feel like an empowering reclamation of messy pleasure; it feels like temporarily pushing the pain away until it resurfaces – which, whatever your poison, is something we can all relate to.

The word "brat" in itself has plenty of trend-friendly connota-

tions. It's short and memorable, conveniently rhymes with "rat", and evokes hyper-feminine Y2K Bratz dolls.

Yet most of all it conveys an intense childishness that not only suits XCX's signature vocal – delivered in a girlish tone and East Anglia accent – but the state of stuckness in which our generation has found ourselves for almost the entirety of our adulthood.

We are, all things considered, "behind" our forebears: financially stunted by the recession and often unable to settle down, in the traditional sense, with property and a family. Add to that two years of Covid in our twenties, and you'll find a demographic living in a kind of perpetual adolescence – renting, dating and partying way into the years in which we traditionally would have become responsible adults ("Keep bumpin' that", goes the endlessly repeating refrain on "365").

The inherent childishness of the word "brat" is strikingly at odds with the constant online cries of "Mother" – a fan term for a female pop icon – levelled at XCX.

In both its title and its themes, *brat* conveys this complexity. "My career seems so small / In the existential scheme of it all", XCX sings on "I Think About It...", before launching, in her bonus track "Springbreakers", to an aggressive mission statement to tear up the music industry and get the recognition she deserves – a combination of emotions that many women her age, who have repeatedly been told they can and should "have it all", will recognise.

At the end of the music video for "360", where a table of cool, hot internet girls (including Fox) are coaching the waitress on how to be the next cool, hot internet girl, Rachel Sennott (the American comedian) praises her with an affected, camp sincerity: "She's got something... That's really incredible." Then, she stares down into her glass of red wine as the adoring expression slides off her face. "Let's get f**ked up," she sighs.

Not because it's fun, or feminist, or "feral", but because, at age 31 in 2024, it's a lot easier than reckoning with how terrifying and pointless – from being an it-girl to eating Haribo to wearing the strappy top – it all feels.

The weekend's television

RACHAEL SIGEE



'Green Wing' creator's new police comedy already feels dated

» **Piglets** ITV1, Saturday 9pm ★★☆☆

When ITV announced that it had ordered a new comedy from the creators of *Green Wing* about recruits at a fictional police training academy, I was ecstatic. Victoria Pile's wonderfully wacky hospital sitcom (which turns 20 this year) followed up her era-defining sketch show *Smack the Pony* and turned out to be one of the funniest and most inventive series during a golden period of British TV comedy.

With surreal interludes, an epic love triangle and a brilliant young cast including Stephen Mangan, Tamsin Greig, Michelle Gomez and Olivia Colman, it became a worthy cult classic. So I am heartbroken to report that **Piglets** is a bitter disappointment.

Part of ITV's admirable attempt to carve out prime-time space for new comedy on Saturday nights (following on from Alan Carr's *Changing Ends*), *Piglets* had already prompted outrage over its title, which the Police Federation of England and Wales called "highly offensive". ITV defended the decision as a "comedic and endearing play on words".

Turns out the comedy itself is so completely unremarkable that its name may be the only thing anyone remembers.

The first episode took a tell-don't-show approach to introducing us to the core gang on their first day at college – icebreakers so we could learn their



The characters in 'Piglets' were a group of 'deflated balloon copycats'

misguided assumption that she wouldn't be funny without an ugly comedy makeover. She deserves better than this script, which strived for absurdity but never came close to going far enough, like a colleague who describes themselves as "a bit crazy, me!" because they eat their Twix before their sandwich at lunchtime.

If you're going to set a comedy in the world of policing in 2024, the jokes need to be a lot smarter than a gag about a far-right new recruit being quite polite. And given recent news stories about toxic police culture, one line where a trainer alludes to an incident where he went "a little too far" doesn't sit particularly well either.

Perhaps it is unfair to judge *Piglets* against *Green Wing*, but the series invited those unfavourable comparisons. The quirky editing nodded to *Green Wing's* arresting visual style, using split screens instead of playing with speed, while its jaunty soundtrack harked back to the former's perfectly weird Jonathan Whitehead score.

Its characters were deflated balloon copycats – Leggo aped Guy Secretan's loudmouthed machismo, Steph filled the quirky everywoman role of Caroline Todd, Paul brought Martin Dear's nifty naivety, and harried administrator Melanie (Rebecca Humphries) faintly echoed Sue White's eccentricity.

The difference is that *Green Wing* made its characters utterly believable, peculiar though they were. In the self-conscious *Piglets*, no one feels like a real person despite the actors clearly giving it their all.

For a new series to feel this stale compared with one made two decades ago is nothing short of criminal.

@littlewondering

The show's name may be the only thing anyone remembers about it

names and one character literally asking another: "So what brings you here then?" We met Dev, Geeta and Afia, none of whom got much screen time, and Steph, Leggo and Paul, who did. Steph (Callie Cooke) was only there to win back her ex, Leggo (Sam Pote) because his parents are top brass and Paul (Jamie Bisping) because his criminal family want him to be an inside plant.

Overseeing matters were superintendents Julie Spry and Bob Weekes, played by the series' big names, Sarah Parish and *Green Wing* alumnus Mark Heap.

Parish – hilarious in BBC spoof *WIA* – has been given a horrible wig and inexplicably ruddy complexion to play the no-nonsense Spry, probably on the basis of a

brat

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MONEY

Falling mortgage rates will hit profits of leading banks

By Grace Gausden

Britain's top banks are expected to reveal lower profits this week as mortgage rates continue to creep down.

Lloyds Banking Group, which incorporates the Halifax brand and is the UK's largest mortgage lender, and NatWest will report their half-year results on Thursday and Friday, respectively. Santander will also update investors on Wednesday.

Lloyds is expected to report a pre-tax profit of £3.2bn for the first six months of the year, which would be about a fifth lower than the £3.9bn half-year profit it generated this time last year.

The bank was among one of the lenders that reported bumper profits, with its income boosted by higher interest rates which allow banks to charge more for loans.

But earnings started to come down from 2023 highs at the start of this year as competition in the mortgage and savings market heated up.

Mortgage rates have been reduced continually by all major lenders over the past few weeks as they look to undercut their competitors. Savings rates also remain competitive and far above the current inflation figure of two per cent, with the best easy access deal offered by Oxbury Bank at 5.02 per cent.

Investors will be looking to see

 NatWest, Santander, Virgin Money and Clydesdale Bank all **reduced their mortgage rates last week**, while TSB also announced cuts to several of its fixed rates.

whether the level of lending remained subdued in recent months, as buyers continue to hold out for borrowing costs to come down.

Gary Greenwood, a research analyst for Shore Capital Markets, said the outlook is "perhaps more encouraging given improving UK economic sentiment and especially if base rates begin to fall" in the second half of the year.

He said this is likely to drive a pick-up in demand for loans.

UK interest rates currently stand at 5.25 per cent, which they have been held at since August last year.

Current predictions suggest they will remain at this level at the next Bank of England meeting in early August and will come down later in the year.

Meanwhile, NatWest is expected to report an operating pre-tax profit



Mortgage rates at leading lenders have fallen steadily in recent weeks

of £2.6bn for the six months to June, £1bn lower than the £3.6bn recorded this time last year. The banking group reported an increase in both savings and current account balances since the end of 2023.

Mr Greenwood suggested this trend could have slowed in recent months, with fewer people moving money into long-term savings accounts after a spike in transfers last year.

ENERGY

Centrica to post £1bn profit for first six months

By Alex Daniel

Centrica is expected to post just under £1bn in first-half operating profits next week, after it said energy markets had returned to a "more normalised" backdrop earlier this year.

The London-listed firm, which owns energy supplier British Gas, reports for the first six months of the calendar year on Thursday.

It is set to post operating profit of £997m for the period, analysts at investment bank Jefferies said, which is expected to account for about 62 per cent of full-year earnings of £1.6bn.

In 2022 and 2023, first-half operating profit accounted for 50 per cent and 75 per cent of the full year earnings, respectively.

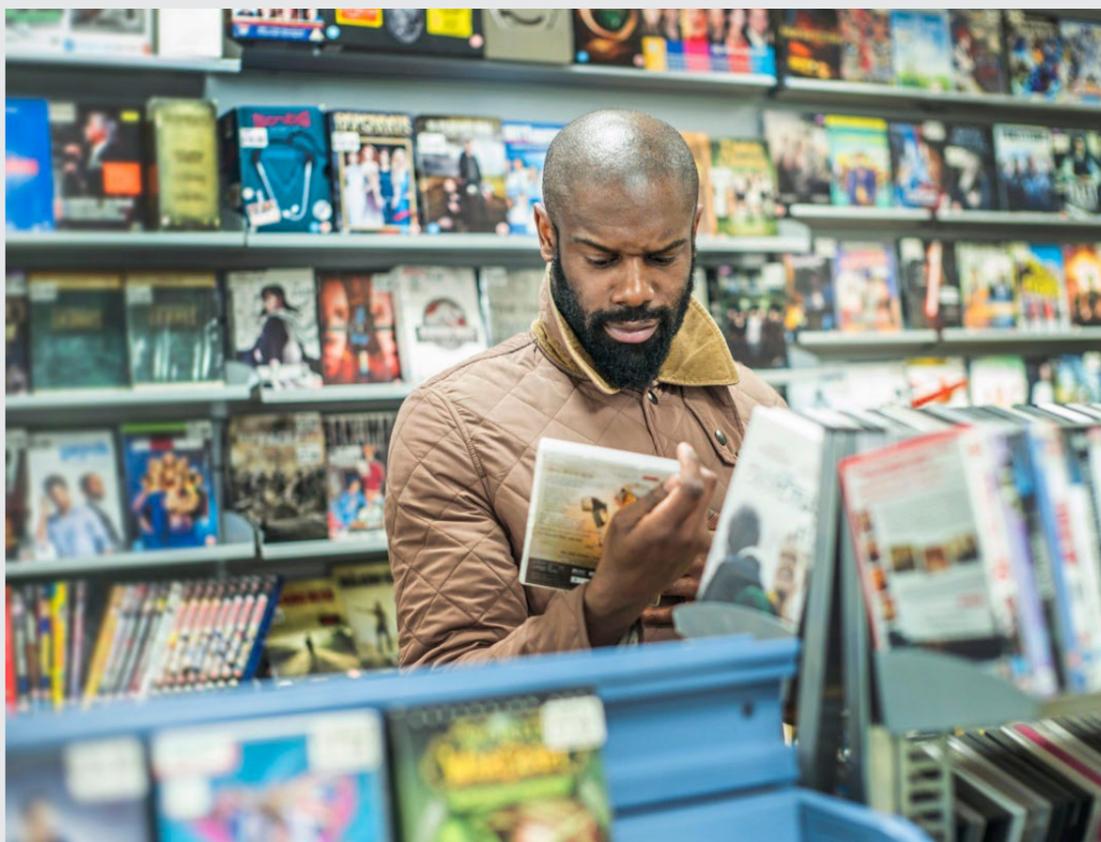
Jefferies added in the research note that Centrica could be in a position to announce a fresh share buyback, after several tranches of buybacks already over the last year.

A share buyback is when a company buys its shares back from the marketplace, returning money to shareholders.

Such a move can sometimes cause companies' stock prices to fall, so they usually only do it when they have plenty of cash and when the stock market is on an upswing.

"Centrica's balance sheet continues to look attractive to us," analysts said, citing a strong net cash position which is expected to be more than £2bn over the coming years.

"With this, we see the possibility of the company providing an update on its capital allocation policy at [first-half] results which was originally set last year."



The 30 Second Briefing

DVD AND BLU-RAY

The return of the DVD?

The boss of HMV has said more shoppers are buying physical movies and TV shows again despite the recent streaming boom.

Blu-ray and DVD sales are growing after significant decline in recent years, sparked by the rise of streaming platforms such as

Netflix and Disney+. Phil Halliday, managing director of HMV, said the retailer is in "good health", with all of its core product areas back in growth despite a challenging consumer backdrop.

Are people turning away from streaming?

Mr Halliday said the category has grown as households have witnessed an increase in the number of streaming services, uncertainty over which shows or films are on certain platforms, and rises in the price of many subscriptions.

The managing director said: "When streaming first came out I think a lot of people saw it as cheap and with huge breadth of choice, but

I'm not sure people see it like that now. People are willing to pay for a physical copy of shows or films they know they will rewatch."

Expansion of physical stores

A demand for DVD and Blu-ray has added to the demand for more physical stores.

Late last year, HMV returned to its historic Oxford Street store following a four-year absence, during which time the unit had been occupied by an American-style candy shop.

Mr Halliday said the store has been performing well since it reopened. "It's been a step up for the business," he said. "The store is a big site and it's been fun to work on it."

Quote of the day



There will always be outages. But if there is no alternative, then the whole thing can collapse around you

Ron Delnevo
chair of the Payment
Choice Alliance

Media  on Monday

IAN BURRELL

UK must prepare itself for a tsunami of AI-generated misinformation

From doctored photos to innocent people being labelled as hitmen, the attempted assassination of Donald Trump provided a horrifying illustration of the age of misinformation we now inhabit.

Digitally altered images of Secret Service agents, smiling beneath their sunglasses as they stood beside the wounded ex-president, were used to support the thesis that it was all a put-up job.

But the original photograph, taken by the Associated Press, showed no smiles.

Pity poor Marco Violi, an Italian football blogger falsely portrayed as the shooter and a “prominent Antifa [anti-fascist group] activist” called “Mark Violets”.

Violi was in Rome, not Pennsylvania, on 13 July. But the smear migrated from social media to mainstream news in Europe and the US.

Truth-checking organisations, such as the UK-based Full Fact, are trying to hold back the tide of lies. But by next year, 90 per cent of online content will be produced with an element of artificial intelligence (AI), according to Europol’s Innovation Lab, which targets emerging crime and security threats.

Fact-checker NewsGuard’s analysis of 10 leading generative AI chatbots (including ChatGPT-4 and Microsoft’s Copilot) found that they failed to provide correct information on the Trump shooting 57 per cent of the time and supported numerous false narratives, including identification of “Mark Violets” and claims that the gunman was “pro-Ukrainian”.

Shootings of high-profile figures in America have always inspired conspiracy theories, but now they have an immediacy and reach that makes them more dangerous.

We can then factor in the likely return of Trump, who in his previous time in the White House deployed the term “fake news” to denigrate some of the world’s most trusted media outlets. An AI revolution during a new Trump presidency could drastically reshape the information ecosystem in the US and far beyond.

We are heading towards a world where professionally produced and curated news becomes the exclusive preserve of those prepared to pay for it. It will be more marginal, yet more important.

It is 10 years since the Newspaper Publishers’ Association, representing the UK’s national press, merged with the Newspaper



Kinda like they know

In a post on X, a user replied to a tweet wrongly suggesting that the assassination attempt on the former president, main, was staged with an AI-doctored image, left, showing Secret Service agents smiling AP

Society, a body for regional and local papers, to form the News Media Association (NMA), to safeguard the future of an industry reeling from the impact of digital transformation and damage to its credibility from the Leveson inquiry into phone-hacking.

Today it faces new threats. In its new manifesto, the NMA identifies AI as a first priority. “Publishers’ content is being scraped from websites and used to build [AI models] without consent, without

transparency and without reward,” complains NMA chief executive Owen Meredith.

The NMA believes that lack of regulation and transparency around datasets used to build generative AI could lead to “model collapse”, where chatbots are trained on a mass of other AI-generated content and the technology “is eating its own tail”. That would create a trust crisis in online information.

But there could be a commercial

“opportunity for publishers”, Meredith argues, if professional news outlets become the “only place online where you can get accurate information that is editorially and legally controlled and checked”.

He is hopeful that the new Digital Markets, Competition and Consumers Act will allow regulators to compel Google, and other big tech firms, to give publishers a fair value exchange, including financial compensation and greater visibility, for using news on their platforms.

The future health of news in the UK also depends on the BBC, the nation’s principal open-access source for news. Its drive to publish text-based “long reads” on its website is infuriating digital subscription publishers, who see their lunch being stolen.

In its manifesto, the NMA accuses the BBC of “distorting the digital news market” and “undermining” publishers, especially local ones. Meredith compares the BBC’s expansion into online text content to the corporation producing a free

newspaper. “I think that people would rightly raise more than an eyebrow and ask a few questions,” he says.

The BBC believes that it is simply responding to the changing news consumption habits of licence fee payers. The NMA is prepared to lobby for changes to the BBC’s charter, due for renewal in 2027.

“There needs to be a change of attitude and guardrails put in place around the BBC to stop them doing this,” says Meredith. The NMA will be “using every tool available to us” to achieve this, he says. “We can change the charter, potentially.”

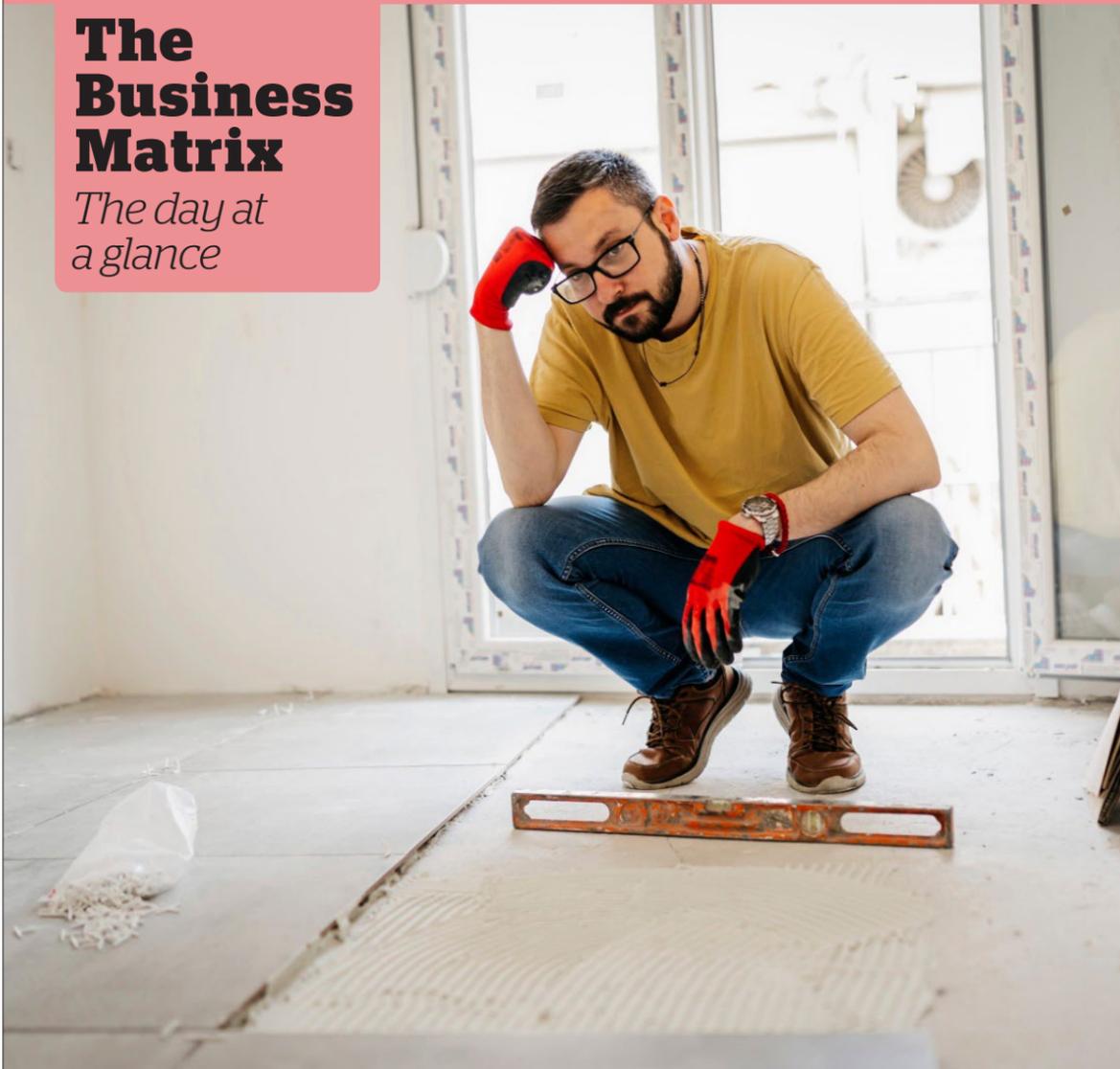
This is an unhealthy relationship which diminishes the UK’s reputation as a bastion of trusted news. The country already sits in an unedifying 23rd position, just behind Samoa, in the world press freedom index compiled by Reporters Without Borders.

That does not signal a resilience to resist the tsunami of AI-generated misinformation that is surely on its way.

@iburrell

The Business Matrix

The day at a glance



CONSUMER

Cost of fixing DIY disasters revealed

Botched DIY jobs, some of which have been inspired by TV shows, are costing homeowners more than £300 to fix on average. The research by home assistance provider HomeServe found that attempting home maintenance, whilst not being fully prepared or skilled, has led to a fifth of DIY enthusiasts having to fork out to remedy the problem.

AGRICULTURE

Flood warnings threaten food

The number of flood warnings on England's best farmland during the winter hit a record high of over 1,000, presenting a risk to food security. Analysis by the Energy and Climate Intelligence Unit of flood warnings and alerts data found this exceeded the previous record by a fifth. It meant many farmers failed to get crops established.

WHAT THE SUNDAY PAPERS SAID

Phoenix focuses on UK defence

Britain's biggest savings and pensions provider is increasing its investment in UK defence. Phoenix Group is expected to announce deals with a trio of firms in a major shot in the arm for the industry. The FTSE 100 insurer also signalled it would put hundreds of millions of pounds more into UK defence by the end of the decade.

The Sunday Telegraph

Ocado shedding posh image

Ocado Retail's chief executive, Hannah Gibson, said the online retailer is shedding its image as a posh supermarket to become "much more accessible". She admitted: "We needed to address our prices. We did need to bring them down and we have done that over the last 18 months." Ms Gibson took on the role two years ago.

The Sunday Times

B&M faces low wages pressure

Budget retailer B&M faces pressure from shareholders over workers' wages amid concerns over its CEO's bumper pay package. ShareAction, a campaigner for responsible investment, said it would attend B&M's AGM in Luxembourg on Tuesday to challenge its board on low pay for workers.

Sunday Express

Shipping costs pose inflation risk

Investors are underestimating the risk that rising shipping costs will push up inflation and slow interest rate cuts by the European Central Bank and Bank of England, economists warn. Central Bank president Christine Lagarde flagged heightened geopolitical tensions as an upside risk to inflation.

The Financial Times

FTSE 100 down -1.18% at 8155.7

* last week's changes

Company	Price	Wk +/-	Yield	P/E	Company	Price	Wk +/-	Yield	P/E	Company	Price	Wk +/-	Yield	P/E
3i Group	3047.0	+1.03%	2.0	7.7	Glencore	441.9	-7.61%	2.3	16.8	Rightmove	572.2	-1.75%	1.6	23.4
Admiral	2566.0	-1.65%	4.0	23.1	GSK	1522.5	+0.36%	3.9	12.5	Rio Tinto	4916.0	-6.54%	6.9	10.2
Airtel Africa	115.7	-2.36%	4.0	-34.0	Haleon	338.8	+0.53%	1.8	29.7	Rolls-Royce	446.1	-0.87%		15.5
Anglo Amer	2246.0	-6.26%	3.4		Halma	2591.0	-3.00%	0.8	41.8	Sage	1045.0	-1.74%	1.9	50.4
Antofagasta	1922.0	-13.62%	1.5	29.3	Hargreaves Lans	1110.0	+0.54%	3.9	16.3	Sainsbury(J)	272.8	+2.87%	4.8	46.2
AB Foods	2506.0	+0.08%	2.1	18.7	Hikma Pharma	1867.0	+1.63%	3.0	28.0	Schroders	391.2	+1.82%	5.5	15.9
Ashtead Group	5284.0	+1.19%	1.5	18.7	Howden Joinery	934.0	+0.48%	2.2	20.1	Scot Mort Inv Tst	863.6	-4.04%	0.5	
AstraZeneca	12106.0	-1.26%	2.0	40.7	HSBC Hldgs	660.1	-1.64%	7.4	7.4	Segro	908.2	-3.24%	3.1	-43.9
Auto Trader Group	802.2	-2.43%	1.2	28.5	IAG	170.0	-2.30%		3.7	Severn Trent	2527.0	-4.96%	4.6	49.5
Aviva	481.5	-1.65%	6.9	12.8	IMI	1818.0	-1.89%	1.6	19.9	Shell	2793.5	-0.68%	3.7	12.5
BAE Systems	1270.0	+0.16%	2.4	20.7	Imperial Brands	2093.0	+0.38%	7.1	8.3	Smith&Neph	1091.5	-0.77%	2.8	46.7
Barclays	228.7	+2.79%	3.5	8.3	Informa	843.2	-1.56%	2.1	28.0	Smith (DS)	447.4	+6.32%	4.0	16.0
Barratt Dev	496.4	-0.28%	5.6	9.3	IntCont Htlts	8216.0	-1.20%	1.5	23.9	Smiths Gp	1716.0	-3.60%	2.5	26.2
BAT	2565.0	+2.31%	9.2	-4.0	Intermediate Cap	2090.0	-8.57%	3.8	12.6	Spirax Group	8450.0	-5.59%	1.9	33.9
Beazley	651.5	-3.41%	2.2	5.2	Intertek	4638.0	-4.57%	2.4	25.2	SSE	1839.5	-1.58%	3.3	11.7
Berkeley Grp Hldgs	4924.0	+1.53%	2.5	13.2	JD Sports Fashion	117.2	+1.21%	0.8	11.4	Stan Chart	725.0	+0.22%	3.0	8.6
B&MEurValRtl	458.1	+2.19%	7.6	12.5	Kingfisher	274.2	+0.40%	4.5	15.1	Taylor Wimpey	156.1	-0.64%	6.1	15.8
BP	457.3	+0.84%	4.9	6.7	Land Secs	638.0	-1.39%	6.2	-14.8	Tesco	326.0	+2.42%	3.7	19.5
BT	141.8	+0.46%	5.6	16.3	Legal & Gen	226.9	-2.37%	9.0	30.9	Unilever	4495.0	+1.38%	3.3	20.7
Bunzl	3220.0	+1.00%	2.1	20.5	Lloyds Bk Gp	59.1	+0.07%	4.7	7.8	Unite Group	937.0	-0.58%	3.8	37.9
Burberry	697.6	-21.32%		9.4	LondonMetric Prop	200.8	-0.50%	5.1	18.9	United Utilities	1014.0	-4.07%	4.9	54.5
Centrica	138.7	+0.65%	2.9	2.0	Lon Stock Ex	9422.0	-0.06%	1.2	67.8	Vodafone	70.5	-0.03%	10.8	19.9
Coca-Cola HBC	2756.0	+1.25%	2.8	18.9	M&G	204.4	-2.06%	9.6	-3.1	Vistry	1320.0	-1.20%	2.4	20.4
Compass	2195.0	-	2.0	29.1	M&S	319.8	+3.29%	0.9	14.6	Weir Group	1915.0	-4.44%	2.0	21.7
Convatec	249.2	+1.55%	2.0	50.3	Melrose Ind	548.8	-6.48%	0.9	-7.3	Whitbread	2897.0	-1.23%	3.3	18.0
Croda Intl	4027.0	-1.15%	2.7	32.9	Mondi	1567.5	-1.17%	4.0	17.2	WPP	744.0	+1.31%	5.3	12.0
Darktrace	581.0	+0.94%		83.4	National Grid	934.6	-1.70%	6.3	16.4					
DCC	5400.0	-4.42%	3.6	16.4	NatWest Group	335.5	+3.68%	5.1	7.0					
Diageo	2490.5	-1.93%	3.1	15.1	Next	8940.0	-1.84%	2.3	15.6					
Diploma	4270.0	-0.88%	1.3	47.0	Pearson	1019.0	+0.54%	2.2	19.2					
easyJet	459.0	-6.75%	1.0	10.6	Pershing Square	4212.0	+0.62%	1.1	4.1					
Endeavour Mining	1779.0	-1.77%	3.5	-99.9	Persimmon	1517.5	+1.44%	4.0	19.0					
Entain	644.2	-4.76%	2.8	-4.3	Phoenix	534.5	-1.29%	9.9	-38.7					
Experian	3497.0	-5.69%	1.3	34.4	Prudential	701.4	-4.18%	2.4	14.6					
F&C Inv Trust	1036.0	+0.39%	1.4	65.4	Reckitt Ben	4391.0	+0.64%	4.4	19.2					
Frasers Group	885.0	+1.14%		10.2	RELX	3470.0	-2.96%	1.7	36.9					
Fresnillo	616.0	-0.65%	0.7	25.1	Rentokil Initial	448.1	-3.43%	1.9	29.6					

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Markets

FTSE 100	8155.7	-1.18%
FTSE 250	21067.7	-0.64%
FTSE All Share	4473.4	-1.09%
FTSE Eurofirst300	2021.0	-2.77%
Dow Jones *	40265.7	+0.66%
S&P 500 *	5511.6	-1.85%
Nasdaq *	17754.5	-3.50%
DAX	18171.9	-3.07%
CAC 40	7534.5	-2.46%
Hang Seng	17417.7	-4.79%
Nikkei	40063.8	-2.74%

€1.1863

-0.45¢

EURO/
POUND

\$1.2922

-0.63¢

DOLLAR/
POUND

\$2,405.4

-\$6.55

GOLD
Per troy ounce,
London pm fix

\$83.85

-\$1.62

OIL
Brent crude,
per barrel

Economists tip interest rate drop

The Bank of Canada will release its latest interest rate decision on Wednesday. It is expected to cut by 25 basis points to 4.5 per cent amid expectations that inflation will continue to fall, according to a large majority of economists polled by Reuters. It is expected to cut rates again later this year.

Consumer mood in EU revealed

The European Commission will release the latest EU Consumer Confidence report tomorrow. The report measures the level of optimism that consumers have about the economy. It rose by 0.3 points in June from the May number. However, consumer confidence still falls slightly short of its long-term average.

Today's Weather

A cloudy start but sunny spells will break through. Showers will develop and will be most frequent in the north, some may be heavy.

Today's high	Today's low	Moon Phase	Sunrise	Sunset
24°	8°		05:10	21:02

Around Britain

City	Temp (Midday yesterday)	Rain (mm)	Sun (hrs)
Aberdeen	18	F	7.2
Aberporth	15	F	0.8
Aberystwyth	16	C	1.4
Aviemore	16	F	14.1
Belfast	15	SH	0.9
Birmingham	18	C	0.8
Bournemouth	20	C	3.2
Bridlington	18	F	0.0
Bristol	19	F	0.4
Cardiff	17	F	0.0
Cromer	19	F	0.0
Durham	18	C	0.2
Eastbourne	21	C	0.0
Edinburgh	16	C	6.0
Eskdalemuir	13	C	12.3
Glasgow	15	C	1.2
Holyhead	16	C	0.4
Hove	21	C	0.0
Hull	19	C	0.0
Huntingdon	21	S	0.0
Ipswich	19	C	0.0
Isle of Man	15	C	0.2
Isle of Wight	19	C	0.4
Kinlochewe	16	SH	4.5
Kirkwall	16	F	14.0
Leeds	19	C	0.4
Lerwick	14	F	27.6
Leuchars	17	C	5.0
Lincoln	19	F	0.0
Liverpool	17	C	4.6
London	21	C	0.0
Manchester	18	C	6.4
Margate	20	C	0.0
Milford Haven	18	C	0.7
Morecambe	16	C	8.0
Newcastle	18	C	3.3
Norwich	20	C	0.0
Nottingham	18	C	0.0
Okehampton	16	C	0.6
Oxford	20	C	0.0
Plymouth	18	C	0.6
Portland	19	F	1.2
Portsmouth	20	C	0.2
Prestwick	15	C	1.1
Rhyl	17	C	1.0
Sheffield	18	C	0.0
Shrewsbury	18	C	1.0
Skegness	20	F	0.0
Southend	21	C	0.4
Stoke	16	C	4.9
Stornoway	15	SH	1.4
Swansea	16	C	0.2
Tiree	15	SH	1.0

Global

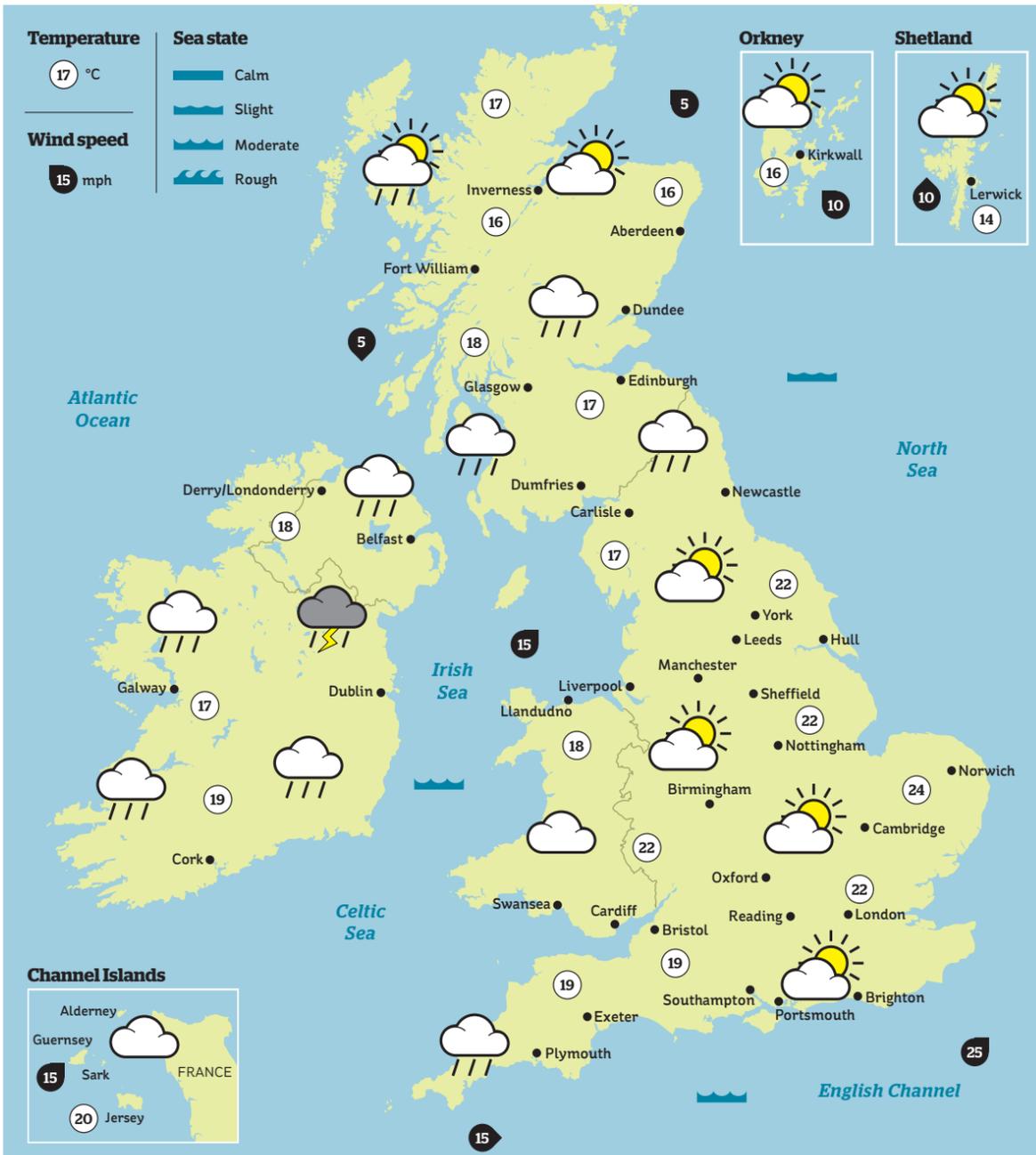
City	Temp (in °C)	Cond	City	Temp (in °C)	Cond
Abu Dhabi	38	S	Miami	29	SH
Abuja	27	TH	Milan	30	S
Alicante	31	S	Moscow	22	TH
Amsterdam	21	F	Mumbai	27	TH
Athens	35	S	Munich	28	S
Bangkok	33	F	New York	28	C
Barcelona	26	TH	Nice	27	S
Beijing	32	S	Palma	29	S
Berlin	30	S	Paris	23	SH
Brussels	21	C	Prague	29	S
Budapest	28	F	Reykjavik	10	C
Chicago	26	C	Rio	24	S
Delhi	35	SH	Rome	31	S
Dubai	40	S	Stockholm	23	SH
Dublin	16	SH	Strasbourg	26	TH
Frankfurt	26	R	Sydney	17	S
Geneva	24	SH	Tenerife	27	S
Helsinki	22	SH	Tokyo	33	S
Hong Kong	31	TH	Toronto	26	S
Istanbul	33	S	Vancouver	24	S
Johannesburg	16	S	Vienna	28	S
Lisbon	25	S	Warsaw	29	S
Los Angeles	21	S	Washington	31	C
Madrid	29	S	Wellington	14	S

Key: C=Cloudy, DR=Drizzle, F=Fair, FG=Fog, H=Hail, M=Mist, R=Rain, S=Sunny, SH=Showers, SL=Sleet, SN=Snow, SS=Sandstorm, TH=Thunderstorm

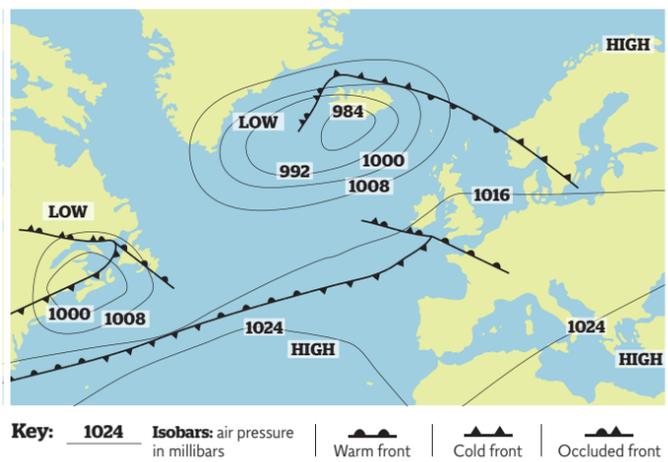
Air Pollution Index

Air pollution levels Low (1) Very high (10) uk-air.defra.gov.uk

Region	Today	Tomorrow
Highlands	2	2
North East Scotland	2	2
Central Scotland	3	3
Scottish Borders	2	2
Northern Ireland	2	2
North West & Mersey	2	2
North East	2	2
Yorkshire & Humber	2	2
North Wales	2	2
West Midlands	2	3
East Midlands	2	3
South Wales	2	2
South West	2	2
South East	2	3
Eastern	3	2
Greater London	2	3



GENERAL SITUATION An area of low pressure will sweep across the United Kingdom and associated weather fronts will bring scattered showers and spells of rain which will become largely confined to northern and western areas during the afternoon. Clouds will break and lengthy periods of sunshine will develop. Heavy showers will spread across Northern Ireland during the evening and into parts of western Britain. Gentle to moderate winds. **Republic of Ireland, N Ireland:** Today will be mainly dull and cloudy across Ireland with a scattering of light showers in the north during the morning. Heavier showers will push in from the west during the afternoon and merge into longer spells of rain bringing some thundery downpours. Gentle westerly and south-westerly winds. Max temp: 21°C. Tonight, showers clearing. Min temp: 11°C. **NE England, NW England, SE Scotland, NW Scotland, W Isles, IoM:** A largely cloudy start to the day with spells of rain during the morning which will be mostly light and patchy. Clouds will break during the afternoon and periods of sunshine will develop. Showers will bubble up too and some may be locally heavy. Light to gentle winds which will be locally moderate. Max temp: 22°C. Tonight, chance of showers. Min temp: 8°C. **N Wales, S Wales, SW England, Channel Is:** A dull and cloudy start to the day with cloudy skies and spells of light and patchy rain which will ease and clear during the morning. Brighter as we move into the afternoon with sunny spells, however there is a threat of heavy showers by the evening. There will be moderate to brisk south-westerly winds. Max temp: 19°C. Tonight, threat of showers. Min temp: 14°C. **Midlands, E England, E Anglia, SE England, Cen S England, London:** A mainly cloudy start to the day with patchy outbreaks of light rain and drizzle which will soon ease and clear through the morning and clouds will break to reveal lengthy periods of sunshine. Mainly dry with sunny spells during the afternoon and evening. Moderate to brisk south-westerly winds. Max temp: 24°C. Tonight, threat of showers. Min temp: 12°C. **N Isles:** A bright day with spells of sunshine, however there will be variable amounts of patchy cloud cover around during the morning and a chance of some showers developing. Fine and dry with lengthy periods of summer sunshine during the afternoon and evening. There will be mostly light and variable winds. Max temp: 16°C. Tonight, dry and clear. Min temp: 8°C.



SYNOPTIC PRESSURE An area of low pressure will track eastwards across the United Kingdom today and the central pressure will increase and fill. High pressure will remain located to the south-west but will be pushed southwards and decline. Another low pressure system to the north of Iceland will track northwards and fill.

HIGHS AND LOWS (Yesterday, up to 2pm)

Warmest: Lakenheath Royal Air Force Bas, Suffolk, 23°C

Coldest: Loch Glascamoch, Wester Ross, 4°C

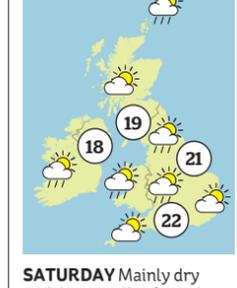
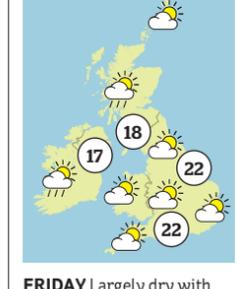
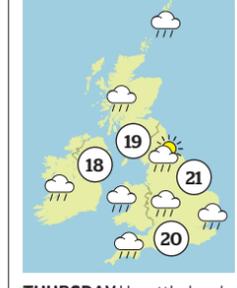
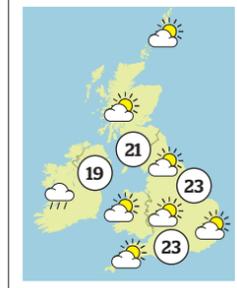
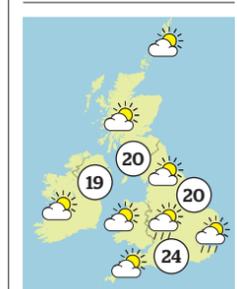
Wettest: Lerwick, Shetland, 28.6mm

Sunniest: Weybourne, Norfolk, 8.3hrs

HOURS OF DARKNESS

Aberdeen	21.42-04.49
Birmingham	21.14-05.14
Bristol	21.12-05.21
Cardiff	21.14-05.23
Glasgow	21.41-05.06
Hull	21.14-05.02
Inverness	21.52-04.53
Liverpool	21.23-05.14
London	21.02-05.11
Manchester	21.20-05.10
Stornoway	22.06-04.59
Swansea	21.18-05.26
York	21.18-05.03

Five-day outlook



CYCLING TOUR DE FRANCE

Tadej Pogacar celebrates winning the Tour de France in Nice yesterday
AFP/GETTY



Pogacar driving to triple crown after dominating Tour

By Ian Parker

Tadej Pogacar secured his third Tour de France title with another show of strength, bossing the closing time trial to claim a sixth stage

win of this year's race and his third in as many days.

Pogacar's lead of more than five minutes starting the day left him free to take it easy on the 34km route between his adopted home of Mona-

co and Nice, but the Slovenian's insatiable appetite for success showed in the risks he took on the descent off the Col d'Eze to beat his great rival Jonas Vingegaard.

The top three on the general classification finished in the same positions on the stage, with Pogacar clocking a time of 45 minutes 24 seconds, 63 seconds up on Vingegaard with another 11 seconds between the Dane and Remco Evenepoel.

Pogacar finished the Tour with a margin of victory of six minutes and 17 seconds, reclaiming the Tour title Vingegaard has held for the last two years, and confirming him as the first man to complete the Giro-Tour

double since Marco Pantani in 1998. "I cannot describe how happy I am after two hard years in the Tour de France where there were always some mistakes," Pogacar said. "This year everything was to perfection, I'm out of words. I'm super-happy to win here, incredible."

"I think this was the first Grand Tour where I was totally confident every day. Even in the Giro I had one bad day but I won't tell which one."

"But this Tour was just amazing, I was enjoying it from day one. I had such great support behind me, I just couldn't let anybody down."

Pogacar joked that he had to go for victory on this stage, having driven his fiancée - Slovenian national champion Urska Zigart - mad with the number of times he had insisted on riding it while training.

The 25-year-old's sights will now be on the world championships in Switzerland in September and the opportunity to become only the third man to complete cycling's unofficial "triple crown" - something last achieved by Ireland's Stephen Roche in 1987.

"Some people might think the Giro was a safety net if I didn't succeed in the Tour and, for sure, it would be - if I only succeeded in the Giro it would still be an incredible year, but to win the Tour is another level and to win both is another level about that," Pogacar added. "[Mathieu] Van der Poel looks really good in the world champion's jersey and I want to take it from him. I want one time to have the rainbow jersey on my back but I still have time for that."

This was the first time in Tour history the race had not finished in Paris - the relocation enforced by preparations for the Olympic Games.

'Likely' end for record-breaking Cavendish

By Ian Parker

Sir Mark Cavendish said he had "likely" raced for the final time after completing yesterday's closing stage of the Tour de France.

The 39-year-old postponed his planned 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 into Saint-Vulbas.

After being met by his family at the end of the 34km time trial from Monaco to Nice which brings this Tour to a close, Cavendish indicated his career is probably at an end.

Asked if this had been the last race, Cavendish said, "Likely so, yeah."

The Paris Olympics means this year's Tour did not end with the traditional sprint on the Champs-Élysées in the capital, but instead with a time trial on the Cote d'Azur.

Cavendish had been in tears after the two big Alpine stages before this after battling to make the time cut and ensure he made it to the end of his final Tour, and was instead able to make the most of this day, high-fiving fans on the roadside.

"First and foremost it was just trying to make the time limit, but I did the climb OK and I knew I'd be OK," Cavendish said. "Then it's about enjoying it. I knew my family was waiting it at the finish and it was just absorbing it. I got all the emotions out of the way yesterday and I could enjoy today."

RACING

You Got To Me finally finds rhythm to win Irish Oaks

By Jon Freeman

We learned a lot over the weekend.

First, something we should already know: "there's more than one way to skin a cat", which in less unpleasant language can translate as "there's more than one way to ride a horse".

You Got To Me had looked a bit of a tearaway in the Lingfield Oaks trial, which she just about won, and the Coronation Stakes at Royal Ascot, which she didn't.

But aided by the first-time application of a tongue-tie ("it gave her something to think about") and jockey Hector Crouch's ability to change tactics on the hoof, Ralph Beckett's filly was coaxed into a more settled rhythm in the Irish Oaks and reaped the full reward.

Later in the day at the Curragh, we learned just how good Tower Of London is.

His task looked hopeless when Ballydoyle stablemate Gros-

venor Square, no slouch himself, passed the two-furlong marker in the Curragh Cup 15 lengths to the good, but Tower Of London and partner Ryan Moore would simply not give up and reeled in the pace-setter just in time.

Aidan O'Brien sees Tower Of London and Grosvenor Square as suitable types for the Melbourne Cup, the world-

famous Australian two-miler the trainer has been trying and failing to win for almost two decades.

And thirdly, at Newbury we were reminded never to jump to conclusions.

Last weekend's July Cup at Newmarket, fought out by two sprinters aged four, seemed to suggest that this year's batch of three-year-olds was not up to scratch.

Just one week on and what fools we look. Three of the nine runners in the Hackwood were three-year-olds - Elite Status, Lake Forest and Kind Of Blue - and where did they finish? 1-2-3.

1 top tips

BEST BET

Park Street

(7.0, Beverley)

A beaten favourite here last week, but this faster ground is more to his liking.

NEXT BEST

Andalprofit

(6.0, Beverley)

Fared nicely on his debut at Chester, despite running green.

ONE TO WATCH

Kind Of Blue

The lightly-raced Kind Of Blue showed again at Newbury that he is well up to winning a Group sprint.

AYR GOOD

3.05 IRISH EBF MAIDEN STAKES (GBB RACE) (CLASS 4) 2YO

£9,000 added 5f

1	4	HAMMER THE HAMMER	K Ryan 9 7	T Eaves 5
2	24	LEXINGTON BLITZ	R Cowell 9 7	P J McDonald 4
3	53	MANAGING DIRECTOR	B Smart 9 7	H Russell 2
4	20	MOTAWAHJI	K R Burke 9 7	Doubtful 1
5		STRONG WARRIOR	R Fahey 9 7	Olisin Orr 3

BETTING: 6-5 Hammer The Hammer, 15-8 Managing Director, 11-2 Strong Warrior, 7-1 Lexington Blitz.

5.25 RACING TV PROFITS RETURNED TO RACING HANDICAP

(CLASS 5) £8,000 added 1m

1	854	HALE END (D)	M Dods 4 9 11	S B Kirrane C 2
2	249	WILDFELL (D)	R Fell & S Murray 4 9 9	C Lee B 3
3	267	HEY LYLA (CXD)	C Johnston 4 9 8	J Fanning 1
4	548	HELTER SKELTER	R Menzies 4 9 4	D Nolan V 5
5	737	TRAISS FLUORS (D)	Miss L Perratt 10 9 2	T Jakes (S) 4
6	0-9354	ALPINE SIERRA (CD)	J Goldie 6 9 1	P Mulrennan H 6
7	06-775	CISCO DISCO (D)	R Fahey 6 9 0	Olisin Orr 7

BETTING: 2-1 Helter Skelter, 4-1 Alpine Sierra, 9-2 Hey Lylla, 6-1 Hale End, 15-2 Cisco Disco, 10-1 Wildfell, 12-1 Traiss Fluors.

BEVERLEY GOOD TO FIRM

7.00 SKYBET GO-RACING-IN-YORKSHIRE SUMMER FESTIVAL

HANDICAP (CLASS 4) £12,650 added 7f

1	3-0577	MASTER RICHARD (D)	Mrs A Duffield 5 10 3	O McSweeney (3) 4
2	201198	ENOLA GREY (D)	G Tutty 4 10 0	R Scott 7
3	715332	TROPEZ POWER (D)	J & S Quinn 5 10 0	J Hart V 1
4	0320-0	GOLDEN SANDS (C)	M Appleby 5 9 11	A Rawlinson H,C 6
5	59-000	CAPITAL GUARANTEE (D)	D O'Meara 4 9 10	Jason Watson 5
6	517107	CLIFFCAKE (CD)	S Bowring 6 9 5	R Clutterbuck 11
7	12-356	GRESSINGTON (D)	E Bethell 3 9 3	C Rodriguez 8
8	70-244	PARK STREET (CD)(BF)	Miss T Jackson 5 9 3	B Garritty 9
9	291151	DISTINCTION (CXD)	J Mackie 6 9 1	C Beasley V 3
10	64-072	UGO GREGORY (D)	T Easterby 8 9 0	D Allan C,T 2
11	-37038	SECRET WORLD (C)	C Johnston 3 8 11	F Norton 10

BETTING: 11-4 Tropez Power, 5-1 Master Richard, 6-1 Distinction, Ugo Gregory, 13-2 Gressington, 7-1 Park Street, 14-1 Secret World, 16-1 Cliffcake, 20-1 others.

RACING AGAIN NEXT TUESDAY HANDICAP (CLASS 5)

£8,650 added 1m 2f

1	0-1404	WHERE'S JEFF (CD)	M & D Easterby 9 10 1	B Garritty C 3
2	34547	CASILLI (CD)	M & D Easterby 7 10 0	Lewis Chalkley (7) 8
3	347503	BOHEMIAN BREEZE (D)	C Johnston 4 9 13	F Norton C 1
4	-8474	MOUNT KING T	Easterby 4 9 9	D Allan C,T 6
5	412-60	BIGTIME BRIDGET	M Bell 3 9 9	C Rodriguez H,T 5
6	565883	DR FOSTER (BF)	M Appleby 3 9 8	Jason Watson V 4
7	075357	SONNING (CD)	D Brooke 6 9 7	A Rawlinson C,T 2
8	798652	PRINCESS NIYLA	A Brown 4 9 7	R Scott 9
9	587	CAKEWALK	S & E Crisford 3 9 3	H Davies 7

BETTING: 5-2 Princess Niyala, 4-1 Bohemian Breeze, 5-1 Where's Jeff, 7-1 Dr Foster, 8-1 Casilli, 10-1 Cakewalk, Mount King, 14-1 others.

CARTMEL SOFT-GOOD TO SOFT IN PLACES

3.55 WEATHERBYS NOVICES' LIMITED HANDICAP CHASE

(GBB RACE) (CLASS 3) £11,750 added 2m 1f

1	5F1-1U	LIPA K (D)(BF)	O Greenall & J Guerrero 6 11 10	H Brooke
2	23P-51	CARCACI CASTLE (D)	A M Thomson 8 11 9	R Mania C
3	1PP-51	FORCING BULL (D)	D McCain 7 11 1	B Hughes T
4	11-332	THE GYPSY DAVEY	E Williams 6 10 12	A Wedge
5	7434-9	TORONET	L Morgan 5 10 6	G Sheehan
6	4815-6	CUZZO DU MATHAN (CD)	J Moffatt 6 10 5	C Scott (S) V

BETTING: 2-1 Carcaci Castle, 9-4 Lipa K, 5-2 Forcing Bull, 15-2 The Gypsy Davey, 20-1 Cuzzo Du Mathan, 25-1 Toronet.

4.30 STRATHMORE HOTELS HANDICAP CHASE (CLASS 4)

£9,150 added 3m 1f 107yds

1	454-58	COOQLINO	B Haslam 9 12 2	N F Houlihan
2	P7-031	ILIKEDWAYURTHINKIN (CD)	B Haslam 10 11 12	R McLernon C
3	229-73	WASDELL DUNDALK	L Harrison 9 11 11	D McMenamin
4	1327-1	NO REGRETS	N Richards 10 11 9	Sean Quinlan V
5	P2PP-2	MOTION IN LIMINE	Dr R Newland & J Insole 9 11 6	J Scott (S) B,T
6	544-27	WHERE'S BUNNY	J Moffatt 9 11 1	P J Kavanagh (S)
7	-81133	ELLEON	S England 9 11 1	C W Carson C,T
8	37-612	CARDAMON HILL	D Sayer 7 11 1	B Hughes C
9	166-37	JELSKI (CD)	J Moffatt 10 11 1	Charlotte Jones (S) C
10	34-122	HAPPY DU MESNIL (BF)	O Greenall & J Guerrero 7 10 13	H Brooke C

BETTING: 4-1 Iliikedwayurthinkin, 9-2 Happy Du Mesnil, No Regrets, 13-2 Where's Bunny, Cardamon Hill, 8-1 Motion In Limine, 12-1 others.

WINDSOR GOOD TO FIRM

7.20 FITZDARES SPRINT SERIES HANDICAP (CLASS 4)

£10,800 added 6f

1	512311	SIXTIES CHIC (CD)	J Channon 4 10 2	C Bishop 5
2	141398	SUPREME KING (D)	P Evans 4 10 0	O Murphy 10
3	060082	WATCHYA (D)	G Baker 5 9 13	P Cosgrave 15
4	443-8	KIT GABRIEL (D)	D Loughnane 5 9 13	Rossa Ryan C 4
5	461198	CINQUE VERDE (D)	A Carroll 4 9 11	Jack Doughty (S) 16
6	6-2095	CAPOTE'S DREAM (CD)	T Ward 7 9 11	S M Levey B,T 8
7	13-377	ASHWIVYAA	G Boughey 3 9 10	Billy Loughnane T 13
8	575727	TREMBLANT	Miss A Murphy 4 9 9	T Marquand H,C,T 14
9	1-7275	SKY WARRIOR (D)	C Cox 3 9 9	R Kingscote 12
10	27-422	NOGO'S DREAM	R Hughes 4 9 9	G Rooke C 1
11	592134	GRENHAM BAY (D)	A Balding 4 9 8	C Hutchinson (S) 2
12	360775	BETTIES BAY (D)	G Nicholls 3 9 6	J Bryan C 3
13	35-1	BONA FORTUNA (D)	M Appleby 3 9 6	F Marsh T 9
14	158345	GLAMOROUS EXPRESS (D)	A Carroll 5 9 4	L Morris T 11
15	8490-0	TOUSSAROK (D)	A Carroll 6 9 3	W Carson 6
16	4-7421	LAHINA BAY (CD)	R Cook & J Bridger 4 8 11	S D Bowen (S) 7

BETTING: 11-2 Sixties Chic, 7-1 Watchya, Nogo's Dream, 8-1 Bona Fortuna, 10-1 Sky Warrior, Supreme King, Grenham Bay, 12-1 others.

7.50 BRITISH STALLION STUDS EBF FILLIES' HANDICAP

(CLASS 4) £16,250 added 1m 2f

1	21-7	NAEY J & T	Gosden 4 10 2	K Shoemark 5
2	3-8840	MOTHER MARY	R Hughes 4 10 0	Taryn Langley (7) C 3
3	041-44	WARREN HILL (D)	R Varian 4 9 11	A Keeley (S) 6
4	22130	STAR JASMINE	G Boughey 3 9 8	Billy Loughnane 2
5	0-21	SEEK AND DESTROY (CD)	R Beckett 3 9 5	H Crouch 1
6	3-17	SEA REGAL (D)(BF)	W Haggas 3 9 3	T Marquand 4

BETTING: 5-2 Naeey, 3-1 Seek And Destroy, 10-3 Sea Regal, 6-1 Mother Mary, 7-1 Warren Hill, 10-1 Star Jasmine.

RUGBY LEAGUE

Lingard salutes 'unrecognisable' Castleford after win

By Sunny Badwal
AT THE JUNGLE

Castleford head coach Craig Lingard insists his side are "unrecognisable" from the team that started the season after the Tigers earned a 24-18 victory over Catalans for a third straight win.

The Tigers' confidence is at an all-time high and they opened the game on the front foot as two tries from Liam Horne either side of Jacob Miller's try had them 18 points ahead.

Tom Johnstone gave the visitors a leg up just before the break but an improved Catalans side in the second half hit back through Matt Ikuvalu and Arthur Mourgue to level matters before Tex Hoy ran through under the sticks to seal an



Liam Horne scored twice for Castleford in their 24-18 victory

important victory. The win means Castleford move up to 13 points while Catalans lose further ground on the top two.

Lingard insists confidence in the camp is through the roof.

He said: "We are unrecognisable as a team from where we started the season which we knew it was going to be a difficult and long process but we hoped that days like today would come and weren't sure whether they would or not. We believed in the process since the start of the season and the players have bought into it - hopefully we can maintain this until now and the end of the season.

"Confidence is massive at the minute, just the belief that they can see the rewards of the hard work and effort they're putting in."

Castleford have recently beaten play-offs contenders St Helens and now Catalans.

He added: "Although they got back to 18 apiece after being in the ascendancy I thought to see the game out was a real turning point and in the past we've conceded points and gone into our shells a little bit. The way we responded to that and got better as the game went on was just testament to the hard work they've done in the last few weeks.

"These tight games we have now proven we can win games in tight moments which is really pleasing."

Catalans boss Steve McNamara was unhappy with the way his team performed. He said: "Disappointing, it's a poor start from us going 18-0 down, it's unlike us, and to be 18-0 down is poor."

OLYMPICS

Why being GB's golden boy of climbing isn't everything to McArthur



Wannabe 'dirtbag' tells **Mark Staniforth** he loves competing but 'that's not what climbing is about'

Nearly 500 miles separate Caley Crag in Wharfedale from the Le Bourget climbing centre in the teeming Paris suburb of Saint-Denis, but it might as well be a world away for Hamish McArthur.

For the York-born Team GB hopeful, who admits his perfect day comprises the solitude of a solo climb on the cliffs closest to his home, the prospect of pitting his wits against rivals with the world watching is one that does not come naturally.

While the 23-year-old is eager to grasp a rare opportunity to project the sport he loves on the world stage, he has also made sure to plot plenty of post-Paris escape routes.

"I'm going to be heading for a forest immediately afterwards," McArthur said. "There are things around the Olympics, the ceremonial aspect and the excess, which I don't love.

"It makes it feel serious when

essentially it should just be a game. We're just playing around. From the outside, it's quite a ridiculous thing to be passionate about - we are trying to climb these artificial rocks and everyone is getting stressed out of their mind like their lives depend on it - me too at times.

"But I understand that this is an opportunity to share a message, to inspire people to start climbing for the right reasons, and

that being in this position allows me to be a full-time climber. So there is a balance to be struck."

McArthur became the youngest member of the junior GB squad at just 11 and won a bronze medal at his first senior world championships in 2021 - the same year in which he "flashed" the notoriously tough Bulbhau climb at Almscliffe Crag - climbing-speak for accomplishing it at the first attempt.

Climbing's elevation to Olympic status for the delayed 2020 Tokyo Games changed the landscape for athletes like McArthur, who

It makes it feel serious when essentially it should be just a game. We're just playing around

suddenly had access to funding and more sponsorship opportunities, and was increasingly obliged to balance two markedly different aspects of his sport.

"In the last few years I've absolutely loved competing," McArthur added. "I've taken a lot of joy from it and it's taken me to a place where I'm able to explore a lot more, bigger picture things. But I've got to guard against the allure [of competitive climbing]. Obviously I am setting this example of being a high-performance athlete, but that's not what climbing is about at its core."

The sport climbing programme has been split into two different disciplines, with the head-to-head speed category separated from a combined boulder and lead event, in which McArthur and his GB teammates compete.

Bouldering comprises a quest to scale a 4.5 metre-high wall

Results Service

FRIENDLIES

DC United 0 Celtic 4; Wrexham 1 AFC Bournemouth 1; Crewe 1 Mallorca 3; Eldense 1 Sunderland 2.

CYCLING

TOUR DE FRANCE, STAGE 21 (Monaco - Nice, 34.0km): 1 T Pogacar (Slo) UAE Team Emirates 45m 24s. Final standings: 1 T Pogacar (Slo) 83hrs 38mins 56secs, 2 J Vingegaard (Den) +6:17, 3 R Evenepoel (Bel) +9:18, 4 J Almeida (Por) +19:03, 5 M Landa (Sp) +20:06, 6 A Yates (GB) +24:07, 7 C Rodriguez (Sp) +25:04, 8 M Jorgenson (Usa) +26:34, 9 D Gee (Can) +27:21, 10 S Buitrago (Col) +29:03. Selected Others: 12 S Yates (GB) +39:04, 27 B Healy (Ire) +1:56:12, 39 O Onley (GB) +2:41:39, 42 G Thomas (GB) +2:47:36.

HORSE RACING

Stratford Good-good to firm in places
1.50 1. ROYAL PRETENDER (T Cannon) 11-2. 2. Honneur D'Ajanc 15-2. 3. GA Henty 5-2 jt-fav. 8 ran. 5-2 jt-fav Kick Up A Storm (Unseated Rider) 5/1. L (A King).
2.25 1. FINE BY ME (J Brace) 5-1. 2. Propelled 4-1. 3. Bright Sunbird 11-1. 9 ran. 13-8 fav Side Stepper (5th) 8/1. L. 18L (N Twiston-Davies).
2.55 1. CATUABA (Elizabeth Gale) 5-2 fav. 2. Dancin-gontheedge 11-4. 3. Moro Rock 8-1. 8 ran. 6L 17L (C Longsdon).
3.25 1. MATTERHORN (N De Boinville) 7-4 fav. 2. In This World 15-8. 3. Only Money 17-2. 7 ran. 8L 5L (P Nicholls).
4.00 1. BRAVE KNIGHT (H Skelton) 8-15 fav. 2. United Front 18-1. 3. Jo's Rainbow 66-1. 12 ran. 9/1. L. 4L (P Nicholls).
4.35 1. MALINA OCARINA (J Hogan) 25-1. 2. Northern Rose 9-1. 3. Fashionelle 15-2. 14 ran. 3-1 fav Getmetothemoon (Fell) hd. 7/1. (G Hammer).
5.10 1. SOIR DE GALA (N De Boinville) 5-2 fav. 2. Climbing 12-1. 3. Almost Gotaway 14-1. 11 ran. 4/1. L. 4L (P Nicholls).
5.45 1. RONNIES RULES (Mr B Sutton) 10-11 fav. 2. Lady Henrietta 9-1. 3. A Little Something 14-1. 9 ran. 4/1. L. 12L (D Skelton). Jackpot: £10,000.00. Placepot: £31.50. Quadpot: £9.10.

RUGBY LEAGUE

BETFRED SUPER LEAGUE

Castleford (18) 24 Catalans Dragons (6) 18
Castleford (18): Home (2), Miller, Hoy. Goals: Milnes (4).
Catalans Dragons: Tries: Johnstone, Ikuvalu, Mourgue. Goals: Johnstone, Mourgue (2).

	P	W	D	L	F	A	Pts
Wigan	17	14	0	3	465	206	28
Warrington	18	13	0	5	460	241	26
Hull KR	18	13	0	5	441	238	26
St Helens	18	11	0	7	451	210	22
Catalans Dragons	18	11	0	7	341	258	22
Salford	18	11	0	7	325	344	22
Leeds	18	9	0	9	321	336	18
Leigh	17	7	1	9	326	272	15
Huddersfield	18	7	0	11	330	393	14
Castleford	18	6	1	11	304	473	13
Hull	18	3	0	15	252	542	6
London Broncos	18	1	0	17	182	685	2

RUGBY UNION

INTERNATIONAL MATCH

Japan (7) 14 Italy (24) 42

TENNIS

ATP NORDEA OPEN BASTAD SWEDEN Final: N Borges (Portugal) bt R Nadal (Sp) 6-3 6-2
ATP EFG SWISS OPEN GSTAAD SWITZERLAND Final: M Berrettini (It) bt Q Halys (Fr) 6-3 6-1.

Sporton TV



Tennis: WTA & ATP Tour

Sky Sports Tennis, 11am

Baseball: Yankees v Rays

TNT Sports 1, 6pm

Pool: Ultimate Pool Pairs Cup

TNT Sports 2, 6.30pm

Speedway: Brummies v Tigers

Eurosport 2, 7.30pm

T20 cricket: Freedom v Unicorns

TNT Sports 2, 1.15am (Tues)

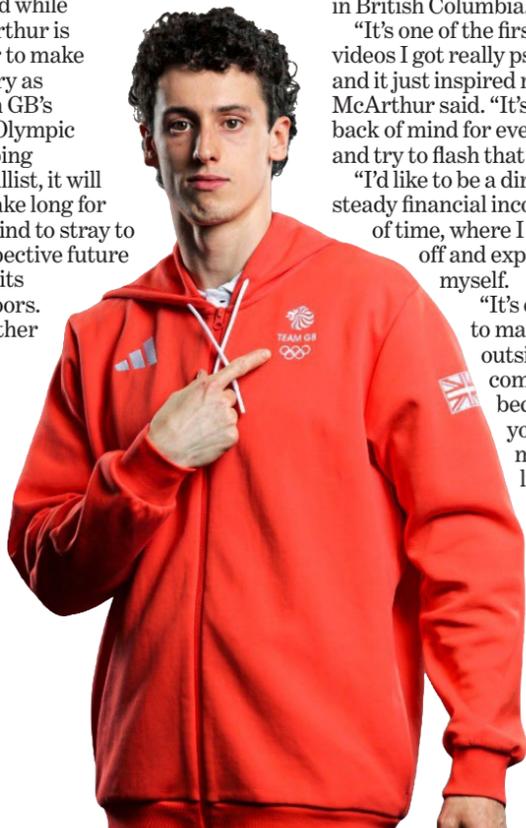




without ropes in as few attempts as possible, while lead requires athletes to climb a 15-metre wall, sight unseen, which becomes steadily more complex throughout the event.

And while McArthur is eager to make history as Team GB's first Olympic climbing medallist, it will not take long for his mind to stray to prospective future exploits outdoors.

Rather than



sprinters or swimming stars, McArthur grew up idolising Chris Sharma, and professes his great ambition is to emulate his idol's 2005 ascent of the previously unconquered "Dreamcatcher" crag in British Columbia.

"It's one of the first climbing videos I got really psyched on, and it just inspired me so much," McArthur said. "It's been in the back of mind for ever to go there and try to flash that climb."

"I'd like to be a dirtbag with a steady financial income for a period of time, where I can just go off and explore things by myself."

"It's quite difficult to manage climbing outside with competition, because you put yourself at much more risk of little injuries. But climbing outside, hanging out with people, without having to think of the consequences or how it affects training or competition – that's the dream."

DARTS

Greaves happy to pass up on chance to compete against men

By Jonathan Veal
AT BLACKPOOL WINTER GARDENS

Women's World Matchplay champion Beau Greaves believes it is "silly" to think women could beat men at darts.

The 20-year-old cemented her position as the leading player in the women's game after winning back-to-back Matchplay titles in Blackpool with a 6-2 victory over Fallon Sherrock in yesterday's final.

Victory gives her entry into the men's World Championship and the Grand Slam of Darts, but she will forgo the chance to play at Alexandra Palace in order to defend her WDF Women's World Championship title.

Greaves, who won at the Winter Gardens with 98.75 average and four 180s, says she has no interest in trying to compete against men.

"I just don't think we will ever be good enough to play against the likes of Luke Humphries, Michael Van Gerwen or Luke Littler," she said. "You're facing a losing battle before you've even thrown a dart."

"I think for me, the women's game is more important. 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. I know how I can play but it doesn't necessarily

happen on the day. Men are just more consistent. You have to be realistic and ask if it's going to go anywhere."

Greaves (left) played at the 2023 World Championship but lost in the first round to William O'Connor and said she did not enjoy the experience.

She has called on the PDC to think about introducing a separate women's World Championship.

Greaves added: "For me personally, playing at Alexandra Palace, some people dream of that sort of stuff, I never did so when I got there it wasn't amazing to me as it was to other people."



Van Leuven continues to fly transgender flag in face of bullying and hate

George Simms



In the eye of the storm, amid the swirling maelstrom of bilge and bile and bullying, is a 27-year-old woman with scarlet hair. She's reserved and cynical, blunt even, but that's understandable. Simply by existing she has become a lightning rod and a role model, an enemy of fairness and a spectacled monument to possibility. She just wants to be Noa-Lynn van Leuven. She just wants to play darts.

In the past four months, she's won two PDC Women's Series events and entered yesterday's Women's World Matchplay as the No 5 seed. She bowed out in the quarter-final.

Her favourite victory came on a March evening in a converted air hangar near Hanover, when she became the first woman to win an event on the mixed-gender Challenge Tour, averaging over 100 in the final.

But as is often the case for transgender athletes, Van Leuven's recent success has only invited more scrutiny, further marginalisation, deeper hate and cruelty and discrimination.

Eight days after the Challenge Tour victory, at a Women's Series event in Wigan, she returned from beating Dutch teammate Anca Ziljstra in an early round to find a friend seething with anger of then-indeterminate origins.

The cause? Ten minutes before facing Van Leuven, Ziljstra posted on Facebook that she was leaving the Netherlands women's team, saying: "The

moment you are ashamed to play for the Dutch team because a biological man plays for the women's team, it is time to go." Another teammate followed shortly after.

"Everyone in the venue knew," Van Leuven tells. "That was already a big shitshow. The day after, I kept getting messages from newspapers, radio shows, talk shows. I had to turn my phone off. I've never done that before."

Martina Navratilova weighed in, turning a contained pile-on into a swarming hive of transphobic hate. At the Denmark Open five weeks later, veteran player Deta Hedman forfeited their quarter-final because she said "I wouldn't play a man in a ladies' event".

Any ire is derived from jealousy, ignorance and wider transphobia. Female-only darts events exist only as an opportunity to catch up with the men's remarkable progression through professionalism, not because of any physical

barriers. The dream is to remove gendered categories altogether.

"I don't see any difference in male vs female in darts," Van Leuven explains. "Women's darts are growing so much and it's only a matter of a few years until you have several ladies in the top of the PDC with a tour card."

The issue comes from the World Darts Federation (WDF), the governing body of amateur darts. Many women's events are still controlled by the WDF, who largely delegate regulatory responsibility to national bodies. "I'm not scared to play in the WDF, but I'm not comfortable," Van Leuven explains. "Every time I play a tournament in the WDF, something happens against me. Either bullying, or in Wales someone even threw a tennis ball at me and it hit me full in the face."

Van Leuven is a reluctant role model – "I just want to play darts" is her stock phrase – but has assumed the responsibility nonetheless. She is also a moderator for the biggest trans Discord (an online messaging platform) server in the Netherlands, still finding time once a week to speak to fans and anyone who needs "a virtual hug". "Some people really need someone to look up to," she says. "If I can help them with that, I'm already happy."



Noa-Lynn van Leuven has been targeted as a figure of hate by many GETTY

LIVERPOOL

Reds call for investigation after allegation of racial abuse in youth tournament

Liverpool have called for an urgent investigation after saying a member of their under-18s team was the victim of racial abuse in two consecutive matches during a youth tournament in Germany.

Liverpool players and coaches left the pitch in both fixtures, against Hoffenheim on Friday and against Eintracht Frankfurt on Saturday, at the Bundesliga Cup youth tournament after the same player complained to match officials and coaches that he had been abused. Both matches were abandoned.

A club statement said: "Liverpool can confirm that a member of our

under-18s team reported he was racially abused by an opponent while playing in the Bundesliga Cup youth tournament at Schwabisch Hall in Germany on Friday.

"The player immediately alerted the match official, his teammates, and our coaching staff. Consequently, LFC's management team decided to stop the game and leave the pitch together.

"In a further incident, the same player was the target of abuse during a fixture in the tournament [on Saturday]. Again, the player alerted his teammates and coaching staff and our management team opted

to leave the pitch once more. We are proud of our player for his prompt actions in reporting the incident and the maturity of his response. He and any of his teammates affected are being supported by the academy safeguarding team.

"The club calls upon our opponents and the tournament organisers to conduct an urgent and thorough investigation into the incident."

Speaking to German newspaper *Bild*, Eintracht sporting director Timmo Hardung said the club took the accusation "seriously" but insisted it had been a "linguistic issue" relating to a term that is commonly used in Germany.

"Our entire youth academy is like Eintracht Frankfurt, multicultural and we have clear values that we live by and demand again and again," Hardung said. "Racism has no place here, but we still take such an accusation seriously..."

"We can rule out racism, it is a linguistic issue and therefore hope to have resolved the misunderstanding among the players and Liverpool officials concerned."

Hoffenheim have been contacted for comment.



Liverpool's U18 squad were in Germany for the Bundesliga Youth Cup GETTY

CELTIC

New Bhoys impress Rodgers as O'Riley hits double

Celtic manager Brendan Rodgers was delighted to see the intensity of his side from the back spark a dominant in their first friendly game of the American tour.

The Scottish champions beat DC United 4-0 in Washington with Matt O'Riley (right) claiming a double and wingers Mikey Johnston and James Forrest coming off the bench to notch.

Rodgers started with two unfamiliar faces at full-back - 17-year-old Colby Donovan and 20-year-old Matthew Anderson, who is fresh from an impressive loan spell at Admira Wacker in Austria - along with centre-backs Liam Scales and Stephen Welsh. And the Celtic boss felt their contribution provided a platform for the attacking players to create a string of chances.

"I was really pleased with the performance in terms of this stage of the



season," he said. "One of our key targets was defensive intensity because I always think when you have that defensive attitude then that brings the offensive attitude which is fast and dynamic.

"We pressed the game so well, all the guys from the first whistle really there in contention making the last step to win the ball.

"That sped up our offensive play.

Some of our football on a really difficult surface was exceptional. Our physicality was good across the board and lots of young players playing and doing really well."

Scott Bain and Viljami Sinisalo played a half each in goal while another summer arrival, Kasper Schmeichel, took in the atmosphere from the sidelines in front of thousands of Celtic fans.

"I spoke to him at length," said Rodgers. "He always understood the size of the club. I told him beforehand that, listen, Celtic is a massive club but it's small as a family inside it, and he will find the Celtic family is like no other.

"He sees the hallmarks of a big club. He was brought up with his father at a huge club.

The support outside the hotel, all these symbols of a big club, Celtic [fans] are everywhere and he will feel that during his time here."

ARSENAL

'The Bulldozer' Calafiori could be answer to issues on left for Gunners

Evan Bartlett



Arsenal are finalising a deal for an Italian defender nicknamed "The Bulldozer" who models his game on Manchester City's John Stones.

Juventus, Real Madrid and an unnamed Premier League club are all said to have made enquiries for Riccardo Calafiori in recent weeks but the 22-year-old Italian pushed for a move to the Emirates.

The Gunners are now negotiating over payment structure and clauses in a deal expected to total around £42m, according to Sky Italy.

Gabriel Magalhaes appears to be the Arsenal player whose starting position is most under threat from the versatile left-footed defender who starred at Euro 2024.

However, Calafiori will also offer his new head coach Mikel Arteta an option at left-back.

Calafiori is a product of Roma's academy and played on the left throughout his youth career. He made 18 senior appearances in the Italian capital before being deemed surplus to requirements by Jose Mourinho.

A move to Basel, where he was tasked with playing through the middle, proved to be a crucial turning point in the young defender's career.

His form in Switzerland earned Calafiori a £3.4m move back to Serie A last summer and he was one of the standout performers as Bologna defied expectations and qualified for the Champions League for the first time in 60 years.

That impressive domestic form led to his debut for Italy ahead of Euro 2024 and he went on to be one of his nation's stars despite a disappointing tournament.

The highlight was his assist for Mattia Zaccagni's dramatic 98th minute equaliser that effectively ended Croatia's tournament.

After running from deep, Calafiori played a one-two with Davide Frattesi in midfield before

Riccardo Calafiori was one of Italy's most influential players at Euro 2024 GETTY

recollecting the ball, driving deep into the heart of Croatia's defence and playing a perfectly weighted pass out to Zaccagni, who curled the ball into the far corner without breaking stride.

It was the sort of marauding run forward that helps explain why Calafiori earned that childhood nickname and why those Stones comparisons are so apt.

"His style of play is closest to mine," Calafiori has said of the City defender. "Stones is my reference. It's not off-the-cuff when I go into midfield. It's following the guidelines of the coach. He saw me in this role. I've learned oceans off him. The coach is revolutionary, smart, demanding and clear in what he wants."

If there is a hint of Pep Guardiola inspiration about Calafiori's play, it is perhaps not surprising. The coach he talks about in such glowing terms



MANCHESTER UNITED

Ten Hag wants McTominay to stay and sings praises of Yoro

By Anthony Brown

Erik ten Hag claimed he has no desire to offload Scott McTominay amid fresh speculation about the Scotland midfielder's future at Manchester United.

The 27-year-old, who was the subject of a failed bid from West Ham last summer, has been linked with Galatasaray, Tottenham and Fulham.

The United academy graduate started 27 matches for the Red Devils last term and was their joint-third highest scorer with 10 goals after moving into a more advanced role. He also notched seven goals in Scotland's successful Euro 2024 qualifying campaign.

Ten Hag is adamant he views the versatile midfielder – under contract until next summer – as a key member of his squad.

“We have very good players so there will always be an interest from other clubs,” said the manager, when asked about McTominay's future. “When you score 10 goals in a season and also perform very good for Scotland, then there will be an interest.”

“But we want to keep him because he is a very important player for our squad.”

“What he can contribute, as we saw last season once we had our sixes available, he could play in a more advanced role and he is a highly interesting player for our team.”

Ten Hag has already bolstered his squad this summer with the additions of Lille's 18-year-old French defender Leny Yoro and Dutch international striker Joshua Zirkzee from Bologna.

Yoro enjoyed his first outing in a red shirt when he played the first



Leny Yoro impresses in United's victory over Rangers on Saturday

half of Saturday's friendly against Rangers in Edinburgh, with goals from Amad Diallo and Joe Hugill securing a 2-0 victory for an experimental United side which also featured Jadon Sancho for the first time since his fallout with Ten Hag last term.

The manager is excited about the potential of Yoro, who reportedly cost more than £50m

“For the first time, with only

one training session, it was a very mature performance,” he said of the teenager's display at Murrayfield. “That's the way we saw him when we scouted him. It's great to have him and he's very young for a centre-back.”

“There is a lot to come but you can see already that he has great potential. He is here and we think he can play but there are so many games to come and he will be in a group of four or five [centre-backs].”

Ten Hag is encouraged by the way his club have gone about their business this summer.

“We want to have a strong squad, as strong as possible and I think at this moment the football leadership is on the front foot,” he said.

“That's what clubs like Man United should do and so we are very pleased that we have done business.”

“We have Yoro in, we have Zirkzee in, we have two highly big assets with big potential for the future. But when I say future, the future starts today.”

Ten Hag's own future was in doubt following an eighth-place finish in the Premier League last season before he was handed a one-year contract extension until 2026 earlier this month.

The manager – who has won a trophy in each of his two seasons at the club – is upbeat about United's prospects for the season ahead if they can add greater consistency of results.

“This club didn't win trophies, before I came, for six years,” he pointed out.

“In two years, after Guardiola [at Manchester City], we won the most trophies in English football, so we are in a strong position.”

Football in brief

CROATIA

Vida retires from international side



Croatia defender Domagoj Vida has retired from international football after 14 years in the national team, the Croatian football federation said yesterday.

Vida, 35, made his international debut in May 2010 and has played 105 matches for Croatia. He was part of the Croatia side that reached the final of World Cup 2018 in Russia and finished third in World Cup 2022 in Qatar.

“It is an honour to wear the most beautiful jersey in the world once in your career,” Vida said. “And when you do it 105 times, you play in seven major competitions ... then you can just be infinitely grateful for such a privilege.”

Former Bayer Leverkusen and Besiktas player Vida (*above*) currently plays for Greek top-flight club AEK Athens.

SCOTLAND

Levitt admits Hibs were sloppy in loss



Hibernian midfielder Dylan Levitt admitted they were slow and “sloppy” in their Premier Sports Cup

defeat by Keltie Hearts. Hibs saw their qualification chances slip out of their own hands when they fell to a 1-0 defeat in Fife. Former Hearts player Callum Flatman headed the only goal in the 58th minute following a corner from former Hibs midfielder Scott Allan.

Levitt (*above*) said: “We didn't move the ball quick enough, some sloppy mistakes in some key areas, and we got punished from a set-piece which we knew coming into the game that would really be there only hope of scoring a goal. “Overall it's not a good look, especially for the new signings coming in.”

“We need to be performing a lot better than that.”

SAUDI ARABIA

Rakitic heads home after Saudi split



Former Barcelona and Croatia midfielder Ivan Rakitic is joining Hajduk Split after Saudi Pro League club

Al-Shabab terminated his contract by mutual consent following a six-month spell.

The 36-year-old (*above*) scored once in eight games after joining Al-Shabab in January 2024 as they finished eighth on 52 points.

“The club management agreed with the Croatian player Ivan Rakitic to terminate the contractual relationship between the two parties by mutual consent,” the Saudi club posted on the X social media platform.

Hajduk Split yesterday announced Rakitic's signing for one season with the option of a possible one year extension.

Rakitic played 106 games for Croatia, scoring 15 goals.

is Thiago Motta, who played alongside Arteta in Barcelona's youth ranks when Guardiola starred for the first-team and has just been poached by Juventus.

With Arteta subsequently learning his coaching craft under the City boss, Calafiori can expect a more thorough schooling in the Catalan's philosophy.

Despite Gabriel forming one of the Premier League's most formidable defensive pairings with William Saliba, he is more of a traditional no-nonsense stopper than cultured, modern defender.

In contrast, Calafiori registered five assists and created 17 chances for Bologna last season as his purposeful runs and defence-splitting passes caught the eye.

That could mean Arteta opts to pair Calafiori alongside Saliba at centre-back, particularly in games where Arsenal are expected to dominate possession.

The other option would be to start Calafiori at left-back, which has been something of a problem position for Arsenal in recent years, and encourage him to drift into midfield.

Oleksandr Zinchenko had appeared to nail down his place as the so-called “inverted full-back” but lost his place at the end of last season to Jakub Kiwior.

As a better ball-playing defender than Kiwior, it is not beyond the realms of possibility that Calafiori could be tasked with starting out wide and making a similar impact to Ben White on the right flank.

60

Riccardo Calafiori helped Bologna to qualify for the Champions League for the first time in 60 years

CRICKET SECOND TEST

Bashir leaves tourists in a spin with late ruthless spell

ENGLAND
Root 122, Brook 109;
Seales 4-97

416 & 425

WEST INDIES
Bashir 5-41

457 & 143

England win by 241 runs

Chris Stocks



AT TRENT BRIDGE

England swept aside a shellshocked West Indies to clinch this series with a game to spare after Shoaib Bashir bowled them to victory on a dramatic evening in Nottingham.

The 20-year-old spinner's career-best haul of 5 for 41 ripped through the tourists' middle order as Ben Stokes' Bazballers blew away the Windies inside a session to establish a 2-0 lead ahead of this week's series finale at Edgbaston.

The manner of this defeat was harsh on a West Indies team who had shown so much fight over these four days following their innings hammering at Lord's the week before.

Yet having reached 61 without loss in pursuit of 385, they collapsed dramatically as they lost all 10 wickets for just 82 runs in 23 overs.

Bashir was England's star, taking his third five-wicket haul in just his fifth Test. The first two had come in losing causes in India this year in Ranchi and Dharamshala.

Yet this performance on a far-less helpful surface was on a different level altogether. Indeed, it proved the difference as the West Indies were hustled out in startling fashion.

Having chased down 395 in Bangladesh three years ago and 322 to famously defeat England at Headingley in 2017, West Indies must have felt they had a chance here despite the odds being stacked against them.



Bashir claims a stump after his third five-fer in five Test matches AFP/GETTY

Trent Bridge's board

SECOND TEST MATCH

ENGLAND V WEST INDIES

TRENT BRIDGE (Day 4 of 5): England beat West Indies by 241 runs
West Indies won toss

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 248-3 (Duckett 76, Pope 51)

Second Innings Contd

	Runs	6s	4s	BIs	Min
J E Root c McKenzie b Holder	122	0	10	178	306
H C Brook c Da Silva b Seales	109	0	13	132	188
*B A Stokes c S Joseph b Seales	8	0	1	19	22
f J L Smith c Da Silva b Sinclair	6	0	0	7	7
C R Woakes c Holder b S Joseph	12	0	1	23	33
G A P Atkinson not out	21	0	3	26	51
M A Wood b Seales	0	0	0	7	7
S Bashir b Seales	0	0	0	3	7
Extras (lb 8 w 1 nb 4)	17				
Total (22 overs)	425				

Fall: 1-8, 2-127, 3-140, 4-329, 5-341, 6-348, 7-378, 8-419, 9-421.

Bowling: A S Joseph 20-0-103-2, J N T Seales 22-2-1-97-4, S Joseph 19-0-75-1, J O Holder 15-2-54-1, K Sinclair 15-1-78-1, K C Brathwaite 1-0-6-0.

WEST INDIES – Second Innings

	Runs	6s	4s	BIs	Min
*K C Brathwaite c Smith b Woakes	47	0	8	48	75
M Louis c Smith b Woakes	17	0	2	40	60
K S A McKenzie c Smith b Bashir	1	0	0	5	5
A Athanaze c Root b Bashir	1	0	0	12	19
K A R Hodge lbw b Bashir	0	0	0	4	3
J O Holder b Bashir	37	2	4	42	72
K Sinclair c Crawley b Wood	1	0	0	17	21
f J Da Silva lbw b Atkinson	14	1	1	26	31
A S Joseph b Atkinson	0	0	0	2	1
J N T Seales not out	8	0	1	10	20
S Joseph b Bashir	8	0	1	11	12
Extras (lb 8 w 1)	9				
Total (36.1 overs)	143				

Fall: 1-61, 2-66, 3-74, 4-75, 5-82, 6-91, 7-113, 8-113, 9-129.

Bowling: C R Woakes 8-3-28-2, G A P Atkinson 9-1-49-2, M A Wood 8-2-17-1, S Bashir 11-2-41-5.

Umpires: A Holdstock and R J Tucker.

For a while, they were comfortable as they began their chase at the start of an extended evening session, reaching the drinks break unscathed and with a healthy chunk of their target chipped off.

But everything changed with the first ball after the break, Chris Woakes ousting Mikyle Louis for the breakthrough. Thereafter it was carnage as the tourists lost 5 for 21 to collapse to 82 for 5.

Woakes, leader of the attack



Joe Root celebrates his century at Trent Bridge yesterday GETTY

after James Anderson's retirement, struck again in his next over to remove Kraigg Brathwaite, the West Indies captain looking good on 47 from 48 balls before edging behind to Jamie Smith.

Yet it was Bashir, who has displaced Jack Leach from the team and who England are investing so much in after his promising start in India, who took centre stage.

He had already removed Kirk McKenzie, Smith sharp again to take the chance behind the stumps.

Kavem Hodge, whose first-innings century helped turn this Test, and Alick Athanaze were Bashir's next victims as he extracted the turn he needed to make a difference.

Mark Wood then got involved, bowling a vicious bouncer that Kevin Sinclair could only fend to second slip via his glove.

Wood's introduction had been pure theatre, his first over from the Radcliffe Road End clocking speeds of up to 95 miles per hour.

Pace and spin will be key weapons come the next Ashes in Australia in 2025-26 and here were two bowlers showing just why on a flat surface that had been hard work to get anything out of for most of this match.

Gus Atkinson is another whose

quickness can ruffle batters as his 12 wickets on debut at Lord's demonstrated. He got among it here, too, on the final evening, pinning Joshua Da Silva lbw in the final half hour to reduce the Windies to 113 for 7.

A few hours earlier, Nottinghamshire had confirmed there would be free entry for fans on day five. But that prospect rapidly diminished as England went for the kill.

Atkinson, nipping one in to emphatically bowl Alzarri Joseph, grabbed the tourists' eighth wicket.

Bashir was then ruthless, bowling Jason Holder and Shamar Joseph to seal an emphatic victory.

England had set this game up on the back of centuries from Harry Brook and Joe Root. Brook gave the crowd a moment to savour by scoring his first home Test century.

And in Root, England have the master to Brook's apprentice. At 33, he will probably be the next all-time great to retire after Anderson and Stuart Broad. But he has plenty of cricket left in him before then, with Sir Alastair Cook's England records for most Test runs and centuries now within sight. This innings, his 32nd Test hundred, leaves him one behind Cook in the all-time list. He is also now just 533 runs from overtak-

ing his former captain's runs tally of 12,472. He will probably get there by the end of the year.

Brook and Root's hard work had laid the foundations for what was to follow.

Yet the speed of how quickly this contest turned in England's favour was as remarkable as it was dramatic.

Bazball-o-meter

Rating the excitement on day four at Trent Bridge



This didn't feel very Bazball. England scored exactly 100 runs in the first session and pace after that felt relatively slow. There was no funky declaration either from Stokes, just his team losing their final seven wickets for 96. But it didn't matter as the bowlers put the Windies to the sword.

Key moments

1 Brought to Brook
Harry Brook brought up a first Test century on home soil as England bossed the first hour. It was the Yorkshireman's 13th 50-plus score in just 14 Tests. But his 188-run stand with Joe Root was ended shortly afterwards when he nicked Jayden Seales behind. It was the breakthrough the West Indies were craving.

2 Smith sinks
Kevin Sinclair's spin brought the wicket of Jamie Smith on the stroke of lunch to cap an England collapse of 3 for 19. A defensive prod did for the wicketkeeper, who edged the last ball of the session behind. It left the hosts six wickets down and leading by 307 to keep the game in the balance.

3 Joe tons up
When Joe Root punched Alzarri Joseph through the covers for four during the afternoon session it brought up his 32nd Test century – one behind England record-holder Sir Alastair Cook and equal with Australia's Steve Smith and New Zealand's Kane Williamson. It was also his fifth at Trent Bridge, his equal most at any ground alongside Lord's.

4 Woakes strikes
England were in need of something as the West Indies openers took their total to 61. It came from Chris Woakes with the first ball after the drinks break when Mikyle Louis chased a wider delivery and edged behind to a diving Jamie Smith.

5 Big Bash
When Shoaib Bashir had Alick Athanaze caught brilliantly by Root at slip with a delivery that had drift, dip and turn, it was the young spinner's third wicket in as many overs.

Stokes praises spinner's steel: 'It's been a tough few months'

» Continued from back page

wickets and was never just to hold an end up. He showed his full bag of tricks today. He's got so much talent, the ceiling is so, so high and he's got an unbelievable desire and will to get better and learn.

"He works so hard every single day and it's really good for a young guy to come out there and put in a performance that wins England a Test match. We're pretty pleased for Bash, who was pretty emotional there at the end. It's always a great honour to not only play for England but take your first five wicket haul to win the game for England – it is pretty cool for him."

Bashir was picked as England's main spinner this summer ahead of Jack Leach after a promising start to his international career in India earlier this year.

But having been kept out of Somerset's team by Leach, he had to be

sent on loan to Worcestershire to get some meaningful practice ahead of the Test summer.

"It's been a really strange couple of months for him since India," said Stokes. "Having to go out on loan through circumstances that are completely understandable. That's where communication comes into play, where I've got to take responsibility. When you're going out on loan to just feel like you're getting a game and bowling some overs, that's where communication becomes a very important part about being a leader."

"So, I picked up the phone to him when the squad was announced and we had a good chat."

Stokes admitted he didn't see his team wrapping up a win inside four days when the West Indies began their chase.

"These first two games have showed we have definitely progressed and moved forward," he said.

FORMULA ONE HUNGARIAN GRAND PRIX

Norris angry after being forced to concede to Piastri

By Philip Duncan

A furious Lando Norris was forced to give up the second Formula One victory of his career after he followed a McLaren team order to allow Oscar Piastri to win a controversial Hungarian Grand Prix.

A mediocre getaway from pole position at the Hungaroring saw Norris (*right*) drop behind team-mate Piastri.

But he was handed an apparent lifeline by McLaren when they

pulled him in for his second tyre change two laps earlier than his team-mate.

The undercut propelled Norris into the lead, and he held a five-second advantage over Piastri.

However, the Englishman faced a barrage of orders from his race engineer, Will Joseph, to give the place back to Piastri despite his pursuit of Max Verstappen for the world championship.

Norris slowed down on the main straight with three laps remaining to allow Piastri to take the lead.

"You don't need to say anything," he said over the radio. Norris finished one place clear of Lewis Hamilton, with Charles Leclerc fourth and Verstappen fifth.

Hamilton collided with Verstappen on lap 63 of 70 as they duelled for third place with Mercedes accusing the Dutchman of "arriving out of control".

Norris insisted ahead of the 13th round of 24 that he did not need to prove a point after he could, and

probably should, have arrived here with four consecutive victories under his belt, but for mistakes by driver and team.

But Norris also admitted he craved a clean start that would have allowed him to control yesterday's 70-lap affair. Unfortunately for him, that failed to materialise.

Norris complained of a failure with his throttle on his drive to the grid and his mechanics scrambled to resolve the problem in the minutes leading up to the race.

Norris aggressively swooped over to his right to defend from Piastri, allowing Verstappen to assume the racing line unchallenged.

As the trio slammed on the brakes for the first corner, Piastri took the lead while Verstappen ran off the track.

He came back on in second place.

The incident was soon under investigation and Verstappen was advised by his Red Bull team to give the place back to Norris, which he duly did on lap four.

On lap 35, Verstappen attempted to move back ahead of Hamilton but he ran off the road.

Norris was called in for his second pit stop on lap 45 and emerged at the head of the field before he was told to "re-establish the order" by the McLaren pit wall.

Norris slowed down on lap 68 with Piastri moving ahead as McLaren landed their first one-two finish in nearly three years.



Hungarian GP results

Hungaroring, Budapest (70 laps)	
1	O Piastri (Aus) McLaren..... 1hr 38m 01.989s
2	L Norris (GB) McLaren..... +2.141s
3	L Hamilton (GB) Mercedes GP..... +14.880
4	C Leclerc (Monaco) Ferrari..... +19.686
5	M Verstappen (Neth) Red Bull..... +21.349
6	C Sainz Jr. (Sp) Ferrari..... +23.073
7	S Perez (Mex) Red Bull..... +39.792
8	G Russell (GB) Mercedes GP..... +42.368
9	Y Tsunoda (Japan) RB..... +17.259
10	L Stroll (Can) Aston Martin..... +17.976
11	F Alonso (Sp) Aston Martin..... +122.460
12	D Ricciardo (Aus) RB..... at 1 lap
13	N Hulkenberg (Ger) Haas F1..... at 1 lap
14	A Albon (Thai) Williams..... at 1 lap
15	K Magnussen (Den) Haas F1..... at 1 lap
16	V Bottas (Fin) Kick Sauber..... at 1 lap
17	L Sargeant (US) Williams..... at 1 lap
18	W Ocon (Fr) Alpine..... at 1 lap
19	G Zhou (Chin) Kick Sauber..... at 1 lap
NC	P Gasly (Fr) Alpine

Fastest Lap: Russell 1:20.305 on lap 55

Pole: Lando Norris 1:15.227

WORLD CHAMPIONSHIP STANDINGS

Drivers	
1	Max Verstappen (Neth)..... 265 points
2	Lando Norris (GB)..... 189
3	Charles Leclerc (Monaco)..... 162
4	Carlos Sainz Jr. (Sp)..... 154
5	Oscar Piastri (Aus)..... 149
6	Lewis Hamilton (GB)..... 125
7	Sergio Perez (Mex)..... 124
8	George Russell (GB)..... 116
9	Fernando Alonso (Sp)..... 45
10	Lance Stroll (Can)..... 24
11	Nico Hulkenberg (Ger)..... 22
12	Yuki Tsunoda (Japan)..... 22
13	Daniel Ricciardo (Aus)..... 11
14	Oliver Bearman (GB)..... 6
15	Pierre Gasly (Fr)..... 6
16	Kevin Magnussen (Den)..... 5
17	Alexander Albon (Thai)..... 4
18	Esteban Ocon (Fr)..... 3
19	Guanyu Zhou (Chin)..... 0
20	Logan Sargeant (US)..... 0
21	Valtteri Bottas (Fin)..... 0

Manufacturers: 1 Red Bull Racing 389, 2 McLaren F1 Team 338, 3 Scuderia Ferrari 222, 4 Mercedes-AMG Petronas F1 Team 241, 5 Aston Martin Aramco F1 Team 69, 6 Visa Cash App RB Formula One Team 33, 7 MoneyGram Haas F1 Team 27, 8 BWT Alpine F1 Team 9, 9 Williams Racing 4, 10 Stake F1 Team Kick Sauber 0.



Oscar Piastri celebrates after winning the Hungarian Grand Prix AFP/GETTY

McLaren team orders nearly defied in pursuit of a maiden championship

By Philip Duncan

Lando Norris admitted he was on the brink of defying a McLaren order following a controversial Hungarian Grand Prix won by his team-mate Oscar Piastri.

Norris took eight points out of Max Verstappen's championship lead after the Dutchman – who again collided with Lewis Hamilton – could finish only fifth.

But Norris will depart the Hungaroring, pondering if McLaren's

Things are always going to go through your head because you have to think of yourself as priority No 1

instruction to move aside for Piastri could cost him his maiden world championship.

Norris is 76 points behind Verstappen, but he would have headed to this weekend's Belgian Grand Prix 69 behind the Red Bull driver if McLaren allowed him to win here.

But Norris, 24, said he only had himself to blame. A mediocre start allowed Piastri to take the lead. But Norris was handed an apparent lifeline when McLaren stopped him for fresh rubber two laps earlier than his team-mate on lap 45.

McLaren's call – which they claimed was to cover off third-placed Hamilton – propelled Norris into first place.

But it was decided that Piastri should be handed his maiden win.

"Things are always going to go through your head because you have to be selfish in this sport and think of yourself as priority number one," said Norris.

"But if Red Bull and Max made the mistakes like they did today, and, as a team we continue to improve, we can turn it [the championship] around."

Schauffele the stealth bomber slithers his way to Open glory

**Kevin
Garside**

CHIEF SPORTS
CORRESPONDENT
AT ROYAL TROON



This was a tournament that needed winning. Carpe diem. There was no sitting back and waiting for victory to come. Only two strokes separated the top eight at the start of play. The Claret Jug had to be earned, chased down, taken. Enter the X-man – Xander Schauffele.

His superpower is stealth, the capacity to grind away almost unnoticed, contending seemingly unseen. Until it's too late. Then he is on you like a boa constrictor. Thriston Lawrence reached the turn with a two-stroke lead. Lightly regarded though he was, the South African is a veteran of eight victories and was motoring towards a ninth until Schauffele uncoiled three birdies in four holes to wrap one arm around the oldest pot in golf.

Though he earned his first major victory just two months ago at the PGA Championship, and heads to Paris as the defending Olympic champion, neither

distinction was enough to disturb the pre-tournament narrative. You might have thought a major title in May at a course named after the resting place of mythical Norse Gods, Valhalla, would have carried more weight. Alas no.

Favourite Rory McIlroy did not even make the weekend. Bryson DeChambeau, who won the US Open last month and boasted the

best record in the majors this year, did not make the weekend. World No 1 Scottie Scheffler, who began the day just one shot back of Schauffele, was the man expected to steamroll the opposition. He never got deeper than four under par and after a double bogey at the ninth dropped out of contention.

Playing partner Justin Rose got it to six under but his putter went cold until it was too late. The 54-hole leader Billy Horschel birdied the last three holes to draw alongside Rose on seven under. By then Schauffele was in the scorer's cabin signing for a 65 that took him to the winning total of nine under par.

Schauffele stands 5ft 8in in heels. After a sixth birdie of the afternoon at the 16th he must have felt six feet tall. He walked off the 18th green into the arms of his father a giant of the game. After his parents the first to shake his hand was American Ryder Cup captain Keegan Bradley, followed by Scheffler, golfing royalty paying due respect.

There was more of that from

Rose. "He is at the top of his game, a guy that has all the attributes that make him a great player and a great champion. He has a lot of horsepower. He's good with a wedge, he's great with a putter, he hits the ball a long way, his iron play is strong. So he's got a lot of weapons. I don't know what he's feeling, but he certainly makes it look very easy."

Schauffele admitted to chills walking down the 18th. "Had to zone myself back in.

Dream come true. To win one major in a year is amazing. To win two was incredible. That's the best round of golf I have played. Tip top."

He caught sight of the leaderboard on the 15th. "Took a peak. I don't always look at leaderboards but I couldn't miss that one."

Dan Brown, the stranger in the mix all week, returned whence he came to a degree, sliding out of contention on the final day. When the best in the world were flailing about the fairways, moaning and groaning about two-irons into greens, drivers off the deck, the

relatable one from Northallerton turned the tournament into Dan Brown's Troon for three days.

From selfies with fans to furtive fags on the course, Brown was so obviously one of the lads, and a striking diversion from the standard script. This is the beauty of the Open, a tournament that makes good players suffer in a way they never do in the parkland paradise of the PGA Tour.

All about Troon there are courses like this; scaled down but still honouring the past and the impulse to hit ball with stick. Mowed tracts of grass between hillocks and gorse bordering the sea extend up and down the Ayrshire coast. They are peopled by ordinary folk enjoying the wind at their backs going out and in their faces coming home.

Brown opened and closed the final round with a bogey, as he did on Saturday. And, also as he did then, he bounced back with a birdie at the second. Thereafter it was an inexorable demise, reaching the turn in 39 strokes to fall seven off the lead and out of contention. Still he would have taken a top 10 at the start of the week, a result that guarantees entry into next year's Open at Royal Portrush.



Justin Rose celebrates his birdie on the 18th hole at Royal Troon PA

2/3

Xander Schauffele has now won two out of the past three major tournaments

Royal Troon leaderboard

152ND OPEN CHAMPIONSHIP, ROYAL TROON GOLF CLUB, TROON, SOUTH AYRSHIRE
FINAL Round scores
(Gbr & Irl unless stated, par 71)

275 X Schauffele (US) 69 72 69 65;
277 B Horschel (US) 72 68 69 68; J Rose 69 68 73 67;
278 T Lawrence (SA) 71 74 65 68;
279 R Henley (US) 69 75 66 69;
280 S Lowry 66 69 77 68;
283 Sung-Jae Im (S Kor) 76 72 66 69; J Rahm (Sp) 73 70 72 68; S Scheffler (US) 70 70 71 72;
284 D Brown 65 72 73 74; M Jordan 71 71 71 71; A Scott (Aus) 70 77 66 71;
285 Byeong-Hun An (S Kor) 75 71 68 71; J Day (Aus) 73 68 76 68; A Noren (Swe) 69 75 71 70;
286 J Catlin (US) 76 70 69 71; M Hughes (Can) 69 74 75 68; C Morikawa (US) 73 70 72 71; 287 D Burmester (SA) 71 69 76 71; D Hillier (NZ) 76 71 68 72; S Sharma (India) 76 72 67 72; 288 E Ferguson 74 73 70 71; P Harrington 72 73 71 72; S Straka (Aut) 70 74 73 71; 289 L Canter 71 74 70 74; P Cantlay (US) 73 68 75 73; C Connors (Can) 71 70 80 68; J Dean 69 77 71 72; R Fox (NZ) 73 73 76 67; J Spieth (US) 71 74 74 70; 290 S Burns (US) 76 69 65 80; E Cole (US) 72 73 72 73; D Johnson (US) 74 69 72 75; Min-Kyu Kim (S Kor) 73 71 72 74; C Kirk (US) 70 76 69 75; M Manassero (It) 73 73 70 74; G Migliozzi (It) 73 75 71 71; J Thomas (US) 68 78 67 77; B Todd (US) 73 73 70 74; C Young (US) 73 73 71 73; 291 K Kitayama (US) 77 69 74 71; M Wallace 70 77 71 73;
292 J Campillo (Sp) 80 68 73 71; E Grillo (Arg) 71 74 72 75; M Homa (US) 76 72 70 74; Si-Woo Kim (S Kor) 76 71 74 74; B Koepka (US) 70 73 78 71; T Olesen (Den) 72 73 76 71; C Scott 71 75 70 76; 293 S Crocker (US) 72 74 69 78; H English (US) 76 71 72 74; M Fitzpatrick 70 78 73 72; R MacIntyre 72 75 72 74; A Meronk (Pol) 73 72 73 75; M Pavin (Fr) 72 72 77 72; G Woodland (US) 76 68 72 77; R Mansell 75 71 74 73; 294 A Ancer (Mex) 73 75 70 76; J Niemann (Chile) 71 71 76 76; 295 B Harman (US) 73 73 72 77; R Højgaard (Den) 74 72 74 75; P Mickelson (US) 73 74 72 76; T Morrison (US) 75 73 74 73; Jeung-Hun Wang (S Kor) 72 72 77 74; J Sikov Olesen (Den) 76 71 72 76; 296 A Eckroat (US) 73 73 72 78; N Højgaard (Den) 69 75 77; H Matsuyama (Japan) 75 72 75 74; T McKibbin 73 72 77 74; D Thompson (US) 74 73 71 78; 297 R Fowler (US) 79 69 74 75; 298 T Hoge (US) 74 70 74 80; M Siem (Ger) 73 71 77 77; Young-Han Song (S Kor) 71 76 77 74; 299 A Cejka (Ger) 73 74 72 80; D Clarke 77 71 76 75; A Rai 73 74 75 77; 302 L Masaveu (Sp) 73 75 78 76; 303 A Ogletree (US) 75 72 79 77; 306 D Fichardt (SA) 77 71 80 78.

MacIntyre finishes biggest week with a birdie at Troon playing alongside his hero

After his wild Scottish Open triumph, he finished his Open shaking hands with Mickelson.
By **Kevin Garside**

Playing with your hero in the final round of the Open Championship in Scotland, signing off with a birdie at the 72nd hole. Yes, there are some things about this week in Troon that Bob MacIntyre will remember. The rest has already been committed to flames.

Let's start with the positives. He has finally ticked the box that says Phil Mickelson, MacIntyre's hero growing up. Mickelson was an obvious target for a left-hander, a maverick figure who takes on a golf course, irrespective of risk and jeopardy. They both paid a heavy tariff this week, the final round no easier than the first three.

MacIntyre edged the day with a 74 to Mickelson's 76, but following his victory at the Scottish Open one week prior, confessed he was not in the best condition mentally to meet the challenge on a course that he feels is particularly unkind to lefties when the wind is against.

"There's certain golf courses that suit left-handers and right-handers, and this one didn't suit the left-hander with a more southerly wind. If we got the usually westerly wind, I spoke to Phil about that out there, it was probably perfect for a left-hander, where the front nine was playable. This week it was absolutely brutal for me."

Coming off the biggest win of his career, his maiden victory on home soil at the Renaissance Club a week ago, proved difficult. But no regrets. The sacrifice, not to mention the celebration, was worth it. "Physically I'm fine, but mentally I'm gone," he said. "Sunday night took a lot out of me. It was worth it. You've got to celebrate special wins. That was outrageous."

"This week has just gone straight in the bin. Last week is the one that we'll reflect on because there's no real point in reflecting on this one when it's been absolute carnage from start to finish. Preparation wasn't the best, obviously, coming off last week, but we'll sit back and reflect and look to see where we can keep improving, and just keep moving forward."



Phil Mickelson (left) and Robert MacIntyre after their final rounds GETTY

It is just this kind of candour, a willingness to speak from the heart and share the disappointments as well as the triumphs that endears MacIntyre to the galleries. He is an open window onto the vicissitudes of life as a top sportsman without the artful self-importance of some of his kind. And he will always have his day with Phil. "To get to play with an idol, someone that you've shaped your golf game around... If it wasn't watching my dad play golf, it was watching Phil Mickelson play golf, and it was cool to walk the

fairways with him, as well, and get chatting to him. "He introduced himself on the range at Torrey Pines at the US Open [three years ago]. Other than that, nothing. Today was obviously a special day just to get to do that. But again, I was out to do a job, and I didn't quite do that. We won't be back here in a hurry."

MacIntyre can console himself with a glance at the world rankings, which reveal his entry into the top 20 following his win in Scotland and his maiden PGA Tour victory in Canada last month. His escape at 18 on Saturday hitting from an orthodox, right-handed stance with a left-handed club was arguably the shot of the Open, demonstrating his flair and a hint of genius in a discipline that is almost impossible to master.

After a couple of weeks with his feet up, MacIntyre will be back at it in the FedEx Cup finale. No sea views, but not much wind either.

2

The number of shots Robert MacIntyre finished ahead of his hero Phil Mickelson on the final day



Xander Schauffele tees off on the 17th and (above) celebrating with his caddy GETTY

Frustrated Rahm left to count cost of missed birdie opportunities on par fives

By Carl Markham

Two-time major winner Jon Rahm was left to rue his performance on Royal Troon's par fives for costing him a shot at winning the Open.

The Spaniard played the links' three longest holes in a combined three over par for the week and failed to make a birdie.

The par-five fourth and 16th were ranked the two easiest holes of the week, despite the fluctuating wind direction, and Rahm said that and not his failure to produce a back-nine charge yesterday saw him come up short.

"Four under [through his first seven holes] I thought if I could get close to the lowest round of the week, which was six under, it would have been a great round of golf," he said. "That back nine, once you

turned into that left-to-right wind, it wasn't helping as much as it has the last few days. It's a little bit longer.

"I played good, I just didn't strike those iron shots good enough to give myself good birdie looks. The one thing I keep thinking about all week is the fact that I didn't birdie a single par five.

"I can't remember the last time I played good golf, possibly finished top 10, and not birdied a single par five.

"In fact, I played them three over par. "That's where I think basically where the tournament might have been for me."

Rahm (above) began the day two over, six off the lead, and made four birdies in his first seven holes.

However, Rahm came home with eight pars and a bogey to finish one under.



MACINTYRE ON...
MICKELSON

If it wasn't watching my dad, it was watching Phil Mickelson and it was cool to walk with him



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FORMULA ONE
Norris fumes over McLaren team orders to concede win



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OLYMPICS
Why making it to the top is different for McArthur

FOOTBALL
'Bulldozer' Calafiori can be answer to issue on Arsenal left

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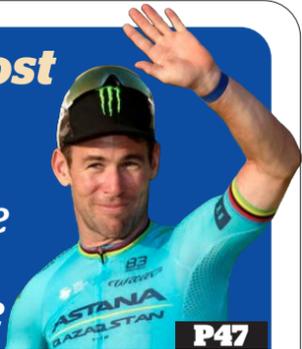
Tour de Tadej

Pogacar underlines his utter dominance of Le Tour with win in final time-trial stage



'That's most likely it'

Cavendish confirms he has ridden his last race



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The Open

X-man wins by stealth

Schauffele sneaks up on rivals to claim Claret Jug

Kevin Garside, p54

Bashir has shown the world his superb talents, says Stokes

By Chris Stocks
AT TRENT BRIDGE

England captain Ben Stokes says Shoaib Bashir has shown the world what he can do after the off-spinner bowled his team to an extraordinary series-clinching win in the second Test against the West Indies.

Stokes' men clinched a first series victory since December 2022,

when they won 3-0 in Pakistan, after bowling out the Windies inside the evening session on the fourth day in Nottingham to claim a 241-run win.

Indeed, all 10 wickets fell inside 23 overs as the tourists were bowled out for 143 having reached the evening drinks break on 61 without loss chasing 385.

Bashir (right) was the star, the 20-year-old off-spinner picking up

career-best figures of 5 for 41 in just his fifth Test having not even bowled during England's innings victory in the series opener at Lord's the previous week.

"I think what he's done today is showed the world what he can do," said Stokes. "That wicket didn't offer hardly anything for a spinner throughout the whole Test match. And to be honest, I didn't think it actually did today."

"He was so aggressive and his intent was always to look to take

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