

**EXCLUSIVE:
BBC BLASTED**

Jump injury...
Janette with
Will on show

NOW MALE CELEB HITS OUT

Strictly Janette dance ruined my life



By **HANNAH HOPE**
A **STRICTLY** star has blasted the show after suffering a life-changing injury despite warning a jump was too dangerous.
Paralympian Will Bayley, 36, was left in agony after tearing knee ligaments in the dance with pro Janette Manrara, 40.
He said of the leap from a table: "I'll never get over that injury — you have it for life."
Full Story — Pages 10 & 11

 **U.S. POLL SENSATION** 

BYE BIDEN

President QUILTS election race & backs VP Kamala



By **HARRY COLE**, Political Editor
US President Joe Biden last night finally bowed to mounting pressure and quit the election race for the White House.
The 81-year-old threw in the towel after weeks of worry about his declining health.
The Democrat, *left*, declared: "I believe it is in the best interest of my party and the country for me to stand down."
Biden, who said he would see out his term of office until January, endorsed Vice President Kamala Harris to replace him.
Full Story — Pages 4 & 5

PM'S WARNING ON WORKFORCE

KEIR: UPSKILL BRITS TO STEM MIGRATION



Pledge... Starmer

SIR Keir Starmer will today vow to "turn the page" on Britain's reliance on foreign workers.

The Prime Minister will declare he is "not content just to pull the easy lever on importing skills".

New body Skills England will be tasked with identifying gaps in the labour market and training Brits to do those jobs.

The PM is expected to use a speech today to warn: "All too often young people in our

EXCLUSIVE by HARRY COLE
Political Editor

country have been let down – not given access to the right opportunities or training in their community.

"That's created an over-reliance in our economy on higher and higher levels of migration."

Sir Keir will also say training "home-grown talent" is vital to controlling legal migration after a push last week on tackling illegal migration.

A massive 1.2million people migrated into the UK – 685,000

more than the number leaving. Net migration is expected to fall rapidly this year after Tory ministers put restrictions on dependents coming.

But the new PM says more can be done.

Sir Keir will warn: "Our skills system is in a mess, which is why we are transforming our approach to meet skills needs in the coming decades."

The Department for Education claims that from 2017 to 2022, skills shortages have doubled to more than half a million and are behind 36 per cent of job vacancies. Skills

England will bring together central and local government, businesses, training providers and unions – along with the Government's Migration Advisory Committee.

Taxpayer-funded training will be accelerated for areas the new body identifies as vital, with the quango up and running by within a year.

Education Secretary Bridget Phillipson said: "Employers want to invest in their workers – but for too long have been held back from accessing the training they need."

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Busy... rescue team

Migrants on yacht

SOME 228 migrants were brought into Dover yesterday in four dinghies – and a stolen yacht.

It was seized by Border Force after being towed in.

A total of 15,617 people have crossed the Channel in 3,098 small boats this year – including 2,228 in July alone.

Six people died in the last few weeks amid more crossing in better weather.

Hunt: No need for fast vote

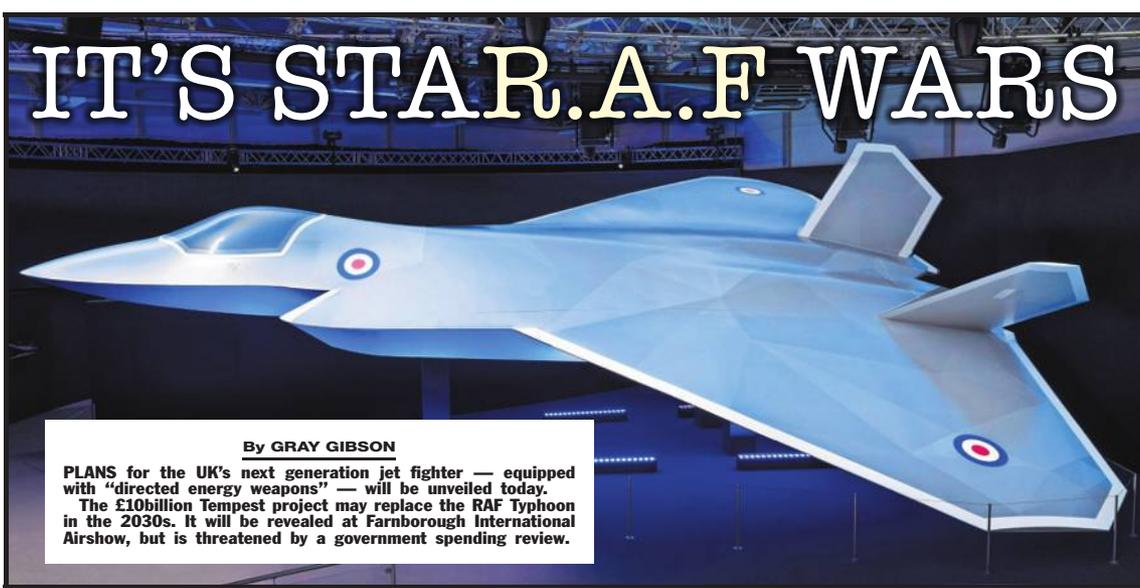
JEREMY Hunt has urged the Conservatives to "take their time" in picking a new leader.

A meeting this week will lay out contest rules – with pressure to wait until after party conference season in the autumn to anoint ex-PM Rishi Sunak's successor.

The Shadow Chancellor said the vital thing was to "have the right leader in place, someone who can earn back that trust that we lost".

He added yesterday on the BBC: "So I think, if we need to, we absolutely should take our time."

But he said the Tories needed to quickly reflect on their own failings as "we did not get everything right" in power.



IT'S STAR.A.F WARS

By GRAY GIBSON

PLANS for the UK's next generation jet fighter – equipped with "directed energy weapons" – will be unveiled today. The £10billion Tempest project may replace the RAF Typhoon in the 2030s. It will be revealed at Farnborough International Airshow, but is threatened by a government spending review.



Benefit warning... Alan Milburn

'DUTY TO WORK' BID FOR SICK

LABOUR must introduce a new legally enforced "duty to work" clause for benefit claimants signed off sick, a former Cabinet minister says.

Just one in ten on incapacity benefits have to prove they are trying to find work, a study of Britain's benefit culture found. The Pathways to

By HARRY COLE, Political Editor

Work Commission, out tomorrow, concluded it is "perverse" so many economically inactive working age people in Barnsley, South Yorks, have no support despite wanting work. It found 4,030 jobseekers were mandated by the

Department for Work and Pensions to look for work.

But another 6,000 economically inactive residents wanted jobs and received little or no support to find one.

Nine in ten of them faced no conditions to find a job and received higher payments than those seeking work. For-

mer Health Secretary Alan Milburn, who led the study, will call for a "duty of engagement to be imposed on welfare recipients".

He said: "We have to double down on getting more people out of economic inactivity back into work."

The Sun Says – Page 12

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Anti-hols isle demo

MAJORCA was braced for a huge anti-tourism demo last night.

Thousands were due to throng the holiday isle's capital Palma to complain about visitors, including the British.

Scores of community groups and Spanish unions backed the protest.

A video promoting the demo declared: "Tomorrow's the last cruise. Goodbye rental cars, goodbye rat businesses."

"Houses will be cheap and we won't see more cyclists. We'll plough the highways, the hotels will be empty and the world will understand there are too many tourists."

Benidorm mayor Toni Perez opposed the protest.

17 ABERDEEN
17 GLASGOW
17 EDINBURGH
19 BELFAST
17 NEWCASTLE
19 DUBLIN
18 LIVERPOOL
18 MANCHESTER
24 BIRMINGHAM
24 NORWICH
19 CARDIFF
23 BRISTOL
19 PLYMOUTH
22 SOUTHAMPTON

TALK TV WEATHER

With NAZANEEN GHAFFAR

TODAY: A cloudy start, but sunny spells will break through. Showers will develop and will be most frequent in the north, some may be heavy at times.
TONIGHT: Showers across Northern Ireland during the evening will track eastwards overnight, but for many, it will stay dry with clear intervals.
OUTLOOK: Sunny spells and a scattering of light showers tomorrow, but clouds will thicken from the west later. Largely dry on Wednesday with spells of sunshine.

TUE 23° WED 24° THU 21° FRI 24°

SUJIKO

PLACE the numbers 1-9 in the spaces so that the number in each circle is equal to the sum of the four surrounding spaces. Solution on Puzzles page.

7		3
21	14	
17	22	

PUZZLES: PAGE 38

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TODAY'S BIRTHDAYS

POP singer **SELENA GOMEZ, 32, left**, Hollywood star **WILLEM DAFOE, 69, right**, Chelsea and Spain star **MARC CUCURELLA, 26**, Brit actors **RHYS IFANS, 57**, and **TERENCE STAMP, 86**, former Doctor Who companion **BONNIE LANGFORD, 60**, and ex Rugby star **BEN FODEN, 39**.

CHRIS DOWN WONDER



Picture: LINDY LIN / CHILLI MEDIA

By FELICITY CROSS

SELLING Sunset star Chrishell Stause looks wizard in Oz as she prepares to join hit soap Neighbours. The 43-year-old, who found global fame on Netflix's LA real estate reality show, hit the beach after heading Down Under to film in Melbourne. She was spotted on the Ramsay Street set, right, for the first time this week in her guest role — as a glamorous and successful businesswoman.



FUNNY MONEY

EXCLUSIVE by HOWELL DAVIES, Associate Bizarre Editor

PETER Kay will be able to afford a lot more garlic bread after being named the nation's richest comedian.

The Car Share and Phoenix Nights star has a £34.6million fortune, figures show.

Bolton-born Kay, 51, is in the middle of a three-year stand-up tour.

The funnyman — famed for his garlic bread quip — returned to live work in 2022 after cancelling his 2018 tour at the last minute due to "unforeseen family circumstances".

Records with Companies House show that in the year to March 2023 Kay's two firms were down £1.2million on the previous year — but still left him with £34.6million.

His first tour in ten years ends in December 2025 with a sold-out stand-up gig at Birmingham's Utilita Arena.

Second in The Sun's British comic rich list is Stephen Merchant, with a £26.2million fortune thanks to tours and acting work.

Merchant, who appeared in 2019's hit movie Jojo Rabbit and BBC One's crime comedy series The Outlaws, made £2.5million last year.

Ricky Gervais — co-creator and star of The Office — is just behind with £25.8million.

Russell Howard is at number four on the list with £10.1million, while Jack Whitehall is in fifth place with £9.9million.

Rob Beckett, who earned £2.2million last year to push his fortune to £6million, Michael McIntyre, John Bishop and Hugh Dennis are also ranked.

Sarah Millican is the only female stand-up to appear in the top ten, at ninth with £3.2million.

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Peter's LOL'ing in it!

KAY TOPS BRITISH COMEDY RICH LIST



£34.6 MILLION DOSH

LAUGHING ALL THE WAY TO BANK



UK's best-paid comedians

1 PETER KAY	£34.6M	↓ £1.2M	3 ROB BECKETT	£6M	↑ £2.2M
2 STEPHEN MERCHANT	£26.2M	↑ £2.5M	7 MICHAEL MCINTYRE	£5M	↑ £1.9M
3 RICKY GERVAIS	£25.8M	↑ £600K	8 JOHN BISHOP	£4.3M	↓ £155K
4 RUSSELL HOWARD	£10.1M	↑ £1M	9 SARAH MILLICAN	£3.2M	↓ £200K
5 JACK WHITEHALL	£9.9M	↓ £1.3M	10 HUGH DENNIS	£2.7M	↑ £40K

AILING PREZ STEPS ASIDE

JOE GOING WILL NOT HURT MAGA JAGGER TRUMP

PIERS MORGAN



UNCENSORED

DONALD Trump called me late on Saturday night. "Is that my man, Piers? It's your favourite president calling..." I laughed at his typically cocksure presumption.

There are a few contenders for my favourite president, including Bill Clinton and Jimmy Carter, both of whom I've interviewed numerous times and have great respect for, and Nelson Mandela. But Trump is the one I've known the longest, and best.

He'd seen me appear on Fox News in New York to discuss his first rally appearance since the horrific assassination attempt. I'd said how much I admired his defiance and guts in the aftermath of the shooting, and the fact he was back on stage just seven days later, putting on a crowd-pleasing two-hour performance worthy of a rock star.

"He's the Mick Jagger of politics!" I declared.

And he is: they're virtually the same age (Trump's 78, Jagger turns 81 this week), show zero sign of letting age dull their zest for life, and believe in putting on a high-energy show full of their greatest hits which they know their fans will love.

For Jagger, it's Satisfaction, Honky Tonk Women, and Sympathy for the Devil.

For Trump, it's Biden-bashing, rigged elections, being indicted more than Al Capone and making America great again.

But now he's added an instant vote-winning smash hit to his playlist, one that was met with huge roars when he unveiled it: "I took a bullet for democracy!"

And I believe it will propel him back to the White House, especially now his opponent Joe Biden has sensationally pulled out.

"How are you?" I asked. "I'm great," he replied, "considering I got shot last week!"

He chuckled, but he knows how close he came to death.

Trump's doctor revealed the bullet which struck his ear was a quarter inch from entering his head, to almost certainly kill him.

"I'm so glad you survived," I said. And unlike those who detest him but issued statements shedding literary crocodile tears, I meant it.

For all our ups and downs - he stormed out of our interview when I said he didn't have the 2020 election stolen from him - Trump's been a good friend to me, ever since I won his Celebrity Apprentice show in 2008.

"Me too!" he laughed, again. "Those bullets whistled past my head, making a big whooshing sound. The shooter was a good shot, apparently, he was a hunter."

"Fortunately, I turned my head. I guess God was looking out for me. Kinda crazy, right? But there was so much blood! I never knew ears bled the most of any part of the body, so that was an interesting discovery."

"Were you not apprehensive about going back out tonight in

front of tens of thousands of people?" I asked.

"I couldn't let myself think about that," he replied. "I had to get straight back out there."

"Whatever you think of Trump - and nobody has a disinterested opinion on America's most divisive politician - his response to being shot is remarkably courageous.

Seconds after being hit, he stood back up, arms raised in defiance, chanting: "Fight! Fight!"

And on Saturday night, he stood alone and exposed on another rally stage for two hours.

Not many public figures would have risked that so soon after nearly being assassinated.

"How the hell did that lunatic kid get so close to you with a rifle?" I asked.

"I don't know," he sighed. "I'm surprised my Secret Service agents didn't say I should wait 15 minutes before going on stage, while they figured out what was going on. People in the crowd were shouting about the shooter, so I don't know what happened."

Then he switched topics to what is now only the third most dramatic moment in this race in the past 24 days, behind the shooting and Biden quitting.

But it is now the catalyst for Trump's surging poll lead.

"What did you think of the debate?"

"It was a predictable train wreck for Biden," I replied. "Just so embarrassing. My 12-year-old daughter asked if he was asleep!"

Trump laughed, then mocked "bad man Joe" and his cognitive decline.

"If he stays in the race, you'll win," I said. "And even if he doesn't, I still think you'll win."

"I hope so," he said. "But four months is a long time in politics. Look at the last three weeks! I just hope he stays in as long as possible..."

Well, it turned out to be only a matter of hours.

Biden's out, but whoever the Democrats pick as their replacement, I don't think it matters.

During our 15-minute conversation, I've never known Donald Trump sound so calm, happy, focused or with what seems like a profound new awareness of what really matters in life.

"There's nothing more important than good health, Piers. Stay healthy, OK?"

"Yes, Mr President," I replied. "You, too."

"Thanks, I will. It's been good to talk. You know me very well; you know me better than most people. So, I appreciate what you said, and the Jagger compliment!"

I do know him very well and what's very clear from our phone call is that cheating death has given Donald Trump a new spring in his step, and a presidential race momentum that I believe will now prove unstoppable given the way his opponents are self-impeding.

As Winston Churchill, who fought in several wars, once said: "Nothing in life is so exhilarating as to be shot at without result."



Trump returns... rally



Out of his hands... President Joe Biden will not seek re-election

By HARRY COLE, Political Editor

JOE Biden said "it has been the greatest honour of my life to serve as your president" as he quit the race for re-election.

His decision came after weeks of embarrassing gaffes and growing concern about his declining health saw vital support drain away.

In a letter released last night Mr Biden, 81, finally accepted that "while it has been my intention to seek re-election, I believe it is in the best interest of

Endorsed... Vice President Harris



BIDEN QUILTS ELECTION RACE

my party and the country for me to stand down and focus solely on fulfilling my duties as President for the remainder of my term".

He added: "It has been the greatest honour of my life to serve as your president."

Mr Biden also endorsed Vice President Kamala Harris to replace him, saying: "I want to offer my full support for Kamala to be the nominee of our party. Democrats - it's time to come together and beat Trump. Let's do this."

Mr Biden will address the American people later this week and vowed to see out his term in the White House until January. His

shock move has blown up November's White House race with Republican pick Donald Trump surging ahead in swing states after he cheated death nine days ago.

In a phone call with CNN minutes after Mr Biden announced his exit, Mr Trump blasted: "He is the worst president in the history of our country. He goes down as the single worst president by far in the history of our country."

Facing dire polling numbers, Mr Biden's decision avoids a brutal effort by senior Democrats to oust the leader of the free world.

Dozens of top party figures had urged him to stand aside. Mr

AS DEMOCRATIC NOMINEE

It has been the greatest honour of my life to serve as your president

— BIDEN'S LETTER TO AMERICA YESTERDAY

● BACKS HIS V.P. TO BEAT TRUMP

Biden's letter announcing he was stepping back did not endorse Ms Harris as his replacement but he later tweeted his support.

Many want her to fight Trump's bid for re-election as President but others are pushing for an open contest at next month's Democratic National Convention in Chicago.

Mr Biden's delegates are free to vote as they like, with some determined to avoid a coronation, given Ms Harris's poor polling numbers.

However, supporters warned any attempt to block her would hand the White House to Mr Trump.

Strategist Maria Cardon said: "If the white Democratic elite are

seen as trying to push aside the first African-American/South Asian woman, daughter of immigrants, on a presidential ticket, who is imminently qualified and extraordinarily talented, a civil war, will ensue, and we might as well inaugurate Donald Trump tomorrow night."

Ms Harris said she plans to "earn" the Democratic nomination to be President. She added: "I am honoured to have the President's endorsement and my intention is to earn and win this nomination."

"I will do everything in my power to unite the Democratic Party and unite our nation to defeat Donald Trump and his extreme Project

2025 agenda." Mr Biden is the first president since Lyndon B Johnson in 1968 to not seek a second term.

He spent the weekend at his Delaware beach house while recovering from Covid surrounded by family and a shrinking band of loyal aides. A dire performance at a debate in June piled on the pressure. He was also befuddled in public at June's G7 meeting.

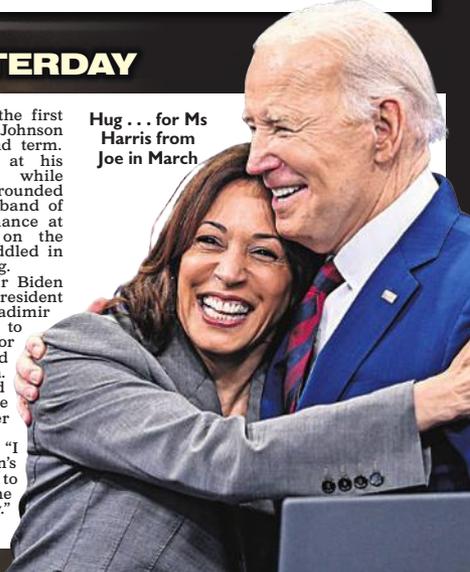
And earlier this month Mr Biden confused Ukraine's President Zelensky with Russia's Vladimir Putin. Among supporters to ask him to go were actor George Clooney and ex-President Barack Obama.

Mr Biden's wife Jill had urged him to fight on. She retweeted his quit letter with a heart emoji.

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

The Sun Says — Page 12

Hug ... for Ms Harris from Joe in March



Cool ... Obamas

No Harris nod from Obama

By ALEX DIAZ

FORMER President Barack Obama last night pointedly did not endorse Vice President Kamala Harris for Democrat nominee.

Instead he said: "We will be navigating uncharted waters in the days ahead."

"But I have extraordinary confidence that the leaders of our party will be able to create a process from which an outstanding nominee emerges."

Harris's rivals could include California Governor Gavin Newsom, Michigan Governor Gretchen Whitmer and Pennsylvania Governor Josh Shapiro.

There is an outside chance Michelle Obama could join the race but Hillary Clinton last night backed Harris for the job.

Harris is unpopular but could use campaign funds already raised for Biden.

Exit may close up the race



By HARRY COLE Political Editor

IN the end there was a crashing sense of inevitability as Sleepy Joe finally chucked in the towel.

The only person to have ever beaten Donald Trump in an election wanted another go — only to find the Oval Office was built on sand.

Even the most powerful office in the world has its limits, as support from celebs, ex-presidents and Washington power brokers drained away.

Biden's team could only lie for so long on the state of the President's mental state and they brought shame on that office in their bid to do so.

While Biden's dire debate performance in June set things in motion, his gaffe at Nato's 75th party earlier this month was the knockout blow.

The faces on his fellow world leaders as he confused Zelensky with Putin said it all.

Expect Trump to crow about all this — but in reality he has lost a trump card in his re-election bid.

While he is edging ahead in the polls, many experts say much of that was an anti-Biden vote.

The race is closer than it looks — and with a new lease of life do not expect The Don to hold back.

Strap in, it's going to be a wild four months.

TAX HIKES HINT

'Tough choices' in bid for public sector wage rise



RACHEL Reeves has again hinted at autumn tax rises as she warned of "tough choices" ahead to finance pay hikes for the public sector.

The Chancellor is set to open the purse strings to give 400,000 teachers and 1.4million NHS workers an

Warning... Ms Reeves

By **HARRY COLE**, Political Editor

inflation-busting 5.5 per cent rise this year.

She insisted that "there's a cost of not settling" with unions threatening strikes if the hefty increase recommended by pay-review bodies is not passed on.

Ms Reeves says the cost - which could be up to £10billion - could protect any wider "impact on the economy". She

told the BBC: "I don't think anyone realised quite how bad things were." She added: "There is a cost to not settling, a cost of further industrial action, and a cost in terms of recruiting."

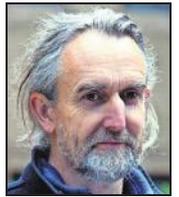
Ms Reeves said Labour would do things the "proper way and make sure the sums add up", adding: "[The Tories] weren't willing to make tough decisions, they just ran away."

Shadow Chancellor Jeremy Hunt, meanwhile, has called for

"fiscal restraint". He will tell the Commons today: "With inflation at two per cent and the fastest growth in the G7, it won't wash for Labour to pretend things are worse than they thought to lay the ground for tax rises."

● **MS REEVES** refused again to budge on abolishing the two child benefit cap - saying she would not pledge the £3billion annual cost without knowing where the cash will come from.

Reeves v Rayner - Page 12



Prison... Hallam

£50k for JSO 5 in jail fund

EXCLUSIVE
by **THOMAS GODFREY**

MORE than £50,000 has been raised for five Just Stop Oil eco-yobs jailed for climbing M25 gantries.

A fund-raiser for the activists' loss of earnings and legal fees soared after the so-called Whole Truth Five were sentenced.

Legal group Climate Action Support Pathway, which set up the fund, is asking for £100,000 in total and says any surplus money will go to its cause and JSO.

On Thursday, Roger Hallam, 58, received five years in jail, with Daniel Shaw, 38, Louise Lancaster, 58, Lucia Whittaker De Abreu, 35, and Cressida Gethin, 22, all sentenced to four years each.

The Sun exposed their plot when they caused 50,000 hours of delays on the motorway in 2022.

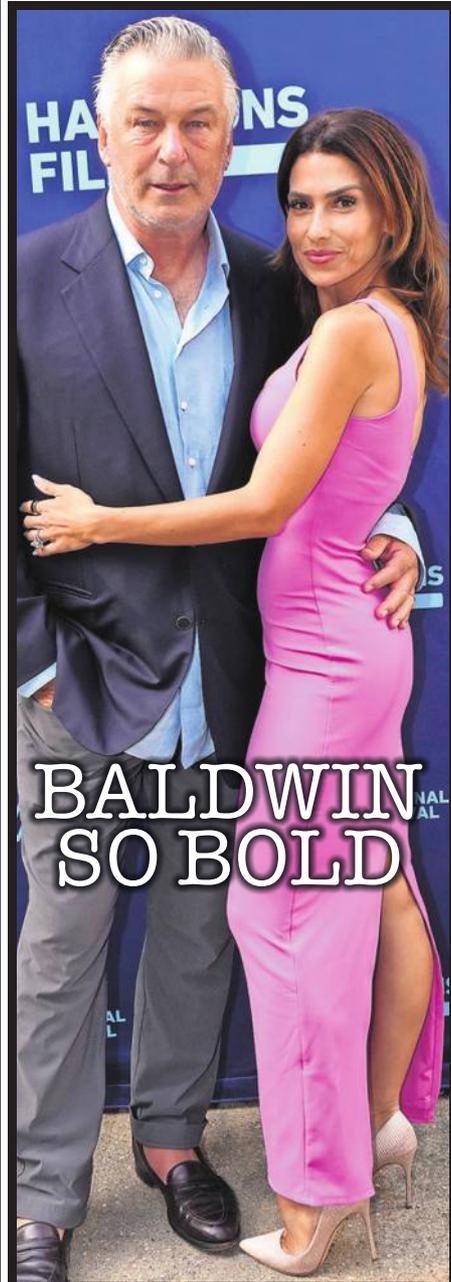
In an email to supporters seen by The Sun, JSO said: "Many of us were not able to be there, but we can still show our love and support by backing the Whole Truth Five Crowdfunder."

Can the people who can read this tell the people who can't to book an eye test

(Thanks)

Specsavers

specsavers.co.uk



BALDWIN SO BOLD

By **GRAY GIBSON**

ALEC Baldwin returns to the red carpet for the first time since his Rust shooting case.

The actor, 66, and wife Hilaria, 40, saw War Game's premiere on Long Island, US. It came a week after involuntary manslaughter charges were dropped against Baldwin, who held the gun which killed cinematographer Halyna Hutchins in 2021.



Search... Felix & Ben

Mum in hunt for lost son

By **SAYAN BOSE**

THE mum of the latest missing Brit, Benjamin Ross, has landed in Majorca to kick-start a hunt for her son.

Felix, 52, says she is aiming to help with the search as local police try to track him down.

The 26-year-old has not been seen or heard from in over a week after vanishing from Palma.

He moved to the island in June for a break from law studies.

The budding barrister, of Wigan, Ctr Manchester, had flown out to see a friend. He was last seen on July 10 and his last contact with his mum was a "peculiar" email.

It indicated his mental health had suffered after being robbed and falling out with flatmates.

Spanish cops say they are urgently trying to find him, with a homicide unit leading the search. These units often handle missing person cases in Spain.

Fellow Brit Jay Slater, 19, went missing in Tenerife last month. His body was found in a remote area 29 days later.

EXCLUSIVE: MEGA BASH IS HERE

FAMOUS FACES AT THE PARTIES



VIP GUESTS
Ex-PM Tony Blair and wife Cherie



FLOWN OUT
Boris and Carrie Johnson



£126M
was spent on the pre-wedding party starring Rihanna



£94M
blown on a cruise around the Med for 800 guests and celebs



Party venue... Stoke Park hotel near Slough

£563M WEDDING ARRIVES IN, ER, SLOUGH

Celebrations to last 2 MONTHS

CELEB INVITES

Kim wore Indian dress at one do. Harry and Meghan, left, may attend. Inset, Stoke Park

THE world's most expensive wedding party — on a four-month global tour — is heading to Slough.

Over the next two months guests including Prince Harry and former PM Boris Johnson are expected to join the £563million celebrations. Anant Ambani, son of India's richest man, and pharmaceutical heiress Radhika Merchant married in Mumbai earlier this month. And they have block-booked historic Stoke Park, near Slough, Berks, until September. The Grade II listed seven star hotel is owned by the groom's dad, Mukesh Ambani. Around 850 golf club members have been warned to steer clear. A source told The Sun: "The Ambanis don't do things by halves and so thought nothing of booking

By STEPHEN MOYES

the entire venue for two months. The cost is chicken feed to them. The bride and groom and family will attend different parties planned between now and September. "Security, which is tightened, has been told to expect Boris Johnson and Tony and Cherie Blair. Prince Harry is also said to be hoping to pop in". The Ambanis hired 100 jets to fly guests from around the world for their three-day wedding in Mumbai. Every five-

star hotel was also booked. Guests included Kim and Khloe Kardashian, Mr Johnson and wife Carrie and former PM Tony Blair and his wife Cherie. Celebrations kicked off with a £126million pre-wedding party in March, at which Rihanna and Akon performed for 1,200 guests. Then came a £94.5million cruise around the Med for 800 guests, with performances from Katy Perry, Backstreet Boys and Pitbull. Justin Bieber was the star turn at a party this month. Stoke Park was bought by Mukesh Ambani — who is the ninth richest man in the world — for £57million in 2021.



Wedding . . . the happy couple



JUST FOUR DAYS TO GO

Athletes get 200k Durex in love city

By ED SOUTHGATE

OLYMPIC teams will receive more than 200,000 condoms when they arrive in Paris.

The elite athletes will get 20 Durex each in the city of love's Olympic village – 33 per cent more than at London 2012.

In Paris, more than 200,000 male condoms, 20,000 female condoms and 10,000 other safe sex devices will be handed out. STD clinics will also be on site.

At Seoul 1988, just 8,500 condoms were available, while Sydney 2000 had to order 20,000 more after the initial 70,000 ran out.

Athletes have previously revealed the “Las Vegas atmosphere” of past villages at the Olympics.

Asked about romps in the Olympic village, 1980s Brit athletics champ Daley Thompson, now 65, told the Sunday Times: “I think there’s a lot going on – or at least there used to be.”



TEAM GB

Euro stars... diver Tom Daley joined Brit teammates on train to Paris



TEAM USA

On song... rapper Snoop Dogg, 52, welcomed Team USA to Paris



Revolutionary... Dame Laura, 32, on London Eye



Picture: IASTMINUTE.COM/LONDON EYE/PA WIRE

GOLDEN EYE HIGH

DAME Laura Kenny and her husband Sir Jason flew the flag for Team GB yesterday on top of the London Eye.

The champion cyclist couple, who have 12 Golds between them, stood 135m above the capital city to wish the athletes good luck ahead of the Games.

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TILL THE PARIS GAMES



Eye on the prize... Sir Jason, 36, braved stunt



EXCLUSIVE from **ROBIN PERRIE** and **JULIA ATHERLEY**, in Paris

FRENCH security chiefs have revealed the rings of steel which will protect the Paris Olympics.

A force of 18,000 soldiers will be joined by 30,000 cops for the games starting on Friday.

Fighter jets, helicopters carrying sharpshooters and spy drones will provide an aerial strike force.

British special constables will also be deployed in Paris and Marseille. And UK search dogs and their handlers will help venue security.

The country's largest deployment of troops in peacetime aims to keep the 15million visitors and 10,500 Olympic Games competitors safe.

Organisers are preparing for the possibility of terrorist attacks or protests following the recent election.

30,000 cops, 18,000 army

Brigadier General Éric Chasboeuf, the military's second in command in Paris, said: "It's a huge operation."

"I've never seen such a level of security in France. Whatever happens we will be ready."

"France is organising the biggest sporting contest in the world. "Tensions are rising everywhere, so it's not just terrorism we have to take into account."

"Keeping the public safe from all threats is our main objective and for a soldier there is no more important mission. We have a force of 18,000 soldiers deployed at all of the Olym-

pic locations. They are involved in specific counter terrorist operations such as air surveillance and maritime surveillance but the majority will be patrolling the streets.

"We want everyone to be talking about the athletes and what a fantastic Games it has been."

"If no-one talks about the soldiers then we have had a good Games."

Arthur Denouveaux is president of Life for Paris, a support group for victims of terror attacks. He survived the 2015 massacre by Islamist terrorists which killed 90 and said: "For those two weeks, Paris will be the safest city in France."

Pope Francis says he hopes the Games will be "an opportunity to establish a truce in wars, by showing a sincere wish for peace".



Soldier... Paris patrol

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ENERGY	FAT	SATURATED	SUGARS	SALT
230kJ	1.4g	0.9g	0.7g	0.85g
5%	3%	2%	1%	16%

% of the Reference Intake

Keep refrigerated
Use by

Sainsbury's
Good food for all of us



EXCLUSIVE: STAR BLASTS

By **HANNAH HOPE**
Sun on Sunday Showbiz Editor

STRICTLY star Will Bayley claims a jump for the show was branded “rubbish” in rehearsals by pro partner Janette Manrara — before he severely hurt his leg trying to perform it better.

Paralympian Will Bayley, 36, said he was encouraged to leap from a table despite his concerns and those of his coach.

And after hearing his leg crack and suffering “horrific pain”, he claims he was taken to a hotel room where his knee was iced instead of going to hospital.

He also says bosses made him feel like it was his fault, with his torn knee ligaments forcing him to pull out of the series in 2019.

The table tennis ace has now blasted Strictly bosses over his life-changing injury, following the jump which he claims show producers were told was too dangerous.

He is the latest celeb contestant to raise concerns over the BBC dance programme.

Will, who was born with a debilitating limb condition, claims bosses and professional dancer Janette ignored his fears about the jump. He had previously met with them to explain he was unable to perform leaps as he has no ankles.

The star has also revealed a number of other incidents left him feeling snubbed by bosses — including being excluded from the show WhatsApp group and claims for further compensation being ignored.

His show injury left him depressed, bed ridden and caused a huge impact on his sports career.

Now Will is adding his complaint to an investigation into the show, claiming a lack of duty of care.

It comes as the BBC struggles with the biggest crisis in the Bafta-winning show’s 20-year history.

Will told The Sun: “Now feels like the right time to speak up. I hope what I went through never happens to anyone else. I think the show thought they were being inclusive by casting me, but I actually felt pressured.

“I have got a serious disability and I don’t think anyone was really looking out for me when I injured myself, leaving me with injuries that still affect me to this day.

“No one has ever contacted me from the BBC or said sorry.

“There was no duty of care — I should have been taken to hospital as soon as I had the accident, but all they cared about was trying to get me to dance.”

Will, who was awarded an MBE in 2017, managed to get to week six’s Halloween episode and, due to his determination, never found himself in the bottom two.

He says he was then encouraged to jump from height during his routine. He recalled: “The plan was for me to jump off a high table. In rehearsal all week, we hadn’t jumped it — I just mimed it.”

Will was hurt during a studio rehearsal with Janette watching from the sidelines as he went through the routine with fellow pro Nancy Xu. In footage leaked later, Janette can be heard to shriek, “No, no, no” as he falls badly.

Will explained: “A table for me to jump off was brought out and I said, ‘I’m not sure I can land safely’. “Everyone assured me I would be fine. I didn’t want to do the jump, and my coach said before, ‘He can’t do jumps’.

“We practiced a few times and I was really careful. But then Janette said my jump was ‘rubbish’ and I needed to smile more and go for it and show a bit of passion.

“I was really determined, so I went for it and smiled at the camera. When I landed I just had the most horrific pain. I still have flashbacks now.

“I was lying on

‘Injured for life’ ... sports star



Anton and Gio ... at Saturday gig

Gio shrugs off rows at birthday gig for Anton

EXCLUSIVE by FELICITY CROSS, Deputy TV Editor

UNDER-fire Giovanni Pernice shrugged off his Strictly bullying row this weekend to celebrate fellow dancer and friend Anton Du Beke’s birthday.

They performed on Saturday night for their Together tour, where the crowd sang Happy Birthday to the judge, 58.

Anton also came under scrutiny at the weekend for his treatment of celeb Laila Rouass before becoming a show judge.

Gio, 33, said in Llandudno, North Wales: “Happy birthday to my best friend.

“Let’s shake this bum on stage tonight extra hard to celebrate.”

It comes as Graziano Di Prima, inset, was axed after he kicked Love Island’s Zara McDermott.

Now it can be revealed Gio is cashing in on Strictly as he is booked to perform at parties which look to copy the show, despite quitting in May.

He and other cast members will feature at Dancing With The Stars in Windsor and Newport next year. But their involvement may break BBC rules.

The policy states: “Actors and artists in BBC output should not appear in promotional work which mimics on-air roles.”

A source said: “Gio’s inclusion will raise eyebrows as he is, of course, no longer part of the Strictly cast.”

“I was in agony all night calling

my mum. I don’t know why I wasn’t taken to hospital.

“The following morning, I went to the physio room and they strapped my knee up. I felt like Strictly didn’t want me to go to hospital at the time. They knew then I definitely wouldn’t be able to dance.

“I had straps on my knees that were trying to hold it in place to see if I could try to dance, but my knee was falling out of the socket.

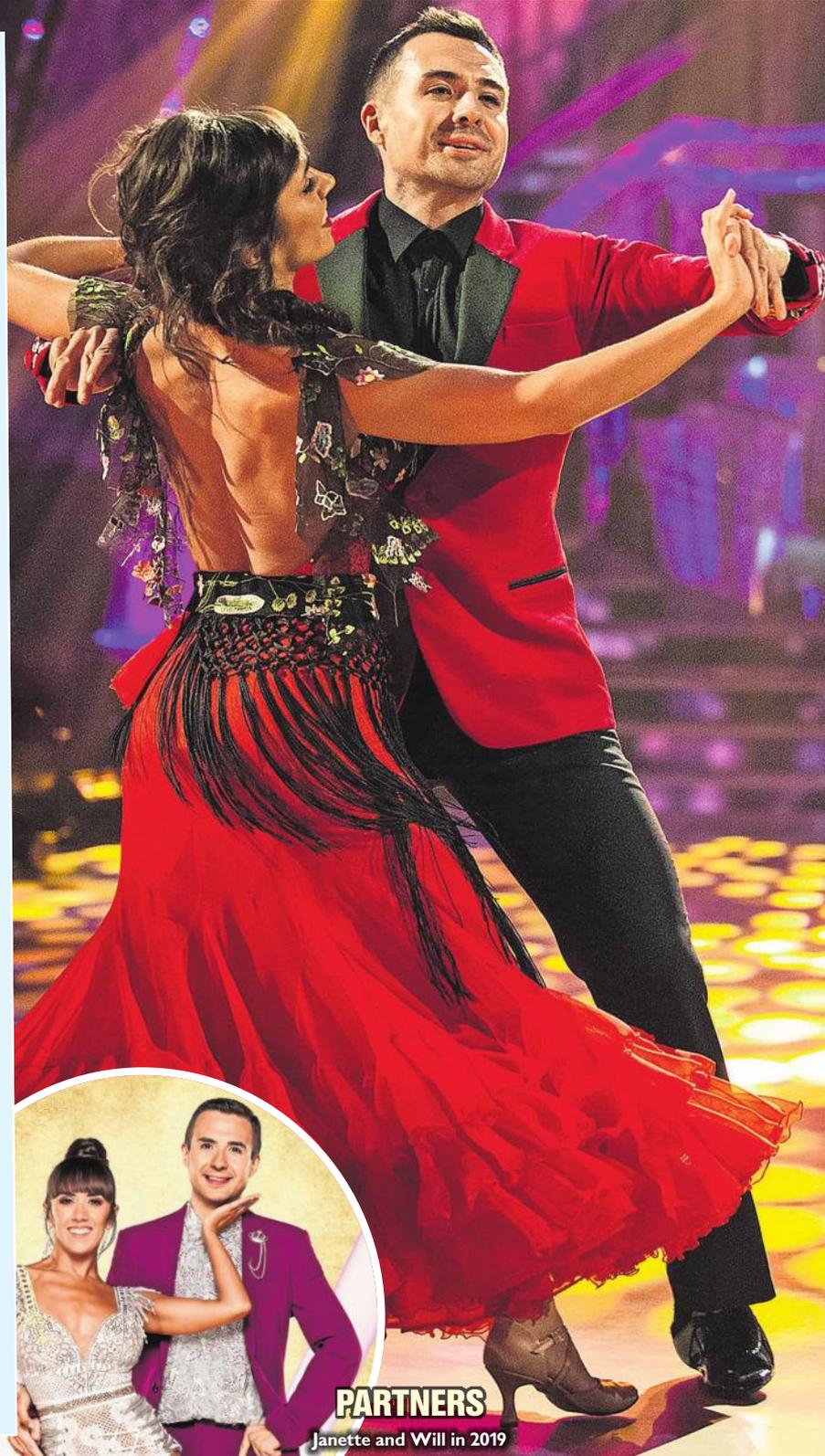
“They even asked me to try to do some moves. I did one step of dance. I didn’t go to hospital until two days later, where they finally scanned my leg and told me I

needed to pull out. I’ll never get over that injury — you have it for life. I’ve already got a limiting disability but this on top of it. I wake up in the morning and it hurts.

“My knee will always be a problem. I can now only train for a couple hours before it’s sore. I felt like it was my fault. The bosses made me feel like that.

“I’m going to have to live with this forever — and I’ve got kids. A big part of my sport is the turning, twisting and my knee easily swells now when I’m playing table tennis.”

Asked about his relationship with Janette he said: “Ultimately, I think



PARTNERS

Janette and Will in 2019

the floor thinking my whole career was over. I heard my leg crack, I couldn’t breathe.

“They stood me up and felt my knee coming out my socket. There was a paramedic on set and I was taken to a hotel room and given ice.

The producers said they would see how it was in the morning.

“I was in agony all night calling

my mum. I don’t know why I wasn’t taken to hospital.

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Asked about his relationship with Janette he said: “Ultimately, I think

she was under a lot of pressure by the bosses to perform a certain way and I think it was them pushing me that caused the accident.

“She was a passionate teacher and she was part of the decision to do the jump. I feel she could have protected me more, but I didn’t have an issue with her. It was mentally hard and I didn’t want to let her down.”

A source close to Janette insisted she had a “great time” dancing with Will and that they have maintained a friendship since the show.

They added: “One of her favourite moments on the show was doing

she was under a lot of pressure by the bosses to perform a certain way and I think it was them pushing me that caused the accident.

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BBC OVER IN JURY HELL

Janette said my jump was 'rubbish' ..I did it again and heard my leg crack

SAYS STRICTLY & PARALYMPIAN ACE WILL



THE JUMP THAT LED TO HORROR INJURY

Paralympic star Will leaps from table rehearsing with Nancy Xu before collapsing



their contemporary couples choice." But even before the jump, Will had felt marginalised. He called a meeting with casting director Stefania Aleksander in the first week.

He said: "I was left off the group WhatsApp when the show started. I felt really left out. I asked to be added and Stefania said, 'Sorry, I totally forgot about you'.

"I was made to feel lucky to be on the show and less important than other celebrities. She had her favourites – like Jamie Laing, who I got on really well with.

"Then I was put right at the back of the group dance and she made a

cutting comment that upset me to imply that I couldn't dance and had an attitude. I called a meeting and asked if she had a problem with me and she said no, but for me, it all led to the jump. I wanted to prove myself to her and show all the executives what I could do."

Will was invited back to the series finale, where his leg was in a brace. Afterwards he tried to gain compensation for loss of earnings from the BBC, but was denied.

He had surgery in 2020, paid for by the broadcaster, but says he never heard for them afterwards.

Will, who has one Paralympic

gold medal and three silvers, said: "In the early months of 2020, I put on three stone and was struggling with depression. I saw a therapist through Paralympics GB.

"It was a horrific time for me and my family. It was a really lonely time. I never knew if I could play table tennis again.

"I was scared about the future, it was awful and I never once heard from anyone at Strictly."

Will – who has daughters Bella, six, and Grace, three – has been inspired by his family to keep working towards the Paris 2024 Paralympics – especially by mum

Chrissie, who runs a beauty salon. He said: "Thank God for my mum. She has the same disability as me. She empathised massively and supported me getting through this."

Will is due at a training camp in Slovenia this week and heads to Paris to compete next month.

Yesterday, the BBC insisted it has "long-standing protocols for dealing with injuries and that includes contestants receiving all necessary treatment and support as required".

Lawyers are handling allegations of misconduct towards Strictly contestant actress Amanda Abbington, who claims she suffered PTSD after

dancing with pro Giovanni Pernice. He quit the show in May and denies any wrongdoing. Dance pro Graziano Di Prima has been sacked over a video in which he kicks partner Zara McDermott. He has apologised for his "mistake".

Dancer-turned-judge Anton Du Beke has also been dragged into the row, after his former dance partner Laila Rouass complained about language he used in 2009. He has also apologised.

The BBC has launched an investigation and there will now be a chaperone "at all times" in training. hannah.hope@thesun.co.uk

THE Sun

SAYS

Joe goes

FINALLY, sense has prevailed.

President Joe Biden has done the decent thing by admitting his failing health means he can no longer be a credible leader of the free world.

Biden's wish for another four years to finish the job may have been understandable on a personal level.

He cannot be blamed for physical decline and he deserves credit for now stepping aside.

There will be some sympathy for his dilemma. But his allies in the Democratic Party spent far too long lying to the American people about the true nature of his condition.

In that respect the White House has behaved more like a Soviet-era Kremlin, propping up a man clearly unfit to meet the demands of his office.

It simply wasn't right for him to continue faltering in public and in the process risking the security of the wider West in such dangerous times.

What happens next will be crucial.

There is not much time left for his replacement to persuade voters they can defeat dominant Donald Trump.

Many candidates are unknown quantities. Bumbling Vice President Kamala Harris's known qualities might count against her.

Trump had appeared to be strolling back to the White House.

Biden's decision to quit was probably his last hope of stopping his bitter rival.

Punish workshy

ALLOWING a system that lets millions claim benefits without looking for work is among the Tories' gravest failings.

A staggering report by former minister Alan Milburn today reveals the true scale of the problem.

Just ten per cent of those claiming welfare have to show they are looking for a job.

How can one part of South Yorkshire have 4,000 job vacancies and 6,000 economically active people who are never chased or helped into a job?

Work and Pensions Secretary Liz Kendall now has the shocking facts. She must help more people back into work.

And punish the workshy who are being featherbedded off the back of hard-working families.

Screw loose

THE chronic state of our overcrowded prisons may be as a result of government failure to properly plan and invest.

But what on earth is going on with prison officer recruitment?

As we report today the numbers of guards involved in sex with inmates is spiralling.

Something is going horribly wrong with vetting.

And brave officers doing their duty are being badly let down by their criminal colleagues.



ISABEL Hardman

GUEST COLUMNIST

CHILL, RACH—
YOU WORK TOO
HARD...



Who's the boss... Reeves or Rayner?

WHO is going to have the first big fight of this Labour government?

Keir Starmer has promised to end the "tragic soap opera" of the Tories, but even when ministers are taking their job seriously, they can end up falling out.

And it doesn't look like it's going to be long before we get our first skirmish.

That big scrap could be over how "Labourish" this party wants to be, now it is in government.

Does it want to be controlling and bossy towards businesses, or does it think firms should be left to run things and grow the economy themselves?

At the moment, all the signs are that Labour is as suspicious of private enterprise as it has ever been.

In the run-up to the election, Chancellor Rachel Reeves made a big deal of how much business liked her, carrying out her own 21st-Century prawn cocktail offensive.

But the bosses queuing up to back her over brunch were more attracted by the chance of escaping the Tory turmoil than they were by the nitty-gritty of Labour's employment policies.

Many of them parked questions about what a Labour government would actually do until they were sure that they weren't going to be stuck in another season of a Tory drama that they didn't want to continue any longer.

Now Labour is actually in government, it has to decide how much it really wants to keep businesses on side.

Particularly small businesses, who don't have the time for

brunch offensives but who will be the source of much of the economic growth that Reeves desperately needs.

I hope she read yesterday's Sun on Sunday, where these fears were laid out in black and white by business owners.

They are deeply worried about some of the proposals in the package of workers' rights Labour agreed before it won the election, including the "right to switch off" from emails and work phone calls out of hours, and a crackdown on "exploitative" zero-hours contracts.

Exploit workers

These plans don't come from Reeves, but from Deputy PM Angela Rayner, who is still going to oversee them as the chair of a powerful (and fearfully named) "Future of Work" Cabinet committee.

The two women haven't clashed in the way that Rayner has with Keir Starmer, but they still have very different priorities for government.

Reeves won't want anything that gums up small businesses with bureaucracy or stops them from hiring casual staff, while Rayner leans more towards the instinctive left-wing Labour

suspicion that employers left to their own devices will always seek to exploit their workers.

Mind you, any rogue businesses out there could learn a thing or two from this government, which I understand has hired a few of its new special advisers on short contracts lasting only a few months.

Presumably they won't be able to ignore their emails in the evening, either.

The minister directly responsible for the reforms is Business Secretary Jonathan Reynolds. He is believed to be more "pragmatic" than Rayner, but is still of a soft Left persuasion when it comes to business.

He is a peculiar combination of a Blairite who agreed to serve under Jeremy Corbyn (and was unceremoniously kicked out of moderate Labour WhatsApp groups as a result). He hasn't yet said anything anti-business, so might soften the measures still further. Or he might not.

Certainly Rayner is more minded to yield to the trade unions than the Chancellor. So the question is: who will win out? And who will Starmer back? The Labour leader is not particularly interested in business — his passion lies in

the public sector and how to make it work properly.

Perhaps he won't be the one adjudicating anyway.

His chief of staff Sue Gray arguably calls the shots as much as the PM himself.

Gray's pursuit of power is currently just a sub-plot, but could develop into a major storyline by the autumn, with advisers and ministers already deeply irritated by the way the former "Partygate" investigator operates.

The Tories set a pretty high bar for political drama, and Labour may benefit from the comparison for a while, meaning that even quite dysfunctional governing will escape proper notice.

Forgot discipline

Some Labourites will argue that any reporting of these kinds of interpersonal tensions is just Westminster trivia.

But we know from the New Labour years that fights between ministers can stop policies in their tracks — and even stop governments. So they are important.

Speaking of those New Labour fights, one of the central figures back then was Gordon Brown, who started out as an Iron Chancellor determined to rid his party of its vices of overspending and slapping regulations on anything that might dare make money or hire people.

In government, though, he became so fixated on taking over from Tony Blair, undermining him by constantly signalling to Labour MPs he was to the left of the leader, that the discipline waned.

Perhaps Rayner is hoping Reeves will follow the same trajectory.

● YOU'VE probably heard of the scourge of centrist dads — who have mostly been controlled by being corralled two-by-two into podcasting studios. Now we apparently need to worry about — cue scary music — "centrist cranks".

That's the new warning from former Tory Home Secretary Suella Braverman, who says her party is at risk of being "a collection of fanatical, irrelevant, centrist cranks".

It's hard to argue that Rishi Sunak lost the election because he was a centrist. Not so much because he tried to sound right wing, but because no one really knew what he stood for, including the Tory MPs campaigning alongside him. It's also a novel way of trying to win a Conservative leadership contest, by insulting your colleagues as "cranks".



'Us forever' ... couple

Bowen & Dyer get engaged on yacht

FOOTIE JOY 1

By FELICITY CROSS

THREE Lions footie ace Jarrod Bowen and reality TV star Dani Dyer have revealed the are engaged. The West Ham winger popped the question on a yacht during a holiday after the Euros.

Dating since 2021, the couple – both 27 – declared: “Us forever.”

Sharing photos online yesterday, the daughter of ex-EastEnders star Danny added: “The most perfect day ever – so so happy.”

The couple have 13-month-old twin daughters Summer and Star.

And Dani has a three-year-old son by her ex Sammy Kimmence.

She shot to fame as winner of Love Island in 2019 alongside her then boyfriend Jack Fincham.

And she wept in the stands of Berlin's Olympiastadion last Sunday after England lost the Euros final 2-1 to Spain.



Love ... Adam & Laura

TV Laura first baby with Love Isle hunk

FOOTIE JOY 2

By SAM CREED

SPORTS presenter Laura Woods has announced she is pregnant with her first child with ex-Love Island star Adam Collard.

Laura, 36, posted a pic of an ultrasound scan – and her French bulldog Lu – online last night.

It carried a simple caption of: “Hey, baby.”

She and Adam, 28, confirmed last October they were an item after months of secret dating.

Laura was a mainstay in ITV's coverage of Euro 2024 this summer, and will be part of Discovery Eurosport's team for the Olympics from Friday.

On holiday earlier this year, she was left with nasty cuts around her eye after accidentally smashing a glass lampshade.

She later thanked Adam for “being my hero, acting so quickly and not leaving my side”.



GOLD CLASS KATE

By FELICITY CROSS

MODEL Kate Upton looks as good as gold as she parties at a magazine event.

The 32-year-old wore the metallic dress to the New York bash and spoke about being photographed for V Magazine's July issue.

Kate said: “I'm here to create something and that's really what this shoot felt like.”

EXCLUSIVE

NUKE SUB 'SPY' HELD



Nuclear deterrent ... a Vanguard-class sub at Faslane

Sailor phone quiz

By JEROME STARKEY, Defence Editor

A SAILOR is under investigation for allegedly stealing secrets from a Royal Navy nuclear submarine.

Able Seaman Marcus Gauntlett was held by military police on suspicion of breaking the Official Secrets Act.

Police at the nuclear sub base HMNB Clyde, at Faslane in Scotland, allegedly found secret papers on his Huawei mobile phone.

Gauntlett, 36, was serving as a steward on a nuclear-armed Vanguard-class submarine that provides the UK's nuclear deterrent.

Military cops seized the phone as part of a separate investigation, sources told The Sun.

They were stunned to allegedly find papers relating to classified submarine movements.

Sailors are banned from taking phones on submarines over spying fears.

The Sun understands investigators have ruled out espionage.

An MoD spokesperson said last night: “We can confirm that a member of the Armed Forces is under investigation.”

A nuclear submariner was jailed for eight years in 2012 for attempting to sell secrets to MI5 agents posing as Russian spies.

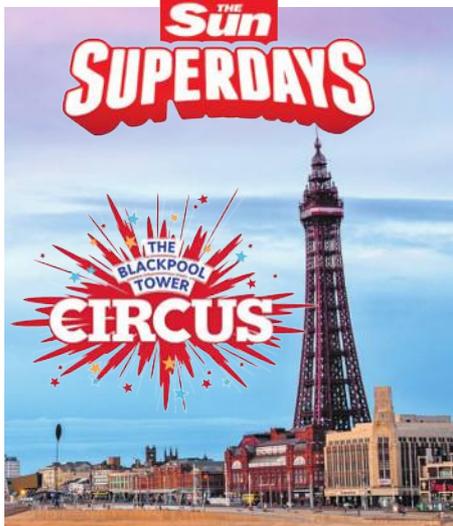
jerome.starkey@thesun.co.uk



Probed ... Gauntlett

KIDS' BLAST OFF

KIDS had an early start to their summer holidays – after a bomb was found at their school. The unexploded World War Two shell was discovered by roofers at St John's CofE Primary in Canterbury, Kent. Headteacher Jo Williamson organised Thursday's 440-pupil evacuation and said: "It's not the end of term we expected."



Get TWO tickets to a Blackpool attraction

SUN Superdays are back and you can get two tickets to a brilliant Blackpool attraction and save up to £37.

Pick from five of its top attractions – The Blackpool Tower Eye, The Blackpool Tower Circus, Madame Tussauds, SEA LIFE and The Blackpool Tower Dungeon.

Or to visit more than one Merlin Blackpool attraction, its Pick 'n' Mix Pass, saving more than 40 per cent, will give you access to all five, PLUS The Blackpool Tower Ballroom, Peter Rabbit™, Explore & Play and The Gruffalo & Friends Clubhouse.

The Blackpool Tower Circus celebrates its 130th anniversary this summer, with shows most days until November. Resident clowns Mooky and Mr Boo are joined by amazing contortionists, jugglers, trapeze and rope-swing artists, and stunt performers on the Wheel of Faith attempting death-defying stunts.

To book your two tickets, follow these steps:

- 1 Either download the Sun Savers app or visit sunsavers.co.uk.
- 2 Go to Offers and click "Start Collecting" on the Sun Superdays – Blackpool attractions page.
- 3 Collect FIVE Sun Savers codes. We will print one code daily in the paper until Thursday, August 1. Today's Sun Savers code is on page 20. Enter or scan your FIVE Sun Savers codes on the app or website as you collect them.
- 4 Booking opens at 11am on July 24. Click "Redeem booking code", hit "Book" and you will be directed to the Sun Superdays Blackpool attractions website to book tickets.

TERMS AND CONDITIONS: 18+ UK only (exc. IOM & CI). Multiple code collect July 20 – August 1, 2024. 2 tickets per household, all bookings must be made in pairs. Non-transferable, non-refundable, strictly subject to availability, and daily allocation limits apply (47,638 total tickets available, including 4,834 no-cost tickets, remaining tickets available from £10 (adult) - £25 per ticket). No cost tickets not available on Pick 'n' Mix Pass. Online access required. Saving against advanced adult online prices and varies per date. Dates and periods are subject to change without notice until October 31. Saving correct at time of print. Full T&Cs including ticket prices and allocation breakdown, see sunsavers.co.uk.

PRIDE YOB FURY

THREE Pride flags were vandalised in a town, prompting a police probe. An attack on Friday has been linked to two others late last month. The Met has released an image of a suspect over the incidents in Forest Green, East London. Det Insp James Rush said the force would not tolerate "these disgusting, inexcusable hate crimes".

IN FOUR YEARS, ACTRESS

By  **EMMA PIETRAS**

WITH two Golden Globe nominations under her belt and a blockbuster hit in cinemas, Daisy Edgar-Jones has had more success in the past four years than most actors enjoy in their entire career.

Not bad, considering the British actress was a virtual unknown before being catapulted to fame thanks to her debut lead role in BBC lockdown smash-hit *Normal People*, alongside Paul Mescal.

Now the London-born star has stirred up a storm at the box office, with summer blockbuster *Twisters* having the biggest debut weekend for a disaster movie **EVER** in the US – widely exceeding expectations and pulling in £62million.

The film, directed by Lee Isaac Chung, sees Daisy starring opposite Hollywood's man-of-the-moment, Top Gun: Maverick star Glen Powell.

And now her global icon status has been cemented after fashion bible *Vogue* dubbed 26-year-old Daisy Hollywood's ultimate *It Girl*. The world's top designers are falling over themselves to dress her, with Daisy being snapped in as many as four different outfits a day as she busily promotes the film.

Her high-fashion looks, including a thigh-skimming mini dress with sweetheart neckline and a boho-ruffled maxi dress, are a world away from the cutesy puff-sleeved floral frocks she favoured on the red carpet and the "old, mangy shirt" she wore for promo interviews during the early days of her career.

'More confident'

Normal People was watched by 63million people and had the nation hooked when it aired at the height of the pandemic – which also meant Daisy's first taste of promo work was done virtually.

Speaking about navigating her newfound fame, she has said: "I was like, 'Yeah, I'll just wear this old, mangy shirt. I just had no concept!'"

And speaking more recently, she admitted: "I wish I could tell my younger self, who just wore any old thing from the wardrobe on Zoom, that those pictures would be on the internet forever."

"I really love dressing up, I love fashion and playing around with style, and I think I am becoming more and more confident with pushing it but still feeling like myself."

Despite her jam-packed schedule, the Brit beauty has still managed to find time to squeeze in some fun.

She recently told of an experience with her best friend Nancy, saying: "I went to Amsterdam to try weed for the first time."

"I was super-convicted it was good for me because of a Vice documentary about Californian nuns smoking it."

"They handed this menu over to us at one of the cafes and I remember there was one – it had some mental name. And it had four different strains of weed."

Daisy said of the experience: "We were p***ing ourselves laughing for ages and ages and I wet myself."

The actress was born in Islington, North London, and grew up in the world of entertainment.

Her dad Phil is head of entertainment at Sky TV while her mum Wendy is a former film editor.

She has said that it was playing King Henry VIII's second wife Anne Boleyn in a primary school play that gave her the acting bug, and she went on to train with the National Youth Theatre from the age of 14 before landing her first professional job at 17, appearing in a Christmas special of BBC sitcom *Outnumbered*.

Daisy then joined the cast of *Cold Feet* as Olivia, the on-screen daughter of actress Hermione Norris.

She has revealed that after getting rejected for one acting job in early



LEGGING IT... outside US TV studio last week

'I wanted the part more than anything. I really felt I understood Marianne. I really got her sense of humour'



PICTURE THIS... with photographer boyfriend Ben Seed at Glastonbury

FRILLED TO BE HERE... Daisy in New York on way to talk show on Thursday

2019, she decided to get her now famous choppy fringe cut in, crediting her much-imitated new hairstyle as some sort of lucky charm, because shortly afterwards she landed the part of bookish Marianne in raunchy drama *Normal People*, an adaptation of the best-selling Sally Rooney novel.

Daisy said in 2021: "It's so funny, because my fringe came from... not getting a part I really wanted."

"I was so sad, and I was like, 'Right, I'm gonna do a change. I'm just gonna chop off all the front bits of my hair.' And then after that I got a job, so I do owe a lot of my career to – I mean to only be able to act if you can only see a partial amount of my face."

The role earned her a Bafta and Golden Globe nomination. Yet she

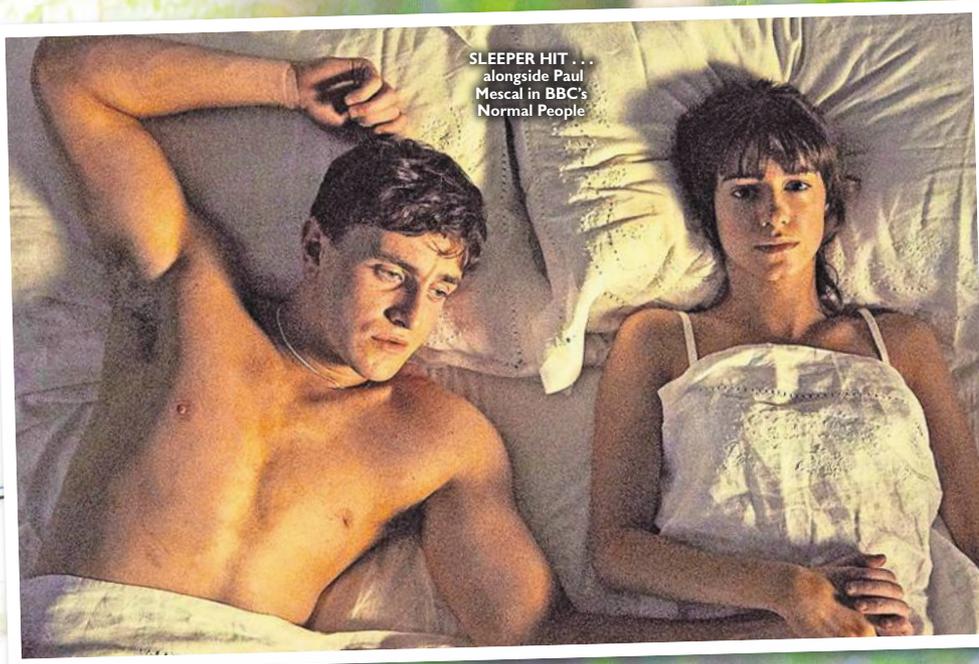
was completely unprepared for the overnight fame the 2020 series brought, saying: "The next day, I was on the front of a newspaper, papped for the first time."

"I remember going, 'What? That's me! I wish I'd worn a better outfit.'"

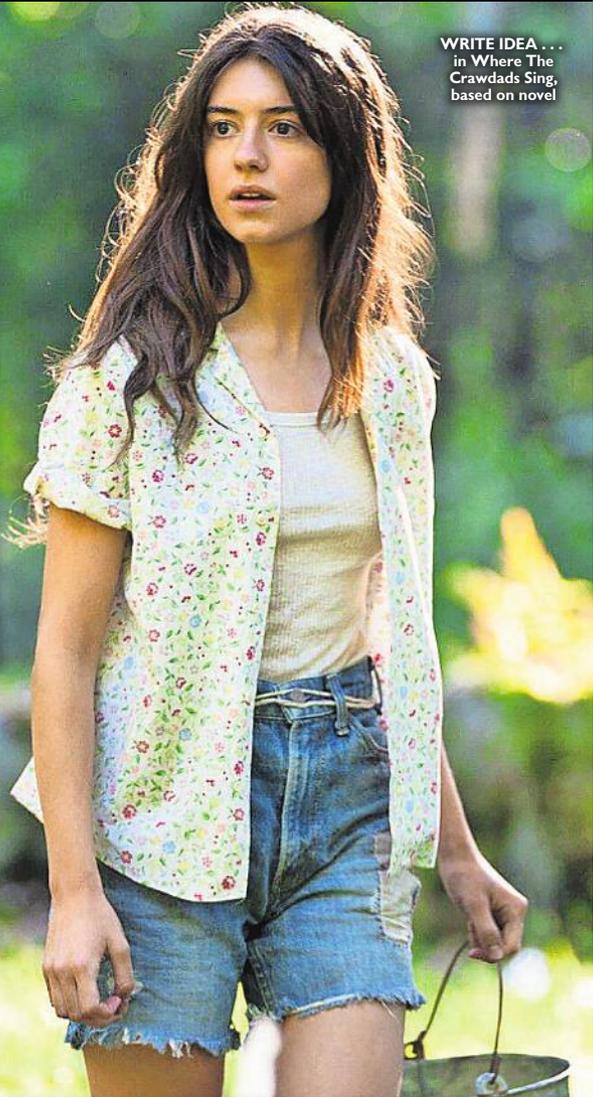
However, her emerging effortless style came to British *Vogue's* attention, with her



HAS SOARED FROM NEWBIE TO 'IT GIRL'



SLEEPER HIT... ... alongside Paul Mescal in BBC's *Normal People*



WRITE IDEA... ... in *Where The Crawdads Sing*, based on novel

Everyone's gone crazy for Normal girl Daisy

BRIT'S PLOT TWISTER

By **DULCIE PEARCE**, Sun Film Critic

I ALWAYS feel a moment of pride when one of our home-grown stars appears on a giant cinema screen and delivers their lines in an flawless American accent.

It means our tiny little island has, once again, beaten the best of Hollywood in the acting stakes.

Daisy Edgar-Jones has now, at the tender age of 26, had the lead in two American blockbusters – *Where The Crawdads Sing* (2022) and the blockbuster of the summer, *Twisters*, left – both times playing an American character.

She's getting gigs that could be made for actual born-and-bred US superstars such as Emma Stone, Zendaya or Jennifer Lawrence.

This is always something we should celebrate. Us Brits winning against the Yanks at their own game is a thing of beauty on the big screen.



appearing on the magazine's list of most influential women that year. Since then, she has barely been out of work.

In 2022, she played the lead in the Hulu series *Under The Banner Of Heaven* alongside Andrew Garfield, about a real-life murder inquiry in America's fundamentalist Mormon community, with it landing her another Golden Globe nomination.

On the silver screen, Daisy has appeared in films including the 2018 coming-of-age feature *Pond Life* and 2022 dark comedy-thriller *Fresh* before taking the lead role in a major 2022 hit, *Where The Crawdads Sing*.

But she is now starring in her biggest role to date, in the storm-chasing action blockbuster *Twisters*,

a standalone sequel to the 1996 blockbuster *Twister*.

The actress recently switched stylists and is now working with Dani Michelle, who is behind the wardrobes of A-listers Rosie Huntington-Whiteley, Hailey Bieber and Kendall Jenner.

'I have a weird run'

Daisy wore a custom Vivienne Westwood chestnut brown and black silk chiffon dress at the film's premiere in London's West End.

She has said: "Sometimes in photoshoots, I can feel a little shy.

I'm not a model, and I never was someone who took photos of themselves. I hated getting my school photo taken but I'm starting to enjoy it more."

Daisy had to undertake special training for the stunts in Twisters, including how to run properly.

She explained: "I'm not good at running, like I have a weird run, which I was told as a kid.

"And for me, that was a big stunt – to try to make it look not-pathetic. I did running lessons – isn't that crazy? Actually, Paul Mescal and I were laughing about

it, because he was training for *Gladiator II* and I was training for *Twisters*, and obviously he had to be huge and I was like, "Don't worry, I'm going to be right up there with you!"

The two rising stars have forged a strong bond since starring alongside each other in *Normal People*, with Daisy saying: "Paul is one of my lifetime best friends. He's an incredibly grounded person."

They were spotted having a blast in the crowds at Glastonbury last month. Daisy says she prefers London to Hollywood and has

reportedly splashed out almost £1million on her first property, a maisonette in an Edwardian terrace not far from her family home.

She has been snapped enjoying a pint of Guinness in a London beer garden after getting a taste for it while filming *Normal People* in Dublin.

Daisy, who has been quietly dating photographer Ben Seed since last year, is set to star in upcoming sweeping drama *On Swift Horses*, opposite *Euphoria* heart-throb Jacob Elordi.

And while her wardrobe might be a revolving door of changing designer outfits, it is unlikely she will change her hairstyle any time soon if she still wants to keep bagging those big roles.

She said: "My fringe has good vibes."

...AND PAUL'S CRAZY FOR GRACIE **bizarre** Pages 18 & 19



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Tragic... tourist Jay

Warning after fake leads in Jay case

By JULIANA CRUZ LIMA

A MISSING persons' charity boss has slammed trolls who sent fake leads about Jay Slater.

False tips reported sightings of the 19-year-old across the UK.

Jay, from Oswaldtwistle, Lancs, was found dead nearly a month after he went missing in Tenerife.

Cops are said to be investigating the hoaxes.

Matthew Searle, at LBT Global, said: "We knew most were fake but you have to follow every lead.

"I've investigated sightings of Jay in a Sainsbury's in Basingstoke, at a Euros match in a pub in Droitwich and another of him on the Eurostar.

"We're going to get a case where police will be dealing with fake tips and miss an opportunity to save someone's life."

Sending false messages that cause "annoyance, inconvenience or anxiety" is a crime. Those convicted could be jailed for up to six months.



Killed... Mr Lloyd-Smith

Peckham shooting victim is Jesse, 20

By MIKE SULLIVAN

POLICE yesterday named a 20-year-old man shot dead in broad daylight as Jesse Lloyd-Smith.

He was killed in Peckham, South London just before 5pm on July 10.

Emergency services rushed him to hospital but he died the next day.

Det Chief Insp Alex Gammampila, of the Met's crime command, said: "Our investigation into Jesse's murder continues at pace as we piece together the events leading up to, and following, the shooting.

"I'm appealing to anyone who has information as a witness or knows who's responsible to come forward. The impact gun crime has on communities is horrific. It instils fear and distrust.

"Jesse's family are devastated and need to know who was responsible."

There have been no arrests and the family is being supported by specially trained officers.

ISRAEL HITS HOUTHIS



FEARS are growing of a wider war across the Middle East.

Tensions soared at the weekend after Israel launched retaliatory air strikes on Houthi rebels in Yemen.

Oil storage facilities and a power plant near the Red Sea port of Hodeidah were hit, killing at least six. Footage showed huge fires rag-

By PAUL SIMS

ing on Saturday evening, above. The strikes were revenge for a drone attack on the Israeli city of Tel Aviv which left one dead.

Iran-backed Houthi leaders vowed there were now "no red lines". Israel later said it intercepted a sur-

face-to-air missile heading for Eilat. Defence minister Yoav Gallant insisted: "The fire that is currently burning in Hodeidah, is seen across the Middle East and the significance is clear. And we will do this in any place where it may be required."

Meanwhile Israel continued its bombardment of Gaza.



Funeral... Israelis grieve Houthi victim

GLOBAL TECH MELTDOWN

AIRLINES DODGE I.T. PAYOUTS

No compo for axed flights

By MICHAEL HAMILTON

AIRLINES and holiday firms will NOT have to pay compensation for flights axed amid the global IT meltdown, a watchdog says.

Travel operators can argue the outage – which left passengers sleeping on airport floors – was down to "extraordinary circumstances" beyond their control, the UK's Civil Aviation Authority has decreed.

It wrote to airlines to say the tech meltdown falls under the same category as terrorism or sabotage, for which operators are not responsible.

It means stranded passengers will not get the standard compensation of between £211 and £506 they are entitled to under EU regulations.

But they can still claim expenses for hotel, food and travel costs and be refunded for flights.

Paul Charles, boss of travel consultancy PC Agency, said: "If the regulator can't protect passengers and agree compensation for ruined holidays, what is it for?"

Hundreds of Brits stranded in Morocco on Friday and Saturday night finally flew home yesterday. But huge queues still built up at Heathrow as



Chaos... Standed queues

more flights were cancelled. The IT crisis, involving 8.5million computers globally, was caused by a flawed update.

And the British Medical Association says GP services also affected "cannot be resumed immediately".

mike.hamilton@thesun.co.uk

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DJ EDS TO ITALY



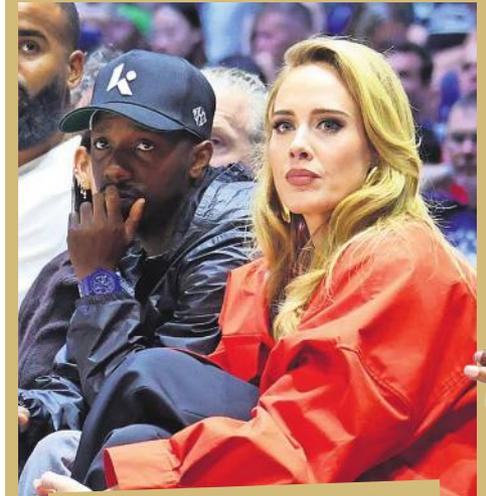
ED SHEERAN has worked with BEYONCE, STORMZY and loads of others over the years, and next up could be a collaboration with Brit DJ JOEL CORRY.
 The beefed-up producer, left, has revealed he plans to jet off to Italy next month to hit the studio with the singer.
 Joel said of Ed: "He's a lovely guy. He said he's doing some music out in Italy this summer and he invited me to go over, so hopefully that can happen. I'm a big fan." But it sounds like Joel has another collaboration coming out before that, with KYLIE MINOGUE.
 Joel explained: "I was in the studio with Kylie in LA

and it was an amazing experience. She was literally like, 'We're here to work. We've got to get this track done. We've got this many hours together - let's smash it and focus and work'.
 "I love working with someone who has that outlook on it. I can tell why she's had such a long and successful career."
 Joel's flourishing career, which also includes a crazy amount of shows each year, has come at a cost though.
 He told the Headstrong podcast: "I don't see friends any more, if I'm being really honest. I spend so much time on my own travelling around and working."

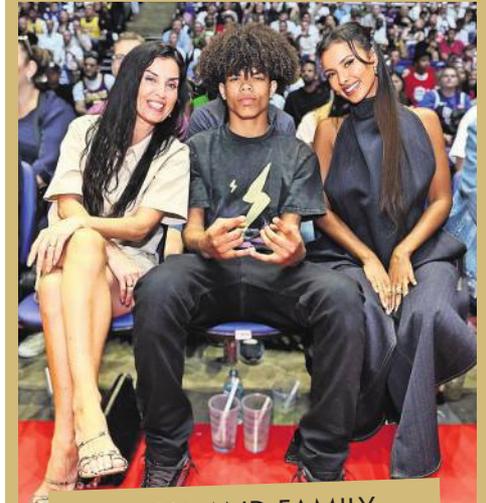


SOLO JADE AWAY TO A FLYER

JADE THIRLWALL's solo career is off to a cracking start, as her debut single Angel Of My Dreams is at No2 in the mid-week charts.
 And she has already been celebrating, as the former LITTLE MIX star was seen knocking back shots at Shoreditch House in London with boyfriend JORDAN STEPHENS and pals late on Saturday night. That's despite the fact she had a late one on Friday, when she made a surprise appearance at JODIE HARSH's club night Feel It in the capital.
 Jade has kept her distance from another Little Mix drama, after a producer revealed that JESY NELSON didn't sing on the group's final single as a four-piece, No Time For Tears, in 2020.
 TRE JEAN-MARIE, who worked on the track, wrote on Instagram: "All of Jesy's backing vocals (and even one of the leads) on No Time For Tears are somebody else impersonating her because she was quite literally over it."



RICH PAUL & ADELE

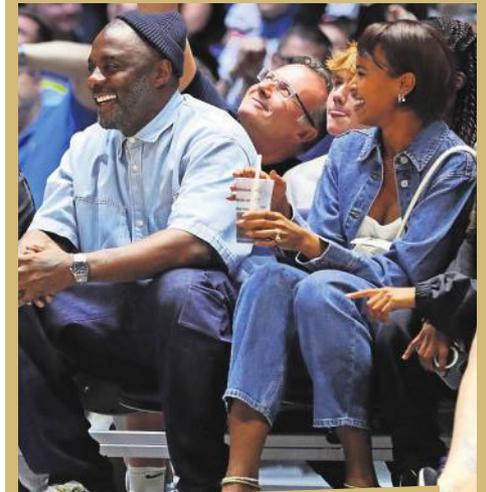


MAYA AND FAMILY

THERE'S a reason Noughties fashion has yet to make a comeback, but for me there's no garment more memorable than JODIE MARSH's army belt top. Now, 11 years on, the ex-party girl has revealed she still owns the outfit - even though she's been trying to flog the skimpy strips of camo to fund her animal sanctuary.
 But she said: "You can't just do it on eBay because trolls mess it up with fake bids."

A SALUTE FOR SHAR

SHARLEEN SPITERI has a lot to celebrate ahead of TEXAS's arena tour this year.
 Over the weekend she was honoured with the illustrious Chevalier medallion at the Ordre des Arts et des Lettres (Order of Arts and Letters) in France.
 Sharleen was handed the honour for her contribution to music and the arts, and follows in the footsteps of previous honourees UMA THURMAN, KYLIE MINOGUE and TIM BURTON.
 She will hit the road for nine arena dates across the UK in eight weeks' time, kicking off in Hull on September 3 before heading to London, Leeds, Liverpool, Cardiff, Birmingham and Glasgow.
 We raise our glasses to you, Sharleen.



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RYLAN SHRUBS OFF BAN

RYLAN CLARK has been barred from sending messages on Instagram, after the app's AI misread a photo of his garden. The TV host says he has been punished for sending a snap which was monitored as X-rated by the dodgy software. Laughing it off, he wrote on his

account: "Anyone that's messaging me - I'm not being rude but I've been banned for three days for sending a picture of a plant that looks like a willy. Back Wednesday." I'd love to know this plant that confused Instagram. Answers to the Biz Batphone, please.



Maya's
having
a ball

NEWLY single MAYA JAMA spent Saturday night with a group of lads who are exactly her type on paper.

In a stunning backless dress, the Love Island host - who was once engaged to hoops star BEN SIMMONS - was courtside as the American Olympic basketball team played at London's O2 Arena. But I don't think her recent ex STORMZY needs to be too concerned, as Maya had her little brother and mum in tow. They were in good company at the game, with IDRIS ELBA and his wife Sabrina also getting court-side seats, along with model JOURDAN DUNN.

And after I revealed ADELE is busy working on a return to the UK after years in America, the singer is making the most of her time back on home turf. She watched the US slam-dunkers beat the South Sudan team, with her husband Rich Paul. I'm surprised anyone was watching the game, with that much star-power in the front row.

The game marked the first of Teg Sport's run of three gala events at the O2, with some tickets still available.

MICK HAS BOOKED TIME OUT

THEY wrapped up their Hackney Diamonds tour in the US last night with a mammoth final show at the Thunder Ridge Nature Arena in Missouri.

And as I revealed earlier this month, the **ROLLING STONES** are now up for a well-deserved break before they start work on putting the finishing touches to a series of new South American dates.

Amid the madness, insiders told me that **MICK JAGGER**, right, has been offered a series of big-money deals to finally put pen to paper for a memoir about his life.

But fans of the legendary frontman may be left wanting when it comes to an autobiography, as I hear Mick has turned down the idea of a book deal despite the huge sums of cash being waved in his direction.

A source said: "Mick has drawn the line under ever writing a book about his career and life."

"The sums are well over the £20million mark but he is all about looking forward, not reviewing the past."

"To spend 18 months or more working with an editor is not anything he is interested in. So it's now a definite. Thanks, but no thanks."



TODAY: The festival that was set up to celebrate the life of **CAROLINE FLACK**, Flackstock, takes place at Englefield House, Berks, with a headline set from her pop pal **OLLY MURS**. Other acts on the line-up include **SHAZNAY LEWIS** and **CHESNEY HAWKES**.

THURSDAY: Nominations for this year's Mercury Prize will be announced at a glitzy event in London. The gong celebrates the most critically acclaimed British albums of the past 12 months.

FRIDAY: All eyes will turn to Paris as the Olympic opening ceremony gets under way, with an estimated 2,000 dancers taking part. The musical guests are being kept a close secret but it's bound to be impressive.

SATURDAY: One of the UK's largest pop culture conventions, Comic Con Manchester, takes over the BEC Arena. **KAREN GILLAN**, **CATHERINE TATE** and - rather randomly - **TOMMY FURY** will be among the stars offering meet and greets.

Actor and singer's secret dates



FEAST YOUR EYES ...gazing at each other in London restaurant in June

Picture: TMZ/BACKGRID

PAUL SO GLAD TO BE WITH GRACIE

TALK of a romance between Gladiator star PAUL MESCAL and US singer GRACIE ABRAMS has been blowing up my phone for weeks.

The pair were first spotted together at the end of June grabbing food at Brat in Shoreditch in East London, where Paul was seen stroking Gracie's cheek as they chomped down on some small plates of food.

Now I can reveal they have enjoyed a second date, heading to London's posh Bond Street for a shopping trip last weekend where they splashed the cash at shops including Gucci and Ralph Lauren. Clearly, Paul's *Gladiator II* pay cheque is being put to good use.

My insiders told me Paul and Gracie went out of their way to remain low-key, and after their shopping date they headed off in separate directions. I'm told: "Paul and Gracie looked like any other young couple

hitting the shops, and they went almost unnoticed. They seemed very relaxed in each other's company and were busy checking out the posh shops on Bond Street.

"Paul is a very low-key person, as is Gracie, so there was no fanfare and they kept their distance from each other when they were out on the street. When they had finished shopping, they each went off alone."

Gracie, daughter of leading movie director **JJ ABRAMS**, has been in

town for a series of acoustic performances across the UK.

Interestingly, when she played three consecutive gigs in Kingston upon Thames in South West London, Bristol and Southampton, she chose each time to come back to the capital.

My sources told me Gracie was staying at the Chiltern Firehouse in central London during her stay and returned there after each gig.

They added: "Paul wasn't seen at any of Gracie's shows but the fact she chose to keep coming back to London seemed quite telling."

"Bristol and Southampton are less than 100 miles apart but instead of bedding down at her next stop she came back to London each time."

"It seems being close to Paul is a real draw."

And who could blame her? After seeing those new photos of Paul with tree trunk-sized arms for his new role as Lucius in the *Gladiator* sequel, I think he'll need a stick to fight off all his new admirers.



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DEAL OF DAY



RELAX in your own hanging chair – this one was £150, now £110 at onlinehomeshop.com, plus it folds away so it's perfect for cosy spaces. **SAVE: £40**

CHEAP TREAT



COOL down with a pack of Rowntree's watermelon lollies, usually £2.50, now £1.75 when you use a Tesco Clubcard. **SAVE: 75p**

What's new?

JUST in time for the school holidays, kids now eat free at PizzaExpress when adults buy a main course. The free Piccolo meal includes dough balls, pizza or pasta and a drink. Offer ends August 11.



AFTER A 2ND-HAND MOTOR? FOLLOW OUR TIPS AND...

Driver hard bargain

CONSIDERING getting a new set of wheels?

Buying a used car can be tricky and costly, so we asked Dan Meeghan, UK country lead at motor-checking app Carly, for his advice.

Here are his steers...

CHECK THE CONDITION: Before purchasing a vehicle, assess potential future fixes. A well-maintained motor should not present immediate repairs, so you need to find out how regularly it has been serviced. Services at authorised dealerships should include a vehicle health check which points out necessary upcoming repairs.

IT'S ALL HISTORY: Investigating the car's MOT history provides insight into how well it has been

By GISELLE WAINWRIGHT

maintained. Ideally, you want evidence of issues being addressed promptly. An owner who has done that is likely to have maintained the vehicle well, reducing risk of future problems.

PRICE IT RIGHT: Research the vehicle's value compared to similar models online to understand if the price is reasonable. Be cautious of deals that seem too good to be true, as they are often indicative of underlying problems.

There's always room for negotiation – and take into account future costs, such as a need for new tyres or brakes.

WATCH OUT: If buying a used car from a dealership, keep price negotiations separate from discussions about extras and financing. Evaluate each additional product or service offered in terms of cost and necessity to ensure a fair deal. Avoid being swayed by any attractive

monthly payments without understanding the total financial commitment – and don't be afraid to take your time.

SUMMER SENSE CHECK: When buying at this time of year, consider issues that might worsen in winter. Take at least a 30-minute test drive to let the engine reach full temperature, then turn it off and see if it restarts easily when hot.

Cars can perform differently at various temperatures due to component expansion.

Check the air-con works, and that the heaters function properly once the car is up to temperature.

● Check out the new free Used Car History Checker at mycarly.com.

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

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Scandal... Keeler

Vice teen Christine 'involved' with Phil

By **THOMAS GODFREY**

PRINCE Philip was "involved" with 1960s vice girl Christine Keeler, an FBI memo claims.

The secret document links the late Queen's husband with the notorious Profumo sex scandal.

It connects him with teenage showgirls Keeler and Mandy Rice-Davies - pimped at high-society parties by Stephen Ward.

The role of Philip - who died in 2021 - is alleged in a 1963 US justice department cable obtained by a newspaper.

Penned by then FBI chief J Edgar Hoover, it names a pal of osteopath Ward - businessman Thomas Corbally.

It said: "Corbally also stated there was a rumour Prince Philip may have been involved with these two girls."

Philip's alleged links to the affair were portrayed in Netflix's *The Crown* when spy Anthony Blunt threatened to expose his relationship with Ward.



Reliable... the bags

Shopper has ten carriers for 21yrs

EXCLUSIVE by **EMILY-JANE HEAP**

A WAITROSE customer has been using the same carrier bags for 21 years.

Eleanor Dunne, 59, goes to the store every week and has ten of the durable holdalls on rotation.

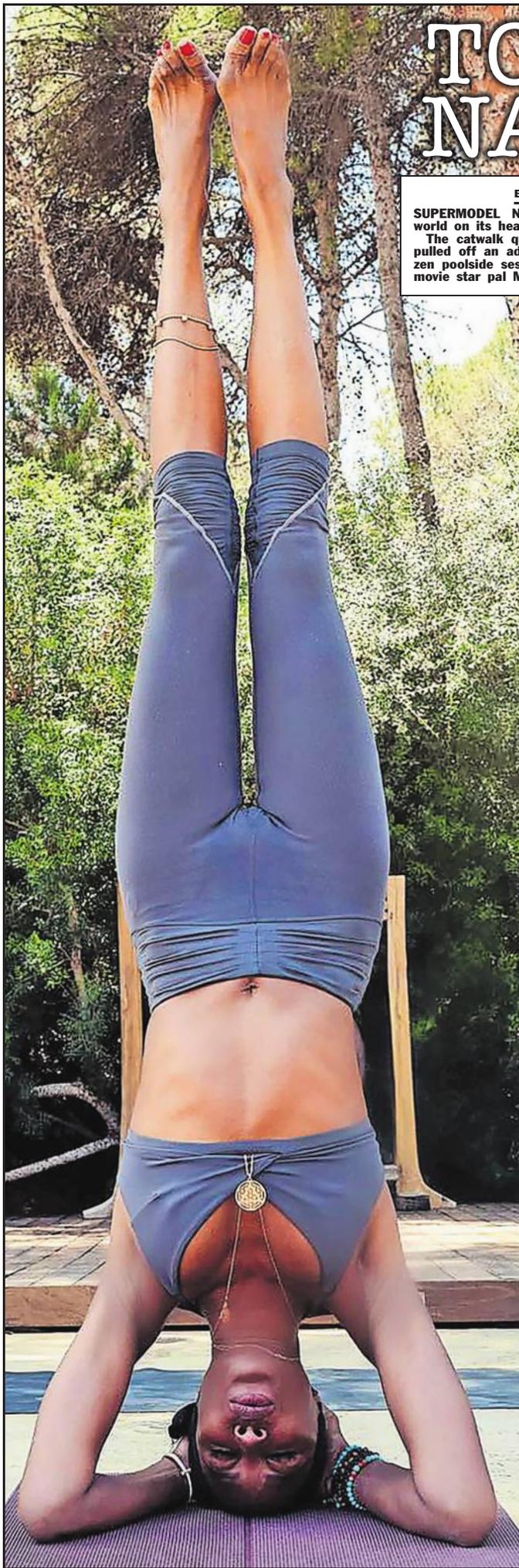
As well as bringing home her groceries, they have also been used to help her children move to university and carry luggage on holidays in Europe and the US.

Mum-of-two Eleanor, of Southampton, said: "They have been around nearly as long as my children!"

"I use them several times a week. They're great for everything."

One bag broke - after holding nine bottles of wine - but Waitrose has vowed to send a replacement full of goodies.

The sturdy bags were made by Shropshire-based Seymour Manufacturing and Eleanor added: "It's just a fantastic piece of British manufacturing."



TOPSY NAOMI

By **FELICITY CROSS**

SUPERMODEL Naomi Campbell turns the fashion world on its head again - at a yoga retreat.

The catwalk queen, 54, went in feet first as she pulled off an advanced topsy-turvy pose while at a zen poolside session in Ibiza with *Fast and Furious* movie star pal Michelle Rodriguez, 46.



Head-onism... supermodel's yoga

EXCLUSIVE

JACK'S RAIDER MISERY

Cops clueless 7 months on, he's still 'on edge'

FOOTIE star Jack Grealish fears cops will never catch the robbery gang behind a **£1million raid on his home.**

There have been no arrests seven months on and Man City ace Jack is said to still be "on the edge" over the ordeal.

Burglars snatched jewellery and watches worth £1million during the December break-in while Jack, 28, was playing away at Everton.

His girlfriend Sasha Attwood, 28, and ten members of his family were at the £5.6million property and raised the alarm.

But months later, Cheshire Police have brought no suspects in.

A source said: "Jack fears they will never be caught."

"This left him absolutely distraught - it impacted him and his family badly."

"Seven months on and no arrests have been made. Police say they are still investigating it, but there's a real fear they have fled the country."

"Jack is worried they'll never be caught and will do it again."

This month, Jack - who missed out on England's Euros squad - revealed he

Concern... ace Grealish

By **SARAH RIDLEY**

and Sasha are expecting their first child. The pair have been together since their teens.

The raid at his mansion near Knutsford sparked a huge police response with dog teams and a helicopter hunting for clues.

His home is in a wealthy area repeatedly targeted in recent years by professional burglary gangs from Brazil, Mexico, Chile and Peru.

Following the raid, Jack posted on Instagram: "I can't begin to explain how devastated I am over the burglary that took place at my home."

"My family means the world to me and nothing is more important than ensuring their safety."

"This has been a traumatic experience for all of us, I am just so grateful that nobody was hurt."

Other footballers targeted by burglars include Man City defender Joao Cancelo, who was physically attacked in December 2021.

Chelsea's Raheem Sterling, former Arsenal striker Pierre-Emerick Aubameyang, and then Man Utd ace Paul Pogba

and Angel Di Maria, have also been hit.

After the raid at Jack's home, City manager Pep Guardiola warned against social media posts.



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NEIGHBOURS TELL OF FEAR



Fundraiser ... Ashley

Ex-footie star Cain finishes ultra feat

By DANIEL HAMMOND

EX-FOOTBALLER Ashley Cain has completed his run, cycle and kayak challenge up and down the UK three times.

The former Coventry City player and reality TV star, 33, journeyed between Land's End and John o'Groats, covering almost 3,000 miles.

He began on April 24, three years after the death of daughter Azaylia from leukaemia, aged just eight months.

His ultramarathon has raised £196,042 for the Azaylia Foundation, set up in 2021 in her memory to fight child cancer.

Ex On The Beach star Ashley posted a video of the celebrations as he finished his kayaking in Scotland on Saturday.

He said: "Three years ago I lost the most beautiful, the most special, and the most incredible person in my life.

"The only way I've known to live my life in the last three years is to do what I think is right, led by my heart.

"And in that last three years, to do so, all I've had to do is to look up to the sky every time things got hard and realise that she's looking down on me.

"And to be able to continue to do that is a blessing, to be able to battle for 80 days out there is a blessing, to feel pain is a blessing."

Boy, 15, is shot dead

A BOY aged 15 was shot dead in a park yesterday.

Six men were arrested on suspicion of murder.

Police were called to the shooting in Ladbroke Grove, West London, at 7.20pm.

Medics, including a doctors from an air ambulance, battled to save the lad, but he was pronounced dead at the scene.

Police were still trying to confirm the victim's identity last night.

The six suspects were being held in custody.

IMAGINE THE PRICE

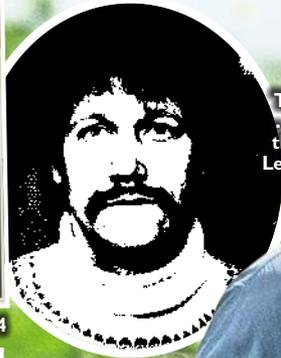
A pair of blue-tinted glasses John Lennon gave an Abbey Road visitor in 1968 could fetch £3,000 in a Surrey sale on July 31.



Shock win ... story in 2004



Caught .. after 2005 release



Terrifying ... Hoare this week. Left, convict



LOTTO RAPIST CURSE ON OUR VILLAGE

EXCLUSIVE by PAUL SIMS

A QUIET village has been paralysed with fear since Lotto rapist lorworth Hoare moved in — with some residents ready to sell up and go.

Neighbours say women are too scared to stay in alone, while others ensure they drive further afield for country walks to avoid him. Dishevelled Hoare, 71, stunned the nation by winning a £7.2million jackpot in 2004 with a ticket he bought while on day release from an open prison.

After legal wranglings, he now has full control of his fortune nearly 20 years on and was this week pictured near is £500,000 home in the North of England.

Locals said Hoare — jailed for life in 1989 for attempting to rape a teacher following other convictions for rape and indecent assault — turned their lives upside down after he moved into a converted church.

One neighbour, who did not want to be named, said: "Why do you think we are trying to sell? It's all down to him.

"I know his background, he's been there a few years and it's really uncomfortable. It's an absolute nightmare.

"Women around here don't want to be alone with him there. It is terrifying. We don't want to live here any more and it's down to him."

Hoare bought his winning ticket in August 2004 while at HMP Leyhill, Gloucs.

Lags were banned from gambling at the time, but a loophole did not include the National Lottery.

He was freed in March 2005, but his location kept secret until The Sun found him at a Sunderland bail hostel.

He later moved to Darras Hall, near Newcastle, before heading to the rural village.

At the time, Hoare was only allowed to have an allowance of nearly £9,000 a month from his fortune.

The rest could only be accessed with consent from trustees — but his pot ballooned to more than £10million in part due to well-placed investments.

But Hoare has gained full access to his cash in the years since — and refuses to hide away despite his horrific past.

A local said: "He is supposed to be rehabilitated but someone with that record is still highly dangerous.

"I'm on edge and it's always in the back of my mind that a serial rapist is just down the road. He's a creep. His behaviour is very creepy. It's sickening to think he is there."

On jailing Hoare in 1989, Mr Justice Roush warned: "Every moment you are at liberty, some woman is at risk."

paul.sims@the-sun.co.uk

Picture: SPLASH NEWS

DAWN BOOB PICS

DAWN French used to take pictures of her boobs on hotel guests' cameras when she worked as a chambermaid.

The Vicar of Dibley star, 66, pulled the saucy stunt at Salcombe Hotel, Devon, while paying her way through drama

college. She also told the Titting About podcast: "One time I opened the door, went in and a man was doing push-ups.

"I started to make the bed and was chatting to him — until I realised there was a woman underneath him."



ALEX ON THE MOVE

tv biz PAGE 29

GUTTER AD £10K

A RENOWNED poet is offering a £10,000 reward — for an old leaflet advertising his gutter cleaning business.

Lemn Sissay, 57, said he gave out hundreds of the flyers for his first job after leaving school in Atherton, Lancs.

But he added that 40 years on, he "can't find a single one".

Sissay — the official poet of the 2012 London Olympics — called them "precious" as they contained some of his work.

He said: "I'm keen enough ... to offer £10,000 for it."

WE TRY OUT GARDEN COOKING GADGETS

FANCY recreating a slice of Rome in your back garden this summer? Then why not get yourself a pizza oven? Gone are the days when you practically had to get the builders

in with a pallet of bricks to recreate that heady scent of stone-baked pizza from holidays abroad. Now there are a whole host of affordable and mobile outdoor ovens available on a much more

reasonable budget to help you rustle up the Italian classic. Pepperoni pizza fan **VERONICA LORRAINE** tested out five ovens from the High Street – and learned two key lessons while using them:

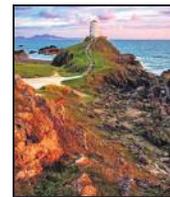
1. Turn the pizza.
2. Don't wander off – even for a minute – otherwise you will be left with a smouldering mess.
Here, she gives her verdict, with scores out of five...

Are pizza ovens worth the dough?



CHEESYPEASY...
Veronica tests outdoor pizza ovens

Pictures: OLIVIA WEST



Popular... beauty spot

2 guards hired for a beach

By **ALEX WEST**

A BEACH is to get guards – over fears that a surge in tourism is impacting the landscape. Ynys Llanddwynn in Anglesey, North Wales, is hugely popular due to its sand dunes, lighthouse and pine forest. Two guards will help the Sea Watch Foundation keep an eye on visitors this summer. Jenny Bond, from the marine charity, said: “We feel it is important to minimise visitors’ impact to allow wildlife and habitats to flourish.” Graham Williams, from Natural Resources Wales, added that people will be asked to follow rules on dogs, litter and barbecues.



IF you have not yet started collecting for our Holidays from £9.50, it is now too late to join in. But for those already taking part, today's codeword and token are below. If you are collecting Sun Savers codes, today's code is on Page 20. Terms and conditions apply.



Supps hit Creek...

JACOB'S Creek – one of the most popular wines of the 1990s – is being sold off by its owner. In April, Pernod Ricard said overall wine sales were down nine per cent year on year, mainly due to dwindling demand. It has now agreed to sell all its wine brands, including Campo Viejo, to Aussie firm Accolade. Experts say wine fans are being “more adventurous” with their drinks.

PAST BOWLER

A cricket bat made in Sevenoaks, Kent, less than 20 years after the first in 1729 could fetch £10,000 at Norwich auction on Friday.

Lakeland Gas pizza oven, £249



AT the top of our budget, this is the closest you are going to get to the gadgets from leading outdoor oven brand Ooni without breaking the bank. Gas-powered and lightweight, it heats to 500 degrees in 15 minutes. It is a shame it doesn't get hotter. It crisps up pizzas in around four minutes. But it feels like it uses a lot of gas. And there is no built-in temperature gauge, so it takes a bit of practice.

3/5

Argos pizza oven barbecue toppler with paddle, £55



TOPPERS are tricky, but if you are short of space – and cash – they are a decent alternative. I struggled to get this one anywhere near hot enough on a gas barbecue. However, if you've got the patience to wait at least half an hour or more for the heat to get to the right level, it looks good for just over £50. A massive positive is that it has a temperature gauge and comes with a trusty pizza paddle.

2/5

Charles Bentley pizza oven toppler, Robert Dyas, £46.99



I STRUGGLED with this pizza toppler – it is not the best on a gas barbecue as the gas could end up costing you more than just using an indoor oven. But this does have a gauge which tells you when it is hot enough to cook. It only took about ten minutes to heat up and then around five to six to get the pizza cooking. Better than the Argos, but there's definitely a knack to it – and practice makes perfect.

3/5

Homebase gas-powered pizza oven, £95



A REALLY good deal for the price. It is sleek and cool, folds down and is lightweight. It is gas-powered and heats up quickly. Frustratingly, there is no heat gauge, so it took a few attempts to get it right. But once I had worked it out, it cooked a decent crispy pizza within four minutes. No accessories though. And, ridiculously, the instructions were on the bottom of the oven. But great for a pizza party.

4/5

Try this pepperoni pizza recipe

MAKING pizza from scratch costs less than a third of the price of buying one, coming in at around £1.75 a time, with toppings included. **YOU NEED:** 225g self-raising flour A sprinkle of salt 45ml cooking oil 90ml warm water 170g tomato puree 100g mozzarella cheese Quality pepperoni and any other toppings you like. **METHOD:** Place the flour and salt into a mixing bowl. Mix in the oil and warm water to form a dough ball. If it is sticky add more flour. Roll out the dough to form a pizza base. Cover with tomato



puree and top with cheese, then add your toppings. Pop it in your new pizza oven and impress your guests.

Haven Wood 11in pizza oven, Robert Dyas, £109.99

THIS was the surprise winner – and not just because it comes with a paddle and rain cover. It looked good, had a door to keep the heat in, and heated up faster and more fiercely than all the rest. It has a temperature dial on the chimney, and once I worked out how to maintain the heat for each pizza, they were taking around three minutes to cook. Online tutorials taught me that wood pellets on their own are not enough to keep the heat longer than for one pizza's worth. But add a few blocks of charcoal or some proper kindling and you are off. Plus it truly replicates the smoky taste of hot pizzas. And for that price you can't go wrong.



5/5

CAT WALKS RAP

Woke owners told to stop putting mogs on lead

WOKE pet owners who put cats on leads and take them for a walk have been blasted by animal experts.

The RSPCA criticised the trend as they said it will make moggies stressed. Some owners have started using leads as they fear their cats will get injured or could

EXCLUSIVE
by **THOMAS GODFREY**

hurt other animals if they are allowed to roam free. The charity spoke out as figures show demand for cat leashes is soaring, with 6,000 searches per month for leads – including kitten harnesses. Pet insurers Waggel, which conducted the research, said: “There is a growing divide

among cat owners on whether to keep cats indoors or allow them to roam. An increasing number now keep cats indoors to protect them from road traffic, diseases and other animals. “This trend is also driven by concerns about the impacts of domestic cats on local wildlife,” CEO Andrew Leal added: “Cats like to have control – a collar can take that away.” The RSPCA said: “Some cats

may be frightened by the experience of being on a lead. “It may be more difficult for them to be able to move away or hide from stressful situations – like being approached by a dog off the lead. “We understand social media has helped fuel the trend, but it’s important to consider whether this is the right thing for your own cat.” thomas.godfrey@the-sun.co.uk



Pet trend . . . cat in harness

Grog of seagulls

BICKERING seagulls who are “drunk” on flying ants are causing chaos and getting run over. Millions of the insects have taken flight as temperatures soared recently, but were guzzled by birds. The gulls, groggy on toxins in the ants’ bodies, fight each other and get run over as they are distracted. East Sussex Wildlife Rescue said. Council staff said residents call for them to sort it out. One said: “As if we can reason with them!”

STAGE SHOCK

Singer Ayres Sasaki, 35, was electrocuted by a guitar cable and died after hugging a soaking wet fan at a hotel gig in Brazil.



JENNER A BELLA

By **FELICITY CROSS**

KYLIE Jenner looks to be back in business as she poses on holiday in Italy. The reality star, 26, wore the black backless dress from her Khy clothing range. She is in Venice with her family and friend Anastasia Karanikolaou, 27. Kylie also shared a snap of her children Stormi and Aire in a gondola and said: “Doesn’t really get any better than this.”



Help . . . for doctors

A.I. helps in cancer spotting

By **THOMAS GODFREY**

CANCER detection rates have been boosted by an AI bot scanning health records for patterns. It helped hike accurate cancer pick-ups from 58.7 per cent to 60 per cent last year, figures show. The bot analyses a patient’s medical record, test results, prescriptions and family history to determine if they may be at higher risk of cancer. It can prompt GPs to question symptoms based on hidden patterns that human doctors may not have picked up on. C the Signs is used in one in seven surgeries in England. Cancer detection rates at trial practices rose by 13 per cent. Dr Bea Bakshi built the AI tool in 2021 after meeting a patient who was given a late diagnosis of pancreatic cancer and died weeks later. She said: “The key is it’s not only an earlier diagnosis, but a faster diagnosis.”

TV send off reality

A **GRANDAD** who planned his funeral on national TV has had his final wishes come true. Malcolm Brocklehurst, 89, appeared on Channel 5 show Bizarre Burials in 2013, which saw him rehearse his final journey. He died in June and last week his plan was honoured – with a procession of his tangerine, aeroplane-shaped coffin from his beloved Blackpool FC in Lancashire. He also wrote a song called ‘Fry me, toast me’ which was played at the end of the nearby service.

NOT AIR BALLOONS

A hot air balloon regatta was postponed for a second time due to rain and wind at London’s Battersea Park yesterday.

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ROUX'S READY MEALS

MICHELIN-starred telly chef Michel Roux is launching a luxury line of ready meals.

The former MasterChef star, 64, has filed papers to trademark a range of TV dinners, booze, utensils and kitchen gadgets.

The brand includes "prepared meals; pizzas, pies, and pasta dishes".

Roux closed his two Michelin-starred London restaurant Le Gavroche in January – but it lives on as the name of his range of TV dinners.

EXCLUSIVE by FELICITY CROSS

ners. The chef, below, said at the time: "Le Gavroche continues to be fully booked, but I must spend more time with my family and on my other business ventures."



Doughnut swim hero

A DAD fuelled a record-breaking charity swim across Lake Geneva with doughnuts.

Neil Gilson, 38, ate five of the treats in the 22 hours it took to cross the 44-mile Swiss lake.

The hotel manager, from Berrynarbor, north Devon, raised £3,000 after beating the record by 33 minutes on Wednesday.

He said: "It became an incentive. I'd tell myself, 'two more hours until another doughnut!'"

Sex pics Sir's ban

A TEACHER posted sexually explicit pictures of himself on social media.

Peter Hoare, 34, admitted uploading images of him pleasuring himself in public on Twitter, now X, from 2018 to 2022.

Posts also showed him being paid for sexual favours. Hoare taught at a primary in Tamworth, Staffs, until 2022.

A panel banned him from teaching for life as the pictures "could be viewed by anyone".

THE SCANDALS PUSHING



By **GRACE MACASKILL**

AN Albanian gangster films a TikTok video in his cell, two female prison officers sleep with the same lag, and another smuggles drugs behind bars for inmates.

This is the reality of Britain's crumbling jails, which have become a hotbed of sex, narcotics, violence and scandal, with poorly trained staff and overcrowded cells.

Former prison governor Professor Ian Acheson told The Sun: "It seems like a free-for-all."

The state of the country's jails was brought into sharp focus last month after a TikTok post went viral, which seemingly showed a female prison guard having sex with an inmate in HMP Wandsworth.

A fellow prisoner filmed the scene and is heard bragging: "This is how we roll in Wandsworth."

This month, Linda De Sousa Abreu, 30, of Fulham, South West London, appeared in court charged with misconduct in public office, after the alleged incident went online. She was bailed to a later date.

New Justice Secretary Shabana Mahmood has warned of the "total collapse" of the prison system and set out plans to release more than 5,000 prisoners in England and Wales after they have served just 40 per cent of their sentence.

She warned of a "total breakdown of law and order" unless urgent action was taken.

But what has gone wrong with our jails?

Ex-governor Professor Acheson warns the system is on the verge of collapse, because out-of-control inmates are often being looked after by novice guards as young as 18 with just six weeks of training.

Tattooed on her thigh

Overcrowding means stretched staff are losing control, and the probation service is so pushed that they struggle to control more than 87,000 inmates who are being allowed out early to ease the problem.

The issue that has attracted the most public attention are the sexual affairs, mostly between young female officers and lags.

Yesterday a Sun on Sunday probe revealed that jailed gangsters have openly boasted about paying female prison guards £2,000 for sex.

In the three years to March 2023, 31 female prison staff were sacked for having illegal relationships with inmates, including one who gave birth to a convict's baby and another who had her crush's cell number tattooed on her thigh.

Prison wing supervisor Corinne Redhead, 31, was locked up for 25 months in 2022 after getting pregnant by caged robber Robert O'Connor at HMP The Mount in Bovingdon, Herts.

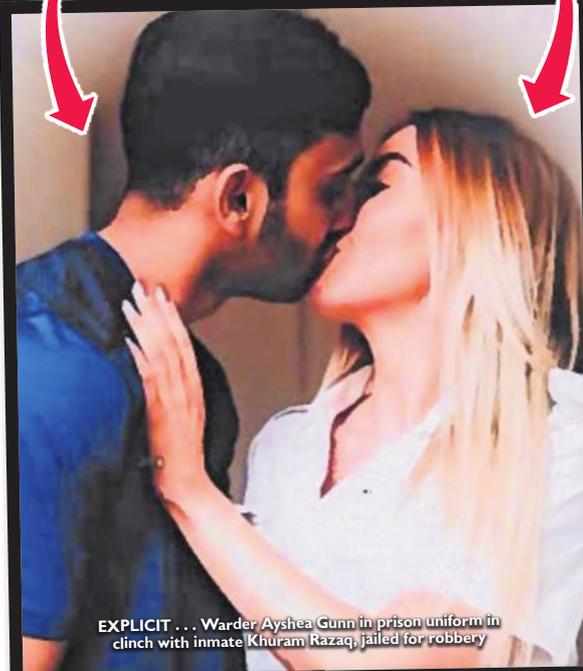
And officer Scarlett Aldrich was 22 when she was jailed for ten months in April 2021 after bosses at maximum security Full Sutton, York, spotted her inking and found she had smuggled a mobile phone and sim card into the cell blocks.

Among the most scandalous cases was that of Aleesha Bates, 29, and Jodie Wilkes, 27, who exchanged thousands of messages with the same inmate during an illicit love triangle at Buckley Hall jail in Rochdale. Bates even sent naked photos to the drug trafficker and was given two years and eight months for misconduct, while Wilkes got 12 months, suspended for two years, in March this year.

Britain's largest prison, HMP Berwyn in Wrexham, was held up as a £212million example for the rehabilitation of offenders when it opened in 2017.

But just six years later it emerged 18 women working there had been sacked or forced to resign over illegal relationships with inmates.

They included probationary officer Ayshea Gunn, then 27, who enjoyed



EXPLICIT . . . Warden Ayshea Gunn in prison uniform in clinch with inmate Khuram Razaq, jailed for robbery



ARREST . . . Linda De Sousa Abreu appeared in court



GANGSTER . . . Egert Merizaj filmed TikTok videos in his cell

explicit video calls and exchanged "highly sexualised and pornographic images" with armed robber Khuram Razaq. She even smuggled a pair of her knickers into his cell, which she concealed in her bra.

Professor Acheson says today's prison staff are at risk of being corrupted or sexually exploited because they get so little training.

To demonstrate the point, last month a 30-year-old prison officer was jailed for four years after being duped into a sham romance with a convicted rapist who "love bombed" her shortly after she started working at HMP Forest Bank, Salford.

Hannah Angwaba, 30, tried to smuggle cocaine and cannabis to rapist Anton McPherson, 33. She was described in court as being a "very inexperienced" employee.

Professor Acheson said: "Despite what the name might suggest,

prison governors are not in charge of their establishments. They can even make decisions about who to hire as frontline officers or staff because they are sent people from central national training system.

"The recruitment age has dropped to 18 and we have the shortest training probably of any prison professional in Western Europe.

"It works out at about six weeks now compared with Norway, which has a two-year training course. "Here, you could be a teenager barely trained after six weeks and thrown into what the Prison Officers Association calls one of the most hostile working environments in Europe.

"It's no wonder a lot of the people don't even last to the end of their probation. That's to do with putting inexperienced people with no life skills, no emotional intel-



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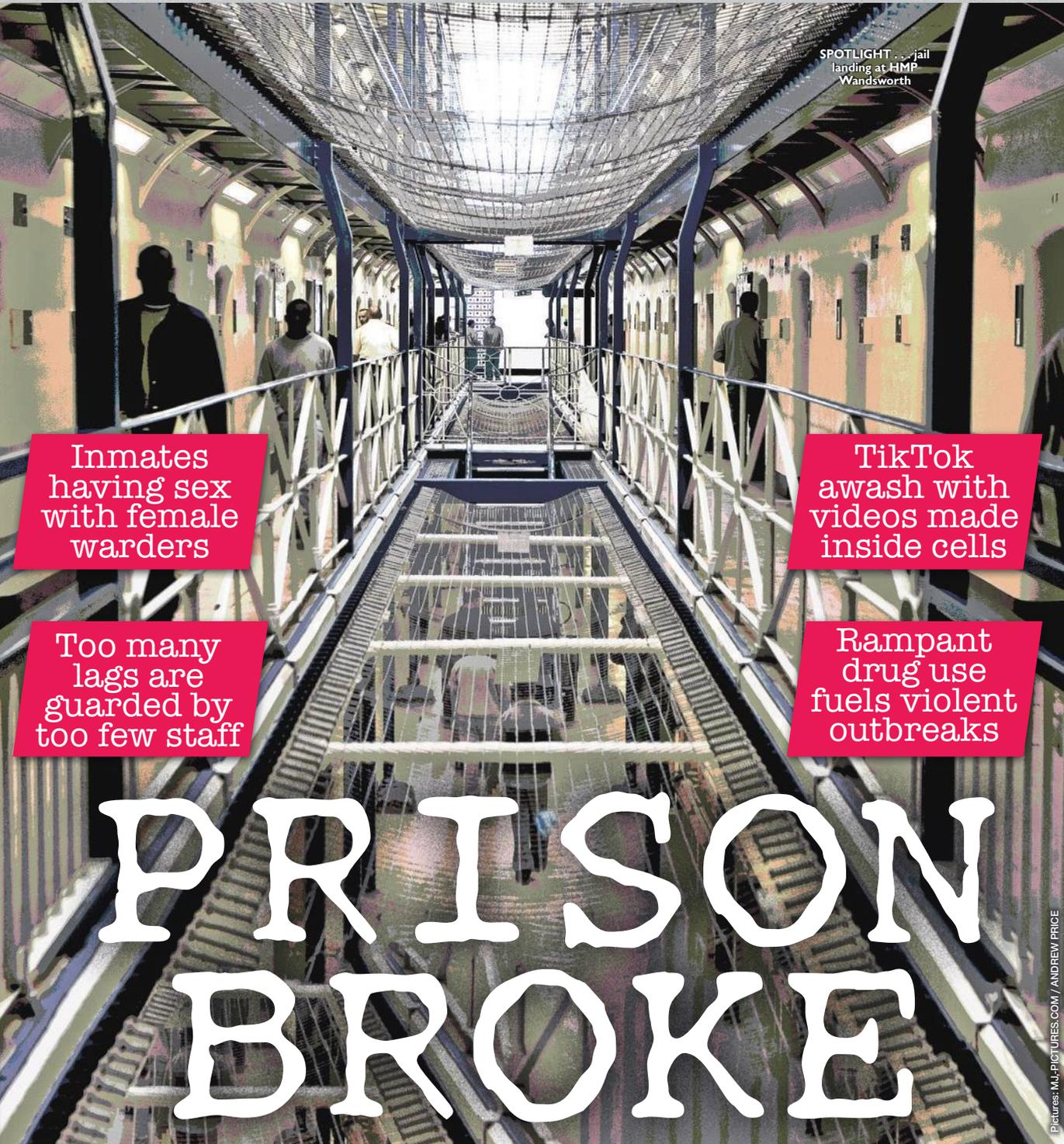
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NG OUR CREAKING JAILS TO THE LIMIT



SPOTLIGHT ... jail landing at HMP Wandsworth

Inmates having sex with female warders

Too many lags are guarded by too few staff

TikTok awash with videos made inside cells

Rampant drug use fuels violent outbreaks

PRISON BROKE

LABOUR HAD 'NO OPTION' ON LAGS

LABOUR have claimed they have "no option" but to release thousands of prisoners who have served 40 per cent of their jail sentences.

Justice Secretary Shabana Mahmood said it was vital to avoid the "collapse of the criminal justice system" due to overcrowding.

The emergency measure will see an estimated 5,500 prisoners back on the streets to serve the remainder of their terms on licence.

Previously, only those who had served half of their sentences – excluding those convicted of sexual, terrorist or serious violent offences – could be considered.

Labour had vowed in March not to release criminals early. But before the election, Keir Starmer said they would "in all likelihood... have to continue" with the early releases.



'VITAL' ... Mahmood

Labour has promised to rush through 14,000 additional prison places by changing planning laws and to train 1,000 new probation officers by March next year.



NEW CHIEF ... Timpson

Recent Ministry of Justice data showed there were just 700 free places in adult male prisons, and that jails had been operating at 99 per cent capacity since last year.

Labour have appointed campaigner James Timpson, CEO of key cutting and cobblers firm Timpson, as their new prisons minister. His company has hired hundreds of former inmates.

Previously Mr Timpson, who is now a member of the House of Lords, has slammed the lack of funding for prison reform because there are no votes in it, and said "only a third" of prisoners "should definitely be there". He told C4 News: "Holland has shut half their prisons. They have a different way of sentencing – it's community sentencing."

gence, and throwing them into an environment awash with drugs, to wash with violence which contains many predators. What you see then is exploitation and intimidation of young staff who can't cope with it." Sex romps are not the only problems facing our justice system as prisons are flooded with drugs and inmates blatantly flout the rules by posting footage online. A quick search on social media platform TikTok throws up dozens of videos under the hashtags #jailhouse #prisonlifeuk and #hmp. Much of the film is relatively harmless, featuring complaints about food, while others show lags flexing their abs or performing rap songs. Yet mobile phones are meant to be banned in UK jails. Last month The Sun on Sunday exposed gangland killer Eugert Merizaj, 33, who was begging for cash on a TikTok

video from his cell. The Albanian – serving 32 years for the shotgun killing of a rival drug dealer – was filmed asking for cash while wearing a pair of £250 designer trainers. Drugs are a massive issue, and in March this year it was revealed an inspection visit to HMP Hindley, near Wigan, found that half the inmates were high.

'Total breakdown'

Synthetic drug spice has increasingly become an issue, which has led to increased violence.

A new book on Wakefield Prison, which houses some of the country's most evil killers including Michael Sams and Robert Maudsley, reveals inmates are constantly changing their methods to smuggle in spice.

An insider told the authors of Monster Mansion: "Spice is a game-changer within prisons. Prisoners

with no real means of money will do anything – assault others, sexual favours, steal, anything – to get high. If a person has an issue with another prisoner, or even a staff member, the dealer will just give them a little line [of spice] to attack the prisoner or guard."

At Wandsworth, the centre of the latest sex scandal to engulf the service, Chief Inspector of Prisons Charlie Taylor noted "ongoing failings in security, severe overcrowding, vermin, drugs, violence and rising self-harm".

He said the day-to-day relationship between staff and inmates was almost non-existent, with many officers being inexperienced.

Speaking at HMP Five Wells in Northamptonshire earlier this month, Shabana Mahmood announced the early release of many non-violent prisoners from September, saying

jails were operating at 99 per cent capacity and were weeks away from running out of space.

She warned of "a total breakdown of law and order" as overflow police cells filled up, leading to "van-loads of dangerous people circling the country with nowhere to go".

She added: "Soon, the courts would grind to a halt, unable to hold trials. With officers unable to act, criminals could do whatever they want, without consequence."

"We could see looters running amok, smashing in windows, robbing shops and setting neighbourhoods alight. In short, if we fail to act now, we face the collapse of the criminal justice system. And a total breakdown of law and order."

And PM Sir Keir Starmer blasted the former government for allowing the prison system to hit crisis point, calling it "gross irresponsibility".

Professor Acheson, who has written a book called Screwed about the problems, says while overpopulated jails are a major issue, lack of staff discipline and corruption is rife.

He said: "There's a decline that's not all to do with overcrowding. Not every establishment has that issue."

"Prisons need to be returned to order and discipline and control."

"One of the issues we have is that this is a national law enforcement agency which is being run a bit like the civil service. The uniforms are cheap, there's no esprit de corps, discipline seems almost like a dirty word and then you will get very high-profile and extremely embarrassing events, such as the alleged sexual incident at Wandsworth."

"I think it's all related to the fact we're just trying to put bums on seats and boots on landings."

The Sun Says – Page 12

Pictures: MJ-PICTURES.COM / ANDREW PRICE

Monday



- 6am 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** Property auctions. (R,S)
- 12.15 Bargain Hunt** Izzie Balmer and David Harper assist the teams in Wetherby. (S)
- 1.00 BBC News** (S)
- 2.00 Rick Stein's Cornwall** Rick visits a deer farm near Bodmin Moor. (R,S)
- 2.30 Animal Park** A pygmy goat unexpectedly goes into labour, resulting a vet visit. (R,S)
- 3.00 Escape To The Country** Searching for a family home in Herefordshire. (S)
- 3.45 The Repair Shop** The experts restore a barber's chair, a roulette machine and a carousel horse. (R,S)
- 4.30 The Finish Line** Quiz show hosted by Roman Kemp and Sarah Greene. (R,S)
- 5.15 Pointless** Alexander Armstrong is joined by co-host Gyles Brandreth. (R,S)
- 6.00 BBC News** (S)
- 6.30 Regional News** (S)

- 6.30 am Saturday Kitchen Best Bites** Highlights. (R,S)
- 8.00 Sign Zone: Rick Stein's Food Stories** (R,S,SL)
- 8.30 Great Coastal Railway Journeys** (R,S,SL)
- 9.00 BBC News** (S)
- 12.15 Politics Live** (S)
- 1.00 Impossible** (R,S)
- 1.45 Make Me A Dealer** (R,S)
- 2.30 The Customer Is Always Right** Testing more products. (R,S)
- 3.15 Coastal Defenders** The dive team are called in when a ship's pipes are blocked by mussels. (R,S)
- 3.45 B&B By The Sea** Shirley Ballas is the next well-known face to check in to the Victorian villa in Northern Ireland. (R,S)
- 4.15 Cornwall: This Fishing Life** Britain's departure from the EU brings changes for Cornwall's biggest fishing port. Last in the series. (R,S)
- 5.15 Flog It!** From Powderham Castle near Exeter. (R,S)
- 6.00 Robson Green's Weekend Escapes** In Teesdale. (R,S)
- 6.30 Great Continental Railway Journeys** (R,S)

- 6am Good Morning Britain** (S)
- 9.00 Lorraine** Entertainment and fashion news. (S)
- 10.00 This Morning** Celebrity chat and lifestyle features. (S)
- 12.30 Loose Women** Celebrity interviews and studio discussion from a female perspective. (S)
- 1.30 ITV News** (S)
- 1.55 Regional News** (S)
- 2.00 Cooking With The Stars** Emma Willis and Tom Allen host as Jason Watkins, Chris Eubank, Joanna Page, Samia Longchambon, Peter Andre, Matt Willis, Claire Richards and Indiyah Polack take part. (R,S)
- 3.00 Tenable** Five golfing friends answer Top 10 list questions. Hosted by Warwick Davis. (R,S) Followed by **Local Weather**
- 4.00 Tipping Point** Ben Shephard hosts the arcade-themed quiz in which contestants drop tokens down a choice of four chutes in the hope of winning a £10,000 jackpot. (R,S)
- 5.00 The Chase** Quiz show hosted by Bradley Walsh. (R,S)
- 6.00 Regional News** (S)
- 6.30 ITV News** (S)

- 6.25 am Cheers** (R,S)
- 7.15 Everybody Loves Raymond** Four episodes. (R,S)
- 9.05 Frasier** (R,S)
- 11.05 Paris 2024 Paralympics: Meet The Athletes** (R,S)
- 11.10 Undercover Boss USA** (R,S)
- 12.05 C4 News** (S)
- 12.10 A New Life In The Sun** There are DIY disasters in Bulgaria for two former singers. (R,S)
- 1.10 Car S.O.S** Tim and Fuzz work on a 1929 Rolls-Royce Doctors Coupe. (R,S)
- 2.10 Countdown** Katharine Merry is in Dictionary Corner. (S)
- 3.00 A Place In The Sun** (R,S)
- 4.00 The Great House Giveaway** Joiner Grant and lettings agent Kelly are paired up to transform a three-floor period terrace. (S)
- 5.00 A New Life In The Sun: Where Are They Now?** In France, gite owners Jonathan and Linda cook up a new idea. Last in the series. (R,S)
- 6.00 Come Dine With Me** The first host in Swansea is postal worker and Yoga enthusiast Rachel. (R,S)
- 6.30 The Simpsons** (R,S)

- 6am Milkshake!**
- 9.15 Jeremy Vine** (S)
- 11.30 Storm Huntley** (S)
- 12.45 Friends** Double bill. Phoebe and Mike's wedding day arrives. Then, Joey persuades Phoebe to teach him French for an important audition. (R,S)
- 1.40 5 News** (S)
- 1.45 Home And Away** Mackenzie battles trust issues and a mystery bug grips the Bay. (R,S)
- 2.15 PREMIERE Stolen Baby: The Murder Of Heidi Broussard** **FILM** A woman is murdered by a friend who then tries to pass off her victim's baby as her own. Fact-based drama starring Anna Hopkins and Emily Osment. (2023) **★★★★** (S)
- 4.00 Bargain-Loving Brits In The Sun** Entertainer Rocking Stephanie is a huge fan of music legend Shakin' Stevens, and has a new look to debut at her gig. (R,S)
- 5.00 5 News At 5** (S)
- 6.00 Police Interceptors** A suspect heads onto the M1, weaving all over the road at 120mph. (R,S) Then **5 News Update**



7.30pm Linda is struggling on the day of the plea hearing in EastEnders



8pm Adar Poonawalla features in the documentary The Battle To Beat Malaria



9pm Sue Stalley confides in presenter Davina McCall in Long Lost Family



9pm The presenter reveals the truth in Sophie Morgan's Fight To Fly



10pm DC Heather Butler works to build a solid crime case in Police: Suspect No 1

- 7.00 The One Show** Alex Jones and Jermaine Jenas host the live magazine show featuring a mixture of celebrity chat and stories of interest. (S)
- 7.30 EastEnders** Reiss comes up with a new plan as his money troubles continue to mount and Linda struggles to cope on the day of Dean's plea hearing. (S)
- 8.00 Panorama** Current affairs report. (S)
- 8.30 Surviving The Post Office** Actor Will Mellor 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. (S)
- 9.00 The Jetty** (4/4) Ember is forced to confess to her family that human bone fragments were found in the boat hut, while a new development propels her into dangerous territory. (S)
- 10.00 BBC News** (S)
- 10.30 Regional News** (S)
- 10.40 We Hunt Together** (5 & 6/6) Double bill. Haunted by visions from her past, Freddy makes a deadly confession that leaves her with no way out. Lola and Jackson investigate a shocking new lead, which throws up more questions. Then, Freddy, Jackson and Lola race to unmask the killer. (S)
- 12.10 The Weakest Link** (R,S) Followed by **Weather For The Week Ahead 1.00-6am** BBC News. Latest headlines. (S)

- 7.00 Today At The Test** England v West Indies. Action from day five of the second Test in the three-match series, held at Trent Bridge. (S)
- 8.00 The Battle To Beat Malaria** Documentary telling the inside story of the development of a new malaria vaccine that could change the very nature of the fight against the disease. (S)
- 9.00 The Turkish Detective** (6/8) Suleyman goes undercover as a rubbish collector to try to find the serial killer before they strike again, while Ayse turns to an unlikely old acquaintance for help. (S)
- 9.45 QI XS** (4/6) Highlights from recent series of the comedy panel show, featuring clips on the theme of travel, hosted by Sandi Toksvig with regular panellist Alan Davies and guests. (R,S)
- 10.00 Spent** (3/6) Mia struggles to keep a roof over her head using a high-end hustle, but a welcome distraction comes in the shape of David, the rabbi's brother, who takes her on a date. (S)
- 10.30 Newsnight** The day's important national and international news stories. (S) Followed by **Weather**
- 11.05 The Apartheid Killer** Documentary investigating a series of shootings in 1980s South Africa. (S)
- 12.20 Sign Zone: Countryfile** (R,S,SL) **1.15** The Bidding Room (R,S,SL) **2.00-3am** The Jetty (R,S,SL)

- 7.30 Emmerdale** Billy finally confesses to Dawn, Rose's behaviour alarms Billy, and Charity is concerned. (S)
- 8.00 Coronation Street** Leanne tackles Rowan about his past, Nick joins Toyah at a nerve-racking appointment with her consultant, Stu encounters a bloodied and battered Mason, Joel ushers Lauren out of his flat, and Paul hopes that his heartfelt plea will mend his fractured family. (S)
- 9.00 Long Lost Family** Davina McCall and Nicky Campbell present the story of Sue Stalley, who was a teenager when she became pregnant and whose mother was so ashamed she would not allow her to keep her son. The second case features Melanie Mackney, who was adopted and learnt from her paperwork that her mother had twins before she was born. (S)
- 10.00 ITV News At Ten** (S)
- 10.30 Regional News** (S)
- 10.45 Goodwood Festival Of Speed Highlights** A celebration of motor racing from its beginnings to the present from Goodwood Estate in West Sussex, focusing on the drivers of yesterday and today. (S)
- 11.40 Love & Death** (1/7) Fact-based crime drama starring Elizabeth Olsen. (R,S)
- 12.35 Shop On TV 3.00** Family Fortunes (R,S,SL) **3.50** Unwind With ITV (S) **5.05-6am** Jimmy's Taste Of Florida (R,S,SL)

- 7.00 C4 News** (S) Followed by **Paris 2024 Paralympics: Meet The Athletes**
- 8.00 Jamie: What To Eat This Week** (2/3) Jamie Oliver picks the first of the season's tomatoes, combining them with some early potatoes and chorizo in a sauce to make a delicious sticky chicken traybake. His son Buddy joins him in the garden picking strawberries for his next dish, creamy rice pudding with the quickest strawberry jam. To finish it all off, Jamie prepares a stunning green gazpacho soup using cucumbers and other green summer veg. (S)
- 9.00 Sophie Morgan's Fight To Fly** Documentary in which Sophie Morgan sends a group of disabled travellers undercover to expose the shocking service they can experience when flying. (S)
- 10.00 Celebrity Gogglebox** A rolling cast of famous faces watch The 1% Club. (R,S)
- 11.05 The Great** (5 & 6/10) Double bill. Catherine must decide what to do about unrest in the regions. Then, Catherine tries to persuade Peter to come home. Drama with Elle Fanning. (S)
- 1.05 Ramsay's Kitchen Nightmares USA** (R,S,SL) **1.55** The Simpsons (R,S) **2.45** Becoming Elizabeth (R,S,SL) **3.45** Grand Designs (R,S) **4.35** Kirstie's Fill Your House For Free (R,S) **4.55** Frasier (R,S) **5.45-6.25am** Countdown (R,S)

- 7.00 Traffic Cops** (11/11) Incidents involving alcohol or drug abuse. (R,S) Followed by **5 News Update**
- 8.00 Motorway Cops: Catching Britain's Speeders** (5/10) Outside Newcastle, PC Brian Camself stops a car with suspected cloned number plates with the driver claiming to have bought the vehicle that morning for cash. (S)
- 9.00 Police: Suspect No 1** Hull detectives investigate when people are terrorised at home by a knife-wielding intruder, before the same victims are targeted again less than 24 hours later. (S)
- 10.00 999: Police Hour Of Duty** (1/8) Officers finally track down a man suspected of carrying out a series of terrifying armed robberies, but face a race against time to secure the evidence needed to charge him. (R,S)
- 11.05 Police 999: Clear & Present Danger** Following an assault, armed police chase down a gun-wielding suspect. (R,S)
- 12.05 Traffic Cops** (R,S) **1.00** PlayOJ 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,SL) **5.10** House Doctor (R,S,SL) **5.35** Entertainment News On 5 (S) **5.40** Milkshake! Monkey's Amazing Adventures (R,S,SL) **5.45-6am** Paw Patrol (R,S,SL)

REGIONAL VARIATIONS

S4C: 6am Cym 9.00 Y Sioe 2024; Bore Iau O'r Sioe 12.00 Newyddion 12.05 Y Sioe 2024; Dros Gino Iau O'r Sioe 2.00 Newyddion S4C A'r Twydd 2.05 Y Sioe 2024; Prynawn Iau O'r Sioe 5.15 Byd Rwsch Dai Poth 5.25 NEW Y Stadwm 5.40 Cer I Grew 6.00 Cegin Bryn 6.30 Rownd A Rownd 6.57 Newyddion S4C 7.00 Heno O'r Sioe 7.30 Newyddion S4C A'r Twydd 8.00 Y Byd Ar Bedwar 8.25 Garddio A Mwy 8.55 Newyddion S4C A'r Twydd 9.00 Y Sioe 2024; Uchafbwyntiau Dydd Llun 10.00 Radio+

10.30 Ras Yr Wyddfa 2024 11.30-12.35am Y Sioe 2024; Uchafbwyntiau Dydd Llun BBC ONE WALES: 10.40pm Elis James: Funny Nation 11.10 We Hunt Together 11.55 We Hunt Together 12.40am The Weakest Link 1.25-6am BBC News

FILMS ★★★★★ Brilliant ★★★★ Very Good ★★★ Good ★★ Poor (R) Repeat (S) Subtitles (SL) Sign Language



By **ROD McPHEE**
TV Editor

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Sun **tv** biz

BARGAIN... legend Sally OLYMPIC SOLD FOR ATHLETES

BARGAIN HUNT is on track for a special Olympics makeover this week.

I can reveal that a one-off episode will see two teams of Olympians and Paralympians go head-to-head at an antiques fair in Newark, Notts. Host **NATASHA RASKIN SHARP** will referee the 45-minute show, which airs this Friday on BBC One.

Competing on the red team are Olympic 400m hurdler **SALLY GUNNELL** and swimmer **MARK FOSTER**, who will take on Paralympic cyclist **SARAH STOREY** and runner **RICHARD WHITEHEAD** on the blue team.

As usual they must find three items they think will make a tidy profit at auction – but one must have a sporting theme.

Speaking about the special, Natasha said: "It was such a brilliant episode to be part of. "We upped the ante at the Bargain Hunt Games and the athletes took it as seriously as we hoped they would. It's a classic!"

SQUID Game: The Challenge winner **MAI WHELAN** – better known as player 487 – took home £3.5million and the showrunner's took home a Bafta. Now they're casting for series two of the game show based on the Korean dystopian drama. You can apply at squidgamecasting.com.

VANESSA: TEAM ARE SO N-ICE

DANCING On Ice pro **VANESSA BAUER** has praised her show's duty of care to celebrities in the wake of the current Strictly crisis.

With the BBC One show reeling from allegations of bullying by pro dancers, the skate siren said training sessions for the ITV series were already attended by show staff.

She told me: "Their training regime is different to Dancing on Ice. But yeah, training is intense. "All our sessions are recorded and we also have coaches on the side that are helping with spotting our lifts. "We have to have an added safety factor, so most of the time there are people around on the ice rink anyway."

The BBC has added training chaperones to its raft of new safety measures in the wake of recent scandals.

More listings:
Pages 30 & 31

The Voice VIP

CELEB SPECIAL OF SINGING SHOW IN PIPELINE

A CELEBRITY edition of The Voice is in the works, I can reveal.

ITV bosses love the wholesome, fun feel of the singing talent show – and have discussed building on its popularity by making a spin-off with famous faces.

The original, featuring members of the public being judged solely on their voice, will be back for a new series in the autumn with **SIR TOM JONES**, **LEANN RIMES**, **WILL.I.AM**, **DANNY JONES** and **TOM FLETCHER** in the judges' chairs. And a 14th run has been ordered for 2025.

But I can reveal that a star-spangled special is also being considered for that filming cycle and some celebrities have already been sounded out.

A source said: "The Voice is perfect, family-friendly telly and remains a big



IN HOT SEAT... show judge Tom Jones

and **JASON MANFORD** and **ANDY WHY-MENT** from *Corrie*, would be expected to sign up alongside other celebs across the world of showbiz.

"At this stage there are no further details on what it would look like and it hasn't been officially commissioned."

Shelved spin-off

The Voice has run on ITV with **EMMA WILLIS** as host since 2017, after the channel took it over from BBC One.

Last summer ITV shelved spin-off The Voice Kids after seven series but they teased that one-offs were in the works, with a spokesman adding: "We're working with Lifted Entertainment on The Voice UK for 2024 and development of specials."

A celebrity version would be very special indeed.



ALEX'S MOVING MOMENT

ALEX JONES will be happy to settle on The One Show sofa after a strenuous weekend moving house.

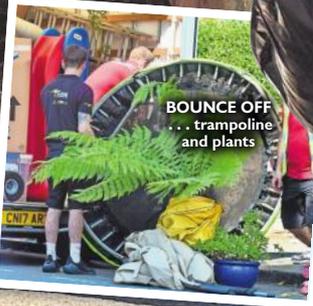
The TV host revealed on Instagram she felt "emotional" leaving the £1.65million Victorian gaff in London.

Alex lived in the home for 11 years with husband Charlie Thomson and their kids Teddy, six, Kit, four, and Annie, two. She was snapped loading up everything from a lampshade to a trampoline, gas BBQ and piano.

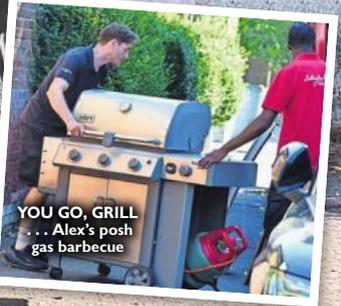
Don't forget the kitchen sink, Alex.



KEYS TO HOUSE... piano loaded in back of van by removal men



BOUNCE OFF... trampoline and plants



YOU GO, GRILL... Alex's posh gas barbecue

SEANN'S ON HUSH MONEY

SEANN WALSH has landed a new TV gig – but isn't sure if he should be celebrating.

The comic has joined **DERMOT O'LEARY** and **KATHERINE RYAN**'s new comedy gameshow *Silence Is Golden* alongside **FATIHA EL-GHORRI**. Together they will be trying to coax a giggle out of the audience, who are tasked with staying quiet to win £250k – and if the crowd



JOKE... Walsh apparently I should be flattered by that.

make any noise, the prize money keeps dropping. Seann said: "I've been chosen for a show where the audience isn't allowed to laugh, and

apparently I should be flattered by that." Comic Fatiha is a little more confident, though, adding: "I can't wait to see the money going down!"

During each episode of the U&Dave show, which will air next year, as many as 30 comics will try and break the audience.

Each time they make a sound money will be deducted from the massive prize pot.

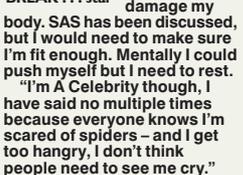
A NEW fly-on-the-wall medical show is coming to Netflix. Critical will be a six-part documentary series focussing on top paramedics, doctors, nurses and surgeons in London as they save lives across the capital. It comes from the makers of Channel 4's *24 Hours In A&E* and will air in 2025.

GREG'S HARSH REALITY

GREG RUTHERFORD has vowed to steer clear of any more reality TV shows until he is back on his feet after his injury on *Dancing On Ice*.

Despite being approached to star in *Celebrity SAS: Who Dares Wins*, the former Olympian has ruled out an appearance after slicing open his stomach on the ITV rink in January.

He said: "I would not do any more challenges that could damage my body. SAS has been discussed, but I would need to make sure I'm fit enough. Mentally I could push myself but I need to rest. "I'm A Celebrity though, I have said no multiple times because everyone knows I'm scared of spiders – and I get too hangry, I don't think people need to see me cry."



BREAK... star

Monday

4-PAGE SECTION

FREEVIEW

BBC THREE *Freeview 23*

7pm Celebrity MasterChef **8.00** Gavin & Stacey **8.30** Ghosts US **8.50** The Catch Up **8.55** Ryan Tricks On The Streets **9.00** Paddy & Molly: Show No Mersey **10.00** The Instagram Effect. The story of the social media giant. **10.50** Pobl Bachyn **11.00** Him & Her **12.00** Gavin & Stacey **12.25** Paddy & Molly: Show No Mersey **1.25-2.25am** Hunting The Catfish Crime Gang

BBC FOUR *Freeview 9*

7pm Coastal Path **7.30** Railway Walks With Julia Bradbury **8.00** Art Of France **9.00** Rebuilding Notre-Dame. Documentary. **10.00** Paris **11.00** Private Life Of A Masterpiece **11.50** Art On The BBC: Michelangelo: The Good, The Bad, And The Ugly **12.50** Coastal Path **1.20** Railway Walks With Julia Bradbury **1.50-2.50am** Rebuilding Notre-Dame

ITV2 *Freeview 6*

6am CITV: Craig Of The Creek **6.15** Teen Titans Go! **6.40** Bugs Bunny Builders **6.50** Mr Bean: The Animated Series **7.25** Scooby-Doo! Mystery Incorporated **7.50** Be Cool, Scooby-Doo! **8.10** What's New Scooby-Doo? **8.35** Scooby-Doo And Guess Who? **9.00** World's Funniest Videos **9.30** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00** Dress To Impress **1.00** Family Fortunes **2.00** Supermarket Sweep **3.00** Charmed **4.00** Dawson's Creek **5.00** Dress To Impress **6.00** Celebrity Catchphrase **7.00** The Masked Singer US **9.00** Love Island. The finish line is in sight. **10.05** Family Guy **11.35** American Dad! **12.35** Shopping With Keith Lemon **1.35-2.35am** Totally Bonkers Guinness World Records

ITV3 *Freeview 10*

6am Classic Emmerdale **7.00** Classic Coronation Street **8.05** Poirot **10.30** The Royal **11.35** Heartbeat **1.40** Classic Emmerdale **2.40** Classic Coronation Street **3.50** Inspector Morse **6.00** Heartbeat **8.00** Vera. Starring Brenda Blethyn. **10.00** Unforgotten **11.50** The Royal **12.40-2.30am** Upstairs, Downstairs

ITV4 *Freeview 26*

6am World Of Sport **6.10** Minder **7.10** The Professionals **8.15** Dempsey And Makepeace **9.15** The Champions **10.20** Kojak **11.25** The Protectors **12.00** Tour De France Highlights **1.00** Made In Britain **1.35** The Champions **2.40** Kojak **3.45** Minder **4.50** The Professionals **5.55** BattleBots **7.00** The Chase Celebrity Special **8.05** FILM The Living Daylights. James Bond adventure starring Timothy Dalton. (1987) **10.45** FILM The World's End. Sci-fi comedy starring Simon Pegg. (2013) **12.50** Motorsport UK **1.45-2.15am** Auto Mundial

E4 *Freeview 13*

6am Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **9.00** The Goldbergs **10.00** Young Sheldon **11.00** Modern Family **12.00** The Big Bang Theory **2.00** The Goldbergs **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Celebrity Come Dine With Me. With Anthea Turner. **8.00** Below Deck **9.00** Gogglebox **10.00** Naked Attraction **11.05** First Dates **12.05** The Big Bang Theory **1.05-2am** Brooklyn Nine-Nine

MORE4 *Freeview 18*

8.55am Food Unwrapped **9.30** A Place In The Sun **10.25** A New Life In The Sun **11.25** Find It, Fix It, Flog It **12.30** Come Dine With Me

ENTERTAINMENT



Sky Atlantic 9pm Matt Smith stars in the fantasy drama *House Of The Dragon*

SKY SHOWCASE

6am Sky News Breakfast **7.00** Breakfast With Anna Jones **8.00** Stop, Search, Seize **9.00** Stargate SG-1 **11.00** Planet Shark **12.00** The Flash **1.00** MacGyver **3.00** Hawaii Five-0 **4.00** S.W.A.T **5.00** The Simpsons **6.00** The US Office **7.00** The Simpsons **8.00** Battle Of The Bagpipes. The World Pipe Band Championship finally arrives. **9.00** FILM Ride Along. A tough cop takes his sister's boyfriend with him on duty, leading to a dangerous encounter with the city's most wanted criminal. Comedy starring Ice Cube and Kevin Hart. (2014) **11.00** Last Week Tonight With John Oliver. Talk show. **11.45** Sex And The City **1.05-2am** The Force: North East



ROLE REVERSAL . . . Sarah's husband David wears the apron for once

MUMS ON STRIKE Channel 5

"FAT-ar**d husband watching TV and nagging wife, that's what we've become," says fed-up Sarah, before she packs her bags and leaves home. The housewife was one of two disgruntled mums from the Greater Manchester area to feature on last night's series opener of this entertaining docuseries. Disillusioned with their husbands and kids for not helping around the house, they have "gone on strike" in the hope their loved ones realise just how much they do, and how little they themselves help. It's fair to say the blokes in



last night

this episode come off very, very badly, which is just deserts for their chauvinistic attitudes, even if they're slightly ramped up for our amusement. Take Sarah's husband David, in Oldham, for example. He says he works all day so expects to come home to find his tea on the table and not lift a finger, other than to switch on the TV to watch football. And when he does attempt to muck in with domestic duties, Sarah says: "He moves the odd cup, and tells you about it."

When she heads off, unannounced, he arrives home from work and has to pick up the pieces - as everything goes wrong. Son Alfie cremates an omelette while attempting to cook dinner, their pet dogs soil the lounge carpet and furniture and there's no food in the fridge. Over in Bolton, hair salon owner Gaynor is tired of husband Paul and their 16-year-old twins sons who openly mock her and describe her as

3.10 Four In A Bed **5.50** Château DIY **6.55** Car S.O.S **7.55** Grand Designs **9.00** Help! We Bought A Hotel. Documentary. **10.00** Jobs From Hell: Caught On Camera **11.05** 24 Hours In A&E **12.10** Help! We Bought A Hotel **1.10-2.15am** Jobs From Hell: Caught On Camera

SKY MIX *Freeview 11*

7am Border Security: Canada's Front Line **8.00** Nothing To Declare UK **9.00** Monkey Life **10.00** Highway Patrol **11.00** Stop, Search, Seize **12.00** Motorway Patrol **1.00** Border Patrol **2.00** Monkey Life **3.00** Nothing To Declare UK **4.00** Star Trek: The Next Generation **5.00** Star Trek: Enterprise **6.00** Star Trek: Deep Space Nine **7.00** Star Trek: Voyager **8.00** Hawaii Five-0 **9.00** Rob & Roshem Vs Drag **10.00** A League Of Their Own **11.00** Killer In My Village **12.00** Grimm **1.00-2am** Nothing To Declare UK



BBC Three 8.30pm Samantha and Jay welcome a new guest in *Ghosts* US

U&DAVE *Freeview 19*

7.10am Whose Line Is It Anyway? USA **8.00** Border Force: America's Gatekeepers **9.00** Top Gear **10.00** Extreme Salvage Squad **12.00** Storage Hunters UK **2.00** James May's Top Toys **3.00** Top Gear **5.00** Gordon's Great Escape **6.00** Rick Stein's Far Eastern Odyssey **7.00** Would I Lie To You? **7.40** Richard Osman's House Of Games. Two episodes. **9.00** Have I Got A Bit More News For You **10.00** Have I Got A Bit More 2023 For You **11.00** Taskmaster **12.00** Mock The Week **12.40** Would I Lie To You? **1.20-2am** Big Zuu's Big Eats

U&DRAMA *Freeview 20*

7.10am London's Burning **8.00** Doctors **9.15** Classic Holby City **10.35** Classic Casualty **11.40** The Bill **12.40** Classic EastEnders **2.00** London's Burning **3.00** Born And Bred **4.10** Howards' Way **5.20** Birds Of A Feather

SKY ATLANTIC

6am Fish Town **7.55** Six Feet Under **10.05** Gomorrah **12.15** Game Of Thrones **1.25** The Sopranos **3.35** Six Feet Under **4.45** Gomorrah **7.45** Game Of Thrones. Tyrion defends King's Landing against Stannis Baratheon's naval assault. **9.00** House Of The Dragon. Fantasy drama starring Matt Smith and Emma D'Arcy. **10.20** The Last Of Us. Joel and Tess clash over Ellie's fate. **11.25** House Of The Dragon **12.45** Succession **1.55-2.55am** The Leftovers

SKY WITNESS

7am Border Patrol **8.00** Stop, Search, Seize **9.00** Highway Cops **10.00** Send In The Dogs **11.00** Blue Bloods **12.00** The Rookie **1.00** Chicago Fire **2.00** FBI: Most Wanted **3.00** Send In The Dogs **4.00** Nothing To Declare **8.00** Blue Bloods. Frank and Joe contend with an insult to the memory of Joe's father. **9.00** The Cleaning Lady. Arman and Nadia plan their most dangerous scheme yet. **10.00** Coronor. The team turn to a teenager for help. **11.00** Chicago Fire **12.00** For Life **1.00-2am** The Good Doctor

GOLD

7.10am The Fosters **8.05** Only Fools And Horses **8.40** Keeping Up Appearances **9.20** Ever Decreasing Circles **10.00** Are You Being Served? **10.40** Porridge **11.20** Last Of The Summer Wine **12.40** Keeping Up Appearances **1.20** Ever Decreasing Circles **2.00** Porridge **2.35** Dad's Army **3.15** Are You Being Served? **4.00** Last Of The Summer Wine **5.20** Porridge

6.00 Waiting For God **6.35** Are You Being Served? **7.20** Last Of The Summer Wine **8.00** The Brokenwood Mysteries. Kristin leads the inquiry into a 1970s-themed party where several partygoers turn up dead. **10.00** New Tricks **11.00** Silent Witness **1.15-2.50am** Footballers' Wives

REALLY *Freeview 17*

6am Fantasy Homes By The Sea **7.00** Teleshopping **8.00** Salvage Hunters **11.00** Antiques Road Trip **12.00** Money For Nothing **2.00** The Repair Shop **3.00** Antiques Road Trip **5.00** The Edinburgh Auction House **7.00** Antiques Road Trip **9.00** The Derbyshire Auction House. New series. Irita helps a grieving daughter clear her late father's collection of antique bottles. **10.00** The Repair Shop. The team restores a soldier's trunk. **11.00** Help! My House Is Haunted **1.00-2am** The Dead Files

U&YESTERDAY *Freeview 27*

6.10am Space Shuttle: Triumph And Tragedy **7.10** Underground Worlds **8.00** Abandoned Engineering **10.00** The Buildings That Fought Hitler **11.00** Secret Nazi Bases **12.00** Find It, Fix It, Flog It **1.00** Antiques Roadshow **2.00** Bangers & Cash **4.00** The Buildings That Fought Hitler **5.00** Secret Nazi Bases **6.00** Antiques Roadshow **7.00** Find It, Fix It, Flog It **8.00** Abandoned Engineering **9.00** Agatha Christie: Lucy Worsley On The Mystery Queen **10.00** Bangers & Cash **11.00** Abandoned Engineering **12.00** Great British Railway Journeys **1.00-2am** Secrets Of The Railways

U&W *Freeview 25*

6.10am Inside The Ambulance **7.00** MasterChef Australia **8.00** Tipping Point **11.00** DIY SOS: The Big Build **12.00** DIY SOS **1.10** Tipping Point **4.00** My Dream Home **6.00** Tipping Point: Lucky Stars **8.00** DIY SOS: The Big Build **9.00** Sort Your Life Out With Stacey Solomon **10.20** The Gentle Art Of Swedish Death Cleaning **11.20** Louis Theroux Interviews: Bear Grylls **12.20** Wedding Valley **1.25-2.15am** The Undateables

QUEST *Freeview 12*

6am Fantomworks **8.00** American Pickers **10.00** The Repair Shop **12.00** How Do They Do It? **2.00** Shed And Buried **3.00** Find It, Fix It, Flog It **5.00** Wheeler Dealers **7.00** Salvage Hunters: Classic Cars **8.00** Salvage Hunters: The Restorers **9.00** Outback Opal Hunters **10.00** Aussie Gold Hunters: Mine SOS **11.00** Bennetts British Superbikes **12.00** The Repair Shop **1.00-2am** Wheeler Dealers

6.00 Keeping Up Appearances **6.40** Dad's Army **8.00** Blackadder II **8.40** Only Fools And Horses **9.20** The Young Ones **10.05** Victoria Wood As Seen On TV **10.45** Blackadder II **11.30** Only Fools And Horses **12.10** The Young Ones **12.55** Victoria Wood As Seen On TV **1.35-2.10am** The Cockfields

COMEDY CENTRAL

8am Home Improvement **9.00** Friends **11.00** New Girl **1.00** Friends **9.00** Romesh Ranganathan: Irrational Live. The comedian's debut stand-up show from London's Hammersmith Apollo. **10.00** Jimmy Carr: Live. A performance by the comedian. **11.35** Tom Allen Absolutely Live **12.35** Darren Harriott: Comedy Central Live **1.00** Desiree Evans: Comedy Central Live **1.30-2.30am** Live Bunch: Big: Live At The Oz

ALIBI

7.15am Murdoch Mysteries **9.00** The Doctor Blake Mysteries **10.00** Elementary **11.00** Hudson & Rex **12.00** Father Brown **1.00** Death In Paradise **2.00** Murdoch Mysteries **4.00** Elementary **5.00** Father Brown **6.00** Hudson & Rex **7.00** Elementary. Holmes joins the hunt for an escaped convict. **8.00** Death In Paradise. A man receives a voicemail from his wife saying she is being attacked. **9.00** Father Brown. The priest suffers a broken leg. Mark Williams stars. **10.00** Pretty Hard Cases. With an informant's life on the line, Kelly enlists Sam's help in raiding a Stockwood stash house. **11.00** Elementary **12.00** CSI: Vegas **1.00-2am** Murdoch Mysteries

SPORT



Sky Sports Main Event 10.15pm Matthew Poits and England face West Indies

SKY SPORTS MAIN EVENT

6am Sky Sports News **7.00** Good Morning Sports Fans **10.00** Test Cricket Bitesize **10.15** **LIVE** Test Cricket. England v West Indies. Coverage of day five of the Second Test in the three-match series, held at Trent Bridge. The last time these two teams met in a Test series was back in 2020, when the Covid-19 pandemic meant that the series had to take place behind closed doors, with the hosts winning the series 2-1. The final Test in this series starts on Friday, as the series heads to Edgbaston in Birmingham. **7.00** **LIVE** Tennis. Coverage of the day's action on the WTA and ATP Tours, as the season continues with a number of clay- and hard-court tournaments around the world. **10.00** Sky Sports News At Ten **10.30** Back Pages Tonight **11pm-6am** Sky Sports News

SKY SPORTS PREMIER LEAGUE

6am PL Greatest Games **7.00** PL Highlights **10.00** PL Years **12.00** Gary Neville's Soccerbox **1.00** Premier League Best Goals **2.00** PL Highlights **5.00** PL Review **7.00** Premier League Icons **7.30** Premier League 100: Dion Dublin **8.00** Gary Neville's Soccerbox **9.00** The Fall And Rise Of Leeds United **10.00** Class Of '92: Full Time **11.00** PL Retro **1.00-3am** PL Years

SKY SPORTS FOOTBALL

6am Retro League One **8.00** EFL Cup Highlights **8.30** EFL Trophy Football **9.00** EFL Greatest Games **10.00** EFL Cup Retro **11.00** EFL **12.00** Bundesliga Highlights Show **1.00** WSL **1.30** Women's Championship Show **2.00** Scottish Premiership Round-Up **2.30**

SKY COMEDY

8am Will & Grace **9.00** The Conners **10.00** In The Long Run **10.30** How To Make It In America **11.40** Ballers **12.50** The Comeback **2.10** How To Make It In America **3.20** Ballers **4.30** In The Long Run **5.00** Will & Grace **6.00** The US Office **7.00** The Conners **8.00** Will & Grace **8.50** Last Week Tonight With John Oliver **9.35** Stewart Lee, Basic Lee: Live At The Lowry **11.35** Last Week Tonight With John Oliver **12.20** Sex And The City **1.30-2.40am** Real Time With Bill Maher

DISCOVERY

6am How It's Made **7.00** Deadliest Catch **8.00** Blowing Up History **9.00** How The Universe Works **10.00** Iron Resurrection **11.00** Wheeler Dealers World Tour **12.00** Wheeler Dealers **1.00** Treehouse Masters **3.00** Mystery At Blind Frog Ranch **4.00** Flying Wild Alaska **5.00** Salvage Hunters **6.00** Iron Resurrection. Part two of three. The team continue transforming the 70s step van whiskey truck. **7.00** Fish Or Die. The guys are in Mongolia in search of a ferocious salmon. **8.00** Wheeler Dealers World Tour. Mike and Elvis find a 1970s classic VW camper. **9.00** Shorty's Dream Shop. A classic Nova gets a rebuilt supercharged 6.2 LS. **10.00** Last Chance Garage. A team of mechanics fix mistakes of other garages. A 1992 Jeep is rescued. **11.00** Chasing Glory: Road To Paris 2024. Sprinting goddess Dina-Asher Smith has her last chance for individual gold. **12.00** Mysteries Of The Deep **1.00-2am** Shorty's Dream Shop

RADIO



Radio 2 9.30pm Gary Davies sits in for Vernon Kay in the morning show

VIRGIN RADIO *DAB virginradio.co.uk*

6.30am Nick Grimshaw Breakfast Show **10.00** Ryan Tubridy **1.00** Jayne Middlemiss **4.00** Ricky Wilson **7.00** Bam **10.00** Olivia Jones **1.00** Sean Goldsmith **4.00-6.30am** Steve Denyer

TALKRADIO *DAB talkradio.co.uk*

6.30am David Bull **10.00** Julia Hartley Brewer **1.00** Ian Collins **4.00** Jeremy Kyle **7.00** Kevin O'Sullivan **10.00** Petrie Hosken **1.00** Paul Ross **5.00-6.30am** James Max

TALKSPORT *105.3 1089AM talksport.com*

6am TalkSPORT Breakfast With Jeff Stelling **10.00** Jim White And Simon Jordan **1.00** Hawksbee And Jacobs **4.00** TalkSPORT Drive

"noisy and annoying". They also dismiss her efforts to clean up after them, believing her jobs shouldn't take so long and even timing themselves having a go at the jobs after she goes on strike. They high-five each other when they load the washing machine in under a minute.

After the mums' time away, it dawns on the husbands and sons just how rubbish they are – then the mothers are welcomed home with open arms, and for once with dinner ready on the table for them.

It may be rather predictable but the series is fun, nonetheless.

STUART PINK



JET SET GO . . . Sophie Morgan

SOPHIE MORGAN'S FIGHT TO FLY, Channel 4, 9pm:

Sophie Morgan, who has become an outspoken campaigner for the disabled, says: "I'm old enough and ugly enough now to know that often disabled people's stories get met with indifference. "I get that all the time: 'Oh, here she goes again. Will she ever shut up?'"

Now, as this thought-provoking documentary shows, she's taken on the fight of her life to try to get a better deal for disabled flyers, including launching a global campaign.

Based on her experiences, and those of the people who contact her daily, Sophie knows she can't "shut up". She says: "Since airlines have been around, there



picks

have been problems. This is not a new story in that respect. But there's so much suffering. Things can't change soon enough."

LONG LOST FAMILY, ITV1, 9pm:

This week's tear-jerker episode features Sue Stalley, who was just a teenager when she became pregnant by her first boyfriend.

Her horrified mother forced Sue to hide her bump under a coat, before insisting she gave up her baby boy for adoption.

But he remained in Sue's thoughts constantly as she

wrestled with whether they could have stayed together.

Meanwhile, being adopted worked out for Melanie Mackney, but she was intrigued to learn her birth mother also had twins.

Now Melanie is looking for answers. What happened to the twin siblings she's never known?

SURVIVING THE POST OFFICE, BBC One, 8.30pm:

He was one of the stars of acclaimed drama Mr Bates Vs The Post Office, which struck a chord with the nation. Now actor Will Mellor is travelling across England to meet

real-life victims of the scandals.

He discovers more about the terrible injustices they faced, and how – in many cases – they're still picking up the pieces today.

THE GREAT HOUSE GIVEAWAY, Channel 4, 4pm: The popular series, where two strangers are given the chance to make cash on the property ladder, returns.

In the opening episode of the new series, glamour model Alaw and tech engineer Harri are paired together and given a house to renovate on a budget to see if they can make a profit.

But will they be able to take the doer upper in Wrexham and make it a first-time buyer's dream? They've certainly got their work cut out.

RIANNE ISON

TNT SPORTS 1

6am T100 Triathlon World Tour **6.30** The Football's On **8.30** International Rugby Union **10.00** AFL **4.00** T100 Triathlon World Tour **4.30** Major League Cricket Highlights **5.00** MLB Highlights **6.00** **LIVE** MLB. New York Yankees v Tampa Bay Rays. Start-time at 6.05. Coverage of the American League East match from Yankee Stadium. **9.15** MLB Plays of the Week **9.45** Born Racers **11.00** WWE Raw Highlights **12.00** WWE SmackDown Highlights **1.00-4.15am** **LIVE** WWE Monday Night Raw. Wrestling action.

TNT SPORTS 2

6am UEFA Champions League **6.30** **LIVE** Ultimate Pool. Coverage of Group 6 of the Ultimate Pool Pairs Cup. **9.30** Fight Week **10.15** Tom Aspinall's Fight Lab **11.15** UFC Flashback **12.45** Major League Cricket Highlights **1.15-5.15am** **LIVE** Major League Cricket. San Francisco Unicorns v Washington Freedom. Coverage of the T20 match from Grand Prairie Stadium in Grand Prairie, Texas.

TNT SPORTS 3

6am Gallagher Premiership Rugby Union **6.00** ABB FIA Formula E World Championship Highlights **8.00** WRC Review **9.00** Fishing: On the Bank **10.00** International Rugby Union **11.30** Gallagher Premiership Rugby Union **1.30-4.30am** UFC

PREMIER SPORTS 1

6am ADAC GT Masters Motorsport **8.45** LaLiga Specials **9.00** Top 14 Rugby Union **11.00** German Cup **1.00** Premier Sports Cup **3.00** LaLiga Specials **3.30** Premier Sports Cup **5.30** LaLiga Specials **6.00** Viva LaLiga. Daily panel show. **7.30** Copa America Highlights **9.30** Copa America **12.15** LaLiga Specials **1.00-3am** Coppa Italia

EUROSPORT 1

6.30am Snooker: Shanghai Masters **8.30** Cycling: Tour De France **9.30** Tour De France: The Breakaway **10.00** Climbing World Cup **12.00** Snooker: Shanghai Masters **2.00** Cycling: Tour De France **3.00** Tour De France: The Breakaway **3.30** Olympic Games: The Power Of The Olympics **4.00** Climbing World Cup **6.00** Snooker: Shanghai Masters **8.00** Cycling: Tour De France **9.00** Ultra Trail: World Tour **10.00** Cycling: Second To None **10.45** Skateboarding: Concrete Dreams **11.00** Climbing World Cup **1.00-2am** SailGP

With Andy Goldstein And Darren Bent **7.00** Kick Off **10.00** Sports Bar **1.00** Extra Time With Paul Ross **5.00-6am** Early Sports Breakfast

TALKSPORT2 *DAB talksport.com*

6am Sportsday **9.00** TalkSPORT Exclusives **1.00** The TalkSPORT 2 Social **5.00** TalkSPORT Exclusives **6.00** TalkWRESTLING **8.00** TalkSPORT Exclusives **12.00** TalkSPORT Exclusives **5.00-6am** Early Sports Breakfast

TIMES RADIO *DAB thetimes.co.uk/radio*

6am Rosie Wright And Stig Abell **10.00** Matt Chorley **1.00** Ed Vaizey **2.00** Jane Garvey And Fi Glover **4.00** John Pienaar **7.00** Kait Borsay **10.00** Darryl Morris **1.00** The Story **1.30** Highlights From Matt Chorley **2.00** The Best Of Times Radio **5.00-6am** James Hanson

RADIO 1 *97.6-99.8FM bbc.co.uk/radio1*

7am Greg James **11.00** Rickie, Melvin And Charlie **12.45** Newsbeat **1.00** Matt And Mollie **3.30** Newsbeat **3.32** Vick, Katie And Jamie On Radio 1 **5.45** Newsbeat **6.00** New Music Show **8.00** Future Artists **10.00** Power Down Playlist **11.00** Rock Show **1.00** BBC Introducing Rock **2.00** Future Alternative **3.00** Relax **4.00** Pop Anthems **5.00-6.57am** Dean McCullough

RADIO 2 *88-91FM bbc.co.uk/radio2*

6.30am Gaby Roslin **9.30** Gary Davies **12.00** Jeremy Vine **2.00** Scott Mills **4.00** Sara Cox **7.00** Jo Whaley **9.00** Cerys Matthews **10.00** Trevor Nelson **12.00** OJ Borg **3.00** Class Of '84 (R) **3.30-4am** Class Of '84 (R)

MOVIES



Sky Cinema Premiere 10pm John Magaro and Steve Zahn star in LaRoy, Texas

SKY CINEMA PREMIERE

8:10am Uproar (12, 2024) ★★★ **10:15** Please Don't Destroy: The Treasure Of Foggy Mountain (15, 2023) ★★★★★ **12:00** Mean Girls (12, 2024) ★★★ **2:00** Deep Sea (PG, 2023) ★★★ **4:00** Uproar (12, 2024) ★★★ **6:00** Anyone But You (15, 2023) ★★★★★ **8:00** Mean Girls (12, 2024) ★★★★★ **10:00** LaRoy, Texas (15, 2023) ★★★★★ **11:55pm-1:40am** Eileen (15, 2023) ★★★★★

SKY CINEMA HEISTS

7:50am The Hurricane Heist (12, 2018) ★★★★★ **9:40** Now You See Me (12, 2013) ★★★★★ **11:40** Now You See Me 2 (12, 2016) ★★★★★ **1:55** The Comeback Trail (15, 2020) ★★★ **3:55** The Fast And The Furious (12, 2001) ★★★★★ **5:55** Now You See Me (12, 2013) ★★★★★ **8:00** Ocean's Eleven (12, 2001) ★★★★★ **10:00** Ocean's Twelve (12, 2004) ★★★★★ **12:10-1:50am** Johnny English (PG, 2003) ★★★★★

SKY CINEMA ACTION

8:55am San Andreas (12, 2015) ★★★★★ **10:55** Fast & Furious 8 (12, 2017) ★★★★★ **1:20** Congo (12, 1995) ★★ **3:10** The Karate Kid (PG, 2010) ★★★ **5:40** White House Down (12, 2013) ★★★★★ **8:00** Fast & Furious 5 (12, 2011) ★★★★★ **10:20** San Andreas (12, 2015) ★★★★★ **12:20-2am** Deadlock (15, 2021) ★★

FILM4 *freeview 14*

11am Against The Wind (PG, 1948) ★★★★★ **12:55** The Wrong Box (U, 1966) ★★★★★ **3:05** Barnacle Bill (U, 1957) ★★ **4:50** The Bedford Incident (PG, 1965) ★★★★★ **6:55** Gifted (12, 2017) ★★★★★ **9:00** Top Gun: Maverick (12, 2022) ★★★★★ **11:35** The Hunt (15, 2019) ★★★★★ **1:20-3:50am** Bandits (12, 2001) ★★★★★

TALKING PICTURES *freeview 82*

2.20pm A 1950s Love Story Set In Salzburg **3.00** The Saint **4:05** The Thief (PG, 1952) ★★★★★ **5:50** Look At Life **6:00** For The Love Of Ada **6.30** Out Of Town **7:00** The Footage Detectives **8:00** Enemy At The Door **9:05** Ten Little Indians (PG, 1989) ★★ **10:55** Nightbeat (PG, 1947) ★★★ **12:50-2am** Reel Stories: The Projectionists

GREAT! MOVIES *freeview 34*

9am Washed Away (PG, 2017) ★★ **10:55** Woman On The Edge (PG, 2018) ★★★★★ **1:00** Unwanted Guest (PG, 2016) ★★★★★ **3:00** Super Eruption (PG, 2011) ★★★★★ **5:05** Disaster Zone: Volcano In New York (PG, 2006) ★★ **7:10** The Forger (12, 2012) ★★★★★ **9:00** Unbreakable (12, 2000) ★★★★★ **11:20pm-11:00am** Acts Of Violence (15, 2018) ★★★★★

GREAT! ACTION *freeview 42*

12noon Wild West Chronicles **1:00** McLintock! (U, 1963) ★★★★★ **3:40** The Proud Rebel (U, 1958) ★★★★★ **5:50** Wings At War 2: Target Germany **6:55** Hell In Normandy (PG, 1968) ★★★★★ **9:00** The Last Knights (15, 2015) ★★★★★ **11:20pm-1:10am** Acts Of Violence (15, 2018) ★★★★★

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FabDAILY

SEX & LOVE

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MEN ARE JUST MUCH MORE SELFISH...AND MUST CHANGE

By **LIZZIE CUNDY**

SADLY, I wasn't surprised to hear about the gender orgasm gap. If I'm honest, I would've thought it could have been bigger, if the men I've been out with are anything to go by. Most blokes are so keen to "ramp and run", as I call it, that they don't really consider what their other half would like in the bedroom.

Half of the fun between the sheets is pleasing your lover, but men mainly think about themselves and it's because they are the more self-serving species.

Let's face it, men are more selfish lovers than women and things need to change.

Most don't think about what they can do to turn a woman on. They don't put the time and effort in. It's wham, bam, thank you ma'am, rather than: "Let's have a nice night and let me ask you what you would like."

That doesn't tend to happen, certainly not with the men I've been out with.

It's high time blokes put women first. And fellas, I've got a secret for you – if you give your lady a really good time, she might even want to do it more often. It's a win-win.

I'm no stranger to bad sex. I once had a boyfriend who didn't have a clue in the bedroom. I'd tell him, "I like this . . ." and then he'd do it so ferociously I remember describing him to a friend as the garden mower. He'd start off slow but when he got going he'd go like the clappers. It was too much.

I suppose some men are just clueless, rather than selfish. So, if that's the case, ladies, it's up to you to explain what you like. I believe anyone can improve with a bit of coaching.

'Us ladies need to stop faking it'

You need to say: "Actually, darling, I much prefer it this way." There's no harm in that, and knowing what each other likes will bring you closer together. You'll have a better, stronger relationship in the long run.

Sex isn't always like in the movies, where all is perfect. You've got to make it fun and not overthink it.

Us ladies do need to stop faking it. Every woman I know does this to make their man feel like he's doing a good job, but we're contributing to the problem.

Men walk away mistakenly thinking they are some Adonis who has done a great job, when they haven't.

But I do get it, women use it as a tool to get things over with because they're not enjoying it. It's a vicious cycle.

It's better to be honest with your bloke, while maintaining a sense of humour and letting them know how to please you.

Men may not want to talk about it. But if you don't communicate and make it fun, it can all end in disaster.

Without a healthy sex life, most relationships will go downhill. My mum used to always say that it is either sex or money which will ruin a marriage.

I've seen time and time again, with women I know, that an unfulfilling sex life can lead to divorce.

If the woman isn't getting turned on, the intimacy will dwindle between a couple and ultimately it's the sex-starved man who gets really fed up. If a woman thinks, "Let's just get it over with", which so many do, it can lead to a split. All because the woman isn't getting what she needs.

Men could have the life they really would love if they just put a bit more effort in, because then their lady will want it more regularly and everyone will be happy.

So come on, fellas, you can do better.

You need to pull your socks up so we can narrow these statistics as soon as possible.

Or you might find yourself in your bed . . . alone.

1. Wear socks to spice up sex life

THE humble cotton numbers might seem like the least sexy item to wear when seducing your partner but they can actually spice up your sex life, research shows.

Keeping your tootsies warm may boost blood circulation, including to those all-important erogenous zones, increasing sensitivity and upping your chances of scoring the Big O.



2. Set the perfect temperature

WHEN it comes to hitting the G-spot, temperature is key.

You don't want to be too hot or too cold, as this can make you uncomfortable and ruin your chances of climaxing.

Experts believe the perfect room temperature is 20C, which is, er, 69 degrees Fahrenheit.

So grab a thermometer and make sure the room is just right before you seduce your partner. It's science, baby.



3. Tea can boost testosterone level

MOST of us grab a drink to loosen up between the sheets but alcohol slows down the nervous system, making orgasms harder to reach.

On the flip side, a good cuppa or a coffee revs up your nervous system.

Studies show caffeine can help men perform better in the bedroom, by boosting testosterone levels and lowering chances of erectile dysfunction.



Men have **20%** more orgasms during sex than women, on average

TIRED of faking it? You're not alone.

Going all the way with your partner is special but it's not always a level playing field.

On average, men experience orgasms 20 per cent more than women during sex.

And it doesn't end there, as research has found nearly a quarter of women cross the finish line on their own weekly, compared to nearly half of men.

This is what is known as the "orgasm gap".

So with National Orgasm Day coming on Wednesday next week, we are on a mission to close it.

But it is not just your sexual skill set which may need honing.

From wearing socks in the sack to painting your walls purple, Sun Sexpert **GEORGETTE CULLEY** reveals nine quirky tips to get you screaming "yes, yes, yes!"

4. Go bananas for a steamy session



THE phallic fruit has long been associated with sex but bananas are not all style and no substance.

They are packed with nutrients including potassium, which can boost production of testosterone, the hormone that cranks up your sex drive and helps you last longer in bed.

So next time you are planning a steamy night, don't forget to eat a banana or two.

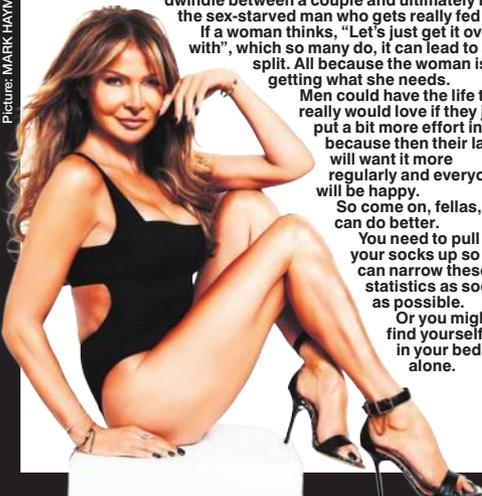
5. Sleep naked to release oxytocin

DITCHING your comfy PJs could boost your sex life and deepen your bond with your partner.

Skin-to-skin contact enhances release of oxytocin, the love hormone, which helps reduce stress and heightens intimacy.

Sleeping nude can also lead to more spontaneous moments of passion, easing the pressure and potentially increasing your chances of orgasm.

What's not to love?



9 TRICKS TO CLOSE THE ORGASM GAP



51%
of women said they need to be comfortable with their partner to climax

6. Sex up your bed sheets

WHEN you are turning up the heat in the bedroom, breathable sheets are a must. Natural or semi-natural materials such as cotton, bamboo, Tencel, modal, silk and linen are ideal.

Avoid 100-per-cent polyester sheets which can be hot and rough. And steer clear of synthetic satin ones as they are slippery, hot and terrible at absorbing sweat. The comfier you are, the more likely you are to orgasm, according to research.



7. Make the room smell good

SCENT is a game-changer in the bedroom and we are not just talking about your partner's perfume or aftershave.

Lavender, the unsung hero, can help you relax, boost your mood and lower anxiety and depression – perfect for boosting libido and, yes, even enhancing erections, studies show.

Whether you opt for an aromatherapy burner or sneak a few drops of lavender oil under your pillow, you will be on your way to a more fragrant and, ahem, fruitful night.



9. Cold showers kickstart libido

SURPRISINGLY, a cold shower before sex can kickstart your libido, studies show.

Cold-water therapy can boost testosterone levels and improve sexual health, making it a win-win for both sexes. So next time you want to turn up the heat, skip the hot bath and run a cold shower instead. You're welcome.

8. Paint the walls purple, not red



FORGET painting the walls red – purple is the real sexy colour. In a survey of 2,000 adults, the amount of sex people had varied by the colour of their bedroom and bedding.

People with purple rooms got it on about 3.49 times a week, followed by red (3.18), sky-blue (3.14), pink (3.02), and black (2.99).

So grab a paintbrush and a pot of purple paint. You might just find yourself getting lucky more often.

Fab Daily Hot or Not

GOING UP

COUNTRY LIFE

GOOGLE searches for "country-style home" are up 100 per cent this week. Inspired?

Shoppers are stocking up on woven baskets, wooden bowls and farm-themed furnishings like this charming pheasant cushion, £9.99, The Range.



IN THE CAN

THE British weather has (just about) warmed up for a picnic and booze brand, Lemada, is lightening the load with zesty, vodka cocktails. Choose between Tangy Lemon and Juicy Raspberry, at £2.25 a can at Sainsbury's. Chin chin!



ACE OF LACE

FASHIONISTAS are ditching "cowboycore" for "southern gothic". Almost 15million TikTok videos show off the trend that's more hocus pocus than hot girl summer.

From dresses (£42, Asos) to black hats, we're spellbound.



WHAT THE CLUCK

EVERYONE'S talking about Chicken Wine, but fear not, it's not a goblet of chilled broth.

Gen-Z has gifted the unpleasant nickname to supermarket tippie La Vieille Ferme rose, which sports the farmyard cluckers on its label.

The Rhone Valley wine is £8.50 at Tesco. Lovely wine, terrible nickname.



DADDY COOL

ALL hail the rise of the Dad trainer? We'd rather not.

Garish bogey-green, neon orange and banana yellow sneakers have hit the shops, which charge over £80 a pair. Next trend, please.



HYGIENE POVERTY

A NEW poll found 83 per cent of Brits who struggle to afford everyday hygiene items cut back on personal care in the school holidays, to care for their kids.

The poll also revealed 24 per cent even skip meals to ensure they can afford products like deodorant and toothpaste. This is not OK.



GOING DOWN



DIESEL CAR OWNERS

DID YOU OWN OR LEASE A VEHICLE BETWEEN
SEPTEMBER 2009-2018?

YOU COULD CLAIM UP TO £10,000 IN COMPENSATION

Now more car
manufacturers are
being held to account
over dieselgate.

Is your manufacturer
listed?

- BMW**
- LAND ROVER**
- CITROEN**
- JAGUAR**
- NISSAN**
- FORD**
- VAUXHALL**
- PEUGEOT**
- RENAULT**



SCAN FOR INFO

In 2015, the DieselGate scandal sent shockwaves through the automotive industry, revealing the use of Diesel Cheat Devices to bypass emission regulations in both the United States and Europe. Volkswagen Audi Group (VAG) paid a substantial £193 million in May 2022 as compensation. To date, they've disbursed over €40 billion in settlements, all without any admission of guilt.

Our legal partners are now checking vehicles across 9 manufacturers and your vehicle could be eligible.

If you have leased or owned a diesel vehicle from; BMW, Citroen, Ford, Jaguar, Land Rover, Nissan, Peugeot, Renault and Vauxhall, between September 2009 - 2018, you could be eligible for compensation.

To determine whether your vehicle was affected, simply input your registration into our Reg Checker.

CHECK TO SEE IF YOU'RE ELIGIBLE



DIESEL CLAIM
NO WIN, NO FEE COMPENSATION

www.check-my-vehicle-reg.co.uk

Check Any Vehicle | 100% No Win, No Fee | Get a rapid online decision



dear deidre

Edited by **SALLY LAND** No matter what the issue, I answer every single problem

Team: JANE ALLTON, HILARY FREEMAN, KALLY LEWIS, CATHERINE THOMAS, CHLOE STRATTON

CASH FOR BOTOX... BUT NOT THE BILLS

Dear Deidre

I'M concerned about my wife who spends money we don't have. She works part time but never contributes towards the bills. She has a car loan and I end up paying her credit card bills now as she is behind on them.

I'm 37 and my wife's 35. We've been married for 11 years and have two daughters aged eight and six.

As I'm the main earner my wife says I should pay the bills. She spends all her money on her nails, hair and sometimes Botox too.

She says she wants to have veneers on her teeth and mentioned a holiday to Thailand, neither of which we can afford.

Some months we run out of money days before pay day and yet I'm meant to provide everything for my family.

I feel as though my wife is in denial. She is living beyond her means and it is really stressing me out.

DEIDRE SAYS: You are working hard and doing everything for your family. Please talk to your wife about how worried you are. Let her know you feel under pressure and need her help.

Ask her to sit down with you and sort out your finances in a way which is fair to you both. It might be best if you put your salaries into one account and pay all your bills and essentials out of that shared pot.

Any funds left over could be split equally. My Family Finances support pack should help with this.

hot topic

LEARNING your child has been victim to sexual abuse is a parent's nightmare.

Unfortunately, abusers and paedophiles can be found in every profession and can often trick parents into trusting them. In more than 90 per cent of cases, the abuser is known to the child.

Parents should teach children to set their own body space boundaries and refuse to keep any adult secrets from loved ones.

My support pack Protecting Kids From Abuse has more information.

Dear Deidre

I THREW my husband out a month ago after he punched me in a drunken rage.

I know he is an alcoholic but he is in denial and says he can stop whenever he likes.

I'm 33 and my husband is 35. He hasn't been home once in all that time but wants to come back.

He says that he loves me but in the weeks we have been apart he hasn't stopped drinking or attempted to show he's trying to change. It is a cycle we regularly get into.

He does something abusive while drunk, we argue then he promises to stop drinking. He manages to stop for a week or two then slips back into

Hurt by fling with younger woman

Dear Deidre

MY husband has been having an affair with a woman half my age but insists it's over and was "just about the sex".

It feels like so much more. She is a colleague who has been working closely - too closely - with him on a building project.

I had a gut feeling that he was cheating on me and followed him to a pub car park out of town. I watched him get out of his car, walk across the car park and into the arms of a much younger woman.

I am 46 and my husband is 48. We have been together for 24 years and have two adult children and a grandchild.

His mistress is 23, the same age as my daughter.

Recently he's been making excuses to go out at odd times in the evening.

He even told me he'd been called into work on an urgent matter.

After witnessing his infidelity first hand, I was gutted but managed to

HERE TO HELP YOU



IF YOU are worried about anything please get in touch with my team of counsellors and we will do our best to help you. Every email receives a personal response within one working day.

deardeidre@the-sun.co.uk

drive home. A couple of hours went by and I sent him a text, making up a story that my cousin's nephew had spotted him at the pub.

He sent a text admitting he was at the pub, saying a client had taken

him there for a business meeting. I knew he was lying and added that my cousin's nephew didn't speak to him because he saw that he was with another woman.

With that, my husband knew the game was up and finally admitted his cheating.

He has since ended their affair and changed jobs.

He says he regrets everything and it was just sex.

I love him but I'm struggling with the knowledge that he had sex with someone else.

DEIDRE SAYS: I'm not surprised. Betrayal is so much more than just sex. It can erode a relationship and building back that trust can take time.

Be honest with your husband and explain how you feel. Tell him how much his affair hurt you.

With the right support, it is possible to make it past an affair but this is something you will have to do together.

Couple's counselling can help. Contact tavistockrelationships.org (020 7380 1960). It will take some hard work and commitment from both of you to really look at what's been going wrong.

My support pack Cheating - Can You Get Over It? will also help you.

IF HE SAYS MY WIFE IS SEXY AGAIN, I MAY PUNCH HIM

Dear Deidre

I DREAD socialising with a couple we've known for years because of the husband's lewd behaviour.

I am 54 and my wife is 52. Her friend's husband is a pain in the neck. He is always telling rude jokes and boasts about his sexual past whenever his wife leaves the room.

We see them once a month or so but I have had enough.

The last time we met he commented on my wife's figure and said she looked really sexy. He has sent my wife inappropriate videos too.

I have told my wife I am uncomfortable with this sort of behaviour and don't want to go back there.

But she makes me feel bad if we don't go and we end up arguing. I told her that if we go again I will end up punching him.

So should I stand my ground or go in order to keep my wife happy?

DEIDRE SAYS: This man's behaviour is totally inappropriate but your wife's friend can't make her husband change.

There is room for compromise so suggest to your wife that she sees her friend alone - without either partner getting involved.

That way neither you nor your wife have to encounter this man and she can happily see her friend without needing to get either of you involved.

My support pack Standing Up For Yourself will help you to speak to your wife without it causing another row.

stories deidre's photo casebook | BECCA'S BAD BREAK-UP: DAY 1

IT'S ALWAYS ONE THING AFTER ANOTHER WITH YOU. NOTHING I DO IS EVER ENOUGH.

BECAUSE YOU NEVER LISTEN TO ME. IT'S LIKE PULLING TEETH

MAYBE I'D LISTEN IF YOU STOPPED SHOUTING

THIS JUST ISN'T WORKING ANYMORE. I LOVE YOU SO MUCH BUT WE NEED SOME TIME APART

AGREED, I DEFINITELY NEED SOME SPACE

Clothes by Boohoo and BoohooMAN | CONTINUES TOMORROW

DRUNK HUBBY STILL IN DENIAL

boozing again. This is the first time he has been violent and it scared me so I have been strong and I haven't let him come home, even though yet again he says he is going to stop.

He says that this time it is different. He says he is going to prove to me he can stop, that he doesn't have an issue.

I can't commit to that due to the false promises he has made so many times before. How can I trust him when he constantly lets me down? I am so lost.

DEIDRE SAYS: Stay strong. Nothing will change until your husband admits he has an alcohol problem.

When he is sober, tell him you are worried for his life and health. Encourage him to see his doctor. If he won't make an appointment, then there is not much you can do. As with all addicts, he has to want to change. You can't force him.

You can find help through my support packs called Abusive Partner and Dealing With A Problem Drinker.

It's time to look after your own welfare. Find support through al-anonuk.org.uk (0800 0086 811), who help the partners and families of those with a drink problem.

GET IN TOUCH

If you are worried about something, my team is here to help. Please contact and follow us.
Online: thesun.co.uk/deidre **Instagram:** @dear.deidre **Facebook:** @DearDeidreOfficial
X: @DearDeidre **Post:** Dear Deidre, The Sun, 1 London Bridge Street, London, SE1 9GF




FROM

£1,699

PER PERSON*

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ALL-INCLUSIVE

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29 Days • November 17, 2024, 5 January, 2 February, 2 March 2025

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- 24-nights at the three-star Hotel Port Fiesta Park or Hotel Port Vista Oro (as booked) Benidorm on an all-inclusive basis**
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TERMS AND CONDITIONS: *Return coach travel from a network of coach pick-up points throughout England & Wales. Surcharges may apply from some pick-up points. **£50 per person discount offer expires July 31, 2024. **A free bar is available throughout your stay in Spain - restrictions apply. Includes all meals, unlimited drinks in restaurants & bars, water, local brand wine, beer & soft drinks, 10am-11pm. Operated by Just Go Holidays Ltd. Coach packages holidays and short breaks are subject to Just Go Holidays terms and conditions. Your booking is protected by Bonded Coach Holidays (BCH) and the Association of Bonded Travel Organisers Trust Limited (ABTOT), this is a government approved consumer protection scheme. Tours offered are subject to availability and government guidelines. Dates and pricing on travel at the time of your bar can be subject to later change. Prices are per person, based on two people sharing a twin/double room. Single supplement applied. Standard phone charge apply.



80% OF UK BUSINESSES OWED MILLIONS IN MIS-SOLD ENERGY CONTRACTS!

“My business won £32,000 thanks to Business Energy Claim Back!”

Mr Anderson
Restaurant owner,
Warwick

- 90% of Contracts Mis-sold
- No Win, No Fee Process
- Average Claim Value £25k+
- Start Your Claim TODAY!

FROM coffee shops to corporate giants, 80% of UK businesses use brokers to get the best energy deals. With news that 90% of these contracts have been mis-sold, 4 out of 5 businesses are now eligible to claim compensation. Make your claim now at **Business Energy Claim Back** where average payouts exceed £25k with some claims soaring into the millions...

Many UK businesses are currently unaware they're overpaying on their energy bills. The March 2022 OFGEM report reveals that about 80% of UK businesses using energy brokers could be trapped in mis-sold contracts, resulting in inflated bills due to hidden commissions.

RECLAIM WHAT'S RIGHTFULLY YOURS

Business Energy Claim Back is dedicated to uncovering these issues for businesses that have used brokerage services in the last 10 years. The average claim managed by *Business Energy Claim Back* exceeds £25,000, with some reaching into the millions, highlighting the substantial impact of these undisclosed charges.

Business Energy Claim Back offers a no-cost, comprehensive review of your energy contracts—a crucial step as many businesses may not even realise they've been affected. This approach ensures a fast, fair and honest assessment,

guiding businesses towards potential compensation. With an estimated 4.8 million businesses eligible for energy compensation, it's more than likely that your company could be one of them.

Don't miss out on what you could rightfully claim back. Initiate your No Win, No Fee claim today with *Business Energy Claim Back*. It's not just about financial recovery; it also ensures fairness and transparency in your company's business energy dealings.

MAKE YOUR CLAIM NOW!

Don't miss this opportunity to reclaim what's rightfully yours now! Simply scan the QR code below to start your No Win, No Fee claim or visit www.beclaimback.co.uk. Making a claim won't cost you a penny, so there's nothing to lose and potentially a lot to reclaim.

“Thanks to Business Energy Claim Back I received a refund of £32,000 for my energy contract that was mis-sold... highly recommend this firm.”

Mr Anderson, Restaurant Owner, Warwick.

START YOUR CLAIM HERE



Calling UK Business Directors or Stakeholders

Have you used an energy broker in the last 10 years?
Claim compensation now!

ACT NOW!
£25k
AVERAGE CLAIM BACK VALUE

NO WIN, NO FEE! Reclaim mis-sold energy costs now. Discover your refund potential with Business Energy Claim Back. Free, no-obligation assessments reveal average claims over £25k, with some into 7-figures. Join thousands of UK businesses already reclaiming what's theirs. Start online or scan the QR code now.

www.beclaimback.co.uk



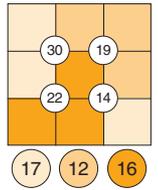
puzzles

BRAINBUSTER

Find three new three-letter words that can go between these pairs to make six new words:
TIN () ION; TEA () IDS; SEC () QUE

SUKO®

Enter the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of its four surrounding squares. Each coloured area should add up to the colour totals below.



We've got all your favourite brain teasers

PAGE 2 SUJIKO SOLUTION: Top line 743 middle 825 bottom 169

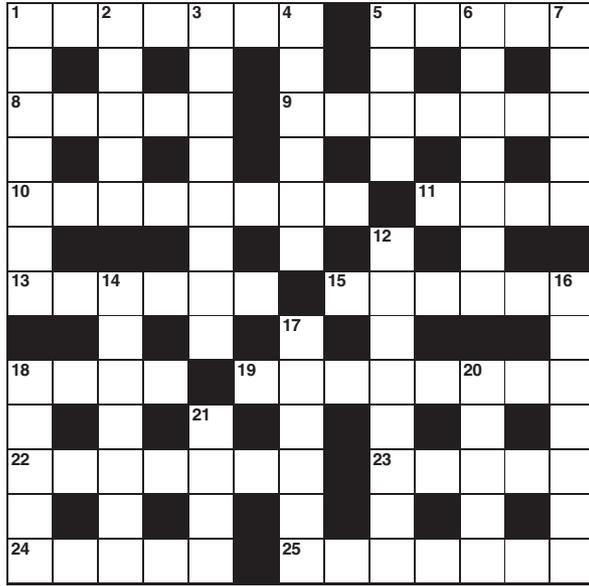
TWO-SPEED CROSSWORD

Two sets of clues but the answers are the same

Cryptic clues

- ACROSS**
- M1 hazard causing accident (7)
 - Woody plant that makes brush (5)
 - Scandalous information turned round a secret society (6)
 - Flyer in painfully cold north (7)
 - Firebrand puts key for me in Rolls-Royce (8)
 - Enthusiasm of Zoe, early regularly (4)
 - Drunk had rum in northern city (6)
 - Beast has right law backing us (6)
 - Positioned around piano in dispute (4)
 - Radical article about the Roman Church (8)
 - Old Tuareg involved in scandal (7)
 - Remove from camera sequence (5)
 - Where we live, near the centre? (5)
 - Puss, incredibly close, gets ban (7)

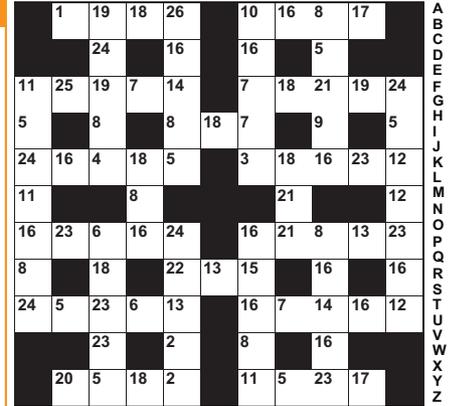
- DOWN**
- Posh claret, on coaster, is aged (7)
 - Very firm son having argument (5)
 - Senior citizen brings tree to isle (8)
 - Wembley content with minute sign (6)
 - Fill in potholes at Eastbourne (4)
 - Sound advice for boating companion, graceful creature (3,4)
 - Prohibit a line that's mundane (5)
 - Crew taking pit workers round a river (8)
 - Atomic device right at core fractured (7)
 - Kelp providing energy in river was rising (7)
 - Loving touch scares terribly (6)
 - Poles repositioned in ski area (5)
 - Angry sea bandit losing plot initially (5)
 - Bad language from goatherd (4)



Coffee time

- ACROSS**
- Error (7)
 - Clematis, eg (5)
 - Chinese mafia (5)
 - Booming bird (7)
 - Luther, eg (8)
 - Fervour (4)
 - City on the River Wear (6)
 - Tusked mammal (6)
 - Minor argument (4)
 - Vatican attraction (8)
 - Atrocious act (7)
 - Delete (5)
 - Our world (5)
 - Adjourn (7)
- DOWN**
- Grown-up (7)
 - Unbending (5)
 - Civic dignitary (8)
 - Representative symbol (6)
 - Glut (4)
 - Small ungulate (3,4)
 - Tediously unoriginal (5)
 - Seafarers (8)
 - Power plant (7)
 - Marine algae (7)
 - Fondle (6)
 - Incline (5)
 - Furious (5)
 - Solemn vow (4)

WORD WORKOUT

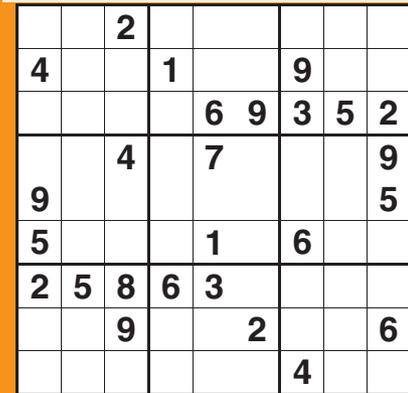


THIS is the world's best brain teaser. Each grid number in our Word Workout game represents a letter. So if you think 4 is the letter A, write A in all the squares with a 4. All the alphabet is used and we have supplied some letters to start you off. We will print the answers tomorrow.
YESTERDAY – ACROSS: Liqueur, Klin, Fern, Impede, Saxophonist, Trowel, Time, Zinc, Govern. DOWN: Jibe, Quango, Ornithology, Skip, Blades, Afraid, Native, Wick, Mire.

For 4 Extra Clues Call 0901 293 6299
Calls cost £1 plus network access charge.
or text SUNWORD to 64343.
Texts cost £1 plus your standard network rate.

DOUBLE SUNDOKU

TODAY'S TEASER Call 0905 757 0156 for clues or solutions. Cost £1 per minute plus network access charge.



TODAY'S TOUGHIE Call 0905 757 0152 for clues or solutions. Cost £1 per minute plus network access charge.



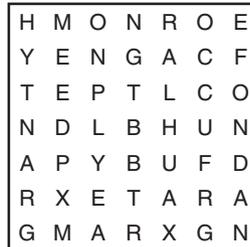
Calls for extra clues and answers last no longer than two minutes (Sundial answers may vary).
Helpline: 0333 202 3390 (9am-5.30pm).
Service provider: Spoke, W1T 4HD

WORDSEARCH

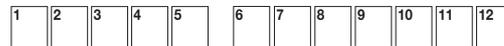
Find seven Hollywood legends. Words can run forwards, backwards or diagonally. Solution below.



NEWSPAPERS SUPPORT RECYCLING
The recycled paper content of UK newspapers in 2023 was 45.5%



EACH clue leads to a well-known name. Put the initials or stated letters in the appropriate squares to identify an actress:



- Former Never Mind The Buzzcocks host who wrote and starred in Grandma's House
- Author of The Duchess Of Malfi
- Actor who played the title role in the Percy Jackson films
- Mr Miliband, politician who replaced Gordon Brown as leader of the Labour Party
- Ms Keppel, Millionaire winner turned Egghead (second and fourth letters of name)
- Mr Bathurst, Sir Anthony Strallan in Downton Abbey (fourth and last letters of name)
- Mr Hill, Victorian credited with inventing the postage stamp

● Yesterday: Cricketer DAWID MALAN (Leighton Aspell, Debra (Stephenson), Ariel Winter, Mervyn (Peake), Dick (Dastardly)). Another Name Game in The Sun tomorrow.
■ If you can't wait until tomorrow for the answers, just call 0901 293 6299. Calls cost £1 plus your telephone company's network access charge.

30-SEC NUMBERCRUNCH

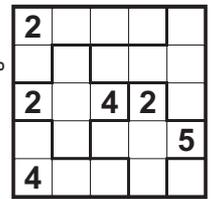
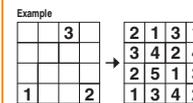
HERE is our fantastic puzzle, the 30-second NumberCrunch. There's no better way to keep your brain trained than playing our great teasers. So if you want to stay ahead of the game, you will love this challenge.

Starting at the left with the number provided, work your way across the three lines one at a time, applying all the mathematical instructions to your running total. Don't reach for your calculator – that would be cheating! Write your final answer in the last box of the line. You should be aiming to complete each round in about 30 seconds. Good luck!

BEGINNER	INTERMEDIATE	ADVANCED
33	101	970
-27	-45	20% of it
× 7	3/4 of it	+ 2779
-33	+ 465	Third of it
× 4	÷ 13	+ 1613
+ 160	+ 143	3/7 of it
Half of it	÷ 7	- 759
+ 121	+ 194	÷ 7
÷ 3	Half of it	+ 4976
- 24	+ 348	÷ 11
ANSWER	ANSWER	ANSWER

SUGURU®

Each cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3, and so on. The same digit must not appear in neighbouring cells, not even diagonally. Solution below.



SUNDIAL



SEE how many words of four or more letters you can "dial" using the one at the centre in each word. You can make at least one word using all of them. Don't use the letters more than once in any word. No proper names or plurals

BRILLIANT: 35. EXCELLENT: 29. GOOD: 21. GREAT SCORE FOR KIDS: 16.

YESTERDAY: Ability, ably, alibi, ally, bail, ball, bally, balty, bill, billy, liability, laity, liit, lily, tail, tall, tally, tibial, till, LIABILITY.

ending in 's'. Words from Collins Concise Dictionary.

Check today's answers by calling 0905 757 0156 before midnight. Calls cost £1 per minute plus your telephone company's network access charge.

Yesterday's solutions are on today's Letters page

Today's Solutions

NumberCrunch
49,458,457
Brainbuster
POT, CUP, TOR

HALF PRICE OFFER: ~~£99.00~~ now only £49.95

Tiny Rechargeable Hearing Device

SO EASY TO USE!

If you struggle to hear people on the phone, think people are mumbling, have difficulty keeping up with conversations, or turn up the TV louder than others then help is at hand!

Using the latest digital technology you can enhance your hearing and live life to the full with the new **MICRO Infini-Ear**.

DISCREET DESIGN

This amazing new super small device fits in your ear – in fact it's so discreet you can hardly notice it. Simply slip it in your ear and adjust the volume to suit your hearing needs and away you go! The design is so compact and comfortable you'll soon forget you're wearing it.

ADVANCED DIGITAL TECHNOLOGY

The advanced microelectronic amplification circuitry will give you enhanced hearing without any whistles or interference that you find with cheaper imitations. And because we are selling direct to customers we are able to offer the **MICRO Infini-Ear** at an affordable price. Other companies like you to believe that improved hearing costs a fortune, but not with **MICRO Infini-Ear**.

NO MORE BATTERIES!

And what's more you'll never have to worry about the cost or having to replace batteries. The **MICRO Infini-Ear** is fully rechargeable! All you need to do is pop it into the charger and turn it on. You can charge it while you sleep. It's so much more convenient than having to fiddle about with batteries. As it doesn't need to carry batteries it's smaller than other devices. Ditch your old-fashioned fiddly device and try the new **MICRO Infini-Ear**.



Super small device brings discreet and enhanced hearing.

- ✓ **Advanced digital technology**
- ✓ **Super small discreet device**
- ✓ **Adjustable volume**
- ✓ **Comfort fit**
- ✓ **No whistles or interference**
- ✓ **Rechargeable – no more batteries**
- ✓ **Complete with charging unit**
- ✓ **Best Price Promise**



Recharge while you sleep

FULLY RECHARGEABLE

COMFORT FIT

SMALL & DISCREET

BEST PRICE PROMISE



Buying direct you can be 100% confident that you are paying the lowest price. Order today, try it at home, talk to friends, watch TV, go to the cinema, and hear for yourself the difference. You'll be amazed at the superior quality sound amplification.

★ SAVE 50% ★

As part of our introductory launch we are selling the **MICRO Infini-Ear** at half price, saving £49.95. What's more you can save a further £20.00 when you order 2 **MICRO Infini-Ears**. The **MICRO Infini-Ear** comes complete with charging unit which also doubles up as a storage case.

HALF PRICE OFFER

BUY 2 AND SAVE £££s!
BECAUSE TWO EARS ARE BETTER THAN ONE

SAVE MONEY! NO MORE COSTLY, FIDDLY BATTERIES

★★★★★ 5-STAR REVIEWS ★★★★★

“I've tried so many hearing devices, but this is the BEST! And no batteries to buy!”
James Hare



“My hearing is now crystal clear thanks to MICRO Infini-Ear, and it's so discreet and comfortable.”
Jenny Martin



“The MICRO Infini's are so small you hardly notice them, – I'm just so glad I tried them. I would highly recommend them to anyone with hearing problems.”
Fiona Johnson



“I was in denial that I was losing my hearing and too embarrassed to wear a hearing device until I discovered the tiny MICRO Infini-Ear.”
Charlie Butterworth



FREE GIFT ADVANCE PAIN RELIEVING GEL with every order!

FREEPHONE 24 HOUR UK CALL CENTRE
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QUOTE CODE: **EAR671**
branshaws.co.uk/EAR671

Tick	Please send me:	Price
<input type="checkbox"/>	HALF PRICE 1x MICRO Infini-Ear £99.90	£49.95
<input type="checkbox"/>	BEST DEAL 2x MICRO Infini-Ear £199.80	£79.90
<input type="checkbox"/>	Additional Tips (Set of 4)	£2.95
<input type="checkbox"/>	Mains Charger	£4.95
<input checked="" type="checkbox"/>	Advance 7 Sample	FREE
<input type="checkbox"/>	Insured P&P	£3.95
TOTAL		£

Post to: **Branshaws, Offer Code EAR671, Unit 9, Romsey Ind. Est., Greatbridge Road, Romsey, Hampshire SO51 0HR**

I enclose a cheque/PO payable to Branshaws for £

Please charge my credit/debit card (tick): VISA M/C VISA

SIGNATURE _____ EXPIRY _____

Title _____ Name _____

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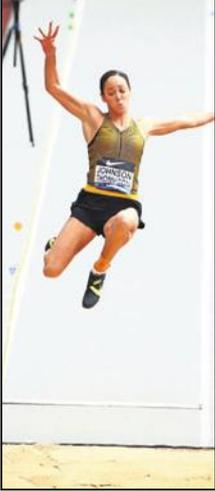
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OLYMPICS



COUNTDOWN - 4



FLYING... KJT in long jump

KJT to be a four-fer for good

From ROB MAUL in Paris

MULTI-EVENTER Katarina Johnson-Thompson claims she is "mentally, physically and spiritually" ready for the fight in Paris.

These Games will be KJT's fourth Olympics and perhaps her best shot at an elusive heptathlon gong.

In the past, either she was too raw to compete with the best or struggled with pressure or injury.

Three years ago, she had to quit before the end of day one of competition with a calf injury.

This happened eight months after an Achilles rupture and surgery on another unspecified issue ruined her preparation.

Now she seems injury-free, physically ready and mentally strong enough to battle Nafi Thiam, the double Olympic champion.

KJT, 31, the reigning world champion, said: "I feel like I am the most prepared for these Games than I have ever been."

"I feel like in 2012, I was just there, having fun. In 2016 basically, it wasn't good for me, I wasn't able to handle that pressure."

"In 2021, physically I wasn't there, I was coming back from an Achilles rupture, so I was fighting against that."

"Mentally, physically, spiritually, everything, I feel ready to go. I don't know if it will come out, but I don't feel nervous. I will try to put together the performances."

Johnson-Thompson tried her luck at the long jump at Saturday's Diamond League meeting in front of 60,000 fans at the London Stadium.

A fifth-place finish with 6.54 metres — her personal best is 6.92m — is something to build upon.

To emulate Olympic stars Denise Lewis (2000) and Jessica Ennis-Hill (2012), she must be consistent in SEVEN events on two days at the Stade de France.

She said: "I did the long jump and I hadn't done one since Budapest, so technically it was my season-opener. It's a good work-in-progress."

From ROB MAUL in Paris

DARYLL NEITA is sick and tired of seeing the backsides of Jamaicans and Americans.

And when she crouches down on the start line in Paris, she will have her pet pooch firmly in her thoughts.

The South Londoner sprinter — who is entered into three disciplines in the French capital — is one of just two British women in the past 40 years to appear in an Olympic 100 metres final.

And last year she was fifth in the World 200m final in a personal-best time of 22.16sec.

Texas-born speedster Sha'Carri Richardson will be the favourite for gold as the world champion across both sprint distances.

But she will be pushed by Jamaican powerhouse Shericka Jackson and veteran Shelly-Ann Fraser-Pryce in an explosive rivalry.

The last British woman to claim a top-three spot in the sprints at an Olympics was Dorothy Hyman, who won silver in Rome in 1960.

Neita, 27, who will also run in Team GB's sprint relay outfit, trains in the beautiful Italian city of Padua thanks to National Lottery support.

She told SunSport: "Those women are incredible."

"I say it to my coach every day, the memory I have is literally Shericka being 10m ahead of me when I'm coming off the curve."

"I'm happy to run against the best in the world. This feels like the best sprinting era of all-time for women."

"I'm so happy to be a part of it. But I have to close the gap."

"I raced Shericka a few times last year and other girls as well."

"I'm seeing too much of the backs of them! That has given me that motivation."

"I know I'm capable. There's no reason why I shouldn't be able to run those sorts of times."

Neita finished last in the 100m at the Tokyo Games three years ago.

The only other Brit to make the final since Heather Oakes at LA in

1984 was Jeanette Kwakye, who came sixth at Beijing 16 years ago.

And Neita (right) said: "I'm more experienced now, with more training, a better mindset in the event."

"Success for me in Paris would be an individual medal as well as a relay medal."

"I'm here to win. Yes, I'm running against incredible athletes and I do respect them all but at the same time, you have to put your best race together."

"I'm not just there to take part. I'm there

because I believe I should be and I want to win."

Neita loves the "snow, beaches, skiing, fashion, cities, culture, people, music and romance" of Italy — and she has even tasted a cornetto.

Her trip abroad would not be possible without UK Athletics' World Class Programme.

And the support of National Lottery players, who have transformed athletics in the UK with more than £214million invested.

This is her last week

before entering the holding camp and she will spend time with her beloved Chihuahua, Melon, who then heads off to Neita's mum and dad in London.

The two-time Olympic relay bronze medalist added: "The best thing about when I finish a race is getting videos from my family to see Melon's reaction, of him barking at the TV."

"If I'm doing an interview he barks at the TV and recognises me."

"This is going to sound absolutely ridiculous but the amount of times I have stood on the startline and thought, 'Let's do this for Melon'."

"On that moment when they say, 'On your marks,' he crosses my mind. 'Let's do it for Melon because he deserves it, too. I know he's watching — I have to make him proud.'"

● National Lottery players raise more than £30million a week for good causes including vital funding into sport — from grassroots to elite. Visit: www.lotterygoodcauses.org.uk

Neita hoping to kick butts AND MAKE DOG PROUD



RIDE ON... Hester wins dressage bronze in Tokyo in 2021

SADDLE

Carl: I want to do well so I

OLD HORSEMAN Carl Hester jokes his record-equalling seventh Olympics for Team GB must end on a high — or he can't "f***ing" retire!

Nobody across 128 years of competition has been to more Olympics in GB colours than the stallion-riding Channel Islander.

Dressage expert Hester, 57, will match the 2016 mark set by show-jumper Nick Skelton when he appears at Chateau de Versailles.

Twelve years ago in Greenwich, Hester won team dressage gold, at the fourth attempt, and then added silver (2016) and bronze (2021) to his collection.

He does plan to attend the LA Games in 2028 but preferably in a coaching or leadership role.

The only way he will hang up his saddle, post Paris, is on the proviso that everything goes OK over the next three two weeks.

Hester, the oldest person in the 327-strong Team GB squad, said: "Because of the amount of Games I've done, the length of my career,

From ROB MAUL in Paris

I just want it to go really well. If I did decide to stop, it'd be the perfect moment to."

"If it all goes terribly wrong, I'm going to have keep f***ing going — that's the problem!"

"Is Paris my final Games? I'd like to think it is because of the things I have started to realise as I have gotten older."

"There are things I like to enjoy in life but I can't because my life has been dedicated to this."

"Even if it wasn't a ride in LA, I'd hope it would be coaching some of the riders in the team."

"I know in Paris I'll feel a lot of pride. I never underestimate the significance of being able to

compete for your country at an Olympics. I've had seven Olympics on seven different horses. That's fairly unusual. You never know in the cycle if you'll get another one that's as good as the last."

Hester's faith this time is placed on a 14-year-old horse called Fame, owned by Fiona Bigwood, and the pair have created a "special" bond over 18 months.

He feels his choreography is "really good" and "technically, it's really difficult" and they will trot out to music by American crooner Michael Buble and 1960s Welsh singer Mary Hopkin.

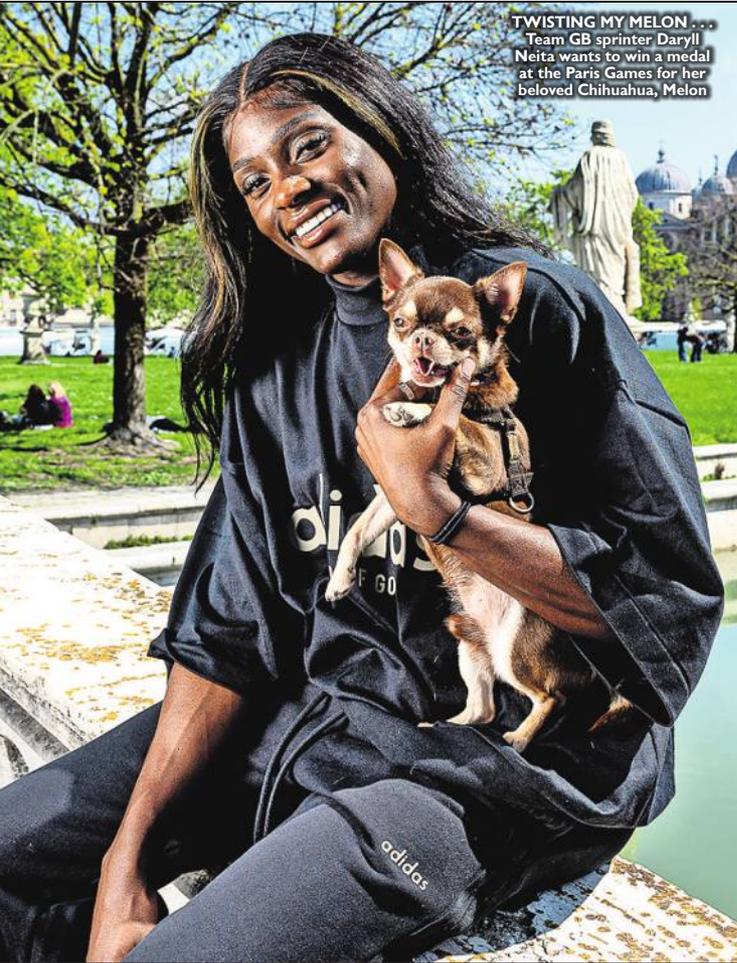
Hester said: "I haven't been known for my musical skills in the past. But this year, with this horse in particular, I thought I'm going to really push the boat out."

"You've got to have music that gets the crowd on their feet. It's big, bouncy stuff. Type of thing like 'Those were the days, my friend' — very fitting for my age!"

Hester was raised on the tiny Channel Island of Sark — population of less than 600. Those close



DAYS TO GO



TWISTING MY MELON...
Team GB sprinter Daryll Neita wants to win a medal at the Paris Games for her beloved Chihuahua, Melon

Oz must gear up

THE Australian women's football team arrived in Paris without some of their luggage — including key medical equipment. They will now need that replaced locally before their bags are shipped to France.
Team chief Anna Meares said: "They are still able to train and prepare. "But some personal luggage and some medical items are still in Spain."
It is not the first luggage mishap to hit Team Australia ahead of the Paris Games starting on Friday. A container ship with all the Team Australia uniforms crashed into another ship this month near Gibraltar.

LOTTE PRIDE



CHARLOTTE DUJARDIN is keeping mum about her shot at being our most decorated female Olympian.
The 39-year-old will take that accolade if she wins a seventh medal in Paris — but all she wants to do is inspire her daughter Isabella.
Dujardin clinched gold in the individual and team events at London 2012, won team silver and individual gold at Rio 2016 and claimed two bronzes at the 2020 Tokyo Olympics.
Any medal in Paris would take her past Laura Kenny's haul of six.
Ahead of her fourth Olympics starting on Friday, Dujardin declared: "The record isn't really something I'm thinking about."
"It's going to be a different Olympics now I'm a mum. If it does happen, that's a huge achievement. It just makes me feel proud as a mum."
"Hopefully one day when she's older, and whatever she wants to do in life, I can inspire her and make her realise what it takes to go to a Games."

SPECIAL MUM
... Dujardin eyes 7th medal

SOAR

can ****ing retire

to their 60s will see him as a reminder that you should never give up on your dreams.
Hester said: "I don't think about my age. I try to look after myself, keep fit, keep inspired."
"I feel like one of those people that if you stop, you're dead! You just have to keep going! I'm at that age when I'm starting to lose a few friends as well. It's one of those s*** times in life."
"If I look back at my early career, it was all about the spirit of the Olympics. It's not the winning, it's the taking part."
"The evolution of the Olympics up until now, I'd say that if you don't win, then you're in trouble."
"In Barcelona, it was almost like sport on holiday, the Village was on the beach."
"Now, it's taken as it should be, because we have the funding of the National Lottery. We should take it completely seriously from start to finish."
■ With more than £30million-a-week raised for good causes, the National Lottery has enabled Britain to become a global force in equestrian. For details visit www.lotterygoodcauses.org.uk



SIMPLY THE HEST... Brit competes in 2000

NEW

THE Sun

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TOP OF WORLD ... Humphries with his trophy

Luke who's in Vantasy land

LUKE HUMPHRIES won his **SIXTH** major TV title in nine months with a Hollywood double double tops finish.

The world No1 delivered the cool finale to finally shrug off Michael van Gerwen in a thrilling 18-15 decider at the Winter Gardens last night.

Humphries, 29, won £200,000 and also became the only player since Phil Taylor to produce a top-plus average in every game in Blackpool.

He also joins an elite group of four players who have won the Worlds and Matchplay in the same year.

Cool Hand said: "I feel more emotional than when I won the Worlds. I got lucky that Michael missed some doubles.

"He let me in. I don't care, I'm the Matchplay champion now.

"I feel blessed to be on this stage and hold this trophy and to follow great players, especially

By PHIL LANNING

Phil Taylor." MVG missed four darts at doubles to level it at 16-16 as Humphries went within a leg of the title.

The Dutchman then missed three chances at double eight and Cool Hand wrapped it up with the 100 and double double checkout.

BEAU GREAVES won her second World Matchplay – but claimed that women will **NEVER** beat men at the Ally Pally.

Greaves, 20, beat Fallon Sherrock 6-3 in the final, winning her £10,000.

She was handed a World Championship spot for winning but has already turned down the Ally Pally to defend her WDF Women's crown.

Doncaster-born Greaves said: "I just don't think we'll ever be good enough to play against the likes of Luke Humphries, Michael van Gerwen, even Luke Littler."

SPORTS ROUND-UP: RESULTS & FIXTURES

CYCLING
TOUR DE FRANCE (Monaco to Nice, 34km TT) Stage 21 - 1 T Pogacar (Slo) UAE Team Emirates 45m 24s, 2 J Vingegaard (Den) Team Visma | Lease a Bike +1m 3s, 3 R Evenepoel (Bel) Soudal Quick-Step +1:14, 10 A Yates (GB) UAE Team Emirates +2:56.
Final Overall: 1 Pogacar 83h 38m 56s, 2 Vingegaard (Den) +6m 17s, 3 Evenepoel +9m 18s, 6 A Yates +24m 7s.

DARTS
WORLD MATCHPLAY (Winter Gardens, Blackpool): **Final** - L Humphries (Eng) bt M van Gerwen (Ned) 18-15.

FOOTBALL
FRIENDLY MATCHES - DC United 0 Celtic 1, Wrexham 1 AFC Bournemouth 1, Crewe 1 Macclesfield 3, Elfers 1 Sunderland 2.

SPORTS DIRECT FAI SENIOR CUP 2ND RND - Ballyfermot United 3 Leeds AFC Cork 1, Bray 0 Shelbourne 1, Derry City 3 St Patricks Athletic 0, Gorey Rangers 0 UCD 4, Sligo Rovers 3 Cobh Wanderers 0, Wayside Celtic 1 Wexford 3.

GOLF
LADIES EUROPEAN TOUR DUTCH OPEN (Hilversum): **Final Rnd** (Gbr & Ireland unless stated: Par 72) - 205 J Melichova (Cze) 70 68 67, 206 K Metzrau (Swi) 65 67 74, 208 C Angurasarane (Tha) 73 66 69, E Young 68 69 71, 209 P Delacour (Fra) 70 69 70, D Forbrign (Nor) 70 69 70, 210 N Holstede (Hol) 68 71 71, L A Pace (Rsa) 71 72 67, S Tan (Sgp) 71 66 73, N Iturroz (Spa) 70 73 67, C Williams 71 71 68, S Kousskova (Cze) 72 69 69, 211 A Taylor 71 70 70, M de Roey (Bel) 69 71 71, F Fuenstueck (Ger) 66 72 73, E Spitz (Aut) 69 73 69, N Dlamini (Swa) 66 73 72, 212 N Broch Estrup (Den) 73 68 71, A Fanelli (Ita) 74 67 71, A Valenzuela (Swi) 72 71 69.

MOTORCYCLING
WORLD SUPERBIKE CH'SHIP (Czechia): **Superspole Race** - 1 T Razgatliogu (Tur) BMW 15m 20.668s, 2 N Bulega (Ita) Ducati +3.812s, 3 A Lowes (GB) Kawasaki +4.251s.
Race 2: 1 A Razgatliogu 34m 4.044s, 2 Bulega +3.239s, 3 A Locatelli (Ita) Yamaha +5.462, 6 J Rea (GB) Yamaha +12.577.
Overall: 1 Razgatliogu 303pts, 2 Bulega 239, 3 A Bautista (Spa) Ducati 199, 4 Lowes 179, 10 Rea 75.

BRITISH SUPERBIKE CH'SHIP (Brands Hatch): **Race 2** - 1 R Vickers (GB) Yamaha 7m 11.170s, 2 T Brewster (GB) Honda +1.188s, 3 K Ryde (GB) Yamaha +1.237s.
Race 3: 1 Vickers 28m 36.586s, 2 C Iddon (GB) Ducati +3.073s, 3 Ryde +3.322s. **Overall:** 1 Bridewell 205pts, 2 G Irwin (GB) Ducati 169, 3 Iddon 177, 4 Ryde 171.

RALLYING
WORLD CH'SHIP (Latvia): **Stage 20** - 1 K Rowanpera (Fra) Toyota 2h 31m 47.6s, 2 Seb Ogier (Fra) Toyota +39.2s, 3 O Tanak (Est) Hyundai +1m 4.5s, 4 F Fourmaux (Fra) Ford +1m 31.5s, 5 E Evans (GB) Toyota +1m 42.7s. **Overall:** 1 T Neuville (Bel) Hyundai 145pts, 2 O Tanak (Est) Hyundai 137, 3 Elynn Evans (GB) Toyota 132, 4 S Ogier (Fra) Toyota 117.

RUGBY LEAGUE

BETFRED SUPER LEAGUE
CASTLEFORD (18) 24 **CATALANS** (6) 18
Castleford - Tries: Horne (2), Miller, Hoy, Goals: Mines (4).
Catalans - Tries: Johnstone, Kuvulu, Mourgue. Goals: Johnstone, Mourgue (2).

	P	W	D	L	F	A	Pts
Wigan	17	14	0	3	465	206	28
Warrington	18	15	0	5	460	241	26
Hull KR	18	15	0	5	441	238	26
St Helens	18	11	0	7	451	210	22
Catalans	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 Br	18	1	0	17	182	685	2

BETFRED CHAMPIONSHIP - Barrow 8 Sheffield 6, Batley 29 Dewsbury 22, Bradford 36 York 28, Halifax 20 Widnes 24, Swinton 20 Whitehaven 22.

BETFRED CHAMPIONSHIP ONE - Cornwall RFC 8 Worthington 30, North Wales 16 Hunslet 46, Oldham 44 Keighley 6, Rochdale 14 Midlands Hurricanes 10.

WOMEN'S SUPER LEAGUE - Barrow 10 Leeds 28, Huddersfield 46 Featherstone 8, York 10 Huddersfield.

RUGBY UNION

INTERNATIONAL
JAPAN (7) 14 **ITALY** (24) 42
Japan - Tries: Riley (2), Cons: Matsuda (2).
Italy - Tries: Capuzzo, Page-Relo, Zambonin, A. Garbis, Vincent, Cons: P. Garbis (3), Marin, Pens: Page-Relo (3).

SNOOKER
SHANGHAI MASTERS (China): **Final** - J Trump (Eng) bt S Murphy (Eng) 11-5.

TENNIS
ATP NORDEA OPEN (Bastad Sweden): **Final** - N Borges (Por) bt R Nadal (Spa) 6-3 6-2.
ATP EFC SWISS OPEN (Gstaad): **Final** - M Berrettini (Ita) bt O Holsys (Fra) 6-3 6-1.
ATP HAMBURG OPEN (Germany): **Final** - A Fils (Fra) bt A Zverev (Ger) 6-3 6-7 6 (7-1).
WTA HUNGARIAN GRAND PRIX (Budapest): **Final** - D Snaider (Rus) bt A Sasnovich (Blr) 6-4 6-4.

TODAY'S SPORT

FRIENDLY - Huddersfield v Aris Limassol (6.0).
CRICKET
ODI: Scotland v Oman (Dundee, 11am).
SPEEDWAY
Ruote Motor Oil Premiership R2 - Birmingham Brummies v Sheffield Tigers (7.30), Belle Vue Aces v Oxford Spirex (7.30).

TENNIS
ATP ATLANTA OPEN (Georgia, USA).
ATP CRETEIA OPEN (Umgag).
ATP CANTON OPEN (Kirchzettel, Austria).
WTA PRAGUE OPEN (Czechia).
WTA IASI OPEN (Romania).

CRICKET WINDIES



The big Bash

SPINNER'S A CLASS ACT

HE is not even rated by his county as their No1 spinner – but Shoaib Bashir was top of the class for England.

By **JOHN ETHERIDGE**



Bashir, bowling in a home international for the first time, captured a third five-wicket haul in just five Tests as England swept to another crushing victory.

West Indies lost all ten of their wickets in an astonishing 23 overs, with the hosts winning the Second Test by 241 runs.

It follows their victory in the First Test by an innings and 114 runs.

After resisting for almost four days, the Windies crumbled so badly against Bashir and some hostile fast bowling that they plunged from 61-0 to 143 all out.

The serenity of an opening partnership between Kraigg Brathwaite and Mikyle Louis was replaced by a near-panic and a procession of wickets.

Bashir's five-for was supplemented by two pieces for Chris Woakes and Gus Atkinson and one wicket for Mark Wood.

have done the opposite of Somerset and preferred Bashir to Jack Leach as their premier spinner.

Somerset rate Leach more highly and Bashir even had to go on loan to Worcestershire to get some cricket.

The left offie did not bowl a single ball at Lord's last week but showed control and aggressive flight here at Trent Bridge as he bamboozled the Windies' batters.

He even did a Cole Palmer-style celebration – rubbing himself pretending he is cold.

It was another tick for the selectors after Atkinson took 12 wickets on his Test debut at Lord's.

Earlier, Harry Brook and Joe Root completed centuries before England were all out for 425 in their second innings.

It left West Indies with a target of 385 – which would have been the eighth-highest run chase in Test history. Much

talk has been about the speed of Wood and Atkinson but it was Bashir and Woakes who shared the first four wickets.

The first three were caught behind by Jamie Smith. Louis edged Woakes and then Kirk McKenzie gave Smith a catch standing up to the stumps.

McKenzie's scores in the series have been 1, 0, 11 and 1.

Captain Brathwaite also nicked off to Woakes and the Warwickshire bowler, player of the series in last summer's Ashes, was finding rhythm and confidence in his 50th Test.

First innings centurion Kavem Hodge was lbw to Bashir for a duck and the Windies were 75-4.

Still the wickets continued to fall. Left-hander Alick Athanaze was held at slip by Root and Kevin Sinclair took a blow on the wristband from Wood that flew to Zak Crawley at second slip.

Sinclair reviewed the decision – but the wristband is considered part of the glove. Joshua da Silva was lbw to Atkinson, who then shattered Alzarri Joseph's stumps two balls later. Jason Holder was bowled by Bashir.

England completed the job when

ARE BLOWN AWAY

ROOT AND BRANCH TOP TEST RUN SCORERS

Sachin Tendulkar	15,921
Ricky Ponting	13,378
Jacques Kallis	13,289
Rahul Dravid	13,288
Alastair Cook	12,472
Kumar Sangakkara	12,400
Brian Lara	11,953
JOE ROOT	11,940
Shivnarine Chanderpaul	11,867
Mahela Jayawardene	11,814



SHO I SAY! . . . inspirational Shoaib Bashir claims Jason Holder's wicket, while (inset) Root celebrates his century

SCOREBOARD

Second Test Match
England v West Indies
(Day 4 of 4)
TRENT BRIDGE, England beat West Indies by 241 runs

ENGLAND: First Innings 416
(Pope 121, Duckett 71, Stokes 69)

WEST INDIES: First Innings 457
(Hodge 120, Da Silva 82no, Athanaze 82, Woakes 4-84)

ENGLAND: Second Innings
(Overnight 248-3)

J Root c McKenzie b Holder	122
H Brook c Da Silva b Seales	109
B Stokes c S Joseph b Seales	8
J Smith c Da Silva b Sinclair	6
C Woakes c Holder b S Joseph	12
G Atkinson not out	21
M Wood b Seales	0
S Bashir b Seales	0
B4 LBW w1 nB4	17
Total (92.2 overs)	425

Fall: 8, 127, 140, 329, 341, 348, 378, 419, 421.

Bowling: A Joseph 20-0-103-2, Seales 22-2-1-97-4, S Joseph 19-0-75-1, Holder 15-2-54-1, Sinclair 15-1-78-1, Brathwaite 1-0-6-0.

WEST INDIES: Second Innings

K Brathwaite c Smith b Woakes	47
M Louis c Smith b Woakes	17
K McKenzie c Smith b Bashir	1
A Athanaze c Root b Bashir	1
K Hodge lbw Bashir	0
J Holder lbw Bashir	0
K Sinclair c Crawley b Wood	37
A Joseph b Atkinson	14
J Da Silva lbw Atkinson	0
A Seales not out	8
S Joseph b Bashir	8
LB3 w1	9
Total (36.1 overs)	143

Fall: 61, 66, 74, 75, 82, 91, 113, 113, 129.

Bowling: Woakes 8-3-28-2, Atkinson 9-1-49-2, Wood 8-2-17-1, Bashir 11.1-2-41-5.

Umpires: A Holdstock & R Tucker.



Cavendish has a Nice ending

MARK CAVENDISH says this year's Tour de France is "likely" to have been the final race of his glittering career.

By **ROB MAUL**

The Manx Missile won a record 35th Tour stage on day five in the saddle, which took him one clear of Belgian Eddy Merckx's long-standing record. Cavendish did not quit after that and continued through the mountain phases all the way to Nice – the finale was not held in Paris this time due to the Olympics.

Having delayed his retirement after a crash 12 months ago, he signed a contract extension with Astana-Qazaqstan until the 2024 season ended.

Asked if this was the last race, Cavendish, 39, responded "likely so, yes". The sprinter has been given a knighthood in the King's Birthday Honours List. Cav, who has battled

with injuries, illness and depression over the past six years, said: "There was no pressure for me, which is strange for a final stage."

"I got the emotions out of the way on Saturday and just enjoyed today."

"Back at the hotel, I just wanted to be with the boys and team. You see the success but it's rare people see everything that goes in behind it."

"It's taught me a lot about myself and about how to be a father. That's the biggest thing I take from this sport."

Former Tour champion Geraint Thomas, 38, said: "It's unbelievable, I am super happy for him."

"It is great he has the record alone and is not sharing it with anyone."

Slovenian star Tadej Pogacar, 25, secured his third Tour de France title by winning the Stage 21 time trial into Nice.



Judd's aiming Hai after win

JUDD TRUMP cued off the snooker campaign in style with Shanghai Masters brilliance.

By **ROB MAUL**

The Juddernaut crushed Shaun Murphy 11-5 to win the £210,000 Asian title for the first time in his career.

Trump, 34, may have missed out on Crucible glory in the spring but last season he celebrated five tournament wins.

And fresh from his holidays in the Middle East, he has set himself the same target for the next ten months.

He said: "It was special to win in Shanghai for the first time."

"Shanghai is probably my favourite city in China. This was one of the tournaments when I first turned professional that I ever got to."

"I had been in the final three times and never won it before. Ronnie O'Sullivan has

won it so many times here, it was special to beat him in the semis.

"My aim is to win as many big tournaments as possible. This is one of the major tournaments, probably one of the top-five events of the season."

"So, it's an amazing start to the season. I'd like to replicate last season and win close to five events or more. I couldn't have dreamt of a better start."

Murphy, 41, has now been a runner-up on two occasions in this Masters, having lost the 2019 final to the Rocket.

After the trophy presentation, the 2005 world champ dished out cards to members of the crowd.

He said: "I'm the Magician. That's my nickname."

"They were all signed. I wanted to give them to the fans as a gift for their great support."

Shamar Joseph missed an attempted big hit against Bashir, Brook's first Test century at home showed once again he should be the mainstay of England's batting for the next decade.

He made 109 before being caught behind. Stokes hit a catch straight to deep backward square, while Smith was caught behind off spinner Sinclair.

Woakes was held at second slip, then Root got to his hundred with a rasping cover drive. Even after years of heavy scoring, Test centuries still mean a lot and Root leapt and punched the air with glee.

He is now eighth on the all-time list of Test run scorers and continuing to climb. Root was out for 122, caught at short extra cover. Seales had Atkinson dropped by Holder at second slip. They ran a single and then, to the next delivery, Wood was spilled by Hodge at first slip.

Seales' mood improved considerably next ball when he bowled Wood.

Bashir was last man out and England wanted a few more runs but, amazingly, it is the first time they have ever scored 400 in both innings of a Test match.

And it turned out to be more than enough.



SPIN FORM . . . Bashir's joy

IT'S SHOBIZ

From Back Page

wicket offered hardly anything for a spinner but he was so aggressive and his intent was always to look to take wickets. "The way he can change his pace, and use over-spin and under-spin, I think he showed his full bag of tricks."

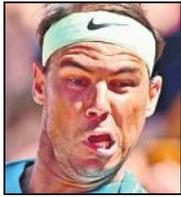
"He has so much talent, the ceiling is so high and he has an unbelievable desire and will to get better and learn. He works so hard with our spin coach Jeetan Patel every day. "He was pretty emotional at the end. It's always a great honour to play for England but also take your first five-wicket haul at home and win the game. That's pretty cool."

Bashir is not Somerset's No1 spinner — the county prefer Jack Leach — and he went on loan to Worcestershire.

Stokes added: "It's been a strange few months for him, having to go on loan. That's where communication comes in so I picked up the phone and we had a good 20-minute chat."

"He's such a confident lad, he backs his ability and he just couldn't wait to get started this summer. I love the way it doesn't affect him if he is hit for four or six."

Bashir said: "Everything happened so quickly. I don't know what to say really, I'm still comprehending it."



NADAL... beaten

Still nada for Nadal

RAFA NADAL'S trophy drought continued as he fell short in the Nordea Open final. The Spaniard, 38, lost 6-3 6-2 to world No 51 Nuno Borges in Sweden. And the Portuguese joked: "I know we all wanted Rafa to win — a part of me wished that, too!" Nadal has not lifted silverware since the 2022 French Open — and injuries meant he missed most of 2023. The 22-time Grand Slam champion, who has fallen to 261 in the rankings, had marathon three-set wins over Mariano Navone and Duje Ajdukovic on the way to the final. **Matteo Berrettini**, 28, claimed his second ATP Tour title of the season. The Italian beat France's Quentin Halys 6-3 6-1 in the Swiss Open final.



HORNE... try double

Lin's king of Castle

Castleford.....24
Catalans.....18

By GARY CARTER

CASTLEFORD boss Craig Lingard believes his lads proved they are coming good — after putting him through the wringer. Liam Horne's brace and a huge defensive effort helped them to a third successive win. But after the Dragons fought back from 18-0 down to 18-18, the Tigers held on following Tex Hoy's decisive try. Lingard said: "We're unrecognisable from the start of the season. "Seeing the game out was a real turning point. In the past, we've gone into our shells." Horne got his first after touching down as Arthur Mourgue waited for a kick to run dead. Jacob Miller touched down before hooker Horne finished off a break. But Mourgue bagged a try and three goals, with Matt Ikuvalu and Tom Johnstone also going over, before Hoy sealed the win. Dragons chief Steve McNamara fumed: "For the last 12 minutes, we were terrible. We blew a game we should have won."

F1 THE HUNGARIAN



WHEELY WILD SHOW!

Max fights with own team

THE Hungarian Grand Prix broke out into the ultimate b*h fest.** There was trouble in camp at McLaren and Red Bull as Lando Norris and Max Verstappen fought with their **OWN** teams in a drama-packed race. Norris defied strict orders to allow team-mate Oscar Piastri past on fresher tyres until just three laps from the end to secure the Aussie a debut F1 victory. And Verstappen's Red Bull car **FLEW** through the air after colliding with old foe Lewis Hamilton following an over-ambitious takeover late on. The bad-tempered Dutchman was sent to the stewards following the race, who decided there would be no further action. He grumbled with Red Bull throughout, effing and blinding on the radio before his team branded his complaining "childish". Hamilton overcame the collision to bag third place — his 200th podium finish — while Ferrari's Charles Leclerc was fourth ahead of a seething Verstappen. Seven-time world champion Hamilton had a dig at Verstappen after the race, saying: "It felt like a racing incident and it's easy to make mistakes like that. "So I don't feel there should be any hostility but, of course, from his side there always will be." This season could go down as one of the best ever, given there have now been seven different race winners in 2024 — the last time there were this many F1 winners was in 2012. You could cut the tension from the get-go as Norris and Verstappen sniped about each other on their team radios, just like in Austria three weeks ago. Norris

OSCAR WINNER... Aussie Piastri enjoys his victory



STAPPEN A BIT SUDDENLY...

HUNGARIAN GRAND PRIX RESULT

*Fastest lap

1	Oscar Piastri	1:38.01.989	11	Fernando Alonso	+82.460s
2	Lando Norris	+2.141s	12	Daniel Ricciardo	+1 lap
3	Lewis Hamilton	+14.880s	13	Nico Hulkenberg	+1 lap
4	Charles Leclerc	+19.686s	14	Alexander Albon	+1 lap
5	Max Verstappen	+21.349s	15	Kevin Magnussen	+1 lap
6	Carlos Sainz	+23.073s	16	Valtteri Bottas	+1 lap
7	Sergio Perez	+39.792s	17	Logan Sargeant	+1 lap
8	George Russell*	+42.368s	18	Esteban Ocon	+1 lap
9	Yuki Tsunoda	+77.259s	19	Zhou Guanyu	+1 lap
10	Lance Stroll	+77.976s	20	Pierre Gasly	DNF



GRAND PRIX

From ISABELLE BARKER

in BUDAPEST



stopped Piastri two laps later, meaning that he was three seconds behind his team-mate.

Norris, with one eye on the championship where he now trails Verstappen by 76 points, went on to defy strict orders for the next **20 LAPS** to allow the Aussie past.

Meanwhile, fans were also licking their lips at the tussle between old rivals Hamilton and Verstappen, who went wheel to wheel with 25 laps to go.

The Mercedes man's tyres were wearing down and Verstappen attempted an overtake, passing him at Turn Two, only to run wide and allow Hamilton back into third place.

Verstappen let rip on the radio and Hamilton lived to fight another day as the old maestro somehow held off the Dutchman again before his final pit stop.

And Verstappen fumed again, blasting: "It's quite impressive how we let ourselves get undercut and just completely f*** my race."

Verstappen and Hamilton were at it again on lap 63 when the Dutchman went up the inside and locked up before the pair collided.

The Red Bull went airborne and Verstappen rejoined in fifth behind Leclerc and blamed Hamilton on the team radio.

But even his own team radio engineer refused to give it any airtime, saying: "I'm not even going to get into a radio fight with the other teams Max."

"We'll let the stewards do their job – it's childish on the radio, childish."

Carlos Sainz came sixth for Ferrari, Sergio Perez seventh for Red Bull and George Russell soared into eighth for Mercedes from 17th after his disastrous qualifying session on Saturday.

was made to pay for another poor start as team-mate Piastri nipped past him to take the lead.

Verstappen ran wide and rejoined the track in second, prompting more radio handbags.

Norris said Verstappen had gained an advantage, while the Dutchman claimed he was forced off by the McLaren.

The stewards investigated and Verstappen was advised by his team to let Norris through at the start of lap four.

Verstappen fumed on his team radio: "OK, so you can just drive people off the track then?"

"You can tell the FIA that's how we're going to race from now onwards. Just driving people off the road."

Piastri seemed in control of the race, extending his lead to more than three seconds before his first stop and then building it to nearly five by lap 32.

But a single mistake cost him as he ran wide at Turn 11 and the lead came down to just over two seconds as Norris snapped at his heels.

The 24-year-old British star held the gap for ten laps before McLaren decided to pit Norris to ensure he was not undercut by Hamilton, who had already made his final stop.

McLaren ran the risk that Hamilton would close in enough on fresh tyres and that Norris would come out behind him when he was made to stop.

The team pitted Norris to protect against this and then



HAMILTON ... third

OFF

From Back Page

a world championship, am I not?"

He defied strict instructions until three laps from the end when he finally let Aussie Piastri past to seal a maiden victory.

Norris, who finished second, was told by Joseph: "OK, ten laps to go and we think both cars are using their tyres too much. Just remember every single Sunday morning meeting we have."

But Norris replied: "Yeah, well tell him to catch up then, please."

Joseph explained: "Lando, he can't. You have proved your point and it really doesn't matter."

Aggravated Norris hit back: "He is on much quicker tyres and under no pressure. I am fighting for a world championship, am I not?"

Joseph added: "I am trying to protect you, mate."

A mediocre start from Norris on pole allowed his team-mate to take the lead.

But Norris was handed a lifeline when McLaren stopped him for fresh tyres two laps earlier than Piastri, on lap 45.

McLaren's call — which he claimed was to cover off third-placed Lewis Hamilton — propelled Norris into first place.

But it was decided that Piastri, who had been in control of the race up until that point, should be handed his maiden win.

Norris now trails Red Bull's Verstappen, who was fifth, by 76 points.

The Briton said: "The team asked me to do it, so I did it and that's it."

"When you are leading the race and have to give it back it hurts, because in a drivers' championship every point will help."

"I know I'm a hell of a long way behind Max but it's seven points I threw away, gave away."

Piastri, 23, added: "I could understand Lando would want to keep position. It's only natural."



CONTROVERSY... Red Bull ace Verstappen goes off track at start of race



FLIGHTMARE... Verstappen's Red Bull is shunted into the air after a dramatic collision with old foe Hamilton on lap 63

2024 DRIVER STANDINGS

1	Max Verstappen	265
2	Lando Norris	189
3	Charles Leclerc	162
4	Carlos Sainz	154
5	Oscar Piastri	149
6	Lewis Hamilton	125
7	Sergio Perez	124
8	George Russell	116



VERSTAPPEN

CONSTRUCTORS STANDINGS

1	RED BULL	389
2	MCLAREN	338
3	FERRARI	322
4	MERCEDES	241
5	ASTON MARTIN	69
6	RB	33
7	HAAS	27
8	ALPINE	9

S-PIERRE PARTS

PIERRE-EMILE HOJBJERG is set to complete a £17million switch to Marseille.

The Tottenham midfielder, 28, has spent four years at Spurs after arriving from Southampton in 2020.

But the Denmark international fell behind Pape Sarr and Yves Bissouma in the midfield pecking order during boss Ange Postecoglou's first

season in charge. Hojbjerg made 36 Premier League appearances last term — but only eight of those were starts. And with the Dane (right) set to enter the final year of his contract, Spurs are ready to offload him to the Ligue 1 club.



ALL THE GOSSIP

ALL THE NEWS

ALL THE DEALS



Villa's £60m for Moussa

ASTON VILLA winger Moussa Diaby will earn a staggering £400,000 a week in Saudi Arabia.

He is close to completing a £60million move to Al-Ittihad to link up with fellow Frenchmen N'Golo Kante and Karim Benzema. Villa will make a £17m profit on a player he signed for a club record £43m from Bayer Leverkusen last summer — after winning a transfer battle with Al-Nassr.

Diaby, 25, scored ten goals and provided nine assists last season across all competitions.

Unai Emery was not looking to move on the 11-cap star (left) but Villa could not turn down the

huge offer. Diaby started last season in Villa's team but dropped out of their best XI due to Leon Bailey's superb form.

Villa have re-signed Jaden Philogene, 22, from Hull for £12.6m but will target another forward, with a 24-year-old Atletico Madrid exile Joao Felix on manager Emery's wishlist.



Everton ace Amadou Onana, 22, completed a medical yesterday.

Villa are paying a £50m fee for the Belgian international (left) who will be confirmed today by the Midlanders.

It takes their summer spending to £136.6m on seven signings.

Diaby's £60m exit will mean the club have raised £130.75m in sales.

LIAM LE TOP PICK

LIAM ROSENIOR is in line to succeed Patrick Vieira as boss of Chelsea's 'sister club' Strabourg.

The Ligue 1 side are run by BlueCo, the consortium led by Todd Boehly that owns the Stamford Bridge giants.

Rosenior (right), 40, was

sacked by Hull in May after finishing three points outside the Championship play-offs.

Strasbourg were shocked last week when Arsenal legend Vieira, 48, unexpectedly quit.

The former Crystal Palace boss guided them to 13th in his only season in charge.



Set to be big star

ARSENAL completed the signing of wonderkid Tommy Setford from Ajax.

The 18-year-old keeper put pen to paper on a four-year deal after the Gunners agreed a fee of around £870,000.

Setford will now link up with Arsenal's Under-21s. The Dutch-born England youth international (left)

said: "I can't wait to hit the ground running."

"I'm looking forward to learning and pushing myself to another level."

Academy manager Per Mertesacker said: "He is a young goalkeeper with big potential."

Arsenal have made an improved bid for Wolves keeper Dan Bentley, 31.

SILVA EYES ANDRE

FULHAM have been told to up their £21.5million offer for 23-year-old Brazilian Andre.

His club Fluminense say negotiations are on-going.

Cottagers boss Marco Silva wants a replacement for midfielder Joao Palhinha who moved to Bayern Munich for

£43.2m. Fluminense president Mario Bittencourt revealed: "There's a proposal that was made, Fluminense made a counter-proposal and there has been no response yet."

"Fulham have been looking at Andre (right) since last year, as well as Liverpool."





McTOMINAY... wanted

HAG

From Back Page

club didn't win trophies before I came for six years. "In two years, after Guardiola, we won the most trophies in English football.

"So we are in a strong position."

Ten Hag has already bolstered his squad by signing Holland striker Joshua Zirkzee, 23, from Bologna for £36.5million and French defender Leny Yoro, 18, for £42m.

Those deals have taken his spending past £400m in two seasons at United.

The Dutchman, 54, wants more signings but the club need to balance the books due to the restraints of Profit and Sustainability Rules.

Ten Hag, who saved his job by beating Guardiola's Manchester City in May's FA Cup final, added: "We want a strong squad.

"At this moment, the football leadership is on the front foot.

"We have Yoro in, we have Zirkzee in. We have two big assets with big potential for the future.

"But when I say 'future', the future starts today.

"We can beat every opponent.

"But the truth is that there is a long way to go and we have to be more consistent."

Ten Hag wants another centre-back and the club must decide whether to step up interest in Bayern Munich's Matthijs de Ligt or Everton star Jarrad Branthwaite.

The Red Devils saw bids rebuffed of £45m for Branthwaite and £42m for De Ligt before beating Real Madrid to Yoro.

The Dutchman added: "You need competition and quality players but you also need quantity.

"The season is even tougher than last season so we have to be ready."

Ten Hag also insisted he does not want to sell midfielder Scott McTominay.

Tottenham, Fulham and Turkish giants Galatasaray are all interested.

But Ten Hag claims McTominay, 27, is too vital to his plans to be let go.

He said: "Scott scored ten goals last season and also performed very well for Scotland, so there will be an interest.

"But we want to keep him because he is a very important player."

ENGLAND MANAGER HUNT

Chasing Cars



RICO: LEE PERFECT BOSS FOR 3 LIONS

RICO LEWIS believes Lee Carsley would bring a touch of Manchester City to the England team.

The current national Under-21s boss could be asked to step up to the senior team in the short term following the departure of Gareth Southgate.

And Young Lions regular Lewis – who also has a full international cap – has been impressed by what he has seen from the former Republic of Ireland midfielder.

Carsley, 50, was also a former academy coach at the Etihad and that is evident in his methods, according to young City starlet Lewis. While Southgate's tournament record was impressive, England fans were often frustrated by his brand of football. But the signs are that would change if Carsley takes charge on an interim basis – or even for a longer stint.

Lewis said: "What he says, every time I go with the Under-21s, is that he wants to play that exciting football.

"It's progressive football, where we score lots of goals while defending really well as a unit.

"In a way, it's similar to City – we want to have the ball and score as many goals as we can. That'll be a big benefit if he does go up to the seniors."

Lewis was surprisingly left out of the squad when Carsley led the youngsters to Euro glory last summer but has since regained his place.

And the 19-year-old said the fact so many key players in the senior set up have worked under Carsley before will only benefit them.

He said: "Lee is a great coach, especially with his man managing. He's a really good person and knows a lot of the players, the younger ones.

"Similar to Gareth when he took over, he's going to be somebody that, if he goes up to the first team, then he's used to that environment already.

"I think that will massively benefit him in terms of knowing the players. He already knows the elite players who are already there.

"It all depends what he is like with the players at the end of the day. You can have all the experience but if you don't know how to work with a certain group then it all goes out the window."

Lewis was called up to the full England squad in March but did not make the cut when Southgate named his final 26-man squad for Germany.

But that little taste – and

From MARTIN BLACKBURN



in NORTH CAROLINA

seeing his old mates go all the way to the final before being beaten 2-1 by Spain – has left him wanting more.

He said: "Seeing them do so well in the Euros, you want to be a part of it. It's definitely a catalyst for me to do better and work even harder.

"I was at home on my own. My girlfriend had gone to Spain and I was looking after the dogs so I was just watching on my own.

"All my mates wanted to go to one of those places where they chuck the beer when they score and I just thought 'I'm not going' – so I just stayed at home."

Lewis started only eight Prem matches last season – and 17 in all competitions – so did not feature as much for champions City as he would have liked.

Despite seeing fellow academy product Cole Palmer, 22, leave and take the Premier League by storm at Chelsea, the full-back feels that like he is in the right place.

He said: "I made my 50th appearance for City last season. That was one of the best things.

"It doesn't feel like I've played that many games – but over the two seasons we won the Treble and then a fourth Premier League title in a row.

"When you take a step back and look at it like that, it's just amazing to even be part of the team.

"Am I in the right place? Definitely, 100 per cent.

"I've got more than enough time to get to the point where I want to be in terms of being a leader or starting most games."

SERB 'N JOLLY ...

Carsley and Lewis share a joke after the Young Lions' 9-1 win over Serbia last year



BOURNEMOUTH'S No25 Marcos Senesi collected a league-high 13 yellow cards in the Premier League last season, level with Fulham's Joao Palhinha – but neither was shown a red card.

EDERSON'S NEW SAUDI LINK

EDERSON'S hopes of a money-spinning move to Saudi Arabia are back on – with Al-Ittihad the latest to make a move.

Last week Al-Nassr saw a £25million bid for the Brazil keeper, 30, knocked back by Manchester City who value him far higher.

They quickly turned their attention elsewhere and the champions were hopeful that would be the end of the matter.

However, Jeddah-based Al-Ittihad have been in contact with City in the past

From MARTIN BLACKBURN

couple of days to make it known they would be interested in signing him.

Ederson is currently with City at their pre-season training camp in North Carolina preparing for the new campaign.

He is believed to be tempted by the riches on offer in the Middle East and a new challenge after seven glittering years as the City No1.

Boss Pep Guardiola is in no rush to sell

but has always made it clear if a player wants to leave and the right money comes in, he will not stand in their way.

Meanwhile, City are expecting Belgian superstar Kevin De Bruyne to stay – despite links with Saudi side Al-Ittihad.

He recently said Middle East riches are enough to turn anyone's head – but also feels it is not the right time to move his family.

The 33-year-old only has a year left on his current Etihad contract so City would be keen to cash in on the ageing midfielder.



EDERSON... keen on move

THE 152ND PEN BROWN BOOST



LOWRY ... disappointed

Shane's looking golden

By DAVID FACEY

SHANE LOWRY vowed to make amends for letting an Open victory slip out of his grasp by winning an Olympic medal in Paris.

Lowry had no answer to Xander Schauffele's flying finish at Troon — but the damage was done when a dismal 77 in round three gave up the halfway lead.

A final round 68 was only good enough for the Irishman to finish sixth on four under par, five shots behind Schauffele.

The 37-year-old said: "I had a great chance of winning this Open and it's going to hurt for a few days."

"But onwards and upwards to the Olympics to win a medal for Ireland."

"I just wanted to give myself a chance today. It's disappointing, no two ways about it."

"The critics will say I should have won from where I was on Saturday. But it's not easy out there. I did everything I could. Unfortunately, I came up short."



RAHM ... final flourish

High 5s no good for Rahm

By NEIL SQUIRES

JON RAHM saved his best until last — but it was too little too late to rescue his Major season.

The Spaniard closed with a 68 to finish seventh — his best result of the season in the big events.

But his lousy long holes left the LIV star thinking of what could have been.

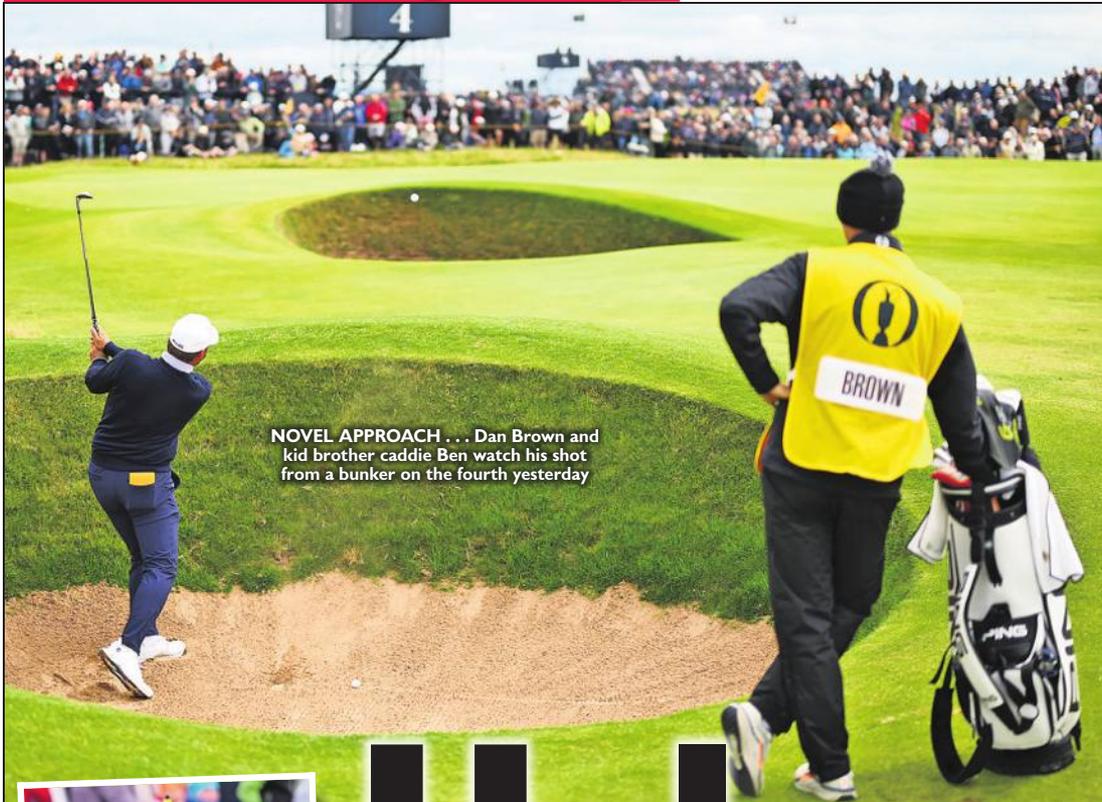
Rahm, 29, said: "I keep thinking how I didn't birdie a single par-5 — I played them three-over par."

"I can't remember the last time I played good golf, finished top 10, and didn't birdie a par-5."

Rahm sunk birdies at his first three holes — but he could not maintain the momentum and came home eight shots behind winner Xander Schauffele.

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."

Rahm's next action is in the £3.1million UK LIV event at the ICB Golf and Country Club in Uttoxeter, which starts on Friday.



NOVEL APPROACH ... Dan Brown and kid brother caddie Ben watch his shot from a bunker on the fourth yesterday



AUTHOR BACKS HIS NAMESAKE

STARRING at Royal Troon was a novel experience for rookie Dan Brown.

Not least because his Open heroics caught the imagination of a certain best-selling The Da Vinci Code author who shares the same name.

Writer Dan Brown posted support for his "alter ego" on social media and perhaps his next book will be called The PAR Vinci Code ...



THE SCHEFF SPECIAL ... Brown (left) and new pal

Hole new chapter..

DAN LANDS £250K PAY DAY

THERE was no Open fairytale for Dan Brown in the end — but the talk of Royal Troon has a new pal in world No 1 Scottie Scheffler.

The 29-year-old journeyman, playing alongside Masters champ Scheffler, had to settle for a share of tenth after a closing 74 left him on even par for the tournament.

And his new buddy, who finished one under, was impressed with the Yorkshire pig farmer's son. Brown said: "I'd never met him, so wasn't too sure how it was going to go. It wasn't quite how we both wanted it to end but it was fun."

"I wanted to be higher up the board, so it's probably more disappointment at the moment. "But if you would have told me I'd finish tenth at the start of the week, obviously I would have been very pleased."

"I took myself out of it quite early, so that was playing on my mind a little bit but it still didn't really affect me in terms of hitting shots."

"There are a lot of positives and, hopefully, I can come back soon and do it again."

Brown's exploits have turned the heads of golf

By NEIL SQUIRES

fans across the globe — including his famous namesake. The Da Vinci Code author posted a snap of a broken golf club on X with the message: "This was the result of my last shot — I'm pleased to see my alter ego is playing better than I am."

In the end it was asking too much of the world No 262 to land the Claret Jug but he has announced himself in style.

Brown's tenth-place finish earned him £250,000 — the biggest cheque of his career.

After years of scrabbling about on the mini-tours as an unknown, he might even land himself a clothing sponsor.

And his kid brother Ben, on the bag, will trouser £20,000.

Brown added: "He's getting a nice little payday. Not too bad for a 19-year-old lad."

Scheffler, 28, was looking menacing after moving to within a shot of the lead until he blew up with a nightmare double-bogey at the ninth, three-putting from 6½ feet. As for Brown, the qualifier's unlikely challenge began to unravel

with three dropped shots on the last two holes on Saturday evening.

A tense start saw another one go south on the opening hole yesterday.

He tried to calm his nerves with a fag on the third fairway but it did not work this time.

Three consecutive bogeys effectively ended his hopes — but not his night as he revealed: "I can get on the drink now."

And Bob MacIntyre has no regrets over the megabooze-up which led to a "terrible" Open.

The Scottish Open champ partied so hard after his win at The Renaissance Club last Sunday that he had to put back his pre-Troon media appearance by two days.

After scrambling to make the cut, the Scotsman, 27, ran out of juice, finishing nine over.

He said: "Sunday night probably took a lot out of me but it was worth it. You've got to celebrate special wins. And that was outrageous."

"This week has just gone straight in the bin. There's no point in reflecting on this one when it's been absolute carnage from start to finish."

"The preparation wasn't the best, obviously, coming off of last week."

THE 152ND  OPEN

AMERICAN

Schauffele

NO MAD DASH AS XANDER

A FINAL round that threatened to be a mad dash for the line became a stately procession, as Xander Schauffele was crowned the new king of the Majors.

There were seven players within a shot of the lead at the start of play at Royal Troon, the most congested leaderboard The Open has witnessed since 1933.

And it was still anyone's guess after the final group had completed five holes, with three players tied for the lead and another four just one shot back.

So surely the scene was set for one of the most exciting climaxes to an Open in living memory.

Er, no. Schauffele had other ideas, and a bogey-free 65 – the lowest round of the day – saw him pull clear of the chasing pack without seeming to break sweat.

At nine under par, his winning margin over playing partner Justin Rose and 54-hole

By **DAVID FACEY**



leader Billy Horschel was only two shots. That is misleading – Schauffele always seemed to be in total control in the closing stages.

Rose registered the second-best score on day – a four-under 67 that might have been good enough for victory in most years.

And it might have been a close-run thing if England's 2013 US Open champion had not suffered cruel lip-outs at 12 and 13, with putts that looked certain to drop until the damned hole got in the way.

At least his 15-footer for birdie at the last did take the plunge.

That earned him a share of second place with Horschel, who birdied the final three

holes to put a shine on a ragged closing effort. Rose, 43, said he had gone to bed on Saturday night 'daring to dream' that his 4,053-day wait for a second Major would finally be over.

Sadly, dreams do not always come true. And in reality, the writing was on the wall long before the end – and so was the name on the Claret Jug.

The man engraving the winner's name on the Claret Jug must have known X marked the spot where he needed to get to work, as American Schauffele bagged four birdies in six holes from the 11th to surge into a three-shot lead.

The rest of us certainly did. It was not Schauffele's fault that the final holes were a bit of an anti-climax.

The X-man has never been the type of golfer who puts the x into exciting.

But by adding the Open crown to his breakthrough victory at the USPGA a couple

of months ago, he has made himself the man to beat in the big events.

He will defend his Olympic title in Paris in a couple of weeks.

Anyone want to bet against him doubling up there too?

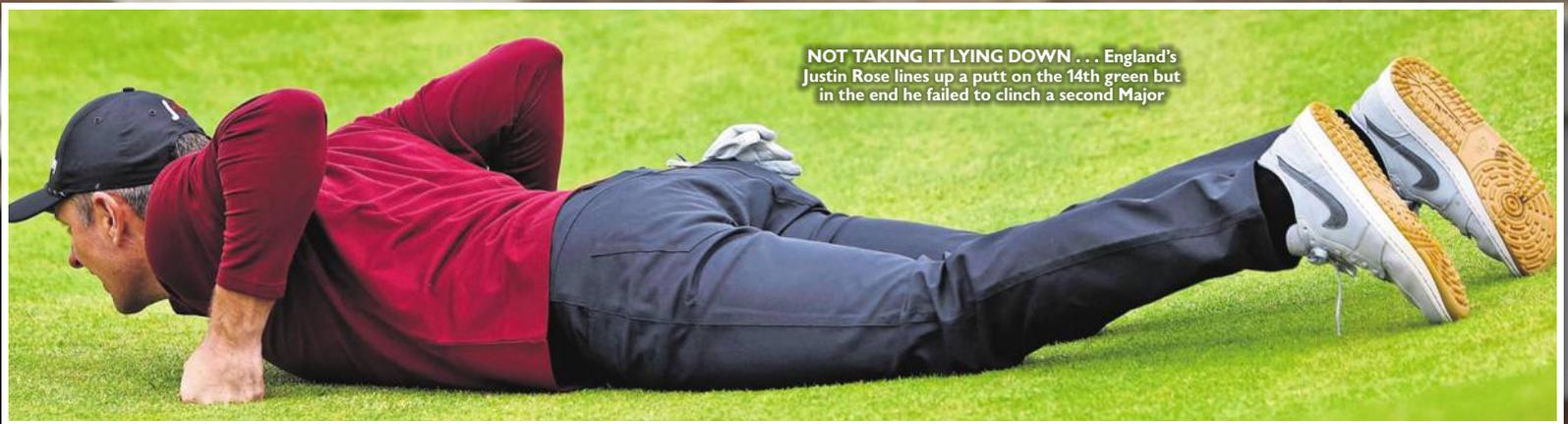
It is hard to believe Schauffele, 30, was regarded as a nearly man in the Majors before he held off Bryson DeChambeau by a shot at Valhalla two months ago.

He posted 12 top-ten finishes without looking like he had the extra oomph needed to get over the line.

Not any more.

It did not look like turning into such a comfortable victory as most of the leading contenders did exactly what was required by picking up a few shots on the easy front nine. The surprise exception was world No1 Scottie Scheffler.

His double bogey at the ninth – which saw him three-putt from 6½ feet – dropped him



NOT TAKING IT LYING DOWN ... England's Justin Rose lines up a putt on the 14th green but in the end he failed to clinch a second Major

🏆 XANDER'S FINAL-ROUND SCORECARD 🏆																					
HOLE	➤ 1	2	3	4	5	6	7	8	9	OUT	10	11	12	13	14	15	16	17	18	IN	TOTAL
PAR	➤ 4	4	4	5	3	5	4	3	4	36	4	4	4	4	3	4	5	3	4	35	71
SCORE	4	4	4	5	3	4	3	3	4	34	4	3	4	3	2	4	4	3	4	31	65

🏆 JUSTIN'S FINAL-ROUND SCORECARD 🏆																					
HOLE	➤ 1	2	3	4	5	6	7	8	9	OUT	10	11	12	13	14	15	16	17	18	IN	TOTAL
PAR	➤ 4	4	4	5	3	5	4	3	4	36	4	4	4	4	3	4	5	3	4	35	71
SCORE	4	3	4	4	3	5	4	2	4	33	4	4	5	4	3	4	4	3	3	34	67

LIFTS THE CLARET JUG



SHOUT OUT TO MY X
... new Open champion
Xander Schauffele with
Claret Jug on the 18th

Shuffle

STROLLS PAST ROSE

to two under par, the same score he started on. After that there was no chance of the Masters champion winning a second Major this year.

And he had the resigned look of a man who knew it.

His playing partner, England's Dan Brown, was handed a reality check as he played the same stretch in three over par to drop back to level.

But that was far less of a surprise, considering this was rarefied atmosphere for the 272nd best golfer in the world.

No one played the first nine holes better than Thruston Lawrence, who eventually finished fourth, a shot behind Rose and Horschel.

He was four under for that opening stretch, taking him to seven under for the tournament, and into the outright lead.

But when it came to tackling the tough holes on the way back in, no one could

touch Schauffele, who was a fairly pedestrian two under for his round at the midway point, and five under in all.

The 493-yard 11th and the 480 yards 13th are fearsome par fours where most players would sell their caddies for a couple of pars. Schauffele birdied both of them.

His approach from 172 yards at the 11th, which pulled up just 2½ feet from the flag, may well have been the shot of the week.

It was certainly the pivotal moment of the tournament.

Schauffele might as well have taken out a megaphone and yelled out that it was time for one of the big boys to take charge.

He drained a 16-footer for another birdie two holes later, and that birdie was followed by another at the par-three 14th - and yet another at the 16th.

After that it was no longer a question of who was going to win, but by how many. And now we know - Schauffele, by two.

Leaderboard Final round

GB & Ireland unless stated

-9
X Schauffele (USA) 69 72 69 65

-7
B Horschel (USA) 72 68 69 68
J Rose 69 68 73 67

-6
T Lawrence (Rsa) 71 74 65 68

-5
R Henley (USA) 69 75 66 69

-4
S Lowry 66 69 77 68

-1
S-J Im (Kor) 76 72 66 69, J Rahm (Spa) 73 70 72 68, S Scheffler (USA) 70 70 71 72

Par
D Brown 65 72 73 74, M Jordan 71 71 71 71, A Scott (Aus) 70 77 66 71

+1
B-H An (Kor) 75 71 68 71, J Day (Aus) 73 68 76 68, A Noren (Swe) 69 75 71 70

+2
J Catlin (USA) 76 70 69 71, M Hughes (Can) 69 74 75 68, C Morikawa (USA) 73 70 72 71

+3
D Bormester (Rsa) 71 69 76 71, D Hillier (Nzl) 76 71 68 72, S Sharma (Ind) 76 72 67 72

+4
E Ferguson 74 73 70 71, P Harrington 72 73 71 72, S Straka (Aut) 70 74 73 71

+5
L Canter 71 74 70 74, P Cantlay (USA) 73 68 75 73, C Connors (Can) 71 70 80 68, J Dean 69 77 71 72, R Fox (Nzl) 73 73 76 67, J Spieth (USA) 71 74 74 70

MAJOR BID

From Back Page

year. It took for ever to win one and to now have two is something else."

Schauffele began the day in a six-way tie for second behind Horschel and at one stage no less than SEVEN players were within a couple of shots of the lead.

But a run of four birdies in six holes on the back nine blew the field to bits and he coasted home with something to spare.

And San Diego-born Schauffele admitted it meant he even had time to lap up seeing his name on top of the leaderboard in the closing stages.

He added: "I kept looking at it and really wanted to embrace it - to take it for what it is."

"As soon as I hit the green on 17 I really had to focus on not letting my mind wander.

"It really is a dream come true and hasn't sunk in yet. My brain is still grinding - it's an honour and I just can't wait to sit back and have a moment with this Claret Jug.

"That walk up the 18th is the coolest feeling in my life. I had to zap myself back into focus because the tournament wasn't over.

"That is the best round I have played - the very tip-top."

Rose, now a four-time Major runner-up, was devastated at missing out on bridging an 11-year gap

to his 2013 US Open triumph. He admitted: "I'm gutted. It hit me hard because I was so strong out there but at a critical moment on the back nine a couple of putts did not fall and that lead stretched.

"I won second place, I won prizes, FedExCup points, all that stuff. At that point, you're being a professional. Then I walk ten steps and I'm choking back tears.

"I left it all out there and am super proud of how I competed.

The deal that I made was to come off with no regrets and I do have confidence that I can compete in the Majors."

Schauffele left the honour of choosing the celebration booze for the Claret Jug to his dad Stefan and insisted there was only one option.

Stefan said: "What's he done to me here? Well, it's the Claret Jug so it will have to be claret won't it. It's got to be red wine!"

Fellow American Horschel (left) felt he blew a huge chance to claim his maiden Major.

The 37-year-old began yesterday's shootout with a one-shot lead but had to settle for a tie for second - despite finishing with three straight birdies for a three-under 68.

And he declared: "I made too many mistakes. But I did a lot of great things that I can take on to the next few years of Majors."



Fellow American Horschel (left) felt he blew a huge chance to claim his maiden Major.

Ten Hag Pep talk

By ALEC SHILTON

ERIK TEN HAG claims only Pep Guardiola has made a bigger impact than him on English football over the past two years.

The Manchester United boss (right) was nearly axed this summer after finishing eighth — but club chiefs kept him on.

He admits United are a “long way” off being title contenders. But bullish Ten Hag, who won two cups in two years, added: “I feel stronger. This Turn to Page 49



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Lando so Piast off!

From ISABELLE BARKER

FURIOUS Lando Norris fought with his McLaren team as he was forced to give away the Hungarian Grand Prix.

The Brit (left) said it “hurt” to be ordered to let team-mate Oscar Piastri past as he lost vital points to Max Verstappen in the F1 title race.

Norris, 24, appeared to question whether McLaren chiefs were backing his bid, asking race engineer Will Joseph: “I am fighting for Turn to Page 47



There is no biz like Shobiz

WINDIES BASHED... England's Shoaib Bashir celebrates taking the wicket of Alick Athanaze

ROSE GOES CLOSE BUT IT'S..

XANDER OPEN GLORY

CLARET 'N PHEW... Schauffele plants smacker on Claret Jug

Champ Schauffele wants every Major

By PHIL THOMAS

XANDER SCHAUFFELE KO'd Justin Rose's Open dreams with a golfing masterclass — before eyeing a Grand Slam.

Schauffele tore up Troon with a last-round 65 to roar home two shots clear of Englishman Rose (right) and Billy Horschel and add a second Major to the USPGA he won in May.

Now the American wants to complete a stunning clean sweep by joining an elite band and landing the Masters and US Open as well. Schauffele, 30, said: “Before I had any Majors it was something I always wanted to do — now I am one step closer.

“I still have a long way to go but if you can't see yourself doing it, you're never going to.

“I'm just trying to win as many of these things as I can. It's a dream to win two Majors in one Turn to Page 51

By JOHN ETHERIDGE

SHOAIB BASHIR showed his “full bag of tricks” as he bowled England to a dramatic victory in the Second Test.

Spinner Bashir took 5-41 as West Indies lost all ten of their wickets in just 23 overs. England's win by 241 runs at Trent Bridge gave them an unbeatable 2-0 lead.

It was 20-year-old Bashir's third five-for in only his fifth Test after he did not bowl a ball in the First Test.

Captain Ben Stokes, 33, said: “Bash has shown the world what he can do. That Turn to Page 45



Red hot day for Ger

PROMISING Babouche ran out a gusty winner of the Angley Stakes at The Curragh yesterday.

The filly made it two wins from two after holding off Aidan O'Brien's Camille Pissarro by half a length. Babouche (right) is trained by Ger Lyons who said: "She's a filly we've always liked and has a temperament to die for. It will be the Phoenix Stakes for her next."

Lyons enjoyed a double with



By EAMONN HAMES

RED LETTER quoted at 14-1 for next year's 1,000 Guineas after a fine win in the opening fillies' maiden.

The trainer added: "She's exciting. She's doing it all on raw ability. It's about next year for her."

Meanwhile, Karl Burke's POET MASTER is 12-1 for the Lennox at Goodwood next week after his impressive win in the Minstrel Stakes.

NICO DOUBLE AFTER COB KO

NICO DE BOINVILLE fired in a double at Stratford on his first-ever rides for Paul Nicholls after champion jockey Harry Cobden injured knee ligaments when unseated in the opener. He may be out for three weeks.

Alice's op after fall

By OWEN GOULDING

ROOKIE amateur jockey Alice Procter remains in intensive care following a horror fall at Cartmel on Saturday.

Procter, 21, was flown by air ambulance to Preston hospital after Uggy Uggy fell in the female riders' handicap hurdle.

An Injured Jockeys' Fund statement read: "Alice Procter had a fall at Cartmel racecourse and immediately reported back pain."

"She was flown by helicopter to the major trauma centre at Royal

Preston Hospital. Following scans, she was then taken to the operating theatre under the care of the spinal team. She is in the ICU with her family in attendance."

Procter, 21, is yet to ride a winner under rules, but has ridden and trained winners in point-to-points.

She is the daughter of Doug and Lucy Procter, whose stud farm bred dual Champion Hurdler Honeysuckle.

Monday, July 22, 2024

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FREE WITH THE Sun

By GRAHAM CLARK

JOHN GOSDEN hopes he can bring his rivals back down to Earth in the £1.25million King George and Queen Elizabeth Stakes at Ascot.

However, while Middle Earth will bid to give Gosden a fifth win in the race, and first since joining forces with his son Thady, there will be no appearance in the mile and a half Group 1 for stablemate Emily Upjohn.

Middle Earth made a triumphant comeback in the Aston Park at Newbury in May before finishing third over course and distance in the Hardwicke Stakes at Royal Ascot.

And while a slow exit cost him any chance of victory that day Gosden believes, with a sharper start, Middle Earth can make his presence felt on his first start at the top table since last year's St Leger.

Gosden said: "Emily Upjohn is not King George bound and she will go elsewhere. Middle Earth is going to run in the King George."

"He got left behind in the Hardwicke. He has always been a slow horse from the gate and he simply got left behind. He finished well though."

"This is obviously a jump in grade for him but, if he had broke with them in the Hardwicke, he would have been right up there with them. Hopefully he can break better this time from the gate."

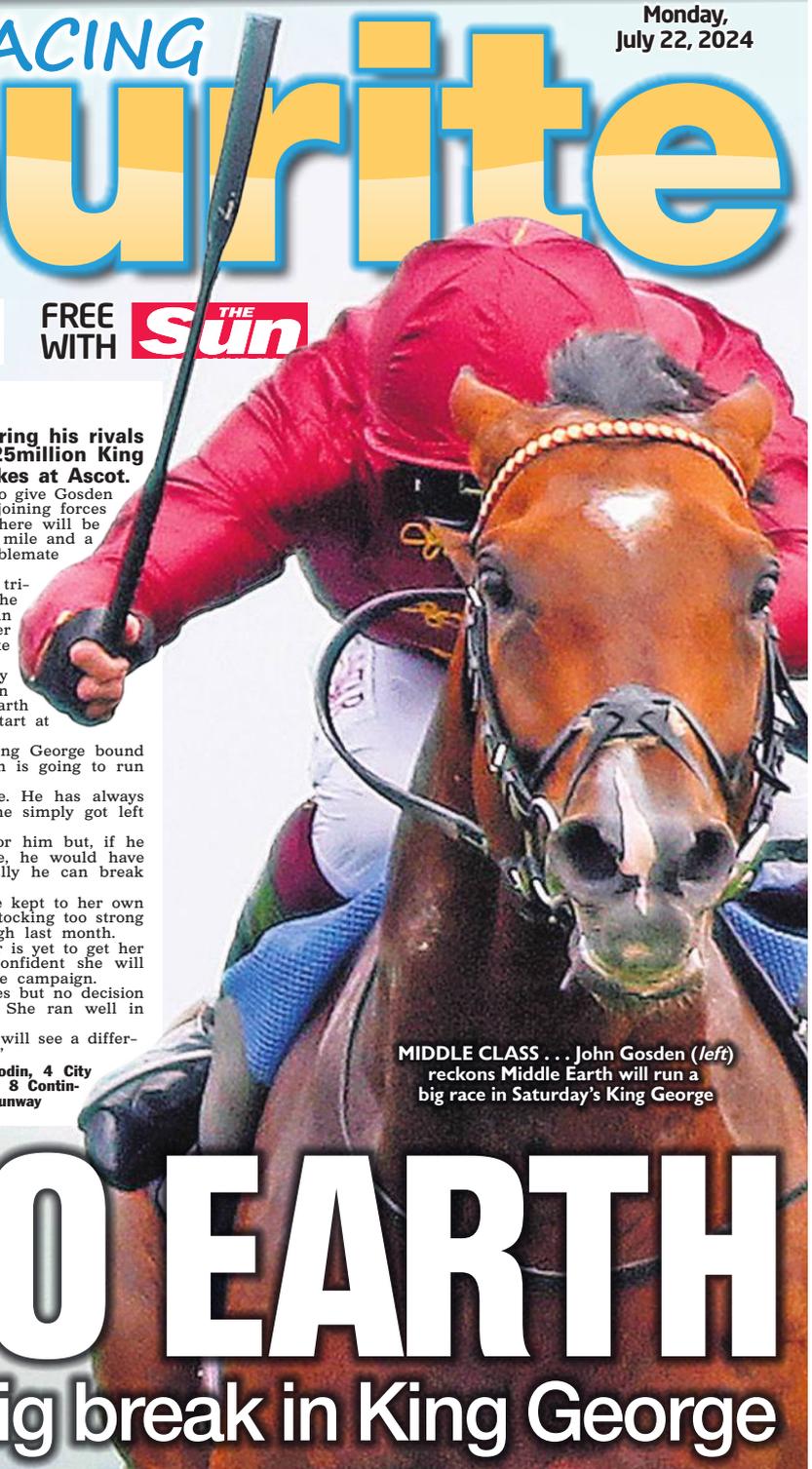
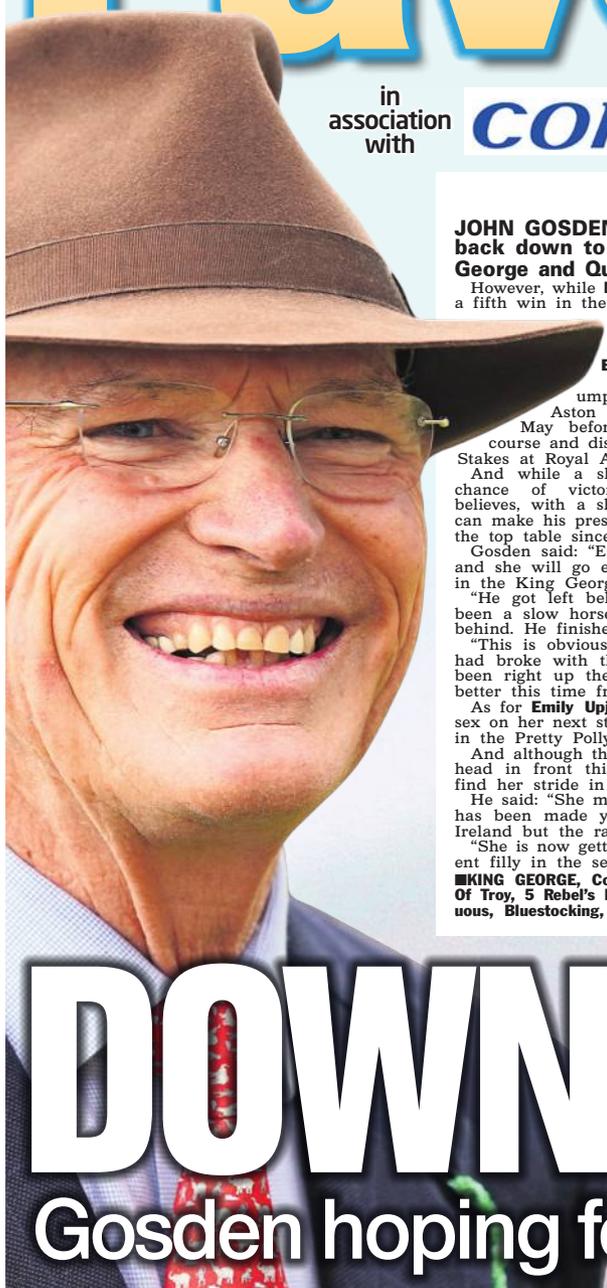
As for Emily Upjohn she is likely to be kept to her own sex on her next start after finding Bluestocking too strong in the Pretty Polly Stakes at The Curragh last month.

And although the dual Group 1 winner is yet to get her head in front this season Gosden is confident she will find her stride in the second half of the campaign.

He said: "She might stay with the fillies but no decision has been made yet on her next start. She ran well in Ireland but the rain went against her."

"She is now getting going. I think you will see a different filly in the second half of the year."

■ KING GEORGE, Coral bet: 5-4 *Auguste Rodin*, 4 *City Of Troy*, 5 *Rebel's Romance*, 7 *Luxembourg*, 8 *Continuous*, *Bluestocking*, 12 *Middle Earth*, 14 *Sunway*



MIDDLE CLASS . . . John Gosden (left) reckons Middle Earth will run a big race in Saturday's King George

DOWN TO EARTH

Gosden hoping for a big break in King George

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CARTMEL GOING: SOFT (GOOD TO SOFT)

1.40 HANDICAP HURDLE (Class 5); winner £3,248; 2m 6f. (10 runners)
4P-1 BELLES BENEFIT 24 (CD) B Thomsen 5-11-10. H Banner 2
3-97 DEFENCE WITNESS 29 A Thomsen 5-11-10. R Mania
7-23 SKYJACK HUACK 24 (J) Candlish 6-11-8. S Sean Quinlan
-38 PATEEN 22 (VCD) J Bedi 12-1-5. A Anderson 5
-63 BALKONIC 22 (VCD) J Thomson 8-11-10. W Quinn
00-2 JIMLI'S CAVE 22 R Watson (re) 6-11-4. G Sheehan
4-54 SECRET SECRET 22 (HCD) J Moffatt 8-11-3. C Jones 3
-154 BELLBIRD 31 D Dixon 4-11-3. B Hughes
5-73 PALM BEACH 18 J McCall 7-11-2. Mr J Dixon 7
10-3 AGILFUL 15 A Neal 5-11-2. B Lynn 3
Belles Benefit, 4 Jimli's Cave, 11-2 Skyjack Huack, 13-2 Balkonic, 7 Secret Secret, 12 Bellbird, Palm Beach

Sun FORM

BELLES BENEFIT (11-13) 9-1 chased leaders, not fluent 4th, led final 150 yards, driven out, bit Solway Molly (11-2) nk held 9m (Cartmel) 2m hcap hidle (5) £2,248 good.
DEFENCE WITNESS (11-10) 16-1 pushed along out, held, 7th of 14 (btm 14) Jetivey (11-6) AGILFUL (10-10) 22-11 th (btm 30) (Hexham 2m 7f hcap hidle (5) £2,885 good.
SKYJACK HUACK (11-4) 11-2 kept on 3rd of 3rd (btm 67/4) to Boomslang (11-4) (Cartmel 2m hcap hidle (4) £3,832 good.
JIMLI'S CAVE (11-0) 66-1 rear, closer 4 out, ridden and stayed on, btm nk by Saint Bibiana (12-0) BALKONIC (10-12) 10-1 2nd, ridden last and kept on when challenged, headed closing (11-1) SECRET SECRET (10-11) 4-1 handy, chased leaders 7th, ridden in 4th last, ran on, 4th (btm 7/4) PATEEN (10-11) 9-2 pushed along last, 8th (btm 13) 9m (Cartmel 3m hcap hidle (5) £2,348 good.
BELLBIRD (11-7) 9-1 led, ridden and pressed for lead 2 out, where headed, faded, 4th of 10 (btm 13) to River Bore (11-4) (Market Rasen 2m 11 hcap hidle (5) £2,093 good.
PALM BEACH (10-3) 10-1 stayed on, 3rd of 10 (btm 57/4) to Earth City (11-0) (Cartmel 2m hcap hidle (4) £2,783 good.
AGILFUL (11-9) 10-1 led until 2 out, hard ridden, kept on one pace, 3rd of 9 (btm 5) to Ten Ten Twenty (10-2) (Market Rasen 2m 5f hcap hidle (5) £2,093 good.

2.10 HANDICAP HURDLE (5); winner £3,248; 2m 1f. (10 runners)

3-35 ARTISTE D'AINAY 46 (BF) E Ellis 6-11-10. Mr Andrews (3)
17-P SHUL DOWN 39 (H) P Collins 8-11-10. B Hughes
23-21 TRAILBLAZER 8 (N) P Scott 5-11-10. D Fox
-23 RESTAINTHANKFUL 94 (D) (Quinton 8-11-10) S Quinn
4-243 MALANGEN 8 (D) J Harrison 9-11-9. P Kavanagh (3)
9-423 NATCHÉZ TRACE 9 D Carroll 7-11-8. R Dunne
7-613 FLASHTHELIGHTS 17 K Kelly (re) 8-11-6. Mr O McGill (7)
-67 LUCKY LOWER BOY 33 (D) Greenall/Guerrero 9-11-3 H Brooke
-92 RESTAINTHANKFUL 94 (D) (Quinton 8-11-10) S Quinn
10-160 THE NAVIGATOR F12 (D) P Sayer 9-11-2. D McMenamin
Trailblazer, 95 Restantthankful 94, Malangen 97
5-2 Trailblazer, 7-2 Flasheslights, 11-2 Restantthankful, 13-2 Malangen, 15-2 Natchez Trace, 10 Artiste Dainay

Sun FORM

ARTISTE D'AINAY (10-13) 9-4 1st fav rear, ridden 2 out, no impression, weakened before last, 5th of 8 (btm 15) to Dr Seb (11-2) (Uxeter 2m 7f nov hidle (4) £2,193 good.
SHUL DOWN pulled up later, earlier (11-1) 5-1 mid-division, headway bit, held 2 out, 7th of 9 (btm 33) to Prospect Hope (9-11) (Market Rasen 2m hcap hidle (5) £2,281 good.
TRAILBLAZER (11-1) 25-1 stayed on run-in, driven ahead half 100 yards, won going away, bit Game Beama (10-9) 11 (11 ran) (Perth 2m hcap hidle (5) £3,967 good.
RESTAINTHANKFUL 94 (D) (Quinton 8-11-10) S Quinn by Calveade (11-4) (Cartmel 2m hcap hidle (4) £3,700 good.
MALANGEN (10-5) 4-1 led and set good pace, joined 2 out, ridden and headed last, kept on (10-7) (btm 7) to Galata Bridge (11-1) (Cartmel 2m hcap hidle (4) £2,773 good.
NATCHÉZ TRACE (11-7) 1-1 headway last, kept on run-in, not reach leaders, 3rd of 12 (btm 27/4) to Pleasant Man (11-4) (Fkassington 2m hcap hidle (5) £2,949 good.
FLASHTHELIGHTS (11-0) 6-1 kept on, 3rd of 14 (btm 7) to Slieve Beahmigh (11-4) (Cork 2m hcap hidle 66,300 good.
LUCKY LOWER BOY (11-2) 7-1 7th of 10 (btm 22) to Melton Mossy (11-4) (Wexford 2m hcap hidle (5) £2,248 good.
MALANGEN (11-13) 10-1 led 3rd and forged away, soon clear, stayed on, unchanged, bit Kopa Kilana (11-10) 4/4 (Perth 2m hcap hidle (5) £2,783 good.
FOR THREE (11-9) 4/1 fav one pace, 8th (btm 11) 4/4 (Hexham 2m hcap hidle (5) £2,783 good.

2.45 MAIDEN HURDLE (4); winner £3,921; 2m 1f. (12 runners)

1 FAIRMACK F140 (1*) L Russell 6-11-4. D Fox
2-40 REACH FOR THE TOP 22 (VCD) Newlands 5-11-4 S Shannan
3 P THUNDER GAP 215 M Barnes 7-11-4. C Rabbit (5)
4 52U A DAY TO DREAM 20 (P*) O Pears 4-11-0. B Hughes
5 CAVERN CLUB 9 J Owen 4-11-0.
6 06U INOUE 13 (H) P Robson 4-11-0. C Nichol
7-97 BARBIC 22 (H) J Jones 5-11-10. C Jones 3
8-65 FLEXY LADY 209 G Boanas 5-10-11. D McMenamin
9-336 JOUE COEUR ALLEN 55 (H;BF) S Haslam 5-10-11 R McLernon
10-94 READY TO SHINE F18 J Camacho 5-10-11. non-runner
11 0/2 STORM SPIRIT 21 (H) Hammond 5-10-11 Thompson (7)
12-21 RAINBOW 22 M Roman 4-10-7. P Kavanagh (3)
Joie Cœur Allen, 95 A Day To Dream, 95 Reach For The Moon, 90 Joie Cœur Allen, 11-4 Cavern Club, 9-2 A Day To Dream, 9-2 Storm Spirit

3.20 HANDICAP HURDLE (4); winner £4,146; 3m 1f. (14 runners)

1 41-1 TOWNHILL 27 (D) T Lacey 6-12-0. non-runner
2-112 SAINT BIBIANA 1 (CD) G Nicholls 7-11-13. L Williams
3-221 BOOMSLANG 24 (J) P Menzies 7-11-13. R Chapman
4-952 DYNAMIC KENTUCKY 24 (BD) Newlands 9-11 Scott (5)
5-OUR LAURA B 58 B Haslam 6-11-8. R McLernon
6-235 SHANTOU SUNSET 241 J Moffatt 10-11-7. L Norce (1)
7-21 CITY DERBY 22 (C) L Quinlan 8-11-6. Sean Quinlan
8-123 DALLIEO 8 L Harrison 9-11-0. P Kavanagh (3)
9-2632 STABLE 22 M Russell 6-11-8. D Fox
10-234 LADY MENDOZA 8 G Heale (5) £2,473 good.
11 0-85 NATIVE FIGHTER 22 (V*CD) J Moffatt 10-11-7 Jones (3)
12 2/44 SHANTOU CHAMPAGNE 24 P & M Bowen 7-10-7 S Jones
13-977 MONTICHI 22 (H) Meechie 10-10-2. W Mags (5)
14-99 ROBERT O'RES 29 G Heale (5) £2,473 good.
Saint Bibiana, 959 Townhill, 95 Boomslang 97
7-2 Saint Bibiana, 4 City Derby, 9-2 Boomslang, 6 Startley, 8 Dynamic Kentucky, 10 Dallee, Lady Mendoza

Sun FORM

SAINT BIBIANA (10-2) 5-2 fav led closing stages, bit Jimli's Cave (11-0) (Cartmel 3m hcap hidle (5) £2,248 good.
TOWNHILL (11-9) 9-1 led, ridden and pressed for lead 2 out, (btm 4) (9 ran) (Cartmel 3m hcap hidle (5) £2,248 good.
BOOMSLANG (11-4) 11-0 fav led 2 out, bit Sky Luna (10-8) 1/4 SHANTOU CHAMPAGNE (10-11) 11-1 led until 2 out, 4th (btm 7) (9 ran) (Cartmel 2m hcap hidle (4) £2,473 good.
DYNAMIC KENTUCKY (12-0) 17-2 kept on one pace, bit 4/4 by Home Sweet Highway (11-0) (13 ran) (Bangor 2m hcap hidle (5) £2,425 good.
LADY MENDOZA (11-0) 2-1 led, 3rd of 5 (btm 2) to Fautinette (11-7) OUR LAURA B (11-10) 7-2 4th (btm 7/4) (5 ran) (Cartmel 3m hcap hidle (5) £2,946 good to soft.
CITY DERBY (10-10) 7-2 fav ran on, bit Where's Bunny (11-0) (Cartmel 2m hcap hidle (4) £2,473 good.
DALLIEO (10-7) 7-1 plugged on, 3rd of 10 (btm 47/4) to Buy Some Time (10-6) (Perth 3m hcap hidle (4) £2,753 good.
STARLEY (11-8) 5-1 stayed on, btm 3/4 by Asa (10-5) (10-1) (Cartmel 2m hcap hidle (4) £2,473 good.
LADY MENDOZA (10-7) 9-2 led until 2 out, 4th of 12 (btm 15) to Kanor (10-11) (Perth 3m hcap hidle (4) £2,084 good.
ROBERT O'RES (11-3) 3-1 led until 14 (btm 15) to Jetivey (11-6) (Hexham 2m 7f nov hcap hidle (5) £2,885 good.

TEMPLEGATE GOING: GOOD (GOOD TO SOFT)

1.40 Skyjack Hijack
2.10 Traillblazer
2.45 Reach For The Moon
3.20 City Derby
3.55 Forcing Bull
4.30 Ilkedwayurthinkin
5.00 Over Milk Wood
TOM PEPPER
1.40 Jimli's Cave
2.10 Flasheslights
2.45 A Day To Dream
3.20 Boomslang
3.55 The Gypsy Davey
4.30 Where's Bunny
5.00 Over Milk Wood

Sun FORM

TIC-TAC: Left-handed, sharp and undulating track of 1m, with a 4-furlong. Six fences and four hurdles per circuit. LEADING TRAINERS (2019-2024): J Moffatt 33-178. B Haslam 17-74. S England 16-64. D McCall 15-103. THIS SEASON: S England 4, B Haslam 3. MTOP JOCKEYS (2019-2024): C Jones 25-100. B Hughes 20m 11c. D McCall 16-52. B Bowen 16-78. THIS SEASON: J England 4. LONGEST TRAVELLER: Ben-Thomas (0-0) trained at Swindon. Round trip of 54 miles. TRAINEEFAV: J Moffatt won the 2.45 in 2014, 2015 and 2017. FIRST RUN SINCE WIND OFF: Falmac (2,45). Thunder Gap (2,45). Judicial Review (5,00). NINE RACING TV

2.45 NOVICE LIMITED HANDICAP CHASE (3); £6,205; 2m 1f. (6 runners)

1-11U LIPA K 48 (DF) O Greenall & J Guerrero 6-11-10 Brooke
2 P-51 CARCAI CASTLE 29 A Thomsen 8-11-9. R Mania
3 P-51 FORCING BULL 13 D McCall 7-11-1. B Hughes
4-322 THE GYPSY DAVEY 18 E Williams 6-10-12. A Wedge
3-4-9 TORONET 14 L Morgan 5-10-6. G Sheehan
6-15-6 CUZZO DU MATHAN 24 (V) J Moffatt 6-10-5 C Jones (3) Carcai Castle, 99 Forcing Bull, LIPA K 97
2 Carcai Castle, 9-4 LIPA K, 5-2 Forcing Bull, 15-2 The Gypsy Davey, 20 Cuzzo Du Mathan, 25 Toronet

Sun FORM

LIPA K unsated rider latest, earlier (11-2) 6-4 fav led 2 out, quickened clear, easily, bit Baeghera Ginn (11-3) 9/4 (4 ran) (Bangor 2m hcap ch (4) £2,637 good to soft.
CARCAI CASTLE (11-11) 7-2 led last, ran on, bit Findthetime (12-0) 2/1 (4 ran) (Hexham 2m hcap ch (4) £2,652 good.
FORCING BULL (11-4) 6-1 led 7th, quickened 3 out, ridden to assert 2 out, stayed on well run-in, bit Get Up Muck (11-1) 9/4 (4 ran) (Uxeter 2m hcap ch (4) £2,700 good.
THE GYPSY DAVEY (11-13) 5-2 led until 3 out, hard ridden, held from 2 out, btm 13/4 by Planned Paradise (11-1) (6 ran) (Perth 2m hcap ch (4) £2,581 good.
TORONET (12-0) 28-1 9th of 14 (btm 40) to Robber's Bridge (10-10) (Ponterpool 2m hcap hidle (5) £3,248 good.
CUZZO DU MATHAN (11-13) 22-1 fav led 2 out, btm 13/4 to Sean GO (10-11) (Cartmel 2m hcap hc ch (4) £2,674 good.

4.30 HANDICAP CHASE (4); winner £4,832; 3m 1f 107yds. (10 runners)

1-458 COOILINO 22 B Haslam 9-12-2. N Houllihan
2-031 LIKEDWAYURTHINKIN 24 (C) B Haslam 10-11-2 R McLernon
3-973 WAGGELL DUNDALK 8 L Harrison 9-11-9. D McMenamin
4-27-1 NO REDS 75 (V) N Richards 10-11-1. Sean Quinlan
5-PP-2 MOTION IN LIMINE 51 (H) Newland/Insole 9-11-1 Scott (5)
6-443 WHERE'S BUNNY 22. 4/1 fav led 2 out, btm 13/4 (9)
11-33 ELLEON 24 S England 9-11-1. J England
8-612 CARDAMON HILL 18 D Sayer 7-11-1. B Hughes
9-637 JELSKI 24 (C) J Moffatt 10-11-3. C Jones (3)
10-122 HAPPY DU MESNIL 24 (BF) Greenall/Guerrero 7-10-7 H Brooke
11-10-1 WAGELL DUNDALK 8 (H) Kavanagh (3)
Where's Bunny, 11-2 Happy Du Mesnil, No Regrets, 13-2 Where's Bunny, Cardamon Hill, 8 Motion In Limine, Elleon

Sun FORM

COOILINO (10-10) 50-1 faded, 8th of 10 (btm 29) to Charlie Ubralles (10-3) (Cartmel 2m 5f hcap ch (2) £21,124 good.
LIKEDWAYURTHINKIN (11-4) 4-1 1st fav headway going well 4 out, led final 100 yards, won going away, bit Deo Wrong (11-4) 3/1 ELLEON (10-1) 9-2 effort 3 out, kept on one pace, 3rd (btm 7/4) JELSKI (11-1) 11-1 no threat, 7th (btm 44) (11 ran) (Cartmel 3m hcap ch (4) £2,548 good.
WAGELL DUNDALK (11-9) 2-1 fav led 2 out, btm 13/4 to Cap Du Nord (11-9) (Perth 3m hcap ch (3) £2,922 good.
NO REGRETS (11-4) 13-2 led last, forged away un-run, reduced lead finished, did enough, bit Everday Champagne (11-4) (Perth 3m hcap ch (3) £2,822 good.
ELLEON (11-4) 15-8 fav smooth headway turning for home, led finish, bit MOTION IN LIMINE (11-9) 14-1 led, good jump 2 out, driven last, kept on strongly run-in, headed finish, 16 (ran) (Hexham 3m hcap ch (3) £2,822 good.
WHERE'S BUNNY (11-0) 14-1 led 110 yards out on flat, headed towards finish, btm 7/4 by City Derby (10-10) (13 ran) (Cartmel 2m hcap hidle (4) £2,146 good.
CARDAMON HILL (12-0) 10-5 even charge 2 out, ridden run-in, kept on, always held, 11/4 by Easy Bucks (11-1) (7 ran) (Perth 3m hcap ch (5) £2,489 good.
HAPPY DU MESNIL (11-6) 5-2 fav ran on, btm 1/4 by Exmor Dr Sanderson 99. Over Milk Wood 98. Seen 0-57.

5.00 HANDICAP CHASE (5); winner £3,617; 2m 5f. (12 runners)

1-341 DR SANDERSON 22 (C) B Haslam 10-12-0 R McLernon
2-6-4 ANIMORE 29 H Burns 12-1-0. R Mania
3-40 GRAND SOULE 37 (D) Ganner 8-11-3 Jones (3)
4-231 SEAN GO 24 (CD) P Sayer 6-11-1. Sean Quinlan
5-PPP BREAKING THE ICE 37 (C) G Bewley 9-11-9. J Bewley
6-8-4 GOING MOBILE 29 (BF) S England 9-11-5. J England
7-9-85 THE KING OF MAYBE 22 B Ellison 10-11-3. C Nichol
8-514 OVER MILK WOOD 37 (D) Ganner 8-11-3 Hogan (3)
9-U64 INTO THE SUNSET 13 D McCall 7-10-12. B Hughes
10-419 BENINSI 31 (V*) R Llewellyn 8-10-11. C Price (3)
11-750 JUDICIAL REVIEW 19 (P*) T* J Moffatt 6-10-4 D McMenamin
12-4-4P KARAPIRO DOUG 7 D Brooke 8-10-3. Miss P Brown (7) Dr Sanderson 99. Over Milk Wood 98. Seen 0-57.
15-8 Dr Sanderson, 7-2 Over Milk Wood, Sean GO, 13-2 Going Mobile, 12 Into The Sunset, 20 Grand Soule, Benins

Sun FORM

DR SANDERSON (10-13) 6-5 fav made all, forged away 2 out, five lengths ahead 2f out on run-in, stayed on, unchanged, bit Lermoes Legend (11-13) 15 (9 ran) (Cartmel 2m hcap ch (4) £2,470 good.
GOING MOBILE (10-2) 15-8 fav led 3 out, headed last, soon one pace, 4th of 6 (btm 36) to Carcai Castle (11-11) ANIMORE (10-6) 6-11 tailed off, 5th (btm 36) (6 ran) (Hexham 2m hcap ch (4) £2,552 good.
SEAN GO (10-11) 9-1 led until 2 out, btm 13/4 by Attention (10-2) (11-7 ran) (Cartmel 2m hcap hc ch (4) £2,674 good.
BREAKING THE ICE pulled up later, earlier (11-2) 7-1 until last, ridden, held, 4th of 7 (btm 8) to Lidden Comm-aded (12-0) (Hexham 2m hcap ch (4) £2,558 good.
THE KING OF MAYBE (11-7) 14-1 kept on, 5th of 10 (btm 16) to Lord With It (12-0) (Cartmel 3m hcap ch (5) £2,248 good.
OVER MILK WOOD (10-1) 6-4 fav jumped well, made all, stayed on well, unchallenged, bit Rajamattat (11-11) 7/4 (4 ran) (Uxeter 2m hcap ch (4) £2,248 good to soft.

AYR COLOURS GOING: GOOD (GOOD TO SOFT)

2.30 EVERY RACE ON RACING TV APPRENTICE HCAP (Class 5) £4,187; 1m 5f (7 runners)
1-9-6405 RAVENSCRAIG CASTLE 14 (V;CD) (6) W Jardine 6-9-9. Shay Farmer (5) 93
Runs: 26 Wins: 2 (F,G) Places: 6 £69,996
Stays well, not disgraced in a stronger race here, takes go, close
9-2423 IT'S ALL ABOUT YOU 13
Runs: 1 Wins: 1 (C) Places: 4 £15,233
Consistent, deserves to get his head in front, today could be the day
-32708 AYR POET 14 (C)
J Goldie 9-6-13. Lauren Young (7) 84
Runs: 56 Wins: 9 (25,4G,3G) Places: 17 £61,682
Out of form and heppiness is not really helping, watching brief advised
90/95- KONDO ISAMI 357
R Smith 6-8-11. Ryan Kavanagh (5) 81
Runs: 14 Wins: 2 (A,G) Places: 2 £25,222
Beadily out of form when last seen last summer, plenty to prove now
98-435 TILSIT 7 (BF,C)
R Smith 7-8-11. Rhys Elliott (5) 97
Runs: 50 Wins: 6 (S,2F,2A,G) Places: 10 £66,377
Outpaced here over 10f latest, looks ready for this sort of test, fancied
8-3656 GLASSES UP 14 (C)
R Smith 9-8-9. Archie Young 95
Runs: 77 Wins: 8 (S,3F,3G,3G) Places: 17 £122,533
Loves it here, goes well over any trip and on any ground, dangerous
256223 DESERT QUEST 39 (CD)
E Whittans 6-8-5. Liam Wright 99
Runs: 32 Wins: 5 (F,A,3G) Places: 6 £31,759
Below par at Musselburgh latest, earlier form is very useful, big change
BETTING: 9-4 It's All About You, 10-3 Desert, 3 Kondo Isami
WHERE FAVOURITES FINISHED: 1 3 2
2023: Golden Shot 4-9-1, M Cole 9-4 (Sir M Prescott), drw 4, 9 ran.

Sunracing FORM

RAVENS CRAIG CASTLE (8-6) 10-1 chance 2f out, weakened 1f out, last of 5 (btm 97/4) to Sea King (9-9) (Ayr 1m 5f hcap (3) £2,664 good to firm).
KONDO ISAMI (9-0) 12-1 close up, pushed along 3f out, weakened, last of 5 (well btm) to Paddy The Squire (9-1) (Ayr 1m hcap (3) £10,308 soft.
TILSIT (9-1) 4-1 one pace final furlong, 5th of 11 (btm 4) to Aviemore (9-8) (Ayr 1m hcap (3) £14,187 good.
DESERT QUEST (8-1) 4-1 outpaced 4f out, went remote 3rd 3f out, 3rd of 4 (8) to Red Force One (8-10) (Musselburgh 2m hcap (5) £4,187 good.

3.05 IRISH EBF MAIDEN STAKES (4); 2-y-o; value to the winner £4,860; 5f. (5 runners)

1 (4) A HAMMER THE HAMMER 11 R Ryan 9-7. Tom Eaves 99
2 (5) LEXINGTON BLITZ R Cowell 9-7. P J McDonald
3 (2) 53 MANAGING DIRECTOR 16 B Smart 9-7. Russell 97
21 MONTICHI 22 (H) Jones 9-7. non-runner
5 (3) STRONG WARRIOR R Fahey 9-7. Oisín Orr
BETTING: 11-4 Hammer The Hammer, 4 Managing Director, 11-2 Strong Warrior, 10 Lexington Blitz
WHERE FAVOURITES FINISHED: 1
2023: Dorothy Lawrence 9-2 Daniel Tudhope 2-11 Fav (K R Burke), drawn 4, 6 ran.

3.40 SUMMER AT WESTERN HOME HOTEL HCAP (6) 3-Y-0; winner £3,664; 5f (8 runners)

1 196317 ZAPHEA 9 (BF,D)
J Jardine 9-11. Andrew Mullen 97
Runs: 20 Wins: 3 (G,2,G) Places: 4 £21,162
Below form last time, but previous start was a winning one, do better
9-267-3 CLASSY CLARETS 16
R Fahey 9-11. Oisín Orr 95
Runs: 8 Wins: 2 Places: 2 £3,501
Raced far too keenly so far over 6f, can do better if getting cover early
-34594 LA BOO 31 (V*)
M & D Easterly 9-9-3. Joanna Mason 99
Runs: 7 Wins: 2 Places: 2 £5,091
Gave it a good go at Redcar latest, first-time visor may help her focus
9-6676 TAYGAR 16 (D)
M Dods 9-6-6. Paul Mulrennan 92
Runs: 9 Wins: 1 (GS) Places: 1 £5,064
Dropping in the weights, could be well treated if bouncing back to form
613208 PINPOINT 11 (P*,CD)
E Whittans 9-3. P J McDonald 96
Runs: 17 Wins: 2 (G,S,G) Places: 6 £14,353
Struggling for form last two starts, cheekpieces are on, dangerous
475400 BETTER 16
P Midgley 9-11. David Nolan 90
Runs: 10 Wins: 1 (A) £4,332
Tumbled down the weights, could do better if the early pace is strong
-67268 LADY OF THE GARR 16
T Wagg 8-5. Andrew Elliott 83
Runs: 10 Wins: 1 Places: 1 £2,601
Still a maiden after 10 starts, no show at Carlisle latest, hard to fancy
785- SHANT VENTURE 321
L Perratt 8-4. Rhys Elliott (7) 86
Runs: 3
Did not show much in maidens last season, check for market support
BETTING: 9-4 La Boo, 5-2 Zapha, 5 Taygar, Pinpoint, 12 Classy Clarets, 16 Lady Of The Garr, Better, 20 Shatin Venture
WHERE FAVOURITES FINISHED: 5
2023: Borough 8-9, William Pyle 9-2 (J Jardine), drawn 5, 8 ran.

Sunracing FORM

ZAPHEA (9-11) 3-1 1st fav soon led, headed if out, faded, 7th of 8 (btm 10) to Lady Celia (9-9) (Hamilton 5f app hcap (3) £3,664 good to firm).
PINPOINT (9-4) 20-1 mid-division, pushed along 2f out, no progress, 8th of 13 (btm 10) to Runnimid (9-9) (Beverly 5f hcap (3) £4,402 good.
LADY OF THE GARR (8-10) 2-5-1 chasing leaders, led 1f out, soon headed, no extra, 8th of 11 (btm 57/4) to Golden Rainbow (9-11) (Carlisle 5f hcap (3) £3,402 good to firm).
TAYGAR (9-6) 16-1 mid-division, never troubled leaders, 8th of 12 (btm 57/4) to Persian Blue (9-9) BETTER (9-1)

TEMPLEGATE TOM PEPPER GOING: GOOD (GOOD TO SOFT)

2.30 Glasses Up
3.05 Motawahji
3.40 La Boo
4.15 Eternal Sunshine
4.50 Braes Of Doune
5.25 HELTER SKELTER (nap)
2.30 It's All About You
3.05 Hammer The Hammer
3.40 Pinpoint
4.15 Novello Lad
4.50 The Gay Blade
5.25 Alpine Sierra

Sun FORM

180558 NEWYORKSTAEFOMIND 13 (D) Carr 7-10-3. Tom Eaves 92
2 6-20772 ROSENPU 10 (H) J Candlish 4-10-2. Clifford Lee 95
3 234-179 JKR COBBLER 7 (C,D) Jardine 5-10-1. Andrew Mullen 91
4 459-331 NOVELLO LAD 24 (D) P Midgley 3-9-13. David Nolan 99
5 464-832 RAMON DI LORIA (BF,D) S Williams 6-8-11. Patrick Mathers 92
6 66-0411 ETHERNAL SUNSHINE 14 (C,D) J Goldie 4-9-9. Paul Mulrennan 98
7 434345 PIPER'S FORT 26 (D) K Scott 3-9-4. Sam Jones 92
8 400-067 WILD MOUNTAIN 31 (BD) P McKenna (re) 5-9-3. Oisín Orr 81
9 1052-118 NAZZA 61 (D) L Perratt 5-8-12. Joe Fanning 94
10 545-046 EARN YOUR STRIPES 7 (C,D) R Smith 6-8-11. Patrick Mathers 92
BETTING: 11-4 Eternal Sunshine, 10-3 Novello Lad, 4 Ramon Di Loria, 8 Rosenpu, 12 Piper's Fort, Nazza, 14 Wild Mountain, 16 Newyorkstaeformind
WHERE FAVOURITES FINISHED: 1 2 1 1-2
2023: See My Baby Juice 7-9-4 Daniel Tudhope 9-2 JFav (D Whillans) drawn 11, 13 ran.

Sunracing FORM

NEWYORKSTAEFOMIND (9-13) 16-1 in rear, effort 1f out, weakened, 8th (btm 97/4) to Empire Caracat (9) £3,664 good. (Pontefract 5f hcap (5) £2,320 soft).
ROSENPU (9-10) 20-1 mid-division, stayed on into 2nd furlong, btm 27/4 by American Star (9-11) (2 ran) (Chester 7 hcap (5) £7,644 good to firm).
JKR COBBLER (8-8) 8-1 slowly away, always in rear, well beaten final 2f, last of 9 (67/4) to Mr Harrison George (9-8) (Ayr 1m hcap (3) £3,664 good).
NOVELLO LAD (9-7) 5-4 fav held up, headway if out, soon led, ran on, bit Wichtahy (8-6) 1/1 (11 ran) (Doncaster 6 hcap (6) £3,768 good to firm).
RAMON DI LORIA (9-12) 3-1 1st fav held up, chased winner 2f out, held inside final furlong, btm 11 by Sound Of Iona (8-9) EARN YOUR STRIPES (8-9) 20-1 extra final furlong, 6th (57/4) (11 ran) (Ayr 1m hcap (6) £3,664 good.
ETHERNAL SUNSHINE (9-4) 4-1 chased leader, led final furlong, won going away, bit One Of Our Own (9-6) 7/4 (9 ran) (Ayr 6 hcap (3) £3,664 good).
PIPER'S FORT (9-7) 7-2 weakened if out, 5th of 6 (6) to Mullins Beach (9-7) Fhos Las 61 hcap (6) £2,983 good.
WILD MOUNTAIN (8-7) 14-1 in rear, pushed along 2f out, no impression, 7th of 8 (btm 97/4) to Red Heel (9-1) (Down Royal 7 hcap £6,900 good).
NAZZA (8-6) 11-2 never on terms, 8th of 10 (btm 77/4) to Warminster (9-5) EARN YOUR STRIPES (8-9) 25-1 weakened final furlong, last (btm 13) (Ayr 6 hcap (6) £3,664 good to firm).

4.50 RACING TV HANDICAP (6); value to the winner £3,664; 7f. (13 runners)

1 (10) 91-740 END ZONE 30 (BC,D) R Fell & S Murray 7-0-1. Clifford Lee 85
2 (5) 7102975 TARJAMAH 24 (P*) T Wagstaff 4-8-13. Tom Eaves 76
3 (4) 2036624 PEMBROKESHIRE 14 (HD) Jardine 4-9-3. Andrew Mullen 97
4 (2) 8948541 THE GAY BLADE 4 (H,D) Jardine 5-9-13 (5X). Archie Young (5) 99
5 (1) 7303078 GOBI SUNSET 19 (C,D) Jardine 7-9-11. Shay Farmer (7) 86
6 (11) 4588382 CONCERT BOY 7 (D) K Scott 4-9-9. Sam Jones 98
7 (4) 4789222 EMERALD STAR 7 (D) R Smith 4-9-11. Patrick Mathers 92
8 (9) 895213 DRAKESHIPS 113 (D) A Hamilton 5-9-7. David Nolan 98
9 (12) 1-2324-845 BRVES OF DOUNE 7 (C) J Goldie 6-9-9. Paul Mulrennan 93
10 (6) 0309088 RHASIDAT 17 (D) P McKenna (re) 3-9-0.

Favourite.com RACING CORAL in association with

BEVERLEY

6.00 RACING TV EBF RESTRICTED MAIDEN STAKES (Class 5); 2-y-o; winner £4,050; 5f. (12 runners)
1 (1) BONNIE'S BOY R Fahy 9-7 Ryan Sexton
2 (2) 303 SENIORIUM 23 D Cunha 9-7 Rhys Clutterbuck 82

6.30 JAIMIE KERR MEMORIAL HANDICAP (6); value to the winner £4,004; 5f. (12 runners)
1 (6) 640321 GOLDEN RAINBOW 16 (V/D) R Menzies 5-9-9 Callum Rodriguez 89
2 (1) 212513 TOPTIME 39 (D) S Bowring 6-9-7 Rhys Clutterbuck 87

7.00 SKYBET GO-RACING-IN-YORKSHIRE HCAP (4) winner £6,621; 7f. (11 runners)
1 (4) 3-0577 MASTER RICHARD 10 (D) A Duffield 5-10-3 Oisín McSweeney 94

201198 NOLA GREY 16 (D) G Tutty 4-10-0 Rowan Scott 84
715332 TROPEZ POWER 19 (V*J*D) J & S Quinn 5-10-0 Jason Hart 57

0320-0 GOLDEN SANDS 44 (H/C) M Appleby 5-9-11 Alistair Rawlinson 82
59-000 CAPITAL GUARANTEE 17 (D) D O'Meara 4-9-10 Jason Watson 80

517107 CLIFFCAKE 44 (CD) S Downing 6-9-3 Rhys Clutterbuck 85
12-356 GRESSINGTON 44 (D) E Bethell 3-9-3 Callum Rodriguez 98

70-244 PARK STREET 6 (BF,CD) T Jackson 5-9-3 Billy Garrity 95
291515 DISTINCTION 13 (V,C,D) J Mackie 6-9-1 Connor Beasley 97

64-072 UGO GREGORY 6 (CD) T Easterby 8-9-0 David Allan 99
37038 SECRET WORLD 16 (D) C Johnston 3-8-11 Franny Norton 92

7.30 TOMAHAWK STEAKHOUSE HANDICAP (DIV 1) value to the winner £4,004; 7f. (10 runners)
1 (9) 780-646 GORDONSTOWN 7 (V/D) L Bailey 6-9-12 non-runner 92

0419-5 ELETTARIA 17 (D) Wainwright 5-9-9 Ryan Sexton 95
584076-15 RUNNER 17 (CD) G Hariker 9-9-6 Connor Beasley 89

8.00 TOMAHAWK STEAKHOUSE HANDICAP (DIV 2) value to the winner £4,004; 7f. (9 runners)
1 (9) 0589494 KING SHARJA 17 (R) C Carr 4-12-2 James Sullivan 91

06225-779 TWILIGHT JAZZ 17 (CD) P Charamalios & J Clutterbuck 4-9-7 David Allan 97
4507689 MISS BILLIE 14 (M) Wigham 4-9-5 Ben Sanderson 83

55-5P-2 CHICAGO GAL 37 (M & D) Easterby 5-10-0 Billy Garrity 89
06-5337 THREE PLATFORM 6 (B*) R Menzies 6-9-13 David Egan 97

GOING: GOOD TO FIRM (GOOD)

TEMPLEGATE 6.00 Bonnie's Boy 6.00 Stirrup Cup
6.30 Jack Of Clubs 6.30 Mrs Trump
7.00 Ugo Gregory 7.00 Distinction

9.00 0-1404 WHERE'S JEFF 27 (CD) M & D Easterby 9-10-1 Billy Garrity 97
34547-7 CASILLI 287 (CD) M & D Easterby 7-10-0 Lewis Chalkley (7) 90

347503 BOHEMIAN BREEZE 33 (D) C Johnston 4-9-13 Franny Norton 96
8-84774 MOUNT KING 11 T Easterby 4-9-9 David Allan 88

412-60 BIGTIME BRIDGET 41 (H*) M Bell 3-9-9 Callum Rodriguez 83
566883 DR FOSTER 17 (V*,BF) M Appleby 3-9-8 Jason Watson 96

075357 SONNING J22 (P*,T*,CD) D Bracke 6-9-7 Alistair Rawlinson 85
798652 PRINCESS NIYLA 24 A Brown 4-9-7 Rowan Scott 98

587 CAKEWALK 13 S & E Crisford 3-9-3 Harry Davies 99
3.52: 1 COPPULL HALL LANE C Rodriguez (2-1) Hwy 2 Savvy Exchange

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BALINROBE

5.10 CLAIMING STAKES; winner £6,300; 1m 2f. (11 runners)
1 (4) 8589 DUMB LOVE 5 (P*) G O'Leary 4-10-2 D Sullivan (10)

5.40 MAIDEN STAKES; winner £7,500; 1m 2f. (13 runners)
1 (1) 5 ELEGAL 23 E Mullins 3-9-8 K Kennedy (7)

6.10 HANDICAP; winner £6,600; 1m 2f. (11 runners)
1 (6) 4140 ALONZO 24 J O'Brien 10-3 H Horgan (5)

6.40 HANDICAP; winner £6,900; 1m 2f. (8 runners)
1 (2) 180 THE BLACK TIGER 23 (B/D) F Crowley 4-10-3 Horgan (7)

7.10 HANDICAP; winner £13,200; 1m 5f. (8 runners)
1 (4) 778-680 ERSHINE 283 (A) McGinness 7-10-0 MacRedmond (5)

NEWTON ABBOT 2.05: FINN ENTRY 11 (2); 2 Kalkaroo (7-2); 3 Golden Path (8-13) 1. 5 ran. N/A; 291. D Pipe. TC: £650; £2, £150.

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GOING: YIELDING

EMONN HANS 5.10 Magnetic North
5.40 Thomson Gunn
6.10 Jack Spriggins
6.40 Brewell Hill
7.10 See Me Through (nb)
7.40 ROCKY BLUE (nap)
8.10 Stariam

TOM PEPPER 5.10 Cordouan
5.40 Redemptive Power
6.10 Alonzo
6.40 Bear Profit
7.40 La Dame Blanche
7.40 Mayo For Sam
8.10 Carlo Bianconi

7.40 APPRENTICE HANDICAP; winner £6,300; 1m 5f. (14 runners)
1 (8) 5/10 FOLIO 54 F Flynn 5-10-1 R Wheary

8.10 MAIDEN STAKES; winner £6,900; 1m 5f. (9 runners)
1 (1) 6186 CARLO BIANCONI 22 J O'Brien 4-9-9 D McMonagle

SHATIN VENTURE (3.40 AY) makes his handicap debut carrying no weight in a race that much winning.

8.10 MAIDEN STAKES; winner £6,900; 1m 5f. (9 runners)
1 (1) 6186 CARLO BIANCONI 22 J O'Brien 4-9-9 D McMonagle

1.40: 1 RED LETTER C T Keane (8-11) 2 Indigo Queen (5-10); 3 Bar Slippers (16-5); 4 G M Lyons (R) Charanda.

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