

## HORROR IN SOUTHPORT

Knife spree... scene of the attack yesterday



By RICHARD MORIARTY

**TWO** children died and nine were injured in a knife attack at a Taylor Swift-themed holiday club yesterday.

Six of the youngsters plus two adults who tried to defend them were in a critical condition last night.

Witnesses in Southport, Merseyside, described the scenes as a "horror film". A youth of 17 is in custody.

Full Story — Pages Four and Five



Court appearance... Edwards

## Huw's 37 indecent images charges

By MICHAEL HAMILTON

VETERAN presenter Huw Edwards has been charged with making 37 indecent images of children.

He will appear in court tomorrow. If convicted over the claims the 62-year-old, who quit the BBC in April, could face prison.

Full Story — Page Seven

# TWO CHILDREN KILLED AT HOLIDAY CLUB

6 youngsters critical Teen held

## GLORIOUS GOODWOOD



8-PAGE PULLOUT INSIDE

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# LEADERSHIP RACE THREAT

# TORY BACKBITERS RISK YELLOW CARD

By MARTINA BET  
Political Correspondent

**TORY leadership hopefuls will be hit with a yellow card if they smear their rivals under new rules to crack down on foul play.**

Party chiefs, who are desperate to avoid blue-on-blue mud-slinging, yesterday made clear they would name and shame anyone engaged in dirty tactics. The warning came as they confirmed the names of the six who



Hopefuls... from left, Badenoch, Jenrick, Stride, Cleverly, Tugendhat and Patel

would battle it out in the three-month race to replace Rishi Sunak. Leading the charge is shadow communities secretary Kemi Badenoch, who is the bookies' favourite. But fellow right-wingers ex-immigration minister Robert Jenrick and

ex-Home Secretary Dame Priti Patel are gearing up to take her down. Competing for centrist votes are shadow security minister Tom Tugendhat, shadow home secretary James Cleverly and shadow work and pensions secretary Mel Stride.

Bob Blackman, chairman of the powerful 1922 Committee, announced they had all secured the backing of at least ten MPs.

And he said: "The yellow card situation is simple. The constant backbiting and attacking colleagues was one of the reasons why the party did so badly in the election."

"So if candidates indulge in it, then I will warn them and, if necessary, issue a public statement they have been involved in such activity." Mr Blackman insisted that would be "extremely detrimental" to a candidate's chances. The winner will be revealed on November 2.

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Training vow... Cooper

## Job plan for more Brit staff

EXCLUSIVE by JACK ELSOM

MINISTERS will announce plans today to reduce Britain's reliance on foreign workers.

Home Secretary Yvette Cooper wants to train more of our own citizens for sectors in need of home-grown talent, such as IT and engineering. Annual net migration is expected to fall to about 300,000 after visa curbs.

Ms Cooper will build on that by tasking the Industrial Strategy Council, the Migration Advisory Committee and Skills England with finding ways to train Brits for sectors reliant on overseas staff.

It could involve recommending changes to the school curriculum.

Meanwhile, illegal migrant arrivals reached 16,457 since January – a record for the first seven months of a year.

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## Lab bids for India trade talk

By JACK ELSOM

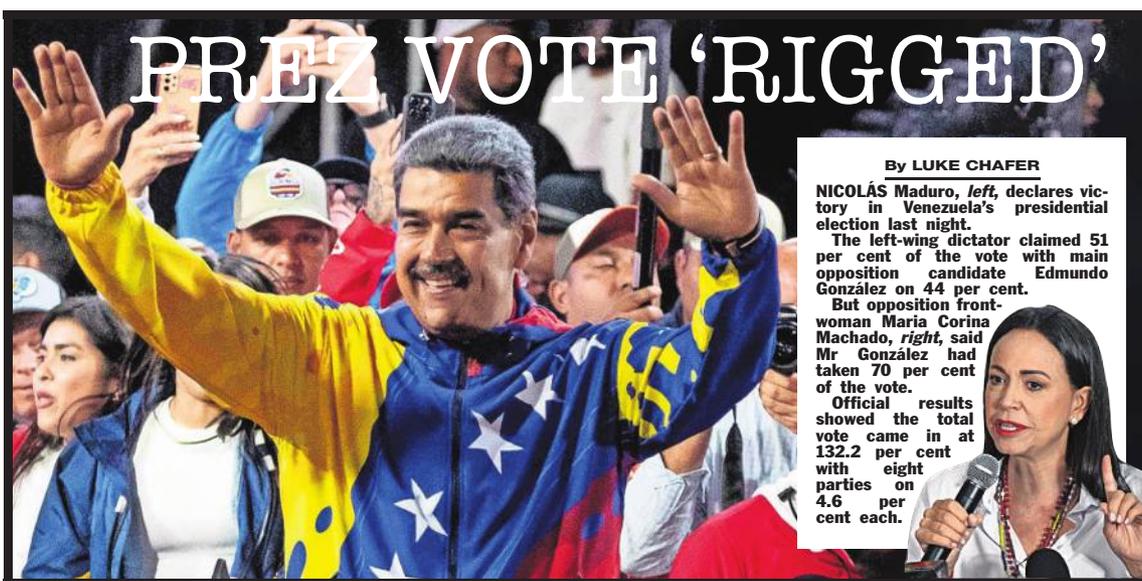
A TRADE agreement with India is in the Government's sights after successive Tory PMs failed to seal the deal.

It was one of six countries Business Secretary Jonathan Reynolds yesterday said he would begin talks with on tariffs.

He said striking a deal with India would give access to a "burgeoning market of middle-class consumers".

He also said he wanted trade discussions with the Gulf Cooperation Council, Israel, South Korea, Switzerland and Turkey.

He said: "Boosting trade abroad is essential to deliver a strong economy at home."



By LUKE CHAFER

**NICOLÁS Maduro, left, declares victory in Venezuela's presidential election last night.**

The left-wing dictator claimed 51 per cent of the vote with main opposition candidate Edmundo González on 44 per cent.

But opposition front-woman Maria Corina Machado, right, said Mr González had taken 70 per cent of the vote.

Official results showed the total vote came in at 132.2 per cent with eight parties on 4.6 per cent each.



## BUILD BLITZ BID

ANGELA Rayner will today pledge to boost homebuilding targets by 50 per cent.

The Housing Secretary is to launch a consultation on re-introducing councils' development targets and is seeking to cut environmental red tape that blocks building on the green belt.

The Deputy PM will also

shake-up the algorithm used to calculate housing needs by seeking to project how many people would move in if homes were cheaper.

Ms Rayner said: "We're taking the brakes off, with a plan to get Britain building again. The system is, too often, a millstone, dragging down our housing market."

## 4-HOUR AMBO DELAY DEATH

**A FORMER Army Colonel died after waiting four hours in an ambulance for a hospital bed.**

John Codd, 88, fell outside his nursing home in St Austell, Cornwall. He died later of his injuries which could have been treated earlier, his inquest in Truro heard.

## CANCER DRUG NO

A LAST-ditch breast cancer drug has been ruled too costly by NHS England.

In clinical trials, enherthu helped the terminally ill live months or even years more.

It is already available on the NHS in Scotland.

But after years of squabbling with makers Daichii Sankyo and AstraZeneca,

the National Institute for Health and Care Excellence said their price was unfair and shut down negotiations.

The companies said they had offered it for less than they asked in Scotland.

Campaigner and Loose Women star Nadia Sawalha said of the decision: "It's just heartbreaking."

**TALK WEATHER** With NAZANEEN GHAFFAR

**TODAY:** Very warm or locally hot today with plenty of sunshine and blue skies. A few light showers may develop across Scotland and Northern Ireland.

**TONIGHT:** A lot of dry weather expected overnight with lengthy clear intervals and variable amounts of patchy cloud cover which persist until dawn.

**OUTLOOK:** A threat of showers tomorrow and Thursday which will track northwards and may be heavy and thundery. Sunny spells between the showers and locally hot.

WED 28° THU 26° FRI 27° SAT 26°

### 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.

	2	
14	18	
22	30	
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PUZZLES: PAGE 38

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### TODAY'S BIRTHDAYS

HOLLYWOOD director **CHRISTOPHER NOLAN, 54, left**, Friends star **LISA KUDROW, 61, right**, Running Up That Hill singer **KATE BUSH, 66**, actors **LAURENCE FISHBURNE, 63**, **HILARY SWANK, 50**, and **ARNOLD SCHWARZENEGGER, 77**, and Grammy Award-winning producer **FINNEAS, 27**.

# RAE OF SUNSHINE



By **ELLIE HENMAN**

**MODEL Lorena Rae shows off a tropical print bikini for fashion brand Bonprix before staying in the sunshine for her 30th birthday celebrations. The German, who once dated Leonardo DiCaprio, right, parted with pals in St Tropez in the south of France.**



## SCREEN HIT

# IT'S ROY KEANE THE MOVIE

Footie hard man's World Cup feud turned into film

By **ELLIE HENMAN**

**ROY Keane's 2002 World Cup bust-up with Ireland manager Mick McCarthy is being made into a film.**

The row happened in Saipan when the Republic were preparing for the tournament in Japan. Team captain Keane, 52, ranted at McCarthy, 65, over gripes from cheese sandwiches to the training conditions.

He later shouted, "You can st\*\*k, your World Cup up your a\*\*e," before he was sent home.

Steve Coogan will play McCarthy while Eanna Hardwicke, famed for his roles in *Normal People* and *The Sixth Commandment*, takes on the role of fellow Cork man Keane.

The film is set to be released next summer and will be shot in Ireland and on Saipan.

Producers Macc Dara Kelleher and John Keville said: "Next year audiences will finally experience the feud."

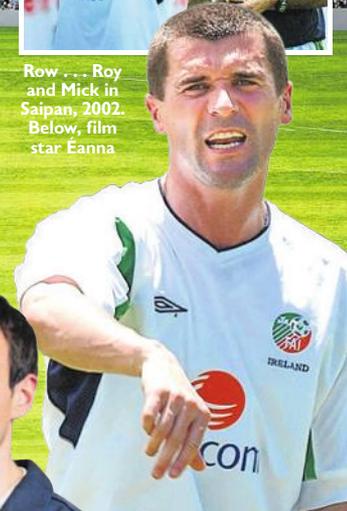
Keane reportedly told McCarthy: "I don't rate you as a manager. You're a wa\*\*er."

Ireland lost to Spain on penalties - Keane did not play for them again until McCarthy left in 2004.

*ellie.henman@the-sun.co.uk*



Row ... Roy and Mick in Saipan, 2002. Below, film star Eanna



Picture: BONPRIX SWIMWEAR

WE'RE BACK IN  WITH DATING SHOWS

PAGES 14 & 15

# TEEN, 17, ARRESTED AFTER



**POLICE CHIEF**

Chief Constable Serena Kennedy

By RICHARD MORIARTY, SARAH RIDLEY and TOM DUFFY

**MUMS collecting their kids screamed in horror when they found them covered in blood from a knife rampage at a Taylor Swift-themed holiday club.**

Two children died and nine were injured after a hooded teenage suspect ran amok.

Two female teachers were critically injured as they tried to protect the primary-aged kids.

Business owner Colin Parry, who called police, said: "The mothers are coming here now and screaming. It is like a scene from a horror movie, from America, not sunny Southport."

Yesterday's attack was not believed to be terror-related, said police in the Merseyside resort.

King Charles and Queen Camilla last night said they were "profoundly shocked" by the "utterly horrific incident".

The Prince and Princess of Wales added: "As parents, we cannot begin to imagine what the families and friends of those killed and injured are going through."

"We send our love, thoughts and prayers to all those involved in this horrid and heinous attack."

Locals said the suspect had got out of a taxi minutes before noon before his launching his attack.

He accessed the Hart Space Studios because a door was left open amid sweltering heat.

Children aged seven to 11 were nearing the end of the £20 two-hour session.

The suspect then fled and locals reportedly barricaded homes. He was arrested soon after at a gym.

A resident said two female yoga teachers leading the class were injured as they defended children.

The man said of one of the women: "She was in the toilet, shut the door and locked it with one of the kids. The other got some kids to the fire exit."

The local added: "I heard some lads from the builders yard and a window cleaner came out and tried to help. They heard shouting, 'Get the kids, get the kids'. I don't know if they've tackled him. I heard someone sat on him."

"A friend of mine, his two little daughters have been stabbed."

"Little girls were getting worked on in gardens and mums were crying their eyes out."

Shop owner Bare Varathan, 35, said he saw children fleeing into Hart Street. He added: "I saw seven to ten kids outside."

"They were injured, bleeding. They were in the road, running."

Touching his neck, back and chest, he added: "They'd been stabbed, here, here, everywhere. They were aged about ten."

Another resident said a woman in tears pulled

Shock... Colin Parry



# The mothers are coming here now & screaming.. it is like a horror movie

— RESIDENT COLIN PARRY, WHO CALLED POLICE

up in her car outside their home. The local said: "It was a mum with her ten-year-old daughter who had been stabbed. She was screaming. Then two police cars rushed up the street the other way. I helped to get her back to where the police cars and ambulances were."

"When I got there, there were a couple of kids on the floor being seen to by the medics."

Ryan Carney, who lives with his mother Hayley, said: "She

went out to see what was going on because she could hear screaming and crying."

"All she said was she saw members of either police or ambulance, carrying out a few bodies of girls."

"She said she could see the stab wounds. There was a woman screaming, saying she can't find her child. They let her through the cordon and she ran down. All she could hear was crying, saying, 'That's my child!'"

A man working on a nearby house said: "I heard the kids playing, then swearing and shouting. I came outside I thought it was a

fight. I've heard two different screams and mothers crying. These things will live with you for ever."

Alaina Riley, 18, said her auntie saw the suspect fleeing. Alaina added: "My auntie phoned me in hysterics. She said someone's been stabbed. Everyone was covered in blood. Then she watched staff run out carrying children."

"The children were at a Taylor Swift dance workshop, having fun. This shouldn't happen."

The fully-booked class, called Enlighten with Leanne, was attended by 25 youngsters and included a dance and yoga work-

shop plus bracelet making. At 1pm, five or six police cars swooped on an £80,000 home in Old School Close, three miles away in the village of Banks, Lincs, where the teenage suspect is believed to live.

Earlier he had got into a taxi close to the house and asked to be driven to Hart Space.

The studios also offer classes aimed at pregnant women, mums and young children.

Merseyside Chief Constable Serena Kennedy said last night: "As a mum of two daughters, and the nanna of a five-year-old granddaughter, I cannot begin to



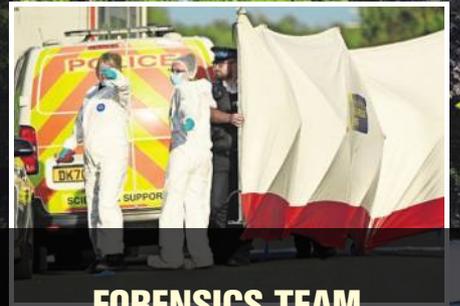
# STAB SPREE AT HOLS CLUB



## AIR AMBULANCE

Helicopter takes the injured to hospital yesterday

# ● CHILDREN DIE IN 'FEROCIOUS' ATTACK ● 2 HERO ADULTS & 6 KIDS CRITICAL



## FORENSICS TEAM

Officers start work on their difficult task at scene



## ROYAL SORROW

As parents, we cannot begin to imagine what the families, friends and loved ones of those killed and injured in Southport today are going through.

We send our love, thoughts and prayers to all those involved in this horrid and heinous attack.

Thank you also to the emergency responders who, despite being met with the most horrific scenes, demonstrated compassion and professionalism when your community needed you most.

W & C

Poignant message from Prince William and Kate



## SCENE OF SHOCK

Emergency services with locals

imagine the pain and suffering the families of the victims are currently going through and I want to send them our heartfelt condolences and sympathies."

She confirmed that a 17-year-old man, originally from Cardiff, had been arrested on suspicion of murder and attempted murder.

The Chief Constable added: "It is with great sadness that today I am here to advise that two young children have died as a result of injuries sustained in a knife attack this morning.

"Nine other children have been injured, and six of them are in a

critical condition. All those injured have suffered stab wounds. Two adults are also in a critical condition." She said the victims "had been subjected to a ferocious attack".

And she added: "A 17-year-old male has been arrested and taken to a police station."

Prime Minister Sir Keir Starmer condemned the tragedy as "horrendous and deeply shocking".

He added: "My thoughts are with all those affected. The events today are just truly awful and I know the whole country is deeply shocked at what they have seen and what they have heard. I know

I speak for everybody in the whole country in saying our thoughts and condolences are with the victims, their families, friends and with the wider community."

Emily Spurrell, Merseyside's Police and Crime Commissioner, said the attack on "innocent, defenceless children" on their summer holidays was "unthinkable and absolutely abhorrent".

The injured children were being treated at Alder Hey Children's Hospital, Aintree University Hospital, and Southport and Formby hospital.

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The Sun Says - Page 12



www.enlightenkidsyoga/book/

# Taylor Swift

Yoga and dance workshops  
with Leanne and Heidi

Monday 29th July 2024  
10:00am - 12pm  
Y2-V6

**TAYLOR WORKSHOP**

Flyer for the Taylor Swift-themed holiday club

# TIKTOK LAWYER QUILTS AIRPORT STAMP CASE



Kick... and Mr Yakoob



**THE TikTok lawyer representing the men in the police stamping video has quit — after the full video footage was leaked.**

Akhmed Yakoob, 36, stepped aside despite saying Fahir Khan, 19,

**By SARAH RIDLEY**

was the victim of an “attempted assassination” when a police officer kicked him in the head. The officer has been suspended from Greater Manchester Police and faces a criminal investigation. The police watchdog is also investigating. But the full 40-second

CCTV of last week’s incident at Manchester airport showed the officer, and two female colleagues, being violently assaulted moments before the arrest. It showed they suffered at least 15 blows to the head. And Mr Yakoob, who had led calls for justice, has now quit representing Fahir and his brother Amaad, 24. He said the widespread

attention surrounding himself was unfair on police and the Khan family, from Rochdale. Mr Yakoob has regularly posted about the arrest to his 211,000 TikTok followers. But some have now turned against him, with one posting: “If back pedalling was a sport you’d be a gold medalist.” *sarah.ritley@the-sun.co.uk*



Chemicals... Bath

## 2 ill from chemical in a bag

**By ALEX WEST**

TWO people were taken to hospital after police responded to reports of a “chemical incident”.

A street was cordoned off after a woman was said to have approached people with a bag.

Emergency crews in hazmat suits rushed to Bath’s busy city centre after people started falling ill at around 2.30pm yesterday.

One witness said police were looking for a woman with “yellow hair and blue glasses”.

Ruby Pemberton, 17, was running a hot dog stand near to where a shopper fell ill.

She said: “She appeared unwell and pale. At one point they were taking her blood.”

Avon and Somerset Police said two people had suffered breathing difficulties. They added: “We’re not aware of any further reports of people feeling unwell.”

## Flip-flop fine alert

THE chunky flip-flop trend spells trouble for drivers, motoring experts have warned.

The craze could violate the Highway Code’s rule 97, which says that footwear or clothing must not get in the way of controlling a vehicle.

Flip-flops can slip off, get stuck under the pedals, or make it hard to brake quickly.

Drivers could be fined £100 and get three points on their licence if they crash wearing them.

Dan Jones, of driving experience website Track Days which carried out the research, said: “Ignoring lesser-known rules could turn a sunny day into a costly one.”

## 3 arrests on ashes

THREE people have been arrested as part of an investigation into the burial of ashes.

City of Lincoln Council said crematorium staff raised concerns about six alleged incidents.

Police said their investigation centres on a person whose ashes could not be located yet a burial ceremony went ahead witnessed by family.

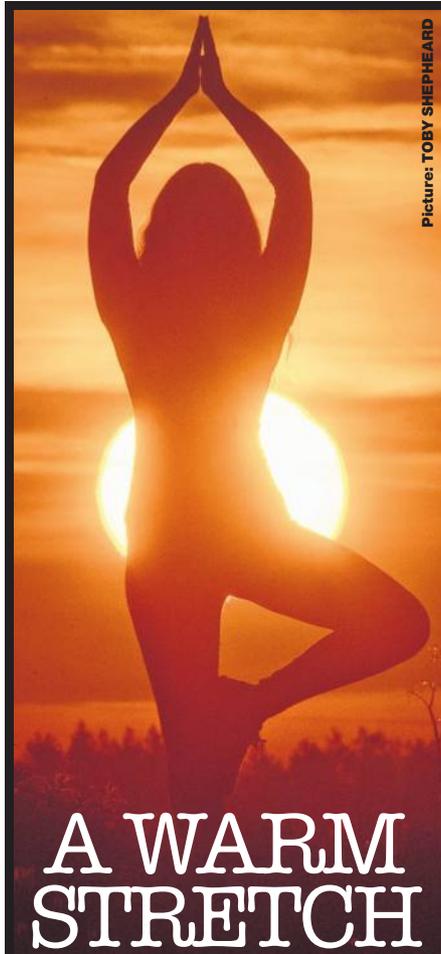
Two men, 38 and 52, and a woman, 46, were held on suspicion of misconduct in public office.

The men are also held on suspicion of fraud by false representation.

## A GRAND PRICE

Michael Schumacher’s 2002 Australian Grand Prix-winning Ferrari could auction for £8million in California next month.

We’ve designed a new logo especially for our customers



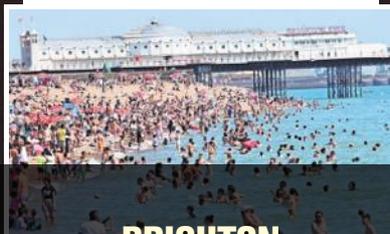
Picture: TOBY SHEPHEARD

**By SAM CREED**

YOGA fan Erica Kuregenov strikes a pose as the sun — and the temperature — rises yesterday.

The 19-year-old was snapped in silhouette in St Albans, Herts. Families flocked to beaches, while a 30C high was recorded in central London.

Today is set to hit 32C, making it the hottest so far this year. There are thunderstorm warnings for Thursday.



## BRIGHTON

Sun-seekers cooling off with dip in the sea

# NEWSREADER EDWARDS CHARGED



Charged . . . veteran Edwards on screen as news anchor and at the BBC studios

# BBC Huw's 'indecent child sex pictures' are worst category

By **MICHAEL HAMILTON** and **SCARLET HOWES**

**SIX of the 37 indecent images ex-BBC presenter Huw Edwards is accused of making are Category A — the worst type.**

A dozen are said to be the lesser Category B, and 19 are allegedly Category C.

The 62-year-old faces a total of three charges, covering a period from December 2020 to April 2022. They are allegedly linked to phone images shared on WhatsApp, police said.

Married dad-of-five Edwards, who quit the BBC after 40 years in April, is due to appear at Westminster magistrates' court tomorrow. He could be jailed for up to ten years if eventually convicted over the claims.

He was arrested last November by Met Police. Yesterday they revealed he had been charged on June 26.

A spokesman said: "Media and the public are strongly reminded that this is an active case. Nothing should be published, including on social media, which could prejudice future court proceedings."

At the time of his resignation, the BBC released a short statement saying: "Huw Edwards has resigned and left the BBC."

"After 40 years of service, Huw explained that his decision was made on the basis of advice. The BBC has accepted his resignation."

Last week, the Beeb's annual salary report said the former News at Ten anchor was its third-highest-paid star from April 2023 to March 2024.

He earned between £475,000 and £479,999 and continued to be paid after his arrest.

*Edwards was born in Bridgend, South Wales, in 1961. He was raised in a village near Llanelli by his father Hywel, a professor of Welsh literature, and teacher mother Aeronia.*

After a stint on radio in Swansea he joined the BBC as a news trainee in 1984 before becoming Parliamentary Correspondent for BBC Wales two years later.

Edwards fronted the Six O'Clock News from 1994 and in January 2003 he became the main presenter of BBC One's Ten O'Clock News.

As one of the Corporation's most experienced and respected broadcasters, he was trusted with state events and election coverage. The award-winning presenter led the BBC's coverage of the funerals of Prince Philip and Queen Elizabeth II.

Edwards was also the BBC's lead presenter at King Charles' Coronation at Westminster Abbey last May.

The Crown Prosecution Service confirmed: "Huw Edwards, 62, of Southwark, London, has been charged with three offences of making indecent images of children."

"The CPS authorised the charges after a Metropolitan Police investigation. We remind all that proceedings are active, and the defendant has the right to a fair trial."

Ministry of Justice guidelines state that the definition of "child" is anyone under 18.

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## METROPOLITAN POLICE STATEMENT



Huw Edwards, 62, of Southwark, London, has been charged with three counts of making indecent images of children following a Met Police investigation.

The offences, which are alleged to have taken place between December 2020 and April 2022, relate to images shared on a WhatsApp chat.

Edwards was arrested on 8 November 2023.

He was charged on Wednesday, 26 June, following authorisation from the Crown Prosecution Service.

He has been bailed to appear at Westminster Magistrates' Court on Wednesday, 31 July.

### SEVERITY OF CATEGORIES

Indecent images are grouped under three categories according to their severity.

**CATEGORY A**  
The worst and typically involve full sexual activity

**CATEGORY B**  
Tends to include children taking part in sexual activity of a non-penetrative nature

**CATEGORY C**  
Images are less harmful, they still show children in sexual poses or situations

# Mountain bike hero's top spot after puncture



Sweet taste . . . Tom & medal

From **ROBIN PERRIE** and **JULIA ATHERLEY**, in Paris

**TEAM GB's gold rush began on Magic Monday yesterday with one of the most stunning Olympic performances ever as mountain bike hero Tom Pidcock triumphed.**

The cyclist fell 40secs behind Frenchman Victor Koretzky after a puncture. Thousands of local fans around the 2.7-mile woodland course cheered and sang, thinking gold was Koretzky's. But Pidcock pulled off a memorable comeback and by the last lap was breathing down his neck.

He then performed a daring overtaking move when the track split through some trees.

The delighted Yorkshireman powered his way to victory and was waking up on his 25th birthday today as a double Olympic champ after his Tokyo triumph three years ago.

He wiped tears from his eyes on the podium and then headed to hug his emotional family. Mum Sonja Harper, 56, who tied his feet to the pedals as a three-year-old to teach him to ride, wept as he said: "I love you." He also hugged former cyclist dad Giles Pidcock, 57, and girlfriend Beth Zajac.

Pidcock said later: "It's nice to be able to hug people that you love at the end. You grow up, they take you to races, they make a lot of sacrifices. They brought me up to be who I am." French fans were furious because they reckoned his overtaking move was illegal on the eighth and final lap when he and Koretzky came together briefly – and one angry supporter even threw a bottle.

The French team asked for it to be checked but the cycling version of VAR cleared Pidcock.

British Cycling CEO Jon Dutton said: "Everyone at British Cycling is thrilled with Tom's phenomenal achievement of winning gold."

Ineos Grenadier rider Pidcock is doubling up to contest the road race on Saturday.

● **ADAM** Peaty tested positive for Covid hours after winning a silver medal in the 100m breaststroke final. He hopes to recover for the medley relays.

robin.perrie@the-sun.co.uk  
The Sun Says – Page 12



**ROS CANTER, LAURA COLLETT & TOM MCEWEN**  
Team eventing

## HORSE BRITS AT A CANTER

TEAM GB secured their first gold of the games yesterday in the equestrian team eventing.

Ros Canter, Laura Collett and Tom McEwen put the horse-whipping scandal behind them to defend the Olympic title.

Charlotte Dujardin, who was set to take part in the dressage, was booted out after a video showed her whipping a horse.

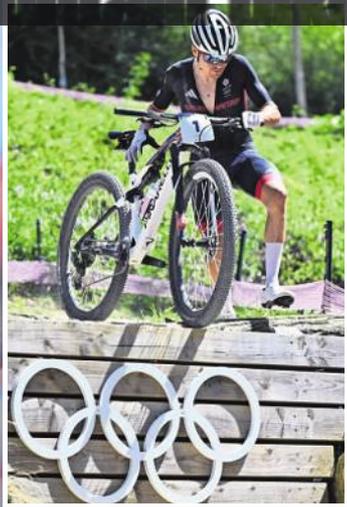
Collett and McEwen won the team event in Tokyo

By **ROBIN PERRIE**

2020 and claimed it again at Chateau de Versailles yesterday with Canter.

Later, Collett also won bronze in the individual eventing. She said: "I'm on top of the world. I have never ridden into an atmosphere like that."

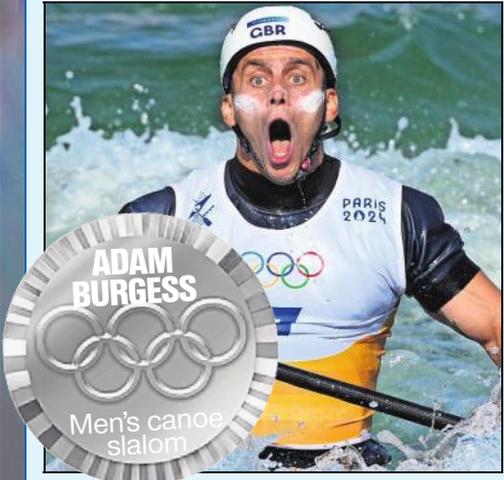
It's a remarkable recovery for the rider, who was resuscitated five times after a horse fell on her in 2013, leaving her blind in one eye.



Feeling flat . . . Tom suffers puncture



Flashpoint . . . as he overtakes Koretzky



**ADAM BURGESS**  
Men's canoe slalom

## SILVER AFTER TOKYO MISS

CANOEIST Adam Burgess put his Tokyo 2020 heartache behind him as he managed to clinch a silver medal yesterday.

He missed out on bronze by just 0.16 seconds in the Covid-delayed games in Japan three years ago.

But he managed to grab silver this time around with a stunning run in the men's canoe singles final at the Vaires-Sur-Marne Nautical Stadium.

The 32-year-old, of

By **ROBIN PERRIE**

Stoke-on-Trent, was fourth fastest in qualification.

But Adam, who named his build-up to the Games Project Send It, clocked 96.84 seconds in the final to finish just behind France's Nicolas Gestin.

Adam also finished just outside the top three in this year's world championship. He told the BBC: "This is a moment I've dreamed of all my life."

# GOLD PEDAL WINNER

# A MAGIC PARIS MONDAY



**TOM PIDCOCK**  
Men's mountain bike



**TOM DALEY & NOAH WILLIAMS**  
Men's synchronised 10m platform

Brit special . . . Tom and diving partner Noah with their medals

## HIGH FIVE FOR TOM

**DIVING** star Tom Daley blew a kiss to his children yesterday as he landed the Olympic medal his eldest had begged him to bring home for them.

The 30-year-old clinched silver with his partner Noah Williams in front of his emotional family who convinced him to return to the Games.

Six-year-old son Robbie had told him he wanted to see his "papa" on the podium and was thrilled to watch him receive his fifth Olympic medal.

Husband Dustin Lance Black had their one-year-old Phoenix in his arms as Tom and Noah finished behind the Chinese in the 10m synchronised event.

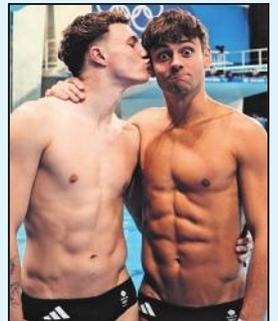
Tom is the first British diver

By **JULIA ATHERLEY**

to have competed at five Olympic Games, having first capturing the hearts of the nation as a 14-year-old at Beijing 2008.

Asked by The Sun how it felt to win silver in front of his children, Team GB flagbearer Tom called it an "incredibly special" moment.

He added of his husband: "Being a partner or somebody that is the top supporter of an Olympian is so incredibly hard. "They do not get enough credit for how much they really have to sacrifice and support and my husband has been there all year to be able to take the reins with the kids."



Sealed . . . Noah kiss for Tom

## PIPPED TO 1ST BY NAIL LIKE PEATY

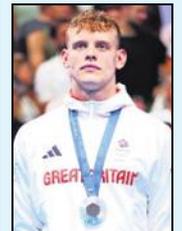
By **JULIA ATHERLEY**

**SWIMMER** Matt Richards missed out on gold by just a fingernail last night.

The 21-year-old was just two hundredths of a second behind Romania's David Popovici in a thrilling race in the La Defense indoor arena.

It mirrored the heartbreaking near-miss of Covid-struck Adam Peaty who finished second by the same minuscule margin on Sunday night.

After qualifying only seventh fastest, Matt had kept enough in the tank to reach the podium in the final. Popovici took the title in 1:44:72, while Richards came just behind him in 1:44:74.



Silver lining . . . Popovici & Richards embrace after swim race

Richards came just behind him in 1:44:74.

He said: "I'm over the moon but devastated at the same time."

"If anything I think that the silver is fantastic. It has made me hungry for more." The

swimmer was still an early wedding present for the athlete, set to marry a fellow Team GB swimmer next month.

He will tie the knot with Emily Large, 23, just 11 days after Paris 2024 officially comes to an end.

**MATT RICHARDS**  
Men's 200m freestyle

# TRANS KIDS FAIL IN BLOCKERS BID

TRANS rights campaigners yesterday lost their bid to overturn a ban on prescribing puberty-blocking drugs to children.

Their challenge to an emergency order outlawing the super-strong hormones for under-18s was thrown out by a High Court judge.

Campaign group TransActual and a private claimant argued the rule was unlawful and put young patients at risk – despite a review by Dr Hilary Cass finding there was not enough evidence that they were safe or effective for children.

But Mrs Justice Lang ruled that the Department of Health

Ban win ... Mr Streeting



By SAM BLANCHARD

was "entitled to rely upon the precautionary principle".

She added: "The review's findings about the very substantial risks and very narrow benefits associated with the use of puberty blockers amounted to powerful scientific evidence."

The order was brought in by the Tory government and upheld by Health Secretary Wes Streeting. He welcomed the decision, saying: "Children's healthcare must be evidence-led."

TransActual's Chay Brown said: "This is disappointing. We are seriously concerned about the welfare of young trans people."

# Rinder's jails blast

TV judge Rob Rinder claims criminals are more dangerous when they are released from prison.

Rob, who recently presented Channel 4 series *Britain Behind Bars: A Secret History*, said our jails do not rehabilitate.

He told the *Radio Times* that Britain should copy Norway, where jails aimed to help them change their behaviour rather than focus on punishment.

## £100K LOO-HAHA

A loo block which cost taxpayers £100,000 in a council planning row is now open at a campsite in Heacham, Norfolk.

# £22BILLION

## No fuel allowance for most pensioners

Cost-cutter ... Reeves watched by Sir Keir yesterday

## Cancelled

By JACK ELSOM, NOA HOFFMAN and MARTINA BET

MILLIONS of pensioners are being stripped of their winter fuel payments under a brutal cost-cutting spree unleashed by Rachel Reeves yesterday.

Campaigners last night warned the squeeze on energy bill support would force many OAPs into a "horrible eating or heating dilemma".

The Chancellor also paved the way for a Halloween Budget of tax hike horrors in October to plug a £22billion black hole in the nation's finances. In a politically charged onslaught, she accused the Tories of covering up the true state of the coffers.

She told MPs: "Today is not easy. It's not the statement I wanted to make. The inheritance from the previous government is unforgivable. They spent like there was no tomorrow."

"They knew that someone else would pick up the bill and then in the election – and perhaps this is the most shocking part – they campaigned on a platform to do it all over again."

In a no-holds-barred speech, Ms Reeves:

- **HANDED** inflation-busting pay rises averaging 5.5 per cent to millions of public sector workers;

- **GAVE** junior doctors a bumper 22.3 per cent pay hike to end crippling NHS strikes;

- **ANNOUNCED** that private schools would be slapped with VAT from January 1 2025;

- **HINTED** at tax raids at the next Budget, which she pencilled in for October 30;

- **AXED** a planned £86,000 cap on care charges.

The swingeing savings drive saw Ms Reeves pull the plug on a suite of programmes set in train by previous Tory administrations.

It included Boris Johnson's 40 hospital upgrades, Rishi Sunak's plan to replace A-levels and some major ongoing road schemes.

But the most controversial squeeze fell on ten million OAPs, as only those on Pension Credit or other means-tested benefits will now qualify for up to £300 in energy bill help.

Currently, all 11.4million pensioners get an extra £200 winter fuel payment to help heat their homes in the colder months, with those aged over 80 receiving a £300 payment. Ms Reeves' move is expected to save £1.4billion this year and £1.5billion next.

The Chancellor said: "Let me be



## CANCELLED

THIS is the major cost-cutting announced by Chancellor Rachel Reeves yesterday as she tries to get to grips with a £22billion black hole.

## CHOPPED BY CHANCELLOR

- 1 End of winter fuel payments for OAPs not in receipt of pension credits
- 2 All Whitehall departments must find at least £3 billion of savings
- 3 Scrapping of £2billion plans for an Advanced British Standard qualification
- 4 Scrapping the Rwanda deportation scheme and cracking down on migrant hotels, saving £6.4 billion
- 5 A303 tunnel at Stonehenge and A27 Arundel bypass, in West Sussex, put on ice
- 6 Railway restoration programme axed, saving £85 million
- 7 Review of Boris Johnson's plans to build 40 new hospitals
- 8 Axing of adult social care charging reform, saving £1billion

clear, this is not a decision I wanted to make, nor is it the one that I expected to make, but these are the necessary and urgent decisions that I must make."

Age UK slammed the move, arguing "pensioners who badly need the money to stay warm this winter will not receive it".

The charity's director, Caroline Abrahams said: "Means-testing fuel payments this winter, with virtually no notice and no compensatory

# THE Sun SUPERDAYS

## WOWWWW!

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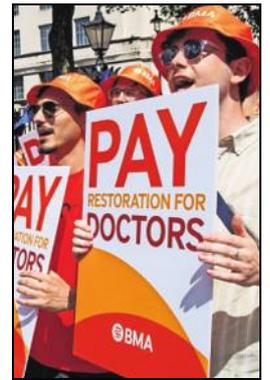
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# BLACK HOLE IN UK FINANCES

● **Reeves**  
**warns of**  
**tax rises**  
**in autumn**

● **End of**  
**£86k cap**  
**on OAPs'**  
**care costs**



Demo . . . outside No 10 last month

## 22% offer in bid to end junior doc strike

By NOA HOFFMAN

JUNIOR docs were yesterday offered a 22.3 per cent pay rise in an astonishing bid to end 20 months of strikes. The proposal dwarfed confirmation of a 5.5 per cent raise for teachers and nurses, and six per cent for Armed Forces personnel.

Under a deal struck by Health Secretary Wes Streeting and the British Medical Association, early-year medics get a backdated increase of 4.05 per cent for 2023-24, plus an existing rise of up to 10.3 per cent.

They would then cash in a further increase of six per cent for 2024-25, plus a consolidated £1,000 payment.

The £1billion package will now go to ballot with leaders recommending a yes vote. They have been asking for up to 35 per cent.

Strikes have cost the NHS £3billion since December 2022 and led to 1.5million cancelled ops and appointments.

BMA co-chairs Dr Robert Laursen and Dr Vivek Trivedi said: "It should never have taken so long but this shows what can be achieved when parties enter negotiations in a constructive spirit."

Shadow Chancellor Jeremy Hunt said counterpart Rachel Reeves had caved into the unions, claiming she had told them: "Here's the money, thanks for your support."

## School fee levy early

THE tax raid on private schools will start in months, it was confirmed yesterday.

A 20 per cent VAT charge on fees will apply from January 1 – nine months earlier than expected, Chancellor Rachel Reeves said.

Boarding and tuition costs are expected to rise at more than 2,500 independent schools across the country.

Extras such as holiday clubs and music lessons are to be exempt from the levy.

Labour pledged to end the charitable status of private schools to fund 6,500 teachers for state schools.

But there are fears it will price some pupils out of private schools and pile pressure on the state sector.



measures to protect poor and vulnerable pensioners, is the wrong policy decision. "It will potentially jeopardise their health as well as their finances – the last thing they or the NHS needs." The Chancellor insisted settling a 20-month pay dispute with junior doctors will be more effective in improving the lives of elderly Brits. She said: "The Treasury estimates that last year alone, the cost of industrial action in our NHS cost the economy £1.7billion. "That affects everybody in society, but perhaps the oldest members of our society are affected the most.

So I think it's the right decision to resolve that industrial action, and I hope that the junior doctors will vote to support the recommendation made by the British Medical Association." Ms Reeves said a fresh Treasury audit had discovered £22billion worth of unfunded overspending. She also revealed there was not enough money set aside for the reserve to fund costs associated with supporting war-torn Ukraine but vowed she "will continue to honour these commitments in full". Writing in The Sun, Ms Reeves argues her financial plans are "about taking the difficult decisions

now that are in the best interests of the British people". It includes immediate savings over two years by scrapping the Rwanda migration scheme. Despite the monster squeeze, she further hinted at tax rises at the October 30 Budget. She said: "I have to tell the House that the budget will involve taking difficult decisions to meet our fiscal rules across spending, welfare and tax." Tory predecessor Jeremy Hunt dismissed the "fictitious black hole". jack.elsom@thesun.co.uk The Sun Says – Page 12



Hunt . . . he blasted her black hole claim



## A bitter pill

**FOR public sector staff, yesterday was a very lucrative day.**

For the rest of us – especially pensioners – the news was less good.

Teachers, nurses, prison guards, police and the Armed Forces all got inflation-busting pay rises worth £9.4billion.

The hardline BMA was offered an eye-watering 22 per cent over two years to bring an end to the crippling junior doctors' strike. For the millions who have suffered during the past 20 months of politically-motivated chaos, this will be a bitter pill to swallow.

Firstly, it looks like a reward for militant trade union action, at a time when new roads and hospitals are being cancelled because of a supposed £22billion "black hole" in the nation's finances.

Secondly, it's the wider public who will pay for the wage rises – with the Chancellor confirming she will hike taxes in the October Budget, and strip winter fuel payments from all but the poorest pensioners.

Thirdly, what's the betting Labour's other union pals will now demand bumper pay rises of their own, starting with bungs for GPs and train drivers?

The Government's case is that everybody benefits from settling ongoing disputes. The economy will no longer be clobbered by school closures and other walkouts that cost us billions.

The long-term sick will be able to get back to work as NHS waiting lists start to be cleared. In other words, we'll all ultimately be better off.

**Let's hope the PM and Chancellor have their calculations right.**

## Beyond belief

**OUR hearts go out to the victims and families of the Southport stabbings.**

Such brutality aimed at young children is horrifying. The motivation behind it is beyond comprehension.

**After Nottingham and Hainault, how many more such attacks must we endure?**

## Air heads

**IMAGINE saving all year for a holiday only to find some private-school-educated Cressida in a Just Stop Oil T-shirt blocking your airport departure gate.**

Middle-class Carbonystas have no idea of how much hard-working families need a sunshine break.

**The eco-loons Just Don't Get It.**

## Arc de triumph

**IT'S a Team GB goldrush — and, gloriously, it's at the expense of the French!**

For our Eventing team to beat France after three days of hard-fought competition was wonderful enough.

**But the boos directed at Tom Pidcock by the gutted French crowd made his mountain bike victory all the sweeter.**

# CHANCELLOR WRITES ON CUTS

# These are not the choices I wanted...but fixing Britain will make Sun readers better off



**DETERMINED ...**  
Chancellor at her desk yesterday before Commons statement

**GOVERNMENT is not about easy choices. It is about taking the difficult decisions now that are in the best interests of the British people.**

This new Labour Government was elected on a promise of change – and that means being honest with Sun readers about the scale of the challenge we face.

It is what you expect from us and it is what you will get from me as your Chancellor.

When I walked into the Treasury three weeks ago I knew the inheritance left by the previous Conservative Government would be bad.

Taxes at a 70-year high, debt through the roof and an economy only just coming out of recession. It is the worst set of circumstances since the Second World War.

However, within hours of coming to power it became clear to me that things were far worse than the Conservatives were willing to admit.

### I will be honest

More than £6billion spent on the Tories' failed asylum system. Another £1.6billion handed over to private rail companies to pay for passenger shortfalls. And hundreds of millions of pounds spent on unfunded promises made by Conservative ministers.

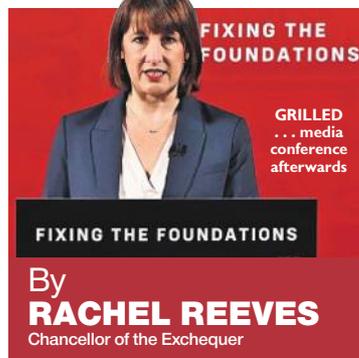
In fact, the findings from an internal investigation I commissioned three weeks ago reveal a £22billion black hole in the public finances.

That's not a black hole next year or in the year after. It is a £22billion black hole in this year's budget alone.

I know Sun readers are responsible with their hard-earned cash, you live within your means, you keep yourself out of debt and you keep money aside for yourselves and your family for a rainy day.

So why couldn't the previous Government do the same with the country's finances?

Because they do not care. They put



decision to target the Winter Fuel Payment for the least well-off pensioners from now on.

It means cancelling road projects that were promised by the previous Government without the money to pay for them. It means reviewing the New Hospitals Programme to ensure we are not offering patients false hope, but an honest and realistic plan to rebuild our NHS.

These are not the choices I wanted to take, but they are the right choices I must take to restore economic stability.

The right choice is also keeping taxes low for working people, which is why we will not raise national insurance contributions, income tax or VAT. And it is about turning the page on years of industrial action which caused misery for the public, damaged our economy and cost taxpayers tens of millions of pounds.

That is why I have agreed to accept the recommendations of the independent pay review body and give our teachers, police officers and NHS staff the pay rise they deserve.

### Repair the damage

And I'm pleased the Health Secretary, Wes Streeting, has agreed an offer to the junior doctors that is being recommended by the British Medical Association to its members.

These decisions are not easy and many of the decisions I have had to take are not the ones I wanted to take or expected to take before the General Election.

But after 14 years of chaos and irresponsibility under the Conservatives, Sun readers deserve a Government that will do what is right, even if it is not easy.

And there will be more difficult choices ahead on spending, welfare and tax.

It will take time to repair the damage that was done. But in the few weeks we have already been in power we have started the work necessary to fix the foundations of our economy, so we can rebuild Britain and make Sun readers better off.

party before country every single time. And they spent taxpayers' money like there was no tomorrow because they knew someone else would have to pick up the bill.

They covered it up from the Labour Party, covered it up from Parliament and covered it up from you – the British people.

Where they were covering up, I will be honest.

The black hole in the public finances is not sustainable. Left unchecked it would put financial stability at risk. It would see debt rising and it would mean higher costs in the future.

We saw what happened with the mini budget when governments play fast and loose with the public finances.

I am not prepared to let that happen. That is why I have announced immediate action to bring spending under control, with £5.5billion of savings this year and £8billion next year to begin to fix the foundations of our economy.

I will never make promises without saying where the money is going to come from. If we cannot afford it, we cannot do it.

That means taking the difficult



Heart risk... dictator

## 22-stone Kim has diabetes, say spies

By **STEPHEN MOYES**

**TYRANT** Kim Jong-un weighs 22 stone and has diabetes, spies claim.

The North Korean dictator's officials are looking abroad for medicines to treat him. South Korea's spy agency told a briefing yesterday.

The 5ft 8in despot, 40, managed to lose some weight in 2021 but has since piled on the pounds again.

South Korean MP Lee Seong Kweun, who was at the private meeting, said he was told that Kim had shown symptoms of high blood pressure and diabetes since his early 30s.

He is now expected to develop heart disease if he fails to improve his health, Mr Lee added.

Kim, is yet to formally announce a successor.

His daughter Kim Ju-ae, thought to be aged ten or 12, is seen as a likely future leader of the pariah nation.



Windfall... Bear Grylls

## TV Bear 'survives' on £8.2m in a year

**EXCLUSIVE** by **RICHARD MORIARTY**

**BEAR** Grylls is set to bank £8.2million this year, accounts show.

The survival expert's TV production company will earn £8,226,099 by the end of 2024.

Paperwork for Natural Studios Productions Limited also shows Bear, 50, gave himself a £1.7million payout last year.

It included a £1.1million dividend payment on top of other earnings.

Bear's biggest hit of 2023 was a War Zone episode in which he met Ukrainian president Volodymyr Zelensky in Kiev.

He and Holly Willoughby will cash in from new Netflix show *Bear Hunt* which will see him track down celebrities in the Costa Rica jungle.

A dozen contestants, including singers Mel B and Una Healy, ex-tennis star Boris Becker and *Strictly* head judge Shirley Ballas, are confirmed.

# IT'S JACK GRIHLISH

By **ELLIE HENMAN**

**JACK** Grealish has Love on the Brain as he meets pop singer Rihanna.

The Manchester City striker, 28, and the Barbadian musician posed at the Yankee stadium in New York. They met after Jack and his team lost 3-2 in a friendly to AC Milan.

Jack previously said Rihanna, 36, was a celebrity he always wanted to meet. When asked why, he replied: "Because she's pretty and I like her music."

After they met, Jack posted on Instagram: "I'll tell you the truth. First time I've been star-struck in a long while."

Jack shared other snaps from his time in New York, right.

Meanwhile, teammates Jude Bellingham, 21, and Trent Alexander-Arnold, 25, have been on holiday together in Los Angeles.



TWO LIONS HAVE A BALL

Jude and Trent in Los Angeles on holiday

## FOREIGN ACCENT SYNDROME

# S.O.S! I'VE STARTED TALKING LIKE ABBA



Georgina... and Abba



**EXCLUSIVE** by **STEPHEN MOYES**, Associate News Editor

**A MUM** has woken up speaking like a member of Abba.

Georgina Gailey, 60, noticed her Swedish twang while chatting to her sister on FaceTime.

Hospital doctors suspected a stroke, then two weeks later she was diagnosed with foreign accent syndrome. The mum of two, of Hillingdon, West London, said: "I

## Swede twang after 'stroke'

was very well spoken and now I sound Swedish. I say 'ja' rather than 'yes'.

"People ask where I come from and when I tell them I'm English they laugh. I smile but underneath it makes me sad.

"I'm English born and bred. I've never even been to Sweden."

Foreign accent syndrome is a rare disorder which can occur after a brain trauma. Georgina

had a heart attack a few months earlier but was getting better.

She said: "It doesn't feel nice thinking it might be stuck like this forever. The longer I have the accent the more likely it is that it will stay."

But Georgina does occasionally lose her Abba-like twang. "It's strange," she said, "because if I sing I sound English." [stephen.moyes@the-sun.co.uk](mailto:stephen.moyes@the-sun.co.uk)



Injuries . . . Anita

# Grief as attacked dog walk gran dies

By EMILY-JANE HEAP

A GRAN who died four days after being attacked while walking her dog has been described as a "remarkable lady".

Mum-of-six Anita Rose, 57, was found unconscious on a secluded track after leaving her house with her springer spaniel on Wednesday.

The gran of 13 died from her injuries in hospital on Sunday.

A neighbour in Brantham, Suffolk, said: "She was a remarkable, beautiful, courageous lady. Her passion for her family was amazing."

Another local, Alisa Mower, 52, used to bump into Anita on dog walks and said: "Now I'm making sure I don't walk anywhere too remote."

A 45-year-old man was arrested on suspicion of murder. A woman, 37, was also held on suspicion of handling stolen goods in connection with the incident. Both were released on police bail.



Tragic . . . Matthew & Oliver

# Tributes paid to 2 killed in air crash

By ROB PATTINSON

TRIBUTES were paid last night to two men who died when a light aircraft crashed in a rural field.

Pilot Matthew Bird, 21, and passenger Oliver Dawes, 24, were killed in the two-seater on Sunday.

Matthew's family said he was a beloved son, brother and grandson. They added: "We are utterly heartbroken."

Oliver's family said he was a "kind, generous, hardworking and fun man". They added: "We will miss him every day for the rest of our lives."

Oliver was a Jet2.com mechanic and the firm spoke of their "deep sadness" at the news.

The plane came down near Thorngaby, North Yorks. MP Keir Mather posted: "Incredibly saddened by the news."

The duo were the only occupants and no one on the ground was hurt. Investigating are trying to find the cause of the crash.

# HOW SMITTEN BRITAIN'S FALLEN

## Cheaters: Unfinished Business

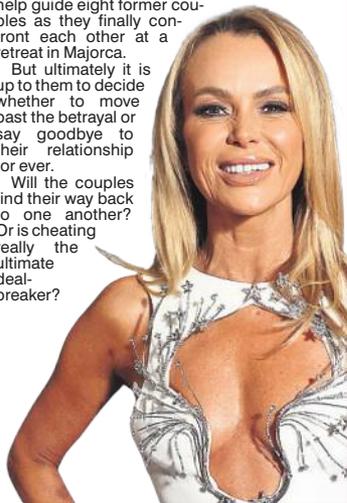
NETFLIX (Coming soon)

WHY do people cheat? Amanda Holden aims to find out by reuniting a group of exes whose relationships ended over infidelity.

With the aid of a relationship expert she will help guide eight former couples as they finally confront each other at a retreat in Majorca.

But ultimately it is up to them to decide whether to move past the betrayal or say goodbye to their relationship for ever.

Will the couples find their way back to one another? Or is cheating really the ultimate deal-breaker?



## Love Is Blind UK

NETFLIX (August 7)

THE global dating hit comes to UK shores, with Emma Willis and husband Matt in the driving seat. Singles sit either side of a piece of frosted glass to date in what the show calls "pods".

They form connections through their conversation alone and after falling in love, some go on to propose.

Only then are they allowed to meet face to face before heading on a luxury holiday and later moving in together.

After just one month there is a legally binding wedding day, when the bride and groom have the chance to say "I do" – or, indeed, "I don't".

## First Dates

CHANNEL 4 (August 6)

MUCH-LOVED format First Dates is back for its 22nd series with all the gang.

Fan favourites, Maitre d' Fred Sirieix, bartender Merlin Griffiths and waitress Cici Coleman will be on hand as a string of hopefuls are set up by blind dinner dates at a plush restaurant in Bath.

Since it first aired in 2013 viewers have loved the heart-warming and often funny exchanges between the blind daters, which have even lead to a host of engagements, marriages and a baby.

It has also collected a clutch of awards along the way.



## Dating Naked

PARAMOUNT+ (August 23)

RYLAN CLARK'S new show promises to make Love Island seem tame as his raunchy series sees the cast bare all.

The brave bunch spend 24/7 as nature intended, even taking dates outside the luxury villa in Colombia, South America.

Being nude means there is plenty of raunchy action but it also leads to surprisingly deep connections as the singles shed inhibitions.

In each episode contestants are dumped as cast-mates vote for their favourites, with a prize pot of £50k at stake.

**A YEAR ago, just over a million people watched Sagan Harrinanan and Kai Fagan crowned Love Island winners as Britain's telly fans seemed to well and truly ditch dating shows.**

The genre was haemorrhaging viewers faster than a broken heart and even must-have host Maya Jama couldn't stem the bleeding.

Fast forward 16 months though and we are more loved-up than ever. This summer's series of ITV2's romantic reality show has been streamed some 137million times on its ITVX platform,



By **FELICITY CROSS**  
Deputy TV Editor

which is more than the Euros football tournament at 132million.

Viewers are up 24 per cent on 2023's two disastrous series – that abysmal winter run followed by just a 200k boost for summer.

Last night the latest series drew to a close in a glittering finale and bosses will be hopeful that a more impressive set of statistics will land on their desks this morning.

And all signs suggest their optimism might not be misplaced.

Love Island yesterday officially became the biggest reality show of the past decade. Since 2017 it has

been streamed two billion times. It celebrated 400 shows as the most-watched programme of the day for the crucial 16 to 34-year-olds.

And it even compares to its heyday, hitting an average of 3.3million per episode.

It is great news for ITV – but even better news for armchair romantics because it has sparked a boom in the genre.

Love Island's success this summer has instilled confidence in TV bosses and now a new wave of dating shows are coming to our screens.

A TV source said: "Love Island has always been the market leader when it comes to dating shows so it's not just ITV that watches its ratings like a hawk."

grammes based on what kind of telly is trending well with viewers.

"So when Love Island went through its limper years, fewer shows of its ilk came to screens.

"There is no bigger sign that love is back on the menu than the fact so many new formats are now coming to screens."

Viewers can look forward to a hot new bunch of programmes within days.

From next Wednesday, Emma Willis and husband Matt will introduce Love Is Blind UK for Netflix, where singles date by chatting from two adjoining rooms without seeing each other.

Then, among others, there is Amanda Holden's new effort for the same streamer, Cheaters: Unfinished Business, as well as Rylan Clark's

HOT . . . Maya Jama hosts Love Island with the tag 'Where there's love there's fire'

# FOR DATING SHOWS ALL OVER AGAIN

# Love is on the air



**137m**  
Love Isle streams  
...up 24% on last  
year and more  
than the Euros



LOVIN' IT... the couple last night

## GOSH! WINNERS MIMII AND JOSH!

LOVE Island's Mimi Ngulube and Joshua Oyinsan were last night crowned this series' winners.

The couple have been together just three weeks, after Josh swept Mimi up from heartbreak when she was dumped in Casa Amor.

Bookies' favourites Nicole Samuel, 24, and Ciaran Davies, 21, came second.

Mental health nurse Mimi, 24, from Portsmouth, said: "What the hell! I'm overstimulated, overwhelmed. I wasn't sure if I'd find a genuine

connection but my journey truly began when Josh arrived. I feel so giddy when I'm around him and butterflies whenever he looks at me for too long."

Model Josh, 29, from London, said: "From day one it's been clear it was only ever going to be Mimi. When I watch her fall asleep on my chest it feels like nothing else matters in the world."

They take home the £50,000 prize. Matilda Draper and Sean Stone, both 24, came third, while Jessica Spencer and Ayo Odukoya, both 25, were fourth.



### Bad Boyfriends

ITV2 (Coming soon)

LOVE Island star turned Loose Woman and documentary-maker Olivia Attwood will whip bad lads into shape in this new format.

Eight unsuspecting men are flown to a Greek island under the premise of filming a series about manhood and bromance. But they

are in for a big surprise when Olivia reveals, in fact, they're there to be taught how to be better partners, at the behest of their girlfriends.

The men will compete in a series of challenges designed to rectify their ways and battle it out to be the most improved boyfriend.



### Love Island USA

ITVX (August 5)

While Brits can do, Americans can often do better especially when it comes to reality TV.

The last series of the Yanks' Love Island has been hailed as one of their best ever, with huge ratings and massive noise online.

It featured a familiar face too, in The Traitors series one winner Aaron Evans and our home-grown star Maura Higgins is co-host.

Expect a messy combination of love triangles, tempting bombshells and a group of young, beautiful people acting like no one is watching.

Dating Naked for Paramount+. The boom has also seen familiar formats recommissioned, with Channel 4's First Dates back for its 22nd series next week, while Netflix's Too Hot To Handle has already started its sixth series.

ITVX will also stream the much-hyped recent series of Love Island USA next month.

So how has this incredible turnaround come about?

Ironically, by embracing drama, not love.

A poll of Sun readers, to mark the Love Island final, found some 38 per cent said they only watch the programme for the drama.

And 42 per cent said the "perfect episode" had conflict alongside romance.

Ranking their favourite ever series of the show, our readers placed the class

of 2017 top, known for bust-ups and fallouts from the likes of Olivia Attwood, Chris Hughes and Amber Davies. Second was 2022's output with the argumentative Ekin-Su Culculoglu and Davide Sanclimenti.

The series was pitted with rows so toxic they attracted Ofcom complaints.

Canny bosses identified this trend early, even assigning this series a new catchphrase: "Where there's love, there's fire."

At the show's villa, executive producer Mike Spencer told The Sun: "We got into a bit of a repetitive pattern. The audience wants to be entertained for the whole series."

"So it's good to keep everyone on their toes. It might be time for a change and we don't need to rely so heavily on format points."

He wasn't wrong. This series brought

in a swathe of changes. Bosses made the sexy Hideaway "No Invite Needed" so couples could check-in for alone time whenever they fancied.

They added a celebrity bombshell in Joey Essex while another twist added a "saucy sleepover", where fledgling pairings were shipped off to a separate villa and sparks flew.

They also dispensed with some of the false-feeling schmaltz which usually permeated the final week.

Instead of budget-busting dates, the couples had simple set-ups in the garden.

There was also no Baby Challenge, where the new couples were forced to care of their own crying doll for the day.

But time will tell whether the new lust for dating shows is a holiday fling or something more serious.



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# Clemmie Moodie

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## Are we all one video clip from cancellation?



FAILING... UK prisons

### DOING (PARTY) TIME...

FIGURES published last week show that 50 out of 119 jails in England and Wales are of "concern" or "serious concern".

And of the 79,000 offenders released from custody of given a non-custodial sentence, around 21,000 went on to reoffend within a year.

Erm. Is it any wonder? Jails today seem to be a veritable hotbed of shagging, drink and drugs - beach club vibes behind (iron) bars.

Prisoners - many armed with smuggled smartphones - are on TikTok filming pneumatic female guards having sex with inmates by the week, it seems.

So Labour's Great Plan - to release thousands of prisoners early from September to ease overcrowding - seems doomed.

What incentive is there to rehabilitate on the outside when the inside is like a Club 18-30?

### WHAT do Strictly Come Dancing and Charlotte Dujardin have in common?

Besides the fact the latter would make an excellent pro on Strictly - whipping those preening celebs into action would be, well, horseplay compared to reported rehearsal room training methods - both have been undone by covert recordings.

Footage of one of Britain's most decorated Olympians cruelly whipping her steed rightly went viral and led to her withdrawing from Paris before she was pushed.

Other riders apparently fear being similarly undone. And after 20 years of false bonhomie and "family feelgood" entertainment, the facade of Strictly has come crashing down thanks to secret tapes.

Because in a deeply toxic, Kafkaesque scenario, it turns out celebs and pros have been privately filming one another in a bid to safeguard their reputations, their futures and, perhaps, their very sanity.

After Amanda Abbington formally complained to the BBC about partner



FILMED... airport stamp, Charlotte and Strictly

Giovanni Pernice's "abusive" behaviour, the Sicilian, it transpires, has handed over to investigators a clandestine voice memo recording of his own - one taken without his partner's knowledge but one which goes against much of what she has said about him publicly.

He believes it will exonerate him. Similarly, Zara McDermott is said to have discreetly set up her smartphone camera and filmed her pro Graziano Di Prima's abusive training methods.

Without that footage, which reportedly

made investigators weep, he would still be on the show.

The whole thing makes for deeply uncomfortable reading.

Covert recordings in the workplace are a grey area HR-wise. But in the case of gross misconduct claims they are generally considered acceptable forms of proof.

More and more, colleagues are turning on one another - filming, screenshotting and memorising every rogue or errant comment.

Which is as much Big Brother as it is Big Bother, because where do we draw the line between office bants and a P45?

Last week's Manchester airport drama is another example of where leaked video can be dangerously misleading.

Clips of a police officer kicking and stamping on the head of a lying down man went viral, apparently demonstrating yet more police brutality at a time when public confidence in police is at an all-time low.

The footage sparked a protest outside Rochdale police station, where hundreds of people gathered and chants of "shame on you" were heard.

### Walking on eggshells

Yet over the weekend fresh footage of the brawl emerged - this time of the build-up and showing the officers being punched and attacked before they retaliated.

Andy Burnham, the Mayor of Greater Manchester, has urged people "not to rush to judgment".

But that is the problem with today's world; one where everyone is a walking CCTV machine or/and private detective.

Not only can we not say or do anything without fear of being caught on camera - like a massively unfunny You've Been Framed - we are all only a clip away from cancellation.

Tech means we are all walking on eggshells. One screenshotted "gag" and it's curtains. One bad-choice fancy dress party clip and it's social Siberia.

Short of all going around with mini cameras on our heads, like little off-road Jeremy Vines, what is the solution?

Charlotte Dujardin has had her last waltz and Strictly is cha-cha-changed for ever.

Which, in the light of what we have discovered, is perhaps no bad thing.

But not even author George Orwell could have predicted this dystopian nightmare.

AMANDA ABBINGTON gave two highly charged TV interviews last week in which she detailed the extent of the horrific trolling she has endured since quitting Strictly.

Some of it involved death and rape threats to her kids.

What runs through a troll's tiny, swamp donkey mind when it decides to troll?

How deeply small, tragic, pathetic and miserable their off-keyboard existence must be.

Which, hopefully, will prove a crumb of comfort to Amanda.



AGELESS... rock star

### FOR THE LOVE OF ROD!

SO Rod Stewart, 80 next year, is gearing up to headline a string of sold-out shows in Las Vegas.

He's a force to be reckoned with, and one of the nicest blokes in showbiz.

But let's recap his first solo recording, shall we: Good Morning Little Schoolgirl. (A cover of a 1937 blues track.)

Lyrics include: "Good morning little schoolgirl/ Can I come home with you?"

"Tell your mama and your papa/ I once was a schoolboy too."

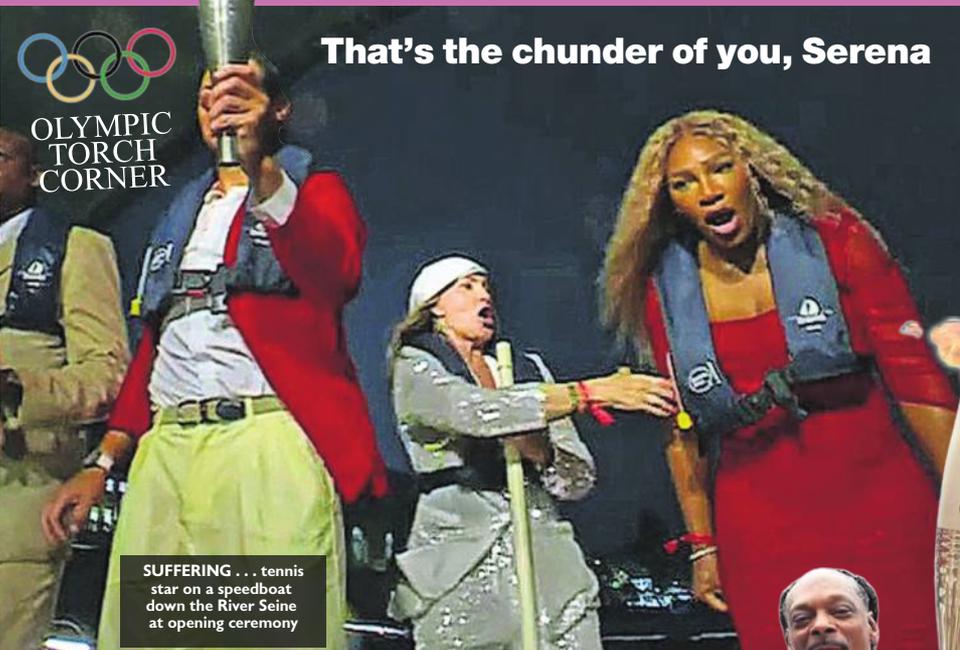
Just IMAGINE a would-be singer-songwriter releasing this creepy little number today.

IT'S official. I've started using my phone like an old person.

Tap tap tapping away on the screen with my index finger and thumb - and giving myself the ick hourly.

Turns out I have mild-to-middling repetitive strain injury, the result of chronic overuse of my iPhone.

Glued to my hand like a third plasticky appendage, it was only ever a matter of time.



### That's the chunder of you, Serena

OLYMPIC TORCH CORNER

SUFFERING... tennis star on a speedboat down the River Seine at opening ceremony

LOTS to go at from Friday night's sodden Olympic Games Opening Ceremony.

I mean, where to start?

The drag queen reinterpretation of The Last Supper?

A performer apparently with his testicle\* hanging out?

Or the drenched Prime Minister, clad in a

Team GB jacket, looking like he'd rather be anywhere else on planet Earth?

But no, for me the highlight was seeing trouper Serena Williams wobbling about on a speedboat careering down the Seine, seemingly on the verge of a giant chunder.

Or, as BBC commentator Andrew Cotter wryly noted: "Almost lost Serena there."



EVEN by his own exacting standards, this is a giant spill for Snoop Dogg.



### ATOMIC SMITTEN

LOOKS like it's game over for poor Kamala Harris.

Political commentator du jour Kerry Katona has only come out and endorsed Donald Trump.

"I know it's controversial, but I really like him," the Atomic Kitten mused.

"I don't agree with everything he says but I do like him for the most part."

Granted, she may not single-handedly get him re-elected but she could, at least, make his ear Whole Again.

\*Despite mass social media outrage, it turned out to simply be a case of a torn stocking.

## Covid 'is in wildlife'

THE virus that causes Covid is widespread in animals, a study shows.

Six out of 23 common species, including rabbits and mice, showed signs of SARS-CoV-2 in tests.

Five others had antibodies indicating previous exposure. Those on hiking trails had the highest exposure rates, suggesting it passed from humans, say US researchers.

Prof Carla Finkelstein said: "The virus' primary objective is survival."

### SPELLER A SELLER

The wand which actor Daniel Radcliffe used in the first Harry Potter film sold for £73,000 at an auction in Texas.

# RYANAIR PILOTS HAD WORKED 17HR SHIFT



Killed... Matt and Jamie

EXCLUSIVE by STEPHEN MOYES

**TWO Ryanair pilots who died in a horror 5.30am car crash were finishing a 17-hour shift — to the outrage of unions.**

Captain Matt Greenhalgh, 28, and Senior First Officer

## Probe on tragic deaths

Jamie Fernandes, 24, died in a pile-up involving a taxi and two lorries on the M62 on July 11.

They started work at 11.40am the previous day, flying from

Liverpool to Palma and returning that evening. They then flew an empty jet to Luton, where they landed at 1.14am.

They were in the taxi returning to Liverpool airport when they were killed in the early

morning crash. Union Unite wants to know why they were not offered a hotel stopover.

A Ryanair source said: "It leaves a very bad taste that they were on the road in the early hours."

"Unite is worried cost cuts are making the working lives of staff dangerous."

The airline was approached for comment.

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## C-3PO 'is key to AI'

AI will match human intelligence only if it is wired into robots such as Star Wars' C-3PO and R2-D2, an expert says.

The technology needs a physical body to gain a genuine understanding of the world, according to Tony Prescott, professor of cognitive robotics at Sheffield University.

He says in new book *The Psychology of AI: "Aspects of human intelligence, such as scientific discovery, aspects of creativity and imagination will remain beyond AI until we build it with a cognitive architecture."*

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## FREAKY LOHAN

By ELLIE HENMAN

**LINDSAY Lohan looks to be on red alert as she films the Freaky Friday sequel.**

The actress, 38, wore a red ballgown as she got to work in LA with co-star Jamie Lee Curtis, 65.

The duo, below, are reprising their 2003 body-switching mum and daughter roles, right.



## BACK TOGETHER

Jamie Lee and Lindsay on set of new movie

## Hero cop dies at 35

A POLICEMAN who shot dead the 2016 Berlin terrorist has died from cancer aged 35.

Luca Scatà, then a trainee, killed IS fanatic Anis Amri, who had just wounded his colleague.

Amri fled to Sesto San Giovanni, Italy, after killing 12 by driving a lorry at Christmas markets.

Honoured Scatà wed in hospital on July 17.

Announcing his death, Sesto mayor Roberto Di Stefano said: "Luca, your courage and sacrifice will never be forgotten."

## GEESE KILL RAP

A suspect, 19, has been held on animal cruelty and driving charges after eight geese were killed by a car in Dartford, Kent.



Chef . . . Linguanotto

## Tiramisu inventor has died aged 81

By JAMES HALPIN

A CHEF widely regarded as the inventor of tiramisu has died aged 81.

Roberto "Loli" Linguanotto passed away yesterday after a long illness.

He was working as a pastry chef in 1969 at the Le Beccherie restaurant in Treviso, Veneto, Italy, when he is said to have invented the espresso-flavoured dessert.

Loli was said to have mistakenly dropped mascarpone into a bowl of sugar and eggs. Later, with restaurant owners Alba and Ado Campeol, the coffee-soaked ladyfinger biscuits were added.

Their recipe for tiramisu, meaning "pick me up", was published in a magazine in 1983 before it spread around the world.

There are other claims that the dessert was invented as early as the 17th century.

Yesterday, Veneto president Luca Zaia said: "He made a significant impact in the world of pastry."



Scene . . . station

## Shoved on Tube line 'over dirty look'

By ALEX GOSS

A POSTMAN was pushed in front of Tube line by a stranger who thought he had been given a dirty look, a court heard.

Tadeusz Potoczek was shoved off the south-bound Victoria line platform at Oxford Circus by Brwa Shorsh in an act of shocking and random violence, it was said.

Mr Potoczek did not touch the electrified rail.

Passer-by Oliver Matthews got him to safety as train driver Robert Walker hit the brakes.

Shorsh, who listened via a Kurdish interpreter, denies attempted murder and attempted GBH.

The court heard he had told police "the man had given him a dirty look and he felt disrespected".

Prosecutor Sam Barker said: "What is so frightening is Mr Potoczek did not look at him. It's the stuff of nightmares."

Case continues at Inner London crown court.

# OTI ON WAVE



Picture: GARY STONE

By ROD MCPHEE, TV Editor

**STRICTLY** veteran Oti Mabuse was on hand as rehearsals got under way for the BBC One dance contest yesterday.

But the show's former pro, 33, was just returning to lend her choreography skills.

Oti, 33, quit *Strictly* two years ago and became a judge on ITV's *Dancing On Ice*.

Pro dancer Nancy Xu, 32, also looked delighted to be back for rehearsals, right.



# SHOCK VIDEO

# PRISON GUARD BANG TO RIGHTS



Court shame . . . De Sousa Abreu yesterday, and cell sex tape

## She admits jail sex

**A PRISON** officer filmed having sex with an inmate faces jail after she admitted misconduct.

Married swinger Linda De Sousa Abreu, 30, was caught when footage of her romp with serial burglar Linton Weirich was shared on social media.

Yesterday, she appeared in court to plead guilty to misconduct in a public office, which can lead to a hefty jail term.

The Portuguese passport-holder, originally from Brazil, was supported by several family members at Isleworth crown court – but not her swinger husband. Asked to comment after the hearing, she told reporters: "Absolutely not." She then muttered a slur in Portuguese. The clip, which we told of last month, showed her in uniform having intercourse with Weirich, 36, as her discarded radio crackles with messages from colleagues.

Weirich's cellmate is seen smoking while recording on his phone at London's Wandsworth Prison and saying: "Guys we've made history, this is what I'm telling you."

Grimacing, the prisoner filming adds: "This is how we roll in Wandsworth." Tetteh Turkson, of the Crown Prosecution Service, said after: "This was a shocking breach of the public's trust. De Sousa was clearly an enthusiastic participant who wrongly thought she would avoid responsibility."

"After working closely with the Metropolitan Police to build the strongest possible case, De Sousa Abreu had no option but to accept she

was guilty. She will rightly face the consequences of her actions."

Prosecutors said that after the video went viral on social media, De Sousa Abreu was identified by HMP Wandsworth staff and was arrested by the Metropolitan Police at Heathrow Airport.

She phoned the prison as she fled to the airport to say she was not returning to work.

Judge Martin Edmunds KC bailed her, with her passport remaining in police possession, ahead of sentencing on November 7. Her lawyer, Gayathri Yogarajah, earlier described her as a "young mother" and "person of good character".

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Scandal . . . our story



GOT GOSSIP? CALL OR WHATSAPP THE BIZ BATPHONE WE NEVER SLEEP

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bi



# 'BEG PAL' JAMES

SHE has fallen out with practically everybody in showbiz over the years and now LILY ALLEN is revisiting her feud with JAMES CORDEN.

The Smile singer has branded the hit TV host a "beg friend" - suggesting he reeked of desperation while trying to become her mate when they first met.

It comes after he accused her in his autobiography of leading him on.

Lily said: "James was a bit of a beg friend for me. James came on my chat show (*inset*) and was very flirtatious with me and we sort of made friends and I introduced him to a group of my friends.

"I believe he wrote about it in his book that I was leading him on or something, which I definitely wasn't.

"If I've ever had a famous beggy friend, it was James



back in the day. He's not begging me any more and I'm not begging him. I can't do anything for him now, he's good."

Lily also admitted she has been guilty of the same behaviour. On her Miss Me? podcast, she recalled: "I remember once being in Brazil and I was on a festival with the band KASABIAN.

"There was a party at their hotel and (I remember)

heading to the room, knocking on the door and them clearly knowing I was on the other side and not letting me in. I was a nightmare in those days."

And on a run-in with JAY-Z in 2007, she added: "That was probably the most beggy I've ever been. He wasn't having it. He could see through my begginess."

I'm sure his wife BEYONCE will be glad to hear that.

# BRI CHECKS OUT AVATARS

I TOLD in February how QUEEN could be the next band to be brought to life digitally following the whirlwind success of ABBA Voyage.

Now the band's guitarist BRIAN MAY, right, appears to be getting involved. He was spotted at the Abba experience in East London on Saturday.

The rocker was there with his actress wife ANITA DOBSON. I told how a trademark had been

filed for Queen to go into "immersive 3D virtual, augmented and mixed reality experiences", so I'm sure the visit will have given Brian plenty of ideas.

While there he bumped into PAUL STANLEY, the former frontman of KISS, who have already confirmed an avatar show featuring the costumed US rockers.

It's going to be a novelty to see real people on stage in a few years.

# GAGA: OUITO FIANCÉE No3

## Tells French PM she's engaged

LADY GAGA is hoping it will be third time lucky after revealing her partner has popped the question.

The US superstar introduced entrepreneur Michael Polansky as her fiancé while meeting French Prime Minister GABRIEL ATTAL at the Olympics on Sunday, finally confirming she is engaged.

I'm thrilled for her as she hasn't had an easy ride in love, but it sounds like she's got a good one this time.

Gaga, real name Stefani Germanotta, started dating Michael in early 2020, following the breakdown of two previous engagements.

Chicago Fire actor TAYLOR KINNEY proposed to the singer on Valentine's Day in 2015. The pair had started dating after he featured in the video to her song You And I. They split the following year.

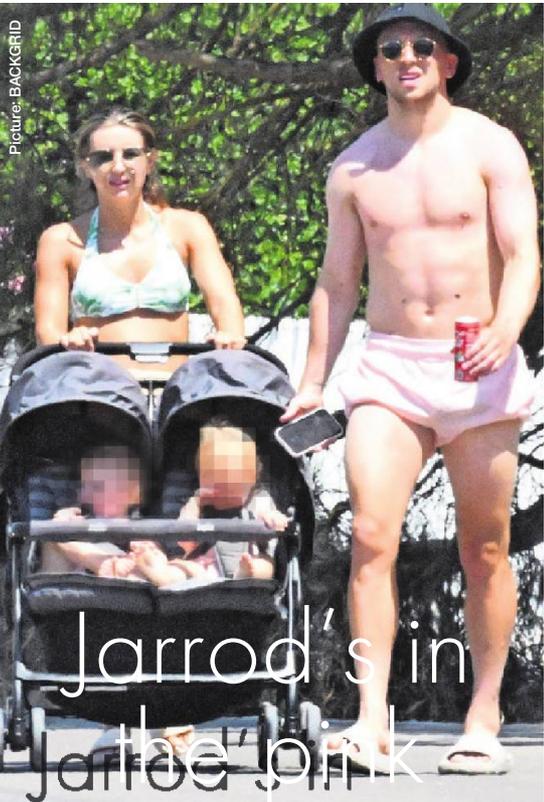
Then in 2017 she got together with talent manager Christian Carino and the pair also planned to marry. Yet by 2019 they too had called it quits.

A source close to Gaga told me: "Things are completely different with Michael and Stefani is on cloud nine. It sounds cheesy to say she is happier than ever, but she really is. She was in a dark space before she met him but he has been a steady, reliable and loving presence in her life, something she hasn't had for a long time. "He isn't in showbiz and isn't fussed about all the glitz and glamour and that's been monumental for Stefani."

It's not just wedding bells that are ringing in Gaga's ears. She has new music on the horizon with her upcoming seventh studio album.

She has also suggested she is gearing up for an imminent return to the stage following her performance at the Olympics Opening Ceremony in Paris on Friday.

Her movie Joker: Folie à Deux, in which she plays the villain's love interest Harley Quinn, hits cinemas in October. All this work should help pay for an out-of-this-world wedding.



Picture: BACKGRID

Jarrod's in the pink

Three Lions ace JARROD BOWEN is obviously a fan of actor PAUL MESCAL's wardrobe choices.

The West Ham player sported this pair of rather short, salmon-coloured shorts while with fiancée DANI DYER and their baby twins on holiday in Portugal.

Dani revealed last week that the pair have now got engaged, with Jarrod getting down on one knee during a romantic boat ride.

Pals told me Dani has already started thinking about their wedding, with my bet on a posh foreign bash next summer, after the Premier League comes to an end.

I can imagine Dani's Football Factory star dad DANNY will give the guests a speech to remember. Someone get the swear jar ready...

# ORLANDO A SECRET SINGER

IT turns out it's not just KATY PERRY who is a stellar singer in her family.

Capital Breakfast DJ CHRIS STARK has revealed Katy's fiancé ORLANDO BLOOM can also belt out a song too.

During a chat with Katy, Chris said of the actor: "I saw him in a local pub of mine, and this is a true story. He's a phenomenal singer, I never realised this.

"I was in the same pub as him on St Patrick's Day, but I didn't know he was in there and he stood up and started singing this old Irish folk song. It was incredible, it was this old song, lost love from another life."

Asked about his singing voice, Katy admitted Orlando, *inset*, normally only used his pipes "after a couple of pints", before adding: "I've been with him for over nine years, do you not think he's got some hidden talents? He is great."

I'll have to give Katy my best Roar next time I've had a couple of Carlings and see what she thinks.



MS. LAURYN HILL & THE FUGEES have extended their joint European tour.

Shows have been added at Dublin's 3Arena on October 7 and Cardiff's Utilita Arena on October 9. The Wales gig is part of Cardiff Music City Festival. Tickets for both shows go on sale this Friday. The tour will also have stops in Manchester and London the same month.

ELLIE HENMAN'S

# Carre

With  
HOWELL  
DAVIES  
& JACK  
HARDWICK

MY CHEMICAL ROMANCE have shut down speculation of a comeback sparked by posts on their Facebook page. The American rock group, who had a brief reunion until last year, said on Instagram: "Our Facebook got hacked, don't believe everything you read."

## DEADPOOL'S A RECORD BREAKER

DEADPOOL & Wolverine has smashed the box office in its first weekend in cinemas.

The superhero movie, starring RYAN REYNOLDS, inset, and HUGH JACKMAN as the superheroes, made £17.26million here, propelling it straight to No1.

It is the biggest opening of 2024 and the highest since last summer's Barbie blockbuster.

And the records keep tumbling. It is the highest-earning opening for a 15-rated movie and the most

successful in the careers of both Ryan and Hugh.

The comic action adventure has also been praised by critics, yet Ryan has insisted there won't be another instalment in the franchise.

Asked about the possibility, he said: "Oh God no."

"My wife and children will divorce me. I have no pre-nup with any of them. I will be capital B broke, and in turn, probably then doing Deadpool 4 'cause I'd need the money."



MEGAN THEE STALLION has cracked the code when it comes to packing for her lengthy tour – wearing absolutely tiny outfits on stage.

She stayed cool at Broccoli City Festival in Washington in the States at the weekend, where she danced and sang in this blue bra top and pants-sized shorts.

Her recent records haven't been big hits on this side of the pond but she proved hugely popular when her tour played here this month.

However, after one more gig in Chicago later this week, I'm told Meg is planning on throwing herself back into the studio – so don't be surprised if there is more music from her this year.



## It's Lady Carcar

THE singer popped out of the sunroof of her car in the French capital on Sunday night to play a snippet of a song which will be on her upcoming seventh album.

She is referring to the collection as LG7.

Her most recent record, Chromatica, came out in 2020.

Gaga wrote on Instagram shortly before her surprise appearance: "I'm so deeply touched by my French fans this week outside the hotel I'm gonna come out and say goodbye tonight with a few seconds of LG7."



LAPPING IT UP... singer plays her music through sunroof



## TOP SEATS FOR ADELE AT JUST £29

ADELE is helping out cash-strapped fans who want to see her upcoming residency in Germany.

She will release "lucky dip" tickets for the massive Munich shows costing just 35 euros (£29.50) which could be seats anywhere in the Munich Messe stadium.

Full-priced tickets cost as much as 449 euros (£378).

Even if the seats were right at the back, that still sounds like a steal.

The superstar, above, has been rehearsing ahead of the opening night on Friday and has a new prop to entertain fans too.

At her Las Vegas shows and last tour she had a gun to fire T-shirts into the crowd. This time her souped-up bit of kit will shoot up to 13 bits of merch to fans.

The shows will see her perform songs from her 2021 album 30, which she didn't sing in Vegas – tracks All Night Parking and Woman Like Me have both been heard during soundchecks.

As one of our biggest stars, I'm excited to hear what other surprises she has up her sleeve.

BLUR Live At Wembley Stadium is locked in a race with Swedish heavy metal band GHOST's album Rite Here, Rite Now for Friday's No1.

The Brits were just ahead of the three-piece last night.

As much as I love a bit of heavy metal, Blur will always have my heart.

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## DEAL OF DAY



KIDS will love dinner time with the Peppa Pig patio set, previously £45, now £22.50, in store only at Dunelm.

SAVE: £22.50

## CHEAP TREAT



YOU won't want just one. Tuck into a whole pack of Cornettos – was £1.45, now £1.29 at Iceland.

SAVE: 16p

## DROPPED A CLANGER? GIVE NEW LIFE TO YOUR PRIZED POTTERY



# Breaking news

**DON'T stress if you've smashed your favourite mug or plate, create a treasured item from the pieces instead.**

Kintsugi is the Japanese art of repairing cracked ceramics. The hobby is growing in popularity and it saves on buying new items after a breakage.

Here's everything that you need to know...

**BEAUTIFULLY BROKEN:** Mend crockery, from a vase to a saucer, using kintsugi-style techniques. The process simply involves sticking the items back together with a gold or silver coloured adhesive.

You'll need all the large pieces but can leave the very small bits.

By LANA CLEMENTS

Andy Ellis from home goods firm Posh UK is a kintsugi enthusiast.

He says: "The practice reminds us no matter what happens, we are beautiful because of what we have been through and the ways we have fixed ourselves."

**FRACTURED FIT:** Clean your ceramic pieces and get a rough idea of how you're going to fit them back together.

To fix the pieces back together, you traditionally use 'liquid gold' which you make by mixing gold powder with glue. You can buy a kintsugi starter kit from around £10 from Amazon, which features glue and gold, plus brushes.

If you have some sizeable gaps from missing pieces, you may need to use some putty to fill the gaps. Before you start applying the glue,

**LOVE-PLATE RELATIONSHIP...** Give crockery a new makeover by learning the Japanese art of kintsugi

## TOP SWAP



£21

LEAVE your lips feeling luscious and moisturised with the Laneige Lip Sleeping Mask in berry, above, for £21 at lookfantastic.com, or try the Watermelon Burst Everyday Lip Mask & Balm, below, from ciatelondon.com, for £16.

SAVE: £5

£16



## What's new?

IT'S Official London Theatre Kids Week, and children under 17 can see shows like Wizard Of Oz FREE when with a paying adult. There are more than 190,000 tickets available. Book at [officiallondontheatre.com/kids-week](http://officiallondontheatre.com/kids-week).



## Little helper



PLANNING to pick up a few bits and pieces at The Range this week? Kids can eat free at the stores' cafes during the holidays, when an adult buys a full-price main meal,

including breakfast. Tuck in!

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Smaller . . . Frijj

## Punters 'milked' as shake shrinks

**EXCLUSIVE**  
by THOMAS GODFREY

MILKSHAKE brand Frijj has hit a sour note with customers by shrinking the size of its drinks – while charging the same. Bottles of the choccie treats have been reduced from 400ml to just 330ml. But the price of the product, churned out by German giant Muller, has stayed at £1.50 across retailers including Asda and Sainsbury's. One customer wrote online about the latest shrinkflation case: "Just had a Frijj milkshake for the first time in years, it's now so tiny, the size of a regular 330ml can." Frijj bottles were previously shrunk from 471ml in 2017 when Muller claimed they were "too big for one person". Muller said: "Our business is not immune to increased costs of ingredients and production, and, as a result, our products are more expensive to make."



Pain re-leaf . . . stings

## Lettuce cure for stings a little gem

By SAM BLANCHARD

RUBBING lettuce on a nettle sting works just as well as a dock leaf, an NHS study has found. The belief that dock leaves soothe nettle stings is more than 600 years old but the science behind it was untested. Dr Rajendra Raman and eight colleagues from Victoria Hospital, in Kirkcaldy, were blindfolded and stung on both arms. They then had someone rub dock leaf on one arm and lettuce on the other for a minute. After five minutes, the pain they felt had reduced by similar levels. Dr Raman said: "It is possible that the cooling effect of sap evaporating from a crushed leaf may be soothing. If so, any large, fresh and non-toxic leaf would do the job. Dock may have become the leaf of choice simply because it grows in similar habitats to nettle."

# ECO-FANATICS TRY TO RUIN HOLS

Sad cases . . . clambering over sit-down



# JUST STOP OIL? JUST STEP OVER

## Passengers clamber through Gatwick blockade



Gates left open . . . activists' entrance plan fails

### A JUST Stop Oil airport sit-down to stop holiday-makers reaching flights failed when they simply stepped over activists.

The dud demo started at 8am yesterday when seven people in JSO T-shirts tried to block the departure gate. They sat on the floor and held hands through orange blocks, which the group described as "suitcases with lock-on devices". One passenger sighed "Oh, my God", but others quickly realised they could clamber over the protest at Gatwick south terminal. Police arrested eight people on suspicion of interfering with public infrastructure. One had been filming, they said. Airport bosses said there was no disruption to flights. Prime Minister Sir

By ED SOUTHGATE

Keir Starmer's spokesman said: "We recognise the democratic right of people to peacefully express their views but, obviously, they should do so within the bounds of the law. "And clearly being seen to significantly disrupt people's holidays is no way of winning people around to your cause." The activists included mum and

ex-environmental consultant Mel Carrington, 63, from Dorset, and mathematician Greg Sculthorpe, from Doncaster. Carrington has previously insisted she does not want to stop people from going on holiday.

Just Stop Oil has vowed to unleash a summer of chaos at UK airports. Earlier this month, Gatwick won a High Court injunction to try to stop activists trespassing on its land after receiving police intelligence over protest plans. Meanwhile, Extinction Rebellion activists dressed as the Grim Reaper, threw fake crude oil and occupied the Westminster lobby of think tank Policy Exchange yesterday. Three were arrested on suspicion of criminal damage and five were arrested on suspicion of aggravated trespass.



Demo of Death . . . Grim Reapers in Westminster

# HOW TO STAY COOL AS SUMMER BLAZES

THE heat is finally on. After weeks of rain and blustery weather we are now basking in glorious sunshine.

But the sudden warmth can sometimes be a bit too much.

GRACE MACASKILL brings you our top tips for keeping cool . . .



## Struggling in the heat? Chill out



1



2



3

**1 Eat your water:** Cucumber and tomatoes are 95 per cent water, so top up your fluid intake with these healthy snacks.

**2 Get wet:** Experts say soggy clothes release heat in the same way sweating does.

**3 On ice:** Use ice cubes to rub the body's pulse points: Wrists and neck, the inside of elbows, the knees and tops of feet.

**4 Keep kids in:** Scientists reckon children suffer when the mercury hits 32C and time outdoors should be limited at that temperature. Anything above that, it is best they stay inside.

**5 Get your feet wet:** Take a cool bowl of water and dunk your trotters into it. Feet and ankles are "hit zones" which, when cooled, can bring down your body temperature.

**6 Be wary of ice cream:** There might seem nothing nicer in the heat than a tasty cone of soft scoop but scientists urge caution. They

say that because the treat is packed with milk, fat and sugar, the body uses a lot of energy to consume it – making you hotter. Try sugar-free lollies instead.

**7 Wear a hat:** Then take it off! A hat can shield you from the sun but also holds in heat, so don't forget to give yourself a break from headwear while in the shade.

**8 Curtain call:** Keep blinds and curtains shut all day, particularly those facing the sun. Open them in the evening after the sun has gone down.

**9 Don't rush to open windows:** The heat outside can be greater than that indoors. Only open windows when it's cool outside. And where possible, open them on opposite sides of the house too to try to create a breeze flowing through.

**10 Spicy idea:** it might seem counterintuitive to eat spicy food but it helps in the hot weather. The capsaicin in hot chilli peppers, for example,

makes you sweat more easily, releasing body heat.

**11 Don't mess about:** Tik-Tokers have been promoting the use of ice cubes hanging from fans to cool a room. Avoid this unless you want to short the electricity in your house.

**12 Eat smart:** Have light meals so your body won't generate energy – and heat – consuming massive dishes.

**13 Dress well:** Wear light colours to reflect the sun and chose natural fibres such as cotton which "breathe" more easily. Loose-fitting styles can be more comfortable in the heat.

**14 Switch up your exercise routine:** There is nothing to stop you working out when it's hot but it is better to opt for an air-conditioned gym or even go for a swim instead. If you like being outside, get your exercise in during the coolest part of the day, so in the early morning or evening.



14



6



12



Angry . . . Janil Gulshan

## Dealer's £500k in costs for gate row

By ED SOUTHGATE

AN antiques dealer who destroyed a security gate in a parking row must pay a £500,000 court bill.

Luciano Gulshan and his dad, Janil, ran up the legal costs over a gate installed ten years ago at the flats next to their multimillion-pound house.

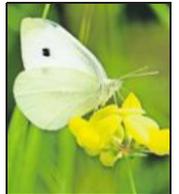
The row turned violent in October 2020 when workers came to mend it.

Luciano Gulshan rammed his van into an engineer's van, pushing it into a second van.

The gate was wrecked and he later received a criminal conviction.

The Gulshans were then sued by the management company for the flats in central London.

Judge Jane Evans-Gordon called the row "ludicrously disproportionate". She ruled the vintage luggage dealers must pay the £20,000 for the gate plus the costs of the Central London county court case.



On wane . . . butterfly

## Butterfly sightings are down by 50%

By SAM CREED

BUTTERFLY sightings are at a record low, a charity has warned.

Just over half the numbers from last year's annual citizen survey have been recorded in this year's event, said Butterfly Conservation.

In the last week of its Big Butterfly Count, the figures are the lowest in the 14-year history of the charity's initiative.

Experts say the main cause may be this year's wet and windy spring and cold summer.

And butterflies are less able to cope owing to a pattern of habitat loss, pesticide use and climate change since the 1970s, leading to an 80 per cent decline in butterfly species in the UK.

The charity's conservation director, Dr Dan Hoare, said: "Butterflies are a key indicator species. When they are in trouble we know the wider environment is in trouble, too."

# SCAMBORGHINI

## Crooked pub demolisher driving £200K motor

**A BUSINESSMAN** who denies burning down the Crooked House pub is driving a £200,000 Lamborghini despite a freeze on his assets.

Adam Taylor, 46, has been seen in a Urus 4x4. His business partner son Ethan Taylor, 24, is cruising

**EXCLUSIVE**  
by **STEPHEN MOYES**

around in a £160,000 Urus in Lutterworth, Leics, locals say. Adam's wife Carly, 36, drives a £120,000 Mercedes G-Wagon with personalised plate. The Taylors control ATE Farms which bought the lopsided pub in Himley, West Mids. Days later, in August 2023, it was mysteriously torched then

bulldozed. Six people have been arrested and released. Six months ago, concrete company boss Jeremiah O'Regan sued Adam Taylor, plus AT Contracting over a breach of agreements relating to a quarry. At the time Taylor said he was spending £900 a week and was told to provide an affidavit about his living expenses. The judge, Mr Justice Fancourt ordered him not to spend more

than £2,000 a week unless he paid a £6million surety. He froze the assets of eight businesses linked to Taylor, including ATC, ATE Farms plus ET Consulting, of which Ethan is a director. Breaking the order carries the threat of jail. The Taylors were approached for comment last night. **Luxury cars . . . Adam and Carly. Right, Urus**



## Walkies tide hell

A DOG walker and pet cut off by the tide and swept out to sea were rescued by lifeboat. Carl Holden, 33, had to tread water and float on his back while holding his uncle's dog Ringo. He was running out of energy as the boat arrived. Carl called 999 as the tide came in at Fleetwood, Lancs, but the water was soon up to his neck. He said later: "I thought, 'This is it. I'm going to die today.'"

## MEDAL WINNER

Medals of Sgt James Upton, who saved a dozen injured comrades in World War One, sold for £19,000 at auction in London.



**GWYN STRIPES**

By **ELLIE HENMAN**

**ACTRESS** Gwyneth Paltrow is cock-a-whoop to be wearing stripes in the sun. Smiling Gwyneth, 51, wore the blue and white hooped dress to go shopping in the Hamptons with a pal. She has owned a house there for years and once joked that she used her best actress Oscar from 1999 as a doorstep.



Day trip . . . couple

## Italy flight tops train to capital

By **ROB PATTINSON**

A SAVVY traveller flew to Milan for a day trip — as it was cheaper than going to London by rail. Sharon Sumner says it costs her from £35 to £50 for a single ticket for the one-and-a-half hour train ride to the capital. So she convinced boyfriend Dan Puddifoot, 36, that they should fork out just £28 each for a return flight to the Italian city. They flew at 8.35am, did 20,000 steps exploring the city and visited the Duomo cathedral. Commercial specialist Sharon, 49, of Cranfield, Beds, and her partner were then ready to fly back to Stansted at 10.40pm the same day. Sharon, who is planning several other cheap trips to Europe this year, said: "We did everything we wanted to do. "It's about the experience of you doing it. You feel like you've had a holiday in one day."

## Washout on labels

MILLIONS are clueless about laundry symbols on clothes, a poll shows. Only three per cent know the meaning of all the signs, while at least half admitted paying little or no attention to labels. It has led to more than four in ten damaging clothing in the wash — usually by shrinking it or accidentally dyeing it another colour. Matt Connelly, of laundry service ihateironing which ordered the poll of 2,000 people, said: "It's clear we don't enjoy the task of doing laundry."

## SWAN BRAKE

A disorientated young swan which crash-landed on a busy A-road was rescued by the RSPCA near Chepstow, Gwent.

**THE Sun**  
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Cuffed... man arrested

## Man held as Rigby memorial site is hit

By **THOMAS GODFREY**

A MAN has been arrested over vandalism of the Lee Rigby memorial.

He was seen ripping up flowers and smashing plant pots at the site before police surrounded and handcuffed him.

Poppy wreaths laid in remembrance of Lee were also ripped off and tossed around during Sunday afternoon's desecration in Woolwich, South East London.

The memorial tree is close to the spot where 25-year-old Fusilier Lee was hacked to death by extremists in May 2013.

Local Connor Tuxford, 31, said: "He was clearly waiting for someone to notice him, for the attention. I went and cleaned up afterwards because no one else did."

"I didn't think much of anything of it but they started clapping me as I was doing it."

The Met confirmed a man was arrested and taken into custody.



Boat trek... Mike

## Kayaker finishes UK coast marathon

By **SAM CREED**

A KAYAKER has returned to land after 58 days paddling around the British coast.

Mike Lambert, 33, set off on the 2,000-mile loop on June 1 and finished the challenge on Sunday.

From East Wittering in Chichester, Mike travelled west along the South coast, across the Irish Sea and around Scotland.

The physio raised funds for aortic dissection charities in memory of his mum Caroline. She died from the condition where the main blood vessel from the heart tears.

Mike, from Walton-on-Thames, Surrey, had aimed to beat the record of 40 days but bad weather forced him to stay on land for two weeks.

He said: "This was all for my mum - I actually had no interest in the record. As it's for her, it meant I never gave up. "It feels utterly surreal to be finished."

# POSH MAG TATLER'S TOP 10 BEST



**No2**  
JADE HOLLAND COOPER

**FOUNDER** of Holland Cooper, Jade is the mind behind the fashion brand that caters to the likes of the hoity-toity British elite.

For example, the clothing line practically kitted out high-profile events such as the Cheltenham horse racing festival this year.

Jade's fashion seems to be that of two halves.

When not dressed in her sophisticated three-piece suits or posh tweed jackets from her own range, the 37-year-old can be seen dripping in luxury labels such as Yves Saint Laurent and Dolce & Gabbana.

Rarely seen without her hair up and slicked back, this powerhouse shows she means business.



**No4**  
LORD WILLIAM GORDON-LENNOX

**ARISTOCRAT** William has made the list thanks to his love of tailored Savile Row suits.

The 27-year-old was seen with his father, Charles Gordon-Lennox, the Duke of Richmond, and one of his brothers at the opening of the family's Goodwood Estate in West Sussex last summer sporting co-ordinated buttermilk suits by menswear brand Henry Poole & Co.

William seems to keep a fairly low profile, with a private social media (yes, we have also never heard of him).

However, when he is seen it is rarely in anything but a tailored suit, which must be enough to make the list in Tatler's eyes.



**No1**  
PRINCESS BEATRICE

By CLEMM...  
TATLER'S Best... but the sur... you might no... covers of the... It has crown... Beatrice as f... dressed bu... included a n... Wag and a f... The Sun's f... reveal who h... cut, includi... and Cruz Be...



**No5**  
ANNABEL ELLIOT

**THE** Queen's sister makes the list and earns Tatler's seal of approval.

The 75-year-old interior designer and antiques dealer can often be seen at her sister Camilla's side, wearing tweed two-pieces and satin sets.

At the Wimbledon tennis this year both wore cream pieces.

And with their blonde hair they looked more like twins.

Apart from that we have little else to say as to why Annabel has made the list.

Maybe being the Queen's sister helps?



**No6**  
ANU HINDUJA

**SHE** might have married into the wealthiest family in the UK but Anu has carved her own career in fashion.

Founder of F1-inspired label AN-Y1, her brand features racing jackets, mini dresses and sporty pieces.

Anu says she wanted to create a clothing line where fashion meets sport and to have a collection that people will still want to wear in 50 years.

The designer also seems to have a thing for luxury footwear, collecting Jimmy Choo's and Louboutins since her 20s. And her shoes obsession doesn't stop there.

Anu loves to wear trainers from lavish brands such as Prada Sport, Hermes and Golden Goose... we can relate.

# THE PA

**FOLLOWING** outfit from William in 2011, Beatrice has the style stakes. The 35-year-old has taken but by no means dull - turning and flattering silhouettes and full skirts and colours skin tone. For example, at this year racing she wore an empire style panelling by Emilia V greens with an elegant flow. The fit and flare shape Princess and is the frame

# -DRESSED...AND THEY'RE NOT ALL POSH

IE FIELDSEND and ABBY McHALE  
 if Dressed In Britain 2024 list is out  
 prise winners include a few who  
 expect to find between the  
 posh mag.  
 ned Princess  
 the best  
 has also  
 epo baby, a  
 footballer.  
 Fashion team  
 has made the  
 g Ben Chilwell  
 ckham.



**No3**  
**CRUZ**  
**BECKHAM**

THE youngest of the  
 Beckham boys, it seems  
 the 19-year-old is  
 Cruzing into the  
 spotlight.

While he may be  
 wanting to create a  
 name for himself in  
 music, it seems it is  
 his dress sense that  
 is making  
 headlines.

Skater boy  
 meets retro  
 tailoring for his  
 suave style. Cruz  
 appeared at  
 London Fashion  
 Week in February  
 in a striped suit  
 and lime-green  
 shirt. He is also  
 often spotted with  
 necklaces, baggy  
 trousers and  
 Converse  
 trainers.

His style may  
 have caught  
 attention for the  
 right reasons, but  
 lets hope he  
 doesn't make the  
 same fashion  
 mistakes his dad has  
 over the years.

# E TAT ACK

G her memorable  
 n and Kate's wedding  
 is come a long way in

en a more demure -  
 n by wearing simple  
 with midaxi hemlines  
 that complement her

r's Royal Ascot horse  
 e line dress with corset  
 Wickstead in tonal  
 ral print.

ooked stunning on the  
 she now sticks to.

**No7**  
**SASHA**  
**ATTWOOD**

FOOTIE ace Jack  
 Grealish's girlfriend  
 and mother-to-be  
 Sasha is one of the  
 most down-to-earth  
 names on the list.

However, thanks to  
 Jack's £300,000-a-  
 week salary and  
 her influencer  
 career, the 28-  
 year-old has  
 access to a  
 plethora of  
 brands to style.

From Chanel  
 bucket hats to  
 Van Cleef &  
 Arpels bling,  
 she mixes high  
 end with the high street,  
 having been seen in the  
 likes of Superdry and  
 House of CB. And while  
 we missed out on her  
 glamorous looks  
 during the Euros after  
 Jack failed to make the  
 squad, she has truly  
 cemented herself as a  
 Wag to watch in the  
 style stakes.



**No8**  
**LUCY VAN**  
**STRAUBENZEE**

MARRIED to Thomas Van  
 Straubenzee, who is  
 Princess Charlotte's  
 godfather and Prince  
 William's best mate, the  
 royals and the fashion  
 crowd think Lucy is the  
 benzee's knees.

The teacher from  
 Prince George's former  
 school made the list  
 even though most may  
 fail to recognise her.

But from what we  
 can tell, the 44-year-  
 old loves pale blue that  
 suits her golden locks  
 and has been taking  
 style lessons from  
 the Princess of Wales  
 with a love of straw,  
 wide-brimmed hats.

However, for Harry  
 and Meghan's  
 wedding in 2018 she  
 wore a fuzzy baker  
 boy cap.

Tatler seems to  
 have turned a  
 blind eye but we  
 think less blue-  
 belle and more  
 what the hell?



**No10**  
**LADY VICTORIA**  
**STARMER**

THROUGHOUT Sir Keir's  
 campaign and first few  
 weeks at No10, Lady  
 Starmer, an occupational  
 therapist, has been  
 wearing a number of  
 understated but by all  
 means stylish looks.

The 49-year-old has nailed  
 the art of dressing as part of  
 a power couple.

She never outshines him  
 but always compliments  
 what he is wearing  
 perfectly, be it picking out  
 the tone in his tie or  
 mirroring his navy shirts.

She has also led to a  
 number of pieces from  
 British brand ME + EM  
 selling out, including a  
 cropped white jacket  
 and her Labour red  
 dress she wore on the  
 day of the PM's win.

She is never garish  
 but always graceful and  
 never unattainable but  
 relatable, winning formulas that  
 should have bumped her up a  
 few places in this poll.



**No9**  
**BEN**  
**CHILWELL**

FASHION and  
 football go hand-in-  
 hand, which is why  
 Chelsea and England  
 player Ben has bagged  
 a spot in Talter's poll.

The 27-year-old  
 scores style points off  
 the pitch by working  
 with high-end brands  
 such as Burberry.

He even sat front row  
 at its fashion show in  
 February, much to the  
 amusement of other  
 players - but clearly  
 something Talter values.

Ben took stick from  
 pal Jack Grealish over  
 his checked sleeveless  
 jumper and beige  
 leather jacket, which  
 isn't that too dissimilar to  
 one of Posh and Beck's  
 matching looks from the  
 Nineties.

If he is following in  
 David Beckham's  
 footsteps he will do well,  
 but we think he still has a  
 long way to go.



# Sunhealth



Edited by  
**LIZZIE PARRY**

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## THE CLOUDY start to this summer will likely have you itching to go abroad to soak up some sunshine.

But our desire to hit the beach is thought to be behind growing skin cancer rates in the UK, experts warn.

A longing for that holiday glow, combined with a growing ageing population and the public's greater awareness of the symptoms, has fuelled the surge.

A staggering nine in ten cases of melanoma, the deadliest form of skin cancer, are linked to exposure to the sun. So

By VANESSA CHALMERS

sun safety measures – think sun cream, hats and brollies – can save lives.

Dr Marc Hurlbert, CEO of Melanoma Research Alliance, tells Sun Health it's "crucial" to remember the dangers of prolonged sun exposure as the school holidays kick off.

"The sun's UV rays are strongest during this season, making it essential to take protective measures," he warns.

"Simple steps such as using broad-spectrum sunscreen, wearing protective clothing and seeking shade can greatly reduce your risk.

"Protecting your skin isn't just about avoiding sunburn –

it's a vital step in preventing skin cancer." But do you know everything you should about protecting yourself and your kids?

Dr Jonathan Kentley, an NHS dermatologist at London's Chelsea and Westminster Hospital and MRA ambassador, warns many of us fall for common misconceptions and make simple errors when it comes to sun safety.

Do you use a towel to dry off after a dip in the sea? Or are you guilty of believing that a base tan will protect you?

Here, Dr Kentley reveals 12 common mistakes about exposure to the sun, while urging you to check your skin for changes every month and seek help if you spot anything worrying.

## RELYING ON SPF FOR YOUR KIDS

CHILDREN should be kept out of direct sunlight as much as possible.

Dr Kentley says: "We know melanoma skin cancer particularly is strongly related to sunburn in childhood.

"If you had a couple of sunburns as a child, that really increases your risk of melanoma later in life."

As well as using the highest SPF, kids should wear UV protective clothing, especially on holiday.

"So long sleeves, long trousers

or bodysuits, especially if they're going to be swimming," says Dr Kentley.

Add a wide-brimmed hat that covers as much of their face, ears and neck as possible, to maximise protection.



## RE-USING OLD SUNSCREEN

BE careful with using last year's sun cream this summer.

On every bottle is an expiry date – look for a symbol that resembles an open jar or tub. Next to it is a number representing how many months a product lasts once opened, for example "12M" means 12 months.

Dr Kentley says: "Most sunscreens can be left open for six to 12 months but this varies.

"It can be helpful to write the date you open it on the bottle. "Chuck the sunscreen after it has expired or been left open too long as the filters will start to break down and not provide enough protection."



## THINKING DARKER SKIN WON'T BURN

FAIR-skinned people are the most in danger of skin cancer.

But that doesn't mean to say those with a dark complexion are not at risk – even if they have never been burned.

People with darker skin tend to get diagnosed with skin cancer at a later stage than those with a lighter skin, with consequently lower survival rates, studies suggest. Dr



Kentley says: "It does happen in dark-skinned people.

"A lot of the concerns people have cosmetically with darker skin is pigmentation.

"So in terms of combating signs of ageing, blue light, which is part of the visible light spectrum, can often trigger that.

"Some sun creams will filter out the blue light which can help with pigmentation."

## SKIMPING ON THE SKIN SAVER

THE NHS says adults should apply six to eight teaspoons of sunscreen over the entire body at each application.

Given you should reapply every two hours, that is a lot of sun cream.

Dr Kentley says: "Cover your first two fingers from bottom to top in sun cream and that should be enough for your face and neck each day.

"For the rest of the body, it should be around 30ml, which is the size of a shot glass.

"But that is a lot! It would mean going through about a bottle a day."

It's just a measurement to keep in mind – just remember you should probably be applying a lot more than you think.



# Save your Skin



Sun cream is good at preventing skin cancer...but avoid these 12 common SPF mistakes

## BEING DESPERATE FOR A TAN

A TAN is your skin's attempt to try to protect itself from the sun.

Dr Kentley says: "The DNA in your cells absorbs the light, causing damage.

"So actually, what happens when you get a suntan is you've already caused damage to the DNA in your skin.

"Your body's response to that is to produce more melanin, which then sets like an umbrella on top of your skin cells to protect it from more damage."

UVB are the UV rays that,

despite only making up a small part of the light spectrum, are the most damaging to the skin and are strongly associated with skin cancer.

Dr Kentley says: "Some 90 per cent of non-melanoma skin cancers which are most common, and the vast majority of melanoma which is the most worrying skin cancer because it's the one that has a higher risk of death, are linked to UVB.

"These skin cancers are completely preventable by wearing sunscreen."

## MORE BANG FOR YOUR BUCK

SUN creams can cost anywhere from a few quid to triple figures.

Dr Kentley explains that the high prices of some tends to be due to better formulas that feel or look nicer on the skin.

He says: "The sun cream filters – there are two, mineral and chemical – have decades of research and development behind them.

"Expensive creams

just tend to be formulated in a way that people may like more, especially for the face, but a lot of the price is down to branding.

"For example, mineral-based sun creams can sometimes be chalky and often the more expensive ones will remove that effect.

"But high-street brands still offer very, very high-quality sun creams."



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## Ask Dr Zoe

Your health questions answered  
See page 30



# The SPF survival guide

## RELYING ON SPF IN MAKE-UP

NO, the SPF in your foundation is not enough to protect your face from the sun. Dr Kentley says: "It's useless. I would say put SPF on first and if you are wearing make-up that has SPF in - then it's an extra boost."

"But do not rely on it, because if you need two fingers of sun cream to protect your face, you'd need the same amount of foundation, and no one's using that on a daily basis." Dr Kentley also recommends adding sun cream on top of moisturisers that contain SPF.



## CHOOSING SPRAYS

WE might be lured in by sprays and oils rather than creams.

Dr Kentley warns against the former, saying: "I think they're OK for topping up, particularly for people wearing make-up who need a boost."

"But the issue with aerosol ones is a lot goes in the air. You would need to apply it until the skin was glistening all over."

When speaking of oils, Dr Kentley says: "They are just a different kind of vehicle."

"But it can be hard to see where you have put it, compared to creams."

"I always say the best SPF is one you will wear, so if you like the texture, smell, and you'll wear it, that's great."



## FORGETTING THE EARS

THERE are several places more prone to skin cancer, including the tops of the ears, neck and backs of the hands.

Dr Kentley says: "People always forget the ears and we often see pre-cancer there from years of missing it."

"The armpits and middle of the chest are also forgotten."

"We tell people to put on a head-to-toe layer of sun cream before they go out for the day."

"By the time you're out at the beach, doing other things, sweating, you aren't really concentrating."

"The back of the hand is very prone to ageing, which people hate."



## ONLY TRUSTING SPF

THE higher your SPF, the better protected you are, right? Yes, but only if it's used correctly.

Dr Kentley says: "SPF measures the ability of a sunscreen to protect the skin against sunburn. This means that, if using SPF 50, the skin can be exposed to 50 times the dose of UVB without burning."

"So, for example, if your skin would normally burn after ten minutes, an SPF of 50 would mean the skin would burn after 500 minutes."

"But SPF is measured in lab experiments. To get that amount of protection you'd have to use 2mg per 1cm of skin. No one can

realistically wear that much, they'd be slipping everywhere, and studies show people only apply around 20 to 50 per cent of the recommended amount, meaning that if they are applying SPF 50, it is only providing around SPF 15-25."

So while SPF 50 will give you the best protection, you have to be wary, Dr Kentley says: "Reapplication is largely to ensure you catch any bits you have missed and make sure you are getting the correct level of protection."

"Remember you can still get burnt even when you wear sunscreen."

## SIGNS YOU SHOULD NOT IGNORE

THERE are three main types of cancers dermatologists typically treat: Basal cell carcinoma, squamous cell carcinoma (both non-melanoma skin cancers), and melanoma.

Describing the first two types, Dr Kentley says: "Two things to look out for are a red spot or lump which isn't going away and is slowly growing."

"Particularly if you're getting any bleeding, like an ulcer that isn't healing, then you would want to get that checked out."

Melanoma is much less common but is the most deadly. Dr Kentley says: "Melanoma is the one we should worry about the most. It has the highest risk of spreading."

Remember the ABCDE rule to check for melanoma:

- A** is for asymmetry. Are the two sides of your mole different?
- B** is for the border. Is the border irregular, with jagged edges?
- C** is for the colour. Are there different shades of brown and black within the mole?
- D** is for diameter. At the widest part of the mole, is the diameter (inside) more than 6mm?
- E** is for evolution. Has it changed in size, shape or colour?

## FALLING FOR THE BASE TAN MYTH

A BASE tan protects you from the sun's strong rays abroad - or so the common myth maintains.

Dr Kentley says: "The most tanned you can go will give you an SPF of about 2. That's not adequate for preventing ageing and cancer."

"If you're worried you'll burn, the answer is to be more careful, putting sun cream on and sitting in the shade."

If you're getting a



base tan to feel more confident in swimwear, don't use sunbeds.

The World Health Organization classifies them as cancer-causing agents.

Research shows those using indoor tanning devices have up to a 75 per cent higher risk of melanoma, the MRA says.

And Dr Kentley adds: "Most light in a sunbed is UVA, which causes premature ageing."

## BURNING ISN'T THE ONLY DANGER

UVB rays are only half the story. UVA rays make up more of the light we are exposed to and penetrate skin differently. Dr Kentley says: "UVA goes deeper into skin, which causes the breakdown of collagen and elastin, which is related to ageing."

"People don't realise UVA is around all year, it penetrates through clouds. That's why we say wear sun cream every day."

But you first want to check if your product has UVA protection. On the bottle, look for five stars, a circle with UVA written inside it or PA++++ for the highest UVA protection.



**IS alcohol good for health? It's a topic that is often contested, and certainly those who like a tippie will prefer to think that drinking in moderation is good for you.**

Certainly, there has been research that suggests this. But while studies may find antioxidants in red wine are good for the heart, or hops in beer reduce inflammation, that is not the same as saying alcohol is good for health.

While a wine a day is normal in some long-living populations, like in Sardinia, it's the healthy, active and sociable lifestyles – not the plonk – that gives them longevity. The World Health Organization

says “no level of alcohol consumption is safe”.

Yet UK guidelines suggest 14 units per week is safe. Why? Alcohol is an enjoyable part of people's lives and the guidelines are there to help them make informed choices.

Sticking to 14 units can lower risk of hazards linked to alcohol, which include heart attack, stroke, mental health issues and more. But let's be clear, no amount of alcohol conveys benefit to health, but keeping drinking to low levels minimises the risk of harm.

Here's a selection of what readers have asked me this week.

Expert advice from **Dr Zoe Williams**, our very own resident specialist and practising NHS GP

Got a question for Dr Zoe?  
Email her at [health@thesun.co.uk](mailto:health@thesun.co.uk)

## SEVERE PAIN SINCE OP

**Q** ABOUT six or seven years ago a horse jumped on my foot. I had an operation, after which I immediately had severe pain, as I do to this day.

I've tried every painkiller and antidepressant that exists, as well as acupuncture and reiki.

Walking eases the pain but when I stop I have what I call stinging nettle pain and constant muscle movement. You can see my foot moving of its own accord.

I'm 70 now and don't have any other conditions other than taking thyroid medication.

It sounds like you've received a whole array of treatments including ones for neuropathy, better known as nerve pain.

Neuropathy can occur when there's permanent damage to the nerves and they then send abnormal signals to the brain.

So, the brain might perceive that there is still an injury even though the tissues have healed.

You can get fasciculations when nerves are damaged, like twitching movements. Is this what the involuntary movements are like?

Sometimes walking may override these abnormal brain signals by activating nerves in a different way and nerve pain does tend to be worse at night.

Your description of it being like stinging nettles suggests a potential alternative diagnosis of chronic regional pain syndrome.

My guess would be that your pain

is most likely from nerve damage or CRPS, both of which can be difficult to treat. It sounds like you have tried a wide range of medicines so the next step in my opinion will be to get some relief from a more psychological approach, which is the mainstay of treatment for CRPS and can be effective for neuropathy too.

This would be about retraining the brain, essentially. Your brain is perceiving damage and trauma when there isn't an injury any more. Your medical team can refer you or you can refer yourself online by searching for NHS talking therapies.

There are also some benefits of self-management – people with CRPS are encouraged to educate themselves on the condition and learn techniques such as relaxation to help manage the pain. There are also exercises and desensitisation techniques.

So please don't feel like there is nothing more to try and I hope that this advice leads you to a solution.



All the answers to help you sort those niggling health worries

# ASK Dr ZOE

**Q** I have been taking a teaspoon of olive oil every morning before I eat anything. Am I doing harm?

**A** No, I don't see why a teaspoon of olive oil daily would do any harm and there are proven health benefits from ensuring that we include healthy fats, such as olive oil, into our diet.

I can't find any benefits that specifically relate to taking it while you are being treated with chemotherapy, but there are some reported claims of ways it can improve health in general.

Studies show it can alleviate constipation and there are also studies that have found people having haemodialysis can benefit from it as it helps to soften stools.

It may benefit heart health in many people too.

Olive oil has anti-inflammatory and antioxidant properties and a recent meta-analysis (the best type of study) concluded that olive oil consumption seems to exert beneficial actions in terms of cancer prevention.

Smaller scale studies have found some other health benefits as well.

One study found olive oil ingestion resulted in a 22 per cent reduction in blood sugar after eating a meal and another study of 253



women found olive oil consumption improved bone density.

While I can't find any reason to suggest that it is harmful, please do mention this to your oncologist, in case it affects the way medicines are absorbed, for example.

The chemotherapy treatment you're due to receive will be very individualised to you, and so the only person who will know for certain if there's any reason for you not to take it would be your oncologist.

As already discussed there are many benefits to olive oil though, especially when eaten raw.

So say for example your oncologist advises not to have it first thing in the morning if there is a risk of it interacting with medication absorption, it should still be fine to have it alongside meals.

It could be drizzled over dishes or used to make delicious salad dressings.



## Worried over hubby's weight loss

**Q** MY husband is 66 and has lost nearly four stone without trying to. He was always a big man but now he looks frail. He has bad arthritis and bone spurs on his fingers.

Lately his knees have improved but the pain has gone to underneath his feet. Some days he can hardly walk.

I have bought him compression socks, creams, gadgets and wraps to no avail. His GP told him it is old age and to just keep taking painkillers. It has been over six months.

His blood pressure is low but used to be too high. Blood tests have shown nothing.

**A** I hear your distress and concern and no wonder. Four stones of unexplained, and unintentional weight loss definitely requires further investigation and he might need to be referred on a two-week wait suspected cancer pathway.

There are possible non-cancer causes too. But first, I would say it is important to get him assessed for cancer and have this either diagnosed or ruled out.

Several types of cancer can cause weight loss, including colorectal, gastro-oesophageal, lung, pancreatic or urological cancer, which includes the kidney, prostate, bladder and testicles.

Does he have any other symptoms, apart from those due to arthritis?

These could help the GP make the best decision on which cancer pathway he should be referred on.

Sometimes the GP will do investigations first, such as a CT scan if he has tummy pains or vomiting, or a chest X-ray if he has a cough or has been a smoker.

If the GP can't access the investigations urgently then the referral should go ahead.

Regarding his blood pressure, this has likely come down due to the weight loss, and if he is still taking his medication for blood pressure this should be reviewed as it likely needs reducing or stopping.

### TIP of the WEEK

**START your day with a full body stretch, such as trying to touch the toes, rolling the shoulders and reaching above your head. This gets the circulation going, which can increase energy and focus. It eases morning stiffness and over time can improve muscle tone and nerve function.**

## OBESE MUMS CAN RISK BABY'S LIFE

HEALTHY babies born to overweight mums are more likely to die suddenly in the first year of life.

Mums-to-be with a BMI of 30 to 34.9 have a ten per cent higher risk of losing a newborn to sudden unexpected infant death, compared to babies born to women with a BMI of 18.5 to 24.9 – the NHS's “healthy range”.

Researchers at the University of Washington found the odds increased with a mum's BMI – with a 40 per cent greater risk for a BMI over 40. The experts said maternal obesity may account for five per cent of SUID cases – approximately ten cases a year in the UK. The team do

not have an explanation for the link but suggest obese mothers are more likely to suffer from sleep apnoea which may restrict foetal growth.

The authors wrote in the paper, published in medical journal JAMA Pediatrics: “Maternal obesity should be added to the list of known risk factors for SUID. With maternal obesity rates increasing, research should identify potential causal mechanisms for this association.”

Although the exact cause is not understood, parents can help prevent SUID with safe sleeping measures, such as putting a firm mattress in their cot and not sharing a bed with a baby if a parent smokes.



VULNERABLE... increased risk of SUID

## QUIT SMOKING BONUS

WEIGHT-loss injections could help people quit smoking, a study suggests.

Researchers found people who had started using semaglutide, the active ingredient of Ozempic and Wegovy, were less keen on cigarettes within a month. It may mean that people can kick the habit without the feared side-effect of weight gain.

It comes after reports of patients on the drugs having a lower desire to smoke after being treated.

In the UK, Ozempic is only approved to treat type 2 diabetes, but has side effects of weight loss, while Wegovy is approved for weight loss.

The study, looked at 223,000 people who had type 2 diabetes and “tobacco

use disorder”, some of whom also had obesity. Nearly 6,000 had been newly prescribed semaglutide, which was compared against seven other anti-diabetes medications, including metformin and insulin.

Those using semaglutide were less likely to be prescribed smoking cessation medication or counselling over a year period than patients on other diabetes drugs.

This, the researchers suggest, indicates that semaglutide shows promise as a potential tool for quitting smoking.

Early studies suggest that GLP-1 receptors modulate the brain's reward systems so that smoking is less pleasurable.



# 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

## SCARED OF BULLY GARDEN WORKER

Dear Deidre

ONE of my neighbours scares me and my kids and I don't know what to do about it.

He's in his 50s and I'm a 35-year-old single mum to two little boys.

This man lives in our block and he is paid to maintain the garden area that we all use.

We each pay him separately but if I'm ever late he hangs around outside my flat every day. He put a note through my door before saying that my contribution was a pound short. But I counted all the money in the envelope so I know it was correct.

Sometimes he bangs on my door really loudly, demanding a payment and threatening that he won't cut the lawn.

Then I feel so responsible for everyone in the flats. But he frightens me too. I just wish he'd leave.

**DEIDRE SAYS:** He sounds intimidating and with young children in your home, no wonder you feel vulnerable.

Write a polite but firm note asking him to refrain from banging on your door because your children are getting scared.

As all your neighbours pay him, could you request that one of them, someone who won't be intimidated, collects all the money and hands it over?

If this isn't going to work out, my support pack, Nuisance Neighbours, will show you what your rights are and where to get help.

Find support through Gingerbread (0800 802 0925, gingerbread.org.uk), which helps single parents/carers.

## hot topic

HAVING sex for the first time is a significant milestone that can bring up mixed emotions and questions about intimacy and relationships.

What's most important is practising safe, consensual sex when you feel ready. It's normal to feel nervous if you've not been physically intimate before, but it shouldn't be painful.

If you or someone you know is considering this, see my support pack First-time Fears for information.

Dear Deidre

A SILLY argument has got out of hand and now my daughter only wants me at her wedding, not her father. We are devastated.

I'm 63 and my husband is 65. The problem started with a stupid row over looking after our dog when we went on holiday to Spain.

We asked my daughter and her fiancé if they could dog-sit for us. We gave them the dates and they both agreed.

A month before we were due to go, my daughter called and said her fiancé had booked for them to go to France so they couldn't have the dog.

My husband took the phone off me and my

# Wife's devious pal split us up

Dear Deidre

**MY wife's best friend has played me like a fool. I let her manipulate me and now my marriage is dead in the water.**

Everything unravelled when she turned up at my door. She seemed so upset as she explained she felt morally compelled to tell me my wife was having an affair.

I confronted my wife and was shocked when she admitted she had been sleeping with an old boyfriend. I'm a man of 47 and my wife and her friend are both 44.

My wife left that night. We were both really upset and I so regret that I didn't take the chance to tell her I loved her and wanted to work it through.

At that time my wife had been receiving stacks of hate mail but from the moment she moved out, it all stopped. Instead her friend became my confidante.

She would constantly turn up and cook for me. Within six months, we became lovers. She cut off my wife

**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**

completely, calling her "vile" and "disgusting".

My wife did warn me her friend could be a manipulative trouble-maker but I paid no attention.

Then one day my lover was having problems with transferring data to a

new phone and asked for help. While I was syncing her phone I noticed a file labelled with my wife's name.

Opening it, I was shocked to see copies of all the hate mail.

I haven't said a word to her yet. She turns up at my house like a smiling assassin.

I've recently discovered my wife's affair is over and I'd love to see if we can work things through.

On reflection, I can't blame her for finding love elsewhere. I wasn't a very considerate husband.

I wonder if she'd have me back?

**DEIDRE SAYS:** Have some courage. It's got to be worth reaching out to your wife. She betrayed you hugely but if you are both willing to talk through what went wrong, your marriage has a chance.

Whether or not you can rekindle your marriage, the time has come to kick this other dishonest relationship into touch.

Tell your lover what you found and explain you can't be with someone so destructive.

Explain to your wife you feel you have both made mistakes but some couples counselling may help you to salvage your marriage. My support pack Cheating – Can You Get Over It? will help.

## DAD LIES AND IS SO RUDE I DON'T WANT TO VISIT HIM

Dear Deidre

I CAN no longer face visiting my elderly father because he has turned into the most hateful human being.

He is so rude to people, he lies and thinks everyone owes him attention. He is 87 and I'm his 63-year-old son.

His latest untruth has really hit me hard. My wife had a heart attack a little while ago. She is doing well but needs to take it easy and I'm looking after her. Yet my father has told his neighbours and my sister there's nothing wrong with her.

Now the community centre he visits is reluctant to take him because he has been so rude and criticises the staff.

We have always had Dad over for Sunday lunch but he has been telling his neighbours that we never feed him.

His house is now dirty and smelly too. I mentioned taking my wife on holiday to Margate and Dad asked if he could come – but having him with us would be hell on earth. Is it wrong of me to think that way?

**DEIDRE SAYS:** No – even our nearest and dearest can upset us sometimes. My concern is your father is showing symptoms of cognitive impairment like Alzheimer's or dementia.

If he was normally a pleasant man to be around, dementia could be the reason behind his personality change.

He may need some extra care at this time in his life. You need a diagnosis first so talk with Dementia UK (dementiauk.org, 0800 888 6678).

## stories deidre's photo casebook | VICTORIA'S VERBAL CONSENT: DAY 2

...JAMES LOOKS CUTE AND HE ONLY WANTS A CASUAL RELATIONSHIP - PERFECT!

OH WOW, THE GUY I MATCHED WITH HAS ASKED ME ON A DATE!

WHEN?

TOMORROW! THIS GIRL IS ON FIRE

...I'VE ONLY JUST SWIPED RIGHT AND WE'VE ALREADY MATCHED!

Clothes by Boohoo and BoohooMAN

CONTINUES TOMORROW

## HUBBY BARRED FROM WEDDING

daughter put her fiancé on and they ended up having a slanging match.

It was awful. I was upset. My daughter was in tears. We had to postpone our flights and it cost us a cancellation fee.

My daughter still phones me every week but her fiancé refuses to speak to us. He is waiting for an apology from my husband for shouting.

They are getting married in September. The invitation has just arrived in the post but it's only

addressed to me. That means my husband won't be walking his only daughter down the aisle which is something we both wanted.

What can we do to put things right?

**DEIDRE SAYS:** Tell your husband how much this is upsetting you and ask him to swallow his pride and apologise for flying off the handle.

Sometimes, you have to accept that apologising is the only way to move on and it would be better if you could both go to the wedding.

If your husband makes the call, ask him to follow it up by inviting them out for lunch to encourage everyone to put this problem in the past. My Wedding Worries support pack may help you too.

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## 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](https://thesun.co.uk/deidre) **Instagram:** @dear.deidre **Facebook:** @DearDeidreOfficial **X:** @DearDeidre **Post:** Dear Deidre, The Sun, 1 London Bridge Street, London, SE1 9GF

# Tuesday

**4-PAGE SECTION**

# TV GUIDE

**BBC ONE**

**BBC TWO**

**itv1**

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**5**

**6am Breakfast (S)**  
**6.45 Olympics: Paris 2024** Jeanette Kwakye and JJ Chalmers present an early start to coverage on day four, as the men's triathlon gets under way at 7.00 at Pont Alexandre III. Britain's Alex Yee had to settle for silver in Tokyo three years ago, but won the test event on the Paris course last year, and will be hoping to follow in the footsteps of Alistair Brownlee as Britain's second Olympic men's individual triathlon champion. There will also be rowing quarter-finals and semi-finals, and swimming heats. (S)  
**1.00 BBC News (S)**  
**1.45 Olympics: Paris 2024** Hazel Irvine introduces further coverage, as the women's team artistic gymnastics and men's BMX freestyle take place. Great Britain won their first Olympic women's team gymnastics medal in almost a century in Tokyo, but it will be a tough task repeating that feat. The final begins at the Bercy Arena at 5.15. (S)  
**6.00 BBC News (S)**  
**6.30 Regional News (S)**



7pm Britain's Anna Hopkin is due to take to the pool in Olympics: Paris 2024

**7.00 Olympics: Paris 2024** Clare Balding presents coverage of the swimming finals at La Defense Arena, where a further three champions are set to be crowned, including in the men's 4x200m freestyle relay at 9.00. The British men dominated this race in Tokyo, finishing more than three seconds clear of the field to take gold. This time they are likely to face stiff competition from the likes of the USA and Australia, as a gallery of stars line up for one of the most eagerly anticipated races in the swimming calendar. The women's 100m backstroke final is at 7.56 and the men's 800m freestyle is at 8.02, and there are semi-finals in a further four disciplines with the likes of French superstar Leon Marchand and Great Britain's Anna Hopkin and Freya Anderson expected to be in action. (S)  
**10.00 BBC News (S)**  
**10.30 Regional News (S)**  
**10.40 Olympics: Paris 2024 - Tonight At The Games** Isa Guha and Mark Chapman look back at the biggest stories from day four, as a total of 12 gold medals were decided with multiple British athletes in contention for the podium. (S)  
**12.00 Kin** Double bill. The Kinsellas prepare for an all-out war with the Cunninghams. Then, Amanda and Frank need to find a new supplier. (R,S) Followed by **Weather For The Week Ahead 1.50-6am** BBC News (S)

**6.45 am Breakfast (S)**  
**9.00 Dom Does America (R,S)**  
**9.30 Wanted Down Under Revisited** With Nicki Chapman. (R,S)  
**10.15 A Countryside Summer (R,S)**  
**10.45 The Farmers' Country Showdown (R,S)**  
**11.15 Homes Under The Hammer** Property auctions. (R,S)  
**12.15 Politics Live (S)**  
**1.00 Olympics: Paris 2024** Coverage of the table tennis mixed doubles final taking place at the South Paris Arena. (S)  
**1.45 Bargain Hunt (R,S)**  
**2.30 The Customer Is Always Right** Testing inventions. (R,S)  
**3.00 Escape To The Country** Jules Hudson helps a couple search for a new home in the North Wessex Downs. (R,S)  
**3.45 Ricky & Ralf's Very Northern Road Trip** Ralf Little and Ricky Tomlinson visit Cumbria. (R,S)  
**4.30 The Repair Shop (R,S)**  
**5.15 Flog It!** Antiques experts visit the Oxford Union. (R,S)  
**6.00 Olympics: Paris 2024** Hazel Irvine presents continued coverage of the women's team artistic gymnastics final. (S)



7.30pm Alfie takes a different approach to disciplining Tommy in EastEnders

**7.00 Richard Osman's House Of Games** Famous faces Malorie Blackman, Matt Dawson, Chris McCausland and Ranvir Singh take part. (R,S)  
**7.30 EastEnders** Suki questions Vinny's methods as he kicks Priya out of the house and Alfie takes a different approach to disciplining Tommy. Johnny tries to get Callum to let off some steam. (S)  
**8.00 Inside The Factory** (4/6) Gregg Wallace finds out how vegan sausages are made, visiting a North Yorkshire factory which churns out 90,000 pork-free bangers every day. (R,S)  
**9.00 Kyle: The Gunman** Documentary about one of America's most controversial figures, Kyle Rittenhouse, who shot three men at the age of 17 - two fatally - amid Black Lives Matter protests in 2020. (R,S)  
**10.00 My Family** (4/13) Ben and Susan look forward to their holiday, but any hope of relaxation is ruined when Janey persuades them to let her have a party. (R,S)  
**10.30 Newsnight** Headline analysis with Victoria Derbyshire. (S) Then **Weather 11.05 Today At The Test** England v West Indies. Day five of the third and final Test. (S)  
**12.05 Sign Zone: The Turkish Detective** Crime drama. (R,S,SL) **1.45 The Bidding Room (R,S,SL)** **2.30-3am** Surviving The Post Office (R,S,SL)

**6am Good Morning Britain (S)**  
**9.00 Lorraine** Entertainment, current affairs and fashion news. (S)  
**10.00 This Morning** A mix of celebrity chat, lifestyle features, advice and competitions. Including Local Weather. (S)  
**12.30 Loose Women** More celebrity interviews and topical debate from a female perspective. (S)  
**1.00 ITV News (S)**  
**1.20 Regional News (S)**  
**1.30 ITV Racing: Glorious Goodwood** Ed Chamberlin and Francesca Cumanì present coverage of day one of the festival, which is headlined by the Goodwood Cup. (S) Followed by **Local Weather 4.00 Tipping Point** Ben Shephard hosts the arcade-themed quiz show 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** Bradley Walsh presents as four contestants answer general knowledge questions and work as a team to take on a Chaser. (R,S)  
**6.00 Regional News (S)**  
**6.30 ITV News (S)**



8pm Pasha Kovalev competes to deliver a stand-out dish in Cooking With The Stars

**7.30 Emmerdale** Kim has set her sights on Caleb, it is Ella's scan day, and Jai and Laurel's marital problems pervade village life. (S)  
**8.00 Cooking With The Stars** (1/6) Emma Willis and Tom Allen return with the celebrity cooking contest in which famous faces are mentored by world-class chefs as they compete in culinary cooking battles. In the opening edition, Carol Vorderman, Abbey Clancy, Pasha Kovalev and Harry Pinero compete to deliver stand-out dinner party dishes in a bid to progress to the next round. (S)  
**9.00 Vera** (6/6) DCI Stanhope is called out to the banks of the River Tyne, where the body of a young woman has been washed up. Although the victim appears to have been a popular manager at a local green energy company, as well as a loyal friend and a loving mother and wife, Vera soon uncovers a web of intrigue, betrayal and lost promises. (R,S)  
**10.45 ITV News At Ten (S)**  
**11.20 Regional News (S)**  
**11.35 On Assignment** James Mates, Faye Barker and Barnaby Papadopolous report on current affairs in Santorini, Cyprus and rural Spain. (S)  
**12.05 Turbulence: How Safe Is Your Flight?** (R,S) **1.00 Shop On TV 3.00** Celebrity Catchphrase (R,S) **3.50** Unwind With ITV (S) **5.05-6am** Ainsley's Taste Of Malta (R,S,SL)

**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 The Simpsons** Mr Burns buys his employees hi-tech specs so he can spy on them. (R,S)  
**12.05 C4 News (S)**  
**12.10 A New Life In The Sun** The soft launch of Karen and Phil's bar in Spain gets stressful. (R,S)  
**1.10 Car S.O.S** Tim and Fuzz take on a 1988 Fiat Uno Turbo. (R,S)  
**2.10 Countdown** Helen Lederer is in Dictionary Corner. (S)  
**3.00 A Place In The Sun (R,S)**  
**4.00 The Great House Giveaway** Nurse Ffion and fundraiser Georgia renovate a two-bedroom terraced house. (S)  
**5.00 A New Life In The Sun: Where Are They Now?** A couple in Mallorca look at ways to diversify. (R,S)  
**6.00 Come Dine With Me** Michael hosts the second night in north London. (R,S)  
**6.30 The Simpsons** Comic Book Guy takes Homer to court. (R,S)



8pm Scarlett and Stuart help single mum Natalie in Worst House On The Street

**7.00 C4 News (S)** Followed by **Paris 2024 Paralympics: Meet The Athletes**  
**8.00 Worst House On The Street** (3/6) In Bristol, Scarlett and Stuart help Natalie, who wants to transform her fixer-upper house into a colourful haven for herself and her daughter. (S)  
**9.00 The Body Detectives** The experts investigate the death of an unidentified man found in a London street in 1994, using new technology to uncover the man's story. (S)  
**10.00 Gogglebox** (11/14) The armchair critics share thoughts on shows including The Crown, Survivor, 007: Road To A Million and The Good Ship Murder. From November 2023. (R,S)  
**11.05 Women On Death Row** (2/6) A fire in Sandi Nieves' home saw her convicted for her four daughters' murders. Awaiting the possibility of a new trial, she holds out hope of speaking to her son. (S) Followed by **Paris 2024 Paralympics: Meet The Athletes**  
**12.10 Ramsay's Hotel Hell (R,S,SL)**  
**1.00** Come Dine With Me: The Professionals (R,S) **1.55** Car S.O.S (R,S) **2.45** Becoming Elizabeth (R,S,SL) **3.50** Paris 2024 Paralympics: Meet The Athletes (R,S,SL) **3.55** Love It Or List It Australia (R,S,SL) **4.50** Frasier (R,S) **5.40** Paris 2024 Paralympics: Meet The Athletes (R,S,SL) **5.45-6.25am** Countdown (R,S)

**6am Milkshake!**  
**9.15 Jeremy Vine (S)**  
**11.30 Storm Huntley (S)**  
**12.45 Friends** Double bill. Chandler dates a married woman. Then, a power cut exposes Chandler to temptation. (R,S)  
**1.40 5 News (S)**  
**1.45 Home And Away** Bree tries to talk a suspicious Dana down, as Bronte deftly plays the victim to a sympathetic Irene. (R,S)  
**2.15 The Man With My Husband's Face** A woman's husband disappears, presumed drowned, during a kayaking trip, but soon after she glimpses a man who looks exactly like him. Thriller with Koko Marshall and Thomas Gipsom. (2023) **3.30 (S)**  
**4.00 Bargain-Loving Brits In The Sun** Musician Wayne is asked to help judge a weekly talent contest. (R,S)  
**5.00 5 News At 5 (S)**  
**6.00 Amazing Railway Adventures With Nick Knowles** The presenter heads south on a sleeper train to Hanoi during his exploration of Vietnam. (R,S) Then **5 News Update**



9pm Janet Ellis tests a hand whisk in Your Kitchen: 60 Years Of Fads & Gadgets

**7.00 Our Great Yorkshire Life** Emmerdale actor Dean Andrews takes Lancastrian co-star pal Liam Fox to the Dales to find out how the world-famous Wensleydale cheese is made. (S) Followed by **5 News Update**  
**8.00 The Yorkshire Vet: At Home With The Greens** Jean takes Peanut, the oldest of her 13 cats, to Peter's surgery for a check-up and rewards the ageing moggie with a luxury cat tree. (S)  
**9.00 Your Kitchen: 60 Years Of Fads & Gadgets** (1/2) Charting the transformation of the British kitchen from the 1950s to the present day, looking at the trends and social changes involved. Celebrities Janet Ellis, Danny John-Jules and Jenny Eclair try the must-have gadgets of the day. (S)  
**10.00 Britain's Favourite Ads Of The 70s & 80s** A celebration of the most memorable, impressive, funny and sometimes shocking British TV adverts with commentary on how the ads were made and their social context. (R,S)  
**12.05 Crimes That Shook Britain (R,S)** **1.00** PlayOJO Live Casino Show (S) **3.00** Great British Gardens With Carol Klein (R,S) **3.50** Chronic Pain: How To Live With It (R,S) **4.40** Wildlife SOS (R,S,SL) **5.05** House Doctor (R,S,SL) **5.30** Entertainment News On 5 (S) **5.35** Fireman Sam (R,S,SL) **5.45-6am** Paw Patrol (R,S,SL)

**REGIONAL VARIATIONS** S4C: 6am Cyw 12.00 Newyddion S4C A'r Tywydd 12.05 Cwprddrdd Epic Chris 12.30 Heno 1.00 Sgwrs Dan Y Lloer 2.00 Newyddion S4C A'r Tywydd 2.05 Prynghawn Da 3.00 Newyddion S4C A'r Tywydd 3.05 Hen Dy Lloer 4.00 Sali Mail 4.15 Fflem Fach 4.30 Pentre Papur Pop 4.45 Aho! 5.00 Swnsh: Swnre Ni 5.05 Prys A'r Pryfed 5.20 Lego DREAMZZzz 5.40 Gwarch Y Rhifyn 6.00 Flawin Drefn 6.30 Tanwan Ac Ollie 6.57 Newyddion S4C 7.00 Heno 7.30 Newyddion S4C A'r Tywydd 8.00 Pobol Y Cwm 8.25 Adre 8.55 Newyddion S4C A'r Tywydd 9.00 Y Sioe 2024 10.00 Taith Bywyd 11.00-11.35pm Bwrdd I Dri BBC TWO WALS: 8pm Weatherman Walking: The Welsh Coast 8.30-9.00 SOS: Extreme Rescues 11.05 New Voices From Wales: I Am Igo 11.20 Today At The Test 12.20-12.55am Coast

FILMS ★★★★★ Brilliant ★★★★ Very Good ★★★ Good ★★ Not Bad ★ Poor (R) Repeat (S) Subtitles (SL) Sign Language (HD) High Definition



By **ROD McPHEE**  
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# **Sun** tvbiz



## EYE TIME FOR BIG BROTHER

BIG Brother has released a new eye logo as ITV2 gears up for another series.

The reality show was brought back last year after being away from screens since 2018 – and it was a huge success, with 70million streams from fans.

The restyled eye made its debut in an ad break between tense scenes on Love Island last night. It follows the new design that was unveiled for last year's relaunch, as well as a tweaked version for the celebrity show in February.

AJ ODUDU and WILL BEST will return as hosts as the latest batch of housemates takes up residence. The show is expected to launch in the autumn.

● NETFLIX'S terrifying Unsolved Mysteries format is back after two years off screen. The fourth series, which launches tomorrow, will look at the case of Jack The Ripper, along with sightings of folklore creature the Mothman and three unsolved killings across America.

DANGEROUS... as Adam

## JACK'S FULL OF MALICE

JACK WHITEHALL is on a mission of destruction in new Prime Video drama Malice. The comedian plays Adam Healy, a charming male nanny who infiltrates the wealthy Tanner family, which sees DAVID DUCHOVNY as dad Jamie and CARICE VAN HOUTEN as his wife Nat.

The psychological thriller will unpick the Tanner family's dark secrets, as well as Adam's manipulation and betrayal.

Jack said: "What an incredible 18 weeks it's been. "From shooting in London in February to ending in 37C heat in Paros, it has been an amazing experience and I couldn't be prouder of what we've achieved."

"I feel so lucky to have been able to go to work every day with so many insanely talented people."

"I can't wait for you to see the end result when it launches worldwide next year on Prime Video!"

# The Zoe and Woody show

## THE BALLS TO BE NEW HOSTING DUO

ZOE BALL and son WOODY COOK are ditching the sofa to become the latest parent-child presenting team.

I can reveal the Celebrity Gogglebox pair have held secret talks with various production companies about fronting a new show together.

Telly bosses have been impressed with their banter and on-screen chemistry – and the two are keen to work alongside each other, following in the footsteps of Gladiators hosts BRADLEY and BARNEY WALSH.

A TV insider said: "Zoe and Woody are in big demand and they would like to work on new projects together."

"A mother and son presenting team is fairly rare on British television so they can bring something different. "They're bang up for it."

Radio 2 DJ Zoe shares Woody with ex-husband NORMAN COOK, aka DJ

Fatboy Slim, and the pair reunited to support their son, an aspiring DJ himself, at his recent gig on Brighton seafront.

As well as Celebrity Gogglebox, Woody has also appeared on reality show The Circle in 2019, ITV series Cooking With The Stars in 2022 and in DANNY DYER's recent Channel 4 documentary How To Be A Man.

But fronting new shows with his mum appears to be the next step on his career ladder.

Woody exclusively told me: "Me and my mum keep being pitched for really cool stuff. The industry is so hard, but we'll get there. I'm excited for whatever we end up landing on."

But Woody, who will perform at



BANTER... pair on Gogglebox

the Mucky Weekender Festival in Winchester, Hants, in September, says he'll reject offers from the big reality shows until he's famous in his own right – and not just known for having celebrity parents.

He added: "Things like Strictly and Big Brother I would love to do but only once I'm known for making something,

music or festivals. "I don't want to be the guy from the celeb circuit. At the moment it would put me in danger of being 'someone's son', rather than standing on my own two feet."

A nice presenting gig with his mum will certainly change that.

● YOUTUBER YUNG FILLY is bringing together rappers, comedy icons and a Premier League footballer for a new digital series from Channel 4. Minor Issues, available on YouTube now, sees a panel of three pre-teens dishing out their fiercest insults to the celebrity guests.

## SUE: NO QUESTION FOR ME

FORMER A Question Of Sport host SUE BARKER says she would love the show to return – but she wouldn't host it.

The veteran presenter was sensationally given the elbow by the BBC in 2021, with PADDY McGUINNESS taking the reins. But the programme was then canned last year.

Now Sue has told the Monday Mile podcast: "They haven't said that they're going to bin it for ever, so bring it back and have fun again, it'll be great."

"If I was 20/30 years younger I would jump at it, absolutely. "I loved it, loved it, loved it, but everybody has their time. "My time was then. It's time for someone else to take up the baton and really enjoy it." She should never have had the baton taken from her in the first place.

More listings:  
Pages 34 & 35



OLD flames Anna Knight and Freddie Slater are treading on dangerous ground as they join Mo Harris for a spot of bird watching on EastEnders next week.

And it's not long before Big Mo (LAILA MORSE) notices there are hidden feelings between the pair, played by MOLLY RAINFORD and BOBBY BRAZIER.

So Mo, right with the pair, gives Anna, who is dating Freddie's pal Bobby Beale,

some food for thought. It's been a rocky few weeks for Bobby and Anna after Anna had her drink spiked on a night out, with Freddie there first to support her.

It follows a love triangle between the trio last year, which sparked up again last month when Freddie helped Bobby plan a romantic date night for Anna.

EastEnders continues tonight at 7.30pm on BBC Two, with these scenes airing on Thursday of next week.

## JULIAN OUT ON THE WING

WHEN Noughties sitcom Green Wing was brought back as a podcast earlier this year, it was a huge success, with thumbs up from fans.

But that doesn't mean star JULIAN RHIND-TUTT tuned in to listen to it.

The hospital sitcom, which ran from 2004 to 2007, saw cast members Julian, STEPHEN MANGAN, TAMSIN GREIG and OLIVIA COLMAN reunite for Green Wing: Resuscitated.

And Julian told the Radio Times: "Apparently it wasn't worthy of a proper TV series, but we got back together and made it a podcast, continuing the story."

"I haven't listened to it in its fullest yet, but when we were there recording it, I thought it was rather entertaining, well-written and funny – seeing where all the characters have ended up 20 years on."

But will it be back in another two decades? Julian added: "It would be brilliant. "I'd be the first to sign up – I need all the work and money I can get."



POD... Julian



# Tuesday

**Sun TV** 4-PAGE SECTION

## FREEVIEW

### BBC THREE *Freeview 23*

**7pm** Top Gear **8.00** Shark Tank: Dragons' Den US **8.40** The Catch Up **8.45** Zen Motoring **9.00** Stacey Dooley Sleeps Over. The reporter spends a weekend with inspirational body positivity advocate Harnaam Kaur. **9.45** High: Confessions Of An Ibiza Drug Mule **10.20** This Country **11.20** Bricks **12.20** High: Confessions Of An Ibiza Drug Mule **1.00-2am** Top Gear

### BBC FOUR *Freeview 9*

**7pm** Today At The Test. England v West Indies. Action from day five of the third and final Test in the series from Edgbaston, Birmingham. **8.00** Keeping Up Appearances **8.30** Butterflies **9.00** Timeshift: The Nation's Railway: The Golden Age Of British Rail **10.00** A Storm Foretold. A look at the end of Trump's presidential period, with a focus on Roger Stone. **11.30** The World's Most Photographed: John F Kennedy. How John F Kennedy exploited the power of the photograph. **12.00** Paris **1.00-2am** Timeshift: The Nation's Railway: The Golden Age Of British Rail

### ITV2 *Freeview 4*

**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** In With A Shout **2.00** Celebrity Supermarket Sweep **3.00** Charmed **4.00** Dawson's Creek **5.00** Dress To Impress **6.00** Celebrity Catchphrase **7.00** In With A Shout **8.00** Bob's Burgers **9.00** TikTok: Murder Gone Viral **10.00** Extraordinary **10.35** Family Guy **11.30** American Dad! **12.30** Bob's Burgers **1.30-2.30am** Deal Or No Deal

### ITV3 *Freeview 10*

**6am** Classic Emmerdale **7.00** Classic Coronation Street **8.05** Poirot **10.20** The Royal **11.30** Heartbeat **1.40** Classic Emmerdale **2.40** Classic Coronation Street **3.50** A Touch Of Frost **6.00** Heartbeat **8.00** Poirot **9.05** Martin Clunes: Islands Of The Pacific **10.05** Unforgotten **11.55** The Royal **12.45-2.30am** Upstairs, Downstairs

### ITV4 *Freeview 26*

**6am** World Of Sport **6.15** Minder **7.10** The Professionals **8.15** Dempsey And Makepeace **9.20** The Champions **10.25** Kojak **11.30** BattleBots **12.30** Dempsey And Makepeace **1.40** The Champions **2.45** Kojak **3.50** Minder **4.55** The Professionals **6.00** BattleBots **7.00** The Chase Celebrity Special **8.00** King Of The Roads **9.00** Beat The Chasers **10.00** All Elite Wrestling: Rampage **11.10** FILM Tremors. Comedy horror starring Kevin Bacon. (1990) **12.55** Auto Mundial **1.25** Motorsport Mundial **1.50-2.45am** Minder

### 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** Hollyoaks Does Come Dine With Me **8.00** Below Deck **9.00** Gogglebox **10.00** Naked Attraction's Best Naughty Bits **11.05** First Dates **12.05** The Big Bang Theory **1.05-2.05am** Brooklyn Nine-Nine

## ENTERTAINMENT



**Sky Witness 9pm** The lawyer-turned-detective investigates a fatal fall in Elsbeth

**SKY SHOWCASE**  
**6am** Sky News Breakfast **7.00** Breakfast With Anna Jones **8.00** Stop, Search, Seize **9.00** Stargate SG-1 **11.00** Orangethree Jungle School **12.00** Supergirl **1.00** MacGyver **3.00** Hawaii Five-O **4.00** S.W.A.T **5.00** The Simpsons **6.00** The US Office **7.00** The Simpsons **8.00** Islands. Exploration of the wildlife on Baffin in the Canadian Arctic, including a never-before-filmed two-tusked narwhal. **9.00** FILM Mission: Impossible III. A former secret agent ends up in a struggle to save his fiancée from a ruthless arms dealer. Action sequel with Tom Cruise and Philip Seymour Hoffman. (2006) **11.15** An Idiot Abroad **1.0-2.05am** The Force: Manchester



HIGH-FLYER... race ace Christie during his Olympic heyday

### 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 **3.10** Four In A Bed **5.50** Château DIY **6.55** Car S.O.S **7.55** Grand Designs **9.00** 24 Hours In A&E **10.00** Rescue: Extreme Medics **11.05** 24 Hours In A&E **12.10** 999: On The Front Line **1.15-2.20am** Rescue: Extreme Medics

### SKY MIX *Freeview 11*

**7am** Border Security: Canada's Front Line **8.00** Nothing To Declare **9.00** Monkey Life **10.00** Highway Patrol **12.00** Motorway Patrol **1.00** Border Patrol **2.00** Monkey Life **3.00** Nothing To Declare **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** FBI: Most Wanted **10.00** World's Most Evil Killers **11.00** Killer In My Village **12.00** Caught On Dashcam **1.00-2am** Nothing To Declare



BBC Four 7pm Ben Stokes and England take on West Indies in Today At The Test

### U&DAVE *Freeview 19*

**7.10am** Whose Line Is It Anyway? USA **8.00** Border Force: America's Gatekeepers **10.00** Rick Stein's Road To Mexico **12.00** Storage Hunters UK **2.00** James May's Cars Of The People **3.00** Top Gear **5.00** Rick Stein's Road To Mexico **7.00** Would I Lie To You? **7.40** Richard Osman's House Of Games **9.00** Battle In The Box **10.00** Have I Got A Bit More News For You **11.00** Taskmaster **12.00** Mock The Week **12.40** Would I Lie To You? **1.20-2am** Room 101

### 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

### SKY ATLANTIC

**6am** Richard E Grant's Hotel Secrets **8.00** Riviera **10.10** Britannia **12.20** Game Of Thrones **1.30** The Sopranos **3.40** Riviera **5.40** Britannia **7.50** Game Of Thrones. Robb is betrayed. **9.00** The Staircase. Drama starring Colin Firth and Toni Collette. **10.15** House Of The Dragon. Fantasy drama starring Matt Smith and Emma D'Arcy. **11.35** Winning Time: The Rise Of The Lakers Dynasty **12.35** We Own This City **1.45-2.50am** The Leftovers

### SKY WITNESS

**6am** Bondi Rescue **7.00** Border Patrol **8.00** Stop, Search, Seize **9.00** Highway Cops **10.00** Caught On Dashcam **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. Danny partners with Texas Ranger Wayne Gates. **9.00** Elsbeth. The president of a luxury pre-war building falls off her balcony to her death. **10.00** FBI: Most Wanted. A cult leader orders the murder of his own family. **11.00** Chicago Fire **12.00** For Life **1.00-3am** Fire Country

### GOLD

**7.10am** The Fosters **8.00** 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 **2.40** Dad's Army **3.20** Are You Being Served? **4.00** Last Of The Summer Wine

**2.00** London's Burning **3.00** Born And Bred **4.10** Howards' Way **5.20** Waiting For God **6.40** Are You Being Served? **7.20** Last Of The Summer Wine **8.00** Mrs Sidhu Investigates. Mrs Sidhu and Tez cater for a hit fantasy TV show, but things turn to reality very quickly when one of the cast is found dead. **10.00** New Tricks **11.20** Silent Witness **1.45-2.40am** Footballs' Wives

### REALLY *Freeview 17*

**6am** Fantasy Homes By The Sea **7.00** Teleshopping **8.00** Salvage Hunters **10.00** A Place In The Sun **12.00** Money For Nothing **2.00** The Repair Shop **3.00** Antiques Road Trip **5.00** Celebrity Yorkshire Auction House **6.00** The Yorkshire Auction House **7.00** Antiques Road Trip **9.00** Dr Pimple Popper **11.00** Help! My House Is Haunted **1.00-2am** The Dead Files

### U&YESTERDAY *Freeview 27*

**6.10am** Underground Worlds **8.00** Abandoned Engineering **10.00** WW2: Battles For Europe **11.00** Secret Nazi Bases **12.00** Find It, Fix It, Flog It **1.00** Antiques Roadshow **2.00** Bangers & Cash **4.00** WW2: Battles For Europe **5.00** Adolf Hitler's War **6.00** Antiques Roadshow **7.00** Find It, Fix It, Flog It **8.00** Secrets Of The London Underground **9.00** Bangers & Cash **11.00** Abandoned Engineering **12.00** Great Continental Railway Journeys **1.00-2am** Smoke & Steel

### U&W *Freeview 25*

**6.15am** Masterchef USA Celebrity Showdown **7.00** Property Brothers At Home: Drew's Honeymoon House **8.00** Tipping Point **11.00** DIY SOS: The Big Build **12.00** DIY SOS: Grenfell **1.00** Tipping Point **4.00** My Dream Home **6.00** Celebrity Tipping Point **7.00** Tipping Point: Lucky Stars **8.00** The Gentle Art Of Swedish Death Cleaning **9.00** DIY SOS: The Big Build **10.00** Louis Theroux Interviews: Katherine Ryan **11.00** Louis Theroux's Altered States **12.00** Ambulance Australia **1.00-2am** Wedding Valley

### 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: Classic Cars **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** The Yorkshire Auction House **10.00** Celebrity Yorkshire Auction House **11.00** The Repair Shop **1.00-2am** Wheeler Dealers

**5.20** Porridge **6.00** Keeping Up Appearances **6.40** Dad's Army **8.00** The Thin Blue Line. Constable Goody becomes jealous. **8.35** The Vicar Of Dibley. The Songs of Praise crew visits the village. **9.20** Harry Enfield And Chums. With guests Desmond Lynam, Jimmy Hill and Martin Clunes. **10.00** Men Behaving Badly. The housemates have a sleepless night. **10.40** The Royle Family. Denise is a bag of nerves as her wedding day arrives. **11.20** The Thin Blue Line **12.00** The Vicar Of Dibley **12.40** Harry Enfield And Chums **1.45-2.05am** The Two Ronnies

### COMEDY CENTRAL

**8am** Home Improvement **9.00** Friends **11.00** New Girl **12.55** Friends **9.00** Kevin Bridges: The Story Continues. The comedian performs at Glasgow's SECC Arena. **10.00** Kiri Pritchard-McLean: Home Truths. A stand-up performance by the comedian. **11.00** Dylan Moran: Off The Hook. A stand-up performance from the comic's 2015 UK tour. **12.50** The Alasdair Beckett-King Mysteries **1.50-2.50am** Jack Dee: So What?

### ALIBI

**7.15am** Murdoch Mysteries **9.00** The Doctor Blake Mysteries **10.00** Elementary **11.00** Hudson & Rex **12.00** Father Brown **11.00** Death In Paradise **2.00** Murdoch Mysteries **4.00** Shakespeare & Hathaway: Private Investigators **5.00** Father Brown **6.00** Hudson & Rex **7.00** Elementary. Holmes and Watson look into the murder of a lab technician who led a secret life. **8.00** Death In Paradise

### LINFORD BBCiPlayer

FOLLOWING hot on the heels of their brilliant documentary about Daley Thompson, the BBC has profiled a second legendary track and field ace. However, the latest 90-minute film about sprint king Linford Christie has an entirely different feel, though is equally fascinating. Linford shares none of Daley's spark, charisma and love of the limelight, but like the Decathlon icon, he very much has a story to tell. Not only about his illustrious career, which peaked in 1992 with an Olympic 100m gold in Barcelona, but what happened



## last night

after he hung up his spikes seven years later when he failed a drugs test. After testing positive for nandrolone following a race in Dortmund, Germany, when he briefly came out of retirement, his career was tainted. It's a big reason why he continues to feel undervalued in the sport. He lost sponsorship deals and his kids TV show Linford's Record Breakers, and was also forced to vacate his BBC pundit role, which clearly still ranks with Britain's greatest ever

sprinter. Linford spends half of this documentary maintaining his innocence, denying taking banned substances to enhance his performance. Even though he was cleared by UK Athletics, the International Amateur Athletic Federation (now called World Athletics) upheld the ban, and he now has to live his life being labelled a drug cheat. It's a big shame as Linford has done so much for athletics and his account of how he battled against racists growing

## SPORT



Sky Main Event 9.30pm Coco Gauff competes The Mubadala Citi DC Open

### SKY SPORTS MAIN EVENT

**6am** Sky Sports News **7.00** Good Morning Sports Fans **9.00** Good Morning Transfers **10.00** Test Cricket Bitesize **10.15** LIVE Test Cricket. England v West Indies. Coverage of day five of the Third and Final Test in the series from Edgbaston, Birmingham. **6.30** LIVE The Hundred. Northern Superchargers Men v Southern Brave Men. Start-time at 6.35. **9.30** LIVE Tennis. The Mubadala Citi DC Open. Coverage of day two of the WTA and ATP 500 event. **11pm-3am** LIVE Tennis. The Mubadala Citi DC Open.

### SKY SPORTS PREMIER LEAGUE

**6am** PL Greatest Games **7.00** PL Highlights **8.00** Premier League **8.30** PL Highlights **10.00** PL Years **12.00** Transfer Talk **1.00** Premier League Best Goals **2.00** PL Highlights **5.00** The Transfer Show **5.30** Gary Neville's Soccerbox **6.00** PL Review **7.00** Premier League Icons **7.30** PL 100: Peter Crouch **8.00** Gary Neville's Soccerbox **9.00** Drink It In: The Rise Of Man City **10.00** Class Of '92: Full Time **11.00** PL Retro **1.00-3am** PL Years

### SKY SPORTS FOOTBALL

**6am** EFL **9.00** EFL Greatest Games **10.00** EFL Cup Retro **12.00** Bundesliga Highlights Show **1.00** WSL **2.00** Scottish Premiership Round-Up **2.30** Championship Season Review **3.30** EFL Goals: Leagues 1 & 2 **5.30** Bundesliga Special: Bundesliga Champions **6.00** Bundesliga Special: Top Goals **6.30** Bundesliga Highlights Show **7.30** Women's Championship Show **8.00** Swpl Sky Sports Cup Final Highlights **8.30** SPFL Highlights

**10.00** So Help Me Todd. Margaret and Todd defend a lawyer accused of orchestrating a fatal insurance fraud scheme. **11.00** Elementary. Holmes and Watson look into the murder of a lab technician who led a secret life. **12.00** Hudson & Rex **1.00-2am** Murdoch Mysteries

### SKY COMEDY

**8am** Will & Grace **9.00** The Conners **10.00** In The Long Run **10.30** How To Make It In America **11.10** Barry **11.50** Young Rock **12.50** The Comeback **2.10** Barry **3.30** Young Rock **4.30** In The Long Run **5.00** Will & Grace **6.00** The US Office **7.00** The Conners **8.00** Will & Grace **9.00** Entourage. Vince goes house-hunting. **9.30** Rob Beckett: Wallop. A stand-up show by the comedian. **10.40** Breeders **11.40** Silicon Valley **12.15-2am** Curb Your Enthusiasm

### 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 **1.00** Treehouse Masters **3.00** Mystery At Blind Frog Ranch **4.00** Flying Wild Alaska **5.00** Salvage Hunters **6.00** Iron Resurrection **7.00** Fish Or Die. The anglers try to hook a giant trevally in Papua New Guinea. **8.00** Wheeler Dealers. Mike brings back a modern classic, a rare 2001 Audi S4 Avant. **9.00** Gold Rush: Parker's Trail. Parker Schnabel chases down mining leads in the wilderness. **10.00** Gold Divers **12.00** Mysteries Of The Deep **1.00-2am** Gold Rush: Parker's Trail

## RADIO



Virgin Radio 6.30am Nick Grimshaw chats with The Script's Danny O'Donoghue

**VIRGIN RADIO** *DAB* [virginradio.co.uk](http://virginradio.co.uk)  
**6.30am** Nick Grimshaw On The Chris Evans Breakfast Show With Webuyanycar **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](http://talkradio.co.uk)  
**6.30am** Mike Graham **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** *DAB* [talksport.com](http://talksport.com)  
**6am** talkSPORT Breakfast **10.00** Shebhn Aherne And Rory Jennings **1.00** Hawksbee And

up in the UK, even being accused by the Met of stealing his own car as he prepared for the 1988 Olympics, is heart-rending.

Team GB legends including triple jumper Jonathan Edwards and his sprinting protégé Darren Campbell feature, as well as legendary sports commentator Jim Rosenthal, all of whom still have a lot of love for Linford.

Likewise his own family. His daughter Briannah plans to decorate the family home in Buckinghamshire with his medal haul – which he has hidden away – just to remind him how great he was.

**STUART PINK**



**KITCHEN CHALLENGE... Abbey**

**COOKING WITH THE STARS, ITV1, 8pm:** Get ready once again to find out what your favourite celebs might dish up at a dinner party – and whether they'd be any good at it.

In the first battles of the series, in which famous faces are taught to cook by professional chefs, model Abbey Clancy goes head-to-head with TV presenter Carol Vorderman. Then hosts Emma Willis and Tom Allen introduce content creator Harry Pinero against ex-Strictly dancer Pasha Kovalev, where one relies on a hairdryer to create a perfect crispy duck (you read that right!).

The bottom two will then face the final cook-off where they're tasked with making that tasty

Eighties classic, a Black Forest gateau. Fun watching – made even better by fellow celebrity contestant Katherine Ryan's hilarious asides.

**THE BODY DETECTIVES, Channel 4, 9pm:** Last week's opening episode showed that not every search will bring the results so desperately wanted, so ex-detective Dave Grimstead and the Locate International team are determined to solve the mystery of their next unidentified body.

They work around the clock to try to identify a man discovered

**Sun TV picks**

dead in a London street in 1994. And technology leads to what could be a big breakthrough.

**YOUR KITCHEN: 60 YEARS OF FADS & GADGETS, Channel 5, 9pm:** There isn't an air fryer in sight in the first of two episodes exploring how gadgets, and attitudes towards the kitchen, have evolved from the 1950s to the present day.

Chefs Phil Vickery and Ken Hom are joined by design experts and historians to explore vintage trends, while a panel of celebrities including former Blue

Peter presenter Janet Ellis get their hands dirty, literally, as they try out the methods of the time.

**ON ASSIGNMENT, ITV1, 11.35pm:** Over-tourism has become a big problem across Europe.

In the latest instalment of On Assignment, James Mates heads to Santorini to find out how the hugely popular island is attempting to cope with the problem, while not shutting itself off completely from valuable visitors.

Meanwhile, Faye Barker heads to the coastal town of Cambados in north-west Spain to hear how climate change is threatening proud fishing traditions.

**DAVID BELL**

**TNT SPORTS 1**

**6am** Classic Premier League **7.00** Fishing: On the Bank **8.00** Major League Cricket Highlights **10.00** V8 Supercars Highlights **12.00** TNT Sports Cricket Reload **12.15** T20 Cricket Highlights **2.15** **LIVE** T20 Cricket. Sri Lanka v India. **6.00** **LIVE** MLB. Detroit Tigers v Cleveland Guardians. Start-time at 6.10. **9.15** Badminton Weekly **9.30** Major League Cricket Highlights **11.00** MLB Lead Off **11.30** **LIVE** MLB. Philadelphia Phillies v New York Yankees. Start-time at 11.40. **2.30-3am** MLB Closer

**TNT SPORTS 2**

**6am** UEFA Man In The Middle **8.00** UEFA Youth League **9.00** UEFA Europa League & Conference League Magazine **10.00** AFL **2.00** What I Wore **2.15** WNBA **3.15** MLB Plays of the Week **3.45** **LIVE** GT20 Cricket. Toronto Nationals v Bangla Tigers Mississauga. **7.45** Badminton Weekly **8.00** Premier League Stories **8.30** What I Wore **8.45** **LIVE** GT20 Cricket. Brampton Wolves v Montreal Tigers. **12.45** What I Wore **1.00-2am** Fishing: On the Bank

**TNT SPORTS 3**

**6am** Investec Champions Cup **5.00** International Rugby Union **8.01** T100 Triathlon World Tour **9.01** WWE Monday Night Raw **11.30** Fight Week **12.15-3.15am** UFC

**PREMIER SPORTS 1**

**6am** European Le Mans MotorSport **7.00** NHL Ice Hockey **9.30** Sporting Countdowns **10.00** Transworld Sport **11.00** URC Highlights **12.00** Premier Sports Cup **2.00** Sporting Greats **2.30** LaLiga Specials **3.00** Copa America Highlights **5.00** Premier Sports Cup **7.00** LaLiga Specials **7.30** Top 14 Match Highlights **8.30** Transylvania 2024 **9.00** LaLiga Specials **10.00** Football **12.00-2am** **LIVE** Football. Barcelona v Manchester City. Kick-off at 12.00.

**EUROSPORT 1**

**7am** Bonjour Paris **8.00** **LIVE** Triathlon: Olympic Games **9.35** Bonjour Paris **9.55** **LIVE** Swimming: Olympic Games **12.50** **LIVE** Table Tennis: Olympic Games **2.30** **LIVE** Shooting: Olympic Games **4.10** **LIVE** Boxing: Olympic Games. Coverage from North Paris Arena. **5.00** **LIVE** Artistic Gymnastics: Olympic Games. The women's team event. **7.20** **LIVE** Swimming: Olympic Games. Coverage of the evening session on day four. **9.30** Bonsor Paris **11pm-2am** Olympic Games

Baker **4.00** TalkSPORT Drive **7.00** Olympic Kick-Off – Paris 2024 Live **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** Cricket Collective **8.00** TalkSPORT Exclusives **12.00** TalkSPORT Exclusives **5.00-6am** Early Sports Breakfast

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

**6am** Aasmah Mir And Luke Jones **10.00** Mornings On Times Radio **1.00** Ayesha Hazarika **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** The Best Of Times Radio **5.00-6am** Rosie Wright With Early Breakfast

**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 **5.45** Newsbeat **6.00** Jack Saunders **8.00** Sian Eleri **10.00** Power Down Playlist With Sian Eleri **11.00** Martha **1.00-2am** Drum & Bass Mix

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

**6.30am** Gaby Roslin **9.30** Garry Davies **12.00** Jeremy Vine **2.00** Scott Mills **4.00** Sara Cox **6.30** Sara Cox's Half Wower **7.00** Jo Whitley **9.00** The Jazz Show With Jamie Cullum **10.00** Trevor Nelson **12.00** OJ Borg **3.00** Power Of Jazz (R) **4.00-6.30am** Owain Wyn Evans

**MOVIES**



**Sky Cinema Premiere 11.45pm** Storm Reid stars in horror sequel *The Nun II*

**SKY CINEMA PREMIERE**

**8.20am** Robin And The Hoods (PG, 2024) **★★★ 10.10** Mean Girls (12, 2024) **★★★ 12.10** What Happens Later (15, 2023) **★★★ 2.00** Uproar (12, 2024) **★★★ 4.00** Robin And The Hoods (PG, 2024) **★★★ 5.50** Mean Girls (12, 2024) **★★★ 8.00** Jericho Ridge (15, 2023) **★★★ 9.45** What Happens Later (15, 2023) **★★★ 11.45pm-1.45am** The Nun II (15, 2023) **★★★**

**SKY CINEMA HEISTS**

**8.05am** Johnny English Reborn (PG, 2011) **★★★ 9.50** Haywire (15, 2011) **★★★★ 11.30** Welcome To The Punch (15, 2013) **★★★★ 1.15** Fast & Furious 8 (12, 2017) **★★★★ 3.35** Fast X (12, 2023) **★★★ 6.00** Now You See Me (12, 2013) **★★★★ 8.00** Heat (15, 1995) **★★★★ 11pm-1.25am** Public Enemies (15, 2009) **★★★★**

**SKY CINEMA ACTION**

**9.40am** No Escape (15, 2015) **★★★ 11.35** The Fast And The Furious (12, 2001) **★★★★ 1.30** Superman Returns (12, 2006) **★★★ 4.10** The Bricklayer (15, 2023) **★★★ 6.05** Fast & Furious (12, 2009) **★★★ 8.00** Robin Hood: Prince Of Thieves (PG, 1991) **★★★★ 10.30pm-12.15am** The Warriors (15, 1979) **★★★★**

**FILM4** *freeview 14*

**11am** Dunston Checks In (PG, 1996) **★★★ 12.45** Sister Act (PG, 1992) **★★★★ 2.50** One Million Years BC (PG, 1966) **★★★ 4.55** The Call Of The Wild (PG, 2020) **★★★ 6.55** Home Alone (PG, 1990) **★★★★ 9.00** The Sum Of All Fears (12, 2002) **★★★★ 11.20** Fiath (18, 2013) **★★★★ 1.15-3.45am** Miss Peregrine's Home For Peculiar Children (12, 2016) **★★★★**

**TALKING PICTURES** *freeview 82*

**12.35pm** The Black Widow (PG, 1951) **★★★ 1.50** The Second Time Around (U, 1961) **★★★ 3.45** They Made Me A Fugitive (PG, 1947) **★★ 5.40** Look At Life **5.55** The Beverly Hillbillies **6.30** Scotland Yard **7.05** Batman **7.35** Dangerous Assignment **8.05** Rumpole Of The Bailey **9.10** Goldeneye: The Secret Life Of Ian Fleming (15, 1989) **★★★★ 11.20pm-1.05am** The Vault Of Horror (15, 1973) **★★**

**GREAT! MOVIES** *freeview 34*

**9am** I Do, Or Die: A Killer Arrangement (PG, 2020) **★★ 10.55** Live Once, Die Twice (12, 2006) **★★★★ 1.00** Evil Intent (PG, 2019) **★★★ 3.00** Fire Twister (PG, 2015) **★★ 5.00** Meteor Moon (PG, 2020) **★★ 7.05** Arctic (12, 2018) **★★★ 9.00** John Carpenter's Ghosts Of Mars (15, 2001) **★★★ 11.05pm-1am** 13 (15, 2010) **★★**

**GREAT! ACTION** *freeview 42*

**1pm** Gun Fury (U, 1953) **★★★ 2.50** Gunfighters (PG, 1947) **★★★ 4.45** The Diamond Hunters (PG, 2001) **★★★ 7.00** Crash: The Mystery Of Flight 1501 (PG, 1990) **★★★ 9.00** Sniper Elite (15, 2014) **★★ 11.00pm-1.40am** Danger Close: The Battle Of Long Tan (15, 2019) **★★★★**

**THE Sun**

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The page where you tell Britain what you think

WELL done swimming sensation Adam Peaty for winning silver in the 100m breaststroke.

All the years of dedication and training have been worth it.

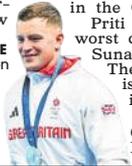
You are a legend after appearing at three Olympics – and so nearly getting a third successive gold.

Surely King Charles must be considering bestowing a formal gesture to reflect how superb Adam, pictured, is.

**FRAN RICE**  
Bolton

THERE'S so much choice within Team GB for Sports Personality of the Year.

Andy Murray and his doubles partner Dan Evans



won their tie-break 11-9, after being 9-4 down. It was extraordinary. Then Adam Peaty missed out on his third consecutive gold by just 0.02 seconds, to bag a silver medal. A remarkable effort.

**ROCKY WEBSTER**  
Lanion, Somerset

THE Conservatives were trounced in the General Election.

Priti Patel would be the worst choice to replace Rishi Sunak as party leader.

The gaffe-prone MP is lucky she is still in the party.

After David Cameron, Theresa May, Boris John-

son and Rishi, the Tories just can't get it right.

**IAN OWEN**  
Wallington, Surrey

SHAMED paedophile Gary Glitter is furious that he might have to sell his £2million central London penthouse to pay one of his victims £508,000 in damages.

Perhaps the disgraced singer should have thought about that before he did the crime.

Glitter, pictured, has no shame or remorse for what he did when all he can think about is his assets.

**KAYLA WARD**  
Drumbo, Co Down

# Cut foreign aid to fix UK

**RACHEL REEVES** claims there is a **£22billion** black hole and it's down to the Tories.

Labour left a similar problem in 2010, with then Treasury chief secretary Liam Byrne's note reading: "I'm afraid there is no money left."

If we really are broke, why not stop foreign aid and stop giving illegal immigrants so much?

If you were running a household, would you give to others and let your own go without? Not if you had a brain.

**RICHARD PARRIS**  
Axminster, Devon

SO Rachel Reeves is to swing the axe on spending because of a £22billion black hole.

Perhaps they can start saving money on things like the war in Ukraine, Starmer's pledge of £84million to Africa, the millions sent to France and Rwanda, plus other foreign aid.

These are the Chancellor's starting point, not cutting services here.

**EDDIE MARRIS**  
Doncaster

RACHEL REEVES, the Labour Chancellor, is all agog at the so-called "mess" left by the Tories.

Did she sleep through the pandemic, furlough, the war in Ukraine and the cost-of-living rise? It's a miracle the Tories managed to get the country on an even keel and with falling interest rates. Wake up, Rachel!

**ANN KELLY**  
Sheffield

CHANCELLOR Rachel Reeves is taking us all for idiots if she expects us to believe she has found a £22billion black hole in the Treasury.

The country's finances have

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WITH so many thugs around, I would not want to be a copper in this day and age.

**BAZ**, Surrey

TORIES have left us broke. This was always going to be Labour's "go-to" excuse to raise taxes and cop out of their pledges. We all knew they'd do it, it's no surprise.

**JOHN**, Stafford

SO breakdancing is now classed as a sport. If that's the case then knitting should be too.

**DAVE**, Staffs

IS clueless Clare Balding the most boring sports presenter of all time?

**ROG**, Plymouth

never been so open. Labour made all sorts of outrageous promises to get into Number 10 and now have to justify their position.

**HARRY HODGE**  
Aldershot, Hants

I DON'T condone the actions of the officer who kicked a teenager in the head at Manchester Airport, but the video clearly shows police were provoked.

They were entitled to arrest the perpetrators. There is no respect for law and order.

**GRANVILLE STAFF**  
Hoddlesden, Lancs

WITH 70 per cent of our water companies in foreign ownership does Environment Secretary Steve Reed really think he can get the

fat cats in court over their firms' repeated environmental fouling? He may as well try knitting fog.

**NORA KENT**  
Eton Wick, Berks

I AGREE with The Sun – we need to ensure the water firms clean up their act. I am disgusted at the condition of our beaches and inland waterways. They embarrass us as a nation.

We should also fine farmers heavily if they dump slurry into rivers.

**JANA HAWARDEN**  
Mold, Flintshire

AS an ex-member of RAF 14 Squadron, I find it incredible that our unofficial nickname of Crusaders can no longer be used in case it upsets Muslims.

Does this mean the Army's Saracen armoured vehicles will now be renamed in case it upsets Christians? Ridiculous weakness.

**GODFREY MAXWELL COBB**  
Dereham, Norfolk

ONE person complains about the Crusaders and seemingly they have to change the name. More and more we are being dictated to by minority groups. The world is going mad.

**ROY ADDINLEIGH**  
Wolverhampton

ALTHOUGH I'm an avid tennis fan, I am not too sure if it should feature in the Olympics. Recently my local pub held a fancy dress competition. I went dressed as a tennis ball, which was just as well as I got served very quickly.

**MARTIN LAWRENCE**  
South Croydon, South London

NO wonder migrants will risk the crossing. Five Bulgarians who swindled £54million are granted £2million legal aid and one of them said "prison was like a vacation home". What a deterrent.

**KEITH FLANAGAN**  
Harrogate, North Yorks

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# Mystic Meg

with **MAGGIE INNES**

**ARIES** March 21 – April 20



The moon and Jupiter map out a golden connection for you between intuition and inspiration – and in all kinds of contests (including a romance race) this can put you in the prize zone. But you are also ready to look closer at deep doubts, deep inside, and shine the fresh light of forgiveness on these.

**TAURUS** April 21 – May 21



It's in your cautious nature to worry about money – but you also love luxury. Now these two aspects can combine in a rich new way to turn assets into profits. And any specialist knowledge you have can also be in high demand. In love? The sun brings a special sizzle to shared time at home.

**GEMINI** May 22 – June 21



At first it seems the moon and Mars connection in your own sign is a brilliant boost – extra energy plus extra intuition. But do guard against getting so caught up in your own way forward that you forget other people are also involved. You're brilliant at seeing both sides of a situation, so try not to let this skill go.

**CANCER** June 22 – July 22



Dreams can take you in two very different directions today – the Mars way is strong but a little selfish, while the Jupiter route is generous and kind. It may seem like a no-brainer, but this is also a day for you to focus on your own needs. Love-wise, check in on loyalty levels. Do they need reinforcing?

**LEO** July 23 – August 23



The sun's natural radiance beams out of you all day – but it's the deep moon feelings in one or more friends or family members that calls for your attention. If there is a misunderstanding along the line, this is your moment to face this, and fix it. Prizes with a team element can be your success signal – and "K" is a key clue.

**VIRGO** August 24 – September 22



Knowing what you need is one thing – going all out to get it is another. But this can be your day to blend ambition for yourself and consideration for others in smart, sensitive ways, with Jupiter's golden input. This can turn rival voices back your way. But beware any sarcasm from sharp-tongued Mercury.

**LIBRA** September 23 – October 23



Your biggest prize of the day is the ability to learn faster than most other zodiac signs – this can signal your moment to say yes to a career challenge that's been hovering for a while. But you must do this in your own way. As for love, it's good to be patient, but not if this just gives problems more time to grow.

**SCORPIO** October 24 – November 22



Self-belief is your star power, and if you've felt it fading lately then today it can be back to its best. Test this out by retrying a test that didn't work out as you wanted before. You have learned so much that you may not even realise. A style makeover need not cost much to have maximum impact – follow your instincts.

**SAGITTARIUS** November 23 – December 21



The positive push of your planet partner Jupiter is present and correct in your deal-making chart today. So if you sense something isn't quite working, you can make the changes now, in everything from a selling document to a marriage situation. If you're single, showing you can be vulnerable opens a Pisces heart.

**CAPRICORN** December 22 – January 20



There's a Mars strand in your chart today that could lead to trouble-making – as you question something close to the centre of your life. Making waves may not come naturally to you, but when it is needed, you can see this through. Someone so fanned, with a recent holiday history, can be a surprise love package.

**AQUARIUS** January 21 – February 18



Having fun versus putting down roots – this can be the choice a couple are facing today. Yet your chart suggests you can have both, with just a little two-way honesty. So do look closer at this. If you start the day single, you can first notice The One laughing longer and louder than anyone else.

**PISCES** February 19 – March 20



Any sense of inequality in a household can't escape the notice of fairness planet Mars – so this can be your moment to stop putting up, and start speaking up. Have a few alternatives ready, and remember love stays strong underneath. A career closely linked to healing could suit you, do take this seriously.

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# puzzles

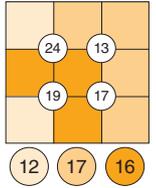
## BRAINBUSTER

Which of these is the odd one out?

- Dust, overlook, sanction, bound, forbidden

## 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.



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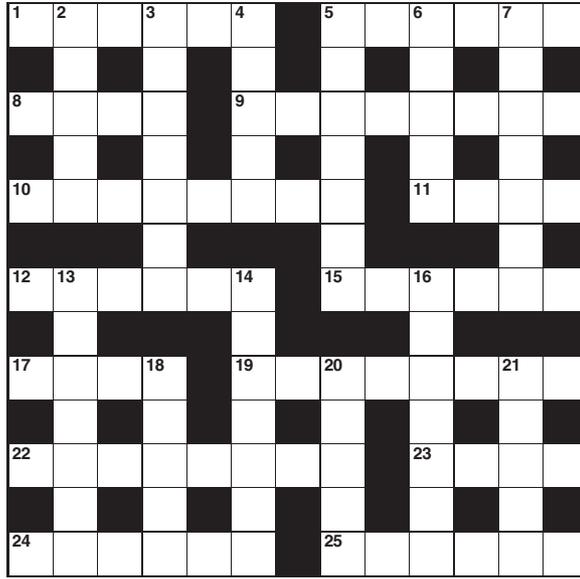
PAGE 2 SUJIKO SOLUTION: Top line 423 middle 176 bottom 598

## TWO-SPEED CROSSWORD

Two sets of clues but the answers are the same

### Cryptic clues

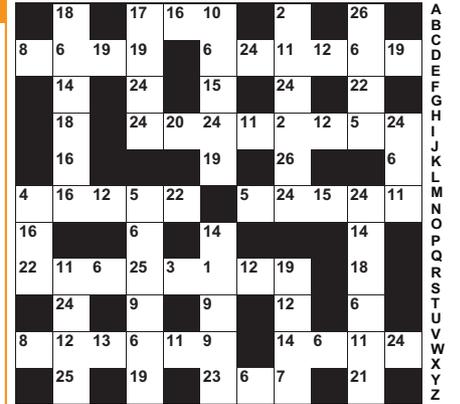
- ACROSS**
- Sweet run for B-52? (6)
  - Control river pests (6)
  - Concept used in tide analysis (4)
  - Criminal covers same ground in cellar (8)
  - I restate complicated discourse (8)
  - No American has common sense (4)
  - Mail perhaps from king in love (6)
  - Way Strachey cleaned out trunk (6)
  - Impale vampires returning? (4)
  - Plant fake diamond (8)
  - Offering strange bait swallowed by cat (8)
  - Expert flyer to catch rook and land (4)
  - Dim to confine two dukes in row (6)
  - Punishment more exposed with this? (6)
- DOWN**
- Directive from senior Derryman (5)
  - Victor abroad excitedly shows swagger (7)
  - Teacher to talk endlessly (5)
  - You have to do this? (7)
  - Fruit Mike brought into Spanish city (5)
  - Firm changed menus: what will diners do? (7)
  - Drink among clarets in Australia (7)
  - Absence of stress regarding nastiness (7)
  - Son twice gulping best gives shout (7)
  - Boring British come ashore (5)
  - Revoke yearbook: second article dropped (5)
  - Freight carried by enthusiastic Argonauts (5)



### Coffee time

- ACROSS**
- Jacket style (6)
  - Coppers (6)
  - Notion (4)
  - Lowest storey (8)
  - Scholarly paper (8)
  - Gumption (4)
  - Metal suit (6)
  - Complex whole (6)
  - Pierce violently (4)
  - Irish national emblem (8)
  - Drink poured in honour (8)
  - Land measure (4)
  - Oar (6)
  - Teaching session (6)
- DOWN**
- Lawfulness (5)
  - Boldness (7)
  - Synagogue official (5)
  - Own (7)
  - Sherbet flavour (5)
  - Devour (7)
  - Greek wine (7)
  - Hiatus (7)
  - Piercing cries (7)
  - Inspid (5)
  - Cancel (5)
  - Ship's load (5)

## 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: Jeep, Fame, Begun, Unite, Sin, Query, Attic, Earth, Songs, Ash, Twirl, Amend, Ooze, Knew, DOWN: Eagle, Pansy, Fauna, Moist, Bequest, Excused, Rot, Two, Rhino, Halve, Shark, Niece.

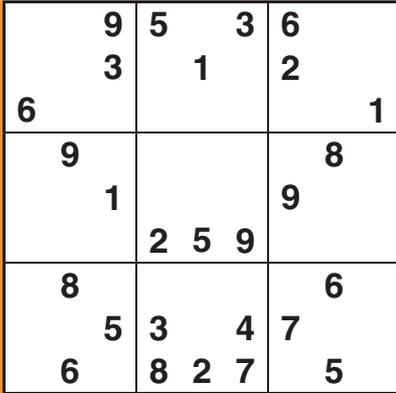
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Edited by  
**LISA MINOT**

ANTIGUA is 31C and a week at 3★ Hawksbill Resort is from £1,169pp, from Gatwick on selected dates in September. Call 0344 493 0787 or see britishairways.com/antigua.

hot spots

COSTA DEL SOL is 30C. A week at 5★ Sotogrande Spa & Golf Resort starts at £3,479 per family of three, from Heathrow on selected August dates. See Awayholidays.co.uk.

**AS we enter the hotel lobby, we are met by an animatronic knight on horseback.**

The seemingly ordinary pictures on the walls burst into life, firmly instructing us to attempt to pull the sword from the stone lying at the knight's feet.

My family and I are staying at the newly-opened Warwick Castle Hotel, where myth, legend and literature combine to offer a great experience.

It is Arthurian folklore with a touch of Harry Potter – and it paves the way for a magical stay from the moment we arrive.

Within the Castle grounds, the hotel has 60 rooms. Medieval artwork and motifs, and a coat of arms and a pair of crossed swords decorate the walls.

Each room comes with a comfy double bed, bunk beds and a small travel cot with plenty of family-friendly touches, including ample room for pushchairs in the entryway and heaps of storage space.

The castle theme runs throughout every element, even the en-suite bathroom where the walls are styled with tapestry-like pictures.

And outside of the bedrooms, Warwick Barrel Bar, serving lagers and IPA as well as canned Pimm's and G&Ts or soft drinks.

There are lots of activities on site for little ones, including a training camp for knights where they can learn defence skills with a sword.

And I was delighted when I bagged a bull's-eye at the archery station on my first go.

If all that doesn't tire youngsters out, then a visit to the main castle

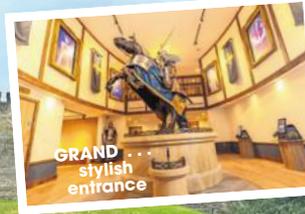
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TOWERING... Hope at Warwick Castle



**Come and stay the knight...**

grounds will. Here, you'll find the Zog Playground and the Horrible Histories Maze, that kids will love, as well as three spectacular live shows. These include the Legend of the Trebuchet, where families can watch a giant trebuchet launch a rock. Or can experience a real-life jousting battle at the arena, which packs the entire War of the Roses into just 30 minutes.

My favourite show had to be The

Falconer's Quest, where a series of birds including hawks, barn owls and a white-tailed eagle, swooped low over the heads of the crowd.

If you are determined to get your daily step count in, climb the tower ramparts as well as the motte and bailey for epic views overlooking Warwickshire.

When you have worked up an appetite, hotel guests can head to the Knight's Village, home to a

medieval banquet hall with a carvery buffet station – there is also pasta and hash brown bites.

Continental breakfast is served to overnight guests in the Knight's Village too, with a choice of pastries, an English fry-up, fruit and cereal.

Make sure to fill your boots. After all, a budding knight needs to be properly fuelled before they go into battle.

HOPE BROTHERTON

**GO:WARWICK**

**STAYING THERE:** A night's B&B at Warwick Castle Hotel is from £159 for a family of four, or from £199 with one-day tickets to the castle. See [warwick-castle.com](https://warwick-castle.com).  
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# Sun business



By **ASHLEY ARMSTRONG**

✉ ashley.armstrong@the-sun.co.uk

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Sales slump . . . Heineken

## SUMMER RAIN HITS HEINEKEN

**FOOTBALL** fans failed to down enough extra beer during the Euros to offset the June gloom at HEINEKEN.

Shares in the Dutch brewer fell by as much as 8.7 per cent yesterday after it reported the volume of beer it sold rose by 2.1 per cent — falling well short of the 3.4 per cent figure expected by analysts.

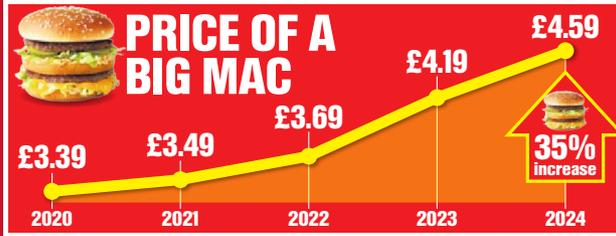
Boss Dolf van den Brink said that big sports events usually did have a positive impact, but the poor weather had changed trends significantly.

Volumes in its beer brands in Europe rose by just 0.6 per cent in the first six months of 2024 as wet and chilly weather deterred drinkers.

And Heineken also put its woes down to weak demand in China, and said it would be writing down its majority stake in CHINA RESOURCES BEER.

But a growing trend in buyers cutting back on booze lifted the sale of Heineken's alcohol-free beer by 14.2 per cent.

## McDONALD'S FIRST SALES FALL SINCE COVID



# Unhappy meals

**McDONALD'S** has seen its first slump in sales since the Covid pandemic shut all its restaurants.

The fast food giant said squeezed customers around the world were skipping a trip to the Golden Arches in a bid to save cash.

It comes after the chain hiked the price of burgers, fries, and shakes — which led to meals becoming too pricey for some fans.

The price of a Big Mac has seen a 35 per cent increase since 2020,

on average rising from £3.39 four years ago to £4.59 today.

Earlier this year, the chain inadvertently admitted a 40 per cent rise in menu prices over the past five years after trying to quash rumours the cost of burgers doubled in that period.

McDonald's chief executive Chris Kempczinski told analysts yesterday that "consumers are being

more discerning about what, where and when they eat out".

He said this had been a plus in snapping up customers from more expensive restaurants, but that it had not offset the number of people choosing to stay home instead.

The firm also flagged the conflict in the Middle East as a worry, as pro-Palestine supporters chose to organise a boycott of the brand

after an Israeli diner under the brand gave free meals to the military. Mr Kempczinski said sales in France were particularly weak due to its "higher Muslim population".

McDonald's bought back all of its Israeli outlets from the local franchisee in April with a hope of ending the controversy.

The business also pointed to recent initiatives including a "3 for £3" offer in the UK, as well as the £1.99 Happy Meal app promotion as a "compelling offer" that had started to bring back customers.

The brand also recently trialled a \$5 value meal in the US in a bid to entice people out to diners.

## INFLATION KEEPING CUSTOMERS HOME

### SHARES

- BARCLAYS** up 1.35 to 232.75p
- BP** down 1.50 to 453.00p
- CENTRICA** flat 0.00 to 130.95p
- HSBC** up 4.80 to 670.00p
- LLOYDS** up 0.44 to 61.10p
- M&S** down 0.30 to 325.40p
- NATWEST** up 9.50 to 371.40p
- ROYAL MAIL** up 1.00 to 346.60p
- SAINSBURY'S** down 0.60 to 274.00p
- SHELL** down 8.00 to 277.150p
- TESCO** up 3.80 to 330.90p

### EVRI'S 9K JOBS BID

EVRI is ready to create 9,000 extra jobs amid growing demand for online deliveries.

The parcels firm, formerly known as Hermes, made the job pledge just days after private equity giant APOLLO bought it for £2.7 billion.

Expanding the workforce of couriers — who typically earn £16.50 an hour — will make Evri an even bigger rival to ROYAL MAIL, also in the process of a takeover, by Czech billionaire Daniel Kretinsky.

## SHOP PRICE JOY

THE rate of shop price increases has stalled with inflation edging up by just 0.2 per cent in July, in a boost for consumers.

**BRITISH RETAIL CONSUMPTION** figures showed that food inflation also eased again to 2.3 per cent this month, down

from 2.5 per cent in June and the lowest rate since December 2021.

Non-food items such as clothes, shoes, books and furniture are now cheaper than last year. The BRC said discounting had created deflation at minus 0.9 per cent in July.

**WETHERSPOON** boss Sir Tim Martin sold around £10 million of shares in his business yesterday. The pub chain chief, who still owns a 24.58 per cent stake in the firm he founded in 1979, gave no reason for the move.

## SHARE SALE OFF

Chancellor Rachel Reeves has officially scrapped plans for a **NATWEST** share sale to ordinary investors calling it a "bad use of taxpayer money".

She said it would involve "discounts that could cost taxpayers hundreds of millions of pounds. It would therefore not

represent value for money." The state still owns a 19.9 per cent stake and Ms Reeves said the Treasury still wants to "fully exit by 2025-2026".

Natwest can buy back up to 15 per cent of its shares and the rest could be offloaded to institutional investors.

**GOT A STORY?**

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SIMS... dangerous play

## Sims set to get a long ban

By GARY CARTER

TARIQ SIMS faces a ban of at least seven matches after lifting an injured player off the ground.

The Catalans forward is already suspended for one game for a high shot on Hull FC's Ed Chamberlain.

Now Sims, 34, will go before a disciplinary panel today on a Grade F rap carrying punishment of at least six games for then raising him off the turf.

Hull FC's Ligi Sao is banned for two games for a high hit that saw him sent off on Saturday, too.

St Helens' Jonny Lomax faces a three-to-five game ban for making contact with a Leigh rival's head on Friday and Saint Mark Percival is out for a game for a similar offence.

But Leeds' Sam Lisona was not charged after he appeared to raise his arm towards the head of Huddersfield's Ollly Russell in their clash last Thursday.

## Complex for Carlos

CARLOS SAINZ has signed for Williams — and called the F1 driver market “exceptionally complex”.

The Spaniard is giving way to Lewis Hamilton at Ferrari next season.

And now Sainz, 29, has chosen to join Williams, signing a two-year deal to replace Logan Sargeant.

He said: “It is no secret that this year's driver market has been exceptionally complex for various reasons and that it has taken me some time to announce my decision.”

“However, I am extremely proud of joining such a historic and successful team, where many of my childhood heroes drove in the past.”

## Luke at his talent

CHRIS DOBEY declared that “unbelievable” Luke Littler has put darts back on the map.

The World No13 is in the same ZXF Sports Management stable as 17-year-old sensation Littler.

And Doby has been blown away by his debut Premier League success.

He said: “What he's done is just unbelievable. “In a few months, he put darts back on the map. Look what he did in the Premier League!”

“He has been so great and is a top addition.”

# F1 THIS SEASON IS...

# EXHAUSTING

## Chaos and scandal as things hot up

**THIS** Formula One season is alive and kicking.

George Russell's jaw-dropping disqualification three hours after winning Sunday's Belgian Grand Prix capped off a month of chaos.

It is not just the drivers who need a rest as the summer break gets underway — fans are exhausted, too.

They have been treated to Max Verstappen meltdowns, a Christian Horner sexting scandal, McLaren team-radio bitches and Lewis Hamilton getting his mojo back.

This season is hotting up to be one of the best ever, with seven different grand-prix winners already and ten races to go. There has not been this many winners in F1 since 2012, which saw Michael Schumacher's last dance, Hamilton at his lowest ebb and a Sebastian Vettel title fight with Fernando Alonso.

Seven-time world champ Hamilton inherited Sunday's win after Russell's car was underweight by 1.5kg and was referred to the stewards.

Mercedes have now won three of the last four races, including Hamilton's heroics at Silverstone — 945 days since he had last stood on the top of the podium.

In an era of Verstappen and Red Bull dominance, no one predicted Mercedes' comeback, certainly not Hamilton, who penned a shock move to Ferrari in February.

Things clicked for Toto Wolff's team when they brought in upgrades in Canada two months ago.

Hamilton (above, top) said: “Mixed feelings for the result, happy to get the win but I feel for George.”

“We'll come back a strong team, ready to keep the momentum going.”

After China in April, Verstappen had won four of the first five races this year and even McLaren's Lando Norris expressed fears fans would be turned off by the Dutchman's “boring” reign.

But Red Bull were rocked in the Bahrain opener when a female colleague of Horner made a complaint of inappropriate behaviour against

By ISABELLE BARKER

him. The 50-year-old, who denied the accusations, was cleared after a private independent investigation, while the woman is set to appeal.

Verstappen has also had to deal with his dad Jos having explosive rows with Horner in Bahrain and also in Austria last month.

Russell went on to win there after Verstappen and Norris collided.

Since then, the Dutchman (below, bottom) has endured a four-race winless run. While his team-mate Sergio Perez has nose-dived this season.

But when Verstappen was quizzed about Perez's future ahead of crunch Red Bull meetings this week, he said: “Our biggest worry is not with my team-mate but with the car. That is what we have to focus on more.”

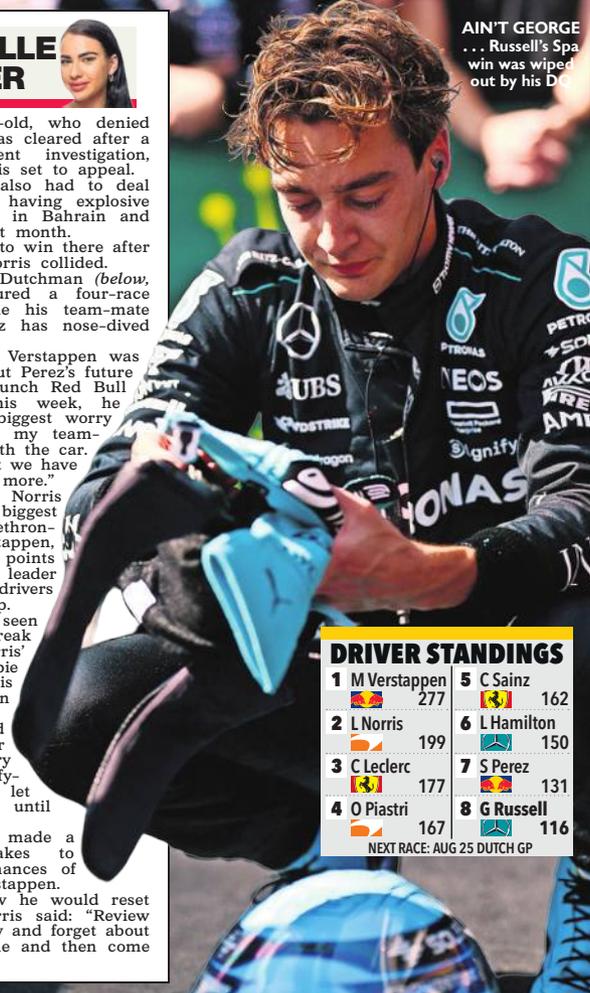
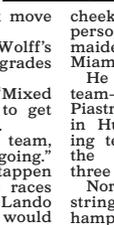
McLaren's Norris has the biggest hopes of dethroning Verstappen, sitting 78 points behind the leader in the drivers championship.

Fans have seen a meaner streak to Norris' cheeky chappie persona since his maiden F1 win in Miami in May.

He overshadowed team-mate Oscar Piastri's first victory in Hungary by defying team orders to let the Aussie past until three laps to go.

Norris has also made a string of mistakes to hamper his chances of hunting down Verstappen.

When asked how he would reset in the break, Norris said: “Review my things, go away and forget about it for a bit of time and then come back stronger.”



AIN'T GEORGE... Russell's Spa win was wiped out by his DQ

### DRIVER STANDINGS

1 M Verstappen	277	5 C Sainz	162
2 L Norris	199	6 L Hamilton	150
3 C Leclerc	177	7 S Perez	131
4 O Piastri	167	8 G Russell	116

NEXT RACE: AUG 25 DUTCH GP

# Stokes does hard yards



**BRENDON McCULLUM** revealed how he and Ben Stokes refreshed the England team by adding a “harder feel”.

And the result has been England's three newest players — Gus Atkinson, Shoab Bashir and Jamie Smith — performing superbly.

The trio were key to England's 3-0 series clean sweep against West Indies.

Head coach McCullum and captain Stokes (left) decided changes were necessary after the 4-1 defeat in India this year.

Legendary bowler Jimmy Anderson was pensioned off, Jonny Bairstow and Ben Foakes were dumped and Jack Leach lost his spot as No1 spinner.

McCullum said: “Coming into the West Indies series, we knew we needed to make a couple of improvements to continue to

By JOHN ETHERIDGE

improve. Sometimes, after you lose, you get a period of reflection and what we've seen is a team which has bounced back with more of a harder feel to it.

“We brought in some new faces and they have shown they're very comfortable at international level.”

“Gus, Shoab and Jamie have shown they belong and they have performed accordingly.”

“The guys who were there before did a really good job and it's certainly no slight on them. But we felt we needed some new guys with the skill-sets which would complement the rest of our line-up.”

Atkinson was player of the series for his 22 wickets in three matches while Bashir grabbed his first five-for at home at Trent Bridge.

Smith made a couple of half-centuries and proved he can mix patience with power as well as being near-faultless with the wicketkeeping gloves. The changes are all part of the

ultimate ambition of McCullum and Stokes to regain The Ashes in 2025-26.

McCullum added: “We have some good ammo with the bowlers and batsmen who can hit balls out of stadiums and catch well.”

“You're starting to formulate a side to go up against the best in the world.”

“Baz” McCullum says Anderson, 42 today, has switched easily from bowler to mentor and explained: “Jimmy will go down as one of the greatest bowlers of all time.”

“What he's given in the past couple of matches on the coaching side is incredible.”

● England white-ball coach Matthew Mott faces the sack this week after two disappointing World Cup campaigns in nine months.

Former England captain Andrew Flintoff, Northern Superchargers coach in The Hundred, has had several spells working with the white-ball team as a consultant. But he is not thought to be a strong contender to replace Mott at this stage.

## FA given pitch fine

THE FA have been fined over pitch invasions at the start of the Champions League final at Wembley.

The showpiece between Real Madrid and Borussia Dortmund on June 1 was halted for one minute after three individuals ran on to the playing field.

Uefa's control, ethics and disciplinary body fined the FA £12,600 for “insufficient protection of the playing area against intruders”.

The Turkish football federation were fined £16,800 after some of their country's supporters performed the nationalist “wolf” salute during their Euro 2024 quarter-final against Holland.

### SPORTS ROUND-UP: RESULTS & FIXTURES

#### CRICKET

**ONE-DAY CUP - GROUP A**  
Middlesex v Northamptonshire  
Radlett: Northamptonshire 317-9 (50 overs; P Shaw 76, Saif Zaib 58; L Hollman 3-49); Middlesex 319-5 (48.1 overs; M Stoneman 83, N Fernandes 83; J Broad 3-65). Middlesex (2pts) bt Northamptonshire by 5 wickets.

**THE HUNDRED**  
**MEN**  
Manchester Originals v Trent Rockets

Old Trafford: Trent Rockets 145-7 (100 balls; T Banton 45; T Hartley 3-25); Manchester Originals 144-8 (100 balls; M Holden 40). Trent Rockets (2pts) bt Manchester Originals by 1 run.

**WOMEN**  
Manchester Originals v Trent Rockets

Old Trafford: Manchester Originals 137-6 (100 balls; E Jones 34, K Bryce 32); Trent Rockets 136-4 (100 balls; N Sciver-Brunt 56, A Gardner 36). Manchester Originals (2pts) bt Trent Rockets by 1 run.

#### TENNIS

**ATP ATLANTA OPEN (Georgias): Final** - Y Nishioka (Jpn) bt J Thompson (Aus) 4-6 7-6 (7-2) 6-2.

**ATP & WTA MUBADALA CITI DC OPEN (Washington DC): Men's 1st rd** - C O'Connell (Aus) bt H Mayot (Fra) 6-4 7-6 (7-3); J Wolf (USA) bt Z Svajda (USA) 6-4 7-5; C Gann (Chi) bt A Karatsev (Rus) 6-4 6-2; D Galan (Col) bt M Cressy (USA) 6-4 6-3; M Bellucci (Ita) bt M McDonald (USA) 7-6 (7-4) 7-6 (7-2). **Women's 1st rd** - A Pavlyuchenkova (Rus) bt A Krueger (USA) 6-3 4-6 6-4; C Dolehide (USA) bt L Tsurenko (Ukr) 6-1 3-6 6-4; Y Wang (Chi) bt K Pliskova (Cze) 5-7 6-3 6-0.

#### TODAY'S SPORT

(7.45 unless stated)  
**OLYMPIC GAMES GROUP A**  
New Zealand v France..... 6.0  
USA v Guinea..... 6.0

**GROUP B**  
Morocco v Iraq..... 4.0  
Ukraine v Argentina..... 4.0

**GROUP C**  
Dominican Rep v Uzbekistan..... 2.0  
Spain v Egypt..... 2.0

**GROUP D**  
Israel v Japan..... 8.0  
Paraguay v Mali..... 8.0

**FRIENDLY MATCHES**  
Aldershot v Crawley Tn..... 7.30  
Aldershot Tn v Mansfield..... 7.30  
Ashton Utd v FC Halifax.....  
Barrow v AFC Fylde..... 7.30  
Bolton v Stoke..... 7.30  
Boston Utd v Notts County..... 7.0  
Bristol Rovers v Plymouth..... 7.0  
Coventry v Everton.....  
Drogheda Utd v Walsall..... 7.15  
Grimsham v Rotherham..... 7.30  
Hull v Fiorentina.....  
King's Lynn v Northampton.....  
Maldenhead v AFC Wimbledon 7.30  
Portsmouth v MK Dons..... 7.30  
Salford City v Preston..... 7.30  
Southport v Morecambe..... 7.30  
Torquay v Exeter..... 7.30  
Tranmere v Blackpool.....  
Warrington Tn v Oldham..... 7.30  
Wycombe v Watford..... 7.30

**UEFA CHAMPIONS LEAGUE SECOND QUALIFYING ROUND SECOND LEG**  
Fenerbahce (4) v Lugano (3)..... 6.0  
KI Klasksvik (1) v Malmo FF (4).....  
Karabakh (2) v Lincoln RI (0)..... 5.0  
Petrocub (0) v Apoll Nicosia (1)..... 7.15  
Slovan Bratislava v CM Celje..... 7.30  
Sp Prague (2) v Shamrock R (0) 6.0  
New Saints (0) v Ferencvaros (5) 7.0

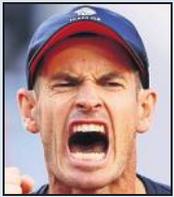
**SPFL TRUST TROPHY**  
**FIRST ROUND NORTH**  
Bank of Scotland v Inverness Utd.....  
Buckie T v Dundee Utd U21..... 8.0  
Dunfermline Utd v Celtic U21.....  
Motherwell U21 v East Stirling.....  
Rangers U21 v Boness Utd.....

**FIRST ROUND SOUTH**  
Berwick v St Mirren U21.....  
Cowdenbeath v Kilmaronock U21.....  
East Kilbride v Celtic U21.....  
Hibernian U21 v Albion.....  
Motherwell U21 v East Stirling.....  
Rangers U21 v Boness Utd.....

**CRICKET**  
**One-Day Cup - Group B:** Surrey v Gloucestershire (The Oval, 11am).  
**The Hundred:** Northern Superchargers v Southern Brave (Women 3pm, Men 6.35).  
**Third Twenty20 International:** Sri Lanka v India (Pallekele, 2.30pm).

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MURRAY... fightback

## MURR DRAMA

OF course Andy Murray and Dan Evans saved five match points in the first round of the Olympics doubles.

The British duo won seven points in a row in all to defeat their Japanese opponents and extend the Scotsman's career.

Murray, fitted with a metal hip and also recovering from spinal surgery, has always and will always find the most difficult route imaginable to win any given tennis match.

Such tennisy tenacity is his calling card. It is why we love and hate him all in the same breath.

Evans - who is a likeable Brummie rogue with a taste for hard liquor and with previous for sampling the marching powder - is chalk to Murray's cheese.

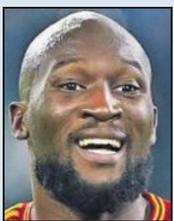
But he is clearly learning the drill.

Do not expect their Roland Garros campaign this summer to end anytime soon.

And if you honestly believe Murray is not capable of a U-turn, of a sudden 'one more Davis Cup' change of heart, you've not been watching closely enough.

**AS** the Olympic swimming is on, I am duty-bound to reprint the greatest sporting intro ever written.

Our hero, an Irish journo who had been covering his nation's hopeless competitors in Munich in 1972, wrote: "It was another successful night in the Olympic pool for Ireland. Nobody drowned."



LUKAKU... in limbo

## LUK AT BLUES

IT'S remarkable that Chelsea's owners believe they are visionary geniuses for handing out six or seven-year deals to new recruits.

And it's even more remarkable when you wake up one July morning and come to the stunning realisation that - more than two years after he last played for the club and with nobody willing to match his wages or transfer valuation - Romelu Lukaku is **STILL** a Chelsea player.

# Dave Kidd



CHIEF SPORTS WRITER



FERGIE... Spurs jibe

## IT'S TOT MODEL

MANCHESTER UNITED haven't often regarded Tottenham Hotspur as a role-model club.

Take, for instance, Roy Keane's favourite Alex Ferguson team talk, when the Scot marched into United's dressing room before a game against Spurs and summed it all up in three words - 'Lads, it's Tottenham'.

But now, that United are choosing to build a new 100,000-seater stadium adjacent to Old Trafford, Spurs are the benchmark.

The North London club's newish ground, constructed next door to the old White Hart Lane, is magnificent.

It is architecturally stunning, atmospheric, characterful and significantly bigger than their historic home.

Sir Jim Ratcliffe should be telling his builders: 'Lads, it's the Tottenham Hotspur Stadium'.

## Playing me, playing you...aha!

MAGNIFICENT news that Steve Coogan will play Mick McCarthy in a film about the former Republic of Ireland manager's bust-up with Roy Keane before the 2002 World Cup.

Hopefully the Alan Partridge star (below) will be seen dismantling a Corby trouser press in Ireland's sub-standard training base, having dismissed Keane from Saipan with an abrupt: "Smell my cheese, you mother!"



BIG MICK'S UP... how Coogan might look berating Keane

**THERE'S** beach volleyball at dawn, fencing at lunchtime, gymnastics at teatime, then prime-time swimming followed by surfing from Tahiti in the middle of the night.

But even during an Olympics, football never ends. Arsenal faced Manchester United in Los Angeles last weekend, eight time zones from home.

And in minutes, Erik ten Hag - a relieved manager desperate for anything like a fully-fit squad - had lost his most expensive summer signing, Leny Yoro, and last summer's costliest recruit, Rasmus Hojlund, to injury.

Ten Hag called it in his pre-match press conference, declaring that the upcoming campaign would be 'the survival of the fittest'.

After last season's deep defensive injury crisis almost cost the Dutchman his job, here was a miserable case of deja vu, less than three weeks before the big kick-off.

Half of the Premier League's clubs are currently touring the United States.

Yet everybody is bellyaching about next summer's month-long, 32-team Club World Cup - being held Stateside and featuring Manchester City and Chelsea - which is so bloated as to be a footballing version of severe gastric reflux.

Tottenham and Newcastle embarked on a 21,000-mile round trip to Melbourne for a post-season friendly and Spurs are now touring Japan and South Korea.

Despite plenty of preaching about the environment, the nearest thing Spurs will ever get to 'net zero' was when Vincent Janssen was up front.

Listen, everyone is knackered. The school summer holidays are endless, there's a cost-of-living crisis and we're all going to work until we drop, because we won't be able to draw a meagre state pension until we're 70.

So nobody is really in the mood for a violin concerto about burnt-out multi-millionaire footballers.

But given football is a release from the everyday grind, and that we want to see the best playing at their best, don't they need a break to stave off physical and mental exhaustion?

Aren't these arduous Earth-bothering tours to far-flung destinations ultimately

# And the rest is history

## STARS NEED BREAK NOT A TOUR

counter-productive? Ten Hag clearly thinks so.

Meanwhile, Chelsea are on a hellish tour nobody wants.

Engulfed in the Enzo Fernandez racism scandal and having been stuffed 4-1 by Celtic, the Blues were at least able to stage a Stateside launch of their new away kit.

This is white with a 'guava ice' trim, representing (it says here) 'fire, shared ambition and burning passion'.

Presumably that means the shared ambition of the rest of the dressing room for Fernandez never to darken its doors again.

Chelsea, by the way, qualified for next year's Club World Cup after winning the Champions League in 2021 - five managers ago and with 12 of the 14 players who played that night having left.

But why do we even need an epic Club World Cup when we already know Real

Madrid are better than Wydad Casablanca? Wydad, why Dad?

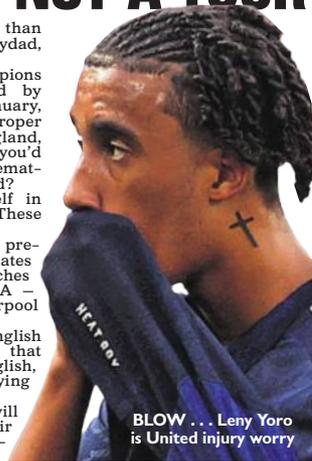
And why is the Champions League being expanded by two match days in January, ending all hope of a proper winter break in England, and played in a format you'd need an advanced mathematics degree to understand?

Football is eating itself in the name of money. These are the cannibal years.

The ultimate goal of pre-season tours to the States is Premier League matches being played in the USA - the stated aim of Liverpool chairman Tom Werner.

The problem with English football, they believe, is that it's still far too English, with English clubs playing all matches in England.

And as a result, they will keep on flogging their players like one of Charlotte Dujardin's horses.



BLOW... Leny Yoro is United injury worry

**THE** Olympic triathlon swimming event in the River Seine was still in grave doubt last night, due to dangerous levels of excrement in the Paris waterway.

But most triathletes like to bore their friends and colleagues rigid about the fact that they're 'doing an Ironman at the weekend'.

So just dive in and show us your mettle whatever the pollution, guys and girls.

Sport mirrors life. We're all swimming through s\*\*t, baby. Every single day.

It's just that most of us don't get a chance to win an Olympic medal while doing so.

## OPEN HOUSE

THERE is nothing quite like an Olympic Games because all human life is here in Paris.

A convicted child rapist is playing beach volleyball beneath the Eiffel Tower for Holland, the triumphant British equestrian team is bombarded with questions about the Charlotte Dujardin horse-whipping scandal and Argentinian athletes are being roundly booed because their Copa America-winning footballers sang a racist chant about French players.

Arabs are refusing to shake hands with Israelis, Chinese swimmers are widely suspected to be doped up to their eyeballs and Russian athletes are competing despite the horrific war in Ukraine.

The motto of this Olympics is 'Games Wide Open' and it's open, all right - open to rapists, racists, dopers and warmongers.

ALL THE GOSSIP

ALL THE NEWS

ALL THE DEALS



# Jul not cool with being a back-up

**JULIAN ALVAREZ is not happy being left out of the biggest Manchester City games.**

By MARTIN BLACKBURN

And the Argentine (left) will now make a decision on his club future once the Olympics are over. Alvarez, 24, is in Paris after helping his nation win this summer's Copa America – so he is not due back at the Etihad until September. And the forward cast doubt on whether he will ever go back – with Atletico Madrid among interested

clubs. He said: "Last season, I was one of the City players who had the most minutes. "But it's true, you don't like being left out of the important matches. You want to contribute. I haven't stopped to think clearly about what I'm going to do. "When the Olympics are over I'll take my time to think about what I want." But he is unlikely to play in his favoured No9 role while Erling Haaland remains at the Etihad.

## NEWS TICKER

**TOTTENHAM** defender Emerson Royal is on the verge of moving to AC Milan for £11.8million. The Italians increased their offer for the Brazilian right-back, 25. Spurs winger Bryan Gil has sealed his move to Girona on a season-long loan.

**SOUTHAMPTON** are still in talks over a bid to sign Denmark star Matt O'Riley. One offer for the £25million-rated Celtic midfielder, 23, was rejected but talks continue, with Saints midfielder Shea Charles offered on loan.

**RYAN YATES** signed a new four-year deal to stay at Nottingham Forest until 2028.

The midfielder, 26, who joined them when he was eight, said: "I understand what the club means to people who have worked here for many years."

**ENGLAND** defender Jess Carter left Chelsea to join USA outfit NJ/NY Gotham.

Carter, 26, said: "The club is playing at an incredible level in one of the toughest leagues in the world. I can't wait to be a part of it all."

## IT'S DEADPAUL



**WREXHAM'S Paul Mullin** showed his sharp shooting with a role in new movie *Deadpool and Wolverine*. The striker scored a cameo as **WELSHPOOL** alongside club owner and Hollywood star **Ryan Reynolds** (left).

## NEW GUNNER

# Calafiori dreamin'

## RICC'S 'AMAZING' MOVE

**RICCARDO CALAFIORI'S** move to Arsenal has been a decade in the making.

The Italian defender, 22, dreamed of playing in the Prem since he was 12 – and will get his wish after a £42million switch from Bologna was confirmed.

Calafiori, who has joined up with his new team-mates during the Philadelphia leg of their US pre-season tour, becomes Mikel Arteta's first signing of the summer.

He said: "It feels amazing. It was tough until now but finally we're here and I cannot wait to train with the team and play for the fans."

"It's actually been my dream since I was 12 or 13, because I can see the level of the league here and the best players in the world, for me, play here."

"It's a dream. I spoke a lot with

By JAKE SANDERS

the coach and with Edu, and they convinced me – but I was already convinced by myself."

Calafiori, who impressed for Italy at Euro 2024, said international colleague Jorginho also encouraged him to join the North Londoners.

He added: "It's the best project for me for the next few years."

"I met Jorginho one month ago but I can see he's a good guy."

"I was already convinced but he forced me. He said: 'Come, come, come! You will enjoy being here.'"

Gunners ace **EMILE SMITH ROWE** is moving across London after Fulham agreed a deal for him.

The Cottagers will pay £27m up front for the attacking midfielder, who turned 24 on Sunday, with a further £7m in add-ons.



**SUPER CALA** ... Italian holds shirt and (inset) with boss Arteta

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# No go for Christian

From NEIL CUSTIS

**CHRISTIAN ERIKSEN** has NO thoughts of leaving Manchester United.

And he believes his form in the Euros proves he still has a lot to offer. Eriksen started all four games for Denmark — scoring against Slovenia.

This came after a season when he started just 12 Premier League games.

The midfielder, 32, is now entering the final season of his three-year contract with United but there have been no talks.

Eriksen said: "I haven't been told to leave or that there is going to be an extension, so in that sense I have one year left on the contract. I feel that I am in a good place.

"My family is feeling good living in Manchester and United is a nice club. "I'll play as long as possible, as long as I feel I have something to give.

"I didn't play as much in the season. I was fresher going into the Euros."

## Dew for a debut

From JACK ROSSER

**ENZO MARESCA** expects summer signing Kiernan Dewsbury-Hall and Nicolas Jackson to be fit before the end of Chelsea's summer tour.

Both travelled to the USA with minor injuries.

Ex-Leicester midfielder Dewsbury-Hall, 25, has been struggling with an ankle problem.

But he could make his first Chelsea appearance as a sub against Club America in Atlanta in the early hours of Thursday.

That is followed by the Blues' meeting with Manchester City in Columbus.

Striker Jackson, 23, has struggled with an ankle issue for most of pre-season and is yet to train fully with the squad.

He is unlikely to feature until the final game of the five-match tour — against Real Madrid in Charlotte.

Defender Axel Disasi is also still to play, having undergone surgery on a hernia over the summer.

# PREM NEW TRAFFORD

# Out with the Old IN WITH 100,000 GROUND

**MANCHESTER UNITED** will build a £2BILLION stadium after deciding to knock down Old Trafford.

The Red Devils are now committed to a new 100,000-capacity ground on the same site — to be completed by 2030.

The club have been on fact-finding missions to Real Madrid's Bernabeu home, which has undergone huge renovations, and Barcelona's Nou Camp, which is currently being redeveloped.

Officials have also been studying the SoFi Stadium out here in Los Angeles — where United played Arsenal at the weekend — on how the area around the ground has been regenerated.

The stadium was completed in 2020 and was part of a £4bn 'Hollywood Complex' to regenerate a major area of Inglewood.

Gunners owner Stan Kroenke funded the project and the 70,000-capacity stadium will now host six World Cup games in 2026, including the competition's opening game.

Back in February, United part-owner Sir Jim Ratcliffe (right) talked about building a 'Wembley of the North' for the Red Devils.

The British billionaire said at the time: "It's about time someone built a national stadium in the north of England."

United are now looking to not only build a stadium, but regenerate the Trafford area where the ground will stand. The Old

From NEIL CUSTIS

Trafford taskforce was set up when Failsforth-born Ratcliffe, 71, became a part-owner and had looked hard at regenerating the current ground.

However, a number of logistical problems could have made the cost even higher than a new build.

It would have also meant reducing the capacity as work was carried out, or even requiring the team to temporarily move.

Also, it is felt that a club of United's standing should have a new state-of-the-art facility.

They are mindful of maintaining the club's identity in the new stadium, which will be built on land adjacent to the Red Devils' current home.

Old Trafford has been United's legendary home since 1910 and has undergone various extensions — but it is now seen as a dated venue which even suffers from a leaky roof.

The club have consulted with 30,000 fans about what to do and believe there is roughly a 50-50 split on staying or moving.

How to pay for the project is still being discussed, with the idea of a mixture of public and private funding.

United have already contacted the new Labour Prime Minister, Keir Starmer, who is said to be open to Government support for wider transport links as part of the project.



THEATRE OF SCHEMES... Red Devils chiefs have studied LA's SoFi Stadium (inset) as they look to call time on Old Trafford

**PREM COUNTDOWN** 17 DAYS TO GO

**TOTTENHAM'S** No 17 Cristian Romero was the Premier League's top-scoring defender of last season — netting five goals. He was also booked seven times and got sent off once for Ange Postecoglou's side.

# KIER

From Back Page

**McKenna** joined Manchester United as Under-18s chief and ended up as first-team assistant boss.

United, Chelsea and Brighton were all interested in hiring him at the end of last term before he signed a fresh £5million deal with Ipswich.

The FA — who wanted Southgate to stay on after Euro 2024 — do not believe the next boss must be English even though the three main candidates are from this country.

Ex-Spurs and Chelsea chief Mauricio Pochettino would like the job, along with Germans Thomas Tuchel and Joachim Low.

England's next game is a Nations League clash in Ireland on September 7.

If a new manager is not in place, Carsley will take interim charge.

Carsley remains a candidate in his own right and the cash-strapped FA would not need to pay compensation for him or ex-Chelsea boss Potter.

McKenna is understood to be happy at Ipswich.

And the Suffolk club would fight hard to keep the manager who has led them back to the Premier League for the first time since 2002.

## Sport

**STEVE BRUCE** is in the running to become the new Jamaica boss.

The former Aston Villa and Newcastle manager, 63, has been out of work since he was sacked by West Brom in October 2022.

## SHORT

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**IT'S DJOK AND ROLL**



**NOVAK'S A RAF RIDER ...**  
Djokovic (right) saw off all-time great Nadal in what may prove to be their final meeting

By **JAKE SANDERS**

**NOVAK DJOKOVIC remains on course for an elusive Olympic gold medal after overcoming great rival Rafael Nadal.**

The Serb, 37, beat the 14-time French Open champion Nadal 6-1 6-4 on the Roland Garros clay in their 60th meeting – and potentially their last.

Djokovic was in complete control – leading by a set and 4-0, only for Nadal to win four games on the bounce to draw level.

But Djokovic responded impressively to book a third-round meeting with German Dominik Koepfer.

He said: "I am very relieved. Everything looked like it was going my way but I was getting too comfortable out there maybe and I played a sloppy service game."

"You can't give chances to Nadal because he's going to use them, especially on this court. The crowd getting involved was tough."

Nadal, 38, said: "I have been suffering a lot of injuries the last two years."

"So if I feel I am not competitive enough or physically I'm not ready to keep going, I will stop and I'll let you know. But I don't think every day about if I'm retiring or not."

**Yee tri farce**

**ALEX YEE** went to bed last night still not knowing if he will go for Games glory this morning in the triathlon.

Yesterday's swim training session in the Seine was cancelled after the water failed another safety check for pollution and E.coli.

Yee, silver medalist in Tokyo, was told a decision on whether the race goes ahead will be taken at 3am UK time, just **FOUR** hours before the scheduled start.



**GET AN EIFFEL OF THE ACTION**  
**YOUR DAILY GUIDE**

**TODAY'S BRITISH MEDAL HOPES**

Nathan Hales goes into the final day of trap shooting one point off the leaders with 73/75, and Tokyo bronze star Matthew Coward-Holley is on 70. The final is at 2.30pm.

GB's 4x200 metres men's freestyle relay swimming squad is packed with talent and could be in for gold (8.59pm).

And the women's gymnastics team may get a podium finish – but it is a strong field, including Biles USA (6.15pm).

**BRITS TO WATCH**  
Kieran Reilly and Charlotte Worthington go in the freestyle BMX qualifiers (12.25pm).



Joe Clarke (right) and Mallory Franklin are both in canoe slalom action (from 2pm), while the men's hockey side face Holland (11.45am).

**GLOBAL STARS TODAY**

Clarisse Agbegnenou (below) was the hosts' flag-bearer at the opening ceremony.

She can back that up with a third Olympic judo gold in the -63kg final (4.49pm).

**FANCY SOMETHING DIFFERENT**  
It is the final day of the rugby sevens for this Olympics, ending with the women's final at the Stade de France at 6.45pm.

The street-style 3x3 basketball gets underway at the spectacular La Concorde venue at the end of the Champs-Elysees, right in the heart of the city.

**STATS MAD**  
Since 2004, China have won all but one of the table tennis Olympic golds (and 32 of 37 ever) but missed out on the mixed doubles in Tokyo.  
Wang Chuqin and Sun Yingsha are the top-ranked duo and can put that right against North Korea's Kim Kum Yong and Ri Jong Sik in today's final (1.30pm).

**STICKING POINT!**  
**Muz & Dan pin 'row'**



Oi! Where's my pin badge?

**ANDY MURRAY and Dan Evans have had words over a 'stolen' pin badge.**

The British tennis duo produced a remarkable escape act on Sunday at Roland Garros.

They saved **FIVE** match points to reach the men's doubles second round, where they face Belgium's Sander Gille and Joran Vliegen today and are two wins away from the semi-finals.

Defeat would signal the end of Murray's remarkable career.

The Scot, 37, has been spending time in Paris trading selfies with fans and collecting athletes' pin badges. But SunSport

From **ROB MAUL** in Paris

understands he was miffed that teammate Evans did not hand over a mini button-hole Dutch flag.

Dutch player Robin Haase saw the Brummie in the athletes' compound and asked him to give it to Murray.

Yet when Haase, 37, later saw Murray, he discovered Evans had kept it.

All the tennis lads are sharing rooms and Murray revealed he is not the tidiest. He said: "Everyone has different habits. Some are tidy, some are messy."

"Depends on what your standards are. I mean, I'm tidy in comparison to my children. But probably messy in comparison to most adults, I'd say."

These are Murray's fifth Olympics – he won the singles in 2012 and 2016.

Evans, 34, added: "A medal would be the cherry on the top."

But the Brit No3 saw his singles run halted in the second round as he was beaten 6-2 6-1 by Stefanos Tsitsipas.

**PIN-UP BOYS**  
... Murray and Evans will chase a third-round spot in Paris today

**Webb's woe**

**TEAM GB'S** hopes of a fourth straight women's hockey medal look in serious doubt after a 4-0 thumping by Australia.

The Rio champions also lost their opener to Spain 2-1 on Sunday so now sit bottom of Pool B.

Ahead of tomorrow's crucial clash with fellow zero-pointers South Africa, skipper Hollie Pearne-Webb said: "We weren't at the races. It's not over, we've got belief about these games coming up."

# OLYMPICS

# GB ACES MAKE

## ARCHERY

**Men's Team Bronze Final:** Turkey 6 China 2. **Final:** Korea 5, France 1.  
**Elimination Round:** Chinese Taipei 6 **Great Britain** 0.

## ARTISTIC GYMNASTICS

**Men's Team Final:** 1 Japan 259.54pts, 2 China 255.052, 3 United States 257.793, 4 **Great Britain** 255.527.

## BADMINTON

**Women's Singles Group Play Stage - Group N:** K Gilmour (Gbr) bt K Azzahra (Aze) 2-0.

**Men's Doubles Group Play Stage - Group A:** B Lane & S Vendy (Gbr) bt A Dong & N Yakura (Can) 2-0.

## BOXING

**Men's +92kg - Preliminaries - Round of 16:** D Chaloyan (Arm) bt D **Orie** (Gbr) 3-2.

## CANOE SLALOM

**Men's Canoe Single Final:** 1 N Gestin (Fra) 91.36secs, 2 **A Burgess** (Gbr) 96.84, 3 M Benus (Svk) 97.03.

## CYCLING MOUNTAIN BIKE

**Men's Cross-country:** 1 **T Pidcock** (Gbr) 1hr 26mins 22secs, 2 V Koretzky (Fra) 1:26:31, 3 A Hatherly (Rsa) 1:26:33, 8 **C Aldridge** (Gbr) 1:28:32.

## DIVING

**Men's Synchronised 10m Platform:** 1 J Lian & H Yang (Chn) 490.55pts, 2 **T Daley & M Williams** (Gbr) 463.44, 3 R Wiens & N Zombor-Murray (Can) 422.13 (bronze).

## EQUESTRIAN

**Eventing Team Jumping, Final Overall:** 1 **Great Britain** 91.30pts, 2 France 103.60, 3 Japan 115.80, 9 Ireland 157.10.

## Eventing Individual Jumping, Final Overall:

1 M Jung (Ger) 21.80pts, 2 C Burton (Aus) 22.40, 3 **L Collett** (Gbr) 23.10, 4 **T McEwen** (Gbr) 25.80, 21 **R Canter** (Gbr) 42.40.

## HOCKEY

**Men's Group B:** Ireland 1 Australia 2, India 1 Argentina 1.

**Women's Group A:** Japan 0 China 5.

**Group B:** Spain 1 USA 1, **Great Britain** 0 Australia 4, South Africa 2 Argentina 4

## JUDO

**Men -73 kg Contests for Bronze Medals:** A Osmanov (Mda) bt M Lombardo (Ita) 10-0, S Hashimoto (Jpn) bt A Gjakova (Kos) 1-0.

**Men -73 kg Final:** H Heydarov (Aze) bt J Gaba (Fra) 10-0.

**Women -57 kg Contests for Bronze Medals:** H Funakubo (Jpn) bt R Silva (Bra) 10-0, S Cysique (Fra) bt E Liparteliani (Geo) 11-0.

**Women -57 kg Final:** C Deguchi (Can) bt M Huh (Kor) 10-0.

**Women -57 kg Elimination Round of 32:** E Liparteliani (Geo) bt **L Nairne** (Gbr) 10-0.

## ROWING

**Women's Pair Repechage 1:** 1 H Rasmussen & F Erichsen (Den) 7mins 34.57secs, 2 E Briz Zamorano & A Cid I Centelles (Esp) 7:36.98, 3 **R Edwards & C Brew** (Gbr) 7:37.11, 4 K Haines & A Sherman (NZ) 7:46.18.

**Men's Eight Heat 2:** 1 **Great Britain** 5mins 37.04secs, 2 Australia 5:42.07, 3 Italy 5:52.52.

**Women's Eight Heat 1:** 1 **Great Britain** 6mins 16.20secs, 2 Australia 6:18.61, 3 Canada 6:21.31.

## RUGBY SEVENS

**Women's Pool A:** Canada 26 China 17, New Zealand 38 Fiji 7. **Pool B:** Great Britain 26 South Africa 17, Australia 19 Ireland 14.

**Pool C:** Japan 39 Brazil 12, France 31 USA 14. **Quarter-Finals:** **Great Britain** 7 United States 17, New Zealand 55 China 5.

## SAILING

**Women's Skiff - Opening Series Standings:** 1 S Steyart & C Picon (Fra) 10pts, 20 **F Black & S Tidey** (Gbr) 67.

**Men's Skiff - Opening Series Standings:** 1 I McIvor & W McKenzie (NZ) 14pts, 8 **Peters & F Sterritt** (Gbr) 39.

**Men's Windsurfing Opening Series Standings:** 21 S Sillis (Gbr) 21pts.

**Women's Windsurfing - Opening Series Standings:** 1 E Wilson (Gbr) 3pts.

## SWIMMING

**Women's 100m Backstroke - Heat 3:** 5 **K Dawson** (Gbr) 1:00.69, 6 **M Harris** (Gbr) 1:00.85. **Women's 400m Individual Medley - Heat 1:** 4 **K Shanahan** (Gbr) 4:40.40.

**Men's 100m Backstroke Final:** 1 T Cocon (Ita) 52.00secs, 2 J Xu (Chn) 52.32, 3 R Murphy (Usa) 52.39, 9 **O Morgan** (Gbr) 52.84.

**Men's 200m Freestyle Final:** 1 D Popovici (Rou) 1min 44.72secs, 2 **M Richards** (Gbr) 1:44.74, 3 L Hobson (Usa) 1:44.79, 4 **D Scott** (Gbr) 1:44.87.

**Women's 100m Breaststroke Final:** 1 T Smith (Rsa) 1mins 05.28secs, 2 Q Tang (Chn) 1:05.54, 3 M Mc Sharry (Irl) 1:05.59, 6 **A Evans** (Gbr) 1:05.85.

**Women's 200m Freestyle Final:** 1 M O'Callaghan (Aus) 1min 53.79secs, 2 A Titmus (Aus) 1:53.81, 3 S Haughey (Hkg) 1:54.55.

**Women's 400m Individual Medley Final:** 1 S McIntosh (Can) 4mins 27.71secs, 2 K Gimes (Usa) 4:33.40, 3 E Weyant (Usa) 4:34.93, 4 **F Colbert** (Gbr) 4:35.67, 7 **K Shanahan** (Gbr) 4:40.17, 8 E Walshe (Irl) 4:40.70.

## TENNIS

**Men's Singles 2nd rd:** S Tsitsipas (Gre) bt **D Evans** (Gbr) 6-1 6-2.

**Men's Doubles 1st rd:** T Machac & A Pavasek (Cze) bt J Salisbury & N Skupski (Gbr) 4-6 6-3 10-8.

# All going quiet

## SILENCE IS SILVER AS TOM BAGS MEDAL No5

**TOM DALEY** revealed how giving synchro partner Noah Williams the silent treatment helped them win a scintillating silver.

The Brit pair first dived together in November and have spent most of the past eight months 6,000 miles apart.

Yet they were only pipped for synchronised ten-metre platform gold by the astonishing Chinese pair of three-time world champs Lian Junjie and Yang Hao.

Daley, 30, and Williams, 24, performed brilliantly, nailing all six of their dives despite barely speaking to each other through the competition.

Their success means Plymouth-born Daley now has a full house of Olympic medals and five in total, and is eyeing a **SIXTH** Olympic Games when his new home town of Los Angeles hosts in 2028.

But he explained the pair felt that they had done all their talking before their first ascent and plunge.

Daley said: "We don't really talk during a competition. I don't think we said more than two words to each other."

"That's the beauty of synchronised diving - at the end of the day what it comes down to is saying, 'One, two, three, go', and then doing your individual dive."

"Because once you've left the platform you're in gravity's hands and you can't really change anything."

"We try to keep ourselves in our own zone. It's just how it's always worked for us."

"We do all the preparation, all the talking, all of the questions, all the scenarios in advance in our competition practices so that we kind of know what we need to do."

"And then we both just go in to execute."

"You don't really want to have too much conversation because you



GOOD TUCK... Williams and Daley put in six top dives but could not stop China.

From MARTIN LIPTON in Paris

don't want to throw the other person off their game.

"So we both have very different routines, then just have to get together on the diving board at the same time."

Daley and Londoner Williams went immediately before the Chinese in each round and produced a series of terrific efforts.

But no matter what they did, their main rivals went one better - posting the best score of all six rounds as they turned fantasy-level diving into real life.

That gave the gold medal winners a massive score of 490.35, with Daley and Williams next on 463.44.

Those impressive numbers left the Canadians Rylan Wiens and Nathan

Zsombor-Murray in third on 422.13.

For Daley and his partner, it was 41 points more than they had scored winning world championship silver behind the Chinese in Doha in February.

Williams was tearful as he dedicated his medal to his late former coach David Jenkins, who died in 2021.

Daley also mentioned his dad Robert, who died a year before he won his first Games medal at London 2012.

And Williams said: "It was definitely everything I expected it to be. I really enjoyed the competition."

Tom dove amazingly and the fact that he dove like that, and China were diving so good as well, just helped me elevate how I normally dive to what I did."

As for the future, Daley suggested that emotional blackmail from sons Robbie and Phoenix, his new family location and the expected addition of a mixed team event in 2028 could yet prompt him to have one last dance.

He said: "I went from being the youngest in the team in 2008 to now the oldest diver on the team."

"So I want to enjoy this moment and make decisions about the future of diving for me later on."

"They might be adding different events into the Olympic Games in LA. I live in LA now so it could be a chance to do a second home Olympics."

"Robbie wanted me to come back this time so he's played his token. Now we'll see what Phoenix thinks!"

"Around 15 months ago, I was sitting on the sofa doing nothing and getting back into some kind of competition shape is something I feel very proud to have been able to do."

"But, for right now, I just want to enjoy this moment and see how it goes after that."



ORIE... tears at result

## Bitter for Delicious

From MARTIN LIPTON

**DELICIOUS ORIE** saw his Olympic dream destroyed by the latest astonishing decision from boxing judges in Paris.

The super-heavyweight, Team GB's best hope for a medal, was convinced he had beaten Armenia's Davit Chaloyan.

The 27-year-old from Wolverhampton bossed all three rounds with his snaking left jab.

But the judges were watching a different fight from the crowd and astonishingly scored it 3-2 in favour of the Armenian, leaving Orie in tears.

Team-mates Charley Davison and Rosie Eccles had previously been KO'd by shocking decisions.

And Orie said: "I do feel hard done by. This leaves a sour taste. I can't believe it because I'm sure I did enough."

"For eight years, I've dreamed about that gold medal in the Olympic Games. Now it's been taken away from me."



WHITLOCK... gutted

## Max still pomm it

From DAVE KIDD

**MAX WHITLOCK** missed out on a SEVENTH Olympic medal but marked himself out as favourite for gold in his farewell performance in the pommel-horse final.

GB were edged into fourth in yesterday's team final but three-time Olympic champ Whitlock racked up the highest pommel score of the competition.

Whitlock, with three golds and three bronzes, came out of retirement for Paris and the 31-year-old is planning to go out with a bang on Saturday.

He said: "I am gutted because fourth is difficult and we have come fourth a few times in Olympics. We can take positives going into our individual finals."

"It was a nice feeling knowing that was the last high-bar routine I will ever do - I now have one more pommel routine in my whole career."

"The pommel routine I went for was full difficulty, with high risk, and I was mega pleased with it."



LIP-SYNCHING... Daley and Williams celebrate their medals

# A SPLASH IN PARIS

# INVISIBLE TOUCH

## Matt tips first but is pipped

From **ROB MAUL** in Paris

**MATT RICHARDS** lost out on gold by the same margin as Adam Peaty – even though he touched the wall **FIRST**.

The Somerset swimmer, 21, was unable to follow Mark Spitz, Ian Thorpe and Michael Phelps in the aquatics history books by becoming men's 200 metres freestyle Olympic champion.

Richards, who is getting married this year to Emily Large, was two hundredths of a second behind Romanian David Popovici, who swam 1min 44.72sec. That is the same time difference that prevented Covid-struck Peaty from winning a third successive 100m breaststroke crown the night before.

Yet it appeared Richards touched the pool side **BEFORE** his Eastern European foe after they had completed three turns. Yet the lane pads are pressurised and it would seem he did not apply enough force to go ahead of Popovici, who was at full stretch.

Richards said: "I thought I had got it

but it wasn't my best finish, it didn't feel bad. I did feel like I had done enough but the time says differently.

"It's not a sport where it's up for debate – it's black and white.

"I thought I was going to get it, I could see a wave of people, I could see it was going to be really close. I thought I'd just done enough.

"I looked at the scoreboard and saw the No2 next to my name and it was great, but also so annoying.

"I can't be too disappointed with that. It's my first individual event at the Olympic Games.

"So to walk away from it with a silver is fantastic. Obviously 0.02 seconds off gold is excruciatingly frustrating but it's added more fire to my belly."

Richards, – who was world champion in this event a year ago – led the race with only seconds to go as the decibel levels rose inside Paris La

Defense Arena. Had things worked out differently, he might have been taking an individual gold medal to his autumn wedding – his next chance to do that comes in the 100m freestyle.

Britain were a history-making 1-2 in this event in Tokyo three years ago with Tom Dean outpacing pal Duncan Scott at the behind-closed-doors event.

Yet Scott, 27, was 0.08sec behind American Luke Hobson who took bronze.

Richards added: "I'm gutted for Duncan. If anyone deserves a medal, it's him. I'm 21, I've got a long time to go in this sport, I want another ten years before I worry about hanging my goggles up."

In the women's 400m individual medley final, Freya Colbert was fourth behind a North American 1-2-3 while Glaswegian Katie Shanahan was seventh.

Cambridge's Angharad Evans was third at the halfway point of the women's 100m breaststroke finale but faded to sixth, while Oliver Morgan was last in the men's 100m backstroke final.



**ROAR PRIDE** . . . Burgess is overwhelmed at scooping silver

## Burgess puts agony to bed

**ADAM BURGESS** shook off his Tokyo nightmares with a Paris "dream" and said: **I'll never have another sleepless night.**

From **MARTIN LIPTON**

The Stoke paddler has spent the past three years trying to come to terms with missing out on an Olympic medal by just 0.14 seconds.

But he stayed calm amid the sheer bedlam for local hero Nicolas Gestin to splash and twist his way to canoe slalom silver.

Burgess, 32, insisted: "There will be no waking up in the night wondering what could have been, ever again."

"I really wanted to just leave it all out there.

"In the past I've paid the price and missed opportunities by being a little cautious at times.

"I wanted to just go out with confidence, paddle with some style and enjoy myself."

Fourth-last to go, Burgess was nearly 15 seconds up when he was side-swiped by a fast-moving eddy as he tried to negotiate the last, tricky upwater gate.

It was the same issue that caused problems for team-mate Kimberley Woods in her bronze medal-winning kayak run on Sunday.

He said: "Kim made a similar error yesterday and charged up to get herself on the podium.

"I was just trying to harness that grit and determination to finish

the run off strong. When I looked up and saw I'd finished first, I realised I'd done enough on the rest of the course to absorb that mistake.

"But then waiting for the other three to go was just nuts. If I'd finished fourth again it would have been absolute heartbreak.

"When I knew I had a medal, I was just so happy. It was magical."

Burgess had no complaints at his second place, with Gestin, last to go, eclipsing his time of 96.84sec by more than five seconds.

And the smile he wore as that medal was placed around his neck showed how much it meant.

He added: "I was thinking about myself as an 11-year-old dreaming of that moment, about my parents, my family, and the disappointment in Tokyo.

"I'm the only one on this team without a world title. A lot of people said I had to be lucky and was maybe not the one who was talked about for winning a medal.

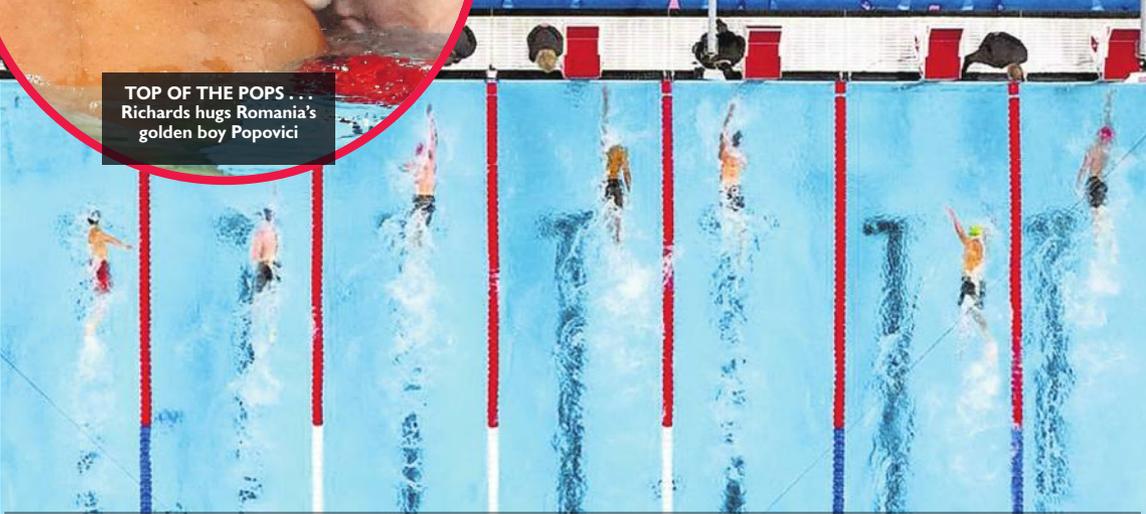
"So I'll admit there was a little bit of that which gave me a little bit of grit to go and prove people wrong.

"I had this image in my head of hugging my coach, Craig Morris, at the finish line and we were all ugly crying.

"That's exactly how it panned out."



**TOP OF THE POPS** . . . Richards hugs Romania's golden boy Popovici



**TOUCH AND GO** . . . Richards (far right) looks to have touched first but he loses out to Romania's rising star Popovici (fourth from right)

# COVID CANNOT KO PEATY

**ADAM PEATY** hopes he can still race at the Olympics despite testing positive for Covid.

Peaty, who took silver behind Italy's Nicolò Martinenghi in Sunday's 100 metres breaststroke final, claimed he woke up that day with a sore throat.

While the 29-year-old 'Staffordshire pool terrier' insisted it was

From **MARTIN LIPTON**

"not an excuse", he was clearly struggling to speak after the race.

Team GB insiders explained that a "common-sense" approach would be taken with Peaty – but he will not need to isolate.

And Peaty will be cleared to compete again as soon as he feels ready to perform. GB head of

performance services, Greg Rutter, worked overtime to ensure it did not spread around the squad.

A Team GB statement read: "Adam is hopeful to be back in competition for the relay events later in the swimming programme.

"As in any case of illness, the situation is being managed appropriately, with all usual precautions being taken."



**PEATY** . . . silver medal

## Boatman can't keep Brits afloat

**TEAM GB** had more Olympic pain in the women's rugby sevens as they lost 17-7 in a last-eight clash with USA.

After finishing fourth at the last two Games, their medal hopes were alive when they led 7-5 at half-time with Ellie Boatman's try, converted by Lisa Thomson.

But the much-fancied Americans replied with an unconverted score from all-time record try-scorer Naya Tapper and Kristi Kirshe put them ahead after the restart.

Sammy Sullivan's score sealed it as the Brits sunk to their knees in despair.

GB booked a knockout spot with a 26-17 Pool B win over South Africa.

The Springboks took a shock 12-0 lead but tries from Grace Crompton, Isla Norman-Bell and two from Jasmine Joyce turned it around.

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SUPREMACY IN



BURGESS... with dad

BRITS

From Back Page

ended the day with one final medal as swimmer Matt Richards was pipped into 200m freestyle silver by two hundredths of a second.

Pidcock, 25 today, survived a front-wheel puncture to succeed at Elancourt Hill.

The Leeds-based rider was booed by fans as he raced past French rider Victor Koretzky.

But he shrugged off the crowd's negative reception, saying: "They didn't boo the rock that made me puncture!"

"The boos are a shame because that's not really the spirit of the Olympics."

"I do understand that the French are very passionate, they wanted Victor to win."

Defending champion Pidcock made a daring manoeuvre in the final metres to move ahead of Koretzky — and their bikes even collided after going round a tree.

He added: "I wasn't worried. I didn't do anything wrong."

"I was in front and he left the door open."

"We were racing for a gold medal. I wanted to win as much as he did."

"I knew it was going to be a big fight and he left a gap and I had to take it. That's racing."

"I know people might view it differently but sport is about not giving up."

Team GB retained their Olympic team eventing title as Collett, McEwen and Canter finished the three-day competition with 91.3 penalties.

They ended 12.3 clear of France, with Japan taking bronze.

Swindon-born McEwen, 33, said: "It was poetry in motion to get another gold for Team GB and British eventing."

"It's been a roller-coaster. Fantastic we're here in this position."

# WHEELS OF STEEL

## Pid defies puncture for epic win

IT was the most thrilling fightback by a Brit on two wheels at the Olympics.

Despite all the challenges thrown in his path, Tom Pidcock sealed a stunning gold medal in a mountain bike race that had more twists and turns than the Elancourt Hill course.

With under 400 metres to go after more than 85 minutes in the saddle — and with home fans willing on leading Frenchman Victor Koretzky — Pidcock saw a tiny gap and went for it.

Millions watching on TV during their lunch hours were left transfixed by how Leeds lad Pidcock, who turns 25 today, pulled off his daring move.

He took his chance by darting the other side of a tree to Koretzky, stayed upright after colliding with his rival and then completed a lung-busting burst to the finish line.

And all that after reigning champ Pidcock suffered a puncture.

Not only did he have to claw back a 40-second deficit but his build-up had been hampered by Covid, which ended his Tour de France campaign two weeks ago.

It is hard to think of a more

From ROB MAUL

in PARIS



mind-blowing British comeback across all forms of cycling.

Drenched in sweat, an emotional Pidcock said: "It wasn't easy. I'm keeping my glasses on for a reason."

"The Olympics are so special. You just never give up, you give everything — and that's what I had to do."

"I had someone telling me I was in eighth. I said, 'I don't give a f\*\*\* what position I'm in'."

"I wanted to know how far it was to the front."

"My back hurts. I was suffering. It was definitely not the most enjoyable. I made too many mistakes."

Pidcock led the 36-rider field before suffering a puncture on lap four of the 4.4km course.

Yet the Brit ace kept his cool as the mechanics quickly replaced his

damaged front tyre. The Yorkshireman said: "What's the point in stressing? I've had enough stress this week."

"You're all used to things going well so even my mechanic wasn't ready for it."

"He did a super-fast change in the end. My bike was perfect, apart from my mistake of puncturing."

"The point of the Olympics is to do excellence — it's one of the values of the Olympics. I didn't want to give up."

"My goal was to go to the front. I came here to win. That's all I was thinking about."

Over the four next laps, Pidcock (congratulated after his win, left) cut the gap on leader Koretzky. And come the final lap they were neck and neck.

It was fierce and frenetic on a baking day. Crucially, as they approached a tree, Pidcock went to the left,

Koretzky, 29, went to the right, and there was a coming together.

It was feared the French team might appeal after the race, citing dangerous riding, but they decided

not to after reviewing footage. Home fans were not happy and made their feelings known by jeering Pidcock as he crossed the finish line.

Pidcock used the momentum to win in a time of 1hr 26min 22sec, nine seconds ahead of Koretzky.

F1 icon Ayrton Senna once said: "If you no longer go for a gap which exists, you are no longer a racing driver" — and that clearly applies to mountain biking, too.

The way Pidcock managed to put aside the tyre mishap and claim Paris glory is testament to his talent and tenacity.

There was also a wonderful image of him taking on a jump with a water bottle in his mouth.

Now Pidcock is due to go again in Saturday's road race so he will put aside plans to celebrate, taking a well-earned rest at his rented house.

Pidcock, who was hit by a car in the build-up to his Tokyo victory in 2021, had described the mudless course as "BLAND".

But there was nothing boring about this race and there is nothing bland about being a double Olympic champion. Take a bow, Tom Pidcock.



MEDAL TABLE

G S B TOT

Japan	6	2	4	12
France	5	8	3	16
China	5	5	2	12
Australia	5	4	0	9
South Korea	5	3	1	9
USA	3	8	9	20
Great Britain	2	5	3	10
Italy	2	3	3	8
Canada	2	1	2	5
Hong Kong	2	0	1	3
Germany	2	0	0	2
Kazakhstan	1	0	2	3
South Africa	1	0	2	3
Belgium	1	0	1	2

## THE MOMENT TOM EMERGED TRIUMPHANT



Brit cycling star Tom Pidcock (white helmet) takes a different line to Victor Koretzky around the trees and, after a coming together with the Frenchman, sneaks ahead

# THE SADDLE FOR TEAM GB



**OUT IN FRONT . . .**  
Pidcock on his way to the gold medal at Elancourt Hill



**WHAT A GREAT TEAM . . .** Canter, McEwen and Collett

## Laura dazzles in sparkling medal double

**TEAM GB'S** eventing trio sparkled to deliver our first gold of the Games.

From **JOSHUA JONES**

Laura Collett, 34, wore a helmet topped with Swarovski crystals as she helped GB defend the three-day eventing title alongside Ros Canter and Tom McEwen.

track in yesterday's show-jumping.

She only hit one of the 16 fences and completed the 500m course inside the 80-second limit.

Then two hours later, Collett added bronze in the individual eventing at Chateau de Versailles.

McEwen, who won Tokyo gold alongside Collett, quietened the local fans with a faultless ride. So Collett knew gold was in her hands as the last of the 58 riders.

After being presented with team gold by Princess Anne, Collett said: "I'm on top of the world."

It came 11 years after she nearly died in a horrific horse fall that left her blind in one eye.

"It's pretty special and very cool to get Team GB's first gold, unreal."

Collett, from Leamington Spa, needed resuscitating five times and was placed in a coma for six days after breaking ribs, puncturing a lung and lacerating her liver.

"I never realistically dreamt I could go to an Olympics, let alone come back from two with two golds. The noise was unreal. Luckily, my horse quite likes that and he rose to the occasion."

She was also blinded in her right eye after a fragment of shoulder bone travelled through her blood stream, damaging the optic nerve.

"He's a superstar and loves showing off. He thinks he's right at home in front of the palace."

She won Tokyo team gold in 2021 and secured it again in Paris on London 52 as Team GB finished on 91.30 points, 12.30 clear of France.

In a week where equestrian was marred by Charlotte Dujardin's whip scandal, Collett, Canter and McEwen kept full focus on retaining gold, just like the GB team did in 1972.

McEwen said: "I thought I would be more nervous but it was class from Laura, it was poetry in motion."

After Saturday's dressage and Sunday's cross country, they went into the final stage of jumping top with 82.50 penalty points, nearly five clear of France.

Before collecting their medals, though, all three qualified for the individual eventing final, McEwen starting fourth and Collett third.

It would have been even more had Canter not got a controversial 15-point penalty for clipping a cross-country flag with her knee. World No1 Canter got back on

But the top four all sealed perfect individual runs to keep the podium in order with Collett behind Australian Christopher Burton as Germany's Michael Jung claimed a third gold.



**CRYSTAL CLEAR . . .** Collett wearing her sparkly helmet

**RICHARDS A TOUCH UNLUCKY - Page 49**

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McKENNA... admired

## Kieran's on Lions shortlist

EXCLUSIVE  
By CHARLIE WYETT

KIERAN McKenna is a shock contender for the England job.

The FA are searching for a successor to Gareth Southgate and the Ipswich boss is on the list.

Eddie Howe, Graham Potter and Lee Carsley are the three favourites for the post.

But Northern Irishman McKenna, 38, has emerged as another candidate after back-to-back promotions at Portman Road.

FA technical director John McDermott is drawing up the shortlist to replace Southgate.

And he worked with McKenna when he was a youth coach at Tottenham.

McDermott was Spurs' head of coaching and development and he is a huge fan of what McKenna has achieved. In 2016,

Turn to Page 46



# OLYMPICS



**GOLD**  
Ros Canter, Laura Collett & Tom McEwen



**SILVER**  
Tom Daley & Noah Williams



**SILVER**  
Adam Burgess



**SILVER**  
Adam Burgess



**BRONZE**  
Laura Collett

**GOLD**  
Tom Pidcock

It's just another...

# BRITANNIC MONDAY

## Tom leads medal blitz as our heroes bag six

**TOM PIDCOCK** raced to a stunning mountain bike gold in a Team GB medal blitz. His sensational victory in the soaring heat was one of two golds as Britain won **SIX** medals on a memorable day at the Olympics. Horse riders Ros Canter, Laura Collett and Tom McEwen celebrated the team eventing title at Versailles

**From ROB MAUL in Paris**  
— while Collett, 34, also claimed individual bronze. Divers Tom Daley and Noah Williams started the rush with silver in the synchronised 10 metre platform. Adam Burgess was runner-up in the canoe slalom while Team GB

Turn to Page 50

# It's looking so Good

GOODWOOD will kick off on Glorious good ground and racegoers are in for a treat with the weather set fair.

The only worry for clerk of the course Ed Arkell this week is a slight threat of Thursday thunderstorms.

There are three Group races on the first of five days on the Sussex Downs, with Kyprios (right) odds-on for the big'un, the Group 1 Goodwood Cup.

With conditions sure to quicken up, Arkell will reas-

ses after Sussex Stakes Day finishes tomorrow whether or not to turn the sprinklers on. He said: "We got a lot rain last week but it's been lovely since. We'll start off on beautiful ground — good, with maybe a bit of good to firm."

"The odd thunderstorm is in the forecast but I wouldn't even think about putting any water down until Wednesday night, if at all."

By JACK KEENE



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# Bentley gearing up

By MATT CHAPMAN

HARRY BENTLEY hopes to be in the fast lane at Goodwood this week.

The 31-year-old rider is best known in the UK as the former rider of July Cup and Foret hero Limato.

He (right) is based in glittering Hong Kong these days but grew up just a few miles from Goodwood.

Bentley — who has had 39 winners in the Far East so far this season — told me: "I'm really excited about being back. "Goodwood's always been a

course very close to my heart as I grew up just down the road.

"It seems mad these are my first rides in the UK for four years."

Bentley has two rides today — Navello (4.10) and Nocturnal (5.20). He said: "Navello is a proper speedster and five furlongs here is always a thrill as it is so quick. Nocturnal is an unexposed horse in a handicap."



THE

GLORIOUS GOODWOOD

Tuesday, July 30, 2024

# Favourite

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# NOBLE TO LORD IT

## Charlie's Dynasty set to boost Godolphin empire



**NOBLE DYNASTY** is ready to reign supreme in the £180,000 Lennox Stakes on Day One of Glorious Goodwood (3.00).

Charlie Appleby's strapping six-year-old son of Dubawi has looked better than ever this season.

He kicked off the campaign with a hot handicap win on the Rowley track at Newmarket where he beat a useful field without breaking sweat.

That earned him a crack at the Group 3 Criterion Stakes on the July course where he put in a smooth performance to strike again. He was always near the pace and found plenty when William Buick pressed the accelerator.

He saves his best for this seven-furlong trip and Appleby (left) is having another winner-packed season with a fine 31 per cent strike-rate.

**DANCE AND**

By TEMPLEGATE (Steve Mullen)

**ROMANCE** is worth waiting for in the closing handicap (5.55, nap).

We have seen Favourite columnist Andrew Balding's filly only three times but she has improved with every run.

After a couple of good efforts on the all-weather, she switched to turf for her handicap debut at Nottingham last time.

The winning margin was three-quarters of a length but it could have been further and there's clearly more to come.

**FAIR WIND** can blow his rivals away in the Coral Racing Club Handicap (4.10, nb). Hee had to sit and suffer until well inside the final furlong in a big field at Ascot last time before he scooted through a gap to score. The second home landed a big pot to frank the form and Owen Burrows' horses are in fine fettle.

Today's feature Goodwood Cup is not a race for punters. **KYPRIOS** (3.35) short for a reason, and is impossible to oppose. **Sweet William** can chase him home.



**DYN IT TO WIN IT ... Noble Dynasty can rule the roost in the Lennox Stakes**

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# Favourite HOME OF RACING FIRST PAST THE POST

**TODAY'S Goodwood Cup will surely be a romp for miracle stayer Kyprios – so just enjoy the 'million-to-one' comeback king.**

The Group 1 feature, the highlight at the start of the Glorious meeting on ITV, is stuffed full of mudlarks.

And, thankfully, for once it's not going to rain at Goodwood. What that means is it's hard to fancy **Trueshan** or **Sweet William**, and I suspect if there is a danger it will be **Gregory** who, in June, failed to stay behind Kyprios in the Ascot Gold Cup.

But, to be honest Kyprios, should win as he pleases. He rarely hacks up as he idles in front but he is a class above this lot.

Aidan's O'Brien's hero took this prize in 2022 when defeating Stradivarius. Back in third that day was Trueshan with another of today's rivals – **Coltrane** – in fourth.

It was at the end of that year when Kyprios had issues. He got an infection in his off fore fetlock and it was not just his racing career that then hung in the balance.

The injury can cause a total loss of use of the limb and it was therefore a very real possibility the horse would not come out of the other side.

O'Brien said: "It's a million to one, almost impossible to come back from what he came back from. At one stage, we weren't sure he would live."

"Then we had to teach him how to trot and how to canter, this was before a rider ever went near him."

"It was like someone having the most horrific injury, a human



## Super Kyp can beat this lot in his sleep

being, and going from winning the Olympics to having to learn to move and walk, then getting back to the very top level."

This is a magical story.

Come on Kyprios.

Today's action gets underway at with an 18-runner handicap over ten furlongs. Nice.

**Enfijaar** could easily outclass the field, but I will chance the horse third to him up at York in **TONY MONTANA** (1.50) for Michael Bell.

He has been pretty consistent this year, stays well and goes on good to firm. He should get a good position from stall 12 and clearly has an excellent each-way chance.

Next is the Group 2 Vintage Stakes

is for two-year-olds over seven furlongs. The one I think will be suited best to a step up to this trip is **AOMORI CITY** (2.25) for Godolphin.

He was caught flat-footed when the pace quickened before staying on well into third behind Whistler-jacket at Newmarket last time.

The boys in blue can also strike in the Lennox Stakes. It should be a Group 1 as we don't have many seven furlong races at the top level.

**NOBLE DYNASTY** (3.00) is in great form and will love the conditions.

There will be loads of pace on with **Audience**, **Pogo** and **Kinross** all capable of front-running. I expect William Buick to sit tight and then come on strong on the run-in.

### KYPRIOS

Goodwood Cup (3.35)

**Case for the defence:** M'Lud, I shall keep this short and sweet as my client barely has a case to answer anymore.

There were lots of doubters before Kyprios stormed to another Gold Cup at Ascot.

And now, for good reason, they have disappeared.

He has won here before, is by far and has proved his well-being again with three wins on the spin. Favourites have won six of the last eight of this and there is nothing in here to lay a glove on him.

**Case for the prosecution:** Your honour, I shall not waste too much of the court's time. There is not much evidence I can present against Kyprios. The worry in a small field is that it becomes tactical and on a tricky track Kyprios may be caught out. Rattling quick ground might not be ideal, either.

**JUDGE JAMIESON'S VERDICT:** It seems even my learned friend of the prosecution is clutching at straws. Whether Kyprios is a punting proposition at 1-2 is another matter. He can land the odds.

### KINROSS

Lennox Stakes (3.00)

**Case for the defence:** In a few years time they may well name this great race after dear Kinross. His record in it is 121 and it can become 1211. The trip suits him



perfectly and with plenty of pace on he can come with his late burst.

**Case for the prosecution:** Your honour, Kinross is now seven and his run in the July Cup was well beyond par. He is a hard horse to knock but his no-shows are becoming more frequent and quick ground is a worry. Is he the force of old? I argue not, M'Lud.

**JUDGE JAMIESON'S VERDICT:** I shall side with the prosecution, the evidence, for now, is against Kinross. **Noble Dynasty** is a horse on the up and gets the nod.

# I know I will never be able to get close to what dad has done on the Downs

**WHEN yer old man is none other than 'Mr Goodwood' the pressure quickly builds on the Sussex Downs.**



For years Mark Johnston's runners were backed blindly by punters at the five-day meeting.

And with good reason. He holds the record for the highest number of winners at the Festival on **88**, six clear of the great Sir Michael Stoute.

It's not for nothing that the Johnston motto is 'Always Trying'.

After Charlie, 33, joined his dad it grew to 90.

But last year was Charlie's first Glorious Goodwood solely on the licence – and he and his team are starting from zero.

Once more, the Johnston armada will be heading down from Middleham, North Yorkshire on the 600-mile round trip.

Charlie said: "It was always a meeting that dad liked to target and do well at. Once you have done well at a particular meeting there sort of becomes an expectation from the wider public."

"I'd say there is more expectation than pressure on me."

"There is an expectation we will have winners at this meeting and I will try everything we can to do so but, obviously, I will never get close to what dad has done. Nobody will."

Last year's blank was not an easy pill to swallow for a team who put so much into Goodwood each year.

And despite 70-plus winners already this campaign, Johnston jnr

is his biggest critic and wants more.

He added: "We had a disappointing time at Goodwood last year although the ground didn't help the situation as it was bottomless all week. Most people would laugh if you were despondent about the number of winners we've had this year but we hold ourselves to very high standards, and I feel we haven't met them so far this year."

"Of course, we still have our favourite week of the year to come and then there is York and all the big autumn meetings after that so there is still half of the season to go and lots of opportunities to put us back, front and centre of people's minds."

Johnston confided: "If you don't take accountability and learn from your disappointments how are you going to get better, but at the same time you can't dwell on it for too long as you have got to keep moving forward and set the record straight."

Johnston snr is still never far from the action at their Middle-

ham base and will be at Goodwood this week to help his son out – returning a favour for years of support as assistant.

Charlie spent many a summer holiday at the picturesque Sussex track where hundreds of Johnston runners were saddled to the nines by the huge team of staff sent down each day all dressed in the famous Johnston tartan.

And on the track horses like Goodwood Cup three-time hero Double Trigger and Shamardal will always be remembered fondly by punters.

Yet for Charlie it was a handicap snip that sticks fondest in the memory. He explained: "As mum and dad were always so busy the nearest thing we got to a summer holiday was going to Goodwood for a week! "One of my most vivid memories is of a horse called Sharp Play. I was nine, and he won what is now the Chesterfield Cup Handicap on the opening day in 2000."

"Darryll Holland was riding him and, unusually for one of ours around Goodwood, it was last turning in. But he got up in the last stride and won with plenty in hand."

"That win has stuck with me to this day. It may not have been the biggest of race but the finish to it really resonated in a nine-year-old's mind!"

In what is left of his spare

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In what is left of his spare



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# T FOR TIPS COLOURS & FORM



**GOOD TIMES . . .**  
but Charlie Johnston knows his dad Mark is a hard act to follow at Goodwood

## ★ CHARLIE JOHNSTON EXCLUSIVE

time Charlie tries to fit in as much rugby as he can for local club Wensleydale.

But as the main man at Kingsley Park now he has sadly been relegated to the 2nd XV. He said: "Since taking over the licence I've gone from being a first team regular to a second team social player! I still get down when I can, though, and the club like having me as they use our indoor school when the weather gets bad."

Charlie even had to skip a run out at Twickenham as part of the new job.

He added: "It was May of last year when we got to the final of the Papa Johns Community Cup, but Dance In The Grass was running in the 1,000 Guineas on the same day at Newmarket."

"For sure it was hard not being able to play at Twickenham as it is a once in a lifetime opportunity for an amateur rugby player to go down there, but I was there in spirit though!"

With a team of just shy of 30 horses headed down to West Sussex, the next five days are some of the biggest in the trainer's young career.

Align The Stars is their headline act and if he and one or two more can get their heads in front it won't be long before there might just be a new 'Mr Goodwood' in town.

### CHARLIE'S FAB FIVE

**TODAY: ARISAIG (5.20)**  
SHE is our leading chance in the mile fillies' handicap and ran well in the Sandringham when on the wrong side of the track — and also at Newmarket's July Meeting. Her handicap mark is workable.

**FRIDAY: DUTCH DECOY**  
I LOVE this lad. He should squeak into the bottom of the Golden Mile off a lower mark than when he was third in the race last year. He is one of those horses who have had a few hard luck stories but there is a big-race win in him.

**FRIDAY: TENERIFE SUNSHINE**  
HE won at Goodwood early in the year over two miles. All he does is gallop and the two and a half mile trip will be fine. He is well equipped for a race like this.

**SATURDAY: KNIGHTSWOOD**  
HE ran very well at Newmarket on his first start over a mile and three quarters. At the July Meeting it paid to be on the front end and he was the only horse to make ground from the back of the field. He has a nice chance in the Summer Stakes.

**SATURDAY: SIR PETER FOSSICK**  
I LIKE this colt and he will for the seven-furlong maiden who was second on debut at Epsom. He was green that day and just got run down late on. He is a smart horse.

**GOODWOOD** is Glorious for so many reasons — but what I do know is it is an absolutely huge week for the team.

We've had some great days here over the years, none more so than in 2021 when we finished top of the trainers pile.

We're sending a big team down to Sussex and I'm very hopeful of getting on the board on Day One.

Our big gun is undoubtedly COLTRANE (3.35) who has run well in the past two Goodwood Cups.

He was just touched off in the three-way thriller between him, Stradivarius and True-shan a couple of years ago, and last year he ran well in a weird race where Quickthorn stole a march on them.

There is no denying Kyprios will be hard to beat, but this track and trip probably suit Coltrane better than the two and a half miles of the Gold Cup at Ascot, so I expect my lad will run his usual solid race.

He's an old warrior and goes on any ground so I wouldn't want to rule him out whatsoever. If Kyprios doesn't bring his A-game I would like to think we'll be bang there in contention.

We kick off, though, with TEUMESSIAS FOX (1.50), who has been showing up well on the gallops recently.

My only reservations are the ground — he'd ideally want a bit of juice underfoot — and that he is still pretty high in the weights. But he is a hardy horse and will give it his all.

I think the step up to seven furlongs in the Vintage Stakes will really suit COOL HOOF LUKE (2.25).

He ran a fantastic race at 40-1 to finish fourth in the Coventry at Royal Ascot and his work has definitely improved since then. He has a massive chance.

The Coventry form is strong enough — this is wide open — but he's a horse on the up and has more to come.

As does JOUNCY (4.45), who was narrowly touched off at Kempton last time. His half-brother Array ran in this race last year before going on to win a Group 2 later in



## Wait for the last Dance

the year. IMPERIAL EXPRESS (5.20) has really found her feet recently and won nicely at Ffos Las on her most recent start.

She has a tough draw but no-one is better and overcoming a tricky starting stall than Oisín. She is a lively each-way player.

And we run a couple in the lucky last, both with big chances. DANCE AND ROMANCE (5.55) made it two wins from three starts last time and I would like to think she is better than a handicap mark of 78.

There isn't much between her and CUBAN MELODY on their homework, so hopefully they both prove well-handicapped and can finish in a dead-heat! Now that would be a good way to end the day!

### TIBER FLOW can make waves in the Lennox Stakes (3.00).

William Haggas' flyer looked a Premier League performer when he mullered a decent bunch of players at Haydock last time.

Happy Haggas reckons the step up to seven furlongs was behind that personal best, and his nag is a strong order with Hills.

And there has been loads of each-way lolly for DUAL IDENTITY (1.50) in the opener.

Hills are stamping a top price guarantee on this cavalry charge, and they have already shortened Bill Knight's bruiser from 20s to 12-1.

Meanwhile, Sandown's gaffers banked their summer bonus when 10,000 glitter-ball groovers paid £50 a piece to watch Pete Tong spin some discs after racing on Friday.

And they whacked an extra bit of bounce in their bin by charging a wallet-winning eight sovs a pint for anyone who wanted to wet their whistle.

That didn't stop my pal 'Two-Chin Terry' blowing the froth off a couple of cold ones before he headed for the hills.

Tel has just started working for a company that make bicycle wheels... he's the spokesman.

But our man chews the fat with some chatty chaps in Newmarket, and they are getting jiggly about Tom Clover's JUMBEAU (5.55) in today's nightcap.

Tasty Tom's tearaway is Rolex reliable, and connections are confident Oisín Murphy will nudge her into one of the four places up for grabs with Hills.

By the way, keep your peepers on a speedball from Clover's classroom called Surrey Shadow.

This flying machine looked the business in red-hot novice events before copping a nasty whack to his pelvis.

That will keep the luckless nag off games this summer, but he is way above average and connections are eyeing up next year's Lincoln.

And the same faces will be giving Charlie Appleby's



## Tom's Beau is beautiful

AOMORI CITY (below) a shout in the Vintage Stakes (2.25).

Cheerful Charlie's crew are in belting nick and this fella went into a few well-thumbed notebooks at HQ last time.

This step up in trip is picture perfect, and Hills say he's top of the pops with the Billy Bunters.

Finally, don't forget to chuck a couple of shekels at John Quinn's track champ LORD RIDDIFORD in the 4.10. Canny Quinn's quicksilver grey has nabbed the cash in this dash for the last three years... so it's odds-on he will be ready to rumble.

The each-way sharks have already taken the bait and he should be involved at the sharp end.

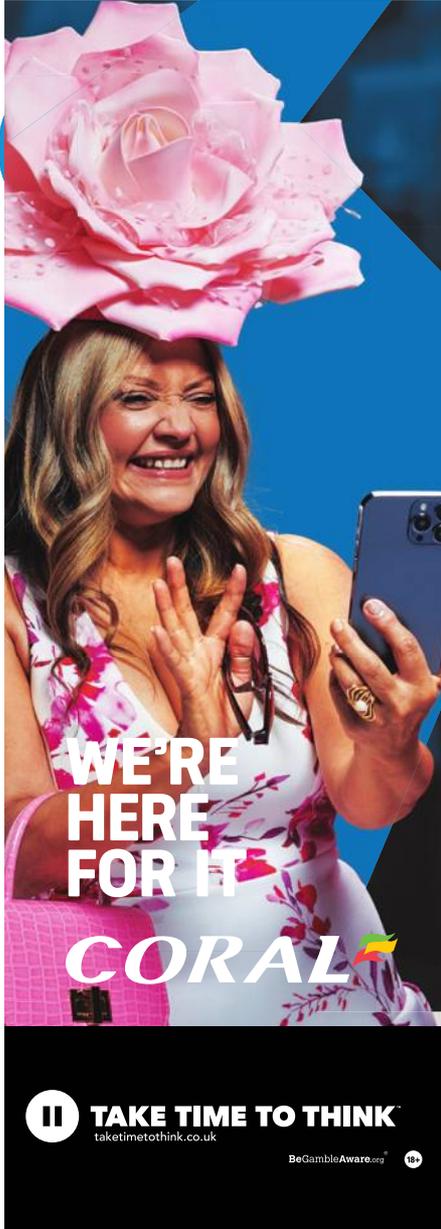


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# GOODWOOD DAY ONE ON ITV: 1.5

TEMPLEGATE			TOM PEPPER		
1.50	Enfjaar	Stay Well	1.50	Enfjaar	Stay Well
2.25	Amori City	Electrolyte	2.25	Amori City	Electrolyte
3.00	Noble Dynasty	English Oak	3.00	Noble Dynasty	English Oak
3.35	Kyprios	Kyprios	3.35	Kyprios	Kyprios
4.10	Fair Wind (nb)	Jm Jungle (nb)	4.10	Fair Wind (nb)	Jm Jungle (nb)
4.45	I Maximus	Carrados	4.45	I Maximus	Carrados
5.20	Queen's Reign	ARISAIG (nap)	5.20	Queen's Reign	ARISAIG (nap)
5.55	DANCE AND ROMANCE (nap)	Aramis Grey	5.55	DANCE AND ROMANCE (nap)	Aramis Grey

**TEMPLEGATE'S TRIO:** Dance And Romance and Fair Wind (double) with Noble Dynasty (all Goodwood).  
**TOM PEPPER'S DOUBLE:** Arisaig and Jm Jungle (both Goodwood).  
**SUNRATINGS' NAP:** LORD RIDDIFFORD (4.10 Goodwood)  
**SIRIUS, Sun On Sunday, nap: NOBLE DYNASTY (3.00 Goodwood).**

**TRACKFAX...**  
**TIC-TAC:** A tricky right-handed undulating switchback track with two bends. There is a straight 5f track. **DRAW:** Low bet in sprints. A fast start over 5f is important. **FAVOURITES:** (2019-2024): 222 have won out of 660 races (34%). At corresponding meetings, 75 have won out of 217 races (35%). **JACKPOT:** 1-6. **LIVE ON RACING TV**

HOT 'N NOT		TRAINER TRACE	
<b>TRAINERS with best record in last 14 days:</b> C Appleby 6 winners from 15 rides; G Boughy 9 from 37; A P O'Brien 11 from 51; C Cox 6 from 28; D O'Meara 12 from 56; P O'Brien 12 from 59; W Haggas 7 from 37; K R Burke 8 from 48; A Balding 7 from 46; R Hannan 7 from 55.	<b>JOCKEYS with best record in last 14 days:</b> R L Moore 8 wins from 24 rides; O Murphy 16 from 65; J Crowley 6 from 25; W Bulck 7 from 32; S Osborne 6 from 38; D Tudhope 7 from 35; R Ryan 9 from 46; K Shoemark 6 from 34.	<b>FIRST RACE FOR NEW YARD:</b> No qualifiers.	<b>RACEFAX:</b> A P O'Brien won 2.25 in 2014, 2016 & 2020. J T Gosden won 3.35 in 2017, 2018, 2019 & 2020. J & S Quinn won 4.10 in 2017, 2021, 2022 & 2023. R Hannan won 4.45 in 2015 & 2018. R Beckett won 3.00 in 2021 & 2023.
<b>TRAINERS who have had the most runners since last win:</b> A Perrett 32; R Guest 23; R Hughes 21; J P Murtagh 20.	<b>JOCKEYS who have had the most rides since last win:</b> B Robinson 47; D Allan 35; C Beasley 34; S M Levey 24.	<b>LONGEST TRAVELLERS:</b> Tatterstall (4.10) trained by M Dods, Darlington, round trip of 618 miles; <b>Bystander</b> (1.50), <b>Tiger Mask</b> (2.25), <b>Al Qareem</b> (3.35), <b>Miss Bodacious</b> (5.55) trained by K R Burke, Leyburn, round trip of 596 miles; <b>Loyal Touch</b> (1.50), <b>Wadacre Gomez</b> (1.50), <b>Killybegs Warrior</b> (1.50), <b>Blue Pinatubo</b> (4.45), <b>Arisaig</b> (5.20), C Johnston, Middleham, round trip 582 miles.	

TOP TRAINERS		TOP JOCKEYS	
<b>2019-2024</b> A Balding 42-261, W Haggas 27-142, R Hannan 25-266, J & T Gosden 18-105, C Appleby 17-64, C Hills 17-133, R Beckett 17-140, P & O Cole 14-66, D O'Meara 14-86, R Varian 12-118. <b>THIS SEASON:</b> E Walker 3, C Johnston 3, A Balding 3, R Hannan 3.	<b>2019-2024</b> W Bulck 40-183, O Murphy 38-211, T Marquand 36-231, J Crowley 26-166, James Doyle 20-123, R L Moore 13-136, H Bentley 12-57, H Doyle 12-100, P Dobb 12-114, D Egan 11-139. <b>THIS SEASON:</b> S Osborne 3, R Havlin 3, H Doyle 2, O Murphy 2.		

**IN THE MONEY**  
**MONEY TALKS:** Dance And Romance (5.55) opened 9-4, won at 6-4f; **One Night Stand** (4.10) opened 10-1, unplaced at 11-2f; **Queen's Reign** (5.20) opened evens, third at 5-6f; **Havana Pusey** (5.55) opened 9-2, third at 7-2; **Bystander** (1.50) opened 9-2, won at 7-2; **TOP FARMERS:** 3.35 **Trueshan** £1,865,715; 3.00 **Kinross** £1,723,574; 3.35 **Kyprios** £1,670,376; 3.35 **Coltrane** £893,628; 3.00 **Art Power** £814,763.

**UNDER ORDERS**  
**SEVEN-DAY WINNERS:** Kwando (4.10) won at Yarmouth (5f).  
**BLINKERED FIRST TIME:** None. **VISORED FIRST TIME:** None.  
**FIRST RUN SINCE WIND UP:** None. **WEIGHTWATCHER:** 4.10 **Danger Alert** (won off 88, down 3lb to 85); 5.55 **Kital** (won off 85, down 5lb to 80).  
**JOB JOCKEY:** Rossa Ryan rides **Track Of Time** (1.50) for J Williams, 6 from 16, 38%. P Dobb rides **Fair Wind** (4.10) for O Burrows, 5 from 14, 36%. W Bulck rides **Aomori City** (2.25), **Noble Dynasty** (3.00) for C Appleby, 708 from 2394, 30%. J Gilligan rides **Mercury Day** (5.20) for C Allen, 7 from 24, 29%. J Crowley rides **Enfjaar** (1.50) for R Varian, 64 from 240, 27%. R L Moore rides **The Parthenon** (2.25), **Kyprios** (3.35) for A P O'Brien, 519 from 2055, 25%. J P Spencer rides **Wolf Of Badenoch** (2.25) for H Palmer, 4 from 16, 25%. W Bulck rides **Moonspirit** (5.20) for G Boughy, 61 from 267, 23%. R Ryan rides **Gray's Inn** (5.20) for J Channon, 3 from 13, 23%.

## GOOD, GOOD TO SOFT

## BIG-RACE TRENDS

Yr	G	Ran	Winner	Age	Jockey	Trainer	SP	Wt	OR	Dr	Days	Form
23	GS	6	KINROSS	6	Dettori, L	Beckett, R M	10/11	9-5	119	1	17	821173
22	Gd	11	SANDRINE	3	Probert, D	Balding, A M	12/1	8-9	108	7	18	1123573
21	Slr	8	KINROSS	4	Ryan, R	Beckett, R M	6/1	9-3	114	13	59	1564911
20	Gd	11	SPACE BLUES	4	Buick, W	Appleby, C	2/1	9-3	115	10	51	142121
19	Gd	9	SIR DANCELOT	5	Mosse, G	Elsworth, D	6/1	9-3	111	2	46	4119574
18	Gd	12	SIR DANCELOT	4	Mosse, G	Elsworth, D	5/1	9-3	114	4	17	5231714
17	Gd	13	BRETON ROCK	7	Atzeni, A	Simcock, D M	50/1	9-12	112	31	31	1510353
16	GF	8	DUTCH CONNECTION	4	McDonald, J	Hills, C	9/4	9-3	115	4	17	3712292
15	GS	7	TOORMORE	4	Doyle, J	Hannon, R	9/4	9-3	119	5	42	1762324
14	GF	7	ES QUE LOVE	5	Kirby, A	Cox, C G	7/1	9-3	110	5	10	3723903
13	GS	10	GARSWOOD	3	Moore, R	Fahy, R A	9/4	8-9	111	7	41	3412174
12	Gd	7	CHACHAMADEE	5	Quellaly, T P	Cecil, H R A	5/4	8-13	113	2	41	2132212

**ENGLISH OAK looks high and mighty in the Lennox Stakes.**  
 Make sure your fancy finished in the first four last time out - as all Lennox winners in our table ticked that box.  
 Surprisingly it's not vital to have won one of your past three outings with only half of the scorers in our list pulling off that feat.  
 There has been a good spread of ages but horses aged six or older have a relatively modest record compared to the younger contenders.  
 This has been a good race for favourites - with a better than 50 per cent strike-rate - and only two have won from outside the first three in the market.  
 A relatively recent run is important with all 12 winners in our list returning to the track within the past 59 days. Looking at official ratings, only one horse has won this from south of 110.  
 A distance win has been important with only two of the past winners not having scored over the specialist distance of seven furlongs before.  
 Looking at today's line-up, the horse that comes closest to ticking all the trends boxes is **ENGLISH OAK**.  
 He is a couple of pounds short on the official ratings but is the right age, has a distance win and is likely to be in the first three of the betting.  
**Tiber Flow** fits a lot of the bill too and looks a solid each-way contender.

## 1.50 CORAL CHESTERFIELD CUP HANDICAP (Class 2) £51,540; 1m 2f (18 runners)

- 1 (16) W Knight 8-9-12 ..... Brandon Wilkie (5) 96  
Runs: 49 Wins: 6 (F2A,2GS,G) Places: 13 £562,713  
Seems like he has been around forever, stays this trip well, place chance
- 2 006-11 ENFJAAR 17 (H:D)  
Runs: 7 Wins: 4 (2A,2GS) Places: 5 £127,505  
Progressive, well on top in the John Smith's Cup at York, hard to beat
- 3 31-17 OUZO 42  
(4) J Osborne 9-9-12 ..... Saffie Osborne 90  
Runs: 99 Wins: 7 (2S,5G) Places: 10 £231,373  
Won two big pots in Meydan, best form is over a mile, bit to find
- 4 5-5100 TEUMESSIAS FOX 17 (D)  
(9) A Balding 5-9-11 ..... Oisin Murphy 92  
Runs: 20 Wins: 4 (2A,G) Places: 3 £75,664  
Seems best on the AW, but he has won on turf, check for market move
- 5 813-64 MAX MAYHEM 24 (D)  
(11) H Kobelisi 6-9-6 ..... Kieran Shoemark 86  
Runs: 20 Wins: 4 (2A,G) Places: 5 £179,936  
Struggling for form, hated the ground at Sandown latest, hard to fancy
- 6 315-00 REAL GAIN 41 (D)  
(10) R Hughes 4-9-6 ..... James Doyle 93  
Runs: 7 Wins: 3 (F,2A) Places: 3 £29,421  
Highly tried this season, given every impression he has a big prize in him
- 7 1-4505 TRACK OF TIME 24 (P\*+D)  
(17) J Williams 4-9-5 ..... Rossa Ryan 95  
Runs: 20 Wins: 3 (2F,G) Places: 5 £159,658  
Got stuck in the holding ground at Sandown latest, capable of better
- 8 -51369 DUAL IDENTITY 17 (D)  
(11) W Knight 6-9-4 ..... Calum Shepherd 93  
Runs: 32 Wins: 4 (F,2A,3G) Places: 5 £115,761  
Usually struggles off this kind of mark, goes on any ground, e-w claims
- 9 43-010 AERION POWER 41  
(15) R Hughes 6-9-4 ..... Ryan Moore 97  
Runs: 18 Wins: 4 (F,2A,G) Places: 5 £66,353  
Stays this kind of trip, top rider up and no surprise if he runs well
- 10 267000 KILLYBEGS WARRIOR 17 (P\*+D)  
(6) C Johnston 4-9-4 ..... Kevin Stott 95  
Runs: 23 Wins: 3 (2F,G) Places: 5 £159,658  
Out of form, happer has given him a chance, rider gets on well with him
- 11 5-0248 TAKE HEART 17 (D)  
(18) R P Murtagh (ire) 4-9-2 ..... Ben Coen 92  
Runs: 9 Wins: 2 (2F,G) Places: 5 £32,511  
Irish raider, not beaten far in the John Smith's Cup at York, do better
- 12 3-1103 TONY MONTANA 17 (D)  
(12) M Bell 4-9-1 ..... David Egan 97  
Runs: 12 Wins: 3 (3G) Places: 3 £65,166  
Much improved this season, big effort in John Smith's Cup at York, go well
- 13 405141 WADACRE GOMEZ 23 (D)  
(14) C Johnston 4-9-0 ..... William Buick 96  
Runs: 23 Wins: 7 (7A) Places: 5 £70,879  
Yard target this meeting, but this lad seems to be an AW specialist
- 14 217481 BYSTANDER 31 (D)  
(1) K R Burke 4-8-12 ..... Clifford Lee 98  
Runs: 8 Wins: 3 (3A) Places: 2 £35,122  
Yet to win on turf, impressive at Newcastle latest, check betting
- 15 0-1400 CRACK SHOT 17  
(2) E Walker 4-8-11 ..... Jamie Spencer 95  
Runs: 10 Wins: 3 (F,2G) Places: 1 £41,301  
Struggled in the John Smith's Cup at York latest, stamina doubts
- 16 729489 KING'S CODE 17  
(8) P Evans 4-8-11 ..... Sean D Bowen (3) 90  
Runs: 26 Wins: 7 (5,4A,F,G) Places: 5 £84,430  
Shaped better than recent form figures suggest, can hit the frame
- 17 30-032 STAY WELL 40 (D)  
(5) H Morrison 6-8-11 ..... Hollie Doyle 97  
Runs: 24 Wins: 3 (F,A,G) Places: 6 £72,038  
Ran behind Enfjaar at Chelmsford, better off at the weights, dangerous
- 18 201507 LOYAL TOUCH 10 (D)  
(7) C Johnston 4-8-11 ..... Vincent C Y Ho 85  
Runs: 20 Wins: 4 (S,2A,G) Places: 5 £52,080  
Exposed, struggled to get involved at Ripon latest, more needed

**BETTING:** 7-2 Enfjaar, 7 Real Gain, 15-2 Crack Shot, 8 Wadacre Gomez, Bystander, 10 Tony Montana, 16 Track Of Time, Dual Identity, Stay Well, Loyal Touch, King's Code, Killybegs Warrior  
**WHERE FAVOURITES FINISHED:** 3-9 1 1 0 7  
 2023: Ancient Rome 4-9-7, J P Spencer 33-4 (C Hills), dr 16, 15 ran.

## Sunracing FORM

**SIR BUSKER (9-6)** 16-1 held up rear, no touch rear 2f out, head past 5th (16) Sandown 1f out, ran on, 5th of 14 (btm 5f) to Elegant Man (9-12) **TEUMESSIAS FOX (9-9)** 7-2 rear of mid-division, clear 2f out, not much room (9-9) to Wild Tiger furlong, beaten, last (btm 10) Newcastle 1 1/4 m hcsp (2) £103,080 AW).  
**ENFJAAR (9-1)** 15-2 led 2f out, ridden and ran on, bt Botsford (9-9) 1 1/4 (TONY MONTANA 6-8-11) 2-1 held up, headway 1f out, stayed on, 3rd (btm 2 1/4) **TAKE HEART (8-12)** 16-1 rear, headway final furlong, stayed on, 8th (btm 4 1/4) **DUAL IDENTITY (8-8)** 22-1 in rear, not clear run 2f out, late headway, 9th (btm 5 1/4) **LOYAL TOUCH (8-9)** 40-1 rear, ridden 2f out, ran on, 13th (btm 8 1/4) **CRACK SHOT (8-8)** 9-1 in touch, ridden 3f out, 14th (btm 9) **KILLYBEGS WARRIOR (9-4)** 66-1 last (two 2f) (20 ran) (York 1 1/4 m hcsp (2) £103,080 good to soft).  
**OUZO (9-5)** 33-1 one pace, 7th of 15 (btm 9 1/4) to last (9-5) (Ascot 1 1/4 m Listed (1) £88,052 good to firm).  
**KING'S CODE (9-2)** 16-1 chased leaders, ridden 1f out, 9th of 13 (btm 9 1/4) to Passion And Glory (10-2) **TEUMESSIAS FOX (10-2)** 22-1 raced freely in mid-division, pushed along 2f out, 10th (btm 9 1/4) (13 ran) (Ascot 1 1/4 m hcsp (2) £29,421 good to firm).  
**MAX MAYHEM (9-10)** 25-1 rear, pushed along 2f out, kept on, 4th of 10 (btm 16) to Persica (9-4) **TRACK OF TIME (10-0)** 33-1 close up, ridden 2f out, head past 5th (16) Sandown 1 1/4 m hcsp (2) £25,575 soft).  
**KING'S CODE (8-9)** 4-0-1 close up near side, ridden 2f out, kept on, 8th of 10 (btm 3 1/4) to Wild Tiger (9-0) **CRACK SHOT (8-8)** 11-2 1f fav close up near side, ridden 2f out, weakened, 17th (btm 9 1/4) **AERION POWER (9-2)** 35-1 never on terms, 19th (btm 10) **REAL GAIN (9-3)** 9-1 close up centre, ridden final furlong, 28th (well btm) (29 ran) (Ascot 1 m hcsp (2) £39,662 good to firm).  
**WADACRE GOMEZ (9-10)** 6-1 led 1f out, stayed on well, bt Mighty Nebula (8-8) 1 1/4 (8 ran) (Chelmsford 7 m hcsp (3) £13,085 AW).  
**BYSTANDER (8-13)** 7-2 rear, headway 2f out, led 1f out, bt Forceful Speed (9-8) 1 1/4 **LOYAL TOUCH (8-12)** 9-1 mid-division, outpaced 2f out, rallied, 5th (btm 4 1/4) (10 ran) (Newcastle 1 1/4 m hcsp (3) £18,900 AW).  
**ENFJAAR (9-9)** 6-4 fav tracked leaders, angled cut 2f out, led final furlong, ran on well, bt **STAY WELL (9-5)** 7-2 handy, ridden out, no chance with winner, 1 1/4 **WADACRE GOMEZ (9-10)** 6-1 led until halfway 4th (btm 3 1/4) (8 ran) (Chelmsford 1 1/4 m hcsp (3) £13,085 AW).  
**LOYAL TOUCH (9-7)** 15-2 in touch on lead, not clear run 2f out, ran on when in the clear final furlong, 7th of 9 (btm 11) to Iron Lion (9-7) (Ripon 1 1/4 m hcsp (2) £25,770 good).

## EACH-WAY THIEF

HAVE A Goodwood each-way double. **AERION POWER (1.50)** will prefer this trip over the mile he faced at Royal Ascot. Pair him with **SWEET WILLIAM (3.35)** who will like dropping to 2m in the Goodwood Cup.

## TEMPLEGATE

**ENFJAAR** clocked a bit to finish the John Smith's Cup at York. He had plenty in hand and looks a Group-stander. **Tony Montana** in that 1 to finish. **Windsor** handled well in the mile and longer. **Aerion Power** and should be tackled in the Royal another who ran well place claims along down the weights in

## 2.25 HKJC WORLD 2-Y-O; winner

- 1 14 ARABIAN SUNRA  
Runs: 2 Wins: 1 Talented, outpaced w
- 2 13 AOMORI CITY  
Runs: 2 Wins: 1 Well regarded, solid t
- 3 21 ARABIAN SUNRA  
Runs: 2 Wins: 1 C Cox
- 4 14 COUNTRY BOY  
Runs: 2 Wins: 1 Lots to like about now
- 5 125 ENFJAAR  
Runs: 3 Wins: 1 A Wa
- 6 51 THE PARthenon  
Runs: 2 Wins: 1 Well bred, green but
- 7 421 THE PARthenon  
Runs: 3 Wins: 1 K R B
- 8 1 WADACRE GOMEZ  
Runs: 1 Wins: 1 H Pal

**BETTING:** 11-4 The Parthenon, Electrolyte, 6 An Outlaw's Grace  
**WHERE FAVOURITES FINISHED:** 2023: Haatem 9-3, S Level

## Sunra

**AN OUTLAW'S GRACE (9-2)** handy, ridden 2f out, kept on, 7 (btm 1 1/4) to Arable (9-2) (Chelmsford 2 1/4 m hcsp (2) £27,217 good to soft).  
**AOMORI CITY (9-2)** 7-1 prominent, pushed along 2f out, one 3rd of 6 (btm 2 1/4) to Whistle (9-2) **ELECTROLYTE (9-2)** prominent, ridden 2f out, kept 5th (btm 3 1/4) (Newmarket 6f (1) £56,710 good to soft).  
**ARABIAN SUNRA (9-7)** 10-3 close headway if out, stayed on both horses to lead close home Stratusine (9-7) 1 1/2 ran on, 6th of 6 (btm 2 1/4) to Whistle (9-2) £54,400 good to soft.  
**ELECTROLYTE (9-3)** 40-1 head and switched 1f out, switched run-in, soon led ground, ran on

## TEMPLEGATE

**AOMORI CITY** won on stepped up to finish Stakes at Newmarket going once potential past so the step up to more. Aid Parthenon top grade made this trip for just a few Stakes most of a threat if **Electrolyte** w Coventry before a solid has every chance here improvement. **An Outlaw's Grace** over six furlongs in a month so should relish who won this race 12

## 3.00 HKJC WORLD (GROUP 2); £1

- 1 223-15 J & T  
Runs: 14 Wins: 4 Shock Grip 1 win in Lock
- 2 -0504 ARABIAN SUNRA  
Runs: 16 Wins: 9 T East
- 3 82-21 ENFJAAR  
Runs: 8 Wins: 3 Rapid improver, clocked

# 0, 2.25, 3.00 & 3.35



## ATE'S VERDICT

Personal best when winning at York last time over this trip. On the dead ground and he is a hard horse in this handicap. **ana** didn't get the best of runs. **Knavesmir** race and did well. **ish third**. His form at tricky **or** and **Chester** bodes well for **ling** **Goodwood**. **Real Gain** did last season and is coming down heights. His past two runs over **aven't** been his best and this trip could bring improvement. **ower** has **Ryan Moore** on board prefer this distance to the mile **ool Hunt Cup**. **Take Heart** is **al** in the **John Smith's** and has with **Killybegs Warrior** who is first-time cheekpiece.

## POOL VINTAGE STAKES (GRP 2)

£99,242; 7f (8 runners)

**NON OUTLAW'S GRACE 16**  
Hannon 9-3..... Sean Levey 96  
F) £15,473  
Fourth in the Prix Robert Papin, do better

## AMORI CITY 19

Levey 9-3..... William Buick 99  
G) £14,485  
Third in a Grp 2 at Newmarket, more to come

## ABIAN SUN 49

Levey 9-3..... Richard Kingscote 90  
F) Places: 1 £9,084  
Win at Salisbury, this is a big step up in class

## COOL HOOF LUKE 42

Balding 9-3..... Oisín Murphy 97  
A) £13,567  
Cover more patient ride will suit, dangerous

## ELECTROLYTE 19

Hannon 9-3..... James Doyle 96  
G) Places: 1 £43,987  
In a Grp 2 at Newmarket, extra furlong may help

## THE PARTHENON 44 (D)

Brian (Ire) 9-3..... Ryan Moore 98  
G) £10,957  
Hit the line strong at Gowran last month, go close

## GER MASK 17 (D)

Curke 9-3..... Clifford Lee 90  
G) Places: 1 £21,293  
Worth a shot at this but likely to come up short

## WOLF OF BADENOCH 44 (D)

Mer 9-3..... Jamie Spencer 93  
GS) £3,672  
Landed win, Spencer was very taken with him

Hannon, 9-2 Amori City, 5 Cool Hoof Luke, ace, 10 Wolf Of Badenoch

ISHED: 1 1 2 1

by 9-4 Fav (R Hannon), dr 4, 9 ran.

## ing FORM

11-2 held by winner far side, btn ns by Rashabar (9-3) **COOL HOOF LUKE** (9-3) 40-1 raced stands side, led group, ridden 1f out, headed run-in, 2nd place, 8th (btn 7/4) (22 ran) (Ascot 6f Grp 2 £99,242 good to firm).

**THE PARTHENON** (9-7) 4-11 fav pushed along 3f out, effort and strongly pressed leader 1f out, led run-in, bt Loch Tay (9-7) 7/4 (13 ran) (Gowran Park 7f mdn £10,800 good).

**TIGER MASK** (9-7) 11-4 made all, pushed along 2f out and asserted, ridden 1f out, ran on well, readily, bt Parole D'oro (9-5) 1/4 (12 ran) (Ascot 7f new stks (2) £16,462 good).

**WOLF OF BADENOCH** (9-7) 15-2 led final 110 yards, won going away, led Lazy Girl (9-7) 1/4 (9 ran) (Doncaster 7f mdn £5,172 good to soft).

## ATE'S VERDICT

on debut at Nottingham and an excellent third in the July 1st last time. He kept the revs **superstar** **Whistlejacket** went to seven furlongs looks a wise **an O'Brien** sends over **The on** who didn't have to hit **ran** when winning a Gowran **on**. He is already proven over **rip** and can take a major step **rd**. **Cool Hoof Luke** was beaten half a length in the Coventry **last** time when leading for **of** the way. He'll be a major **lasting** out this extra furlong. **as** beaten in a photo for that **ed** fifth in the July Stakes. He **but** needs to show a bit more **aw's Grace** finished strongly a French Grp 2 earlier this **h** this test for Richard Hannon **months** this ago.

## POOL LENNOX STAKES

£102,078; 7f (8 runners)

## DIENCE 42 (D)

Gosden 5-9-11..... Robert Havlin 98  
F,3G) Places: 5 £479,243  
Single, this is his best trip but has 5lb penalty to defy

## RT POWER 17

erby 7-9-6..... David Allan 92  
S,3A,GS,2G) Places: 3 £814,763  
Best form is over 6f, likely to find a few too good

## GLISH OAK 40 (D)

erker 4-9-6..... James Doyle 97  
S,2F) Places: 3 £101,444  
stunning time in a heap at Royal Ascot, respected

## 122-28 KINROSS 17 (CD)

(8) R M Beckett 7-9-6..... Rossa Ryan 99  
Runs: 30 Wins: 10 (2F,3S,A,4GS) Places: 7 £1723,574  
Classy, form figures in this race read 121, sets the standard, one to beat

## 11/51 NOBLE DYNASTY 31 (D)

(7) C Appleby 6-9-6..... William Buick 96  
Runs: 13 Wins: 7 (2F,2A,3G) Places: 1 £41,860  
Quickened well to win Criterion at Newmarket latest, strongly fancied

## 4-4234 POGO 31 (D)

(3) C Hills 8-9-6..... Kieran Shoemark 88  
Runs: 49 Wins: 8 (3F,GS,4G) Places: 13 £580,152  
Front runners do well at this track, consistent and can take some catching

## 13-5F1 TIBER FLOW 52 (D)

(1) W Haggas 5-9-6..... Tom Marquand 96  
Runs: 15 Wins: 6 (4A,2G) Places: 2 £188,887  
Classy, proved his stamina for this trip at Haydock latest, value bet

## 1-3613 CHICAGO CRITIC 38

(2) J Murtagh (Ire) 3-8-13..... Ben Coen 90  
Runs: 6 Wins: 2 (G) Places: 2 £40,069  
Big effort when third in the Jersey at Royal Ascot, can nick a place

**BETTING:** 11-4 Kinross, 3 Noble Dynasty, English Oak, 6 Audience, 10 Tiber Flow, 14 Chicago Critic, 25 Art Power, Pogo

**WHERE FAVOURITES FINISHED:** 2 1 5 1

2023: Kinross 6-9-5, L Dettori 10-11 Fav (R Beckett), dr 1, 6 ran.

## Sunracing FORM

**AUDIENCE** (9-2) 8-1 stands side, led group, overall leader 3f out, ridden and headed 1f out, weakened, 5th of 13 (btn 9/4) to Ghayni (9-2) (Ascot 1m Grp 1) (£425,325 good to firm).

**ART POWER** (9-8) 33-1 led, pushed along and headed 2f out, kept on, 4th of 11 (btn 2/4) to Mill Stream (9-8) **KINROSS** (8-8) 8-1 ran, ridden 1f out, no extra, 8th (btn 5/1) (Newmarket 6f Grp 1) (£340,260 good).

**ENGLISH OAK** (9-8) 19-3 fav tracked leaders near side, led 1f, ran on, bt Billyjohn (9-2) 3/1 (26 ran) (Ascot 7f heap) (£56,694 good to firm).

**NOBLE DYNASTY** (9-8) 2-1 fav led final 2f, ridden 1f out, stayed on, comfortably, bt Nostrum (9-8) 7/4

**POGO** (9-8) 7-2 raced alone far side of group, chased leader until 2f out, kept on one pace but held, 4th (btn 2/4) (5 ran) (Newmarket 7f Grp 1) (£48,204 good to firm).

**TIBER FLOW** (9-2) 6-1 held up, head-way 2f out, switched 6f out, squeezed through, led final 100 yards, ran on, bt Sirona (8-13) 1/1

**POGO** (9-2) 11-2 led final furlong, headed ruin, 3rd (btn 1/4) (11 ran) (Haydock 7f Grp 3) (£48,204 good).

**CHICAGO CRITIC** (9-3) 80-1 ran, headway final furlong, ran on, 3rd of 19 (btn 1/1) to Hasteem (9-6) (Ascot 7f Grp 3) (£85,065 good to firm).

**POGO** (9-2) 11-2 led final furlong, headed ruin, 3rd (btn 1/4) (11 ran) (Haydock 7f Grp 3) (£48,204 good).

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**CHICAGO CRITIC** (9-3) 80-1 ran, headway final furlong, ran on, 3rd of 19 (btn 1/1) to Hasteem (9-6) (Ascot 7f Grp 3) (£85,065 good to firm).

## TEMPLEGATE'S VERDICT

**NOBLE DYNASTY** gave **English Oak** over a stone in weight and a beating when they met at Newmarket in May. He then took a Group 3 with a bit in hand over this trip at HQ last time. The were both high-class efforts and there's more to come. **Kinross** has a fantastic record in this race with two wins and a neck second from his three attempts. He needs to up his game after a modest effort at Newmarket but this trip suits better. He doesn't have old pal **Frankie** on board but he'll be right there. **English Oak** was superb when winning a hot handicap at Royal Ascot from 25 rivals and deserves this crack at a higher level. The trip is ideal and all going suits. **Audience** was last in this 12 months ago when tacky ground didn't suit. He kicked off this campaign winning the Group 1 Lockinge. His stamina gives him a chance off the front.

**POGO** (9-8) 7-2 raced alone far side of group, chased leader until 2f out, kept on one pace but held, 4th (btn 2/4) (5 ran) (Newmarket 7f Grp 1) (£48,204 good to firm).

**TIBER FLOW** (9-2) 6-1 held up, head-way 2f out, switched 6f out, squeezed through, led final 100 yards, ran on, bt Sirona (8-13) 1/1

**POGO** (9-2) 11-2 led final furlong, headed ruin, 3rd (btn 1/4) (11 ran) (Haydock 7f Grp 3) (£48,204 good).

**CHICAGO CRITIC** (9-3) 80-1 ran, headway final furlong, ran on, 3rd of 19 (btn 1/1) to Hasteem (9-6) (Ascot 7f Grp 3) (£85,065 good to firm).

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## Sunracing FORM

**AL QAREEM** (9-0) 10-3 led after 1f, pressed and headed 1f out, kept on, btn 1/4 by Alaskib (9-0) **TASHKHAN** (9-0) 14-1 prominent, pushed along 6f, ridden, outstayed 1f out, placed on, 5th (btn 10/1) (8 ran) (York 17 1/2 m Grp 3 £48,204 good to soft).

**KYPRIOS** (9-4) 11-10 fav went 2nd 3f out, led 1f out, ridden on, bt Traveller (9-4) 1/1 **SWEET WILLIAM** (9-4) 9-1 ran, ridden 2f out, kept

one pace, no chance with front two, 3rd (btn 6/1) **COLTRANE** (9-4) 10-1 in touch, ridden 3f out, held, 5th (btn 11/1) **GREGORY** (9-3) 15-2 every change, 7th (well btn) (8 ran) (Ascot 2 1/2 m Grp 1 £368,615 good to firm).

**TRUESHAN** (9-2) 11-8 fav close up, tracked leaders 3f out, led 2f out, soon clear, eased finish, bt Night Sparkie (8-11) 2/1 (6 ran) (Sandown 2m Listed) (£25,520 good).

## 4.10 CORAL RACING CLUB HANDICAP (2) value to the winner £30,924; 5f (13 runners)

1 912263 **DEMOCRACY DILEMMA 17 (D)**  
(8) R Cowell 4-9-9..... Rossa Ryan 98  
Runs: 28 Wins: 6 (2S,2A,GS,G) Places: 6 £151,410  
No room for error off this mark, but plenty in his favour, dangerous

2 05-053 **EQUILATERAL 25 (D)**  
(13) C Hills 9-9-9..... Jamie Spencer 95  
Runs: 43 Wins: 8 (4F,A,GS,2G) Places: 7 £556,053  
Group performer in pomp, still retains ability, top hold-up rider up

3 /70-10 **WALBANK 179 (D)**  
(1) G Boughy 4-9-9..... David Egan 92  
Runs: 8 Wins: 2 (2G) Places: 3 £73,044  
Well in Meidan, retains all of his old ability, very interesting

4 1-2141 **FAIR WIND 17 (CD)**  
(6) O Burrows 4-8-13..... Pat Dobbs 98  
Runs: 11 Wins: 4 (S,A,2G) Places: 5 £93,148  
Quickened well to win at Ascot latest, second won on Sat, go close

5 816801 **KIWANO 5 (D)**  
(9) G Baker 5-8-10(5lbex) Callum Shepherd 95  
Runs: 17 Wins: 5 (F,3A,G) Places: 7 £62,009  
Bounced back to form at Yarmouth latest, different test, needs more

6 511809 **ONE NIGHT STAND 98 (BF,D)**  
(7) S Dixon 7-9-9..... Oisín Murphy 87  
Runs: 48 Wins: 9 (F,7A,G) Places: 3 £121,

# Favourite MORE OF YOUR RUNNERS 'N RIDERS REST OF GLORIOUS GOODWOOD TODAY

**4.45 BRITISH STALLION STUDS EBF MAIDEN STAKES (2); 2-y-o: value to the winner £30,924; 6f. (15 runners)**

1 (6)	BLUE PINATUBO C Johnston 9-2	Rossa Ryan
2 (4)	32 CARRADOS 51 A Watson 9-2	James Doyle 98
3 (9)	3 GANNAS 20 J P O'Brien (Ire) 9-2	Richard Vincent C Y Ho
4 (3)	HUSCAL 2 Hills 9-2	Vincent C Y Ho
5 (13)	31 MAXIMUS 26 (BF) R Hughes 9-2	Ryan Moore 96
6 (12)	62 JOUNCY 34 (BF) A M Balding 9-2	Oisín Murphy 94
7 (11)	02 MUKABER 11 R Hannon 9-2	William Buick 92
8 (5)	POPOV R Eddery 9-2	Sean D Bowen
9 (2)	RUMSEGE H Morrison 9-2	David Egan
10 (14)	SPEED OF MAALID R Cowell 9-2	Jamie Spencer
11 (10)	3 THE FINGAL RAVEN 56 S Osborne 9-2	Saffie Osborne 89
12 (7)	05 VALSHARAH 15 C Hills 9-2	Sean Levey 84
13 (15)	5 VIRTUE PATIENCE 44 A Perrett 9-2	Robert Havlin 82
14 (1)	4 WHEELS OF FIRE 91 R Hannon 9-2	Tom Marquand 91
15 (8)	2 WHITE CHAPEL ROAD 36 P O Cole 9-2	Hector Crooch 96

**BETTING:** 9-2 Jouncy, 13-2 Maximus, Wheels Of Fire, 15-2 Carrados, White Chapel Road, 10 Mukaber, Blue Pinatubo, Gannas

**WHERE FAVOURITES FINISHED:** 1 6 1 2  
2023: Mansa Musa 9-2 Rossa Ryan 20-1 (D Dias, Ire) drawn 12, 13 ran.

**5.20 RIDGEVIEW FILLIES' HANDICAP (3) value to the winner £18,039; 1m (13 runners)**

1	6-4711 MOONSPIRIT 12 (D)	(1) G Boughey 4-10-0	William Buick 99
2	15-10 FOREVER BLUE 39	(1) R M Beckett 3-9-9	James Doyle 92
3	349-87 GRAY'S INN 24	(8) J Channon 3-9-5	Rossa Ryan 81
4	1-4542 STRUTTING 39	(10) J & T Gosden 3-9-4	Kieran Shoemark 97
5	61-10 NOCTURNAL 39 (D)	(4) J Ferguson 3-9-3	Harry Bentley 94
6	-43183 ARISAIG 17 (D)	(3) C Johnston 3-9-3	Jamie Spencer 87
7	16-541 CIRCE 10 (D)	(2) R Hannon 3-9-2	Hollie Doyle 96
8	17-413 QUEEN'S REIGN 31 (BF, CD)	(6) E Walker 3-9-0	Saffie Osborne 93
9	422-11 MERCURY DAY 31 (D)	(7) C Allen 3-8-12	Jack Gilligan 98
10	16-271 ASTEVEIRD 45 (D)	(9) A Haynes 3-8-11	Tom Marquand 96
11	2-1581 SURVEYOR 17 (D)	(5) J Fanshawe 3-8-11	Callum Shepherd 95
12	3-6531 IMPERIAL EXPRESS 20 (D)	(13) A M Balding 3-8-10	Oisín Murphy 97
13	2-2614 CHESHIRE DANCER 17 (D)	(12) H Palmer 3-8-9	David Egan 90

**BETTING:** 5 Strutting, 11-2 Surveyor, 6 Arisaig, 13-2 Moonspirit, 8 Circe, 10 Cheshire Dancer, 12 Nocturnal, Imperial Express, 3 Arisaig

**WHERE FAVOURITES FINISHED:** 6 2 4 1 0  
2023: Choisy 3-9-6, J Mitchell 10-1 (S & E Crisford), drw 14, 18 ran.

**TEMPLEGATE'S WORLD POOL TIPS**

**THE World Pool offers some Glorious value for punters at Goodwood this afternoon.**

Operated by the Tote in the UK the World Pool brings backers from across the planet into one giant pool with millions of pounds in play.

Punters can win singles and each-way bets and there's every chance you'll get a bigger return than the SP.

The World Pool also offers a chance to have a few 'exotic' bets and try to get a bigger return for your stakes. You can place your bets at tote.co.uk, via the Tote app or at the booths if you are lucky enough to be out racing.

At Goodwood today the World Pool Lennox Stakes (3.00) is one that catches the eye for a Quinella bet. We'd call it a reverse forecast in old money so it's first and second in any order. Given

**Lennox king Kin to land a mighty Quin**

that **KINROSS** has won this race twice and been second in the past three years, he has to be in the mix again. I fancy **NOBLE DYNASTY** to win this one, especially after his excellent victory last time out. He holds his other main rival English Oak on form at Newmarket at the start of the season.

The Swinger is another popular World Pool wager where you have to pick two of the first three in any order. You can pay £3 and have three horses running for you - provided two are in the first three, there's a payout waiting.

The tough Coral Racing Club Handicap (4.10) is a good contender for a Combination Swinger.

Let's have progressive four-year-olds **FAIR WIND**, **DEMOCRACY DILEMMA**. This race should suit both of these speed merchants. As for our third pick old-stager **EQUILATERAL** still has it in him to run a big race, especially with Jamie Spencer, who won on the nine-year-old at York last season, on board.

**WORLD POOL**  
BET WITH THE WORLD

**Available at Goodwood Festival, today**

Bet at Tote.co.uk

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**5.55 HKJC WORLD POOL BRITISH EBF FILLIES' HANDICAP (3) £18,039; 6f. (14 runners)**

1	2-2825 ARAMIS GREY 29 (D)	(1) R Guest 7-10-0	Callum Shepherd 94
2	32-143 KATEY KONTENT 29 (D)	(2) C Cox 4-9-7	Rossa Ryan 97
3	855-321 STAR OF LADY M 11 (V; D)	(12) D O'Meara 4-9-6	non-runner 91
4	5-3127 JUMBEAU 17	(6) T Clover 4-9-6	Oisín Murphy 96

**BETTING:** 2-2825 Aramis Grey 29, 32-143 Katey Kontent 29, 855-321 Star of Lady M 11, 5-3127 Jumbleau 17

**Sunracing FORM**

**CARRADOS** (9-7) 5-1 kept on, b/n 2/1 by Principality (9-7) (8 ran) (Goodwood 6f nov stks (4) £5,468 good).

**GANNAS** (9-7) 18-1 kept on finish, 3rd of 13 (2/1) to Black Forza (9-7) (Fairhouse 6f mdn £10,800 good).

**MAXIMUS** (9-2) 5-4 fav kept on, 3rd of 9 (9 1/2/1) to King Of Beas (9-2) (Newbury 6f nov (4) £5,460 good).

**JOUNCY** (9-7) 5-6 fav led final furlong, headed inside final furlong, b/n hd by Time For Sandals (9-2) (10 ran) (Kempton 6f mdn (4) £5,346 AW).

**MUKABER** (9-7) 10-1 kept on, b/n 3/1 by Hallisan (9-7) (6 ran) (Nottingham 6f mdn (5) £3,725 good to soft).

**THE FINGAL RAVEN** (9-7) 17-2 tracking leaders, went 3rd 1/1 out, 3rd of (b/n 4/1) to Al Qudra (9-7) (Lingfield 6f nov stks (5) £3,402 AW).

**VALSHARAH** (9-7) 66-1 in touch, ran on inside final furlong, 5th of 12 (b/n 3/1) to Aparajeo (9-7) (Windsor 6f nov stks (5) £3,672 good to firm).

**VIRTUE PATIENCE** (9-7) 18-1 in touch, kept on same pace, 5th of 8 (b/n 3/1) to An Outlaw's Grace (9-7) (Salisbury 6f nov stks (3) £7,560 good to firm).

**WHEELS OF FIRE** (9-2) 12-1 mid-division, stayed on 2f out, 4th of 9 (7/4) to Sands Of Marra (9-4) (Windsor 6f nov stks (5) £3,672 good to firm).

**WHITE CHAPEL ROAD** (9-7) 11-2 kept on if out, 3/4 by Priapos (9-7) (8 ran) (Windsor 6f mdn (5) £3,672 good).

**BLUE PINATUBO** £60,000 Pinatubo colt out of Casteach.

**HUSCAL** 35,000gns Saxon Warrior colt out of Gravity Queen.

**POPOV** Acclaim colt out of Equimou.

**RUMSEGE** 75,000gns Oasis Dream colt out of Romsey.

**SPEED OF MAALID** Mayson colt out of Jumeirah Star.

**MOONSPIRIT** (9-5) 7-2 led if out, bt Benacre (9-11) 7/4 (6 ran) (Hamilton 1m hcap (4) £5,286 good to firm).

**STRUTTING** (8-2) 33-1 led 2f out, headed finish, b/n 1/4 by Soprano (9-5) ARISAIG (8-8) 18-1 one pace, 8th (b/n 5/1) NOCTURNAL (6-8) 28-1 no real progress, 10th (b/n 9/1) FOREVER BLUE (9-0) 14-1 bumped 1f out, beaten, 26th (30 ran) (Ascot 1m hcap (2) £56,884 good to firm).

**GRAY'S INN** (8-2) 66-1 never on terms, 7th of 8 (b/n 19/1) to Spiritual (9-2) (Sandown 1m Listed (1) £31,190 soft).

**ARISAIG** (9-1) 4-1 kept on if out, 3rd of 9 (4/1) to Asian Daze (9-9) (Newmarket 7f hcap (2) £25,770 good).

**CIRCE** (6-3) 11-2 led final furlong, ran on, bt Belle Queen (9-1) 7/1 (7 ran) (Newbury 1m hcap (3) £15,462 good).

**MERCURY DAY** (9-2) 10-1 led final furlong, bt Aurora's Beauty (9-4) 21 QUEEN'S REIGN (9-9) 5-6 fav one pace, 3rd (2/1) (5 ran) (Newmarket 1m hcap (4) £10,308 good to firm).

**ASTEVEIRD** (9-6) 6-1 led if out, ran on well, bt Ziggy's Phoenix (9-5) 3/1 IMPERIAL EXPRESS (9-5) 9-1 stayed on, 3rd (b/n 4/1) (7 ran) (Sandown 1m hcap (4) £10,308 good).

**SURVEYOR** (9-1) 11-2 led finish, bt Queen Of Atlantis (8-11) 15-2 hd CHESHIRE DANCER (9-0) 15-2 never on terms, 4th (b/n 17/1) (11 ran) (Ascot 1m hcap (3) £10,800 good).

**IMPERIAL EXPRESS** (9-0) 11-4 made all, bt King's Scholar (9-9) 3/1 (5 ran) (Ffos Las 1m hcap (5) £3,736 soft).

**6.05 HANDICAP (Class 6); winner £2,983; 6f. (11 runners)**

1 (7)	9768 REVOLUCION 13 (D) G Harris 4-9-9	L Morris
2 (10)	77-7 OCEAN POTION 26 (P*) M Usher 5-9-9	G Downing
3 (2)	79-7 ENDEWED 12 (D) J & R Fitt 7-9-9	T Fisher (3)
4 (6)	2-35 PINEBELL 20 W How 4-8-8	C Mangan (3)
5 (1)	8767 NANCY ROSE 14 J Portman 3-9-6	R Hornby
6 (1)	5544 REDSHORE CITY 12 (D) B Llewellyn 4-9-6	A Keeley (3)
7 (3)	7254 PORT EDGE 12 (BF, D) R Stephens 7-9-4	L Edmunds
8 (9)	0069 SAVANNA 13 (D) A Wintle 9-9-2	M Wonnacott (3)
9 (4)	7285 OUTER EDGE 13 C Mason 3-9-1	G Mangan (3)
10 (6)	5530 DESTINY'S SPIRIT 6 D F Davis 4-9-0	S Mohd (7)
11 (8)	9494 INDEPENDENT BEAUTY 7 L Williamson 6-9-0	E Jones (5)

**Port Noir** 999, Pappabella 968, Redshire City 96.

**Port Noir** 41, 4 Pappabella, 12 Redshire City, 8 Destiny's Spirit, 10 Independent Beauty, Entwined, 12 Outer Edge.

**6.35 HANDICAP (6); 2-y-o; winner £2,983; 6f. (8 runners)**

1 (7)	477 BALLEYS HONEYMOON 14 J Murphy 9-10	L Edmunds
2 (1)	068 LEYHAIMOUR 40 D Simcock 9-9	M Wonnacott (5)
3 (8)	076 SON OF WIND 13 Mohammed 9-8	R Hornby
4 (6)	2484 ASHEN GLOW 51 A Watson 9-7	L Morris
5 (3)	5598 BRIGHT GOLD 13 (B*) B Millman 9-3	G Mangan (3)
6 (2)	0763 LIFT LADY 6 (D) A Wintle 9-9-2	M Wonnacott (3)
7 (4)	5295 TRIENT ERA 13 C Moore 9-0	G Dobie
8 (6)	7982 PIRANHA RAMA 13 P Evans 8-12	G Downing

**Leyhaimour** 999, Piranha Rama 98, Lift Lady 97.

**Piranha Rama**, 9-2 Leyhaimour, 5 Ashen Glow, Lift Lady, 13-2 Sierra Gold, 7 Son Of Wind, 9 Balleys Honeymoon.

**7.05 HANDICAP (6); winner £2,983; 5f. (4 runners)**

1 (3)	9142 JAX EDGE 4 (C, D) C Mason 4-9-12	G Mangan (3)
2 (2)	8034 HEARTSTAR 26 (B, C, D) M Loughran 4-9-1	L Morris
3 (5)	5636 SUGAR HILL BABE 10 (D) L Williamson 4-9-1	L Edmunds
4 (4)	3214 BAMA LAMA 6 (CD) B Millman 6-9-4	O Searle (5)

**Jax Edge** 999, Heartstar 98, Bama Lama 97.

**7.40 MAIDEN FILLIES STAKES (5); winner £3,942; 1m 4f. (6 runners)**

1 (6)	MIDNIGHT DIAMOND N Mulholland 4-9-13	L Keniry
2 (1)	3-3 KATE THE COOK 19 R Beckett 3-9-2	R Hornby
3 (4)	325 LOVING LOOK 66 H Morrison 3-9-2	L Morris
4 (5)	8 VALENTINESHOLD 19 H Knight 3-9-2	G Downing
5 (2)	60 DONTROCKTHEBOAT 20 J Tickle 3-8-12	G Dobie
6 (2)	2013'S LEGACY N Mulholland 3-8-12	A Keeley (3)

**Kate The Cook** 999, Loving Look 97, Dontrocktheboat 76.

**8-11 Kate The Cook** 74, Lovi Look 10-15, Midnight Diamond 6.

**8.10 CLASSIFIED STAKES (6); winner £2,983; 1m. (8 runners)**

1 (4)	2241 FACT OR FABLE 4 (D) J Moore 7-9-13	M Wonnacott (5)
2 (2)	53-6 DANY J21 (H; V) G Harris 7-9-9	L Fisher (3)
3 (2)	433 JAMES PARK WOODS 18 (D) F Davis 8-9-1	L Morris

**07-644 EXECUTIVE DECISION 18 (H; CD)**  
(9) J Osborne 4-9-6..... Saffie Osborne 96  
Runs: 14 Wins: 3 (2GS, G) Places: 1 £64,608  
Won this last year, only 3lb higher and lots of promise last time, fancied

**69-713 HAVANA PUSEY 15 (D)**  
(11) J Gallagher 4-9-4..... Callum Hutchinson (3) 91  
Runs: 10 Wins: 2 (2F) Places: 3 £17,405  
Impressive two starts ago, but only third latest, improvement needed

**123116 SIXTIES CHIC 8 (D)**  
(10) J Channon 4-8-13..... Charles Bishop 90  
Runs: 17 Wins: 5 (F, 3A, G) Places: 3 £35,943  
Already enjoyed a fine year with three wins, hcapper may have her measure

**68-086 KITAI 11 (D)**  
(8) M Appleby 4-8-13..... Jason Watson 81  
Runs: 15 Wins: 3 (S, 2G) Places: 2 £36,207  
Spoilt her chance at Newmarket by hanging badly, others appeal more

**-50473 PRINCESS SHABAN 27 (D)**  
(14) S Woods 5-8-13..... Robert Havlin 88  
Runs: 30 Wins: 4 (F, A, GS, G) Places: 5 £90,245  
Bounced back to form with promising third at Epsom, hard to rule out

**3115 MISS BODACIOUS 17 (D)**  
(13) K Burke 3-8-10..... Clifford Lee 97  
Runs: 4 Wins: 2 (F, A) Places: 1 £11,819  
Unexposed, excuses when flopping over 7f, back to her best trip today

**121 DANCE AND ROMANCE 11 (D)**  
(3) A M Balding 3-8-6..... David Egan 99  
Runs: 3 Wins: 2 (A, GS) Places: 1 £11,819  
Lightly raced, nothing flashy about Nottingham win but still respected

**08-366 DAPPERLING 66**  
(4) R Hannon 3-8-4..... Sam Hitchcott 81  
Runs: 12 Wins: 1 (F) Places: 4 £70,039  
Nice racing weight, but improvement needed at this level, ignore

**231325 CUBAN MELODY 11 (BF, D)**  
(5) A M Balding 3-8-4..... Hayley Turner 94  
Runs: 6 Wins: 1 (F) Places: 2 £12,967  
Unlucky not to finish closer at Newmarket latest, one to watch closely

**2221 BALMORAL LADY 10**  
(7) E Walker 3-8-4..... Hollie Doyle 96  
Runs: 4 Wins: 1 (G) Places: 2 £9,916  
Lightly raced, won well on hcap debut at Haydock, check market

**BETTING:** 5 Jumbleau, 6 Katey Kontent, 13-2 Dance And Romance, 7 Aramis Grey, 15-2 Cuban Melody, 8 Havana Pusey

**WHERE FAVOURITES FINISHED:** 4 0 0  
2023: Executive Decision 3-9-1, S Osborne 9-4 (J Osborne), drw 9, 13 ran.

**Sunracing FORM**

**KATEY KONTENT** (9-2) 11-2 kept on, final furlong, 3rd of 8 (b/n 7/4) to Amazonian Dream (8-12) ARAMIS GREY (9-10) 14-1 not much room final furlong, eased, 5th (b/n 17/1) (8 ran) (Windsor 6f hcap (2) £15,462 good).

**STAR OF LADY M** (9-2) 15-1 led inside final furlong, bt Soprano (9-5) 3/1 CUBAN MELODY (8-8) 9-4 fav effort if out, no extra, 5th (17/1) KITAI (9-6) 22-1 no extra, 6th (2/1) (10 ran) (Newmarket 6f hcap (3) £12,825 good).

**JUMBEAU** (8-10) 16-1 faded 1f out, 7th of 17 (b/n 7/4) to Fair Wind (9-3) (Ascot 5f hcap (2) £15,460 good).

**EXECUTIVE DECISION** (9-10) 13-2 ran on if out, 4th of 9 (4/1) to Jarraf (9-2) (Ascot 6f hcap (3) £10,800 good).

**HAVANA PUSEY** (10-1) 7-2 went 3rd inside final furlong, kept on, 3rd of 11 (b/n 3/1) to Expert Agent (9-1) (10 ran) (Windsor 6f hcap (4) £5,653 good).

**SIXTIES CHIC** (10-2) 5-1 behind, never threatened, 6th of 15 (b/n 2/1) to Bona Fortuna (9-6) (Windsor 6f hcap (4) £5,653 good to firm).

**PRINCESS SHABAN** (9-7) 9-1 kept on well inside final furlong, 3rd of 6 (b/n 7/4) to Get It (10-4) (Epsom 6f hcap (1) £24,877 good to firm).

**MISS BODACIOUS** (8-10) 4-1 hung led and no extra final furlong, 5th of 9 (7/4) to Asian Daze (9-9) (Newmarket 7f hcap (2) £25,770 good).

**DANCE AND ROMANCE** (9-9) 6-4 fav led inside final furlong, ran on, bt Asimov (9-11) 7/4 (9 ran) (Nottingham 6f hcap (3) £14,847 good to soft).

**DAPPERLING** (8-10) 3-2 outpaced 2f out, 6th of 7 (7/1) to Grandlad (9-6) (Goodwood 6f hcap (4) £10,800 good).

**BALMORAL LADY** (9-9) 10-3 led finish, bt Secret Mistral (9-1) 10-1 (10 ran) (Haydock 5f hcap (5) £4,187 good).

**FFOS LAS GOOD (GOOD TO SOFT IN PLACES)**

**6.05 HANDICAP (Class 6); winner £2,983; 6f. (11 runners)**

1 (7)	9768 REVOLUCION 13 (D) G Harris 4-9-9	L Morris
2 (10)	77-7 OCEAN POTION 26 (P*) M Usher 5-9-9	G Downing
3 (2)	79-7 ENDEWED 12 (D) J & R Fitt 7-9-9	T Fisher (3)
4 (6)	2-35 PINEBELL 20 W How 4-8-8	C Mangan (3)
5 (1)	8767 NANCY ROSE 14 J Portman 3-9-6	R Hornby
6 (1)	5544 REDSHORE CITY 12 (D) B Llewellyn 4-9-6	A Keeley (3)
7 (3)	7254 PORT EDGE 12 (BF, D) R Stephens 7-9-4	L Edmunds
8 (9)	0069 SAVANNA 13 (D) A Wintle 9-9-2	M Wonnacott (3)
9 (4)	7285 OUTER EDGE 13 C Mason 3-9-1	G Mangan (3)
10 (6)	5530 DESTINY'S SPIRIT 6 D F Davis 4-9-0	S Mohd (7)
11 (8)	9494 INDEPENDENT BEAUTY 7 L Williamson 6-9-0	E Jones (5)

**Port Noir** 999, Pappabella 968, Redshire City 96.

**Port Noir** 41, 4 Pappabella, 12 Redshire City, 8 Destiny's Spirit, 10 Independent Beauty, Entwined, 12 Outer Edge.

**6.35 HANDICAP (6); 2-y-o; winner £2,983; 6f. (8 runners)**

1 (7)	477 BALLEYS HONEYMOON 14 J Murphy 9-10	L Edmunds
2 (1)	068 LEYHAIMOUR 40 D Simcock 9-9	M Wonnacott (5)
3 (8)	076 SON OF WIND 13 Mohammed 9-8	R Hornby
4 (6)	2484 ASHEN GLOW 51 A Watson 9-7	L Morris
5 (3)	5598 BRIGHT GOLD 13 (B*) B Millman 9-3	G Mangan (3)
6 (2)	0763 LIFT LADY 6 (D) A Wintle 9-9-2	M Wonnacott (3)
7 (4)	5295 TRIENT ERA 13 C Moore 9-0	G Dobie
8 (6)	7982 PIRANHA RAMA 13 P Evans 8-12	G Downing

**Leyhaimour** 999, Piranha Rama 98, Lift Lady 97.

**Piranha Rama**, 9-2 Leyhaimour, 5 Ashen Glow, Lift Lady, 13-2 Sierra Gold, 7 Son Of Wind, 9 Balleys Honeymoon.

**7.05 HANDICAP (6); winner £2,983; 5f. (4 runners)**

1 (3)	9142 JAX EDGE 4 (C, D) C Mason 4-9-12	G Mangan (3)
2 (2)	8034 HEARTSTAR 26 (B, C, D) M Loughran 4-9-1	L Morris
3 (5)	5636 SUGAR HILL BABE 10 (D) L Williamson 4-9-1	L Edmunds
4 (4)	3214 BAMA LAMA 6 (CD) B Millman 6-9-4	O Searle (5)

**Jax Edge** 999, Heartstar 98, Bama Lama 97.

**7.40 MAIDEN FILLIES STAKES (5); winner £3,942; 1m 4f. (6 runners)**

1 (6)	MIDNIGHT DIAMOND N Mulholland 4-9-13	L Keniry
2 (1)	3-3 KATE THE COOK 19 R Beckett 3-9-2	R Hornby
3 (4)	325 LOVING LOOK 66 H Morrison 3-9-2	L Morris
4 (5)	8 VALENTINESHOLD 19 H Knight 3-9-2	G Downing
5 (2)	60 DONTROCKTHEBOAT 20 J Tickle 3-8-12	G Dobie
6 (2)	2013'S LEGACY N Mulholland 3-8-12	A Keeley (3)

**Kate The Cook** 999, Loving Look 97, Dontrocktheboat 76.

**8-11 Kate The Cook** 74, Lovi Look 10-15, Midnight Diamond 6.

**8.10 CLASSIFIED STAKES (6); winner £2,983; 1m. (8 runners)**

1 (4)	2241 FACT OR FABLE 4 (D) J Moore 7-9-13	M Wonnacott (5)
2 (2)	53-6 DANY J21 (H; V) G Harris 7-9-9	L Fisher (3)
3 (2)	433 JAMES PARK WOODS 18 (D) F Davis 8-9-1	L Morris

**THE Placepot is a bet where you select a horse to be placed in the FIRST SIX races of any meeting.**

You can pick more than one horse in a race - you just multiply the number of selections in each race to calculate your stake.

So for staking it's 2x2x2x2x2x2 which adds up to 32 lines in the Placepot.

You can stake what you want upwards from 5p a line which would cost a total of £1.60. 10p a line is £3.20 and so on.

Provided at least one of our horses in each race is placed, we get a payout!

**POT LUCK**

**HERE ARE TODAY'S SELECTIONS AT GOODWOOD**

LEG 1..... Enjfaar,  
..... Tony Montana  
LEG 2..... Amori City,  
..... Cool Hoof Luke  
LEG 3 Kinross, English Oak  
LEG 4..... Kyrios  
LEG 5..... Fair Wind,  
..... Democracy Dilemma  
LEG 6..... Am Maximus,  
..... Carrados

**PROBETS**

**EYECATCHER: CON TE PARTIRO (6.55 Lingfield) was a little unlucky at Wolver on his latest outing.**

**SUPER SPEED: GODSEND (8.40 Ffos Las) clocked a fast time when winning at Salisbury last time.**

**PAST GLORY WINNER: Kyrios (3.00); Winrios, Sweet William, Trueshan (3.35); JM Jungle, Lord Riddford (4.10), Executive Decision (5.55).**

**PAST GALWAY WINNERS: Evenings Emu (4.50); Merialin Giant (5.25); Cook D'O, This Songis/Foray, Current Option, Fratos (7.10); Excuzio Joe, Imposing Supreme (7.45); Clear Quartz, Sirjack Thomas (8.15).**

**TEMPLEGATE**

**6.05..... Port Noir**  
**6.35..... Piranha Rama**  
**7.05..... Jax Edge**  
**7.40..... Kate The Cook**  
**8.10..... Fact Or Fable**  
**8.40..... Godsend**

**TOM PEPPER**

**6.05..... Pappabella**  
**6.35..... Lift Lady**  
**7.05..... Heartstar**  
**7.40..... Loving Look**  
**8.10..... Fact Or Fable**  
**8.40..... Mujid**

**8.40 HANDICAP (6); winner £2,983; 1m 6f. (10 runners)**

1 (2)	233 CUBANA HABANA 18 B Llewellyn 5-9-3	A Keeley (3)
2 (10)	4377 AFRICAN STAR 31 M Loughran 4-9-3	M Wonnacott (5)
3 (1)	3222 WYVERN MERLIN 41 (D) A Murphy 8-10-0	L Edmunds
4 (7)	04-6 HIDDEN DEPTHS J29 (D) N Mulholland 9-10-0	L Keniry
5 (3)	76-3 MADE FOR YOU J13 & R Fitt 9-12-1	L Cotton (3)
6 (4)	0732 ORIENTAL ART 7 D Simcock 6-9-12	G Dobie
7 (1)	6141 MUJID 20 (CD) J Tickle 9-9-11	T Fisher (3)
8 (6)	6242 MILDEN 13 (D) Sir M Prescott 3-9-10 (6ex)	L Morris
9 (1)	1255 BEEGARMAN 13 (D) H Morrison 7-9-9	R Hornby
10 (8)	9450 CALCULATE 123 E Williams 3-9-4	J Williams (3)

**Godsend** 999, Cubana Habano 97, Mujid 95.

**2 Godsend**, 13-2 Mujid, Cubana Habano, Young Merlin, 7 Oriental Art, 10 Hidden Depths, 12 Made For You, Beegarman

# Forecast

## YARMOUTH

TEMPLEGATE		TOM PEPPER	
1.30	Twilight Jazz	1.30	Twilight Jazz
2.00	Art Market	2.00	Expensive Rose
2.35	Queen Of Good News	2.35	Lady Justice
3.10	Aulis	3.10	Across Earth
3.45	Pinball Wizard	3.45	Solanna
4.20	Sir Rodneyredblow	4.20	Battleofbaltimore
4.55	Oh So Audacious	4.55	Oh So Audacious
5.30	Twilight Guest	5.30	Silver Shamrock

■TIC-TAC: Left-handed oval, flat, galloping track of 1m 4f, straight mile course. ■DRAW: High numbers best on the straight course, especially in large fields. ■LEADING TRAINERS WITH RUNNERS (2019-2024): W Haggas 32-127, M Bell 22-131, E Dunlop 18-135, G Boughey 17-95. THIS SEASON: Knight 4, G Boughey 4, M Bell 3. ■TOP JOCKEYS WITH RIDES (2019-2024): J Mitchell 27-173, M Ghiani 25-169, D Muscutt 18-155, Dylan Hogan 14-157. THIS SEASON: A Farragher 6, Billy Loughane 4, B Sayette 4. ■LONGEST TRAVELLER: Expensive Rose (2.00), Love Safari (3.10), Where Favouites Trivoli (4.45) trained at Middleham. Round trip of 438 miles. ■FIRST RUN SINCE WIND OFF: None. ■LIVE ON SPORTS RACING

### GOING: GOOD TO FIRM

#### 1.30 DOWNLOAD THE AT THE RACES APP CLASSIFIED STAKES (Class 6); £3,350; 7f. (11 runners)

- (10) 080768 ARNIE ANGELL 33 (F) Jurdado 4-9-9.....Marco Ghiani 87
- (5) 1765-55 GIBBY 12 (J) Jenkins 7-9-9.....Jack Juppell (5) 91
- (8) 815400 NUBOUGH 83 (M) Parnham 9-9-9.....P J McDonald 83
- (4) 472280 STORM ASSET 11 (D) D Shaw 5-9-9.....Alistair Rawlinson 78
- (5) 709772 TWILIGHT JAZZ 8 (BF,D) C'bus/C'uck 4-9-9.....Silvestre De Sousa 99
- (2) 64-6468 WRATH OF HECTOR 137 (C,D) Macey 7-9-9.....Ben Sanderson (3) 92
- (8) 996505 IRRLIS 56 (BD), L Carter 3-9-2.....Billy Loughane 95
- (6) 600 LARENATA 40 (F) Jelden 3-9-2.....Dylan Hogan 76
- (1) 808 SHY NALA 13 G Margaron 3-9-2.....Mikkel Mortensen (7) 73
- (7) 870 TIME TESTED 85 M Bell 3-9-2.....Daniel Muscutt 77
- (11) 4-95453 TOMORROW DAY 12 (V) Usher 3-9-2.....Charlie Bennett 92

■DRAW: 4-7, Tom Day, 6-11, Usher, 8-11, Usher, 9-11, Usher, 10-11, Usher, 11-11, Usher. WHERE FAVOURITES FINISHED AND 2023: No corresponding race.

#### 2.00 LOWEST OF NURSERY (4); 2-y-o; value to the winner £5,234; 7f. (5 runners)

- (4) 216 EXPENSIVE ROSE 38 (D) C Johnston 9-9-9.....Billy Loughane 97
- (2) 232 HIGH ON HOPE 38 T Dascombe 9-9-9.....Alistair Rawlinson 98
- (2) 635 CHELSEA EMBANKMENT 26 R Beckett 9-9-9.....Edward Greatex 94
- (3) 9561 ART MARKET 18 W Haggas 9-9-9.....Adam Farragher 99
- (1) 655 PIETRO 11 J Fanshawe 9-9-9.....Jack Doughty (5) 90

BETTING: 2 High On Hope, 3 Expensive Rose, 4 Art Market, 5 Chelsea Embankment WHERE FAVOURITES FINISHED AND 2023: No corresponding race.

#### 2.35 BRITISH STALLION STUDIES EBF RESTRICTED NOVICE STAKES (2); 2-y-o; winner £16,200; 7f. (15 runners)

- (11) 1 LADY JUSTICE 19 (D) S Williams 9-7-7.....P J McDonald 99
- (9) 6 GHOSTMAN 32 C Cunha 9-6-6.....Rhys Clutterbuck 87
- (4) 663 GLITTER CODE 21 W Knight 9-6-6.....Marco Ghiani 95
- (8) HYPERCHROMATIC M Botti 9-6-6.....Marco Ghiani 95
- (2) 7IFFRAJ POWER 21 (BF) G Boughey 9-6-6.....Billy Loughane 76
- (13) MANTON ROAD J Jones 9-6-6.....Dylan Hogan 76
- (5) 5 PELLITORY 67 J Owen 9-6-6.....Silvestre De Sousa 93
- (7) PHILANTHROPIST J Fanshawe 9-6-6.....Daniel Muscutt 77
- (14) SNOW MASTER T Dascombe 9-6-6.....Pierre Jamin 10
- (10) CHIARETTO M Bell 9-4-4.....George Wood 10
- (11) 03 JUNIPER'S DREAM 20 M Dunne 9-4-4.....Darragh Keenan 96
- (16) 8 KILTEEL 17 S Dunlop 9-1-1.....Dylan Hogan 76
- (13) 72 QUEEN OF GOOD NEWS 32 (BF) P Owens 9-1-1.....Benot Sayette 97
- (12) UNFORGETTABLE BELLE A Haynes 9-1-1.....Kieran O'Neill 16
- (10) 713 MANILA THRILLER 34 (D) J Channon 9-1-1.....Edward Greatex 98

BETTING: 3 Lady Justice, 4 Queen Of Good News, 5 Manila Thriller, Juniper's Dream WHERE FAVOURITES FINISHED: 3 1 2 2023: Charming Whisper 9-2 Adam Farragher 50-1 (P McBride) drawn 1, 12 ran.

#### 3.10 WILLIAM TAVERNER MEMORIAL HANDICAP (5); value to the winner £4,397; 1m 6f. (6 runners)

- (5) 0747518 BUXTED TOO 25 (Williams 9-2-2.....Benot Sayette 92
- (3) 36469-9 ACE ROTHSTEIN 12 (T+C) C Cunha 6-9-11.....Rhys Clutterbuck 83
- (1) 3939676 STAR LEGEND J16 (V+K) J Owen 5-9-8.....Silvestre De Sousa 95
- (2) 4-22033 ACROSS EARTH 25 M Botti 3-9-4.....Marco Ghiani 93
- (6) 36-2429 LOVE SAFARI 25 C Johnston 3-9-4.....Billy Loughane 97
- (4) 3-73322 AULIS 25 (B+R) R Beckett 3-9-4.....Edward Greatex 98

BETTING: 11-10 Aulis, 2-Across Earth, 9-Star Legend, 6-Love Safari, 12-Buxted Too WHERE FAVOURITES FINISHED: 1 3 8 2023: Sharp Distinction 4-9-6 A Farragher 5-1 (Miss A Murphy) drawn 9, 13 ran.

#### 3.45 GET RACEDAY READY HANDICAP (6); value to the winner £3,768; 1m 2f. (6 runners)

- (6) 043245 PINBALL WIZARD 48 J Owen 6-10-1.....Darragh Keenan 99
- (1) 826-184 FILLYFUDGE 20 (V,CD) A Murphy 5-9-9.....George Wood 93
- (2) 056893 SOLANNA 24 (P+CD) J Butler 5-9-9.....Daniel Muscutt 96
- (3) 460-624 SERAPHIC J47 S Pearce 4-9-7.....Jack Mitchell 97
- (2) 248793 CLOUD FREE 25 (P+K) M Bell 4-9-4.....P J McDonald 89
- (4) 339 WADACRE 21 C Johnston 3-9-4.....Billy Loughane 93

BETTING: 7-2 Pinball Wizard, 7-2 Solanna, 4-Fillyfudge, Seraphic, 10-Wadacre Trivoli WHERE FAVOURITES FINISHED: 9 8 2023: Afloat 3-9-6 Callum Shepherd 9-2 (R Guest) drawn 10, 10 ran.

#### 4.20 JOIN MOULTON RACING SYNDICATE CLASSIFIED STAKES (6); winner £3,350; 5f. (6 runners)

- (2) 4507594 KANGAROO 3 (V) P McEntee 4-9-9.....Frederick Larson (3) 90
- (1) 00-7987 OHNOJOE 33 J Macey 4-9-9.....Ben Sanderson (3) 86
- (4) 7646262 SIR RODNEYREDBLOW 32 (C,D) J Jenkins 7-9-9.....Billy Loughane 97
- (8) 8084574 BATTLE OF BATTLEFIELD 8 D Cunha 3-9-5.....Rhys Clutterbuck 85
- (5) 600 BASH GORDON 31 A French 3-9-5.....Alistair Rawlinson 81
- (6) 00952 DOODLEBUG 13 N Tinkler 3-9-5.....Faye McManoman 99

BETTING: 15-8 Doodlebug, 11-4 Sir Rodneyredblow, 7-2 Battleofbaltimore WHERE FAVOURITES FINISHED: 5 3 2023: Snow Bird 5-9-9 Ray Dawson 6-1 (M Appleby) drawn 10, 11 ran.

#### 4.55 HAPPY RETIREMENT ROBERT COOPER HANDICAP (DIV 1) (6); winner £5,234; 1m. (11 runners)

- (4) 19-3413 OH SO AUDACIOUS 42 (D) H Eustace 5-9-10.....Kaiya Fraser (5) 99
- (5) 811630 SIR RODNEYREDBLOW 32 (D) Furtado 4-9-9.....Marco Ghiani 82
- (3) 880334 COBH HARBOUR 25 (P+K) M Bell 4-9-9.....Billy Loughane 94
- (3) 043-155 DUCHESS 37 (CD) J Butler 5-9-8.....Adam Farragher 90
- (5) 480-977 ZAFFAN 10 (P+K) D De Fay 4-9-8.....Jack Mitchell 86
- (1) 129572 GOT NO DOLLARS 20 (D) S Williams 6-9-7.....Jack Doughty (5) 96
- (7) 3803 BABY LONHEARD 20 (B+J) J Owen 5-9-3.....Silvestre De Sousa 91
- (8) 218-9 QUEEN'S MUSIC 64 J Scargill 3-9-1.....George Wood 78
- (10) 1354273 ASPIRE TO GLORY 18 (H) A Haynes 3-9-0.....Christian Howard (3) 95
- (7) 87937 ROCK AND ROLL 27 (H) D Cunha 3-8-10.....Rhys Clutterbuck 91
- (11) 5509607 JAUNTY DANCER 13 (B+K) J Dunnett 3-8-9.....Kieran O'Neill 83

BETTING: 3 Oh So Audacious, 9-2 Got No Dollars, 9-2 Aspire To Glory, Cobh Harbour, 14 Duchesse, Zaffan, 20 Rock And Roll, Stoic Syd WHERE FAVOURITES FINISHED: 0 1 4 2023: Habanero Star 6-9-11 Hollie Doyle 7-2 (G Kellaway) drawn 9, 8 ran.

#### 5.30 HAPPY RETIREMENT ROBERT COOPER HANDICAP (DIV 2) (6); winner £5,234; 1m. (10 runners)

- (9) 341696 SPECIALIST VIEW 33 (T+D) C Dwyer 4-9-10.....Silvestre De Sousa 96
- (4) 23870-8 RED EVELYN 55 (D) J Butler 6-9-9.....Liam Wright (5) 78
- (1) 9431909 FLYING PANTHER 22 (H,D) J Owen 4-9-8.....Adam Farragher 84
- (7) 276453 TWILIGHT GUEST 20 (BF) G Margaron 4-9-8.....Mikkel Mortensen 97
- (5) 0426320 UNITED FORCE 11 C Hobson 4-9-9.....Billy Loughane 98
- (10) 0700234 PREMIERSHIP 11 (B,CD) M Wigham 5-9-3.....Darragh Keenan 99
- (5) 40-6670 AVAILABLE ANGEL 39 (CD) J Macey 6-9-3.....P J McDonald 81
- (3) 60-333 SILVER SHAMROCK 34 (D) J Fellen 3-9-0.....Dylan Hogan 85
- (8) 80-888 MEDICIAN STRUCK 24 M Bell 3-9-2.....Daniel Muscutt 87
- (2) 4-73777 MAKURI 21 (B+K) D Cunha 3-9-9.....Rhys Clutterbuck 83

BETTING: 10-3 United Force, 9-2 Specialist View, Premiership, 13-2 Twilight Guest, Silver Shamrock, 15-2 Flying Panther, 16 Red Evelyn, Makuri, Medician Star WHERE FAVOURITES FINISHED: 0 1 4 2023: Premiership 4-9-9 Adam Farragher 6-4 F (M Wigham) drawn 4, 7 ran.

## BEVERLEY

#### 2.10 LADY JANE BETHLEH AMATEUR JOCKEYS' HANDICAP (Class 6); £3,651; 1m 2f. (13 runners)

- (9) 23138 SISTERANDBROTHER 12 (H,D) K Frost 6-11-2.....Miss S Dorey (5) 96
- (10) 376427 NATCHCE TRACE JR (B) D Carroll 7-10-10.....Mr H Smith (7) 91
- (6) 50-7933 DOGGED 49 (CD) R Menzies 7-10-13.....Miss A Garven (5) 94
- (7) 635637 DANIEL DERONDA 42 M Sowersby 7-10-11.....Mr J Nicholls (3) 89
- (1) 770-340 MISSUE OF ANARCHY 90 (CD) C Lidster 10-9-9.....Mr Brown (5) 88
- (4) 0-6141 IRV 24 (CD) M Hammond 9-10-9.....Mr B Smith 99
- (3) 155-080 A SHINING MOON 45 (B+D) P Midgley 6-10-4.....Mr L Kent (5) 81
- (5) 613241 EVELYN'S PHOENIX 19 T Easterby 3-10-4.....Mrs E Roberts 98
- (2) 7244447 LOVE YOURS 41 G Tutty 3-10-1.....Miss A Collier (8) 90
- (11) 7768-13 LORD WARBURTON 25 (W,D) M Sowersby 7-10-1.....Miss S Brotherton 91
- (12) 23-5826 RAYENA 29 (V) R Fahey 4-9-12.....Miss L Tate (5) 92
- (13) 90-4956 STRAITUACOMPTON 24 M Chapman 8-9-11 Miss A-Carter (7) 90
- (10) 70580-0 SELBY'S JOY 14 B Rothwell 4-9-11.....Miss C Croker (5) 76

BETTING: 5-2 Evelyn's Phoenix, 4 Irv, 11-2 Lord Warburton, 13-2 Sisterandbrother, Dogged, 12 Natchce Trace, 14 Love Yours, 20 Rayena, Daniel Deronda WHERE FAVOURITES FINISHED: 1 4 2023: Dogged 6-10-9 Mr Phillip Thomas 5-1 (R Menzies) drawn 4, 11 ran.

### Sunracing FORM

SISTERANDBROTHER (9-9) 13-2 every chance, ridden 2f out, weakened inside final furlong, 8th of 11 (bfn 13) to Gordon Grey (10-4) (Epsom 17/m hcap (5) £2,967 good).

NATCHCE TRACE (9-9) 7-1 weakened over 1f out, 7th of 8 (bfn 10) to Grey (10-4) (Chesham 17/m app hcap (5) £7,669 good to soft).

DOGGED (9-5) 12-1 soon led, headed 2f out, one pace, 3rd of 8 (bfn 57/1) to Life On The Rocks (9-4) (Yarmouth 17/m app hcap (5) £4,448 good).

DANIEL DERONDA (9-6) 18-1 tracked leaders, one pace, 7th of 13 (bfn 11) to Gordon Grey (10-4) (Epsom 17/m hcap (5) £4,397 good to soft).

LORD WARBURTON (9-4) 12-5 led inside final furlong, stayed on well, but to Gordon Grey (10-4) (Epsom 17/m hcap (5) £3,440 good).

RAYENA (9-4) 17-2 chased leaders, lost place 3f out, last (Pontefract 17/m hcap (6) £3,340 good).

IRV (10-9) 9-1 mid-vision, final furlong, 3rd of 11 (bfn 21/1) to Liberated Lat (10-2) STRAITUACOMPTON 1

#### 2.45 KEITH WALKER MEMORIAL EBF NOVICE STAKES (5); 2-y-o; value to the winner £4,050; 7f. (7 runners)

- (4) 31 LAKERS 13 G Boughey 9-11.....Pat Cosgrave 99
- (6) 4 DIVINE LEGACY 24 E Bethell 9-4.....Callum Rodriguez 92
- (2) GENTLE WARRIOR K Burke 9-4.....Shane Gray 9
- (1) KING OF LIR J S Quinn 9-4.....Paul Mureman 97
- (3) 3 KNIGHTS GOLD 24 Dr R Newland & J Insley 9-4.....Joanna Mason 94
- (4) 20 LIZZY GRIF 38 C Johnston 9-4.....Joe Fanning 97
- (7) WEST TYRONE K Ryan 9-4.....Tom Eaves 9

BETTING: 2 Lakers, 9-4 Lizzy Griff, 6 West Tyrone, Gentle Warrior, 10 Knights Gold, 11 King Of Lir, Divine Legacy WHERE FAVOURITES FINISHED: 1 2 3 2023: Expert Choice 9-7 Oisín Orr 7-4 (R Fahey) drawn 3, 8 ran.

#### 3.20 EBF RESTRICTED MAIDEN STAKES (5); 2-y-o; value to the winner £4,050; 5f. (9 runners)

- (1) 95 ACRISSUS 6 M & D Easterby 9-7.....Billy Garrity 85
- (2) 2 BUNBLE REGINS 41 T Coyle & K Wood 9-7.....David Nolan 97
- (8) 9262 CUGINI 6 N Tinkler 9-7.....Rowan Scott 99
- (5) 9 FOCUS ON ZAAAM 11 I Furtado 9-7.....Connor Murlugh 72
- (7) MISTER SKY BLUE G Tutty 9-7.....Rowan Scott 99
- (4) 3 ATHERSTONE BLUE 20 R Fell & S Murray 9-2 Tom Kiely-Marshall (7) 97
- (1) 52 RYAN'S SECRET 25 (P) J Heald 9-2.....Tyler Heald 99
- (6) 423 LUNAR FORCE 6 T Easterby 9-2.....Sean Kirrane 95
- (3) 60 PURE LIBERTY 6 S Williams 9-2.....Pearson 84

BETTING: 5-2 Forager, 3 Atherstone Beau, 7-2 Lunar Force, 4 Cugini, 14 Bungle Reigns, 16 Aster Sky Blue, 25 Acrissus, 33 Pure Liberty, 66 Focus On Zaaam WHERE FAVOURITES FINISHED: 2 2 2023: Airman 9-7 Oisín Orr 8-1 Fav (R Fahey) drawn 3, 10 ran.

#### 3.55 CONNEXIN GIG DEAL GALLOP SELLING HANDICAP (6); value to the winner £4,004; 1m 4f. (11 runners)

- (8) 0-68732 A POET'S SECRET 27 M Murphy & M Keay 4-9-13.....Paul Mureman 98
- (11) 0-53374 THREE PLATOON 8 (B) R Menzies 6-9-12.....Callum Rodriguez 94
- (2) 048-448 GRIFTER 20 (B+K) J Candlish 5-9-11.....Jack Garrity 82
- (9) 8856443 DR RIO 8 (C) D Carroll 9-9-9.....Zak Wheatley (3) 99
- (8) 764538 INBETWEENUS 6 G Kellaway 3-9-3.....Jonny Peate (3) 90
- (1) 54956-61 RUBY DI DIEM 12 (D) T Westcott 3-9-3.....Aiden Brookes (5) 88
- (10) 4655-68 A DAY TO DREAM JB (B+D) O Pears 4-9-3.....Harry Russell 75
- (4) 9-02672 JAMIH 8 (D) T Jackson 9-9-3.....Joanna Mason 96
- (5) 7U/07-7 GAAZOOO J13 S Harris 5-9-3.....Laura Pearson 73
- (7) 8559-6 HOPE JOANNA 81 C Johnston 3-9-6.....Joe Fanning 90

BETTING: 7-2 Dr Rio, Jammih, 4 A Poet's Secret, 5 Three Platoon, 10 Day To Dream, 12 Griffier, 14 Hope Joanna, Bamboo Bay WHERE FAVOURITES FINISHED: 3-6 4 1 2023: Lechro 4-9-13 Connor Beasley 6-1 (J Candlish) drawn 7, 10 ran.

### Sunracing FORM

A POET'S SECRET (10-1) 11-1 soon led, headed inside final furlong, no impression on runner towards finish, bfn 21/1 by Blue Hero (9-12) (7 ran) (Bath 17/m hcap (6) £2,983 good).

JAMIH (9-3) 12-1 held up, headway 2f out, stayed on final furlong, went 2nd final 100 yards, bfn 17/1 by Chicago Gal (10-0) DR RIO (9-6) 10-1 off the pace in last pair, headway 2f out, to Sharp Distinction (9-3) 11-2 led 2f.

THREE PLATOON (9-3) 11-2 led 2f, out, headed final furlong, weakened, 4th (bfn 3/1) (11 ran) (Beverly 17/m hcap (6) £4,004 good to firm).

GRIFTER (9-1) 9-1 mid-vision, last 3f out, well beaten over 1f out, last of 8 (bfn 9/1) to Mujiri (9-8) (Ffos Las 17/m hcap (6) £2,983 good to soft).

INBETWEENUS (9-6) 25-1 held up, driven over 2f out, never involved, 4th (bfn 11/1) (11 ran) (Bath 17/m hcap (6) £2,983 good to soft).

#### 4.30 RICHARD AND CAROL HUDSON HANDICAP (5); value to the winner £4,527; 5f. (7 runners)

- (5) 30-5036 MISS BRAZEN 22 (CD) M & D Easterby 4-10-2.....Joanna Mason 99
- (2) 138140 BELLA KOPELLA 17 (CD) N Tinkler 4-10-2.....Rowan Scott 92
- (4) 22-9892 MAJESKI MAN 33 (CD) P Midgley 7-9-13.....David Nolan 97
- (1) 0004002 SOUL SEEKER 3 (CD) D O'neara 7-9-12.....Mark Wing (3) 98
- (3) 24-2205 DOCTOR VUBY 45 M & D Easterby 3-9-10.....Billy Garrity 89
- (7) 72427 GORT HYDE 18 (D) F Fell & S Murray 3-9-6.....Callum Rodriguez 94
- (6) 8-2627 SECRET COMMAND 29 (D) A Nicholls 3-9-4.....Connor Murlugh 81

BETTING: 3 Majeski Man, 7-2 Miss Brazen, 4 Bella Kopella, 11-2 Glory Hyde, 13-2 Secret Command, 15-2 Doctor Vuby, 14 Soul Seeker WHERE FAVOURITES FINISHED: 1 1 2 3-6 2023: Show Me Show Me 6-9-11 Oisín Orr 13-2 (R Fahey) drawn 5, 9 ran.

### Sunracing FORM

MISS BRAZEN (9-10) 13-2 pushed along halfway, not pace of leaders, 8th (bfn 3/1) to Woodgay (9-10) SOUL SEEKER (9-8) 18-1 never closer than mid-vision, 11th (bfn 57/1) (Ripon 5f hcap (4) £3,185 good).

BELLA KOPELLA (9-2) 33-1 weakened inside final furlong, 15th of 18 (bfn 100) to Ray Vonn (9-1) (York 6f hcap (4) £3,185 good to soft).

MAJESKI MAN (9-8) 9-2 tracked leader, ridden 2f out, stayed on one pace final furlong, bfn 11 by Catch Cunningham (9-7) (7 ran) (Leicester 5f hcap (5) £4,587 good to firm).

SOUL SEEKER (10-13) 8-1 tracked

## GOING: GOOD TO FIRM (GOOD IN PLACES)

#### 5.00 CONNEXIN SAFE AND SPEEDY HANDICAP (5); value to the winner £4,527; 7f. (10 runners)

- (2) 79-3009 MATTY TOO 35 (D) I Molnes 5-10-2.....David Nolan 82
- (3) 380-808 CAPTAIN CUDDLES 11 F McSharry 4-10-0.....Shane Gray 75
- (6) 1468575 SURPRISE PICTURE 115 (D) C Tuer 6-9-8.....Harrison Shaw 90
- (1) 4123782 BELL SHOT 50 (D) M Appleby 5-9-12.....Tyler Heald (9) 97
- (9) 1332331 BLUFFERNETHUS 14 (CD) C Lidster 3-9-11.....Tom Eaves 98
- (7) 7-50202 SWORDPLAY 6 C Johnston 3-9-10.....Joe Fanning 99
- (5) 1-02348 MERCURIUS POWER 137 (D) Macey 6-9-10.....Rowan Scott 81
- (8) 3-36323 CATTON LADY 38 M & D Easterby 3-9-9.....Joanna Mason 94
- (10) 4521436 SUNNY ORANGE 14 (CD) T Easterby 4-9-8.....Duran Fentiman 92
- (4) 544-888 PEARLY STAR 24 M Sowersby 4-9-1.....Aiden Brookes (5) 81

BETTING: 3 Catton Lady, 4 Swordplay, Bluffernethus, 13-2 Bell Shot, Surprise Picture, 6 Mercurius Power, 10 Sunny Orange, 33 Captain Cuddles WHERE FAVOURITES FINISHED: 2 1 4 9 2023: First Greyed 5-9-10 Connor Beasley 4-1 (M Dods) drawn 8, 10 ran.

### Sunracing FORM

CATTON LADY (9-4) 4-1 in touch, took keen hold, outpaced 2f out, kept on final furlong, 3rd of 10 (11) to Island Nave (10-1) MATTY TOO (10-1) 80-1 held up, ridden 2f out, never dangerous, 9th (47/1) (10 ran) (Beverly 7f hcap (5) £4,527 good).

CAPTAIN CUDDLES (9-1) 21-1 chased leaders, pushed along halfway, weakened quickly inside final 2f, 8th of 9 (bfn 7/1) to Baba Reza (9-10) (Haydock 6f hcap (5) £4,187 good).

SURPRISE PICTURE (9-2) 7-1 mid-vision, ridden and headway 1f out, unable to trouble leaders, 5th of 11 (bfn 17/1) to Freedomer (9-0) (Chesham 7f hcap (5) £5,051 AW).

BELL SHOT (9-0) 13-2 prominent, led 2f out, ridden and headed inside final furlong, kept on one pace, bfn 3/1 by Local Music (9-10) (8 ran) (Lingfield 7f hcap (6) £2,983 good).

## TEMPLEGATE

2.10	Evelyn's Phoenix
2.45	Lakers
3.20	Forager
3.55	Dr Rio
4.30	Soul Seeker
5.00	Bluffernethus

## TOM PEPPER

2.10	Irv
2.45	Lakers
3.20	Forager
3.55	A Poet's Secret
4.30	Glory Hyde
5.00	Swordplay

■TIC-TAC: Right-handed, sharp oval course of 1m 3f, 3f uphill run-in. The 5f course bends right at halfway and is uphill and testing. ■DRAW: High best when stalls issue. ■LEADING TRAINERS (2019-2024): T Easterby 43-520, R Fahey 37-249, M R Burke 4, G Boughey 4. ■TOP JOCKEYS (2019-2024): J Fanning 31-163, Joanna Mason 18-109, R Scott 18-166. THIS SEASON: S Gray 3, J Mason 3, J Fanning 9. ■LONGEST TRAVELLER: A Poet's Secret (3.55) trained at Westoning. Round trip of 352 miles. ■BLINKERED FIRST TIME: 2 M & D Easterby, 3 S Gray, 3 J Mason 3, J Fanning 9. ■WISORBED FIRST TIME: None. ■JOB JOCKEY: L Pearson rides GaaZooo (3.55) for S A Harris, 3 from 12, 25%. C Rodriguez rides Divine Legacy (2.45) for E Bethell, 53 from 228, 22%. ■TRAINEXFA: P Midgley won the 4.30 in 2020 and 2022. ■FIRST RUN SINCE WIND OFF: None. ■LIVE ON RACING TV

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