

THE Sun

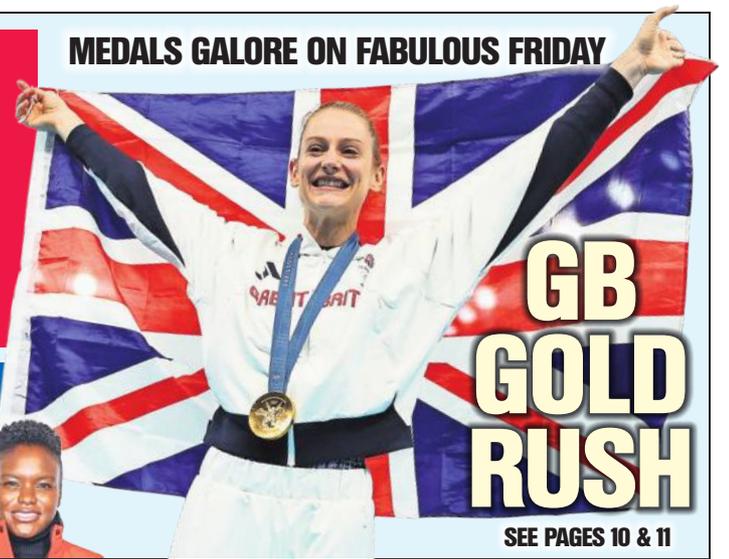
Saturday, August 3, 2024

THE PEOPLE'S PAPER

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MEDALS GALORE ON FABULOUS FRIDAY



GB GOLD RUSH

SEE PAGES 10 & 11



‘Olympic gender rule is unfair & dangerous’

SAYS DOUBLE GOLD BOXING CHAMP NICOLA: PAGES 8 & 9



EXCLUSIVE: EDWARDS SNARED

Moment shamed star Huw arrives at station to meet young victim.. and is confronted by lad's stepdad instead

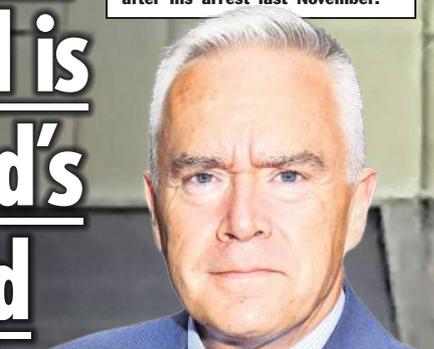
By SCARLET HOWES

THIS is the moment predator Huw Edwards is filmed at a busy train station by a furious stepfather after he paid his stepson £35,000 for sexual pictures.

It happened in May last year and led to the initial Sun story that first exposed the 62-year-old's depraved secret life.

The ex News at Ten anchor this week admitted receiving sex abuse videos of kids as young as seven.

Our new revelation comes as BBC colleagues — including former Royal Editor Jennie Bond — called for Edwards to hand back the £200,000 wages he received after his arrest last November.



THE EDWARDS FILES
SEE PAGES 4 & 5

CAUGHT IN THE ACT

SHORTFALL OF 40,000 MINDERS

PANIC OVER EXTRA CHILDCARE PLEDGE



Care... tot, and Phillipson

THE free childcare roll-out is under threat amid fears of a shortfall of 40,000 minders and nursery staff.

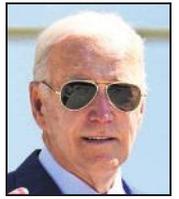
Experts believe it is "close to impossible" for Labour to honour the plan initiated by the Tory government. It would see parents of kids over nine months old

EXCLUSIVE by JACK ELSOM

get 15 hours of free childcare from September, rising to 30 hours a year later. It was part of the back-to-work drive to ease the burden on parents facing crippling childcare costs. Yet Education Secretary Bridget Phillipson found staff recruitment and retention in a "total mess", it is claimed. She is set to launch an advertising blitz to drum up numbers but leading figures in the sector say they will struggle to fill the vacancies in

time. Neil Leitch, CEO of the Early Years Alliance, said staffing challenges were a worry given the 15 free hours pledge was just weeks away. He said nurseries, pre-schools and staff were working hard "but an acute recruitment and retention crisis alongside years of underfunding has made this close to impossible for countless settings". The Local Government Association said: "Extended childcare is a positive step but historic underfunding and wider council pressures have

left local authority early years teams less prepared to support providers with the expansion, despite concerted effort." A Whitehall source said: "We warned that the Tories had made a childcare pledge without a plan and parents would pay the price. "Now we've lifted up the bonnet and found what's underneath is even worse than we feared. It's a total mess and we're going to have to go some to ensure people" get what they were promised." *jack.elsom@thesun.co.uk*



Support... Joe Biden

Biden jet backing for Israel

By ED SOUTHGATE

THE US is sending fighter jets to the Middle East amid fears of an Iran-Israel war erupting. The planes would be sent as a back-up to help Israel defend itself from a possible missile or drone attack or deal with any major escalations. President Joe Biden has reportedly told Benjamin Netanyahu that the US would protect Israel from an Iranian attack. But America would not come to its aid if Israel escalated the conflict by retaliating further. France called on its citizens to exit Iran immediately yesterday - amid fears it plans to attack Israel in retaliation for the death of Hamas leader Ismail Haniyeh. The terror boss was killed in Tehran in a suspected Mossad attack.

Putin ally 'not Prez', says U.S.

THE US has officially recognised the Venezuelan opposition as winners of the nation's election. A political alliance had united behind Edmundo González in a bid to unseat Nicolás Maduro after 25 years of single-party rule. Opinion polls showed González winning, but the nation's election body claimed victory for pro-Russian autocrat Maduro. The US and several South American nations called on Venezuela to release the full results. Joe Biden's Secretary of State, Antony Blinken, said: "Given the overwhelming evidence, it is clear to the United States that Edmundo González won the most votes."



OKIMPIC GAMES?



By JONATHAN KANENGO!

NORTH Korea's table tennis stars are urged to Kim on at the Olympics by a lookalike of their leader. Hong Kong-born joker Howard X, who dresses as dumpy despot Kim Jong Un, also waved, above.
Paris 2024 - Pages Eight to 11

CORRECTIONS & CLARIFICATIONS

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Harris is 'chosen'

KAMALA Harris has enough votes to become the Democrats' nominee for US President, her party said last night. Democratic National Committee chairman Jaime Harrison made the announcement. The online voting does not close until Monday, but no other candidate stood against her. She will battle Donald Trump for the White House. Ms Harris, who is already Vice President, said: "I know we are up to this fight."

RWANDA VOW

TORY leadership favourite Robert Jenrick has pledged to resurrect the Rwanda deterrent if he becomes PM one day. The deportation scheme was axed by Labour immediately after it came to power. But former immigration minister Mr Jenrick said in his constituency of Newark, Notts, yesterday: "I would

hope to bring it back. What is absolutely at the heart of my plan is that if you arrive in this country illegally, you will be detained and you will be removed within days." He said he was "open" to net migration being below 20,000 each year. Mr Jenrick has overtaken Kemi Badenoch in the leadership race.

BOAT FIGURES NEARING 17K

SMALL boat arrivals have surged again, with 1,000 coming last week. In total, 16,903 have crossed the Channel this year - up 15 per cent on the same period in 2023. Scores were seen at Dover, Kent, yesterday as the Home Office said it is "taking steps" to cut numbers.

KEIR LOVE DROP

SIR Keir Starmer's popularity has already dipped - less than a month after becoming PM, a poll says. A YouGov survey conducted at the end of last month found 40 per cent of respondents had a favourable opinion of the PM. This is down four points from two weeks earlier. Meanwhile, 49 per cent

have an unfavourable view - up five points. His net favourability is now at minus-nine - having been at zero. It fell mainly because of Labour voters - with his favourability among them dropping eight points to 79 per cent. However, 18 per cent of Tory voters now say they view him positively.

Sun WEATHER

TODAY: Patchy rain will linger across southern and eastern England. Scattered showers for Scotland and Northern Ireland. Dry and sunny elsewhere.

TONIGHT: Dry with clear intervals for a tie but clouds will build in from the west bringing patchy outbreaks of rain across northern areas by dawn.

OUTLOOK: Mainly dry and sunny in the south and east tomorrow but more cloud further north and west with patchy rain. Rain in the north and west on Monday.

SUN 23° MON 23° TUE 23° WED 21°

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.

	23		16	
		6		
	20		25	

PUZZLES: PAGES 41-43

WE PAY FOR YOUR STORIES

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TODAY'S BIRTHDAYS

LINE Of Duty's **STEPHEN GRAHAM, 51**, left, Apocalypse Now star **MARTIN SHEEN, 84**, model **JOURDAN DUNN, 34**, right, singer **GINA G, 54**, and Metallica frontman **JAMES HETFIELD, 61**. Last night's EuroMillions numbers: 5, 7, 12, 33, 46. Lucky Stars: 3, 12. Health Lottery: 9, 19, 23, 24, 25. Bonus ball: 37.

SAFETY FIRST FOR PIN-UP GIGI

By JACK HARDWICK

MODEL Gigi Hadid unbuckles her inner rock chick in a leather get-up complete with a safety pin bikini. The 29-year-old, who also wore a gothic black dress, right, is fronting the new range from Marc Jacobs called Dilara x Heaven. It's designed by Dilara Findikoglu, who says it is based on outfits she wanted to wear to school. Class.



Picture: MARC JACOBS

EXCLUSIVE

QUEK STEP

Sports host Sam is latest to join Strictly

By ROD MCPHEE, TV Editor

SPORTS host Sam Quek is the latest celeb to sign on for **Strictly Come Dancing**.

The former Team GB hockey player launched a successful TV career after winning gold at the 2016 Rio Olympics.

Sam, right, covered the 2022 Tokyo Games for the BBC and was a team captain on A Question of Sport.

The news the Liverpoolian, 35, is joining the Strictly line-up comes days after swimmer Tom Dean – who became an Olympic relay champion for the second time this week in Paris – was also revealed as a contestant.

A TV insider said: "Strictly is really tapping into the buzz surrounding the Olympics this year, as well as heavily leaning into BBC talent – perhaps more than ever before."

"But Sam has very much become a star in her own right in recent years, and has been carving out a niche as a presenter. She'll also bring some much-needed glamour to this year's line-up."

The Sun exclusively revealed this week that deaf Love Island star Tasha Ghouri, 25, had also signed up for the show.

Until then, the celeb line-up felt very male dominated – including ex-Arsenal and England footballer Paul Merson, blind comedian Chris McCausland, EastEnders star Jamie Borthwick, reality TV's Pete Wicks and DIY SOS host Nick Knowles.

The BBC will start officially revealing its line-up from Monday. rod.mcphee@the-sun.co.uk



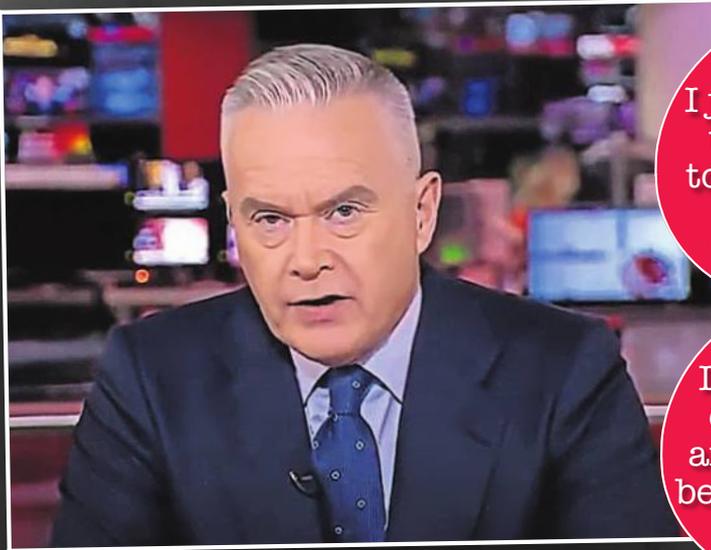
ADELE'S MUNICH MAGIC

bizarre FIRST NIGHT SPECIAL: PAGES 16 & 17



BBC NEWSMAN

THE EDWARDS FILES



I just wanted to tell him to stop doing what he was doing

I didn't even care if I got arrested..he's been a predator for years



Public face . . . Edwards on TV

Showdown . . . youngster's stepfather rushed to Cardiff Central station

EXCLUSIVE by SCARLET HOWES

THE stepdad of the teenage boy who Huw Edwards paid £35,000 for sexual pictures has revealed the extraordinary moment he tried to confront the newsreader at a train station.

He raced there after being alerted by his partner to a secret rendezvous between the then News At Ten anchorman and her vulnerable child.

By chance, the mother saw messages from Edwards suggesting he wanted the boy to sign a non-disclosure agreement.

The stepfather told The Sun: "I was so angry. I just wanted to confront him and tell him to stop doing what he was doing."

"I didn't even care if I got arrested - I wanted everyone to know what was happening."

However he arrived on the wrong platform, but managed to film Edwards across the tracks before the stony-faced BBC star boarded another train.

The stepfather then immediately launched an official complaint with the BBC about the TV star, but when he was given the brush-off he turned to The Sun for help.

This week Edwards, 62, pleaded guilty in court to receiving sex abuse videos of children as young as seven. He faces the prospect of a prison sentence when he appears again in court next month.

Last night the stepdad, whose identity we are protecting, said of the disgraced newsreader: "I always knew he was a paedophile."

"I find it disgusting if he doesn't go to prison and only gets a suspended sentence. He's been a predator for years."

His stepson, who had substance abuse issues, was 17 when Edwards started paying them for sex pictures.

And the dramatic railway encounter at Cardiff Central in May last year was triggered by the youngster, then 20, storming out of the family home after a row with their mum. They said they were going to meet Edwards to get £500.

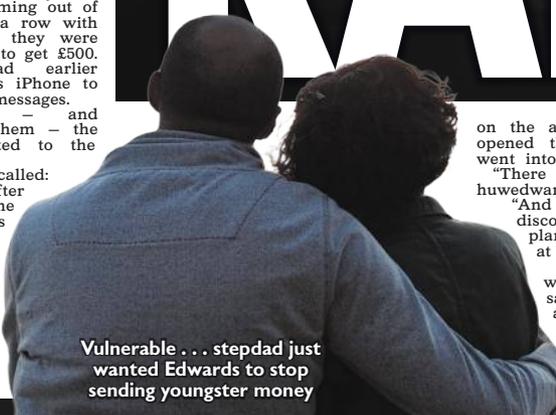
The youngster had earlier borrowed their mother's iPhone to check their Instagram messages.

Fatefully, however - and unknown to both of them - the app was still connected to the mum's iWatch.

The stepfather recalled: "About ten minutes after the boy had left the house with my partner's old iPhone, her Apple watch vibrated on her wrist. She looked down and was shocked to see Huw Edwards' name flash up with an Instagram direct message. At that point she realised that her son was still logged in

Furious stepdad planned to confront Edwards over £35K payments to young lad..THIS is the moment presenter's secret life started to unravel

RAILWAY



Vulnerable . . . stepdad just wanted Edwards to stop sending youngster money

on the app on her phone. She opened the Instagram app and went into the messages.

"There was a chat with @the-huwedwards which she opened."

"And she was shocked to discover that Edwards was planning to meet her son at a train station."

"She rang me - I was working nearby - and I said I would go and try and catch them."

He said that the messages also revealed Huw wanted the young lad "to sign

some kind of non-disclosure agreement to keep quiet about their relationship".

He went on: "I drove over as fast as I could and said to the train guards outside the barriers that I was there to meet someone from London and could I go on to the platform?"

"They told me it was platform three but when I got up there no train was arriving. I couldn't see him so I left."

The stepdad started to drive back to work when his partner called again to tell him she could see from the messages that

Edwards had just arrived at the station. The stepfather recalled: "I raced back and ran to the station."

"I saw him going through the ticket barriers. I went up to platform three again but no one was there. It was a massive panic."

"Then I saw him on the opposite platform. I got my phone out and I started videoing him."

He took 30 seconds of footage, seen by The Sun, of the BBC star waiting on the platform.

The stepfather shouted at him before Edwards, wearing a blazer and carrying a bag under his arm, made a hasty exit. He said:

WANTED VICTIM TO SIGN NDA



Rumbled... Edwards prepares to board train back to London after confrontation at station

Predator on the platform
... Edwards filmed by stepdad from other side

'POOR HUW' PRAISE BY EX-BBC CHAIR

HUW Edwards was publicly thanked by the former chair of the BBC for his "huge contribution" despite her knowing he had been arrested.

Dame Elan Closs Stephens said only last month that she was "proud to thank him personally for all his huge contribution and all the skills he has demonstrated that will help those who will succeed him".

She also referred to him as "poor Huw" on the Welsh-language programme *Beti a' Phobol*.

Discussing the initial allegations in *The Sun*, she remarkably said: "It was a sad story, and it was obvious *The Sun* newspaper was going to make the most of the occasion."

Dame Elan has

Praise... Dame Elan

By ED SOUTHGATE

confirmed she was aware of his November arrest in her role, but said that she was not aware of the "terrible details which have come to light this week".

Meanwhile, former BBC stars have called for Edwards to hand back the salary he got from the Beeb after being arrested.

Former royal correspondent Jennie Bond said:

"Frankly, if Huw has any dignity left then he would hand some of the money back, certainly the 200 grand he has made since his arrest."

Another ex-royal correspondent Nicholas Witchell said if he had a "shred of decency" he would hand back the money.

And BBC media editor Katie Razzall wrote on the news organisation's website: "Why didn't the BBC sack Edwards, in light of his arrest, instead of giving him the space to leave, apparently on his own terms, albeit with no pay off?"

Culture Secretary Lisa Nandy has called on the BBC Director General Tim Davie to explain himself. She said of Edwards: "I think he ought to return his salary."

Anger... Jennie Bond



RENDEZVOUS

"I just wanted to tell him to leave my partner's son alone and stop sending money."

Meanwhile, his partner had texted her son to say the stepfather was on the way to the station.

It is believed this was relayed to Edwards who then got on the next train back to London without the meeting taking place.

The stepfather then said he tried to lodge a complaint at BBC offices but was initially fobbed off.

He recalled: "As I wasn't able to confront him, I walked straight out of the station and went to the BBC."

"I tried to explain what was

going on. But the security guards at the door said I was being aggressive. I wasn't, but I was so wound up. I was panicked, not aggressive. I demanded to speak to a manager or director, anyone who worked at the BBC, but they said there was no one there and they were all in London.

"Someone came out saying that he was the boss of the security team. I shouted, 'I want to speak to someone about Huw Edwards because he's a groomer'. They gave me a number for BBC London.

"It turned out to be a wrong number. I think they just wanted to

get me away." The family was eventually referred to the BBC's Audience Services, who sent the case to its Corporate Investigations team.

The BBC later admitted it made one phone call to the couple, but it did not connect.

The family then turned to *The Sun* in the hope we could help them to get Edwards to stop.

We published the shocking story in July last year, saying that an un-named BBC star was paying a youngster for sexual pictures.

Edwards was suspended amid a media frenzy, before his wife named him. A BBC investigation

was launched into its star presenter, who announced the death of Queen Elizabeth II and led the coverage of the King's Coronation.

Meanwhile, a report released in February by auditors Deloitte detailed how the family's complaint had not been brought to senior managers' attention. There was also "insufficient" documentation of attempts to contact them.

In April, Edwards quit, with the family still begging the BBC for answers after they closed the investigation. The stepfather said: "From that very first day of trying to confront Huw to now we haven't

stopped - no matter how hard it's been for us. Everyone knows the truth now." He added: "We want a public apology from everyone who has ever doubted us or targeted us for speaking out."

The BBC continued to pay Edwards' £480,000 licence-fee funded salary until he quit.

Amid a clamour for some of the disgraced star's pay to be returned, questions have been raised about how much the BBC knew when it was told about his arrest last November over child sex images.

scarlet.howes@thesun.co.uk
The Sun Says - Page 14

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£5.25
£3 each
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£7.20
£6.40
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WALKER NEIGHBOUR SHOCK CLAIM



Spy plot...
Kyle's former
mistress
Lauryn

Targeted...
England ace
Kyle and his
wife Annie

EXCLUSIVE by PAUL SIMS

KYLE Walker's neighbour has revealed how she got caught up in his Lauryn Goodman feud — and says it was like Fatal Attraction.

Jasmine David, 51, was already at loggerheads with the England defender, 34, over a boundary dispute when she befriended his former mistress online.

But she grew uneasy when Lauryn, mother to two of Kyle's children, asked her to spy on the married Man City ace.

She spoke out after a judge tore Lauryn, 33, to shreds over outrageous financial demands she made of the footballer.

Jasmine said: "I urged her to move on and live a happy life and to focus on her two beautiful children. But she got caught up in it all and it got wildly out of hand."

Jasmine said Lauryn became so obsessed it "was like being in Fatal Attraction" — the 1987 love-rat revenge movie. She said she was asked to record Kyle and wife Annie arguing in a bid to break them up.

When told it was illegal, Lauryn texted: "You can have your phone recording in your garden."

Jasmine said the Instagram influencer had wanted to know when the footballer was at his Cheshire home. She recalled: "It was becoming clear how desperate she was, how obsessed she was with them."

"She wanted to know if his car was parked up and if he was there, what he was doing. "I feel sorry for her to a certain degree. We have no idea what kind of things he said to her or what he promised. But in the end, she became hell-bent on breaking them up."

In a damning ruling last week, Judge Edward Hess said Lauryn used Kyle as an "open-ended cheque book". But Jasmine said: "She isn't a bad person. She was sweet and funny at times. She just fell in love with the wrong person."

We revealed last December that 20 tons of soil was slid onto Kyle's home astro football pitch amid a three-year border battle. paul.sims@thesun.co.uk



Row... Sun in December

Lauryn in Fatal Attraction plot to spy on Kyle



Neighbour... Jasmine

Sun

ESTATE agents are seeing a surge in demand for air conditioning in homes — with a third saying a built-in system will increase prices offered, a poll found.

SPOT

£15M PEAKY ARSON DUO

TWO teens caused £15million of damage to an historic mill used in telly's Peaky Blinders and Downton Abbey.

McKenzie Motron, 18, and his accomplice, 17, who cannot be named for legal reasons, started a fire which got out of control,

a court heard. They went to Genappe Mill in Keighley, West Yorks, from a nearby college in March 2022 to smoke cannabis.

They fled but were arrested the next day after being identified from CCTV footage.

The mill, built between 1868

and 1877, was privately owned and used as a TV and film set.

It was also home to several local businesses at the time. The pair denied arson but were found guilty at Bradford youth court. They were bailed for sentencing in October.

Sun

THE metallic head-dress worn by Elizabeth Taylor in 1963 film Cleopatra opposite Richard Burton as Mark Antony could sell for £1,600 in LA this month.

SPOT

NO GLOVE



'Sickening sight can't happen again'

BY PIERS MORGAN



IT was a sickening, heart-rending sight.

Just half a minute into her Olympic bout against an Algerian boxer, Italy's Angela Carini was punched so hard she quit the fight.

Normally, such a dramatic early win would lead to the triumphant boxer, Imane Khelif, being cheered by the crowd and hugged by her vanquished opponent.

But this was very different. The crowd was very muted, with some booing, and Carini could be heard muttering "It's not right!"

The reason for Carini's distress was soon made clear: Imane Khelif once failed a gender test.

She was banned by the International Boxing Association from competing in the last Women's World Championships for failing tests to meet the "eligibility criteria" for the women's competition.

In other words, the IBA concluded she's not a woman and its president, Umar Kremlev, said it had "been proven" Khelif has XY chromosomes unlike women who have XX chromosomes.

This is a more complicated case than the barrage of shameful transgender scandals which have hit women's sport.

Khelif reportedly has Swyer Syndrome, a condition that means she has some female reproductive organs but also much higher

'It's not right' ... Carini and Khelif

levels of testosterone than women. As a result, she has a superior physicality. In other words, she has an unfair advantage.

That is why we keep the sexes apart in the Olympics. Otherwise, women would barely win a medal.

I believe, as former, and possibly the next, US president Donald Trump said earlier this week, that all trans women athletes should be banned from women's sport.

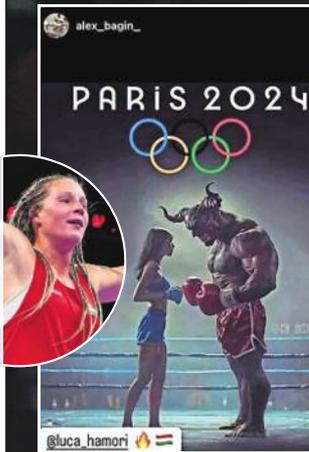
Not because I'm transphobic; I've always very publicly supported trans people's rights to the same fairness and equality the rest of us enjoy. No, it's because it's just not fair or equal.

And the same applies to athletes born with XY chromosomes which also give them a physiological advantage over biological females.

This does not mean I think they should be banned from elite sport altogether. That would be discriminatory.

Instead, they should either compete against men, as most have done in the past, or in a new open category.

But what happened in that Olympic boxing ring cannot be allowed to happen again, otherwise the spirit and integrity of the Games will be tarnished irrevocably.



'Beast' ... jibe from rival, left



Taunt ... Hamori and 'man' dig



Gender fight ... Paris banner

OLYMPICS gender row boxer Imane Khelif will be in the ring again today — with her woman opponent dubbing her a beast.

Hungarian Anna Luca Hamori, 23, shared inflammatory snaps on Instagram as the International Olympic Committee was engulfed by a storm of protest for letting banned fighter Khelif compete.

It came as the second fighter previously barred for failing a gender test won her opening bout in the women's boxing yesterday.

Taiwan's Lin Yu-Ting punched her way into the quarter-final, leaving her opponent in tears.

Ahead of today's fight, Hamori referred to Khelif, 25, as a man,

From **ROBIN PERRIE** and **JULIA ATHERLEY**, at the North Paris Arena

with a big red cross across a pic online and another showing a banner stating: "Save Women's Sport", with the Eiffel Tower as background. A third features a slim woman boxer facing a muscle-bound horned beast with huge fists.

It guarantees sparks will fly in the welterweight quarter-final, with the winner guaranteed a medal.

The Hungarian Boxing Association has sent letters of protest to the IOC over Khelif's continued involvement in the Games.

But Hamori said: "I'm not scared. If she or he is a man, it will be a bigger victory for me if I win."

Featherweight Yu-Ting beat Uzbekistan's Sitora Turdibekova, 22,

on points at the North Paris Arena yesterday. As the IOC found itself on the ropes in the ongoing row, with lawyers threatening legal action, even US presidential hopeful Donald Trump weighed in.

He wrote online what his policy on the issue will be if elected to the White House, declaring "I will keep men out of women's sports."

IOC spokesman Mark Adams, PM Sir Keir Starmer's best man, admitted Games bosses were in the middle of a "minefield". He said: "Unfortunately, as with all minefields, there is not one simple explanation. Everyone wants a black and white explanation. That does not exist."

"If we can find a consensus, we will work towards it. Clearly that is not going to happen at these Games."

The row that has cast a shadow

over the games exploded when Algerian Khelif pummelled Angela Carini, also 25, so viciously in their round of 16 bout that the Italian quit after just 46 seconds.

Both Khelif and Yu-Ting, 28, were kicked out of the World Boxing Championships last year by the International Boxing Association after failing a gender test.

The IBA has not disclosed what the tests were but said they were "trustworthy tests" conducted in "independent laboratories".

The IOC, in open conflict with the Russian-led IBA after expelling it from the Olympic movement, dismissed the tests as "arbitrary" and "cobbled together".

The boxers were allowed to compete in Paris because the IOC uses a simple eligibility criteria — an

FEMALE BOXERS DEEPENS

LOST



Ring outrage . . . second gender row boxer Yu-Ting and beaten opponent yesterday

Unfair & a danger to hopefuls

SAYS NICOLA ADAMS
Double Olympic gold boxer

FORMER double Olympic gold medalist Nicola Adams called the fight unfair and dangerous.

Nicola, 41, wrote on X/Twitter: "After years of fighting for women's boxing to even exist in the Olympics, and then all the training they go through to get there, it was hard to watch another fighter be forced to give up on her Olympic dreams."

"People not born as biological women that have been through male puberty should not be able to compete in women's sports."

"Not only is this unfair, it's dangerous!"

Leeds-born Nicola, the first female and openly-gay Olympic boxing champion at the London 2012, has previously spoken about having "faced a lot of challenges".

She added: "It was being female in boxing that was more 'offensive' than anything else."

"Eyebrows were raised because I was a woman in boxing - not because I was a gay woman in boxing."

Dereliction of duty by Olympics

SAYS SHARRON DAVIES
Former Olympian & BBC presenter

OLYMPIAN Sharron Davies accused the International Olympic Committee of "a dereliction of duty" for allowing the fight.

The ex-Team GB swimmer, 61, wrote on Twitter/X that it was time to "remove emotion and deal in facts", reiterating her belief that Imane Khelif is "a biological male".

Sharron, who is covering events in Paris for the BBC, accused the IOC of disregarding "safety and fairness" in women's boxing which she said was "unforgivable".

She told BBC News: "They are putting the feelings of biological males before the safety of biological females. To me that's a dereliction of duty when it comes to care."

"I'm flabbergasted and extraordinarily disturbed about why they would take this stance."

The International Boxing Association banned Algerian boxer Khelif from competing last year after DNA tests "proved they had XY chromosomes" - like all males - rather than XX.

● **Opponent calls Khelif 'beast'**

● **Second female boxer in tears**

● **Crisis leaves Olympics on ropes**

athlete's gender is what it states on their passport.

Khelif was born and raised a girl but reportedly has Differences of Sexual Development, a rare condition that results in varying genes, hormones and reproductive organs.

It can give women masculine traits such as increased muscle mass. Experts say it is unfair to let them compete in female sports.

It is thought the IBA test showed the boxers had an XY - or male - chromosome.

Manchester University developmental biologist Dr Emma Hilton said: "If there is biology that's going to help you punch someone harder because you've got male biology, then you simply cannot have that biology in a female ring. It's not just unfair. It's dangerous." British

boxer Nicola Adams, who won Olympic gold in 2012 and 2016, also slammed the IOC for allowing it.

And GB 2000 super-heavyweight gold medalist Audley Harrison said: "It's not a level playing field because of the extra power. Someone could get really hurt."

Culture Secretary Lisa Nandy said of the Khelif bout: "The fight was an incredibly uncomfortable watch for the 46 seconds that it lasted."

"There's a lot of concern among women competitors about whether we're getting the balance right."

The IOC spokesman stressed it was not a case of a man fighting a woman and added: "The IOC is saddened by the abuse the two athletes are currently receiving."

robin.perrie@the-sun.co.uk
The Sun Says - Page 14

WHAT IS DSD?

PEOPLE with differences in sex development (DSD) have biological components of both sexes.

Typically, men have XY chromosomes, high testosterone, a penis and testicles, while women have XX chromosomes, high oestrogen and a womb and vagina.

DSD, also known as intersex, is caused by rare genetic mutations before birth.

An intersex woman may have high levels of testosterone, for example because they develop testicles inside their body as well as female sex organs.

Extra testosterone can help them

grow larger and more muscular than a typical woman, giving them a competitive advantage in sport.

South African sprinter Caster Semenya was banned and forced to take a sex verification test due to her high testosterone.

There are many different types of DSD and some people may not find out they have one until adulthood and may not be seriously affected.

It is different to transgender athletes, who compete as the opposite sex to the one they were born as.

By **SAM BLANCHARD**
Health Correspondent

PARIS 2024 OUR BEST EVER

ROVERS DUO PIPPED AT THE POST

By JULIA ATHERLEY and ROBIN PERRIE

ROWERS Ollie Wynne-Griffith and Tom George were overtaken in a final seconds sprint by Croatia – losing out on gold.

The unlucky duo had to settle for silver medals after leading for most of the race.

Croatian brothers Martin and Valent Sinkovic won by just 0.45 seconds to retain their Olympic title.

Disappointed Tom, 29, *below right*, from Cheltenham, Gloucs, said: "I don't think I want to watch that back, it was so close.

"We did an awesome race and did exactly what we said we wanted to do and we're proud of what we achieved.

"These things happen. A lot was made of us after the loss of semi-finals and we came in as favourites.

"All season, whenever we've won we've reminded



Gold miss . . . Ollie and Tom

ourselves we're going to be hunted and we tried to go well and we did, just three strokes short. I'm proud."

Ollie, 30, *below left*, from Guildford, Surrey, said: "I made a mistake on the line and that's racing for you.

"Olympic silver medallists – I'm so proud of what we did. "We had a great start and had a great first 1500m, just on the last four strokes it was a case of winning or losing.

"I can't fault the passion and grit we've gone through as a pair and I've enjoyed the ride."



SWIM PALS SHINING

By JULIA ATHERLEY

SWIMMERS Ben Proud and Duncan Scott both bagged silver in the pool last night – Britain's sixth and seventh medals of a fantastic Friday.

Ben, 29, from Plymouth, was pipped to gold in the 50m freestyle final by the Australian Cameron McEvoy who beat him by just 0.05 seconds.

Ben, *top right*, finished in 21.30, with Frenchman Florent Manaudou third. Ben has already won World Championship, Commonwealth and European gold.

Minutes later Duncan, 27, from Glasgow, won his seventh Olympic medal when he finished second in the 200m individual medley.

He lost to France's Leon Marchand, swimming in front of a raucous home crowd at La Defense arena.

Duncan, *right*, said racing against the local hero meant the atmosphere was "sensational". He said: "We all look forward to that, it is something you don't get to experience too often in swimming. The crowd was right behind him."



Showjumping for joy . . . from left, Team GB's Brash, Charles and Maher

By JULIA ATHERLEY and ROBIN PERRIE, in Paris

TEAM GB bounced up the medal table yesterday with a bumper trio of gold medals in trampolining, rowing and showjumping.

A rush of podium spots on a frantic Friday boosted Britain to joint fourth in the gold medal standings on day seven of the Games, with nine golds brought home.

It is Great Britain's best first week ever at an Olympics, with 27 medals already in the bag, more than at this point in Tokyo 2020.

Team GB bosses told The Sun: "It's a great start, but we're not finished yet. We're really looking forward to the weekend to see what medals that might bring!"

The team were last night fifth in the overall medals behind China, France, Australia and the US.

Britain's first gold of the day came from rowing pair Imogen Grant and Emily Craig, who triumphed in the lightweight double sculls. The event is being scrapped at the next Games, so the British duo will possibly remain Olympic champions forever.

The pair finished a whole boat length ahead of their rivals Romania and Greece at the Vaires-sur-Marne Nautical Stadium.

After missing out on gold by just 0.01 seconds in Tokyo, the pair said the race was "a bit of a blur" but they were determined to row "the quickest race of our lives".

Imogen said: "Not every Olympian gets it right on the first try, and it wasn't like we did anything wrong back in Tokyo, but we had put in so much work and we are such different and better people this time around, that I think there was a certain inevitability today."

The 28-year-old finished a medicine degree at Cambridge while training for Paris and will start work as a foundation year doctor in Slough, Berks, just days after the Closing Ceremony.

Asked how she will celebrate becoming an Olympic champion, she said: "Well, we've got a week of watching some amazing sport at the Olympic Games.

"I start work two days after the closing ceremony, so it's going to be a bit of a hard bump back down to earth for me. But I'm really excited to start work."

Bryony Page won Team GB's next gold medal, with a stunning victory in the trampolining.

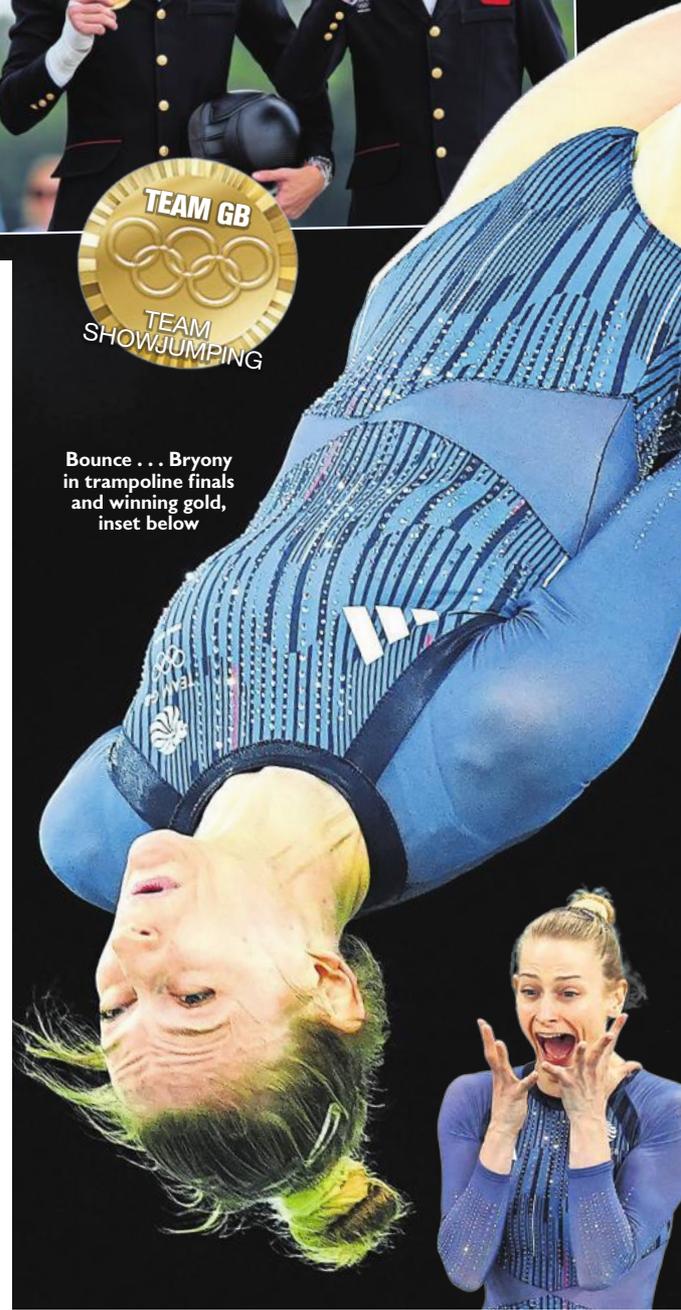
The 33-year-old, from Huntingdon, Cambs, screamed and fell to the floor when her winning score of 56.480 was revealed.

She had a nervous wait before Chinese athlete Hu Yicheng, who went last, crashed out of the competition and hit her head on the side of the trampoline, securing the Brit the gold medal.

Bryony said of the moment she won gold: "I hadn't been watching



Bounce . . . Bryony in trampoline finals and winning gold, inset below



the competition, I just could hear the crowd and the scores.

"When I was on the trampoline, Sophiane's scores came through and I could hear that, and I saw in the corner of my eye the coach cheering, so I felt like she had got enough to be in the medals.

"I just had to kind of focus on myself and the routine I wanted to get. I just didn't know if they were marking harshly, easily, so I was like, 'Please, please, please let me be in the medals'.

"When I was on the top of the scoreboard, I thought I'd won. I forgot there was another person."

Bryony – who can add her gold to her silver in Rio and Bronze in

Tokyo – now hopes to fulfil her lifelong dream to perform with Cirque du Soleil.

Speaking after her victory, she said: "If they still want me, I would love to perform. It's been a dream of mine for a long time and I'm not getting any younger, so to get to do it while I'm still feeling strong and healthy would be great.

"I'm very shocked at the moment, surprised, overwhelmed, every emotion that you can think of. I'm kind of sad it's over now. It's such a beautiful medal as well. It's got a bit of the Eiffel Tower in it. So yeah – I completed it mate."

Britain's third and final gold of the day came in the team show-

START

TO OLYMPICS



Winners...
Craig and Grant.



- BRYONY FLIPS TO TRAMPOLINE WIN
- MEDAL SPREE IN RECORD 1ST WEEK

THANK GOLD IT'S FRIDAY



jumping, with Ben Maher, 41, Harry Charles, 25, and Scott Brash, 38, sealing victory at the Chateau de Versailles. Ben jumped clear with one time penalty, before Harry added a perfect round. Scott jumped clear with one time penalty – good enough for gold.

Harry, from Alton, Hants, proved victory is in his blood – after his dad Peter also won gold at London 2012 with the same teammates.

The son was just 13 when he watched his dad become an Olympic champion, and said of his own success yesterday: "It's pretty cool to ride with both my heroes – two guys I've looked up to my entire life. My inner younger self is

freaking out a bit. It was that moment in London in 2012 that I realised I wanted to do equestrian."

Team GB's track and field stars were in action for the first time in Paris yesterday, with Josh Kerr and Neil Gourley qualifying for the 1500m men's semi-final and Dina Asher-Smith, Daryll Neita and Imani-Lara Lansiquot getting to the 100m women's semi-final.

World champion Josh, 26, from Edinburgh, said after the heats: "My goal for this is to stay relaxed, stay confident in my fitness and I did that today."

"Everyone gets really antsy in these first rounds, because of the build-up, the hype, and it's a big

stadium with lots of people. I stayed relaxed and when it was time to go I put the burners on – maybe a little bit too hard. I thought everyone was going to be battling me. But it felt exactly how I thought it would, and that's always a reassuring thing."

Josh, who won his heat in 3:35.83, wears golden spikes and said they are "one of the fastest" pairs of shoes in the world.

Asher-Smith, 28, who is competing at her third Olympics, said: "I'm really excited to be here. The crowd's amazing and the job was to come out, qualify and then raise it a level for tomorrow."

The Sun Says – Page 14

DIVE PAIR JOY

By JULIA ATHERLEY

DIVER Jack Laugher won a bronze – after his girlfriend Lois Toulson did the same on Wednesday.

Jack, 29, grabbed his medal with 3m springboard partner Anthony Harding, 24. Jack, on the left of the pair, joked: "I'd never have heard the end of it if I didn't get one and Lois did!"

"I know how much it meant to her and two medals between us is wonderful!"

Lois, 24, won bronze with Andrea Spendoloni-Sirieux, 19, in the women's synchronised 10m platform.

Tony recalled being scared of heights when he started diving as a kid. He said: "First session, I was crying. Like, don't push me off that board. But yeah – it's just thanks to everyone."



POLICE STATION TORCHED

SWIFTIES GIVE 'HOPE'

By SARAH RIDLEY

A CHILDREN'S charity thanked Taylor Swift fans who have raised more than £357,000 for the Southport stabbing victims, calling it a "beacon of hope".

A JustGiving page was set up after 11 kids were knifed on Monday while attending a holiday club. Bebe King, six, Elsie Dot Stancombe, seven, and Alice Dasilva Aguiar, nine, were killed. Pop star Taylor spoke of her shock on hearing the dance



Killed . . . Bebe, Elsie and Alice

workshop featured her songs. Fans quickly set up the Swifties of Southport charity page, which smashed its £13,000 target in less

than an hour. The money – donated by more than 21,000 people – will go to Alder Hey Children's Charity to help victims' families and pay funeral costs.

The organisation raises funds for Alder Hey Children's Hospital, where some victims were taken. The charity said: "Your donations and comments are a beacon of hope. Thank you for embodying the spirit of Taylor's music and turning empathy into action."

Five children are still in hospital, but in a stable condition.

ALDERSHOT WANTED

By RICHARD MORIARTY, SARAH RIDLEY and SAM CREED

THUGS stormed and torched a police station last night as Britain was put on red alert ahead of up to 15 far-right weekend protests.

Firefighters battled flames at Sunderland Central Police Station after cop cars were also attacked and set ablaze.

Armed officers were called in to guard the city's Millfield Mosque as mobs in balaclavas and hoodies swarmed the area.

The latest violence came as police forces published photos of suspects from previous riots.

The Sunderland jobs overturned an Uber taxi as the driver sat in it. They lobbed bricks, flares, beer cans and horse manure at cops.

They forced their way into the police HQ, smashing windows and ransacking offices, before plumes of smoke were seen. Fire then ripped through the building.

More demonstrations are expected, stirred by online lies that the teenage alleged knife murderer of three girls in Southport, Merseyside, on Monday was a Muslim asylum seeker.

On Tuesday a mosque was targeted near to where Bebe King, six, Elsie Dot Stancombe, seven, and Alice Dasilva Aguiar, nine, were attacked during a dance class.

Fifty-three police were injured as thugs hurled bricks and torched vehicles in several hours of chaos.

Other protests followed in central London, where 100 were arrested, and Hartlepool where a boy of 11 was held on suspicion of arson after a police vehicle was set alight.

Meanwhile Manchester police released images of 11 men and women they want to question after attacks outside a hotel housing asylum seekers in the suburb of Newton Heath.

And the Hampshire force circulated photos of seven men they are seeking after a 200-strong demo outside another migrant hotel in Aldershot turned violent.

It is believed extremists are using TikTok and the Telegram messaging service to organise weekend protests in Liverpool, Manchester, Hull, Leeds, Middlesbrough, Southport, Bristol and Sunderland – again.

Others are expected in Nottingham, where two are thought to be planned, as well as Cardiff, High Wycombe in Bucks, and Belfast.

A riots battle plan was unveiled by the Home Office last night – with an extra 70 prosecutors ready to charge offenders on the spot.

And the National Police Chiefs' Council has detailed an operational strategy – setting clear priorities to address protest-related disorder.

Home Office minister Lord Hanson warned: "To anybody who's organising this, we will be watching you. Be prepared to face the full force of the law on this criminal activity."

Chief Constable Gavin Stephens, chairman of the National Police Chiefs' Council, said: "Forces are working together at a local, regional and national level to gather and share intelligence and to make sure we are ready to tackle any violent disorder which might arise."

Merseyside Police Assistant Chief Constable Jenny Sims added: "Anyone who intends to cause future damage and harm to our communities will be dealt with robustly."

Mayor of the Liverpool City Region, Steve Rotherham, demanded ministers "do something about social media". He said it had been used to "whip up the lies" about the alleged perpetrator of the Southport stabbings that "fuelled some of the disorder that we saw on the streets".

Zara Mohammed, of the Muslim Council of Britain, said hundreds of mosques will be strengthening their security this weekend.

It came as PM Sir Keir Starmer returned to Southport yesterday to thank the emergency services and hospital staff for their response to the stabbings and the riot.

● AXEL Rudakubana, 17, who was born in Cardiff and living in Lancashire, has been remanded in youth custody charged with three counts of murder, ten of attempted murder and one of possessing a bladed article.

richard.moriarty@the-sun.co.uk



Sought by police . . . images of seven men from hotel demo

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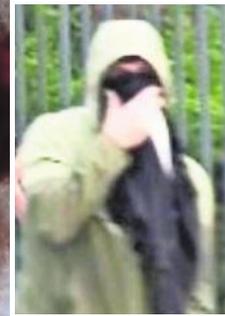
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AS TENSIONS BOILING OVER

MANCHESTER WANTED



We will be watching you. Be prepared to face the full force of the law
—LORD HANSON
Home Office Minister

Probe . . . the 11 filmed at demo in Newton Heath. Main picture: Uber set on fire in Sunderland yesterday



BRITAIN IS ON THE EDGE

Riots erupt and 15 more demos set for weekend

THE Sun SAYS

Shame on BBC

THE scale of the BBC's negligence and arrogance throughout its handling of the Huw Edwards affair is staggering.

First, the Corporation failed to respond adequately to a complaint about him from the parents of a teenager he showered with cash while exchanging sexual images.

A pay rise for Edwards **AFTER** his suspension and arrest for having indecent images of children as young as seven has never been explained.

Now BBC Director-General Tim Davie limply says he can do nothing to stop Edwards receiving his gold-plated pension, paid for by licence-fee payers.

Met Police managed to claw back 60 per cent of rapist cop David Carrick's pot, yet Davie – under pressure to publish a secret internal report into the scandal – insists his hands are tied.

Former BBC staff say Edwards should now do the decent thing and hand back the money. Don't hold your breath.

The Sun has repeatedly exposed the depth of his moral corruption.

The BBC now finds itself paying a paedophile £300,000 of public money annually to enjoy his retirement.

Ring of ire

THE Paris Olympics has wallowed in wokery since the Opening Ceremony, with a heavy-handed determination to push the agenda of diversity.

In the female boxing ring, though, that concept has been stretched to dangerous limits.

Both Algeria's Imane Khelif and Taiwanese fighter Lin Yu Ting – who battered her smaller opponent in a bout yesterday – are competing despite disqualification from the World Championships last year for high testosterone levels.

Heavily muscled Algerian Imane Khelif insists she is a woman.

Yet the International Olympic Committee doesn't appear to have made any real checks – beyond asking to see her passport.

Such casual disregard for female boxers' safety has been condemned by the International Boxing Association.

This is not just about rank sporting unfairness. The IOC could end up having blood on its hands.

Roar talent

ANOTHER gloriously golden day saw Team GB canter up the medals table, even as high as third at one point.

Our women rowers powered their way to gold, while our showjumpers romped home after another French disaster in the final round.

But it was trampolinist Bryony Page who captured hearts with a smile as broad as the English Channel.

Biologist Bryony is also an expert on dinosaurs. Yesterday she turned Paris into her very own Jurassic Olympic Park.

PM ONLY FOCUSED ON FAR RIGHT TROUBLE



MANCHESTER AIRPORT

HAREHILLS, LEEDS

SOUTHEND, ESSEX

FORGOTTEN ... violent acts Stamer ignored when he condemned far right

SOUTHPORT, MERSEYSIDE

ANGER ... crowds riot in Southport on Tuesday

Labour must realise that rioting doesn't happen in a vacuum

THIS week's riots in Southport and elsewhere were, of course, reprehensible.

To attack a mosque where ordinary Muslims go to pray would have been wrong even if it had been in response to an attack by Islamic terrorists. That those lobbing bricks at the police and setting their vehicles alight were acting on disinformation makes them look foolish as well as disgraceful.

But if Britain's liberal elite had been deliberately trying to drive people into the arms of the rabble-rousers they could not have done a better job if it.

They have done everything they can to fuel the underlying sense that the white working class is being treated very differently from the rest of the population.

On Thursday, the Prime Minister held a press conference in which he lost no time in asserting that the Southport riots were "clearly driven by far-right hatred".

All stick and no carrot

He refused to acknowledge that any of those who took to the streets might have been motivated by reasonable concerns about the safety of children. No, each and every one of them were just "far-right" thugs trying to spread hate.

Nor, by the way, did Keir Starmer mention in his press conference other recent cases of public disorder which had nothing to do with the far right, such as the machete fight in Southend on Tuesday night, the attack on police at Manchester Airport last week nor the riots in the Harehills area of Leeds.

Those equally concerning events don't seem to feature even nearly as prominently on the radar of the liberal left because they don't feed its preferred narrative that Britain is a happy, diverse community spoiled only by hate mongering on the part of the far right.

Starmer, to be fair, did condemn the Leeds riots at the time they happened two weeks ago, but he studiously avoided



By **ROSS CLARK**

blaming any group. On the contrary, a Downing Street statement demanded that people did not rush to speculate on the reasons behind the riots – which seem to have started after social workers removed children from a Roma family.

We know what to expect, because it has happened many times before. Riots in neighbourhoods with high ethnic populations tend to be followed by inquiries which seek to settle the grievances which lie behind them – after the Brixton and Toxteth riots in 1981, for example, we had the Scarman report, while Michael Heseltine was dispatched to Liverpool to shower the poorer parts of the city with money.

Those efforts were warmly praised across the political spectrum.

Yet how has the Government responded to the Southport riots? Not by calling an inquiry into what lies behind them, only by announcing stronger powers for police to track down perpetrators – all stick and no carrot, in other words.

The same seems to have happened on multiple occasions when working-class communities have protested, whether it be against low-traffic neighbourhoods, London's Ultra Low Emissions Zone or Covid lockdowns.

All have been dismissed as being incited by "far-right" conspiracy theorists. Think what you like about councils erecting bollards and installing cameras to stop people driving to the shops, but those who oppose such measures hardly deserve to be treated like Nazis.

I haven't heard anyone in power admit it, but there is an unfortunate backstory which may explain why people reacted

to the killing of three girls (not to mention the injuries and mental trauma inflicted on many others) by seeking out a mosque.

For years, police, social services and other agencies failed properly to investigate gangs of men of Pakistani heritage who had been raping and sexually exploiting girls in Rotherham, Rochdale and elsewhere.

Again, it cannot be emphasised strongly enough that it is very wrong to project the crimes of the rapists on to Britain's Pakistani population as a whole – that is the point at which legitimate demand for justice spills over into racism.

But when these gangs were eventually brought to justice, it became clear from their trials that police and social services had been doing the opposite – they had been influenced by what the then Home Secretary Theresa May called "institutional political correctness" in failing to take the victims' allegations seriously enough.

Rock multicultural boat

As the former Labour minister Denis MacShane put it "there was a culture of not wanting to rock the multicultural community boat".

But it is that sort of attitude which hands over the issue of violence and sexual exploitation of children to the far right. If people feel they cannot trust what the police and other authorities do and say they will end up gravitating towards other voices who do appear to be representing their interests.

Racists are to be condemned, and it is quite right that the Prime Minister should want police to have the power to tackle thugs, whoever they are and wherever they come from.

But the Government needs to recognise that the Southport riots did not happen in a vacuum.

We could do with a latter-day Lord Scarman to investigate what lies behind the riots and how best this can be addressed.



Murdered . . . Stephen

Stephen dad fury as body is moved

By **THOMAS GODFREY**

THE father of Stephen Lawrence has criticised a decision to exhume his son's body to return it to the UK for reburial.

Stephen, 18, was buried in Jamaica following his murder at the hands of a racist gang in South East London in April 1993.

Mum Baroness Doreen Lawrence said this week the family had decided to "bring Stephen home".

But her ex-husband Neville claims he was not informed and only found out when he saw footage of the damage done to Stephen's resting place.

Dr Lawrence said: "He was at peace in Jamaica and has now been disturbed and taken away."

"I am appalled that my son's grave has been vandalised in this way and left in such a mess."

But he added: "I am confident, regardless of the decisions made without my knowledge and consent, that Stephen's legacy will be sustained."



A bit fishy . . . breakfast

£13 full English a load of scallops

By **STEPHEN MOYES**

A FULL English breakfast served with scallops has left fry-up fans sizzling with rage.

The garlic butter-coated seafood is dished up at a cafe with the traditional bacon, sausage, beans, hash browns, mushrooms, eggs and toast.

It is available for £13 from the famous Billingsgate Fish Market, in Poplar, East London – but it stuck in the throats of many. Chris McCaffery fumed online: "Why ruin a perfectly good breakfast with scallops?"

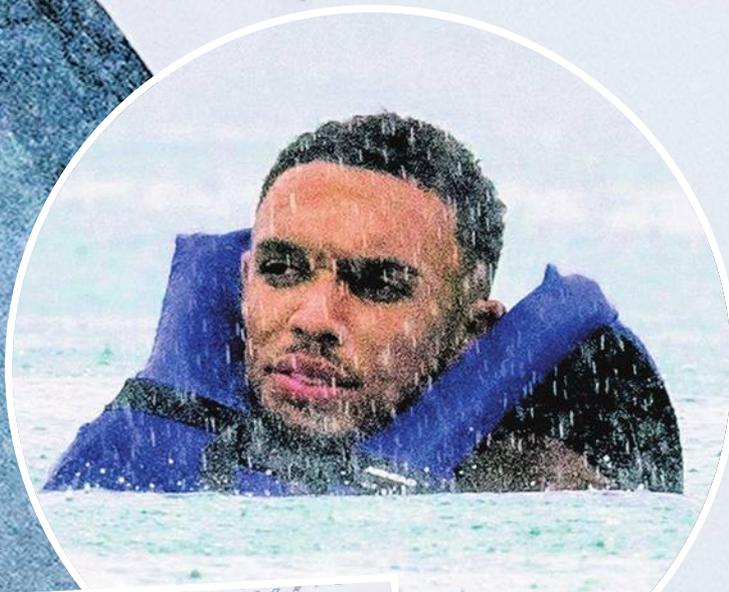
Electrician Mark added: "Get rid of the scallops and charge me £6."

However others were licking their lips at the controversial brekkie, and salivating over a £6 scallop and bacon bap.

Food expert James Dimitri said: "The breakfast is absolute quality."

Another customer said: "Mate you can get the scallops and bacon roll as well. Scrumptious."

DEEP IN LOVE, TRENT?



By **JONATHAN KANENGONI**

ENGLAND ace Trent Alexander-Arnold appears to be making heavy weather of a romantic getaway with rumoured girlfriend Iris Law.

Jude Law's model daughter, 23, watched the Liverpool star, 25, tackle a floating play park in the sea during a downpour in Barbados. The pair also took a trip on a £4,000-a-day catamaran together.

Pictures: BACKGRID

KATIE ESTATE AGENT WARNING

Mucky mansion: Enter at own risk



EXCLUSIVE
by **STEPHEN MOYES**

GLAMOUR model Katie Price's "mucky mansion" has been slapped with a health warning by estate agents.

Would-be buyers will need to fork out £1.5million for the repossessed property but are advised to take care when viewing it. A brochure tells



Warning . . . Price's old home

southern part of the land has been subject to the depositing of waste material." It adds: "An Intrusive Site Investigation report dated 28th July 2024 by Oakshire Environmental following their site visit on 13th July 2024 is available from the agents and which results show a low to moderate risk from materials deposited on site."

potential purchasers not to fall into the empty pool and also warns the land could be contaminated by dumped waste.

Estate agent H.J. Burt's listing for the property in Hove, West Sussex, says: "The repair, after which it could be an "impressive family house".

The home has three reception rooms, nine bedrooms and four bath/shower rooms spread over three floors, as well as a one-bed annexe, as Katie, once worth £45million, moved into the mansion ten years ago. But the pad fell into disrepair as her chaotic personal life and finances spiralled out of control.

In 2022, her attempts to renovate the home featured in Channel 4's Katie Price: Mucky Mansion.

Katie, left, has previously said people have illegally fly-tipped on her land.

Potential buyers are also told that the property is in need of refurbishment and

stephen.moyes@the-sun.co.uk



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

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SINGLES

1. Please Please Please – SABRINA CARPENTER
2. Good Luck Babe – CHAPPELL ROAN
3. Birds Of A Feather – BILLIE EILISH
4. Star-gazing – MYLES SMITH
5. Austin – DASHA
6. Houdini – EMINEM
7. Kisses – BL3SS & CAMRINWATSON ft BBVCLOSE
8. Espresso – SABRINA CARPENTER
9. Not Like Us – KENDRICK LAMAR
10. A Bar Song (Tipsy) – SHABOOZEY

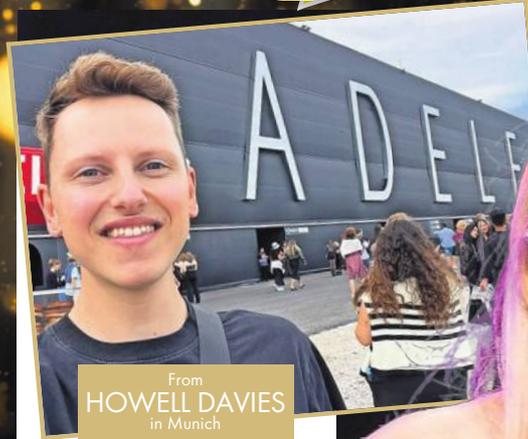


the charts

THERE is no change at the top, with SABRINA CARPENTER and EMINEM continuing to dominate the singles and albums charts. But US singer CHAPPELL ROAN could become a threat as she is now up to No 2 with Good Luck Babe and at No 4 with her album.

ALBUMS

1. The Death Of Slim Shady – EMINEM
2. The Tortured Poets Department – TAYLOR SWIFT
3. Brat – CHARLI XCX
4. The Rise And Fall Of A Midwest Princess – CHAPPELL ROAN
5. Hit Me Hard And Soft – BILLIE EILISH
6. Live At Wembley Stadium – BLUR
7. The Highlights – THE WEEKND
8. Hi, My Name Is Insecure – SAM TOMPKINS
9. 50 Years: Don't Stop – FLEETWOOD MAC
10. Rite Here Rite Now OST – GHOST



From HOWELL DAVIES in Munich

EVEN the pouring rain in Munich couldn't dampen the spirits of the 80,000 fans who turned out to watch ADELE kick off the first night of her residency.

As she belted out her opening song, 2015 classic Hello, she welled up looking out at fans, and shouted: "I'm f***ing s***ting myself!"

The heavens opened again and Adele, despite her nerves, handled the drenching like a pro, shuffling her scheduling for an impromptu costume change.

Pointing down at the huge train of her black Dior gown, she said: "I have got to take this train off because it is wet and heavy."

"They said it wouldn't be raining at the top of the show."

As her stylists ran on to help, Adele added with a grin: "I look like a right f***ny," before launching into I Drink Wine.

'Emotional wreck'

Spending a moment taking in the audience, which I admit took my own breath away when I first walked into the Munich Messe stadium, Adele said: "Munich is so f***ing beautiful, we are so lucky to be here."

Despite the staggering size of the show, Adele made sure the concert was as intimate as her Las Vegas residency – which seats just 2,500.

And less than 20 minutes in, she saw her first proposal of the night.

Clocking a couple in the crowd after singing Under The Bridge, she asked for the spotlights to be put on a nervous bloke, who looked as giddy as Adele as he asked his partner to marry him.

"How long have you guys been together?", Adele asked.

"Seventeen years? F*** me. He's an emotional wreck. I love that."

"Congratulations. I would sing Make You Feel My Love, but I'm actually singing that later."

Addressing the downpours and humidity, she added: "You know, I had my hair in curlers all day and now it looks like I just got out of the shower."

She added: "Do you like my Oktoberfest mic I made? I've never been to Oktoberfest, but I'm sure I'd get very messy."



SWEET TREAT... personalised Haribos

Before performing the upbeat Water Under The Bridge, she said: "Thank you so much for coming to my show."

"Isn't this place f***ing crazy? I've never seen something like this in my life. Your city is f***ing beautiful."

"Are you ready to have a dance? Have a cry?"

"Have a laugh? Let's have a big singalong. I love you."

After second song Rumour Has It, which she performed on the already rain-soaked stage, she confessed: "I underestimated just how f***ing scared I am."

The gig was her first on the Continent in eight years, and last

night it was revealed that the concert series is expected to boost the Bavarian capital's economy by £560million.

The 80,000-seat amphitheatre has been specially built within the Munich Messe exhibition centre for the London-born star's ten dates throughout August.

London boozier

The Rolling In The Deep singer has spent the past month in Europe overseeing the construction of the mammoth stadium and has been rehearsing daily at the venue this week.

It sits alongside an area dubbed "Adele World", which includes a complex of food and

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ELLIE HENMAN'S

meWith
**HOWELL
DAVIES
& JACK
HARDWICK**HELLO AGAIN...
Adele on stage in
Munich last night

QUEEN RAINS IN GERMANY

SHE is the queen of the heartbreak ballad, so it was apt that thick black clouds rolled in and started bucketing on the audience just before Adele made her long-awaited return to the stage in Germany.

But the torrential rain certainly didn't dampen any spirits despite the fans – who had travelled from around the world to see her – being completely soaked through.

Suddenly, the clouds miraculously cleared and Adele rose from the stage singing Hello.

She emerged with a big grin which screamed absolute sheer terror and was paired with her taking some very deep breaths.

Playing such a big venue again, after a year in an intimate Las Vegas club, was clearly daunting.

But she soon settled into it and by fourth track, Water Under The Bridge, she was in full flow with her superstar charisma, talent

and warmth shining through. Adele has the hits, the stage presence, the personality and, here, a fabulous setting as inspiring as she is.

Not many artists are big enough to have an entire stadium built for them to perform just ten shows – in fact, it's never happened before.

As she mixed her comedy patter with heart-wrenching ballads such as Easy On Me, she showed her vulnerable side, which is rare in an age where our pop queens are all about projecting a formidable image of no cracks or insecurities.

Concerts can feel run-of-the-mill when our biggest artists are on huge tours.

But if there's one thing about an Adele show, it's that she makes it feel like it's even more special for her than it is for the thousands in the audience.

HOWELL DAVIES

SPRITZ ALL ABOUT HER
... personalised bar at venue

ADELE BY NUMBERS

80,000 strong crowd smashes Taylor Swift's **74,000** record

The entire concert site is the size of **60** football pitches

Adele's mega stage is **4,000sqft**

Fans will watch the biggest ever screen which is **220m x 18m**

Her run of ten shows will boost the economy by **£560million**

CAREER'S CHEERS
... copy of the pub where she signed dealENDER STORY...
Queen Victoria bust on replica pub bar

ADELE MAKES SWEET MUNICH

EXCLUSIVE: Downpour can't dampen magic of star's first night

drink stands as well as providing photo opportunities for fans.

A pub there is based on the Duke of Wellington – the East London boozier where she signed her first record deal – and has a Queen Victoria statue taking pride of place.

Another bar, the Aperol Spritz, was renamed the Adele Spritz in her honour.

The London theme continues with a vintage red telephone box and a mini-stage where a tribute act called The Spice Girls Experience entertained punters before last night's gig.

It follows Adele's revelation that the Nineties girl band is one of her favourites. In preparation

for her residency, Adele has shot new videos for several songs, which were shown on the biggest screen ever constructed for a concert.

The state-of-the-art monitor measures around 220 metres by 18 metres and cost £34million.

'Random girl'

It sits behind a 4,000sq ft stage, which includes a 300ft catwalk and a semi-circular performance space in the middle of the crowd.

In previous performances, she has used a special gun to fire souvenir T-shirts into the crowd. This was souped up for Munich, 'blasting out multiple

goodies in one go, much to the joy of fans.

Adele also unveiled a new range of merchandise for her residency, including personalised bags of Haribo sweets.

Although the run of shows is in Europe, fans had travelled from across the globe, including the US and Mexico, and Adele took her time to thank everyone for coming.

Performing Easy On Me, she called on the crowd to help and – visibly emotional – she told them: "I am just a random girl from London.

"Being given the opportunity to play this many shows in Munich, I am just blown away."



ADELE definitely cuts a larger-than-life figure on tour. She posted this picture on Instagram of herself with a couple of cold beers, while wearing a traditional German outfit before her big opening night.

The superstar is clean-living when she is performing though, having quit booze in October.

But just like us, Adele isn't exactly the biggest fan of going sober, admitting: "It's boring." Steins all round!

FOUR-BED PAD

POP royalty Adele is staying in accommodation fit for a queen during her time in Munich.

Her hotel suite is so smart it even has a private butler catering for her every need.

She has been staying at the best living quarters the Rosewood Hotel has to offer and it's a whopping 4,865 square feet in size.

It has four bedrooms, two bathrooms, a dining room, TV room and two terraces.

It also has a fireplace, although I doubt that will be of much use during the city's humid summer.

All that space should mean her son Angelo and sports agent fiancé RICH PAUL can keep out of her hair when she needs time alone.



BOOB OPS 'MAKE WOMEN HAPPIER'

BOOB jobs boost women's sex lives and happiness, global research has found.

Around 5,000 British females a year have work done to increase their bust sizes.

And a review of 39 surveys involving more than 18,000 women worldwide found patients rated their sexual and mental wellbeing higher after the op.

After getting bigger boobs for cosmetic reasons, their sexual satisfaction increased from an average

EXCLUSIVE by **SAM BLANCHARD**

score of 65 to 71, while general happiness increased from 71 to 75. Study author Dr Valentin Haug, of the University of Heidelberg in Germany, said: "Breast augmentation can help correct a self-perceived physical flaw and therefore boost self-esteem and body image."

Gains in happiness
Lift... after enhancement

appear to be greater in older women and those with bigger implants. Some scores stayed the same or got worse – potentially due to pain, discomfort or changes to sensation after surgery, which is not risk-free.



Britain's peak boob job year was 2013, when more than 11,000 had the op. It may have declined due to changing trends and attitudes. sam.blanchard@thesun.co.uk



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IN YOUR **Sun** ON SUNDAY TOMORROW



STRICTLY JANETTE

On why show will come back stronger

IN Fabulous magazine tomorrow – FREE with The Sun on Sunday – Strictly's Janette Manrara tells readers the scandal-hit show will return even better than before. Janette also tells how she and dancer hubby Aijaz Skorjanec "cried" when asked back to the successful series.

Don't miss her full, fascinating interview – or TV Soap mag and our tip-packed racing pullout, the Favourite.



3 GREAT FREE SECTIONS

COPS SWOOP ON WEAPONS



Case ... Old Bailey

'100mph' car killer jailed for ten years

By **JONATHAN KANENSONI**

A MOTORIST who killed a pedestrian after driving at almost 100mph has been jailed for 10½ years. Ali Xhaferri, 43, lost control of his BMW on a bend and hit Ahmed Moneer on the pavement. The force threw Mr Moneer, 37, into the living room of a home in front of a shocked family, the Old Bailey heard. He died instantly. Passenger Dexter Charles, 53, was seriously injured. Prosecutor Amy Nicholson said Xhaferri was driving between 70 and 92mph in wet conditions on a 40mph stretch of London's North Circular road at Stonebridge. Xhaferri, of Highgate, who has past motoring convictions, was sentenced for causing death by dangerous driving and for causing serious injury. He was also disqualified from driving for 12 years and 11 months.



Malnutrition ... Maeve

Inquest GP plea for more ME cash

By **ALEX WEST**

RESEARCH into chronic fatigue syndrome needs to be better funded, a GP has told an inquest into a sufferer she treated. Dr Lucy Shenton said doctors need more help and guidance in helping patients with myalgic encephalomyelitis (ME). The medic took over Maeve Boothby-O'Neill's care six months before she died at home in 2021. Maeve, 27, had suffered ME for a decade and, in her last year, was treated three times for malnutrition at the Royal Devon and Exeter Hospital. Dr Shenton said: "There needs to be more funding and research into ME to provide the evidence and guidelines for clinicians to work from." She said the lack of material "surrounding" the condition "make decision making and management more complicated". The inquest in Exeter was adjourned.



25 firearms including Kalashnikov with laser sights among haul

8 guns including 6 Glocks bound for UK were seized last year

GANGSTERS' GUNS SEIZED

Stash heading from Albania to UK



Raid ... cops in Albania storm in

EXCLUSIVE
by **NICK PARKER**, Foreign Editor

A TERRIFYING stash of weapons destined for gangs on the streets of Britain has been seized after police smashed a gun-running gang.

Rapid-firing Glock pistols and a Kalashnikov assault rifle were among 25 firearms found in a swoop in Albania. The weapons and hundreds of rounds of ammunition were set to be sent to Albanian gangs in Britain who are fighting a turf war over drugs and prostitution in London. Albanian State Police found the guns being prepared for shipment when masked and armed cops stormed a property in a suburb of the capital Tirana on Thursday. Albanian police working with the UK's National Crime Agency made five arrests as investigations continued following the discovery of the weapons cache this week. And warrants were issued for the arrest of three more men still at



Deadly ... a Glock pistol

large in the UK with links to the gang. Three Albanian men aged 21, 44 and 62 have been charged with international weapons smuggling. The NCA worked with Albania's Special Prosecutor against Corruption and Organised Crime. Their probe focused on the crime-plagued Tropoja region, in Albania's north. Since the late 1990s, gangs from Tropoja have become active in the Albanian communities in the East and South East London boroughs of Woolwich, Stratford and Barking. Mobsters involved in prostitution, cocaine smuggling and cannabis farms are feared to be ramping up

their firepower to warn off rivals. Ervin Karamuco, professor of criminology at Tirana State University, said: "Criminal groups in Albania have established an arsenal of modern weapons and accessories to supply their associates in the UK. "Weapons are secured in Turkey and the Serbian illegal market and could have been used by anyone – including terrorists." The raid followed another last year in which the same crime gang was caught shipping Australian-made Glock pistols capable of spraying 20 bullets a second. Six Glocks, a Browning pistol and a Hel-Star handgun were discovered hidden in a table inside a van with UK number plates, along with more than 200 bullets. Officials in the Albanian port of Durres found the guns – en-route to an address in Luton, according to paperwork – using a scanner. The van, a white Mercedes registered in Britain, was due to travel by ferry to the Italian port of Ancona, a two-day drive from the UK.

nick.parker@the-sun.co.uk

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CHASE . . . cheese rolling

WHO IS IN THE RIGHT?

WHEN I lived in London's Notting Hill, working in the media, I was a remainer and so were all my friends.

It literally didn't occur to us, as we sat down there in our agreeable houses eating agreeable food, that someone might vote to leave.

And I think the same thing is happening again. Today, I'm surrounded by farmers and plasterers and brickies and butchers and all I hear, all day long, is that there's too much immigration.

But if they say this out loud, or if they go on a march, they are told by the London elite that they are far-right extremists or racist thugs.

For the most part, they're not. They are just people who know that they have to shut up when the Last Post is played and that a cheese rolling down a hill is funny. There was a time you'd have called them the salt of the earth.

But Sir Starmer doesn't seem to have grasped this. He is surrounded by people who see nothing wrong with immigration and he's got it into his head - as I did with Brexit - that anyone who disagrees with him must be some kind of Trumpnut.

The fact is, though, that four million people voted for Reform. More than that voted for Brexit. And he's p***ing them off by labelling them as modern-day Hitlers.

I therefore suggest that both he and his friends at the BBC calm down the rhetoric or we could be heading for some real trouble.

WE learned this week that, contrary to popular belief, fish have pretty good memories.

Tests have shown they can remember stuff that happened months earlier.

Really? I only ask because why does a salmon get fooled by a completely unconvincing, man-made fly then, five minutes after being thrown back, think: "Yummy, those feathers wrapped up in that cotton thread look delicious."



Two-hour road trip shows Britain is going to pot(hole)

THIS week I needed to go to see Richard Hammond, who lives 50 miles away in a part of the country he doesn't call Wales. But it is really.

This would mean driving through the Cotswolds on a beautiful sunny day in an expensive and very snazzy Mercedes. Perfect, yes?

No. Because it took just shy of two hours and in that time I got a pretty good idea of how badly Britain is falling apart.

First of all, I had to spend 20 minutes figuring out how to turn off all the beeps and bongs that sound in a modern car if you break the speed limit or don't sit up straight or if you cut a corner. And then I had to find some duct tape to cover up the visual warnings as well.

So now I was running late, and then I was made later still, because in the first village I encountered, Thames Water had closed the road, presumably so they could feed the local turds into the nearest river more efficiently.

Eventually, by using roads full of highwaymen and witches, I reached Stow-on-the-Wold, which was gridlocked because someone's erected temporary traffic lights while the workforce works from home.

This meant another detour through the 14th century until I reached more roadworks at the border with Wales. Or the M5 as you may call it. Again, no work was being done.

To try to calm down, I tuned into Times Radio, where there was a discussion about the naming of that boy who's been charged with murdering three little girls.

Followed by reports of riots in various



DELAYS . . . jams in Cotswolds and closures



British towns and cities. Followed by news of yet more paedophilia at the BBC. I'm not kidding. In one news report, on one day, there was the dance class stabbing. Huw bloody Edwards and riots in Hartlepool.

Mercifully, I was distracted from the misery by the sheer awfulness of the road surface.

I've driven on many rough roads in my time but that ribbon of what used to be Tarmac from the M50 to Hereford is up there. It's Madagascar bad. Only three of my teeth survived.

Eventually, after driving past a selection of fields that were empty due to some weird government policies and a very wet spring, I reached Hammond's workshop, exchanged a few insults and then, after

I'd put my watch forwards by 200 years, I headed back to England. To try to avoid the road closures and potholes full of dinosaurs, I chose a different route, and having passed Tewkesbury, which for the first time in living memory wasn't under water, I arrived in Cheltenham where, guess what? One of the roads was closed.

They'd put up a diversion sign but having made the left turn, there were no more. So now I was in the back streets in a car that was far too large, and which had a sat nav system that was far too clever for its own good.

I considered using my phone instead but these days the country is full of Cycling Mikey vigilantes who prowl the streets looking for people using their phones while driving. So I solved the problem instead by swearing a lot.

Soon, while listening to the news that GPs were about to start a work-to-rule and Sir Starmer was going to ensure that all old people who'd voted Tory in the election would be frozen to death this winter, I nearly had a crash.

I was on a main road and the red traffic lights ahead were completely obscured by overhanging branches. That never used to happen. It does now. And we've learned to accept it.

We've also learned to accept that the train won't arrive, that the motorway will be closed and that when we get to the airport for our much-needed holiday, we will have to step over some saggy Just Stop Oil herb in a pride hat.

I wonder, though, how much longer will we put up with the collapse of the country before something is done.

And I don't mean putting a solar panel on the roof and subjecting school fees to VAT.

Because, contrary to what you've been told, that's not enough.



NOISE . . . Haus of Fatale cabaret at Wilderness Fest

LOO TIP BEATS A DRUM

LAST night, it was hot. Damn hot. So I threw open the bedroom windows, which made everything half a degree cooler.

And also allowed me to hear the bass drum from whichever band was performing at the Wilderness Festival about five miles away.

If I was a NIMBY, I'd ask someone to put a stop to this nonsense.

But, instead, I had a bottle of wine and shoved some bog roll in my ears. And slept like a top.

FOR SALE

ONE, ER, CAREFUL OWNER

KATIE PRICE is selling her entire car collection, apparently. Well, I've done a quick calculation and having had a look at her pink Range Rover and crashed BMW, I reckon she could trouser £8.75.

Good memories? Sounds fishy to me . . .

FORGETFUL . . . Finding Nemo's Dory

TRY FINE FOR HUW

THERE seems to be some discussion about how we can get our hands on the £200,000 of our money that was paid to Huw Edwards by the BBC after his arrest last year.

According to Tim Davie, the Director-General of the Beeb, it's fraught with difficulties. But is it? Why not have a quiet word with the judge who sentences Edwards and suggest that, in addition to whatever punishment he has in mind, a fine might be in order. A fine of, ooh, let's think - £200,000?

'Firework killer' rap

A TEENAGER accused of killing a pensioner with a firework appeared at the Old Bailey yesterday.

The 17-year-old allegedly threw the explosive into the home of Robert Price last Saturday.

A post-mortem examination said Mr Price, 76, died from burns and smoke inhalation in Dagenham, East London.

The lad, who cannot be identified for legal reasons, was charged with murder and arson with intent to endanger life.

He was remanded in youth detention ahead of a plea and trial preparation hearing on October 18. A provisional trial was set for May 12, 2025.

Circle hit on crops

A HUGE crop circle has caused £2,000 of damage to a farmer's field.

Police have now begun a criminal investigation over the intricate pattern, pictures of which caused a buzz on social media.

Circle makers often use wooden boards and ropes to squash crops.

But combine harvesters are unable to cut below 15cm, meaning any flattened crop is likely lost.

The field owner in Wimborne, Dorset, rang police after discovering the circle last month.

PC Kate Schofield said: "This has had a significant financial impact on the farmer during a challenging summer."

CHEAPER DEAD RINGERS FOR FAVE WINES



Bollinger Champagne
75cl, £58, tesco.com

THIS luxury bottle is still famous among many fizz fans for being the Ab Fab bubbles of choice.

A flute of this fine French Champagne is always a treat.

Meanwhile, at over £40 less a bottle Veuve Monsigny stands as a decent dupe for the bubbly.

It is the vino that got even posh shoppers buying their wine at Aldi in the first place.

You could even throw a couple of quid more at their vintage version to get even closer to the real thing – and it would still be more than 50 per cent cheaper.

Veuve Monsigny Brut NV
75cl, £14.99, Aldi



CAN you really taste the difference in your glass after paying more for a popular name on your wine bottle?

This summer, rosé drinkers have been going wild for a "dupe" of well-known Whispering Angel.

The £8 Bardolino Chiaretto Rosé La Fioritura from M&S is a dead ringer for the spendier French angelic grapes. And it is not the only similar-to-sip alternative.

Drinks expert HELENA NICKLIN, pictured, picks eight of her favourite cost-saving swaps.



Dupe you fancy a vino?



Sancerre Domaine Chevreau
75cl, £20, ocado.com

WINE lovers know this vino to be delightful and extremely drinkable – but you will pay more for what is in the bottle and on the label.

For a great alternative, this perky little Savvy B from the discount supermarket has a similar, gentle, green nettle and mineral vibe to decent Sancerre – but without the premium price tag.

This is because it comes from a different region of France rather than Sancerre. Serve this up at parties to your savviest white wine-loving mates.

Sauvignon Blanc Val de Loire
£7.49, Lidl



Whispering Angel
75cl, £17.99, waitrose.com

WHILE it has gone viral on social media, this alternative salmon sip is not actually a proper dupe in any way, given that it is Italian rather than from a Provençal vineyard across the Channel.

It uses totally different grape varieties. But it is a really lovely rosé that knocks it out the park for taste to price ratio, with a similar pastel hue to Whispering Angel for posing with in your summer pics.

Seeing as you will be saving so much money, the drinking experience will certainly still be delicious.

M&S Bardolino Chiaretto Rose La Fioritura
£8, Ocado/M&S



Cloudy Bay Sauvignon Blanc
75cl, £26.99, Majestic

THIS big-name white wine put Kiwi Sauvignon Blancs on the map for drinkers who love a grassy, fresh and crisp glug in their glass.

For an alternative sip, head to Iceland for the dupe that will save you almost £20 a bottle.

Yealands is a classy producer that makes fabulous, crisp and classic Kiwi Savvy B that comes from the same region.

I can say that the cheaper alternative is every bit as good as Cloudy Bay.

Yealands Marlborough Sauvignon Blanc
£8.75, Iceland



Penfolds Shiraz Bin 28
75cl, £36, Harvey Nichols

THERE is nothing quite like the bold, velvety and peppery Shiraz that comes out of Australia.

The Bin 28 is matured in American oak and was first made in 1959.

It has a long-standing and well-deserved reputation.

For a pound-saving, just as sipable red vino nip down to M&S instead. Its classic Barossa Shiraz is a decent dupe and does a good "in the style of" job in the glass.

It gives an incredible, lico-ricey scented bang for your buck.

M&S Classics Barossa Shiraz
£10



UP Ultimate Rose
75cl, £19.99, Waitrose

WITH its distinctive flashy, glass bottle, this posh Provence pink is all about the packaging.

It wins the award for the prettiest-looking rosé bottle that is perfect for sipping and showing off. And what is inside is dry and decent too.

If you are after a similar, savoury and subtly complex vibe, with a bottle you will want to hang on to, then this little Tuscan treasure from the discount supermarket will be right up your street. The bottle won't win any awards but your wallet will thank you for it.

Specially Selected Organico Costa Toscana
£8.49, Aldi



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Lucky . . . Bournemouth

Warning of floods after rain battering

By PAUL SIMS

FLOOD alerts have been issued after heavy showers and thunderstorms. Despite the sun still shining for many, downpours battered parts of the UK on Thursday – and almost a month's worth of rain fell in an hour in Greater London. Warnings were issued yesterday for the Rivers Eden and Eden Brook in the South-East of England, and Upper River Loddon in the South-West. Across the weekend, England and Wales will be largely dry with sunny spells, with highs of 25C (77F) in southern England today and tomorrow. Next week is predicted to be changeable. Met Office spokesman Stephen Dixon said: "What's replacing the previous weather regime is a transition back to more changeable conditions for the UK, albeit still retaining some level of sunshine at times."



Open doors . . . at jail

4 lifers in unlocked 'rooms' at prison

By MIKE HAMILTON

LIFERS are hosting dinner parties for a prison's governors in a purpose-built on-site building – which is never locked. The four can cook grub from the jail's shop at the Category C nick, with each having a "room" in their unstaffed facility. They have 24-hour access to a shower and kitchen – and a living area with throw rugs, TV, armchairs and sofa. "Residents" are celled in the unidentified prison if they "misbehave". Jail psychologist Katy Burgess is evaluating the scheme. Details appeared in lags' mag Inside Time. She reported: "Some staff thought it was a little bit of a step too far in a closed prison." The Prison Service said: "This small pilot aims to cut reoffending by better preparing certain prisoners for their eventual resettlement in the community."

NEW DATING SHOW FOR OAPs

OnlyNans



Old me close . . . loved-up elderly couple

EXCLUSIVE by FELICITY CROSS
Deputy TV Editor

TV dating shows are now looking for even older singletons — with a new one aimed at grandparents.

Date My Nan will follow a string of mature romantics as they head out on a rendezvous with a potential partner. Bosses have been inspired by the success of last year's middle-aged love search My Mum, Your Dad on ITV. Casting agents are also looking for a loved one – possibly a grandchild, friend or neighbour – to help the older daters. A TV source said: "The dates and possible love matches are brilliant but they're just part of Date My Nan. "Producers know the gentle, emotional scenes as the older daters get ready with their loved one

Gran version of ITV's My Mum, Your Dad

will lead to genuinely lovely, heartwarming content. "On My Mum, Your Dad, viewers really rated the honest moments where the men opened up to each other, or widower Roger broke down in tears over his late wife's cancer. Viewers don't just want to see beautiful people pursue their lust any more – and Date My Nan will have that depth." Work on Date My Nan – its working title – is under way via production company MultiStory Media. ITV is looking at the format for its Fresh Cuts arm, which

aims to champion "thought-provoking" content for all its platforms. That means Date My Nan could stream online as well as on terrestrial channels. My Mum, Your Dad followed a group of single parents aged 40 plus who had been set up by their own children. Hosted by Davina McCall, it was nominated for a Bafta award after it aired in September last year. The second series has already been filmed and is expected to be screened in the autumn. felicity.cross@thesun.co.uk



Victim... Zara Aleena

Coroner warning on Zara killer case

By JULIA ATHERLEY

A CORONER has instructed the Probation Service and Metropolitan Police to improve their services after a sexual predator was able to stalk and kill Zara Aleena days after his release from prison.

Nadia Persau warned of future deaths unless action is taken.

Jordan McSweeney, 31, killed the 35-year-old law graduate as she walked home from a night out in Ilford, East London, in 2022, nine days after he was released from prison.

Low staffing levels and poor risk assessment within the Probation Service, plus a lack of "rigour, detail and independence" of a Met investigation into the case, were highlighted by Ms Persau's prevention of future deaths report.

The coroner oversaw Ms Aleena's inquest in June, which found failures by multiple agencies contributed to her death.



Excuses... Mr Gosden

Sewage spills 'as it rained too long'

By ASHLEY ARMSTRONG

A WATER firm boss has blamed too much rain for record sewage spills.

Southern Water last year pumped 317,285 hours of sewage from storm overflows into the region's rivers and sea.

That was nearly double the previous year, the Environment Agency said.

Boss Lawrence Gosden, who took over in 2022, said the wet winter had meant more overflows.

He also said increasing urban sprawl meant more rain entering sewers.

Mr Gosden said: "Sewer overflows are a pressure relief valve for the sewer system. The real issue here is there's too much rainwater getting into the sewer system."

Southern has 2.6million customers in Hants, the Isle of Wight, West and East Sussex and Kent.

Their annual bills are set to rise by £183 on average, 44 per cent, in the next five years.

AS HOSTAGE LANDS IN AMERICA, THE



By GRACE MACASKILL

WITH jet engines still whirring behind him, journalist Evan Gershkovich swept mum Ella in the air at a poignant reunion marking the end of 491 days held in Russian captivity.

Moments earlier he had whispered "thank you" in US President Joe Biden's ear after landing on home soil following an astonishing behind-the-scenes game of political chess.

Held in Russia on trumped-up charges, Evan finally left his 9ft by 12ft jail cell, where he had spent 23 hours a day in solitary confinement, on Thursday morning.

The 32-year-old was flown on a Soviet plane to an airport in Ankara, Turkey, where, looking bewildered, he was escorted across the tarmac and put on a flight to Germany, then on to America, where he was finally able to embrace his expectant family.

The Wall Street Journal reporter was freed in a surprising East-West exchange of 24 people following a highly secretive operation that involved seven nations.

The historic swap saw Evan and 16 others traded for eight Russian prisoners in the biggest exchange of its kind since the Cold War era.

Kremlin critic Alexei Navalny was meant to be part of this week's landmark deal but died in Russian custody in February – believed murdered on the orders of Putin.

Evan's release, with fellow US prisoners ex-Marine Paul Whelan and radio journalist Alsu Kurmasheva, came after spies and diplomats crisscrossed countries to do the deal.

Sham trial

It is a tale worthy of a James Bond movie but, at its heart, Evan's release is a story of a mother's unrelenting love and determination.

Ella Milman has fought tirelessly to free her son, organising media campaigns, working with diplomats and personally lobbying Joe Biden and German chancellor Olaf Scholz, who courted controversy with the release of a high-profile assassin in the deal.

Before their long-awaited reunion, the family said: "We have waited 491 days for Evan's release and it's hard to describe what today feels like."

"We can't wait to give him the biggest hug and see his sweet and brave smile close up."

Evan's release is being lauded around the world at a time when tensions between Russia and the West are at an all-time high following the invasion of Ukraine.

But his liberty came at a cost, as President Putin's henchman, hitman Vadim Krasikov, who gunned down an ex-Russian rebel in broad daylight in Berlin in 2019, was let out of jail as part of the deal.

After the cold-blooded shooting of Chechen-Georgian dissident Zelimkhan Khangoshvili, 40, witnesses saw Krasikov hurriedly change clothes, shave off his beard and ditch a wig.

The judge in his case described the killing as "state terrorism" and said the order had almost certainly come from Putin himself.

The deal also involved the release of Artem and Anna Dultsev, Spanish-speaking spies living in Slovenia whose two young children had been in foster care since their 2022 arrest, oblivious to the fact they were Russian until they were met off a plane in Moscow by Putin last night.

It is a rare occurrence when a reporter becomes part of the story, but Evan's extraordinary resilience and determination meant he never lost his lust for journalism.

When he was told to write a request for clemency to Putin before he left his Russian prison cell, he asked the despot if he would agree to a future interview.

Evan's ordeal began while working for the Wall Street Journal, a sister paper of The Sun, 1,500 miles from Moscow in Yekaterinburg, where he was reporting on Russian repression. He was at a steakhouse in March

2023 when he was grabbed by agents from FSB, the Russian secret service, who accused him of spying for the CIA. He ended up in Moscow's notorious Lefortovo prison.

When he wasn't in his cell, Evan was taken to a bare interrogation room – where two portraits of Putin hung on the walls – and questioned by chief FSB investigator Alexei Khizhnyak. The sessions would stretch for hours.

Yet, typical of great journalists, Evan found a way to connect with his interrogator, learning they shared a passion for football and literature.

Khizhnyak was a fan of Liverpool while Evan supported rivals Arsenal, whose fans "delighted" him by

Evan never stopped being a journalist. When he was told to write to Putin for clemency, he asked: 'Can I have an interview'

holding up banners of support. The unlikely pair also discussed books such as Leo Tolstoy's War And Peace and Vasily Grossman's Life And Fate.

But nothing could stop Putin from enacting his revenge on the West by jailing Evan. Last month he was given a 16-year sentence for spying, on fake charges which saw him accused of being caught "red-handed" with official documents.

The world condemned the sham trial.

Journalists around the world stood in solidarity with Evan, including News Corp colleagues at The Sun.

Prime Minister Sir Keir Starmer said his jailing showed Russia's "utter contempt for media freedom". The top-secret

bid to free him was complex and relied on a joint effort by politicians across Europe and America.

When Ella, a Soviet-Jewish exile, was called to the White House last week to be told her son would be freed, she was warned to remain quiet for fear a leak could spike the deal. From her home in Philadelphia she had built up a network of vital contacts and regularly met with the Wall Street Journal's legal and executive team to strategise.

She enlisted one justice department official after sitting next to him on a train and wrote coded letters to Evan.

She was so impressive that The Journal's general counsel dubbed her "Ella the reporter".

Meanwhile, behind the scenes, Silicon Valley billionaires, Russian oligarchs and celebrities were also working to bring Evan home. Ella,



HOME AT LAST... relieved Evan

INDOMITABLE SPIRIT OF MOTHER AND SON



REUNITED . . . Evan wraps mum Ella in warm embrace as US President Joe Biden looks on



TEARS OF JOY . . . Wall Street Journal boss Emma Tucker learns of Evan's release



BEHIND BARS . . . caged Evan appears in Moscow court on trumped-up spy charges last November



CAMPAIGN . . . Ella never gave up on her son

“We stood next to Evan at his appeal hearing and he was talking and joking. We were laughing. Russians don’t expect laughter in court. Crying, that’s what they expect”
 – mum ELLA



FREED . . . Russian spies Anna and Artem and their kids are met by Putin in Moscow

who left Russia in 1979 and whose Jewish mum treated Holocaust survivors in Berlin after the Second World War, met with America's special envoy for hostage affairs, ex-Green Beret lieutenant colonel Roger Cartsens, shortly after Evan was jailed.

Refused to give up

Carstens, in turn, met with Christo Grozev, a Bulgarian journalist whose work exposing Russia has been so dangerous that he is guarded by Austria's elite Cobra forces when he goes home to Vienna to see his family. According to the WSJ, Grozev used a cocktail napkin to write a two-column list of Russian prisoners the US could trade for Evan and Paul Whelan, the ex US Marine accused of spying in 2018. But

it would require the release of Putin's assassin Krasikov. Around the same time, ex-Google boss Eric Schmidt told President Joe Biden the German government was considering the possibility of releasing Krasikov in return for famous dissident Alexei Navalny.

Then, last June, Ella travelled to Moscow with Evan's dad Mikhail for her son's appeal hearing, ignoring FBI warnings they might be arrested.

She said: "We stood next to him and immediately Evan was talking and joking. We were laughing. Russians don't expect laughter in court. Crying, that's what they expect."

Just before their flight back to America the couple were told their Russian visas were being annulled and an immigration officer told them: "Go (back) to New York."

That same month, Russian-American journalist Alsu Kurmasheva, an editor at Radio Free Europe, was arrested.

Undeterred, in September Ella went to a Wall Street Journal gala dinner, thrown by a think tank in Manhattan, which is where she cornered Germany's Chancellor Olaf Scholz and begged him to help.

Finally the cogs of freedom started to move after an extraordinary and unexpected interview between Putin and ex-Fox News presenter Tucker Carlson in February this year.

Carlson told the President's aides he would ask about Evan – and Putin made it clear he wanted his assassin returned, purring that an exchange would only take place for "a person serving a sentence in an allied country of the US". Now

America knew what it would take to free Navalny, Evan, Whelan and other prisoners serving time in hell-hole Russian jails.

But a week later the campaign was dealt a huge blow when Navalny was found dead in his cell.

He had already survived several assassination bids.

Still Ella refused to give up. In May, the German Federal Intelligence Service opened its own talks with Russia in exchange for the release of as many of its own citizens as possible.

Two days after a White House event to press the German leader to act, he sent a letter to Scholz making a formal request to include Evan in any negotiations.

Over the past two months American intelligence officers have met

with Russians in Middle East capitals to help secure the landmark deal, while German officials also held clandestine meetings.

CIA director William Burns then flew to Ankara in Turkey to sort logistics.

As Evan touched down at Joint Base Andrews Airport in Maryland, he hugged Presidential nominee Kamala Harris before embracing Joe Biden and, finally, his family.

Telling waiting reporters he "felt fine", he also spoke of his worries for other political prisoners languishing in Russian jails.

He said: "I spent a month in prison in Yekaterinburg where everyone I sat with was a political prisoner. Nobody knows them publicly, they have various political beliefs. . . I'd like to talk to people about that."



CHAMP BACKS OUR BRILLIANT CAMPAIGN

SUMMER OF SPORT
Jessica is supporting our joint Activity For All

Picture: JOHN GARDNER

Give kids a gentle nudge into sport... that's how I started!

Says Olympian **JESSICA ENNIS-HILL**

DAME Jessica Ennis-Hill has backed The Sun's Activity For All campaign to ensure kids are on the go over the summer.

The Olympic champ fell in love with athletics after her parents dropped her off at a summer club when she was just ten.

Now she is encouraging kids' summer clubs to run, skip and jump to get their applications in for a £1,000 grant before the August 5 deadline. Jessica, 38, said: "It's so important, because not all kids get the opportunity to be involved in sport if there's no funding."

"Those kids can get that chance through Stronger Starts and Activity For All. For some, it might be the first time they get to experience healthy snacks and being active."

"It can have such a positive impact on their lives. They might decide they want to be a coach, a sports nutritionist or even an elite athlete."

Make it exciting

"Having financial support there for community groups, schools and clubs will make a real difference."

Our Activity For All cash can be used in any way that encourages kids to get active in the holidays.

Perhaps you give youngsters their first taste of cricket, or you run basketball camps.

Maybe you want to fund additional spaces, buy equipment or provide free healthy lunches. Whatever it is, our grants can help.

Tesco's Stronger Starts has found that four in ten have seen their kids miss out on summer clubs and activities due to the cost.

Jessica first won international attention for her sporting prowess in 2006 when she won bronze at the Commonwealth Games in Melbourne in the heptathlon. She then won gold in the 2012 London Olympics and silver in

By **THEA JACOBS** and **CAROLINE IGGULDEN**

the 2016 games in Rio. And it is all down to her parents. Jessica said: "I fully credit my parents for what I've done. I might not have found athletics without them."

As a mum-of-two, she knows just how tricky it can be to keep kids interested in playing sport.

"You don't want to force your kids into sport," she said. "It's more of a gentle nudge to try different things."

"Giving them options is key. It's how I got my start. My parents took me and my sister to a summer camp. It was about trying new things."

"It was fun. It's something any parent can do - take their kids to a local group and make it exciting."

The sportswoman has son Reggie, ten, and daughter Olivia, six, with husband Andy Hill, and they encourage them to be "strong like Mummy".

"We like them to see us being active," she said. "I like to plant the seeds that being strong is good and exercise is worth doing."

"It's all about positivity in our house. They know how much I like running. My son has always been

active. He started walking at about ten months, which was quite freaky."

Jessica has this year been able to see someone she inspired compete in the Paris Olympics.

In 2012, Laviai Nielsen, 28, was chosen to carry the heptathlon runner's kit and now credits that honour with inspiring her.

Laviai recalled: "I was with Jessica when she came out and the crowd cheering was the loudest thing I've ever heard. 'I thought, 'I want that!'"

"She is competing in the 400m, as is her twin sister Lina."

Jessica said: "It's not until you retire and look back that you think about the impact you have. It's only now I see the effect it's had on other people. I was just enjoying the sport."

"Laviai was my kit carrier at the 2012 Olympics, and to hear that my experience inspired her is amazing."

"I understand how important role models are for young kids."

Big difference

In fact, it was meeting a former Olympian that helped Jess realise she could achieve the same.

She explains: "The diver Leon Taylor came to my school to tell his story. He had won a medal in the Athens Olympics. I was so inspired."

Jessica is hoping to help launch a new stream of athletes across all levels with her AI platform for Tesco Stronger Starts.

Using a special platform, clubs can create their very own message from Jessica to encourage friends and family to vote for them to be funded. Voting takes place in Tesco stores, using blue tokens at the checkout.

The winning club gets £1,500, the next £1,000 and the final club £500. Each store has three local projects or schools to vote for.

Jessica said: "Hopefully, making it personalised will encourage more to get involved and vote."

"The grants can make a big difference to clubs and children who attend them, so please go and pop your blue tokens in the boxes."



WIN... Jessica Ennis-Hill at the 2016 Rio Games



Passenger lift... airline

Ryanair's 651 flights axe amid IT chaos

By **JOE HADDEN**

RYANAIR has revealed it cancelled 651 flights in July because of air traffic control delays.

And rival Wizz Air said the global technology outage directly disrupted one per cent of theirs.

The impact was reported as they unveiled how many passengers they flew last month.

Ryanair carried 20.2million - an eight per cent jump on the 18.7million in the same month last year.

It reflects growing demand after the company said its fares were set to be substantially cheaper over the peak summer months.

Ryanair chief Michael O'Leary has called for reform of air traffic control, which he described as "hopelessly inefficient".

The service has been affected by staff shortages and equipment problems, in addition to the flawed cybersecurity update that led to major disruption around the world.



Hold... The Professor

Cocaine smuggle 'kingpin' arrested

By **NATALIA PENZA**

A SUSPECTED drug lord accused of masterminding a cocaine smuggling plot involving ten Brits has been arrested.

Pazooki Farhad, dubbed The Professor, was held at an airport in Bogota, the capital of Colombia.

The Norwegian national is said to have been summoned to meet with a Mexican drug cartel after his operation was smashed by Spanish cops.

Ten Brits were arrested in last month's swoop.

They include a Scottish skipper and his two crew seized on a yacht in the Caribbean with cocaine worth £96million aboard.

Farhad is said to have shipped drugs to Europe from South America.

Colombia's police said: "The man dubbed 'The Professor' is suspected of leading the largest 'marco sailboat' organisation in the world. It's estimated he's been involved in drug trafficking for 20 years."

TOP TIPS

JESSICA'S tips for getting young ones more active:

VARIETY: "Expose your kids to as many sports as possible to help them find one they love. You never know what they might like."

POSITIVITY: "If you make sport fun, rather than a chore, your little ones will see it that way too."

TAKE UP A SPORT TOGETHER: "Learn something with your children - it's quality time."

LISTEN TO YOUR KIDS: "If they say they want to try something like rugby or football, get them to a session if you can. If they love the sport they chose, they'll want to do it more."

WATCH COMPETITION: "Watching sports as a family is fun. We've had a fab summer with the Euros, Wimbledon and the Olympics."

JOIN US

If you run a not-for-profit, grassroots sports club in England, Wales or Scotland you could be eligible for one of our 150 £1,000 grants to use for anything which encourages under-18s into sport. Applications close on August 5. Go to tescostrongerstarts.org.uk/activityfund/ or scan the QR code, below.

TO APPLY SCAN THIS QR CODE



HEALTH DRIVE

White Van Man shuns beer & fry-ups for yoga

MODERN White Van man tends to be fit and more likely to choose muesli for brekkie over a full English, a poll shows.

The beer-bellied pub-loving, sugar-in-tea macho stereotype is fast disappearing in the rear-view mirror. Of today's crop, 58 per cent

By **THOMAS GODFREY**

walk for fitness, 41 per cent visit the gym, 35 per cent do sport and 14 per cent yoga or pilates. Cooking and baking is their top hobby with 44 per cent doing it, followed by gardening (38 per cent), reading (38 per cent), and arts and crafts (22 per cent). Muesli, porridge, yoghurt with granola or avocado on toast are preferred to bacon, eggs, sausage

and beans and just 23 per cent have sugar their tea. Eight per cent use soya or oat milk.

One in seven claims to be vegetarian, vegan or pescatarian and just six per cent prefer to spend free time in a pub.

They would rather be with family and friends (48 per cent), watch TV (20 per cent) or take some exercise (11 per cent).

One in four prefer listening to podcasts or audiobooks in their

van to the radio, said the poll of 2,000 van drivers by Citroën.

Previous studies revealed one in five use face cream and keep deodorant in their motor and one in ten has lip balm.

Citroën UK boss Greg Taylor said: "It's clear habits and lifestyles of van drivers in the UK have moved on from the preconceptions of the previous decade."

thomas.godfrey@the-sun.co.uk
Toned... typical worker now



Crime de la crème

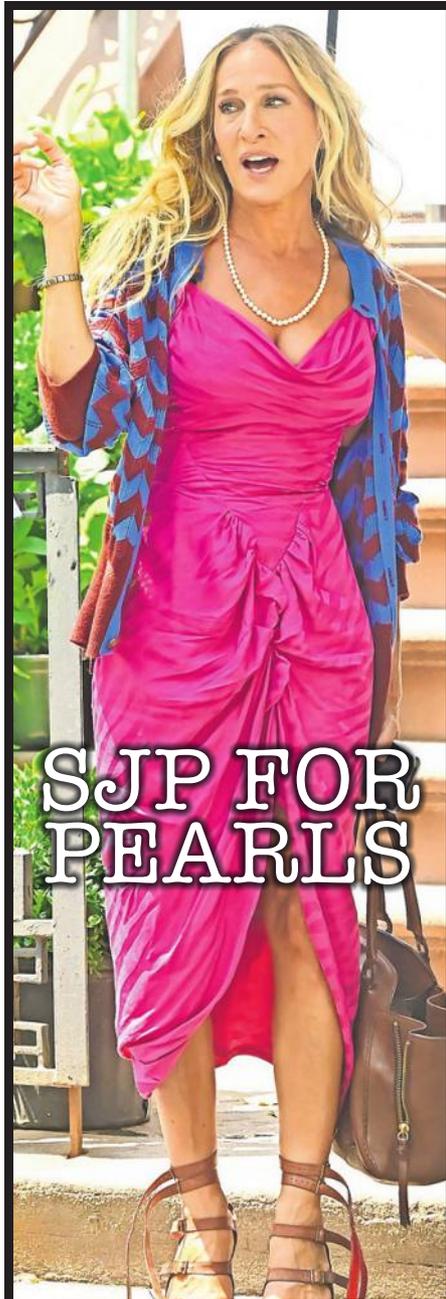
A SHOPLIFTER who stole 798 Cadbury Creme Eggs has been jailed.

Layton Richards, 29, targeted 19 stores in four months in Hampshire, Dorset and West Sussex. His £3,463.96 haul of goods included nearly 800 of the choccie treats.

Richards, from Portsmouth, admitted 24 thefts at the city's magistrates' court and was handed eight months' jail.

DEAL THE FORCE

Two rare Stars Wars toys – a sample Princess Leia figure and a boxed Jawa – made a combined £66,000 in a US sale.



SJP FOR PEARLS

By **JACK HARDWICK**

ACTRESS Sarah Jessica Parker arrives pearly for work.

The *Sex and The City* star, 59, sported a necklace with a cardigan and plunging pink dress as she filmed spin-off *And Just Like That...* She was back in New York after a flying visit to Paris for the Olympics.



Walloped... Hannah

£11k fines from car park rule

By **PAUL SIMS**

A DRIVER has been ordered to pay more than £11,000 in fines from the same car park because of a five-minute rule on buying a ticket.

Hannah Robinson, 21, regularly parked there while working nearby.

But Excel Parking Services claims she repeatedly failed to pay within five minutes of entering.

She spent £8.50 a day to leave her car in the Feethams Leisure multi-storey in Darlington but has racked up £11,390 in 67 fines since 2021.

Hannah, of Eaglescliffe, Co Durham, blames poor internet and broken machines. She said: "It's ridiculous. I paid for it. I've been trying for the full five minutes."

"Excel, they don't respond to me."

Excel says the rule was introduced to stop drivers picking people up without paying and is standing by the fines.

Knife yob rampage

A TEEN chased a group of kids around a shop while waving an eight-inch blade, a court heard. The lad, 17, approached them at a train station.

The group fled after he showed them the knife, but he chased them shouting: "I'm on ketamine and I don't care."

He followed them into a Home Bargains in Wrexham and lunged at one boy, causing a cut.

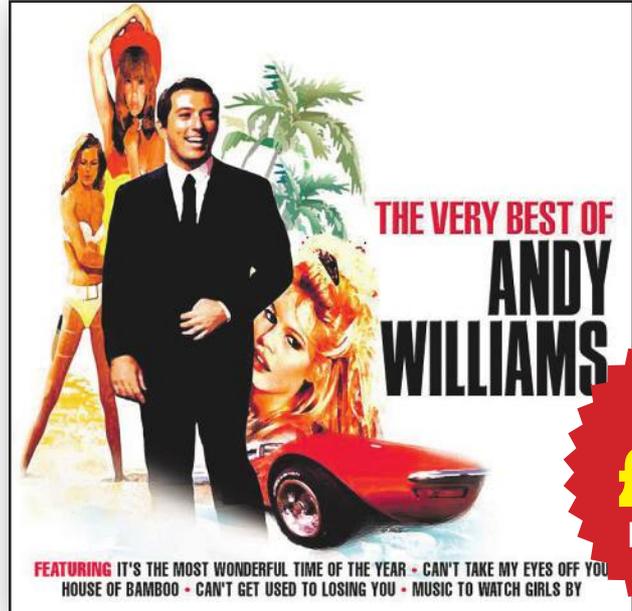
A judge at Mold crown court imposed a two-year detention and training order, and a three-year restraining order.

ITALIAN SOB

Half of Italians dislike it when Brits dip their pizza crusts in ketchup or barbecue sauce, a poll for Franco Manca found.

THE VERY BEST OF ANDY WILLIAMS

PROUDLY PRESENTED BY ALL the MUSIC



FEATURING IT'S THE MOST WONDERFUL TIME OF THE YEAR - CAN'T TAKE MY EYES OFF YOU - HOUSE OF BAMBOO - CAN'T GET USED TO LOSING YOU - MUSIC TO WATCH GIRLS BY

SPECIAL CD OFFER TO SUN READERS



ONLY £7.99 INCLUDING P&P

When record companies – in this instance **Sony Music** – introduce a 25-track collection as 'The Very Best Of...', you know you're in for a musical treat, and this really is **The Very Best Of Andy Williams**. Every song is a classic: **Moon River**, **Born Free**, **Music To Watch Girls By** and, of course, **May Each Day**, with this recording never being bettered!

Andy Williams was a multi-talented artist, who not only recorded **43 albums** in his career, 17 of which went **Gold** and three **Platinum**, but he was also a songwriter, actor and host of the award-winning **Andy Williams Show**. These shows were to become one of America's most successful weekly television variety shows attracting not only enormous audiences but all the **A-list artists** of the day, who all wanted to duet with him.

TRACKLIST

1. It's the Most Wonderful Time of the Year
2. Music to Watch Girls By
3. Can't Get Used To Losing You
4. Moon River
5. Can't Take My Eyes Off You
6. On The Street Where You Live
7. Up, Up and Away
8. House of Bamboo
9. Happy Heart
10. Born Free
11. Spooky
12. The Impossible Dream
13. Unchained Melody
14. Can't Help Falling In Love
15. Something Stupid
16. Raindrops Keep Fallin' on My Head
17. I Think I Love You

18. The Look of Love
19. We've Only Just Begun
20. It's So Easy
21. Wives and Lovers
22. Days of Wine and Roses
23. Stranger On The Shore
24. Solitaire
25. May Each Day

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BOYCOTT: WIFE SAVED MY LIFE

FORMER cricket star Sir Geoffrey Boycott says his wife saved his life when he fell ill recently.

The ex-England batsman – who is recovering from cancer surgery – was rushed to hospital with pneumonia.

His blood oxygen levels fell to a dangerously low 35 per cent before wife Rachael, 70, called 999.

In hospital, doctors inserted a feeding tube directly into Boycott's

By **THOMAS GODFREY**

stomach. The 83-year-old, who had throat cancer surgery last month, is now recovering at home. He wrote in The Telegraph: "I am still here because of the quick thinking of my wife. "She recognised I had taken a turn for the worse. I felt pretty good at first but overnight I became delirious

Sick... Sir Geoffrey

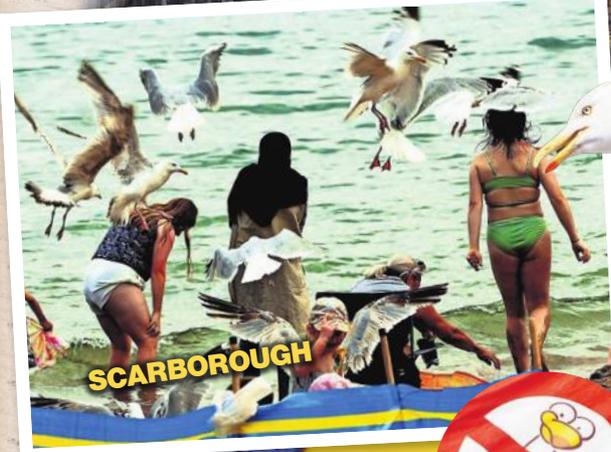


and looked awful. That is when she knew there was a major problem and called an ambulance. I was rushed back in and diagnosed with pneumonia.

"It has knocked the hell out of me and if Rachael had not acted so quickly, I am pretty sure I would not have made it through the night."

Yorkshireman Sir Geoffrey first beat throat cancer in 2002. In his 24-year cricket career he scored 151 first-class centuries.

WE VISIT SEASIDE



Journalists' Charity

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From the war in Ukraine to conflict in the Middle East, artificial intelligence, disinformation, and the constant threat of election interference, these are increasingly challenging times. With so much global uncertainty, the role of journalism has never been more important. Journalists are routinely risking their health and even lives to bear witness, reporting truth and uncovering facts to promote a free and fair society.

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GULLS will be gulls – but harassed holidaymakers around the country are wishing they would just flock off after a spate of attacks by the seabirds.

Some councils are even resorting to bringing in hawks to try to scare them off. The winged thieves, which swoop down on unsuspecting victims to

EXCLUSIVE by THEA JACOBS and STUART PATTERSON

grab their food, are protected under the Wildlife and Countryside Act 1981, which makes it illegal to kill or injure them.

Some repeat offenders have even gained nicknames.

There's Lector, as in Hannibal Lector, in Ilfracombe, Devon, Dewi the Dive-bomber in Llandudno, Clwyd, and Stevie in Beccles, Suffolk.

Bournemouth in Dorset hit headlines this week after Greg the gull took to perching on a phone box



SWOOP... Sun story

RESORTS WHERE SEAGULLS DARE



I'M BEING MUGGED OFF... Katie Hampton fights off gulls in her tea break
Picture: NEIL HOPE

ILFRACOMBE

LYME REGIS

ILFRACOMBE

LYME REGIS

SCARBOROUGH

LLANDUDNO

A gull gang mugging tourists? Round up the usual suspects

in the resort where he had the pick of targets emerging from three bakeries.
A staff member at the Cornish Bakehouse said: "Angry customers sometimes come back in and ask for another snack because a seagull has just pinched theirs, but what are we supposed to do?"
Lecter, in Ilfracombe, uses the same trick. Katie Hampton, who owns the Harbour Bait And Tackle kiosk in the resort, said: "He must steal food 20 times per day.
"He will watch you and when you are distracted he will take whatever you have."
Scarborough in North Yorkshire is one of the towns to introduce

hawks as gull deterrents, though the programme was recently axed – leading to attacks by seabirds going on the rise again.
John Senior, of the town's South Bay Traders Association, said: "This summer attacks on children and people carrying food in their hands are growing.
"The gull population has exploded again. These attacks are very traumatic. These gulls are big animals. They can cause injury, particularly to children."
Resident Sheridan Hodgson, who was attacked last summer, said: "I had only just started eating an ice cream when a gull landed on my head. It was really heavy. It shoved

my head down then flew away with my ice cream. It was a bit scary, but I was more annoyed he had my ice cream."
Gulls are causing grief in Blackpool too. Local Natalie Dunnett, who has lived there for 23 years, said: "They are 100 per cent bigger and are like pterodactyls. They just come straight up to you."
Her daughter Layla, 11, added: "One seagull attacked a teacher. If they come close to us we have to run away."
Daredevil Dewi in Llandudno is among a whole flock of marauding gulls.
One café owner said: "There was a bald-headed gentleman not so

long ago who was attacked from behind. He was bleeding from the back of the head and they followed him down the street. He wasn't eating anything at the time."
"The gulls can be quite vicious."
And supermarket shoppers are in just as much danger. Denny Williams warned online: "Be careful if you go to Aldi, Llandudno, shopping. The seagulls are stealing things out of trolleys."
"One swooped down and took an unopened pack of ham which was packed at the top of our bags this morning."
In Beccles – around seven miles from the coast – gull Stevie has found rich pickings. A Greggs staff

member told The Sun: "It walks in through the door, takes a bag of crisps and calmly walks out again."
In Aberdeen, The Old School House pub in the city was forced to arm diners with water pistols to keep swooping birds at bay while they ate.
And down the coast in St Andrews, the gulls have become even more brazen.
Little Chloe Steward, eight, had a hot dog stolen right out of her mouth by an airborne thief while at the beach with mum Lucy, 33.
Lucy said: "The seagull came out of nowhere and landed on Chloe's head. It snatched the hot dog before she got any of it."

Additional pictures: GRAHAM HUNT/BNPS, ROB FORMISTONE, NB PRESS LTD



CIGARETTE BUTTS ARE EVERYWHERE. JASON IS

ANTI-LITTER campaigner Jason Alexander is on a mission: no ifs, no butts. Cigarette ends are the most common form of rubbish in the UK today and, working with Keep Britain Tidy, his aim is to stub them out - for good.

Jason's most recent litter-picking trip to stunning Snowdonia National Park in Wales showed that even our most treasured natural beauty spots are not immune.

He picked up dozens of butts before he had even got out of the car park, and a short way into the walk up the park's highest peak, Snowdon (Yr Wyddfa), he found loads more.

"In just three to four kilometres we saw over 60 cigarette butts," he says.

"It's surprising how many you spot once you start looking. It's easy in such a vast and stunning landscape to keep your eyes on the horizon and not look down, but when you do, it's shocking how many there are.

"It makes my guts churn. The butts seep poisons into the earth - in a breathtaking place like this, it's hard to fathom why people do it."

Jason, 53, from Ipswich in Suffolk, says he is well used to finding them wherever he goes.

"Over four and a half trillion butts are dropped around the world every single year," he says.

"Walk down your high street and you'll see thousands. I was on the beach looking over to The Needles on the Isle of Wight recently - such a wonderful view - but I was horrified at the number of cigarette butts around.

"And I felt deep despair when, snorkelling along the coral reefs in Mauritius a couple of years ago, fag ends floated past me with the fish.

"The worst of it is, the vast majority of smokers wouldn't dream of dropping a crisp packet or drinks can.

RAIN CARRIES BUTTS INTO DRAINS, THEN INTO THE SEA. THEN WE EAT FISH TAINTED BY THE TOXINS

"But because cigarette butts are so small, they don't think of them as litter. Many people even believe they are biodegradable."

Far from it. In fact, butts are a particularly toxic type of trash. They are made of a plastic called cellulose acetate. And they contain all sorts of unpleasant chemicals including cyanide, arsenic, lead and, of course, nicotine.

There's a heartbreaking photograph taken on a beach in Florida of a beautiful bird called a black skimmer gently dropping a cigarette butt into her chick's eager beak, presumably thinking it's a worm.

People with rubbish-raiding pets, beware. "I've known dogs snaffle chips dropped on the street, not realising there's a butt in there," says Jason.

"I've trained my golden retriever Margot, who comes with me on my litter-picking walks, not to touch rubbish."

Butts are potentially harmful to us, even if we're not smokers. Rainwater carries them into drains, then into rivers and on to the sea where the chemicals leach out, harming marine life.

Then we eat the fish tainted by the toxins.

"When I explain all this to a smoker, I see the lightbulb switch on in their head. They are horrified - they just hadn't realised the impact their butts have."

Jason began his battle in 2018. Four years earlier, to show off how best to use the wildlife camera systems he designed for a living, he'd set himself the challenge of photographing 100 sunrises in a year.

But his pictures were plagued by an ever-present photo bomber - litter!

"In all these remote beauty spots, I was moving piles of rubbish out of the way to get my shots," Jason fumes.

"Once you start spotting litter, you see it everywhere. So I set up Rubbish Walks, a registered not-for-profit, to raise awareness.

"I cleaned beaches, woodland, riverbanks and cities, sharing my rubbish walks on social

media to inspire others. At first butts didn't really register - like those smokers who absent-mindedly drop them, I thought they were pretty harmless.

"But then on a beach clean along the coast of Suffolk, I was shocked by how many I found.

"I did some research and discovered butts are the most common form of litter on the planet. I felt an idiot for not having twigged before what a menace they are."

So Jason did his first walk focused solely on cigarette butts. In an hour and a half at a viewpoint overlooking the docks at Felixstowe, he picked up more than 1,800 butts. He

soon realised he needed a better counting system.

"One weekend, I sat in my garden and counted out all the butts from a bucket I'd filled," he says.

"I wore plastic gloves, safety glasses and a mask, but after a few thousand, I had a blinding headache from the nicotine."

So Jason devised a more efficient method of counting the

Ain't no mountain high enough for litter hero



butts. "I found that a normal-size crisp packet carries 420 butts, a half-litre plastic bottle 375, and a four-pint milk carton 1,600. My builder's bucket, filled to the brim, carries around 9,000."

To date, Jason has picked up nearly a million and a half butts, a quarter of which he stores in sealed plastic containers in his garage.

"I have a very understanding wife," he says.

"Once, to raise awareness on social media, I covered my drive with 250,000 cigarette butts. I have understanding neighbours too."

His wife Debbie and son Sam, 24, support the cause by going along with him and Margot on litter-picks.

2.7m
cigarette butts are littering UK high streets at any one time

FIGHTING BACK TO STAMP OUT TOXIC TRASH

PROMOTED CONTENT

What a drag ... Jason Alexander picks up cigarette ends in Snowdonia

Every year over **4.5 trillion** cigarette butts are littered worldwide



Follow Jason @rubbishwalks

WELSH GOODBYE WALKS
RUBBISH WALKS
THE GOOD * 2019/20

BOX IT BIN IT

Can't find a bin? Then use a Butt Box to keep your litter off the ground. Stub out your butt, drop it inside and empty it out when you next pass a bin. The box is reusable, smell-proof, and cleaned with a quick rinse.

Order yours – search 'box your butts' or go to keepbritaintidy.pbfulfilment.com



If you smoke, bin your butt

Jason is now a Keep Britain Tidy Litter Heroes Ambassador and connects with people around the country who share his concerns.

"All litter-pickers can get demoralised," he says. "Sometimes it feels like a never-ending task. It's cathartic to grumble on the LitterHeroes Facebook page.

"There's a real sense of community and we share ideas."

And he has litter-picking pals in



Europe, Australia and America through the global Blitz the Butt week he helps to organise.

Now Jason has picked up so much litter that he has developed repetitive strain injury and doctors have prescribed rest.

But he is still determined to defeat the scourge of trash, and last year he opened the Vintage Litter Museum, a UK-first, in a pair of converted shipping containers in Woodbridge, Suffolk.

Of course, cigarette butts rear their ugly heads. Jason has built a replica of the Titanic – named Buttanic – from 11,000 butts inside plastic bottles.

At the prow stand two cigarette butts with smiling faces: "I'm the (Super) King of the World" – they are rubbish replicas of Leonardo DiCaprio and Kate Winslet, stars of the 1997 Titanic movie.

"The Jack and Rose butts make people smile but the message is serious," says Jason.

His next project is a YouTube channel called rubbishadventures.tv, with films of rubbish walks he plans to undertake in every county of the UK.

"Cigarette butts will be front and centre," he says. "How can they not be? They're the scourge of our land. "Please, if you're a smoker, don't use our planet as an ashtray. Bin the butts."

Photos: Nick Wilson

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DEAL OF DAY



FLY the flag with the Crew Clothing T-shirt, down from £29 to £17 at John Lewis. **SAVE: £12**

CHEAP TREAT



COOL off with a three-pack of Solero Red Berries, down from £2.75 to £1.85 at Iceland. **SAVE: 90p**

BARGAIN WAYS TO SAVE YOUR CLOTHES FROM...



Menace of the moth

DESPITE a worrying drop in butterfly numbers, their pesky moth cousins are here to plague our wardrobes.

Protect yourself against a hole lot of disappointment and the extra cost of new clothes with this handy advice.

MOTH SOS: If you have discovered a moth infestation, take instant action by washing clothes on a high temperature followed by the tumble drier on a high heat, if the fabric allows.

Next, take all your clothes out of your wardrobe and give them a good shake, then wipe out your wardrobe with hot soapy water.

By MEL HUNTER

DON'T WING IT: It's not actually the moths that eat your clothes, it's the tiny larvae. You won't realise it until you see the holes in your clothes.

Lulu O'Connor, founder of Clothes Doctor (clothes-doctor.com), says: "Moths love dirty, dark, and damp spaces, and can be attracted to dirt and body odours, and feeding on natural fibres. "By keeping your most precious clothes on rotation or hanging them somewhere in the sun to air out, you can reduce the likelihood of moths setting up camp."

STORE WARS: One of your best defences against a moth attack is good storage.

If you are packing away clothes, Lulu suggests storing them in plastic boxes rather than bags, which can trap mois-

ture. Add scents that repel moths, including eucalyptus, lavender, cedarwood, and orange oil.

Also try Clothes Doctor moth-repellent scent bags, from £6.50.

JUST CHILL: We don't mean you should leave the critters to create havoc. Freezing clothes is also a way to save your threads.

If moths have already got into your wardrobe, freezing the affected clothes for a couple of weeks can ensure the larvae and eggs die off.

Lulu says: "Place your garments in air-tight moth-proof bags. Freeze garments up to two weeks for full effect."

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

TOP SWAP



£70

THE antique finish of the Sia Lantern, above, £70 from nkuku.com is lovely, as is the House Beautiful powder-coated lantern, below, £12.50 from Homebase. **SAVE: £57.50**



£12.50

What's new?

SKY customers can now get tickets for Legoland Windsor for £17.50, saving around £36.50. Book at the Sky VIP section of the My Sky app for a unique code.



Little helper



ENJOY the summer sun with two Outdoor zero-gravity loungers for £40 from The Original Factory Shop, instead of the usual £55 price tag.

THE Sun

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HOT RIGHT NOW

UNTIL Tuesday, B&Q Club members can save ten per cent in stores and online. Sign up free at diy.com/bandclub.

PENELOPE DOUBLE TIES KNOT



Rescue . . . Ella, Max & Jersie

Saved by 3 kids as adults 'sit & watch'

By ALEX WEST

THREE children saved a drowning man from the sea while adult beachgoers "sat and watched".

Ex-Royal Marine Wayne Sullivan, 63, was caught by a changing tide and suffered a cramp after swimming three-quarters of a mile out.

He was spotted struggling by Max Markham, 12, cousin Ella Selfe and her pal Jersie Wiles, both 13, who were on the beach at Minster on the Isle of Sheppey, Kent.

Max swam out and pulled Wayne to shore with Ella's help, while Jersie called 999.

Medics took him to hospital, with his family told he had a 50-50 chance of survival as his lungs were full of water.

Recovering Wayne said: "If it hadn't been for those three, I wouldn't be here now. It shows there are some really good youngsters around."

Ella said: "It was just us kids. People were just watching, not helping."



Moves . . . a humanoid

Dancing bots look good on the floor

EXCLUSIVE by THOMAS GODFREY

TEACHING robots dance helps them interact better with humans, experts say.

A humanoid designed to walk and talk learned to stay upright and traverse tricky terrain quicker.

The robot was trained to walk like a zombie and squat while kicking, like a Russian dancer.

It was also fed clips of hugging and punching.

In tests the humanoid, Unitree H1, successfully directed traffic and refereed a basketball game.

US research leader Xuxin Chen said: "This is a significant step towards creating robots that can move as naturally and expressively as humans."

Co-author Xiaolong Wang said: "We are working to help reshape public perceptions of robots as friendly rather than terrifying like The Terminator."

For Bridger

Pictures: JORDAN EVA PHOTOGRAPHY/KENNEDY NEWS



For Poorer

Abby and Tiago . . . with guests in Bridgerton style

EXCLUSIVE by PAUL SIMS

A FAN threw a £15,000 Bridgerton-themed wedding after being told she looked like the romantic drama's gossip queen Penelope Featherington.

Abby Ribeiro, 27, wore a regency-style ivory gown with her red locks in curls.

Husband Tiago, 26, had a black suit and white cravat inspired by Colin

Fan's Bridgerton wedding

Bridgerton. Guests dressed up too and Abby even produced a Lady Whistledown rumour-sheet poking fun at the "scandal" of her and Tiago living together beforehand.

They tied the knot in Swaffham, Norfolk, before a reception at the town's Georgian Assembly Rooms. Teaching

assistant Abby said she kept hearing she was the double of Penelope, played in the Netflix hit by Nicola Coughlan.

But she added: "I don't see it myself, I think it's just the ginger hair."

Electrician Tiago had not seen the show until bingewatching with Abby. She said: "It was very romantic."



Wedding line-up . . . with TV pair, above



'PACA YER BAGS



By JOE HADDEN

ANIMAL lover Dannie Burns faces having to enlarge his house — after his stay-at-home alpaca Annie fell pregnant.

Annie, *front*, refuses to leave her “pack” after growing up inside with dogs.

Two years ago, she had Bailey, *rear*, who lives with the herd on Dannie’s alpaca farm, but the new addition is due.

Dannie, of Stirling, Scotland, said: “I don’t know if it will act like Annie or an alpaca, but we may need an extension!”

DAVRO BLAST AT JOKES ‘CENSORS’

By STEPHEN MOYES

VETERAN comic Bobby Davro insists he “couldn’t give a toss” about offending modern audiences with his jokes.

Davro, 65, who shot to fame in the 1980s, said it was wrong to try to censor acts, and if people take umbrage at his gags then they are free to leave.

The dad adds that he does not think people’s sense of humour today has become any more PC, only that “we’ve been told” it should.

Davro, who hosted his own Saturday night TV shows at his peak, spoke ahead of a run of gigs at the Edinburgh Festival Fringe.

He said: “I’ve got three kids. They bring friends occasionally to

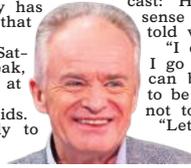
see a gig of mine and they like it. They go, ‘Ooh Dad, you can’t say that now, you can’t say this’.

“You can say anything. This is why I’ve said everything is funny, if you can laugh at it. And it’s not right to censor people.”

He also told the *How To Be 60* podcast: “Have we really changed with our sense of humour? No, we’ve been told we should.

“I don’t go out to offend anybody, I go out to make people laugh. You can be offended and you’re entitled to be ... but everyone else is entitled not to be.

“Let them go if they don’t like what I do, I won’t be offended ... I couldn’t give a toss.”



‘Free to leave’ ... Bobby

FLYING THE FLAG FOR BRITAIN!



OFFICIAL SUPERMARKET



Duncan Scott MBE
Team GB Swimmer

Pilot pair sand rap

TWO pilots are being hunted after landing their microlights on a beach which caused a horse to bolt, injuring its rider.

The pair touched down close to families enjoying the warm summer evening at Par Sands in Cornwall last Sunday.

The rider was unseated and broke a collarbone.

The pilots are being sought by the Civil Aviation Authority, which is urging anyone with information to get in touch.

LP IS STARDUST

Bowie nut Steve Parker got back his Aladdin Sane LP lost in the 1970s after another fan found it in a Brighton storeroom.

ALERT AHEAD OF SEASON

£177 OWN GOAL

Fans scammed by fake tickets

By **ASHLEY ARMSTRONG**

FOOTIE fans scammed last season lost £177 each on average in fake ticket cons, stats show.

The number of supporters being fleeced also shot up by a third.

Arsenal and Liverpool fans were most likely to fall victim to online scammers.

And those aged between 25 and 34 were most likely to be suckered – with 29 per cent being taken for a ride.

Fans aged 18 to 24 were the next most prone to fall for fakes, at 27 per cent.

Lloyds Bank analysed scams reported by its customers during the 2023/24 Premier League season and compared that with the previous year.

In that time, the number of fans reporting fake buys rose by 32 per cent. They lost £177



Scammed . . . football fans

on average, with some losing more than £1,000.

Scams often start with fake posts on social media or online marketplaces for tickets that do not exist. Often they will include pictures of real tickets to trick the buyer.

But once any money has been transferred, the fraudster then vanishes and the victim receives nothing in return.

Lloyds said those looking for match tickets should purchase them directly from the clubs or other trusted sources.

Clubs will also provide details of any authorised ticket partners on their website, which may include legitimate ways for tickets to be resold.

Fraudsters will also target major events where demand for tickets is likely to be high.

Earlier this year, Lloyds estimated fans of Taylor Swift lost more than £1million to ticket scammers over her UK tour.

Lloyds fraud prevention chief Liz Ziegler warned: "Passions run high when supporting your favourite football team and missing out on the big match after falling victim to a ticket scam can be devastating."

"Always stick to official channels as your first line of defence and avoid deals which look too good to be true."

ashley.armstrong@the-sun.co.uk

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I went on mum strike...

FabDAILY

Pages 38 & 39

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Frustrated... couple

Hot and steamy, but not in bedroom

By SAM BLANCHARD

FELLAS may struggle to get steamy in bed when the heat rises, experts say.

With temperatures hitting 30C (86F) in the past week, blokes have been struggling to perform, they claim.

Clinical pharmacist Kiran Jones, of Oxford Online Pharmacy, said that if chaps do not drink enough water, they are more likely to suffer erection problems.

She said: "Aside from heat-related illnesses, the hot weather can also affect your or your partner's ability to perform in the bedroom."

"While sex is likely the last thing on your mind in this heat, for those who fancy a sweaty romp, it might be harder for males to get it up."

She said that dehydration could also result in high blood pressure, which is another factor in men struggling to maintain an erection.



Challenge... Andy, 47

Andy to ride up UK with his chin

By ALEX WEST

A PARALYSED man hopes to be the first person to cycle the length of Britain using a bike controlled by his chin.

Andy Walker, 47, will set off tomorrow from Land's End in his specially made quad cycle.

The ex-competitive swimmer was 28 when he hit a rock diving into the sea in India, paralysing him from the neck down.

Inspirational Andy, from Oldham, has since ridden 350 miles across Kenya. He said: "Since my accident, I've had absolute conviction and determination to lead a full and rewarding life."

He and his team hope to cover the 1,000 miles to reach John O'Groats in two weeks. Some of the money raised will go to a £6.8million Rob Burrow Centre for Motor Neurone Disease at Leeds Hospitals Charity.

Its director of fundraising Paul Watkins said Andy is "truly incredible".

FIVE FAMILY-FRIENDLY MEALS THAT



BIG BURGER BOWLS

AFTER I saw a few different burger bowls online, I had to give it a go.

This bowl has everything that you'd find on a burger, just without the bun.

I like to serve mine with potato wedges rather than fries and a bit more salad than you'd get in a burger for a more balanced meal.

Cooking time: 18 minutes
Preparation time: 15 minutes
Calories: 480 cals per serving
(Serves 2)

YOU NEED:

For the potato wedges:
300g potatoes (I use King Edward)
Salt
Freshly ground black pepper
Non-stick spray oil

For the beef:

250g beef mince (10 per cent fat)
2 slices of burger cheese

For the big burger sauce:

½ tbsp "light" mayonnaise
½ tbsp yellow mustard
1 tbsp tomato ketchup
Pinch of cayenne pepper
½ tsp garlic powder
1 tbsp pickled gherkin juice (from the jar)

To serve:

½ iceberg lettuce
6 cherry tomatoes
¼ onion
3 tbsp sliced gherkins (or more or less, if you're a gherkin lover or hater!)

1 tsp toasted sesame seeds
METHOD: Preheat the air fryer to 200C and cut the potatoes into evenly sized wedges.

Place the wedges in the air fryer basket, spray them with oil and

season with plenty of salt and pepper.

Cook at 200C for ten minutes, shaking the basket halfway through the cooking time.

Season the beef mince. Push the potato wedges over to one half of the air fryer basket, then place the mince in the other half of the basket, breaking it up with a wooden spoon.

Spray the mince with oil and cook at 200C for seven to eight minutes.

While the mince and wedges are cooking, prepare the big burger sauce by combining all the ingredients in a bowl.

Shred the lettuce, chop the cherry tomatoes and finely chop the onion.

Remove the basket from the air fryer and lay the cheese slices on top of the cooked mince.

Allow the cheese to melt outside of the air fryer. Divide the shredded lettuce and potato wedges between two wide, shallow bowls.

Top the lettuce with the cheese-burger mince, cherry tomatoes, chopped onion and gherkins. Drizzle over the big burger sauce and finish with a sprinkling of sesame seeds.



HEY, GOOD COOKING... chef Hayley



THERE'S no denying it: Air fryers are here to stay, with research showing that nearly half of all households now own one.

They're cheaper and cleaner than a conventional oven - plus they use less oil and are safer for older kids to use.

New book *How To Make Anything In An Air Fryer*, by Hayley Dean, smashes the stereotypes that they are only good for

warming chips - with 100 family-friendly recipes to work efficiently, air fryers use less power to heat and the food quicker. Surveys report they use around 60 per cent energy than regular ovens.

Here, in an exclusive extract we highlight five recipes from the book that can be served around 30 minutes.

Extracted by NATASHA HARDING. *How To Make Anything In An Air Fryer Dinners!* (Ebury, £22) published on August 15. Photography: Hannah

CHICKEN AND PRAWN NOODLE BOWLS

Cooking time: 19 minutes
Preparation time: 10 minutes
Calories: 600 cals per serving
(Serves 2)

YOU NEED:

For the chicken and noodles:
2 skinless chicken breasts (about 300g)
3 spring onions, thinly sliced
1 tsp sesame oil
165g raw king prawns (optional)
300g straight-to-wok flat rice noodles
100g beansprouts
1 egg, beaten
Salt and freshly ground black pepper
Non-stick spray oil

For the sauce:

1 garlic clove, crushed
2 tsp tamarind paste
Juice of ½ lime
1 tsp caster sugar
1 tsp sriracha hot chilli sauce, plus extra to serve

To serve:

10g salted peanuts, roughly chopped

ONE of my all-time favourite noodle dishes, this bowl of yumminess is inspired by probably the most famous food from Thailand, the pad Thai.

I love it just with chicken but you can add a few prawns, too. I've included a few peanuts in the calorie count, but if you're not keeping tabs then feel free to add more for extra crunch.

1 lime, cut into wedges

METHOD: Preheat the air fryer to 180C. Slice the chicken breasts into thin strips. Toss the chicken and white parts of the spring onions (reserving some of the greener bits for a garnish) with the sesame oil.

Add the chicken and spring onion, and cook for eight minutes.

Add the prawns, if using, and cook for a further three minutes.

Meanwhile, mix all the ingredients for the sauce in a bowl and add the noodles and beansprouts.

Once the chicken prawns have had their cooking time, add the noodles and beansprouts to the air fryer.

Mix to combine with chicken and cook for a further four minutes, then return to the bowl.

Place a pizza pan or a cake tin in the air fryer and with oil.

Season the beaten egg to the pan or tin and cook for three minutes, using a spatula to stir the beaten egg to encourage it to cook. Cook for a further one minute.

Divide the noodles between serving plates and top with the egg, chopped peanuts and the spring onion wedges for squeezing over.

Serve with some extra sriracha sauce if you prefer it spicy.



CAN BE ON YOUR PLATE IN 30 MINUTES

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For more tasty recipes see Fabulous magazine – free inside **THE Sun ON SUNDAY** tomorrow



SALMON, ASPARAGUS AND BABY POTATO TRAY BAKE

Cooking time: 22 minutes
Preparation time: 5 minutes
Calories: 419 cals per serving
(Serves 2)

YOU NEED:
300g baby potatoes, halved (or quartered, if large)
Non-stick spray oil
2 salmon fillets (about 240g total – and long ones, if possible)
Salt and freshly ground black pepper
100g asparagus tips

For the dressing:
1½ tbsp “light” mayonnaise
1 tbsp Dijon mustard
½ tsp chopped dill, plus extra to serve
1 tsp honey

METHOD: Preheat the air fryer to 180C. Drop the baby potatoes into the basket, spritz with oil, season with salt and pepper, then cook at 180C for 15 minutes.

Transfer the potatoes to a plate while you add a liner to the basket.

Return the potatoes to the air fryer basket. Season the salmon then nestle it inbetween the potatoes. Cook the

IDEAL when you’re looking for a light and healthy meal that is quick to prepare, as you can get this dish ready and on the table in less than 30 minutes.

And because it’s cooked all in one tray, there’s so little washing up!

The honey, mustard and dill mayo is a heavenly match for the sublime salmon.

potatoes and salmon at 180C for four minutes, then add the asparagus tips and cook for a further three minutes.

While everything is cooking, make the dressing. Combine the mayonnaise, mustard, dill and honey in a bowl then add one tablespoon of water and stir to mix well.

When ready to serve, divide the salmon, potatoes and asparagus between two serving plates.

Drizzle over the dressing and scatter on some extra dill.

The fryer’s the limit

BEEF AND BROCCOLI STIR FRY

Cooking time: 14 minutes
Preparation time: 5 minutes
Calories: 286 cals per serving
(Serves 2)

YOU NEED:
225g sirloin steak, trimmed
1 tbsp ginger and garlic paste
1 tsp sesame oil
3 tbsp light soy sauce
1 tbsp hoisin sauce
2 tsp cornflour
1 head of broccoli, cut into 2cm pieces
2 tsp toasted sesame seeds
Non-stick spray oil

METHOD: Cut the steak into finger-width slices and put them in a bowl with the ginger and garlic paste, sesame oil and 1½ tablespoons soy sauce then leave to marinate. In a

I MAKE this simple stir-fry regularly in my fryer as it takes just minutes to pull together.

The beef and broccoli both crisp up slightly without overcooking, then the nutty sesame seeds add a little more crunch.

This is a really good one to include alongside other Chinese-style dishes when you are feeding a crowd.

separate bowl, combine the hoisin sauce with the remaining 1½ tablespoons of soy sauce, the cornflour and 100ml water.

Preheat the air fryer to 200C. Add the steak to the air fryer basket with the marinade and cook at 200C for four minutes.

Transfer the steak to a plate and set aside.

Add the broccoli to the air fryer,

spritz with oil and cook at 200C for four minutes. Shake the air fryer basket, pour the hoisin sauce mixture over the broccoli and cook for a further four minutes. Put the steak back in the air fryer, mix to combine and cook for a final two minutes.

When ready to serve, divide the beef and broccoli between two serving plates then scatter the toasted sesame seeds on top.



MELT-IN-THE-MIDDLE CHOCOLATE PUDDINGS

Cooking time: 8 minutes
Preparation time: 10 minutes
Calories: 529 cals per pudding
(without cream)
(Makes 4)

YOU NEED:
4 dariole moulds or a muffin tray that fits in your air fryer.
4 tbsp cocoa powder, plus an extra 2 tsp for dusting
100g salted butter, melted, plus extra for greasing
2 eggs, beaten
150g caster sugar
80g self-raising flour
12 caramel chocolate buttons
Pouring cream, to serve (optional)

METHOD: Grease four dariole moulds well with butter then dust them with the two teaspoons of cocoa – make sure you thoroughly coat each mould in cocoa. Put a disc of parchment paper on the base of each mould.

Preheat the air fryer to 180C. Add the cocoa to the melted butter in a bowl, then mix to combine. Set aside. In a separate bowl, whisk together

A DINNER party staple as they never fail to impress guests, especially when they discover the hidden surprise.

I sneak a few caramel chocolate buttons into each pudding mould before baking, so you get a burst of liquid caramel as you scoop through the molten choc pudding.

the eggs and sugar until a little foamy. Pour in the cocoa mixture then sift in the flour and fold together until combined. Spoon the chocolatey mixture into the prepared dariole moulds then push three chocolate buttons down into each pudding until just submerged.

Cook the puddings at 180C for eight minutes then let them stand for one minute.

Using a small palette knife or dessert knife, loosen the puddings before turning out on to plates.

Eat immediately, with a little cream poured over if you like.

FabDAILY

ALL ABOUT YOU

THE FAB DAILY TEAM: Digital Commissioning Editor Claire Dunwell, Contributing Editor Nikki Watkins, Senior Feature Writers Kirsten Jones and Alex Lloyd, Feature Writer Yasmin Harisha, Fashion Editor Clemmie Fieldsend, Deputy Fashion Editor Abby McHale

Edited by
LYNSEY CLARKE
and **JOEL COOPER**

I WENT ON MUM STRIKE FOR A WEEK ...BUT COULD I STAND THE MESS?

By JULIE COOK

WHEN people ask what I do for a living, I reply I am a writer.

But, in reality, my job is **EVERYTHING**. Cooking, cleaning, washing, ironing, school admin – and so much more.

I pick up dirty plates from my kids' rooms, make their beds and hang up their clothes. Yes, they will make their beds if told, but now I've decided enough is enough. I'm 47 and juggling my job and running a house is hard work.

So when I heard about new Channel 5 show *Mums On Strike*, it inspired me to have a go. Here's what happened...

DAY ONE

I GET the kids up at 9am (it's the summer holidays) and announce: "I am on strike."

"What?" they chorus, rubbing their eyes. "Strike," I reply. Adriana, ten, scowls. Alex, 15, shrugs.

Rather than bringing them breakfast, I make myself a coffee and sit with my feet up.

"Am I not having breakfast?" asks Adriana at around 10am. "You're welcome to help yourself," I say with a smile.

Their musician dad Cornel, 44, is out at work. Adriana gets herself some cereal, then walks away looking confused.

I do feel a bit guilty but this is day one. I need to stand firm.

Once they have both fed themselves – Alex eats a bowl of granola – I don't clear away their bowls.

Alex's is left on the kitchen table and Adriana's remains on her bedroom floor.

I hear them brushing their teeth but instead of rushing in afterwards to wipe up their toothpaste spit, I leave it. This is hard. I hate that in the sink.

Cornel comes back at lunchtime and finds the kids watching TV.

"Where's lunch?" Adriana asks. Cornel finds me scrolling on my phone. "I'm on strike, remember?" I say. He rolls his sleeves up and makes them some lunch.

The sun comes out so I sit outside with a cold drink.

By 4pm I am usually planning dinner. Not today.

When they come in at 5pm to an empty dinner table, the kids groan. "So the strike includes no dinner?" Alex asks.

I confirm and decide to go on a leisurely walk while Cornel sorts food out. Something from the freezer, no doubt. When I get in I make myself a quick salad.

At bedtime, instead of loading the dishwasher, I have a long, hot bath and then do a self-care routine involving a face mask and serums, then hop into bed to read my book.

I don't smell of cooking. I don't have dry hands from washing up. This is nice.

DAY TWO

HUBBY is at work all day so it's just me and the kids.

They ask about breakfast and I remind them I'm on strike.

"What, even today?" Adriana asks. "Yes, even today," I reply.

"Surely that's illegal," she mutters. But she's learnt to open the cupboard and get her own cereal.

It's a lovely day and ordinarily I'd take them somewhere like the beach. I'm annoyed because I'd love to go, but a strike is a strike.

Alex goes out to meet friends. Adriana comes in the garden with



ROOM FOR IMPROVEMENT... Alex's bed and floor have become a dumping ground during his mum Julie's strike



WASH AND THROW... dirty laundry litters the bathroom floor



DISGUST... Adriana hates handling smelly washing

me and lies next to me on a sun-lounger.

"Can I have a drink?" she asks. "Yep, in the fridge," I reply.

She gets one – and brings me a glass of lemonade too. Maybe this is working? Again, I don't make dinner. Cornel texts me to check I am still on strike.

And when I give the affirmative, he arrives home with two huge bags of McDonald's for the kids.

"Yes!" they cry.

They gather round him like he's the hero and scowl at me. I feel bad. I am definitely the enemy tonight.

How can a striker compare with a McDonald's?

DAY THREE

I'VE got a spa voucher from my birthday so I decide to use it, as Cornel is home.

I spend the morning at a local hotel having a facial and neck massage. I then sit by the pool.

I check my phone

for messages, but there are none. Maybe they can fend for themselves after all?

Still, I can't quite relax. My mind is working overtime. I know that toothpaste-spit-sink is going to look horrendous by now.

I know there are plates festering in the kids' rooms.

As for laundry, I normally do a minimum of one wash a day. I've not done any for three days and I know no one will have noticed.

Not until they run out of pants, anyway.

When I get home, the kids are out. A note reads: "Out for food."

The kitchen sink is full of dirty cutlery no one has considered putting in the dishwasher.

The eldest, though, has made his bed and hung up his clothes.

Adriana's duvet is draped in what looks like an attempt at bedmaking.

But the fridge is empty (I've not been

shopping) so I order a Domino's pizza just for me – a total treat, as I never do this – and I eat it on the sofa alone. Bliss!

When the kids get in, they see the Domino's box and look confused.

"Yes, I had a pizza, just for me!" Adriana shakes her head and looks concerned.

DAY FOUR

BY now everyone has the gist of my strike. They get up, make their own breakfasts and, shock, make their beds.

Adriana brings a few plates down from her room and puts them in the sink. Then Cornel asks: "Are we going to put the washing on?"

He shows me the washing basket overflowing on to the bathroom floor.

"We've run out of socks," he says. "Better put a wash on then," I reply.

He starts to carry miscellaneous clothes downstairs in his arms – colours, whites, pants, towels.

I have to tell him to do whites separately and delicates on a different cycle. He manages that and puts



HUBBY... with Cornel

HAVE A GORP AT THESE

GORPCORE is the trend of wearing functional outdoor wear when you're not actually in the great outdoors.

It gets its name from hiker phrase "Good Old Raisins and Peanuts", referring to trail mix.

ANTONIA KRASKOWSKI reveals how to get the look on a budget.

Trek sandals, £50, Teva



Cross-body bag, £14, George at Asda



Bucket hat, £5, Primark



Polarised sunglasses, £30, Goodr



Rain jacket, £32, Next



Vest, £12.99, H&M



Cargo trousers, £34.90, Uniqlo

Gilet, was £70, now £20.95, Regatta



Water bottle, £10.99, Sports Direct

'Instead of loading the dishwasher I have a long, hot bath'



MESS... Adriana in her room

'Is it their fault or mine that I'm the one who does everything?'



Pictures: CHRIS BALCOMBE

DISH OUT OF WATER... Julie is not used to ignoring the housework

IT'S BROUGHT US CLOSER
 GOING on strike in the school holidays is not for the faint-hearted. Your kids are there all the time eating, making mess and needing things. There were times when I wanted to give up and times when I felt tremendously guilty. But I am glad I stuck with it. "I see how much you do now, Mummy," Adriana told me. Alex nodded. Since the strike, they are picking

a white wash on. Later I hear whispering upstairs. Then the three of them come down and say: "We're taking you for lunch." We go to a local cafe where we all have food and chat. The subject of my strike is the elephant in the room but no one acknowledges it. I definitely feel less work-weary. However, my anxiety about that wretched stained sink and the fact that only one wash has been put on in days makes me feel a bit sick. I'm close to giving up but it's only three days to go. I have to be strong.

DAY FIVE
 THE kids are out with friends and Cornel is at work. I notice that the dishwasher is on, the kitchen sink is clean and I can hear the washing machine whirring. There's a pile of clean, dry laundry on the sofa (presumably for me to sort, but I won't) and beds are made. This is a vast improvement on daily life and I actually feel quite

proud of them. But the bane of my life, the bathroom, sends my anxiety rocketing. The sink looks like something from a doss house. The shower has clumps of hair by the plug hole and caps are left off shampoos. The mirror is spattered with white flecks from toothpaste and the toilet has not been cleaned in days. I take a deep breath, walk out and close the door behind me. In the early evening both kids come home and Cornel comes in, brandishing a Chinese takeaway. "You're undermining my strike with takeaway food," I say, angrily. He shrugs: "It's just quicker and easier, plus I've been at work." But I work every day AND I give up a portion of my afternoon to prep food. Why can't he do that too? It makes me angry so I stomp upstairs for a bath while they tuck in to chow mein. In the evening I go to a friend's house - who is also a mum - and tell her of my strike. She explains that I've made

things worse for myself. The backlog of cleaning and laundry will be worse after this, she reckons. But if I give in now, what does that say? So I stick to my guns.

DAY SIX
 BY now everyone gets up, makes their beds and prepares their own breakfast. I do feel a bit guilty eating toast and drinking coffee I've made just for me. But I am so close to completing my strike. It's the weekend so Cornel suggests a beach day. Normally I would be the one to pop out and buy beach-friendly snacks and drinks. I also pack the blankets, swimwear and sun cream. Not this time. "What do I need to do?" Cornel asks. I cheat a bit and tell him but don't DO anything. He goes to the shop for the snacks and then packs the bags. We spend the day on nearby Bournemouth beach. For the first time it's not me dishing out food and snacks while everyone else lies around. Instead, I

lie down and cover my face with my straw hat while they decide who eats what. I then go for a swim alone in the sea. When I gaze back at the shore, a pang of guilt hits me. I see my family - the three people I love most in the world - struggling to find the sun cream and working out whose towel is whose. And I feel a burst of love for them. Is it their fault or mine we have this whole set-up where I am the one who does everything? We head home and I am shocked to find Cornel has done a full shop and makes us all some salad, potatoes and salmon. The kids actually clear their plates away and take them to the dishwasher. I go to bed feeling content.

DAY SEVEN
 IT'S the last day of my strike. Improvements: They are tidying their rooms, bringing plates down, loading the dishwasher and making their own breakfasts. Cornel is planning meals and

up their towels and actually eating downstairs - probably because it's easier to get to the dishwasher. But it's brought us closer together. Cornel has taken more of an interest in meal planning. And when I did cook that first meal after the strike, the gratitude in my kids' eyes said it all. But I've still got PTSD from that vile bathroom sink. So I won't be doing this again any time soon. This is my hardest test yet. The rest is getting better but this bathroom is driving me insane. I finally erupt and tell my family. I explain they've done very well but the sink has to change. Cornel cleans the sink until it shines, then the shower, and does the loo, too. Adriana actually volunteers to mop the floor - which she enjoys! Finally, on day seven of my strike, my bathroom shines again.

dear deidre



Edited by **SALLY LAND**

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KALLY LEWIS
CATHERINE THOMAS
CHLOE STRATTON

No matter what the issue, I answer every single problem

How can I forgive her 'revenge' fling?

stories **deidre's photo casebook**

VICTORIA'S VERBAL CONSENT: **DAY 6**



YES IT WAS!
BUT PROMISE ME ONE THING - YOU WON'T SHARE THAT VIDEO WITH ANYONE
WELL THAT WAS FUN!
COURSE, I WOULDN'T DO THAT

Dear Deidre

WHILE on a girls' night out, my wife had meaningless sex with a man she met because she wanted revenge.

She was convinced I'd cheated on her so she decided to get even.

The worst part is, that I never stayed in the first place.

And now I know only too well, there is no such thing as meaningless sex.

She jumped to the wrong conclusion after I visited my ex to pick up some belongings.

At the time my girlfriend was convinced I had used the opportunity to have sex with my ex. No amount of talking seemed to reassure her.

So apparently in a moment of hurt and anger, she decided to even the score and had a one-

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

night stand. I'm 45 and she's 40. This all happened ten years ago but I really don't know if I'll be able to move on. She kept this

secret for nearly a decade, but the guilt finally got to her, and she confessed everything to me last week.

I'm absolutely devastated. I've been nothing but faithful to her all these years, and her lack of trust and betrayal are a punch to the gut.

She apologised and says she doesn't feel anything for the man she slept with.

She insists she loves me and wants to move forward, but I'm struggling to process it all.

A decade of deceit is hard to swallow.

I'm not sure how to rebuild our relationship when it's this broken.

I can't understand how she'd stoop so low and have sex with someone purely to spite me.

For now, I've asked her to leave. I won't have her in our home.

Figuring out how to move on feels impossible. I don't know

how a relationship can survive this kind of betrayal after so many years.

DEIDRE SAYS: This is certainly a significant betrayal.

Your partner's confession, though late, might be her attempt to clear her conscience and seek a more honest relationship.

Or she was projecting her poor behaviour on to you by claiming you had cheated first.

You both need to decide if you genuinely want to make things work.

If so, couple's counselling can help you navigate the complex emotions and rebuild trust.

Remember, it's OK to take your time to process everything and decide what's best for your future, even if that doesn't include her.

If you decide to make a go of things, my support packs *Cheating And Can You Get Over It?* and *How Counselling Can Help* will be of use to you.

Dear Deidre

SURELY, as an adult, I shouldn't be confused about my sexuality still.

I'm 31 and I've had a lot of ups and downs with relationships.

My only serious girlfriend cheated on me the whole time we were together, which crushed my confidence.

Since then, I've never had much luck with women, whereas guys seem to think I'm handsome.

I started watching gay porn because of this confusion and convinced myself that maybe I liked men.

I even hired a male escort to explore my sexuality. It was a nice experience, but it didn't give me the pleasure I thought it might.

Four years later, I'm still no closer to finding love.

Deep down, I know I want a long-term relationship with a woman, but lately, I can't shake the urge to see the escort again.

While for him, it's just a job, for me the memories of our sex are what's keeping me going. I haven't stopped fantasising about him.

I know I could use dating apps or try meeting people, but I'm torn between men and women.

What do I do?
DEIDRE SAYS: It's normal to feel confused about your sexuality.

Some people need time and experimentation to understand preferences.

Remember, attraction can come from many places, like enjoying someone's company or feeling safe.

Keep an open mind and be kind to yourself as you explore your identity.

Talking to someone who understands can be helpful. Contact switchboard.lgbt@the-sun.co.uk and check out my support pack *Finding The Love of Your Life* for more guidance.



...I'M FREAKED OUT ABOUT THIS CONSENT VIDEO
...WHAT IF JAMES SHARES IT WITH HIS FRIENDS?

Clothes by boohoo and boohooMAN

CONTINUES TOMORROW

THANK YOU FOR...

YOUR HELP WITH HUBBY'S BETRAYAL

Dear Deidre

DISCOVERING that my husband had joined a sex site shook me to the core, so I demanded a divorce.

While he denied talking to any women, I didn't believe him - I had the screenshots to prove otherwise.

The betrayal cut deep - we have been together for 25 years.

I'm 53, he's 56.

He blamed me at first, saying that I had stopped spending time with him after work.

But how could I when I was supporting a family of six?

He wanted me to forgive him and carry on like nothing had happened.

I thought I'd never be able to trust him again, but your guidance and

understanding helped me to see a path forward.

You encouraged me to communicate openly with my husband, and I'm grateful that he's now agreed to seek therapy with me.

Although I know rebuilding what we had will take time, it's a step in the right direction.

The resources you provided, especially the *How Counselling Can Help* support pack, showed me that speaking to a professional could genuinely help us.

You provided comfort when I felt I couldn't go on. Thank you.

DEIDRE SAYS: I'm so glad you have found a way forward together through open communication and therapy.

I RESENT STEPCHILDREN AFTER SPOUSE'S AFFAIR

Dear Deidre

I KNOW they are blameless, but my stepchildren are a constant reminder of my husband's infidelity.

I feel very resentful towards them and can't cope when they misbehave.

I'm 50 and my husband is 53. He began a lengthy affair ten years ago, which resulted in two children, nine and six.

We got back together three years ago, after he and the woman he had the affair with split. Our own children are grown up and have now left home.

The problem is, my husband and his ex-co-parent the kids, which means there's a considerable amount of time when they're staying in my home.

They are lovely kids, and I fully accept my husband wants to be a dad to them, but I am unhappy with the situation. The children fight, make lots of noise and they never help around the house.

My husband refuses to be strict with them - perhaps because he feels guilty about splitting with their mum - and I feel it would be inappropriate for me to

discipline them. I've tried talking to him about how I feel, but he just says it takes time to get used to a blended family.

I love him and really want us to work out this time, but I'm starting to question whether all this stress is worth it.

DEIDRE SAYS: Being a stepmum in a blended family is difficult at the best of times, even without the added stress of those children being the result of your husband's affair.

It's natural that you feel some resentment towards the children, and admirable you don't want this to reflect on your treatment of them.

But if they're staying in your house, you need to have a say over the rules and boundaries too. It's important you talk to your husband again and explain exactly how you feel.

My support pack on *Stepfamilies* should help you, as should *Looking After Your Relationship*.

For more advice and support, you can contact familylives.org.uk (0808 800 2222).

TEENAGE TROUBLES

Dear Deidre

MY mum doesn't trust me and won't let me hang out with a boy, even though he's gay.

I'm a girl of 13, and lately I've been spending time with a friend my age from school who happens to be homosexual.

Every time I ask to go to the park with him, mum says I'm not allowed.

She said his sexuality isn't the problem, she's just really worried about me spending time with him alone.

Apparently, it's a red flag. I get that she's concerned, but I wish she had more faith in me. I'm old enough to make my own decisions.

DEIDRE SAYS: Your mum is worried about your safety and only wants the best for you. Letting her know where you are and who you are with, will make her feel better.

Try suggesting your friend come to your house instead. It could help everyone to get to know each other.

hot topic

LOSING your hair can be a worrying experience, and it's not just men who experience thinning.

In fact 75 per cent of British women surveyed are worried about hair loss - with over 40 per cent currently suffering from it. And 50 per cent of the population will deal with hair loss at some point in their lives.

Causes of hair loss include genetics, nutrition, stress, and medication.

Our support pack *Losing Your Hair* can help.

GET IN TOUCH

If you are worried about something, my team is here to help. Please contact and follow us.

Online: thesun.co.uk/deidre Instagram: @dear.deidre Facebook: @DearDeidreOfficial X: @DearDeidre Post: Dear Deidre, The Sun, 1 London Bridge Street, London, SE1 9GF

Sun puzzles

We've got all your favourite brain teasers

3 PAGES OF PUZZLES START HERE

SUNDIAL



double Sun DOKU

TODAY'S TEASER Call 0905 757 0156 for clues or solutions. Cost £1 per minute plus network access charge.

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

TODAY'S TOUGHIE Call 0905 757 0152 for clues or solutions. Cost £1 per minute plus network access charge.

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

YESTERDAY'S SOLUTIONS

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

Calls cost £1 per minute from BT landlines plus network rates

MINDBENDER

Each of the three words in the following sets can be preceded or followed by the same word to make three phrases. The two added words make the title of a film.

Cut, tiger, writing
Half, River, full

Can you work out the title of the film? Answer tomorrow.

PATHFINDER

Beginning with the letter T in the shaded square below, follow a continuous path in the grid to find 18 items relating to roofs. The trail passes through each and every letter once, and may twist up, down or sideways, but never diagonally.

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

- ARCHED
- BEAMS
- BOARDS
- EAVES
- GABLE
- INSULATION
- LINTEL
- MATERIAL
- PROTECTION
- RIDGE
- SHEETING
- SHELTER
- SLATES
- SOFFIT
- SOLAR PANEL
- SUPPORT
- THATCH
- TILES

SEE how many words of four or more letters you can "dial" using the one at the centre in each word. You can make at least one word using all of them. Don't use the letters more than once in any word.

No proper names or plurals ending in 's'. Words from Collins Concise Dictionary.

BRILLIANT: 34. EXCELLENT: 29. GOOD: 21. GREAT SCORE FOR KIDS: 16.

YESTERDAY: Aching, acting, aitch, anti, antic, attic, chain, chatting, chin, china, chit, gain, gait, giant, hatching, hating, hatting, high, hint, hitch, inch, intact, itch, nigh, night, tacit, taint, thigh, thin, thing, tight, ting, tint, titan, THATCHING.

Check today's answers by calling 0905 757 0155 before midnight. Calls cost £1 per minute plus your telephone company's network access charge.

WORDSEARCH

The 16 items listed below are all relating to Poland, but which one isn't in the grid?

WIN!
£50

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

- BALTIC
- CHOPIN
- GDANSK
- GDYNIA
- KIELBASA
- KRAKOW
- LECH WALESA
- LODZ
- LUBLIN
- MARIE CURIE
- POZNAN
- SOLIDARITY
- VISTULA
- WARSAW
- WROCLAW
- ZLOTY

For how to enter see details on puzzle page 3.

MINI ANAGRAM

Correctly solve the anagrams (there may be more than one option) to fill in the grid and complete the crossword.

1		2			
				3	
4					
	5				

- ACROSS**
- 1 AGES
 - 4 RADON
 - 5 GUNS
- DOWN**
- 1 AMPS
 - 2 ORGAN
 - 3 SANG

Calls for extra clues and answers last no longer than two minutes (Sundial answers may vary). Helpline: 0333 202 3390 (9am-5.30pm). Service provider: Spoke, W1T 4HD

the BIG quizword

ACROSS

- 1707 law which joined England and Scotland (3,2,5)
- Administrative capital of South Africa (8)
- British actress Ms Blackman (5)
- Holiday also known as Pentecost (7)
- Historic Italian seaport (5)
- Resort with the Royal Pavilion (8)
- Wimbledon audition of an actor or actress (6,4)
- Lower leg bone connected to the tibia (6)
- Soft Italian cheese made by reheating leftover whey (7)
- Wimbledon men's champion of 1975 (4)
- Abu Dhabi's main export (3)
- Northern Irish lough (5)
- Egg-shaped solid figure (9)
- Biblical character whose wife was turned into a pillar of salt (3)
- Country south of Nicaragua (5,4)
- Barnaby's surname in a Dickens novel (5)
- White greasy part of meat (3)
- Principal European mountain range (4)
- Pre-WWII style of architecture and design (3,4)
- Belfast's main county (6)
- Positioned near the inside fence of a racecourse (2,3,5)
- Beethoven or Mozart, eg (8)
- Greek writer of the Iliad (5)
- Oven in which Indian meats are baked (7)
- Ancient heap of stones raised over a grave (5)
- Maple tree with winged fruits (8)
- House where the Flyte family live in an Evelyn Waugh novel (10)

DOWN

- Burnt remains (3)
- Fuzzy items on a court (6,5)
- Surname of Olympic distance runner Mo (5)
- Scientist associated with the theory of gravity (6)
- Roman poet who wrote the Metamorphoses (4)
- Ms Zellweger's first name (5)
- Moroccan dish named after the pot in which it is served (6)
- Glasgow football team (7)
- Racial segregation policy (9)
- Scientific assessment of human personality, ability, interests etc (13)
- The Beano bear (5)
- Lively Scottish dance (8,5)
- Carriage with a folding top (6)
- Triumph saloon model produced from 1970 to 1976 (6)
- First name of Oscar-winning actor Mr Bardem (6)
- Bodily organ, once considered the seat of melancholy (6)
- Banbury's county (11)
- Shrub with fluffy clusters of blue flowers (9)
- Devon/Cornwall river (5)
- Washington DC's river (7)
- Famous Grand National winner (3,3)
- Writer of Lord Jim and Nostromo (6)
- Pioneer MP Nancy (5)
- Ancient people of Scotland (5)
- Dutch colonist in South Africa (4)
- Mr Flanders in The Simpsons (3)

Answers tomorrow.

Check today's answers before midnight by calling 0905 757 0158 for Across and 0905 757 0159 for Down. Calls cost £1 per minute plus your telephone company's network access charge.

Purchase the latest Sun Puzzle Books, including crosswords, wordsearches & sudoku, for as little as £4.99 from the HarperCollins website harpercollins.co.uk or phone 0141 306 3100

1		2		3		4		5		6	7	8	9	10
									11					
12						13						14		
15									16					
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Sun puzzles

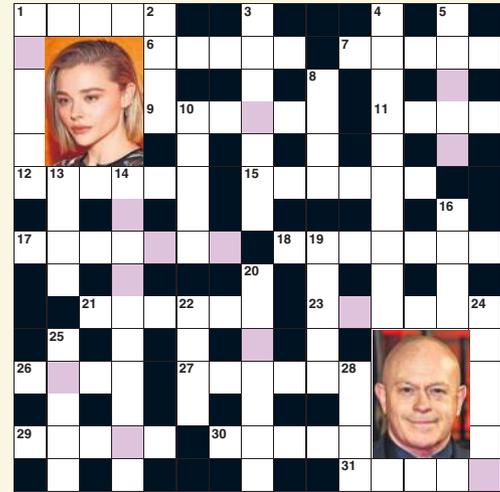
We've got all your favourite brain teasers

UP TO £200 CASH TO BE WON!

Crossword

Complete the clues below and rearrange the letters in the shaded squares to spell out the name of a cook and TV presenter (6,7).

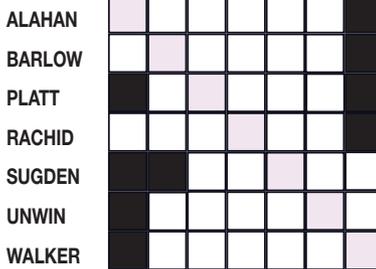
WIN!
£100



- ACROSS**
- Surname of the heroine of *Gone With The Wind* (5)
 - Mason ____, footballer (5)
 - __ Grace Moretz, actress (5)
 - Surname of Paul O'Grady's alter ego Lily (6)
 - Marvel film characters (1-3)
 - Simon Pegg C4 comedy (6)
 - 1960s US cartoon about a feline (3,3)
 - Su ____, Hi-De-Hil actress (7)
 - __ Crow, comedy about the life of William Shakespeare (7)
 - Out Of ____, Meryl Streep film (6)
 - Sophie ____, *Game Of Thrones* actress (6)
 - Singer of the 1998 No.1 hit *Believe* (4)
 - First name shared by 2023 Strictly contestants Ms Rippon and Ms Scanlon (6)
 - __ McCloud, *Grand Designs* presenter (5)
 - 1990 Madonna No.1 hit (5)
 - __ Packham, TV naturalist (5)
- DOWN**
- Academy Awards (6)
 - Tori ____, singer of *Cornflake Girl* (4)
 - 2021 animated Disney film (7)
 - TV talent show created by Simon Cowell (3,1,6)
 - Emma Barton's *EastEnders* character (5)
 - Surname of *Bridge Of Lies* host Ross (4)
 - The Black ____, first series of the Rowan Atkinson comedy (5)
 - Tigger's bear friend (4)
 - Hotel ____, classic single by the Eagles (10)
 - 1983 chart-topping song by Spandau Ballet (4)
 - Dev ____, British actor (5)
 - One Night In ____, hit for Murray Head (7)
 - First name of Welsh actor Mr Gruffudd (4)
 - Ginger ____, Fred Astaire's dancing partner (6)
 - Green movie ogre (5)
 - Sir ____, Guinness, Star Wars actor (4)

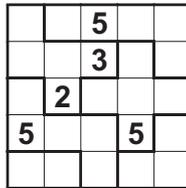
SUNRISER

Place these words in the horizontal rows so that the letters in the diagonal staircase spell out another character's surname from Coronation Street.



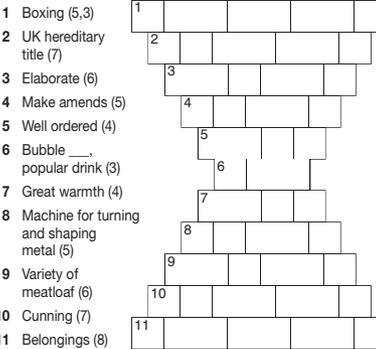
SUGURU®

Each cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3, and so on. The same digit must not appear in neighbouring cells, not even diagonally.



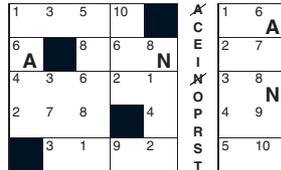
BRICKWORK

Answer each clue so that every entry contains the same letters as the previous entry, plus or minus one.



MINI CODE

Ten letters have been given a number from 1 to 10. Break the code to complete the crossword.



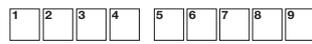
BRAINBOXER

Susan plated up 500 assorted biscuits for four kinds for a buffet lunch. There were 22 more pink wafers than bourbon creams, and 74 more custard creams than chocolate digestives. Bourbons and custard creams combined outnumbered the other types by 52. If the number of each type of biscuit fell within a range of exactly 122 and there were 99 biscuits of one particular flavour, how many of each kind were there?

Solution tomorrow.

THE NAME GAME

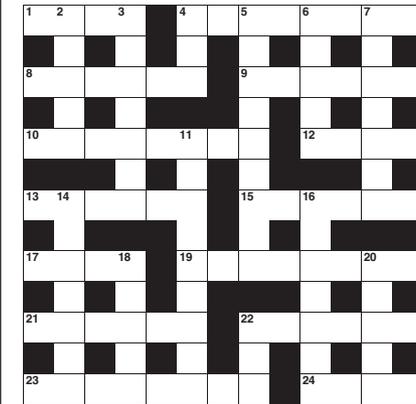
EACH clue leads to a well-known name. Put the initials or stated letters in the appropriate squares to identify an actress:



- | | |
|-------|--|
| 6 & 4 | Mr Hawkins, runner-up in the Masters snooker in 2016 and 2022 (second and last letters of name) |
| 9 | He had hits with Oh Carolina and Boombastic |
| 5 & 7 | She had a No.10 hit in 2017 with Issues |
| 8 & 2 | Ms Smith, celebrity cook and famously a Norwich City supporter/shareholder (second and fourth letters of name) |
| 3 & 1 | Timothy, actor who played Wormtail in the Harry Potter films (last two letters of name) |

Yesterday: Actor LEVAR BURTON (Tony Audenshaw, Angel (Di Maria), Richard Briers, Guinevere, Robert (Browning)). Another Name Game in The Sun tomorrow.
If you can't wait until tomorrow for the answers, just call 0901 293 6298. Calls cost £1 plus your telephone company's network access charge.

Two sets of clues but the answers are the same



Check today's answers before midnight by calling 0905 757 0150 for Across and 0905 757 0151 for Down. Calls cost £1 per minute plus your telephone company's network access charge.

Coffee time

- ACROSS**
- Communion (4)
 - Critical examination (8)
 - Male domestic feline (6)
 - Baked dough (6)
 - Incautious (8)
 - Love god (4)
 - Unruffled (6)
 - Be conscripted (6)
 - Eyelid swelling (4)
 - Roguish (8)
 - Put in a grave (6)
 - Minister (6)
 - Soft wool (8)
 - Requirement (4)
- DOWN**
- Bouquet (5)
 - Stash (7)
 - Egyptian god (3)
 - Regain after default (9)
 - Refinement (5)
 - Apprehensive (7)
 - Extremely bad (9)
 - Baltic state (7)
 - Go-between (7)
 - Historical period (5)
 - At large (5)
 - Crusted meal (3)

TWO-SPEED CROSSWORD

- ACROSS**
- Come together for religious service (4)
 - Nearly blind before microscopic analysis (8)
 - Queen's consort? (6)
 - Old man's effort to make cake (6)
 - Negligent not having transport round Spain (8)
 - Angry about amorous archer (4)
 - Endlessly observe Frenchman being calm (6)
 - Listen, stupid recruit! (6)
 - Inflammation, like yet spreading (4)
 - Mischievous, small conservative in political meeting (8)
 - Mad note by doctor in Bury (6)
 - Shepherd among sheep, as to religion? (6)
 - Fabric in green pure and simple (8)
 - Want to manipulate dough, we hear (4)
- DOWN**
- To Italian capital for the perfume? (5)
 - Conceal rest EEC produced (7)
 - Positioned the box (3)
 - Get back, concerned with crew on ship (9)
 - Revealed in Fiametta, Sterngold's preference? (5)
 - Uneasy near you French, having no answer (7)
 - Dreadful crustacean in river drained lake (9)
 - In Launceston I always find the country (7)
 - Lois and lan revitalised adulterous affair (7)
 - Strange echo round piano for long time (5)
 - Free and easy (5)
 - Dish available in Mississippi eatery (3)

Cryptic clues

YESTERDAY'S SOLUTION

ACROSS: 8 Stamina, 9 C-hose, 10 Ex-ac-t, 11 Ev-id-ent, 12 Therefore, 14 S-pa, 16 So-t, 17 Unsettled, 19 Nar-rat-e, 21 Enter, 22 Ma-p-le, 23 Karaoke.
DOWN: 1 A-s-best-os, 2 Parakeet, 3 Pi-n-t, 4 Gaze-b-o, 5 Acc-i-d-ent, 6 Note, 7 Nest, 13 E-ducat-ed, 14 Solution, 15 Alder-men, 18 S-he-ikh, 19 (a)N-m-e, 20 Rope, 21 Eur-o.

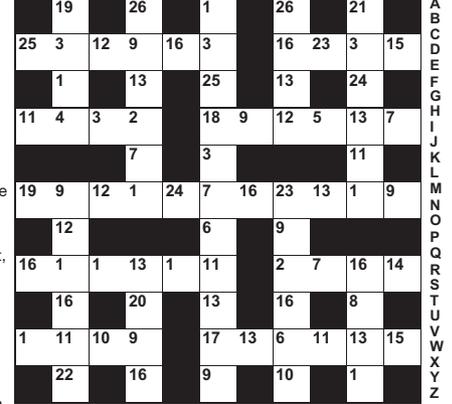
WORD WORKOUT

THIS is the world's best brain teaser. The Sun's clueless crossword. Here is how to play: 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'S SOLUTION
ACROSS: Wipe, Emir, Gut, Fail, Atop, Heartless, Bedjacket, Pate, Hill, Mix, Yard, Stow.
DOWN: Wife, Prize, Quest, Maths, Rapt, Hob, Aid, Elk, Sit, Enter, Avoid, Evict, Spay, Glow.

For 4 Extra Clues Call 0901 293 6299
Calls cost £1 plus network access charge.

or text SUNWORD to 64343.
Texts cost £1 plus your standard network rate.



INITIALS

If S is Seven, what are these other Brad Pitt films?



- BT
- TAL
- OE
- TLC
- MJB
- FC

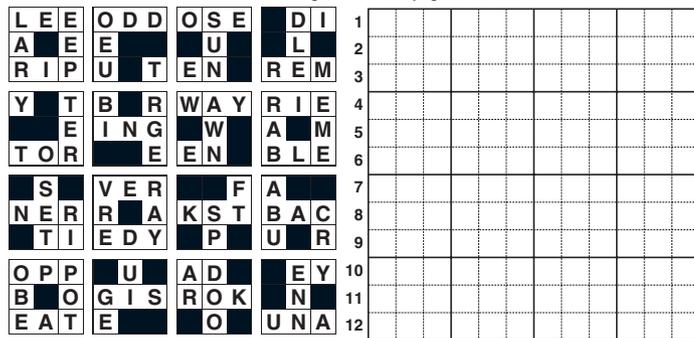
UNSCRAMBLE

Unscramble these anagrams to spell out six Take That songs.

- GLUED COMIC BAIT
- HIGHER AGENCY VENTS
- TEAS TRAGEDY
- GRIMLY HEFTIER
- HURLED TROWEL
- FERVENT OGRE

PIECEWORD

With the help of the Across clues only, can you fit the pieces into their correct positions in the grid? See next page for solution.



- ACROSS**
- Resist • Eagle's home
 - Digested
 - Not competent
 - Giving vitality to
 - Rocky peak
 - Cup match
 - Passing craze
 - Unpaired
 - Style of swimming
 - Elbow-room
 - Frogman
 - Become mature
 - Cure

3 pages of puzzles

ARROWORD

Complete the puzzle and rearrange the letters in the shaded squares to spell out a Hollywood actress (6,6).

WIN!
£50

Clues for Arrowword puzzle:

- Porridge cereal
- Tibetan monk
- Emery board
- African wildlife expedition
- Angled
- Maintain
- Betting amount
- Surname of the pictured actor
- Old harp-like instrument
- Holiday excursion
- Bread supplier
- Jump with a rope
- Boneless joint
- Printing error
- Tall, spiky flower
- Court official
- Above
- Stopped sleeping
- Costly
- Titular head of a university
- Hop-rich beer
- Zero score
- Flirtatiously shy
- Gamble
- Remiss
- Managed
- TS ___ poet
- Alternatively named (mits)
- Count (on)
- Working cattle

HOW TO ENTER

CROSSWORD: Call 0904 043 5001 and leave your answer, name and contact details. Calls cost £1.50 plus network access charge. Or you can text **CROSSWORD**, your answer, name and contact details to 88833. Texts cost £1.50 plus your standard network rate.

WORDSEARCH: Call 0904 043 5002 and leave your answer, name and contact details. Calls cost £1.50 plus network access charge. Or you can text **WORDSEARCH**, your answer, name and contact details to 88833. Texts cost £1.50 plus your standard network rate.

ARROWORD: Call 0904 043 5006 and leave your answer, name and contact details. Calls cost £1.50 plus network access charge. Or you can text **ARROWORD**, your answer, name and contact details to 88833. Texts cost £1.50 plus your standard network rate.

TERMS: Open to UK residents aged 18 or over. There will be one winner randomly selected from all correct entries. Competition closes Friday 9 August. Competition is not open to employees of News UK, their families, or anyone connected to this competition. Service Provider: Spoke Interactive Ltd. Helpline: 0333 202 3390

KRISS KROSS Fit the words into the grid below.

3 letters	6 letters
LEA	NOVICE
MAR	OSPREY
NAB	7 letters
RAY	ANALYSE
SOP	INCISOR
4 letters	MINDSET
DRAW	VERANDA
ROBE	9 letters
5 letters	APPARATUS
FEMUR	CEASELESS
FRAME	
HENGE	
NYMPH	
PHIAL	
ROCKY	
WHEEL	
YAPPY	

Minidoku

Using only the numbers 1-4, fill the empty spaces so every row, column and smaller 2x2 grid contains the numbers 1 to 4.

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

ENTERING OUR PRIZE PUZZLES IS NOW EASIER THAN EVER!

ENTER BY POST:
Write your answers to the puzzles, fill in your personal details, then cut out the coupon and post to the address below. (You can enter one, two or all three puzzles.)

NAME _____
ADDRESS _____
POSTCODE _____
EMAIL _____
TEL _____

CROSSWORD ANSWER: _____
WORDSEARCH ANSWER: _____
ARROWORD ANSWER: _____

Solutions

Minidoku

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

Piecework

Kriss Kross

Mini Code

Unscrembble

Backwork

Initials

Sungram

Sunrise

Patriminder

Suniko

Mini Anagram

TV Mag Solutions

Sudoku

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

Letter Box

Word Ladder

HAIR, LAIR, LAID, LAND, BAND.

Add It Up

85

Suko

561
837
249

Last Saturday's Prize Answers

Crossword STEPHEN MERCHANT

Wordsearch JAVELIN

Arroword RYLAN CLARK



Mystic Meg

with **MAGGIE INNES**

ARIES March 21 – April 20

You have a cheeky charm that's impossible to resist and attracts someone who's been playing it cool to the centre. If you're in a relationship, your daredevil drive to try new things transports partners back to your most delicious days. Creative cash can link to finding unique ways to write or talk to young audiences.

TAURUS April 21 – May 21

The more honest you can be at home, the sooner a situation can go your way. So if you know you are hiding any information, try to share it soon. Pluto makes you a persuasive, rule-breaking speaker, so if you need to impress, this is a great time. Dark-coloured doors can link to luck numbers.

GEMINI May 22 – June 21

You can talk to anyone today, and make any point well. So stop putting off that meeting, or message. The sun's energy stream plus the insight of the moon, is key. Mercury makes you a natural peace-maker, but try not to waste this on people who don't deserve you. Lucky letters link to transport routes.

CANCER June 22 – July 22

If you've been thinking about moving or maybe refreshing saved money, make a start. Your chart inspiration is strong, and you can see opportunities other people may miss. A role writing about homes could create extra cash, too. Set your heart free to love who it chooses - you could get a "J" surprise.

LEO July 23 – August 23

A time of doing too much, while waiting in the wings, is over. You are ready to step into the spotlight. But part of this process includes highlighting who may not be pulling their weight. Romance is lighter and yet more luscious - and you realise how far feelings could go. A trip that starts on wheels provides the proof.

VIRGO August 24 – September 22

You've got unique emotional style and can hide your feelings when you need to. This makes you a talented negotiator, on your own behalf, or for other people. So do get that buying or selling ball rolling. Love-wise, you're on a Venus romance roll, but you need room to grow. Pledge not to let yourself be pushed into corners.

LIBRA September 23 – October 23

Gathering together is the theme of your chart but it must be on your terms. So start thinking about what works and what doesn't and how you can fine-tune friendships and family bonds. Then the talking can start. A trip you make with little enthusiasm maybe linked to a home chore is your love finder.

SCORPIO October 24 – November 22

A luscious Scorpio love-in is already underway and you'll make or hear sensational plans for partners. That can flip passion back to its very best days. If you start the day single, it's the way a curly-haired Cancer offers help that wins your heart. A moon of aiming high takes a modest money goal and more than doubles it.

SAGITTARIUS November 23 – December 21

There's go-ahead sunshine in your travel sector, and no matter how small the distance you cover, you will feel you have arrived. So start now to transform thoughts into tickets. Love is on an impressive learning curve but only you can truly decide what's right. So do stop someone acting on your behalf.

CAPRICORN December 22 – January 20

From late morning onwards, the moon stirs up big feelings seeing an ex work or love face somewhere unexpected can be the key. If you know there's unfinished business, take charge. Mercury guides you through a complex set of rules or restrictions, towards a personal triumph. Missing words can be lucky.

AQUARIUS January 21 – February 18

If you know you've been holding back, it's time to let go and give yourself to love, all day. A partner will sense the shift, and a challenging situation can change. If you're single, your perfect match seems wrong at first. But you can sense this could be special. Sun luck shines on cash deals, especially in the open air.

PISCES February 19 – March 20

Career plans work best when you stay flexible, try not to limit your options. Yes, right now a fresh field can turn out to be your dream destiny, dispelling any self-doubt. In love and life, you can achieve every goal sooner if you ask for support. Mercury's cool approach makes this an easier ask today.

Phone Meg's psychics for a chat on **0905 005 8102**

Or to pay by credit/debit card call **08000 356 684** or mobile users call **020 7111 6406**

Text a psychic. Just text **MEG** then a space and your question to **60016**

Calls cost £1.50 per minute plus your telephone company's network access charge. You must have bill payer's permission. Calls recorded for your protection. Max call duration 19 mins for 0905 numbers. Over 18s only. These services are for entertainment only. SMS cost £1 per received message, max 3 messages per reply. UK only. To opt out of three promo messages call Helpline: 0330 114 0300. SP: Inveroak.com, PO Box 10015, CM1 9HH.

GOOD WEEK

DANIEL Frumkin, boss of Metro Bank, which said it would return to profit later this year after last autumn's fight for survival.



BAD WEEK

JÓZSEF Varadi, chief of Wizz Air, after its shares plunged on the back of its profits being almost wiped out.



Sun
business

By **ASHLEY ARMSTRONG**

ashley.armstrong@the-sun.co.uk
@AArmstrong_says

TECH A BEATING

AI fears spark share plunge

GLOBAL stock markets flashed red yesterday — amid concerns about a Big Tech bubble and the US economy suffering from high interest rates.

The sell-off began overnight in Japan, as Tokyo's stock market had its biggest drop in eight years.

It then moved with the timezones and dragged all of Europe's index lower and hit the FTSE.

The sell-off worsened after hedge fund **ELLIOTT** told its



Tokyo drift... Japanese stock market

investors that chip-maker **VIDIA** — which had been the most valuable company in the world for a time earlier this year — was "overhyped".

It was enough to wipe \$100 billion off its valuation. Investors are taking a dim view of the current rash of results from tech giants, and are asking at what point their big spending on AI projects will deliver profits.

AMAZON said on Thursday that its earnings would be below forecasts, and while **APPLE** beat its profit forecasts, its iPhone sales slipped to the lowest level in three years.

Chip-maker **INTEL** is to cut 15,000 jobs to save on costs.

SAVERS RISING

VIRGIN MONEY has lent less to mortgage and credit card customers in recent months as people save up.

The bank said more customers had opened ISA accounts to take advantage of high interest rates.

It will spend at least £10 million on adviser fees relating to its upcoming takeover by **NATIONWIDE**.

IAG PAYOUT JOY

BRITISH AIRWAYS' owner **IAG** has restored its dividend for the first time since the pandemic.

Shares were up by over 4 per cent yesterday after its second-quarter profits beat forecasts.

Boss Luis Gallego said the restoration of a dividend "reflects our confidence in the business".

WEEKLY SHARE PERFORMANCE

21st Century Fox Inc A	2917 ¼	-	11 ½
21st Century Fox Inc B	2718	-	8 ½
Abrdn	163 ¾	-	4 ¼
Anglo American	2243 ¾	-	136 ½
Ascco Br Foods	2464	-	49
AstraZeneca	12610	+	430
Aviva	477 ¾	-	14 ¾
BAE	1282	+	9 ½
BAT*	2788	+	59
BP	444 ¾	-	9 ½
BT Group	158	-	2 ½
Barclays	209	-	22
Barratt	523 ½	+	3 ¾
Bco Santander	340 ½	-	40 ½
British Land	405 ¾	+	6
Bunzl	3166	-	84
Burberry*	730	-	17
Carnival	1060 ½	-	166 ½
Compass	2361	-	77 ¾
Currys plc	177 ¾	-	4 ½
Diageo	2380	-	185 ½
Drax Group	642	-	3 ½
Esken Limited	—	-	—
Experian	3492	-	106
Ferguson	15880	-	1045
FirstGroup*	166	-	4
Fraser Group	867 ½	-	8
GSK	1562 ½	-	9 ½
Greggs	3078	+	178
HSBC	636 ¼	-	28 ¾
IDS	344 ½	-	1
IML	1755	-	103
ITV	78	-	2 ½
Imperial Brands	2142	-	3
InterContinental Hotels	7366	-	622
International Airlines	167 ¾	-	14
Johnson M*	1592	-	63
Kingfisher	268 ½	-	11 ½
Legal&Gen	220	-	9 ½
Lloyds Banking Group*	55 ¼	-	6 ½
London St Exch	9740	+	262

THE FTSE 100 YESTERDAY FELL BY 108.65 TO 8,174.71

Man	231	-	28 ½
Marks & Spencer	317	-	8 ½
Mitch & Butlers	302	+	13
Mitie Gp*	118 ¾	-	4 ¾
Mobico Group	55	-	¼
Mothercare	4	-	—
Next	325 ½	-	36 ¼
National Grid	997	+	22 ¾
News Corp A	2044 ¼	-	102 ¼
News Corp B	2111 ¾	-	102 ½
Next	3476	+	664
Pennon*	630 ½	+	10
Persimmon	1566 ½	-	3 ½
Prudential	645 ½	-	39 ½
Rank	925 ¾	+	1 ¾
Reckitt Benckiser*	4150	-	336
Rentokil	461	-	6 ½
Rio Tinto	4949 ½	-	87 ½
Rolls-Royce	463 ¾	+	22
SSE*	1908	+	75
Sage	1045 ½	-	36 ½
Sainsbury's	273 ¾	-	33 ¾
Segro	925 ¾	+	146
Seyn Trent	2653	+	64 ½
Smith&N	1186 ½	+	2
Smiths News	59	+	2
Stand Chart	669	-	34
Tesco	326 ½	-	¼
Tui	563 ½	-	10
Unilever	4846	+	105
United Utilities	1059	+	47
Vangus	55	-	—
Vesuvius	422	-	51
Vodafone*	72 ¼	-	¾
WH Smith	1248	-	52
— ex dividend	—	—	—

Data by MORNINGSTAR

Sun money

Take on odd jobs Make: £450 a month

ONE of the best ways to create cash is to take on jobs that others don't have the time or skills to do themselves.

Register with a site such as Airtasker, where people post odd jobs they need help with.

On the day we looked, the rate for helping someone pack to move house was £150.

According to Airtasker's Side Hustle

Calculator, two jobs a week adds up to an average of £450 a month for car washing, £400 for cleaning and nearly £300 for washing and ironing.

Lots of householders need help with their garden during the summer.

The charge for light gardening on Airtasker is £60 — or you could make £550 a month if you take on two jobs a week.

Walk a dog Make: £10 a go

DURING the busy summer holidays, many owners seek animal lovers to look after pets. You could charge £10 for a 45-minute dog walk.

Find out more at the National Association of Pet Sitters and Dog Walkers (narpusk.co.uk) and look out for pet-sitting jobs on the Nextdoor app.

It would be a good idea to take out public liability insurance — the average cost is around £55.



SURVIVE the summer holidays with our guide on how to make a bit of money from home.

With summer activities costing around £500 per child and childcare coming in at £175 per child per week, there's certainly no break for parents' purses.

You can offset the costs by finding clever ways to make more cash, writes MEL HUNTER.

All these moneymakers fit into your evenings or spare time — and with some of them, you can get the kids stuck in too.

Sell your own crafts Make: £100 a month

IF you're hiding your creative talent, going public could make you pounds.

Handmade items such as jewellery, clothing or upcycled furniture can be sold on platforms such as Etsy or at craft fairs.

Lanre Bianeyin, 50, from Sutton, South London, who has two children aged 14 and 17, sells hair scarves and accessories for around £5 to £25 from her Etsy shop, LanRetro.

She says: "I have always enjoyed making things and love vintage style."

Alongside her job as a learning coach in a college, she spends a few hours two or three times a week working on her shop — and makes around £100 extra income a month.

She says: "As well as paying for more materials, it helps me give my children money to go out with their friends during the school holidays."

GETTING AHEAD OF THE BILLS... Lanre earns around £100 a month from handmade scarves

Picture: DAN CHARITY

Do a car boot sale Make: Around £100

IT'S peak season for car boot sales.

They often close down from autumn through to spring, so make the most of the summer to sell your unwanted things.

Once you have assembled a pile of DVDs, games, kitchenware and unwanted gifts, simply book a pitch at your local car boot.

Get kids to help price and sell the items for a

lesson in how to make some money.

You could set aside your profits for a special family day out.

While you're there, look out for treasures to sell on for more money.

You could also make cash from old books via the Ziffit app, or sell Lego by the kilo at musicmagpie.co.uk, along with CDs, DVDs, old phones and other tech.

Sell clothes bundles Make: £5 a bag

KIDS' clothes do sell well at car boot sales, but there are other methods.

Vinted and eBay are all good places to start.

A bundle of clothes of the same size often sell better than one-off items.

If that seems like a lot of effort, you might want to use a specialist kids' clothes service.

The Little Loop, which rents out kids' clothes, also gives at least £5

credit for each bag of clothes you send to them. Order a £2 pack at thelittleloop.com/secondhand/clearout to get two bags and free return shipping, then return a bag to get the £5.

Site founder Charlotte Morley says: "Parents are turning to Clearout because we do the hard work, they still get paid, and every item is responsibly resold."

DON'T MISS TOMORROW'S SUN MONEY FOR MORE SAVINGS, HELP AND ADVICE

Edited by
**TARA
EVANS**



Got money problems? We can help fight for your cash back or challenge the way firms operate
Email: money@the-sun.co.uk
Write: **Sun Money, News UK**,
1 London Bridge Street, London SE1 9GF

Be an Airbnb host
Make: **£1,000 a week**

If you live in a holiday hotspot, rent out your home or room during the summer.
Use Airbnb to find last-minute travellers.
You could also rent your loft space or garage with a website such as stashbee.com, which has around 100,000 users who make an average of £1,300 a year.
If you live near an airport, sports ground,

concert venue or other popular location, you could make £3,000 a year renting your car parking space on JustPark.
Or rent out cameras, tools or sports gear you no longer use on fatllama.com.
You can loan your pressure washer for around £15 a day or get £20 for an inflatable kayak.

Be a babysitter
Make: **£10 an hour**

BABYSITTERS are always in demand during the long summer holidays.
Typical rates are around £10 an hour.
You can spread the word that you're available to look after children by word of mouth, local online groups or by registering at childcare.co.uk.
Although you don't need any qualifications to babysit, having previous experience and a DBS (Disclosure and Barring Service) check will allow you to charge more and get more work.
The most important requirements are being responsible and great with kids.
Love their company? You could be quids in.



John Lewis compensated you for discount confusion

Q I BOUGHT an AEG washing machine and tumble dryer from John Lewis which both had 20 per cent off, but I only got the discount on one of them.
John Lewis said I needed to redeem the discounts after buying, but when I came to redeem the codes online, AEG said I could only claim one at a time. With the discounts it should have cost £1,845, but I've ended up paying £2,117.
I complained to John Lewis but they said it's not their promotion and they can't do anything about it, but I don't feel I did anything wrong. Can you help me get the full discount?
RUDI JONES
Bristol



LAURA PURKESS
Sorts out your money issues

A YOU couldn't believe your luck when you were hunting for a new washing machine and tumble dryer and found top-tier models on sale at John Lewis in Bristol.

The salesperson in the store said you could claim 20 per cent off both items after purchase by supplying a VAT receipt to AEG from John Lewis.
So, you went home and bought the items online for £2,287 – but you knew you would get back £441 with the discount.
When you went to use the promotion online, though, after the items were delivered you were stunned to find

you could only claim it on one item per order. The deal was taken off your tumble dryer, meaning you ended up paying £2,117 in total.

You and your wife are both 73, living off your pensions, and told me you can't just write off £372.95. You had three phone calls with the retailer's customer services and said each staff member agreed you should get both discounts, but they weren't able to apply them.
When I spoke with John Lewis, it said the promotion is run and offered by AEG rather than them, and it had the terms and conditions on its website.
But it apologised and agreed to refund you the extra money as a gesture of goodwill to compensate for the confusion.

A John Lewis spokesman said: "We listed this offer on behalf of the manufacturer, and their T&Cs were available on the product pages. We are sorry our customer is disappointed, and have sent a gesture of goodwill."



Hand make some extra cash

8 WAYS TO EARN MORE TO COVER SUMMER COSTS

Switch bank accounts
Make: **£175**

NOW is a great time to switch to a new current account and pocket a bonus sum. The best options available include Barclays, which offers a £175 thank you, and TSB which offers £100 to switch.
You must close and complete a full switch of an old account by using the Current Account Switch Service, which automatically moves all



payments, direct debits and standing orders.
Some of the banks may offer the bonus for switching to paid-for accounts, so check the fees are worth it before making the move.

'My kids love sports clubs so I want to be able to pay the fees'

KATIE ERANGEY hopes to earn an extra £500 to pay for her kids to have fun throughout the summer.
With her family's mortgage now up £600, she answers dog walking, cleaning and spray tanning posts on Airtasker while also having a weekend job at Heathrow airport.
Katie, left – mum to Charlie, nine, Scarlet, eight, and Jack, two – says: "My daughter loves football and my son loves golf, so I want them to be able to go to those holiday clubs, which are around £30 a day."
Married Katie, 40, from Hook, Hants, adds: "Dog walking is good for my mental health."



MILLIONS of pensioners will lose out on £300-worth of help with energy bills this winter ahead of a shake-up to cold weather benefits.

Chancellor Rachel Reeves said the winter fuel payment will only be available to those on Pension Credit and other means-tested benefits.
It comes as Government figures show £2billion goes unclaimed in Pension Credit each year. **LANA CLEMENTS** explains what you need to know...

WHAT IS THE WINTER FUEL PAYMENT? Until now, winter fuel payments worth up to £300 a year have been available to everyone above state pension age. They are intended to help with the cost of energy bills in colder months and are usually paid in November or December with no need to apply.

HOW IS IT CHANGING? From this year, only those receiving Pension Credit and other means-tested benefits will qualify for payments worth £200.
Households where someone is over the age of 80 will receive £300 in winter fuel payments. Pensioners receiving Universal Credit and income support will also still receive the payment.
It's thought the change will cut the numbers receiving the benefit down from 11.4million to 1.5million. Experts said the move should be a prompt for those receiving State Pension to check their

eligibility for Pension Credit and other state benefits.

AM I ELIGIBLE FOR PENSION CREDIT? A huge £2billion goes unclaimed in Pension Credit each year.
The benefit tops up your weekly income to £218.15 if you're single or joint income to £332.95.
When you receive Pension Credit it also unlocks other financial support such as council tax benefits and free TV licences for over-75s.

You can use an online benefits calculator to find out your entitlement to support, there is a list of independent and free checks you can make at gov.uk/benefits-calculators.

Stephen Lowe, from retirement firm Just Group, said: "The Government's own figures show that up to 880,000 families entitled to receive Pension Credit fail to claim each year, on average missing out on £2,200 a year or more than £2 billion in total. Once you add the other benefits it triggers, claiming can be worth £8,000 a year."

HOW DO I CLAIM PENSION CREDIT? You can apply for Pension Credit up to four months before you reach State Pension age. If you claim after, you can backdate by up to three months.
Applications need to be made on the Government website or by calling 0800 99 1234. You'll need your National Insurance number, as well as information about income, savings and investments.



WINTER FUEL Q&A



SHAKE-UP ... Rachel Reeves





BACK TO NATURE
... go on a walk

EASY PEASY... lemon trick
GIVE BBQ A CLEAN SWEEP

FIRING up the barbecue is perfect on sunny days. And if your grill is in need of a little spruce-up, here are some easy ways to get it sparkling.

- Cut an onion in half and rub it over the grill. The acids help to break down a build-up of grease. An orange or lemon will do a similar job.
- Once the barbecue is heated, but before cooking, place a mixture of equal parts water and vinegar in a metal tray on the grill and close the lid. After about ten minutes, the steam should sink into the dirt, which you can then easily scrub away with a brush.
- A sheet of scrunched-up aluminium foil works as an alternative to a wire brush for cleaning grills.



Think outside the box during hols

TRY A NATURE TRAIL TO KEEP KIDS BUSY IN SCHOOL BREAK

By LANA CLEMENTS

PACK away the uniforms and pause morning school runs - the summer holidays are here.

But keeping the kids amused for six weeks can put a big hole in most family budgets.

Here are tips to help you survive without breaking the bank...

NATURE HUNT - Kids love being outdoors and there is no cost to heading to green spaces such as the park or local woods.

You can make it more fun by creating a scavenger hunt - a list of items your little ones have to find.

Pack some crayons and paper so you can also make rubbings out of things like leaves or tree bark.

BAKE OFF - The summer has been a bit of a washout so far, but rainy days are great for whipping up tasty treats with your kids. Look

for easy recipes that use up food already in your cupboards.

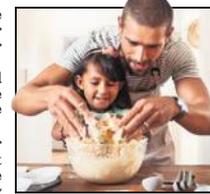
Try a simple pizza dough and get little ones to experiment with toppings - and that is dinner sorted too. Or banana bread is always a winner and saves fruit from going in the bin.

BOOK WORM - Create a reading challenge with your child, setting them the task of reading one book a week. Heading to the library costs nothing and check if it is running any events that you can get involved in.

Take plenty of snacks to avoid pricey lunches out.

PHONE A FRIEND - Stay in touch with classmates over the summer and take it in turn to host playdates.

The kids will amuse each other and parents can take a breather - everyone's a winner.



LET'S BAKE... cake fun

GRILLED TO see you

Fire up BBQ showstoppers

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£2⁸⁹

SERIOUS ABOUT SUMMER

ASDA

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FIRST-EVER 1937 Studebaker Woody Wagon Sculpture

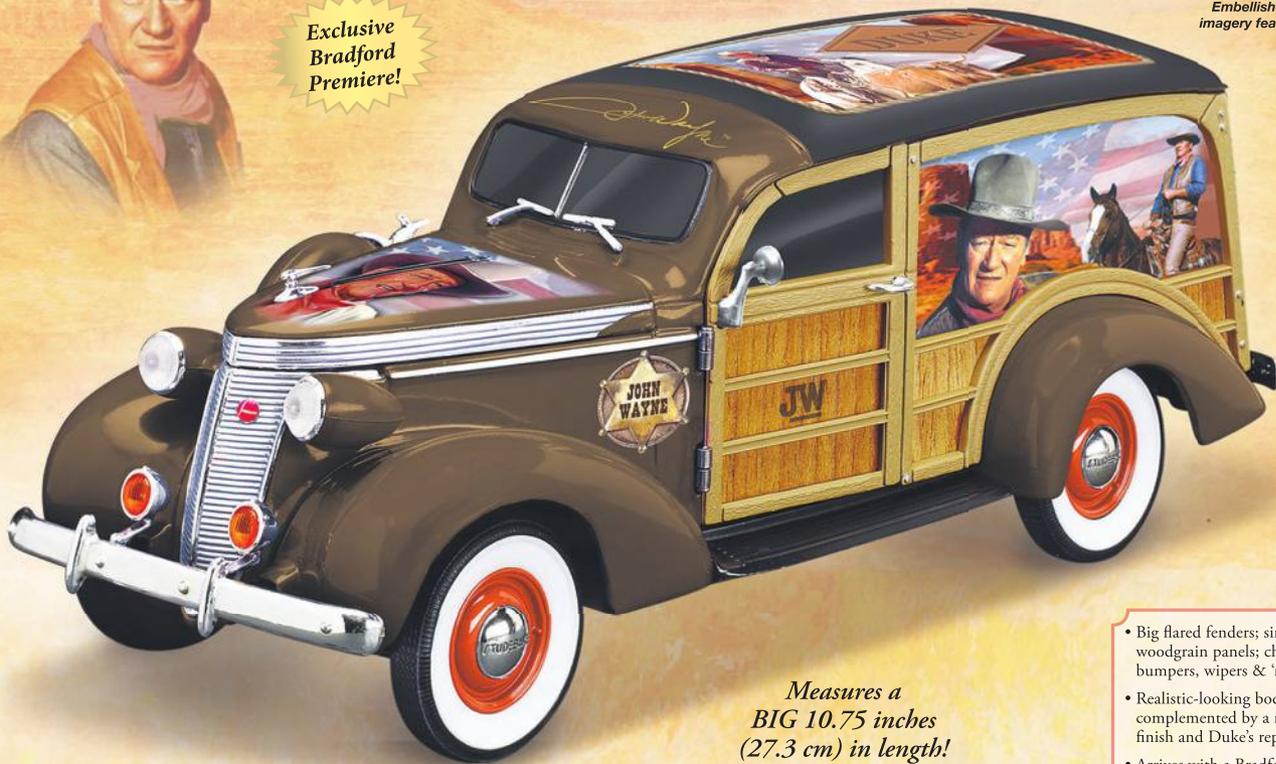
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- Realistic-looking body style is complemented by a rich paint finish and Duke's replica signature
- Arrives with a Bradford Exchange Certificate of Authenticity

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Sun travel

AWARD-WINNING
Edited by LISA MINOT



● IT'S 34C IN TURKEY – five nights' all-inclusive at the 4★ Hotel Greenland is from £334pp from Gatwick on August 31. See firstchoice.co.uk.

hot spot

● PORTUGAL is 30C – seven nights' B&B at the 5★ Pestana Vila Sol from £599pp, including flights from Gatwick in September. See britishairways.com.

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3 MORE PAGES

● IF you're looking to dip your toe into cruising, a bargain mini break from P&O Cruises has you covered. Enjoy a two-night sailing – with four pools, a spa and 30 restaurants and bars – including all meals, kids' clubs and entertainment. Departing Southampton on October 23, the mid-week escape on the new Iona ship,

with its SkyDome, is relaxing by day and buzzing with entertainment by night. Kick back in the spa, steam rooms and hydrotherapy pool, or enjoy a whirlpool bath and butler in a luxury suite. Two-nights' full board is from £249pp for an inside cabin, and from £649pp for a suite. See pocruises.com or call 03453 555 111.



● VOTE in The Sun Travel Awards 2024 and you could win one of EIGHT fantastic holidays. Trips away, be they abroad or at home, are a top priority for Sun readers and, because of that, we now want to reward the firms that have served you best. Vote for your favourites in our 11 categories and you could win an incredible prize. You could cruise

to the majestic Norwegian fjords, hit the beaches of Florida or even have heaps of family fun in Majorca. There's also a stay at a Haven holiday park or a treehouse at Port Lympne Hotel and Reserve in Kent to be won. Today, we've got our eyes on the Costa del Sol, where a family of four can win a week-long getaway to the Ramada Hotel & Suites. The

seven-night package with breakfast includes a two-bedroom apartment, flights from a major UK airport of your choice and transfers or car hire. The lucky winners will also be treated to a welcome pack on arrival, with wine, beers, brekkie bits and cheese and biscuits. You have until August 8, 2024, to vote at thesun.co.uk/travelawards. Terms and conditions apply.



PERCH . . . Housel Bay
HOUSEL BAY LIZARD, CORNWALL
WHAT'S IT LIKE? Perched on a cliff on the most southerly point of mainland Britain, close to a functioning lighthouse, Housel Bay in Lizard Point is an exceptional family run hotel. It opened in 1894 and attracts guests with nearby walking trails, nature and top-notch grub. Its remote location makes it ideal for those after time-out.

ROOMS ANY GOOD? The 23 rooms are slowly being revamped from their current 1980s decor. We stayed in a modernised family inland room, which was bright and compact, with bunk beds, a cosy double bed, incredible views and Cornish teas. **EAT HERE OR GRAB A PIZZA?** The hotel's Marconi's Bar is lovely for pre-dinner drinks – I had a delicious Bailey's Espresso Martini in front of the crackling fire while hubby enjoyed a pint of Korea. We ate in The Terrace, which overlooks the Atlantic, and is open for breakfast, lunch, afternoon tea and dinner. It's laid back and uses locally sourced ingredients, with dishes including fennel and fried onion focaccia and monkfish scampi.

WHAT ELSE? The location is standout. You can stroll from here to Kynance Cove, renowned for its white sand and reddish-green serpentine rock. The working Lizard Lighthouse has provided safe passage for vessels crossing the Atlantic since 1752 – and you can tour it in spring and summer. Cornish fishing village Cadgwith is a 75-minute walk, or five-minute drive, away with a good pub. **SO YOU'D GO BACK?** Yes, even just for the picturesque garden, where you can savour beautiful ocean views. **WHAT'S THE DAMAGE?** Rooms are from £115, including breakfast. See houselbay.com.

NATASHA HARDING



REVAMP . . . bright rooms

ITALIAN ALPINE REGION ON NORTH OF LAKE GARDA

Sparkling vino from Trentino



MAJESTIC . . . stay at magical Castel Pergine



TRENT-SETTER . . . Gothic cathedral Duomo di Trento

WITH rustic, cliff-edge restaurants overlooking vast bodies of water, it is no wonder the Italian lakes have caught the eye of celebs Tom Cruise and George Clooney. But what makes the alpine region of Trentino, home to the northern tip of Lake Garda, particularly special is

that you will automatically receive the Trentino Guest Card after spending just one night here. This gives you FREE access to public transport, as well as free entry to over 20 castles, 60 museums and 40 attractions. SAM STREET shares his top five reasons to visit.



RELAXING . . . stunning Lake Caldionazzo has an alpine feel

DIP IN THE WARMEST LAKES IN SOUTHERN EUROPE

Lake Como and Lake Garda are breathtakingly gorgeous, but they can become a little crowded in summer. Instead, head to the "Land of the Blue Flag", 40 miles north-east of Riva del Garda where the lake temperatures reach a balmy 24 degrees due to their smaller size. The emerald-green water, surrounded by snow-capped mountains, are what gives Lake Levico and Lake Caldionazzo a more alpine vibe over their neighbours.

Check out the nearby Venetian-style resort town of Borgo Valsugana while you are here.

MAKE YOUR OWN PESTO

If a foraging tour sounds like your cup of tea, the Valle dei Mocheni is an impeccable spot to try it.

The valley is inhabited by the Mocheni people, who use an old German-style language, Mocheno – with only 1,900 speakers left in the world.

The Between Foraging And Survivalism: Herbs To Eat tour, you will learn how to safely pick up stinging nettles (optional!) and which plants, flowers and herbs are, and are not, safe to eat.

Ground ivy leaves turned out to be a particular treat, with a taste that suggested they would make an excel-

GO: TRENTINO

GETTING THERE: Ryanair flies direct from Stansted to Milano Bergamo from £14.99 each way. See ryanair.com.

STAYING THERE: Rooms at Castel Pergine cost from 130 euros (around £110) per night for stays of two nights or more on a B&B basis. See castelpergine.it/en. Rooms at Hotel Cristallo cost from 139 euros (around £117) per night on a B&B basis. See hotelcristallo-altabada.it/en.

For more info, see visittrentino.info/en.

lent Mediterranean lamb spice. Dandelion petals, meanwhile, are said to be good for the liver.

But the most rewarding part of the tour was making three different types of pesto to sample with fresh bread in the garden of the Malga Kaserbiss Hitt mountain hut restaurant, where the views across the Dolomites are simply heavenly.

Foraging tours are free with the Trentino Guest Card (see visittrentino.info).

STAY IN A FAIRYTALE CASTLE

The 13th-century Castel Pergine is like something from a fairytale with medieval curved turrets overlooking a peaceful walled garden.

You can stay in an antique room with original furniture from 1910,

when the castle first opened to guests.

Or you can opt for a modern room, which blends the past with the present, featuring modern beds and furnishings woven among wooden beams and traditional windows.

Those looking for a truly unique experience, however, will want to stay in one of three available tower suites with room for up to five people. It features stained-glass windows and thick woven rugs.

If you fancy something more modern and close to the action, try the 4★ Hotel Cristallo in Levico Terme.

SAMPLE TRENTINO'S CHAMPAGNE

The Trentino region is famous for its TrentoDoc, a sparkling wine similar to champagne – the first of its kind in Italy to be made using the Methode Champenoise (champagne method).

There are few places better to try it than the Castel Ivano, which is perched above the Valsugana Valley.

The castle is owned by the Staudacher family, who have lived there since 1901.

They host the Terre del Lagorai winery, where each sparkling wine is named after one of the family members. The rosé Franz was a particular favourite.

VISIT THE ARTE SELLA OPEN AIR MUSEUM

Artists invited to create a piece of work for Arte Sella must agree to two conditions: Art should be made of natural and recycled materials; and the completed works should be left to nature.

The prize work at this open air museum is the Tree Cathedral, which was installed in 2010 to the specifications of artist Giuliano Mauri.

The woven hazel and chestnut branches form impressive columns over a 650m distance, but only when they are fully grown will the work have blossomed into a spectacular natural church.

Other resourceful works include a bridge of newspapers, which has merged almost seamlessly with the forest, and the Memorial of Past Light. The latter appears, from a distance, to be made of wood, but is actually built entirely from old LED bars.

My favourite piece was Liquid Landscape. At first it looks to be simply a well-kept mound, but step on top of it and you will experience something more like a natural bouncy castle – almost impossible to drag yourself away.



LOCALS . . . George and Amal

take
3

OUR Take Three column gives a trio of cut-out-and-keep suggestions.

This week, we have some Emily In Paris inspired getaways that are guaranteed to give fans some "je ne sais quoi" ahead of the fourth series' release later this month.

STAY IN PARIS LIKE EMILY**BUDGET – Generator Hostel:** If you want to shop until you drop and pick up some Emily-style outfits, Paris is the place to go.

And Generator Hostel puts you close to all the retail action. Just round the corner from the Gare de l'Est, the accommodation is sleek and stylish. There's a cafe, rooftop bar and even a basement club, all on site.

Three nights' room-only in a King room with private terrace and great views costs from £248pp, arriving August 8.

See [expedia.co.uk](https://www.expedia.co.uk).**BARGAIN – Villa Pantheon:** Fans will recognise the Jardin du Palais Royal as the spot where Emily first met her pal Mindy.

It's well worth a wander, with a huge fountain at its centre and tree-lined walkways. A 30-minute stroll from here is Villa Pantheon, a chic hotel in the city's Latin Quarter, with boutique bedrooms featuring bright striped wallpaper and wooden decor. It's near Café de Flore, spotted in series one, and a top spot for a jambon beurre.

Three nights' B&B in a double room costs from £369pp, arriving August 12.

See [iceolly.com](https://www.iceolly.com).**BLOW OUT – Hotel Alfred Sommier:** The 5★ Hotel Alfred Sommier is a short walk from the Place de Valois, where Emily's office is located, while a 15-minute stroll in the other direction will take you to the famous Champs Elysees.

Everything about this hotel feels luxurious and, more importantly, Parisian – from the regal golden frames in the bedrooms to the grand spiral staircases and stone pillars.

You're close to some great restaurants, but the hotel has an excellent one, as well as a bar opening on to a pretty garden.

Three nights' room-only is from £783pp for arrival on August 19.

See [travelsupermarket.com](https://www.travelsupermarket.com).**CRUISE CARIBBEAN ON £1bn UTOPIA OF THE**SET SAIL . . .
Royal Caribbean's latest ship

WAVES . . . guests have fun on the new ship



GOOD TASTE . . . Italian restaurant and wine bar



THAT'S COCOCAY BY ME . . . cruise liner's private Bahamas island

- 18 DECKS
- 2,834 CABINS
- 20 RESTAURANTS
- 236,473 TONS
- 5,668 GUESTS
- 23 BARS
- 1,188ft LONG
- 2,290 CREW
- 5 POOLS

Bridge of size**SIPPING** pina coladas in a freshwater lagoon on a private Caribbean island, I'm lost for words.

Which, for a journalist, is a bit of a problem.

I feel like a lottery winner on a holiday for the super-rich.

But my two-person cabin on the brand new £1billion Utopia of the Seas cruise ship that brought me here starts from just £451 per person for four nights.

And Royal Caribbean promises passengers their "Perfect Day" at the mile-long paradise of CocoCay, the cruise line's sun-drenched island in the Bahamas.

With six white sandy beaches and ten separate areas – from the adults-only Hideaway with in-water hammocks to Maldives-like overwater cabanas – it's exactly what you would imagine the Caribbean looks like.

There's even a hot air balloon that takes you 450ft into the sky for that ultimate holiday snap.

GO: CARIBBEAN CRUISING**SAILING THERE:** A four-night Bahamas & Perfect Day cruise on board Utopia of the Seas costs from £451pp, based on two sharing an inside cabin. The cruise departs from Orlando in Florida on November 17 and calls at Nassau and CocoCay in the Bahamas. See [royalcaribbean.com](https://www.royalcaribbean.com).

All this is just an added bonus on my mini break on board Utopia of the Seas.

The ship embarked on its maiden voyage last month and is offering three and four-night return breaks from Florida's Port Canaveral to the Bahamas.

At 1,188ft long and 211ft wide, this is the second-largest cruise ship in the world and can accommodate 5,668 passengers.

But its eye-popping size means it doesn't ever feel too crowded.

Like many cruise virgins, I feared seasickness, but the scale of such a ship means I don't feel

any motion. Day or night, the only clue we are moving comes when I step on to the balcony from my sea-view suite.

It's one of the starter accommodations but is spacious and impressively sound-proofed.

It is kitted out with a double bed, en suite shower and toilet, desk and smart TV. Handily, there's wifi on board and on CocoCay.

If you've got deeper pockets, the classy Royal Loft Suite, spread over two floors, can welcome six guests and has a huge private balcony and whirlpool.

Meanwhile, the Ultimate Family Suite can fit ten and has its own cinema and karaoke room – along with a slide to whizz you from one of the three bedrooms into the living room.

You can buy packages to include food and drink, and I guarantee you've never been to an all-inclusive resort with this many dining venues.

There are 22 in total, from high-class restaurants to food trucks, buffet restaurants and even a free-flowing ice-cream

machine poolside. Unique to any cruise ship and brand new for Royal Caribbean, though, is the Royal Railway, an energetic-immersive dining experience on board a virtual steam train.

If the station platform outside of the virtual reality ride isn't enough to fool you into thinking you're on train tracks instead of seas, the sound effects and jolts inside the carriage will be.

Endless party

There are roleplay actors, dressed as train conductors, guiding guests to tables and TV screens disguised as windows showcasing scenery shots as the train judders along. Talk about dinner and a show.

You'd do well to even complete a pub crawl too, as there are 13 bars.

These include a Latin dance bar, a British pub, a Caribbean tiki bar, a sports bar and even a "floating" elevator bar that will take you up and down between decks while you sip Caribbean cocktails.

A running track and state-of-

SEAS AND STAY AT COCOCAY



HAVE A BALL... games on the sports deck

ALL ABOARD... the steam train experience



the-art gym with daily exercise classes means you can indulge guilt-free.

But you'd get your steps in just making your way around this vast vessel, which has five pools, eight hot tubs and a world of entertainment and activities.

The bustling Royal Promenade, with its bars, restaurants and high-end shops, is overwhelming at first.

But once you're familiar with the deck plans, it's an exhilarating adventure in a floating city.

And each time you exit a lift on to another of its 18 decks, you'll end up discovering something new.

You can really make your holiday your own.

Maybe you'll have an endless party thanks to daytime DJs, two casinos, a karaoke club, comedy club and night-club.

Or perhaps you'll relax in peace courtesy of an art gallery, spa and the classy adults-only Solarium with bar, cafe, pool and hot tubs.

And you'll never hear "I'm bored" from the kids thanks to the sports deck with crazy golf, rock-climbing walls, zipline, basketball, surfing simulator and The Ultimate Abyss, the largest dry slide at sea.

Its carousel and sweet shop will delight the youngest passengers, and there's a huge arena offering games, playrooms, workshops and even babysitting and dining chaperone services.

When the sun goes down,

take your pick from live bands, the West End-worthy All In! production, ice-skating extravaganza YouTopia or the combination of aerial acrobats, water dancers and divers of Aqua80too that will take your breath away with heart-thumping routines to 80s hits.

With so much to do, look out for the daily Cruise Compass planner, an extensive brochure delivered to your cabin every morning highlighting every class, club or activity from 6am until gone midnight.

Pick from solo traveller get-togethers to parties, quizzes, sporting contests and dance lessons.

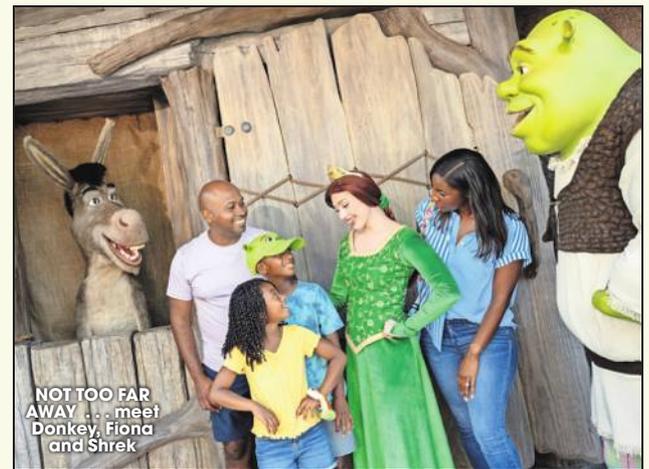
Of course, it's a long way to fly for a three-day break, so I'd suggest making it the trip of a lifetime by combining it with a short stay in Florida (see right) before or after setting sail.

Royal Caribbean promised me just one Perfect Day – but I had the perfect holiday.

STEVE CORBETT



SPLASHING... Steve takes a dip in the pool



NOT TOO FAR AWAY... meet Donkey, Fiona and Shrek

ONE SHREK OF AN ADVENTURE

AS a father of three young children, I know my Branch from my Bergens, my Princess Fiona from my Lord Farquaad.

If I've already lost you, what do you mean you've never seen Trolls or Shrek?

Both creations of DreamWorks Animation, one's a toe-tapping singalong spectacular, the other a fairy tale mash-up.

Alongside Kung Fu Panda, those films now take pride of place in their own area at Universal Studios Florida.

The super-colourful DreamWorks Land opened in June and joins areas for Minions, Harry Potter and The Simpsons in the park that brings children's favourite films to life in magical ways.

I'm child-free on this trip, but this is bringing out the big kid in me.

The star of the show is the Trollercoaster – you can't stop the feelin' as Caterbus the caterpillar takes you on a spin with Poppy and co to escape from creepy-crawly spiders.

Shrek's Swamp has slides, climbing frames and a water play area for little ones, and they can enjoy fun interactions with Shrek's pal Pinocchio (and that's no lie).

King Harold's Swamp Symphony challenges youngsters to create a musical melody with the frogs on a log by hopping on to lily pads.

It's an interactive extravaganza and it gets even cleverer in Po's Training Camp, where you talk with the Kung Fu Panda on an animated screen as he teaches you how to fight like a Dragon Warrior.

You can tuck into a giant pretzel shaped like Shrek's face (a Shrekzel) and enjoy DreamWorks Imagination Celebration – a song-and-dance stage show with all your favourite characters.

Alongside Universal's Islands of Adventure and Volcano Bay water park, DreamWorks Land is a

GO: ORLANDO

A SEVEN-night stay at Loews Sapphire Falls Resort, including Universal Orlando three-park Explorer Tickets, costs from £668 per adult and £657 per child (three to nine).

Price is based on two adults and two children sharing a standard room for arrival in December 2024, not including flights. For details, see attractiontickets.com.

Readers can bag ten per cent off these prices with the code HAPPY at checkout (for a limited time). For more information, see visitorlando.com/gb.

wonderful addition for younger kids.

With a one-day ticket that gives me access to all three parks, it's an exciting stopover en route to board Utopia of the Seas (see left) in Florida.

Just a short bus journey from Port Canaveral is Loews Sapphire Falls Resort at Universal, which makes the ideal base, as a five-minute water taxi ride takes you straight to the parks' entrances.

And I've even got time to squeeze in an alligator-spotting trip on the Everglades and visit the Orlando Eye big wheel at Icon Park.

Next year is welcoming Universal Orlando Resort's fourth enormous theme park, Epic Universe.

It will blend the Fantastic Beasts films with Harry Potter, Mario and Luigi's Super Nintendo World and How To Train Your Dragon's Isle of Berk.

So maybe I should bring the kids along for the rides next time.

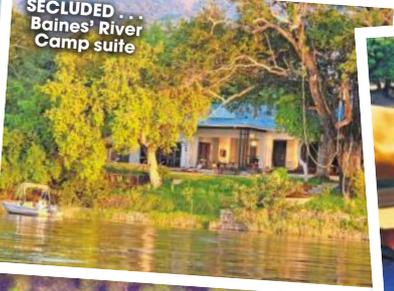
STEVE CORBETT



HAIR-RAISING RIDES... Trollercoaster

LESS GLITZ MORE GAME IN 'HIDDEN' AFRICA

SECLUDED...
Baines' River
Camp suite



ROYAL-TEA...
sunset dinner at
the luxury Lodge



WILD RIDE...
South Luangwa
National Park



Going on safari is just so Zambeasy

TOP TRUNKS...
elephants cross
river in Zambia



FROM a short distance away, we watch in awe as the baby elephants are fed from bottles, their small trunks curling upwards in delight.

The herd of youngsters next to them are giddily splashing in the mud, cooling off from the intense heat that is beating down on us.

I'm at the Wildlife Discovery Centre on the far outskirts of Lusaka, Zambia's built-up capital, an elephant orphanage where rescued baby elephants are cared for until they are old and stable enough to be released back into the wild.

The African country of Zambia is still playing catch up in the minds of many to whom safari automatically means Kenya, South Africa or Tanzania.

With less glitz and more game, for those in the know it is Africa's best-kept secret – and for those just catching on, they are busy shouting it from the rooftops.

And whatever Zambia might lack in international clout, it makes up for in pristine wilderness twice over.

Almost a third of Zambia's vast land is heavily protected. Across 20 national parks and 34 reserves, lions, leopards and elephants thrive in tropical grasslands, savannahs and rift valleys.

As a safari destination, it is known for its smaller camps, walking safaris, night drives and stern commitment to conservation – becoming a benchmark across the continent.

I was staying towards the edge of Lusaka in Lilayi Lodge, a perfect oasis that eases you into life in the wilderness with walking trails galore, its own wine vineyards and epic views of giraffes grazing at sunset.

I felt very far away from home, but things were about to get even more wild as early the next morning we took a small propeller plane over mountains and into the Lower Zambezi National Park. My home for the next couple of nights was Baines' River Camp, sat in the shadows of the nearby mountains and on the banks of one of

GO: ZAMBIA

GETTING THERE: Emirates flies from Heathrow to Lusaka in Zambia from £743 return. See emirates.com. Internal flights with Royal Air Charters vary in price. See royalaircharters.com.
STAYING THERE: An overnight package at Lilayi Lodge is from \$450pp (£354), including B&B, lunch, dinner and a game drive for two guests. See lilayilodge.com.

An overnight package at Baines River Camp costs from \$652pp (£514) per night, including all meals, non-premium drinks, two daily safari activities. See bainessrivercamp.com.

Deluxe rooms at Royal Zambezi Lodge are from \$675pp (£532) per night with all meals, drinks, two activities per day, private guiding/vehicle/boat and a foot/hand massage at the Royal Bush Spa. See royalzambezilodge.com.

Africa's greatest rivers, the Zambezi. With just 12 riverside luxury chalets, this place feels wholly immersed in its surroundings – I learned on day one that there is a high chance of a hippo blocking the path to your room.

On top of rural accommodation, the resort also offers mind-blowing walking safaris. With the assurance from a rifle-carrying ranger that we won't be eaten by a lion (they are not interested in us, apparently) it is an incredible experience, following the guide who possibly knows more about these creatures than even Attenborough.

During the wilderness experience we learn about animal tracks, dung, bones as well as feathers and come away appreciating the intelligence of every creature living out here. We even learned how a leopard manages to eat a porcupine.

The really special thing about taking a walking safari tour is that instead of listening to the roar of a diesel engine, we were exposed to the quiet stillness of the near-pristine wilderness with all our senses heightened by the possibility of coming face-to-face with a lion. My fellow safari

goers and I were so buzzing after our adventure that we could barely manage the bush lunch afterwards, although the cold beers helped steady our excitement.

The experience immersed us in nature, but if you are the type who prefers some luxury touches then just up the river, the Royal Zambezi Lodge is the place for you.

The only option is to arrive in style, by boat or to the camp's own airstrip.

Each of the suites here has its own private plunge pool and a river-facing deck complete with a freestanding bathtub.

Private plunge pool

You may even catch a glimpse of a monkey while you are having a soak.

Visitors can join a walking safari or game drive, both starting at dusk, where they will have a decent chance of spotting wild dogs – a species so endangered that only 3,000 are left across the whole of Africa.

As well as this, fine-dining lunches are set up on islands where elephants graze and afternoons can be filled with fishing or canoe trips down channels of the croc-infested Zambezi.

One evening, we were treated to a three-course bush dinner next to a crackling open fire, where the sounds of the scenery were followed up with an epic performance by the resort's staff choir.

It is clear that this retreat has spent years perfecting their product.

But all of this wouldn't be possible without charities that fiercely protect the parks and their wildlife. I suppose you could liken it to a mother lion, protecting its cub. That is nature at its finest.



IONA
CLEAVE

BRANCHING OUT
... leopard on free



● THORPE Park will extend its hours on August 24 and 31 so visitors can go on all rides until 9pm at no extra cost. Enjoy the park's thrilling attractions Stealth, The Swarm and SAW, as well as giant speed swing Rush. Pre-booked tickets are from £29, free for anyone under 4ft. See thorpepark.com.

STEER CLEAR MOTOR FINE

DRIVING in France could land you with hefty fines if you don't follow its rules of the road.

If you put a "GB" sticker on your car you could be fined up to £120 (£100). The official identifier changed to "UK" in 2021 – but 40 per cent of British drivers would still affix the outdated version to their car, according to new research.

Almost two in three UK motorists are also unaware it's illegal to have speed camera detection devices, the study by Europe ferry operator DFDS reveals. Avoiding this could save up to £1,500 in fines.

You also need to display a Crit'Air sticker to enter French low-emission zones – but two-thirds of British drivers aren't aware of this. If you don't have a warning triangle, you could be fined £135. For more on driving in France, see dfds.com.

lates

TENERIFE: Seven nights' self-catering at the 3* Coral Compostela Beach Golf is from £599pp, with flights from Bristol on August 28. See jet2holidays.com.

NORFOLK: Three nights' self-catering at Hemsby Beach Holiday Park is from £375, arrival August 9. Chalet sleeps four. See hoseasons.co.uk.

GREECE: Seven nights' all-inclusive at the 4* Aeolos Beach Resort in Corfu is from £919pp, with Gatwick flights in September. See britishairways.com/corfu.

SPAIN: Seven nights' B&B at the 4* Don Juan Resort is from £475pp, with flights from Manchester on August 28. See icelolly.com.



● HERE'S some good news if you don't want to unplug on a plane – but also don't want to fork out on in-flight internet.

Turkish Airlines has announced plans to offer free, unlimited wifi across its entire fleet by 2025. Both its existing planes and new aircraft will be fitted with the connectivity technologies, enabling all passengers to stay online for free. See turkishairlines.com.

lates

SCHOOL holidays are notoriously expensive – so cut-price children's meals this summer is a boon for families.

Many restaurants, supermarkets and fast-food chains are offering food discounts for kids, with meals that are either free (with a purchased adult's meal) or costing as little as 95p.

Highlights include Asda cafes, where kids eat for just £1 with no adult spend. At Tesco and Morrisons, children eat free with one adult meal purchased, while Sainsbury's offers £1 kids' meals after 11.30am with an adult meal. Ikea's children's meals are 95p after 11am, except on Fridays.

● For the full list visit latestdeals.co.uk.

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Sun gardening



BY
Veronica Lorraine

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WIN! THERE'S nothing quite like the joy of a power washer! Wickes is offering one lucky reader a £205 Karcher K4 Power Control Pressure Washer. Enter at thesun.co.uk/KARCHERCOMP or write to Sun Karcher Comp, PO Box 3190, Colchester, Essex, CO2 8GP. Include your name, age, email or phone. ● UK residents 18+ only, entries close 11.59pm, August 17, 2024. T&Cs apply.



LEARN! **Q** I HAVE a large bamboo I want to get rid of. How do I kill it before I dig it all out?
SCOTT DARREN, via email
A This is going to be a long, irritating process. If it has rhizomes running under the soil, it could take years to kill off. You have to dig out every single bit otherwise it might regenerate. If you must use a weedkiller, a herbicide by Round-up or Gallup that contains strong Glyphosate should do the job, but please use this as a last resort.

START fleecing or netting raspberries and blackberries now, if you haven't already, to avoid them getting decimated by the birds.

This week's
TIP

GET your wild rocket seeds in – and it's the last chance for chard for an autumn harvest. You can prune lavender but don't go past the woody bit.
This week's JOB

CUE £1 KEW TIX

DID you know that Kew Gardens offers £1 tickets to recipients of Universal Credit, Pension Credit and other benefits? Due to the success of the scheme, the offer has now been extended to asylum applicants with an application registration card, and £1 ticket buyers can bring up to four guests with them for just £1 each. Children under four already go free and there's a £9 Young Person's Ticket available for 16 to 29-year-olds. See [kew.org/kew-gardens/visit-kew-gardens/tickets](https://www.kew.org/kew-gardens/visit-kew-gardens/tickets).



● **THE** award-winning See You In Rose persica rose by Daniel Myhill is now available from Marshall's Garden. £2 from each sale will be donated to Plant Heritage for garden conservation.

Get all a-flutter

WORRYING news – the annual Big Butterfly Count has seen very low numbers spotted so far.

Just over half the amount that were seen this time in 2023 have been recorded so far this year.

And it's the lowest figure in the count's 14-year life, according to the Butterfly Conservation charity.

It's not just the weather that has seen 80 per cent of butterfly species declining here since the Seventies.

It is mainly due to habitat loss, pesticide use and climate change.

Dr Dan Hoare, director of conservation at the charity, said: "The lack of butterflies this year is a warning sign to us all. Nature is sounding the alarm and we must listen."

"Butterflies are a key indicator species. When they are in trouble we know the wider environment is in trouble too."

To make your garden more butterfly friendly, Sean McMenemy, founder of Ark Wildlife, recommends adding irresistible nectar-rich plants such as buddleia, French marigold, lavender, verbena and marjoram.

He said: "If in doubt, remember that butterflies



OUT FOR THE COUNT ... black and white swallowtail

ACT NOW TO BOOST BUTTERFLIES

are naturally drawn to certain colours. Go for bright purples, pinks, reds and oranges for the best chance of catching their eye.

"They love to feast on fruit, so if you have a tree with fallen plums, apples or pears, why not leave them for butterflies to enjoy?"

He also recommends banning pesticides and encour-

aging "mud puddling". The mix of soil and water provides butterflies with nutrients and minerals that they can't get from plants.

Simply mix soil with water in a shallow dish, place it in a spot that gets a good mix of direct sunlight and shade, and keep it topped up with water.

Sean also suggests creat-

ing sunny spots and corners as butterflies love the warmth. The RHS says planting caterpillar-friendly plants, such as holly, ivy, elm hop and willows, will also help the butterflies to breed in gardens.

The count ends tomorrow. To take part, download the Big Butterfly Count app or go to bigbutterflycount.org.



NICE . . . Nasturtium

GET THE BUG FOR BLOOMS

NASTURTIUMS are a great addition to any outside space – and not just because the butterflies and caterpillars love them.

Peaking now, you can start collecting their seeds for next year.

They are full of surprises – not only do they thrive on poor soil, you can eat the flowers, leaves and seeds.

Double winner. Petals are lovely in salads.

They make fabulous companion plants when growing veg. Caterpillars of small and large white butterflies feed on the leaves instead of brassicas – and they attract blackfly, freeing up your beans.

They need at least six hours sunshine a day, and look great spilling over the edge of pots. Although the reds, yellows and oranges are great, keep an eye out for Black Velvet and Gleam Salmon too.

GET IN TOUCH ▶

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gardening@the-sun.co.uk

Web
thesun.co.uk/gardening

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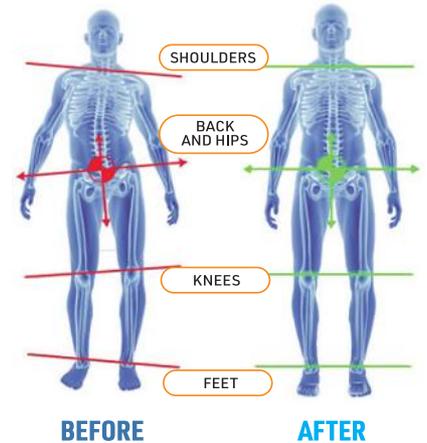
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4 METATARSAL SUPPORT

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Misaligned and painful Body aligned and balanced



THE INNOVATION THAT RELIEVES ALL PAIN

feet, ankles, knees, hips, back, shoulder

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Double Shock Footbeds are available without a prescription and provide support and alignment similar to orthotics prescribed by a doctor. Using innovative Polymer Gel technology, these foot beds cushion your feet, targeting sensitive areas to relieve pressure. Whether you're working, running, or just on the go, the specially designed inserts and arch support offer fatigue reduction and injury prevention. Available in sizes to suit both men and women, and can be cut to fit Ladies UK Size 3-9 (grey) and Men's UK Size 7-13 (black). Enjoy comfort in every step with these specially crafted foot beds.



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2 Long-lasting Arch Support Long-lasting arch support helps reduce pain, improves balance and provides comfort when walking and exercising.

3 Balancing Inserts Our unique customizable Balancing Inserts prevent your arch from sagging inward, correct the angle

at which your feet strike the ground and adapt perfectly to your gait. Correcting this angle decreases or eliminates excess pronation.

4 Metatarsal support We have also added a metatarsal support to support your toes. It helps to distribute the force of constant impacts throughout the foot

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- Arthritis • Hip pain
- Diabetic neuropathy
- Neuroma
- High arch of the foot
- Blisters
- Shin splints
- Arch pain • Swelling
- Calluses • Heel pain
- Pain in the feet

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Nadège, 62 years, Rennes

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			Buy any 2 for £12.98 SAVE £3		£12.98
			Mainland UK (3-5 working days)		£4.99
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BEN'S 'AURA' STOKES FRED

ANDREW FLINTOFF has spoken about Ben Stokes being an "iconic" figure with an aura that lifts dressing rooms. Flintoff is coach of Northern Superchargers, who the England Test skipper will play four games for from Tuesday - his first The Hundred matches since 2021.

And 'Freddie', 46, told England women's

By **JOHN ETHERIDGE**

Kate Cross on The Hundred website: "Ben has had different reasons for not playing in The Hundred, with injuries and so forth. But he wanted to play - and look at him now, he's so fit. "His batting is one thing but you see him bowling and he's that all-rounder again. He's like an iconic figure, he has that aura. "Every time he walks into a room, people know he's there. "I went in the England dressing room and it was amazing to watch him operate."

ICONIC... Flintoff is a fan of Stokes (inset left)



PETERS... challenge

Warrington.....4
Hull KR.....22

WILLIE PETERS told Hull KR to show they can be a "good or great" side after they topped Super League on points difference.

Mikey Lewis grabbed the decisive try his superb kicking display deserved. But boss Peters said: "We're not getting ahead of ourselves - there's a long way to go. "We need to back that performance up. That's what the good and great sides do."

Sauaso Sue powered over for the opener and when Tyrone May touched down, belief grew.

Matty Ashton crossed for Wire after the break. But Lewis and Peta Hiku put Rovers out of sight. Warrington boss Sam Burgess cursed: "Hull KR were too good. "That's as good as I've seen them play."

Yorkshire v Gloucestershire
York: Gloucestershire 251-9 (50.0 overs; O J Price 98, M A H Hammond 54). Yorkshire 215 (47.1 overs; Shan Masood 76, J H Wharton 58). Gloucestershire (2pts) beat Yorkshire by 56 runs.

Warwickshire v Surrey
Neath: Warwickshire 311-9 (50.0 overs; C G Benjamin 75, M G K Burgess 60). Surrey 308-9 (50.0 overs; D P Sibley 149, B B A Geddes 62). Warwickshire (2pts) beat Surrey by 5 runs.

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SPORTS ROUND-UP: RESULTS & FIXTURES

CINCH CHAMPIONSHIP

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Mackie 48 Att: 5,505

FRIENDLY MATCHES - Cambridge Utd 1 West Brom 0, Stockport County 0 Blackburn 1, Tranmere 2 Wigan 1, Borussia M'gladbach 3 Ipswich 1, Huddersfield 1 Sheffield Utd 1, Benfica 0 Fulham 1, Nottm Forest 0 Villarreal 0, Brantree Town 1 Stevenage 2, Scunthorpe 0 Chesterfield 3.

CRICKET

FIRST ONE DAY INTERNATIONAL

Sri Lanka v India
Colombo: Sri Lanka 230-8 (50.0 overs; D N Wellalage 57no, P N Silva 56); India 230 (47.5 overs; R G Sharma 58, P W H de Silva 3-58; K I C Asalanka 3-30no). Match drawn.

THE HUNDRED MEN

Oval Invincibles v Northern Superchargers
The Kia Oval: Northern Superchargers 145-5 (100 balls; N Pooran 65no); Oval Invincibles 126-9 (100 balls). Northern Superchargers (2pts) win by 19 runs.

	P	W	T	L	NR	RR	Pts
Rockets	3	2	0	1	0	0.700	4
Invincibles	3	2	0	1	0	0.554	4
Brave	3	2	0	1	0	0.493	4
S'chargers	3	2	0	1	0	0.073	4
Phoenix	3	2	0	1	0	0.556	4
Fire	3	1	0	2	0	0.386	2
Spirit	3	1	0	2	0	0.030	2
Originals	3	0	0	3	0	-1.659	0

THE HUNDRED WOMEN

Oval Invincibles v Northern Superchargers
The Kia Oval: Northern Superchargers 146-4 (100 balls; A J Sutherland 63no); Oval Invincibles 64 (66 balls; A J Sutherland 4-11). Northern Superchargers (2pts) win by 82 runs.

	P	W	T	L	NR	RR	Pts
Spirit	3	2	0	1	0	0.305	4
Fire	3	2	0	1	0	-0.017	4
Originals	3	2	0	1	0	-0.027	4
Invincibles	3	2	0	1	0	-0.353	4
S'chargers	3	1	1	1	0	1.034	3
Rockets	3	1	1	1	0	0.266	2
Phoenix	3	1	1	1	0	-1.034	2
Brave	3	0	1	2	0	-0.211	1

ONE-DAY CUP - GROUP A

Derbyshire v Worcestershire
Derby: Derbyshire 260 (49.4 overs; H R C Came 71; J E Home 6-51). Worcestershire 261-2 (44.4 overs; G H Roderick 152no, J D Libby 71no). Worcestershire (2pts) beat Derbyshire by 8 wickets.

Durham v Northamptonshire

Chester-le-Street: Northamptonshire 260 (49.2 overs; P P Shaw 97). Durham 261-6 (48.1 overs; C N Ackermann 108, A Z Lees 55). Durham (2pts) beat Northamptonshire by 4 wickets.

Somerset v Lancashire

Taunton: Lancashire 216 (49.1 overs; C J Green 65, G Bell 56; K L Aldridge 6-33). Somerset 220-2 (40.5 overs; G W G Thomas 106no, J E K Rew 60no). Somerset (2pts) beat Lancashire by 8 wickets.

	P	W	T	L	NR	RR	Pts
Worcs	3	3	0	0	0	2.097	6
Somerset	4	3	0	1	0	0.932	6
Derbyshire	4	3	0	1	0	0.921	6
Hampshire	3	2	0	1	0	0.306	4
Kent	3	2	0	1	0	0.216	4
Durham	4	2	0	2	0	-0.799	4
Middlesex	3	1	0	2	0	-1.485	2
Northants	4	0	0	4	0	-0.516	0
Lancashire	4	0	0	4	0	-1.394	0

ONE-DAY CUP - GROUP B

Glamorgan v Sussex
Neath: Sussex 200 (47.2 overs; D A Douthwaite 4-44). Glamorgan 203-9 (48.3 overs; E J Byrom 51). Glamorgan (2pts) beat Sussex by one wicket.

Warwickshire v Surrey
Neath: Warwickshire 311-9 (50.0 overs; C G Benjamin 75, M G K Burgess 60). Surrey 308-9 (50.0 overs; D P Sibley 149, B B A Geddes 62). Warwickshire (2pts) beat Surrey by 5 runs.

Yorkshire v Gloucestershire
York: Gloucestershire 251-9 (50.0 overs; O J Price 98, M A H Hammond 54). Yorkshire 215 (47.1 overs; Shan Masood 76, J H Wharton 58). Gloucestershire (2pts) beat Yorkshire by 56 runs.

Glamorgan 4 4 0 0 0 1,412 8
Warwick 4 2 0 0 0 1,221 8
Notts 4 2 0 2 0 0,529 4
Gloucs 4 2 0 2 0 -0,093 4
Yorkshire 4 2 0 2 0 -0,246 4
Leics 3 2 0 1 0 -1,459 4
Essex 3 1 0 2 0 0,205 2
Sussex 4 0 0 4 0 -0,633 0
Surrey 4 0 0 4 0 -1,598 0

SPEEDWAY

CHAMPIONSHIP - Redcar 50 Workington 40, Scunthorpe 62 Plymouth 28.

RUGBY LEAGUE

BETFRED SUPER LEAGUE
WARRINGTON (0) 4 HULL KR (10) 22

Warrington - Tries: Ashton.
Hull KR - Tries: Sue, May, Lewis, Hiku, Goals: Lewis, Litten (2).

WARRINGTON (0) 4 HULL KR (10) 22

	P	W	D	L	F	A	Pts
Hull KR	20	15	0	5	503	258	30
Wigan	19	15	0	4	497	260	30
Warrington	20	14	0	6	504	267	28
Catalans	19	12	0	7	365	274	24
Salford	19	12	0	7	355	366	24
St Helens	19	11	0	8	455	256	22
Leeds	19	10	0	9	355	342	20
Leigh	19	9	1	9	392	285	19
Huddersfield	20	7	0	13	350	455	14
Castleford	20	6	1	13	336	523	13
Hull	19	3	0	16	268	566	6
London Br	19	1	0	18	198	725	2

TENNIS

ATP & WTA MUBADALA CITI DC OPEN (Washington DC, USA) **OTI FINALS** (Washington DC, USA) **Men** - F Rodionov (Gbr) 4-6 7-5 6-4, C Dolehide (USA) bt A Anisimova (USA) 7-6 (7-5) 6-1. **Women** - F Cobelli (Ita) bt A Michelsen (USA) 7-5 9-6 7-6 (7-2).

TODAY'S SPORT

(3.0 unless stated)

CINCH PREMIERSHIP
Hearts v Rangers 12.30 (Live on Sky Sports Main Event)
Motherwell v Ross County

CINCH CHAMPIONSHIP
Airdrie v Raith

CINCH LEAGUE ONE
Alloa v Queen of South

CINCH LEAGUE TWO
Bonnyrigg Rose v Pefferhead

FRIENDLY MATCHES: AFC Wimbledon v Barnet, Altrincham v Bradford, America v Aston Villa (10.30), Barrow v Wigan, Birmingham

v West Brom, Bristol City v Willem II, Bristol Rovers v Cardiff, Carlisle v Stockport County, Cheltenham v Northampton, Colchester v Cambridge Utd, Coventry v Werder Bremen, Crewe v Blackpool, Curzon Ashton v FC Halifax, Dag & Red v Leyton Orient, Darlington v Harrogate Tn, Ebbsfleet United v Crawley Tn, Exeter v Eastleigh, Grimsby v Mansfield, Lancaster City v Accrington Stanley, Leeds v Valencia, Man City v Chelsea (10.30pm), Middlesbrough v Heerenveen, MK Dons v Plymouth, Norwich v St Pauli, Oldham v Shrewsbury, Oxford Utd v Palermo, Peterborough v Notts County (1.30), Port Vale v Bolton, Preston v Everton, QPR v Brighton, Reading v Hull, Rochdale v Salford City, Rotherham v Doncaster, Solihull Moors v Walsall, Stoke v AZ (2.0), Swindon v Wycombe, Tottenham v Bayern Munich (12.0), Vauxhall Motors v Tranmere, Walsley v Mansfield (4.0), Augsburg v Fulham, Yokohama F. Marinos v Newcastle (11.0), Hoffenheim v Ipswich (12.30), Millwall v Southampton (1.0), Sheffield Wed v Leganes (1.0), Derby v Valladolid, Luton v Celta Vigo, Sunderland v Arsenal (4.0), Augsburg v Trent Bridge, Wolves v West Ham (5.30).

RUGBY LEAGUE
Betfred Super League (3.0): Hull v St Helens, Salford v Leeds (5.30).
Betfred Championship (3.0): Swinton v Toulouse.

SPREEWAY
Championship: Workington v Redcar (3.0), Berkwick v Oxford (7.0), Plymouth v Southampton (7.0).
TENNIS (all weekend)
ATP & WTA Mubadala Citi DC Open (Washington DC, United States of America).

TOMORROW

(3.0 unless stated)

CINCH PREMIERSHIP
Celtic v Kilmarnock 4.30 (Live on Sky Sports Main Event)
Dundee Utd v Dundee 1.30 (Live on Sky Sports Main Event)
St Mirren v Hibernian

FRIENDLY MATCHES: AFC Bournemouth v Rayo Vallecano, Crystal Palace v West Ham (Midnight), Man Utd in Liverpool (12.30am), Wolves v RB Leipzig (12.30am), Cadiz v Burnley (5.30).
CRICKET
Second One Day International: Sri Lanka v India (Colombo, 10am).
The Hundred: London Spirit v Oval Invincibles (Lord's, Women 11am, Men 2.30pm), Northern Superchargers v Manchester Originals (Headingley, Women 2.30pm, Men 6pm).
One-Day Cup - Group A: Hampshire v Lancashire (The Rose Bowl, 11am), Kent v Middlesex (Beckenham, 11am), Middlesex v Durham (Ridwell, 11am), Northamptonshire v Worcestershire (Northampton, 11am), Somerset v Derbyshire (Taunton, 11am). **Group B:** Essex v Glamorgan (Chelmsford, 11am), Gloucestershire v Warwickshire (Bristol, 11am), Surrey v Nottinghamshire (Guildford, 11am), Sussex v Leicestershire (Hove, 11am).
RUGBY LEAGUE
Betfred Super League (3.0): London Broncos v Catalans Dragons.
Betfred Championship (3.0): Barrow v Bradford, Dewsbury v Wakefield, Featherstone v Batley, Halifax v York, Sheffield v Doncaster, Whitehaven v Widnes. **League 1** (3.0): Keighley v Newcastle, Oldham v Midlands Hurricanes, Rochdale v Cornwall RLFC, Workington v North Wales Crusaders.
Women's Super League (12.0): Barrow v St Helens, Featherstone v Leeds, Warrington v York, Wigan v Huddersfield.

PROMOTED CONTENT



WINNING MINDS

Two sports initiatives tackle players' mental health issues head on

IN THE world of team sports, so much emphasis is put on collective success that the individual player can sometimes get lost in the scrum.

Sure, the bond between teammates is crucial - but making sure everyone is looked after according to their needs is a different game altogether.

This becomes especially critical when athletes hang up their boots and start the transition from professional sports to life off the pitch.

Men's health charity Movember has released a powerful report, The Real Face of Men's Health, on the negative pressures affecting the wellbeing of blokes in the UK.

November runs Ahead of the Game (AOTG), a training programme that delivers mental fitness workshops for youngsters aged 12 to 18 through community sports clubs.

It's been a real game-changer, giving a massive boost to mental health awareness and helping young athletes find the confidence they need to seek help. As a result, our future sports stars should be mentally stronger as well as physically fit.

Of course, it pays to have the right people onside. Enter Keith Senior, 48, a rugby league legend with the Sheffield Eagles and Leeds Rhinos, and a representative for England and Great Britain 43 times. But his transition from the pitch to retirement was fraught with challenges.

At 35, a ruptured knee ligament and resulting

surgeries ended his playing days. "Accepting that was hard, as in my head I still had a lot more to offer," he says, "and was still playing excellent rugby. "I was left with no employment and no money coming in - and I'd left school with minimal qualifications. With all the pressures of bills, a mortgage and children, I had to start from scratch."

Keith (above) found a new purpose with the charity Rugby League Cares (RLC). He joined its player welfare team full-time in 2020, combining the role with being an assistant coach at the Eagles.

RLC teamed up with Movember for the 2021 Rugby League World Cup to roll out its mental fitness charter, including AOTG, which reached 10,000 children and young people.

"This has grown into RLC training sports foundations to deliver AOTG on a larger scale," Keith says. "Over the next three years we plan to implement the programme in 28 foundations across the UK."

"RLC's services have grown tenfold, working on preventative measures as well as dealing with crises. We give wellbeing programmes, financial planning and career advice, and we employ a full-time psychotherapist."

Keith's journey shows the transformative power of initiatives like AOTG and RLC. Through their partnerships, Movember is set to continue improving the lives of men globally - because when men are healthy, everyone benefits.

'I WAS LEFT WITH NO EMPLOYMENT AND NO MONEY COMING IN... I HAD TO START FROM SCRATCH'

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MOVEMBER®

PREMIER LEAGUE

TEN HAG'S

GUEHI TO TOON

From Back Page

wants a new central defender this summer and has previously looked at AC Milan's Malick Thiaw.

Guehi is right-sided but can play as a left-sided centre-back — as he did with aplomb for England at the Euros. That would suit Newcastle well as they are currently without injured left-sided centre-back Sven Botman.

But the long-term plan would be to pair Guehi with the Dutchman, 24.

Palace would be reluctant sellers, though, having already lost Michael Olise for £50m to Bayern Munich.

Newcastle, who have completed their move for Chelsea full-back Lewis Hall

while also drafting in keepers Odysseas Vlachodimos and John Ruddy, out-of-contract Bournemouth defender Lloyd Kelly and Serbian centre-back Miodrag Pivas, have had to work hard to meet Profit and Sustainability regulations.

They have done so in part by selling Elliot Anderson to Nottingham Forest and Yankuba Minteh to Brighton for a total of around £65m.

Howe, who is in Japan ahead of today's pre-season friendly against Yokohama F Marinos in Tokyo, is also closing in on a £10m move for 20-year-old Sheffield United striker William Osula.

Callum Wilson is likely to miss the start of the campaign with a back injury.



Nev City buy-up

GARY NEVILLE is buying up more shares in Salford as part of a shake-up by the Class of 92.

League Two City confirmed ex-Old Trafford full-back Nev, 49, is taking Peter Lim's stake — ending the Singapore businessman's ten-year involvement.

But Neville (left) and his fellow shareholders — brother Phil, Nicky Butt,

By TONY LITTLE

Ryan Giggs, Paul Scholes and David Beckham — restated their commitment to take the club forward.

Chief executive Butt said: "We are as excited as ever about the new season and remain focused on strengthening our playing squad and achieving future success on the field."



GRIN IT TO WIN IT... Aaron Wan-Bissaka (left), Jadon Sancho and Marcus Rashford (right) get on their bikes in the States

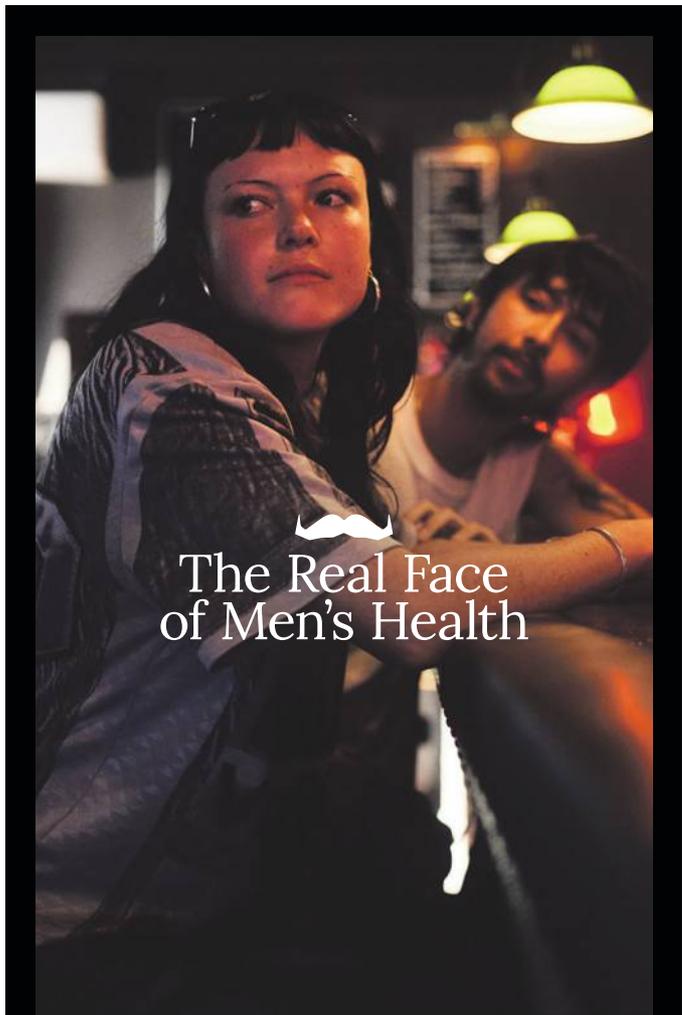
UNITED

WIN

THINGS



But Erik warns: Club must



The Real Face of Men's Health

Men's health impacts us all. Be part of the solution.

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MAN U MISSION



ETH putting down a Marc

From NEIL CUSTIS

MANCHESTER UNITED boss Erik ten Hag is hopeful Marcus Rashford can get back to his very best in the new season.

Rashford, 26, scored from the spot and bagged an assist in United's 3-2 win against Real Betis in San Diego. But he hobbled off in pain after a heavy challenge when United already have Rasmus Hojlund sidelined for six weeks with a hamstring injury and new signing Leny Yoro out for three months with a metatarsal.

But Ten Hag is confident the forward will recover quickly and even assess whether Rashford or Antony – who went off late with a knock – can play against Liverpool in South Carolina in the early hours of tomorrow UK time.

On Rashford, Ten Hag said: "He will progress quickly from this knock. We don't take risks in the last game of the tour going into the season next week."

It comes after a campaign in which his partying and poor form on the pitch saw him fall foul of the United gaffer and fall out of Gareth Southgate's England squad for the Euros.

But Ten Hag said: "He has to prove his point."

"The season before last he scored 30 goals, so when he is in the right vibe, he has such a high potential. He should fight for it."

"When you play in top football, you need discipline on and off the pitch. It's the survival of the fittest."

WE WILL

ERIK TEN HAG has told the new management team above him at Manchester United that they need to back him through the downs as well as the ups.

The Red Devils chief narrowly avoided the sack last season after beating Manchester City in the FA Cup final. It still took time for the new men running the club – led by co-owner Sir Jim Ratcliffe – to back him, with No2 David Brailsford visiting the manager on his holiday in Ibiza to deliver the news.

Now Ten Hag says he needs to see the real proof of that faith which will come if they have a tough period this season.

He said: "I feel that we have built something and that the people around me are in the same boat."

"But, of course you have to prove that point when that's the case, but what I hope is that we avoid this. When you work together you are in good moments together – but also in bad moments."

"When it's being questioned on the outside, then of course that will flow into a team and that is not helpful in achieving success."

Ten Hag laid down the law to Brailsford in Ibiza after Thomas Tuchel was approached about taking his job.

He felt the lack of support from the top could have filtered into the dressing room last season as the club finished in eighth – their worst ever in the Prem – and he does not want to see that happen again. He said: "I'm very comfort-

From **NEIL CUSTIS**
in LOS ANGELES



able and also at that time I felt very comfortable because I believe in myself. But of course it's helpful when you feel the backing from the leadership group.

"When you are in a very good, very strong bond that gives you confidence, gives you belief. Also the dressing room, they will feel this, they will feel this strong belief that will bed into the dressing room and bed onto the pitch."

Jason Wilcox is new technical director, Dan Ashworth is sporting director and Omar Berrada is now chief executive.

Ten Hag added: "We have good people. With highly competent people, they will contribute to more success and I don't think negative. I feel positive and I feel very aligned... they are here, we are building those relationships."

He feels United is 'his club' and does not regret for a moment joining them when others advised him to avoid the chaos that surrounded Old Trafford.

He said: "So many people advised negatively when I started in this club. And I could have gone into projects with much better conditions, with much better structures but I choose this: Man United."

"I feel this is my club. And I want to go for this challenge, although I knew this will be very tough, very hard. But

you only know when you are in and there are some challenges here. But already, we overcame many obstacles and we have to beat even more but I feel we are in the right direction."

Ten Hag was speaking at UCLA, the University of California, United's training base for their three-game US tour.

Behind him in a small office was a sign saying: 'Champions Made Here'.

Champions? Not since Sir Alex Ferguson's final campaign in 2013.

So what chance next season? Ten Hag said: "So I came here two years ago and this group of players hadn't won for six years any trophy."

"I said we are on a mission and we are here to win and build but we knew that it would not come overnight."

"The first season I think was very successful, with two finals. We won one, we lost one – we should have won that one – and we were third."

"Then last season, there were a lot of setbacks, that was clear. But by the end we got rewarded, because we kept believing. Many positives are there with the new leadership group who will help give us a better foundation, a structure, that will help our team."

"We have some new coaches which gives us a different dynamic, innovations, new ideas, new energy, and then we can make progress to get to the next level."

Meanwhile, United remain in talks with Bayern Munich over a deal for defenders Matthijs de Ligt and Noussair Mazraoui after a joint bid was snubbed.

Jayson in dock



WEST BROM'S Jayson Molumby received a violent conduct charge from the FA following his side's pre-season friendly against Real Mallorca.

Molumby (left), 24, appeared to punch Samu Costa in the face, which sparked a melee involving players from both sides.

No action was taken by the ref but Baggies boss Carlos Corberan substituted his midfielder at half-time.

ALL THE GOSSIP

ALL THE NEWS

ALL THE DEALS



Ange admits striker search

By TOM BARCLAY

ANGE POSTECOGLOU has confirmed he wants a new striker this summer – amid interest in Dominic Solanke.

SunSport revealed Tottenham were keen on the Bournemouth star in January.

The former Liverpool striker (left), 26, has a £65million release clause which would be a club-record fee for Tottenham if the North Londoners triggered it.

Cherries owner Bill Foley is confident Solanke, who hit 19 Prem goals last term, will stay but the club have lined up "two or three" replacements.

Spurs have struggled since club-record scorer Harry Kane was sold last summer in a £104m deal to Bayern Munich, who they meet today in a friendly in South Korea capital Seoul.

On his lack of options up front, Postecoglou said: "It's still the area of the park we're probably the thinnest when I talk about squad-wise at the moment, so that's a focus for us."

Other Spurs striker targets are Sporting Lisbon's Viktor Gyokeres, Lille's Jonathan David and Brentford's Ivan Toney.



NEWS TICKER

SPANISH defender Jorge Cuenca, 24, was having a medical at Fulham to complete a £6.7million move from LaLiga side Villarreal.

The Cottagers also want centre-back Diego Carlos, 31, who Aston Villa are open to selling.

STOKE have cut financial ties with betting giants bet365 and the Potters are now owned outright by John Coates after the demerger.

All of Stoke's debts have been cleared with the Clayton Wood training ground and bet365 Stadium now owned directly by the club.

PHILIPPE CLEMENT insisted signing a bumper new deal at Rangers to 2028 was a "no-brainer".

The Belgian boss, 50, said: "I've fallen in love with this club, fans, stadium and city. Now the goal is to make the club stronger in every sense."

Need for Guid

WEST HAM are in talks to sign Argentina international Guido Rodriguez on a free transfer.

The defensive midfielder, 30, left Real Betis at the end of last season and played in his nation's victorious Copa America campaign this summer.

Rodriguez was previously a target for Barcelona until boss Xavi was sacked in May. The Hammers are also targeting Borussia Dortmund striker Niclas Fullkrug, 31, with Aston Villa's Jhon Duran, 20, still an option.

back me in good times and bad

PREM

BLUES KEEPER BATTLE



BIG MISS . . . Kovacic after Real's Lunin saves his penalty

Kov sees no Real drama

MATEO KOVACIC believes Manchester City are still the Real deal despite surrendering their Champions League crown to his old club.

Holders City crashed out on penalties to eventual winners Real Madrid in last season's quarter-final. It was the latest in a series of epic showdowns between the two heavyweights in recent years.

Madrid have since got even stronger by signing Kylian Mbappe and Endrick this summer. Yet Kovacic – who spent four years at the LaLiga giants before joining Chelsea in 2019 – insists City have nothing to worry about.

The Croatian, 30, said: "There are many top teams, always. But if you have to choose two, I think Madrid and City are the best in terms of everything around them."

"We are always confident in ourselves so, obviously, if we play them, we will be confident to win."

City drew 3-3 in Spain and 1-1 at the Etihad before losing a shootout 4-3 in April.

And Kovacic added: "I think we deserved to go through in terms of two games last season."

"We were, in my opinion, the better team but in the end penalties are always difficult."

"We lost the Community Shield on penalties, won the Super Cup and we lost against Madrid."

Keeper Andriy Lunin saved spot-kicks from Kovacic and Bernardo Silva to seal Real's win.

Kovacic admitted: "It was a big disappointment, especially because

From MARTIN BLACKBURN

I was one that missed the penalty.

"It's never easy to go out but I think we showed again that this team is great and that if we had won on penalties, I think we could have gone all the way."

"If we are to meet them again, it is still far away. We have to focus now on being prepared for the season and getting the legs going."

City have been relatively quiet this summer, with Brazilian winger Savinho their only new signing so far.

Yet Pep Guardiola has plenty of options if all his players are fit and Kovacic – who moved to the Etihad last summer – believes stability is crucial to their success.

The midfielder said: "Every team has its strengths and weaknesses. But this team is used to playing in a way with the manager who is here for a long time."

"The club is very consistent. You know what you expect from the club, there are not many changes."

Fil the gloves

JORG'S DETERMINED TO BE CHELSEA'S NEW No1



FILIP JORGENSEN plans to cap a whirlwind 12 months by establishing himself as Chelsea's top stopper.

This time last year the keeper, 22, was battling to force his way into the Villarreal first team.

Following a stunning season when he posted more saves – 143 – than any other LaLiga shotstopper, the Denmark Under-21 international completed a £20.5million switch to Stamford Bridge this week.

Jorgensen played for the Blues for the first time in Atlanta in the early hours of Thursday morning after joining Enzo Maresca's squad on their pre-season trip to the United States.

And he immediately made it clear he is ready to challenge Robert Sanchez and Djordje Petrovic to be No.1.

Jorgensen, who replaced Sanchez at half-time in the 3-0 victory over Club America, said: "Competition is always good."

"I came here to compete with him, and then, of course, the one who chooses is the manager."

"I try to do my best every day, get better."

"Then at the end of the day, it's

From JACK ROSSER

in ATLANTA



the manager who will decide who will play."

Jorgensen – who signed a new five-year Villarreal deal in March which was only confirmed in June – attracted interest from other clubs.

But he said there was only going to be one outcome when Chelsea came knocking.

Jorgensen (*below*) added: "It's been busy, many new things to take in. But, finally, I've taken the first steps. I'm very happy."

"A lot happened in these last few months – but I'm very happy to be here in Chelsea."

"I just want to keep building, get better and get to know the staff and all the players better and how we play."

"I signed a contract in March but they put it out in the summer."

"In the summer, we got some clubs calling and they wanted me to come."

"But, in the end, when Chelsea called, there was no doubt for me."

"The club and my agent, we knew it was Chelsea where we wanted to go to, so I'm very happy."



CLUB GAMES PLAYED LAST SEASON	
ALL COMPETITIONS	
FILIP JORGENSEN - Villarreal	37 (6)
Djordje Petrovic - Chelsea	31 (7)
Robert Sanchez - Chelsea	21 (5)
(Clean sheets in brackets)	

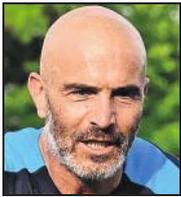


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MARESCA... style

BAN

From Back Page

sell the home-grown star, who has less than a year remaining on his contract.

The club accepted a £57m offer from Aston Villa in June before the Profit and Sustainability deadline but Gallagher turned down the move.

He was then offered a new contract to stay at Stamford Bridge but only for two years, with an option of a further year.

That was in stark contrast to the seven and eight-year deals offered to other squad members — and Gallagher snubbed it.

Chelsea accepted the bid from Atletico last month, before offering the same fresh terms to Gallagher to renew — which he again turned down.

The Blues offered shorter terms as they do not see a long-term future at the club for their academy graduate.

They have concerns over his ability to play the possession-based style of new boss Enzo Maresca and are reluctant to offer a lengthy deal.

Despite Gallagher captaining the side for the majority of last season, he is now viewed as a squad player should he stay.

Gallagher was not due to return to Chelsea's Cobham training base until Monday having been in England's Euros squad.

But he was asked to attend a meeting yesterday, during which he indicated he would be willing to sign a new long-term contract.

Yet he was then told he would be denied access to the first team from Monday onwards.

While Gallagher considers a transfer to Spain, it looks unlikely he will move to Atletico as he continues to assess all of his options going forward.

FULHAM'S EMILE DEAL

SMITH ROWE!

Gunners boss Arteta broken over move

MIKEL ARTETA revealed his sadness after Arsenal confirmed Emile Smith Rowe had joined Fulham in a £34million deal.

The midfielder, 24, ends a 14-year spell at the Gunners, with the transfer fee a club record for a player promoted from the Gunners academy.

Smith Rowe joins on a five-year deal for £27m plus £7m in add-ons — and could make his debut for Marco Silva's men on Monday in a friendly at home to Sevilla.

He left Arsenal's USA pre-season camp to complete his medical earlier this week before joining the Fulham squad in Portugal — keen to hit the ground running after making just 25 Prem appearances since August 2022.

Boss Arteta, who relied heavily on Smith Rowe during his first few years in charge of Arsenal, said: "I'm sad that Emile is leaving us."

"But I'm excited for him to take this new opportunity at this stage of his career, when he needs to be starting matches and playing regularly."

"Emile's commitment, attitude and energy every day was first class, always

From **JORDAN DAVIES**

stepping up when the team needed him.

"He came into the first team and was instrumental during a difficult moment for us. He created an important impression, with his strong performances, making our supporters proud."

"Emile is loved by everyone at the club and leaves us with our gratitude, absolute respect and best wishes. "We all wish Emile and his family well at Fulham."

The fee could rise to a club record for Fulham, and is Arsenal's biggest sale since winger Alex Oxlade-Chamberlain's 2017 move to Liverpool for £35m.

Smith Rowe said: "Hearing about the project, speaking to the manager and seeing what players we have here already, it's an exciting project for me and definitely the perfect step for my career going forward."

Arteta is now chasing a midfielder and winger.

Talks are progressing for Real Sociedad's Spain midfielder Mikel Merino, 28, for a fee of between £25m-£30m.

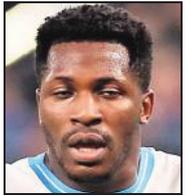
The ex-Newcastle player is out of contract next summer.



EMI AWARD ... Smith Rowe in new Fulham colours and (below) with old boss Arteta

CAREER RECORD (all comps)

Year	Club	Games	Goals
2018-24	Arsenal	115	18
2019	Leipzig (loan)	3	0
2020	Huddersfield (loan)	19	2
TOTAL		137	20



FARIS... attack victim

Shooting charges

By **VIC HOLLY**

THREE men have been charged with attempted murder after a trio of Marseille stars cheated death in a hail of bullets.

Jean Onana, Faris Moubagna and Bamou Meite had their cars peppered with gunfire as they drove home.

They came under attack in the Marseille suburbs early on May 20 after a 2-1 win at Le Havre.

The Range Rovers belonging to Cameroon internationals Onana and Moubagna were struck by several bullets.

All three players miraculously escaped unharmed.

Marseille's prosecutor Nicolas Bessone has now revealed that three men, aged between 18 and 22, are facing attempted murder charges.

Bessone said: "It was a mistake — they were not targeted because they were Marseille players."

PREM COUNTDOWN 13 DAYS TO GO

WEARING the **No 13** squad number at Manchester United, Park Ji-Sung (right) remains the only player from South Korea to win the Prem crown.

He was in the United title side of 06-07, 07-08, 08-09 & 10-11.

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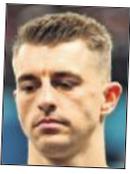
ATHLETICS UP 'N RUNNING

Teddy rare

BRITISH judo legend Neil Adams hailed Teddy Riner after the French hero landed his third successive heavyweight gold. Riner, 35, beat Korea's Kim Minjong in the final in front of 8,000 cheering home fans and said: "With a public support like that, I had to win." Adams, who won silvers in 1980 and 1984, admitted: "He is not the greatest heavyweight technician but he is the greatest winner we have seen."

GET AN EIFFEL OF THE ACTION
YOUR DAILY GUIDE

TODAY'S TEAM GB MEDAL HOPES
Max Whitlock (*below*) is hunting an unprecedented fourth consecutive medal on the pommel horse (4.10pm) – Jake Jarman goes in the men's floor final (2.30pm).
Our dressage team can claim another equestrian gold (9am) while Team GB will want to retain the 4x100 metres mixed medley relay (8.33pm) in the pool.
BRITS TO WATCH
Tom Pidcock gets back in the saddle, after his epic mountain biking gold, in the men's road race (10am).
More medal chances in the last day of rowing – especially in the women's and men's eights (from 9.50am).
GB take on Argentina in their final women's pool game in the hockey (9am).
And Tommy Fleetwood continues his tilt for golfing gold, co-leading at 11 under (10.44am).



GLOBAL STARS
US sprinter Sha'Carri Richardson and Jamaica's Shericka Jackson face-off for women's 100m gold – with Dina Asher-Smith also in action (8.20pm).
The men's heats also get underway with USA's Noah Lyles (*left*) and Christian Coleman battling Brit speedster Zharnel Hughes (10.45am).
SOMETHING DIFFERENT?
Badminton often slips under the radar at the Olympics but is always incredible viewing – and the women's doubles final is today (3.10pm).
STATS MAD
Only SIX athletes have won the same individual event at the Olympics four times.
Katie Ledecky could join that list today – which includes Carl Lewis and Michael Phelps – in the 800m freestyle (8.09pm).
Vincent Hancock could also do it in the skeet shooting (2.30pm).

Tam's fright

SLOVAKIAN swimmer Tamara Potocka needed oxygen after she collapsed following her 200 metres medley heat. Potocka, 21, regained consciousness but was carried out of the La Defense Arena on a stretcher in front of shocked spectators in yesterday's morning session. The Slovakian team revealed Potocka had an asthma attack after her race – where she finished seventh and missed out on a semi-final place.



KEEL DEAL... Hodgkinson eases her way to victory

KEELY'S SO COOL IN HEAT

From BEN BLOOM
KEELY HODGKINSON barely left cruise control to kick-start her Olympic title charge.
Britain's middle-distance queen hardly broke sweat as she eased to victory in her 800 metres heat last night – running 1min 59.31sec.
That time was some way off the British record 1:54.61 she clocked at the London Diamond League a fortnight ago – the fastest in the world since Caster Semenya in 2018.
The Wigan wonder, 22, hopes to win her first global title in Paris. And she showed exactly why she is the bookies' favourite with a display of eye-catching dominance.
Hodgkinson said: "I hate heats, they are just awful, mistakes can be made and I can focus on the semis now."
With three silvers at previous Olympics and Worlds, Hodgkinson will head a triple-pronged GB charge tomorrow after Jemma Reekie and A-Level pupil Phoebe Gill also booked their semi-final spots.
Gill is Britain's youngest Olympic track athlete for more than 40 years. But the 17-year-old defied her age to finish third in her heat in 1:58.83.
She said: "I cannot believe it! I didn't expect it to be that hard."
Asked about her nerves, she added: "Ask my room-mates! I was trying not to hyperventilate. I got ready five hours before!"
Reekie, 26, won her race dictating from the front to clock 2:00.00.



PIDCOCK... gold

Pid bid's a 'war of attrition'

From ROB MAUL
TOM PIDCOCK will face a "war of attrition" as he eyes a momentous cycling double for Team GB.
Mr Versatile, 25, earned a legion of new fans when he won the mountain bike cross-country gold on Monday with a glorious manoeuvre on the very last lap.
Today he will be part of the four-man British side on the 273km course, which has 2,800 metres of climbing before ending at the Trocadero – where the Opening Ceremony in Paris concluded.
British Cycling performance director Stephen Park admitted: "It's normally a war of attrition."
"And if the entire peloton rides against you, then it's incredibly difficult to win – but it's possible. We'll just have to see how it plays out but we'll definitely be in the running."
"Tom's got the legs, and he's up for the race, so they'll be keen to ride for him. So it should be a fantastic race."
"If there was one event in cycling where I wouldn't put a wager on the outcome it's the road race – as it's such a tough race."
"Tom has to enjoy the moment. He was massively focused on the mountain bike race and, emotionally and physically, it takes a lot out of you."
"Being the consummate professional he is, he'll be right back on it. I'm sure he'll be in a good spot."

SPIKY JOSH

Kerr tells rival: 'I'm golden'

JOSH KERR brushed aside foe Jakob Ingebrigtsen's patronising jibe about his lack of experience and said: Judge me at the end of my career.
The confident Scotsman got his Olympics under way in the first round of the 1500 metres at Stade de France.
Wearing golden spikes, world champion Kerr had to put on the afterburners in the final lap after being blocked out before the bell.
He won comfortably in front of a packed opening-session crowd of 67,000, qualifying for tomorrow's semi-finals tenth overall in a season-best time of 3min 35.83sec.
Norwegian Ingebrigtsen, who ran a slow 3:37.04 that ranked him 25th, previously said he does not consider Kerr a rival because he "never competes".
But cool Kerr, 26, said: "I heard [those comments]. I would like to be defined in my career at the end of it."
"Hopefully, that's medals, fast times and fun battles, head-to-heads."
"I've no problems with that and I will hopefully be able to be remembered for something slightly different."
"The problem is people compare me to everyone else. They should compare me to myself in years previous."
"I'm definitely better than last year – and we'll see that."
Asked about his golden Brooks footwear, worn on a very quick Mondo track, the Tokyo Olympics bronze medallist, added: "These are my custom colourways and

being able to run for a smaller brand allows you to get personalised stuff. I'm very excited with these spikes – they're one of the fastest in the world."
"The track was definitely quick. The goal here was just to stay relaxed and be confident in my fitness and I did that."
"Everyone gets really antsy in these first rounds because of all the hype and it's a big stadium with lots of people."
"So I just made sure I stayed relaxed and when it was time to go, I put the burners on."
Reigning Olympic champ Ingebrigtsen, 23, wore a face mask in the mixed zone, which is full of press.
When asked about it, he told SunSport: "I'm extremely scared that all of you are very sick. It's my own precaution to make sure I am as fit as I can be."
Glaswegian Neil Gourley, 29, moved into the semis with 3:37.18 from heat three.
George Mills – the 25-year-old son of former England defender Danny – was 11th overall in a time of 3:35.99 and must go through today's repechage rounds.
In the women's 100m heats, all three British sprinters progressed to tonight's semi-finals.
Daryll Neita, 27, ran the third-fastest time in 10.92 – 0.02 off her personal best – while Dina Asher-Smith, 28, finished in 11.01 and 26-year-old Imani-Lara Lansiquot in 11.10.
But high jumper Morgan Lake missed out on tomorrow evening's final after finishing 15th in qualification.



ING YOUR FACE... Kerr did his talking on the track yesterday

Fast track to record

USA's mixed 4x400 metres relay squad set a new world record as the Stade de France's lightning-quick track lived up to its billing.
The designers of the purple Paris 2024 track claim it is two per cent faster than Tokyo's three years ago.
That appeared to be the case as USA blasted into tonight's final in 3min 7.41sec. They were joined by Team GB's quartet who broke the British record to win heat two in 3:10.61.
Four-time gold medallist Michael Johnson said: "I've heard this track is fast. It is Mondo track and it's the same as Tokyo but I hear it's even quicker."
"This year it was a slow start to the running times but as we got into Olympic trials the times have ramped up massively."

From **DAVE KIDD**

CHIEF SPORTS WRITER IN PARIS

DONALD TRUMP was stoking up a bogus trans row in the heat of an American presidential election campaign.

JK Rowling was being attacked by the Taiwanese government, sparking suggestions that Mandarin translations of Harry Potter books might be burned on bonfires.

And the Italian prime minister was at loggerheads with Olympic chiefs as a serious international firestorm raged.

But at the centre of all this global controversy, was Lin Yu-Ting, a skinny boxer from Taiwan, winning a remarkably unremarkable Olympic boxing bout. Lin, along with Algerian Imane Khelif, was disqualified from last year's World Championships after failing a gender eligibility test – but both were given the green light by the IOC to fight in Paris.

And Khelif sparked intense worldwide debate when her Italian opponent Angela Carini quit after just 46 seconds and two punches of Thursday's welterweight bout, with the defeated fighter claiming she had "never felt a punch like this".

The brutal sport of boxing was embroiled in an extreme political debate between two intractable sides – and suddenly the eyes of the world were on nine minutes of sport at the Paris Nord Arena, contested by women from Taiwan and Uzbekistan.

Now there is nothing as ugly in all of sport as the sight of a serious mismatch in boxing. And usually without any hint of questionable gender.

We've seen too many of them, often on the undercards of big fight nights, and usually when a hot young prospect is pitched against an ageing bum risking serious injury for one last pay-day.

But this featherweight fight between Lin and Uzbek Sitora Turdibekova was no such thing.

Lin was clearly the better fighter, winning all three rounds, two of them unanimously.

Turdibekova refused to touch gloves or otherwise acknowledge her opponent and left the arena in tears – but there was no sign of any dangerous physical superiority from Lin.

Despite being a two-time world champion, Lin has been beaten by 14 women in her career and has inflicted only a single knockout in 54 fights.

Last year's gender tests were carried out by the disgraced Russian-led International Boxing Association, a governing body no longer recognised by the IOC, and apparently showed Lin and Khelif possessed male XY chromosomes. Yet

Below the belt..

LIN IN COMPLEX SPOTLIGHT

Trump, campaigning for a return to the White House, had posted a video of the Khelif fight on social media along with the words: "I will keep men out of women's sports."

Rowling posted about the "insanity" of it all and was piled on by the Taiwanese authorities. But despite plenty of reactionary transphobia, this isn't part of that particular blokes-versus-wokes debate.

Neither Khelif (left) nor Lin are transsexual, both were brought up as girls and have never identified as men.

Both are believed to have what is medically known as DSD – differences of sex development – and possess unusually high levels of testosterone.

Carini's defeat by Khelif was gruesome and traumatic viewing – and yet it was also distinctly unusual. The Algerian had previously lost to nine women and the Italian is an experienced fighter with more than 100 bouts under her belt, good enough to have won a World Championship silver medal at light-welterweight.

As IOC chiefs pointed out, while warning against a "witch hunt" against the two boxers, both have been around for a

long time and have fought at previous Olympics without provoking any such ire. And the exact findings of the tests from the notoriously corrupt IBA are not known.

There are hugely complex issues surrounding them – and Khelif appears to represent greater danger of inflicting serious physical harm than Lin (above).

But you wouldn't envy those having to make decisions on the eligibility of either.

Lin refused to speak to a vast army of reporters after reaching the quarter-finals but her coach, Tseng Tzu-Chiang, said: "We respect the officials. She was under pressure in the first round but we really enjoyed the fight."

When asked if Lin should be allowed to compete, he gestured angrily and said: "Olympic Games, OK."

Lin will now fight Bulgaria's Svetlana Staneva, while Khelif returns to the ring today to take on Anna Luca Hamori of Hungary – against the backdrop of the Hungarian Boxing Association saying it is sending letters of protest to both the IOC and their country's Olympic Committee.

Meanwhile, politicians, sportspeople and celebrities will continue to rage against two young people unwittingly caught up in a conflicted social media culture war.

No glove lost – Pages 8, 9



END OF ERA... emotional Murray retired on Thursday

Andy serves up all his pet hates

ANDY MURRAY feels proud of his tennis achievements – but was also embarrassed by some of his petulant on-court antics.

Britain's greatest-ever tennis player retired after he and Dan Evans lost 6-2 6-4 to Americans Taylor Fritz and Tommy Paul in the quarter-finals of the Olympic men's doubles on Thursday.

Murray's CV is so impressive that there is an argument he will be remembered as Britain's greatest sportsman this century.

Yet there were also times he behaved like a brat, shouting and screaming unnecessarily at family and friends – episodes he is not proud of.

The dad-of-four, 37, said: "It has been an amazing journey.

"I've learned lots of lessons that will help me as a parent or in whatever I do next.

"Tennis and sport generally teaches you a lot of lessons, like dealing with setbacks and how to manage some of the highs as well.

"How would I like to be remembered? Well, the last three matches of my career have been a good example.

"There are things I did which I certainly wish I hadn't been like.

"I wish I had behaved differently at times.

"I loved that I always fought, gave it a good go until the end of all my matches. I had a really strong work ethic."

As he is reunited with

his family and packs for a holiday, Muza will put down his racquet for good and pick up the golf clubs as he wants to be a scratch golfer in the next few years.

In terms of his legacy, the two-time Wimbledon champion added: "The media, the public, whoever, you will decide.

"I'm proud of my achievements, especially what I put into the sport. "I gave a lot physically, which I'm paying for a little bit now.

"I'd like to say a huge thank you for all the support. I've definitely felt that in the last few years.

"When I've been on the court, whether in the UK or the world, the support has been amazing.

"That's one of the things I'll hugely miss.

"Playing in front of a crowd, playing in front of a public that are right behind you, engaging with them in the matches."

From **ROB MAUL**

THAT DIDN'T ENZ WELL

By **ROSS GREGORY**

FRANCE got one over Argentina in the Olympic football as their bitter feud exploded at full-time.

The whistle had just blown – with Jean-Philippe Mateta's fifth-minute opener clinching a 1-0 win and a semi-final against Egypt – when bedlam broke out in Bordeaux.

Ex-Manchester City man Nicolas Otamendi, 36, argued with France's Enzo Millot to spark a 40-man brawl. Millot, 22, was shown a red card as a melee swirled around the pitch before rival players sprinted down the tunnel to continue their furious bust-up.

Les Bleus boss Thierry Henry said: "We didn't approach this match as revenge. I apologise for the mess at the end – it wasn't what I wanted."

Tension was ramped up in the final minutes when France's Michael Olise had a 'goal' ruled out by VAR.

It is the latest chapter in their rivalry which blew up last month over the Enzo Fernandez race row.

Chelsea star Fernandez filmed a video of Argentina's Copa America winners singing a racist anti-French song on their team bus after beating Colombia in the Miami final.

It was a chant started by their fans before the final of the 2022 World Cup in Qatar when Lionel Messi and Co beat France in a penalty shootout.



ARGY BARGY... France and Argentina players react with Millot (No 12) red carded

MURRAY CAREER RECORD (2005-24)



Djok v Carlos is dream final

NOVAK DJOKOVIC will face Carlos Alcaraz in the Olympics final all tennis fans wanted to see.

The Serbian great, 37, easily despatched Lorenzo Musetti to book his place in the gold medal match.

Djokovic (right) clinched the first set, breaking at 5-4 when the Italian netted a drop shot, before racing through the second to win 6-4 6-2.

And three weeks after their SW19 showdown, Alcaraz, 21, is the last hurdle between Djokovic and more glory.

The Spaniard's three-set demolition job at Wimbledon denied Djokovic a

From **JOSHUA JONES**

25th Grand Slam. And tomorrow he will attempt to stop Djok becoming the third man to complete the Career Golden Slam of winning the singles in all four Majors and the Olympic gold.

He would join Andre Agassi and Rafael Nadal.

Djokovic said: "Facing Carlos is the biggest challenge I can have."

Alcaraz easily beat Felix Auger-Aliassime of Canada 6-1 6-1.

Iga Swiatek thrashed Slovakia's Anna Karolína Schmiedlova 6-2 6-1 to win bronze for Poland.



OLYMPICS



WATER RESULT AS



NO MERCI . . . French superstar Marchand on his way to gold medal No 4

MARCHAND'S FOURMIDABLE

DUNCAN SCOTT won his EIGHTH Olympic swimming medal — but was the latest victim of the Leon Marchand show.

Scott followed team-mate Ben Proud on to the second rung of the podium in another night of swimming near-misses.

Glaswegian Scott added 200 metre individual medley silver to the gold he won in the 4x200m freestyle relay after a stunning swim.

But it was not enough to take down local hero Marchand as the French superstar won his fourth gold at these Games.

Scott, who is now level with Bradley Wiggins and just one behind another cyclist in Jason Kenny in the all-time list of the Olympic medals, was desperate to land his first individual gold.

Yet despite another titanic effort by the Brit, Marchand rode on another wave of home fervour to once again live up to the demands of the sell-out crowd in La Defense Arena.

The presence of French President Emmanuel Macron in the crowd added to the feeling that this was supposed to be a milestone moment.

Scott has walked out into the bearpit before and emerged emboldened and even stronger in his mind.

Yet this was going to take something even more special.

If it was going to happen, Scott knew it would be by staying close enough through the first three lengths to let his greater freestyle speed make the critical difference.

The Brit had been less than 0.2 seconds slower than Marchand in the semi-finals, with American Carson Foster sandwiched in between them.

But he was **LAST** — albeit only 0.4 seconds behind leader Shun Wang of China — after the first butterfly leg.

By the halfway point, Scott was up to fourth, nearly a second behind pacemaker Marchand, who had his speciality breaststroke to come.

The Frenchman took advantage, too, pulling 1.7 seconds clear, with Scott now his nearest challenger.

It looked too much for the Brit to pull back, especially with the

From **MARTIN LIPTON**

crowd acting as a magnet drawing Marchand to the line. And so it proved, Scott narrowing the gap but finishing 1.25

seconds behind Marchand's Olympic record 1:54.31, with Wang third.

Fellow Brit Tom Dean finished fifth.

It was Scott's sixth Olympic silver and the GB swimmer's fourth runners-up finish of the Games.

Scott said: "I had to put myself in a good position at 150m. I did that and went head-to-head with Leon for a little bit."

"But the guy is the best 200m breaststroker, the best 200m butterfly swimmer, one of the best at backstroke and freestyle, too."

"His turns are phenomenal, his underwater work is unbelievable."

"It's a real honour to be able to race him in this environment as well. The crowd were nuts."

"It was sensational to be a part of it. That was my second-quickest ever so I'm really happy that I've been able to do it here."

Sprint sensation Proud produced the swim of his life as he became the first Brit to even win a medal at the 50m freestyle.

But he was a fraction behind Aussie world champion Cam McEvoy as the shortest race in the swimming programme was over in the blink of an eye.

Proud and McEvoy had been joint-fastest qualifiers for the final, with the London-born swimmer, in lane four, the last to settle.

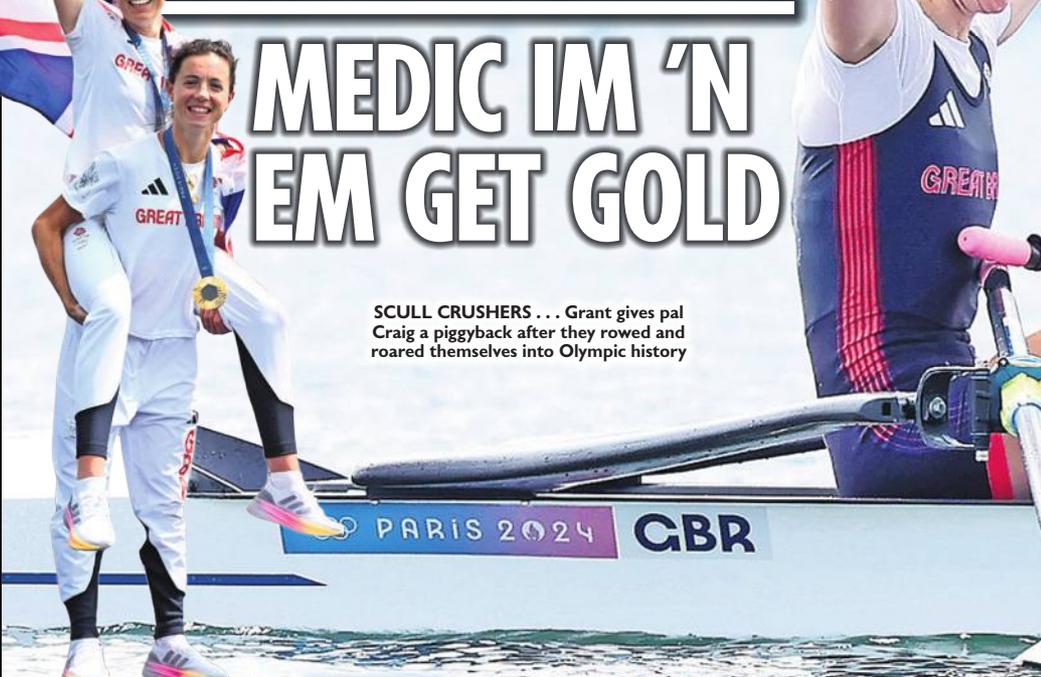
McEvoy was just ahead at the halfway point as they roared down the single length of the pool and just held on to touch in 21.25 seconds, with Florent Manaudou of France third and defending champ Caeleb Dressel of the US out of the medals.

Proud, 29, said: "I haven't had a single moment of doubt — that was the race I wanted to execute."

"It was the best swim I've done in the championship."

In the women's 200m backstroke, Britain's Katie Shanahan and Honey Osrin were fifth and seventh as Australia's world-record holder Kaylee McKeown retained her crown.

Just what the doctor ordered



MEDIC IM 'N EM GET GOLD

SCULL CRUSHERS . . . Grant gives pal Craig a piggyback after they rowed and roared themselves into Olympic history



SCOTT . . . silver



PROUD . . . pipped

Wilson so calm

EMMA WILSON had to wait for her chance to win gold as the wind failed to blow off the Marseille coast.

The Brit windsurfer, guaranteed a medal after reaching the three-way IQFoil final, was forced to kick her heels as the knockout stages were postponed until today.

Sam Silks, in the men's IQFoil, also had a delay for his quarter-final.

Sailors James Peters and Fynn Sterritt missed out on a

From **MARTIN LIPTON**

medal in the 49er skiff when they came home seventh.

Vita Heathcote and Chris Grube were second in the opening heat of the 470 mixed class and stand sixth after two races.

But Ica 7 dinghy star Mickey Bennett had a tough opening day and might be glad only two heats were possible before racing was brought to a halt.

PADDLE UP . . . Franklin goes third fastest



Go, Joe

JOE CLARKE and Mallory Franklin will put their canoe woes behind them when they seek glory in the new kayak cross event. Less than 24 hours after his fifth-placed finish, Clarke laid down a marker with the fastest time in the ranking round. Franklin, distraught at finishing last in the slalom, was the third quickest woman.

GB MEDALS KEEP COMING

IMOGEN GRANT will be walking the wards of Slough's Wexham Park Hospital in ten days' time. She will swap her 'inevitable' Olympic gold medal for a stethoscope as she begins her career as a junior foundation doctor.

And as Grant and partner Emily Craig signed off as reigning lightweight double sculls champions for life – with the class being abolished after Paris – she did not seem to have even elevated her own pulse.

As expected, after three years of dominance, Team GB's golden girls romped to a comprehensive victory, leading from the gun and cruising home a length clear of Romania to bring home the nation's second rowing gold medal and seventh gong of any colour at these Games.

It was the ultimate, unquestioned and outstanding response to the heartbreak they experienced in Tokyo three years ago, when they finished fourth by **ONE HUNDRETH** of a second and only half a tick off the top of the podium.

Grant admitted: "We'd gone 23 races unbeaten with pretty much the only result that was left for us to achieve.

"That was pressure but also gave us confidence.

"We knew we had to go out and do something that we've done multiple times before. Not pull

From **MARTIN LIPTON** in PARIS



something out of thin air but just carry out the race plan that we had."

Grant added: "What happened in Tokyo was part of our story. This Olympics was the grand finale.

"Not every Olympian gets it right on the first try.

"After Tokyo we put in so much work and we are such different and better people this time round. There was a certain inevitability to this.

"We knew we were capable of it. We have a call coming in and out of the 1km mark and I remember thinking, 'Right, this is the time to make everyone else pay for it for trying to stick with us in the first half.'

"That's what we did. Was that mean? Yeah!"

From golden glory, she will have just a few days to celebrate before her new reality strikes following next Sunday's final day of these Games.

Cambridge-born Grant, 28, explained: "We've got a week of watching some amazing sport here and then I start work two days after the Closing Ceremony as a foundation doctor in Slough.

"It's going to be a bit of a hard

bump back down to earth for me but I'm really excited to start work as a doctor."

Like her rowing partner, Craig, 31, was still on a high, although she collapsed in floods of tears on the podium – just as she had anticipated.

Craig said: "Ugly crying on international television – super!

"But I'm not surprised. Every time I've thought about the moment, it's brought me to tears and I've had to try and not think about the moment for a very long time.

"I have a picture of us from the finish in Tokyo in my flat and have used that as inspiration ever since.

"The race went by in a blur. I only remember some of it – and rowing really hard."

Grant and Craig are both now enshrined in the Olympic history books, agreeing it is "pretty cool" they will be reigning champions at lightweight double sculls forever.

In its place, in Los Angeles in four years' time, will be a beach sprint ocean rowing event – and that is a potential temptation for Grant.

She added: "It wouldn't have been my choice to get rid of lightweight rowing but that decision has been made and rowing has to evolve with the times.

"I've made a promise to myself that I've got to at least try beach sprints before I have an opinion on it, because some of the racing looks

really fast and furious. It's going to be a massive spectacle in LA. As a sport we should embrace that."

Earlier, there was a near-miss silver medal for men's pair Ollie Wynne-Griffith and Tom George as they were overtaken by Croatia's sibling duo of Martin and Valent Sinkovic in the final few yards after leading throughout.

The Brits, who have been "best mates" since they went to school together in Oxfordshire, caught a small crab – a rowing term for losing control of your oar – near the end just as the Croatians went past them.

George, 29, explained: "We had the perfect race, from start, pretty much to finish and to be that close is really special.

"It hurts a lot now to not get it in the last three strokes but this has been a hell of a journey for us."

Wynne-Griffith, 30, added: "There wasn't anything else we could've done.

"In the last two World Championships finals, we've not put ourselves in a position where we could win in the first half and then chased back hard to save a medal.

"We learned from those races. We took a risk in the first half and wanted to grab it by the scruff of the neck.

"Unfortunately, we came up three or four strokes short.

"But we wanted to race for a gold medal and put ourselves out there and that's what we did."



GUTTED . . . Wynne-Griffith (left) and George look glum after narrowly missing out on gold



SPLASH HIT . . . Brit diving duo Laugher and Harding win bronze

Jack & Lois are matching pair

JACK LAUGHER admitted he needed to win another medal – or face relentless stick from his girlfriend.

Laugher and Anthony Harding landed bronze in the men's 3m synchronised diving.

It ensured podium finishes for Team GB in all four synchro events in Paris and a record four medals before the individuals start.

That includes another bronze for Laugher's girlfriend Lois Toulson and

From **JOSHUA JONES**

Andrea Spendolini-Siriex in the women's 10m. But the Yorkshireman ensured he split the bragging rights.

The Rio 2016 3m synchro champ – who now has four Olympic medals to show off – said: "I'd never hear the end of it if I didn't get one and she did!"

"Lois, myself and Anthony are a fantastic little training group in Leeds.

"We've all got a medal and

we'll definitely remember this day for absolutely ever.

"Personally, for me and Lois, it's just a wonderful achievement. I know how much it meant to her and two medals between us is wonderful.

"Four medals from four synchro events is unreal."

World silver medallists Laugher and Harding submitted an ambitious list of dives ranked more difficult even than all-conquering Chinese duo Long Daoyi and

Wang Zongyuan. The Brits delivered a whopping 94.62 with their final dive but Mexicans Juan Celeya and Osmar Olvera snatched silver.

Harding hinted he could retire happy aged just 24 after six jumps and 45 minutes of Olympic action.

He said: "Now it's done, I feel so much relief.

"I'm going to carry on and hopefully do another Olympics – but I'm just so happy this is around my neck and I can now maybe retire early!"

ARCHERY

Mixed Team Bronze Final: India 2 United States 6. **Final:** Korea 6 Germany 0.

ATHLETICS

Men's 1500m Round 1 - Heat 1: 1 J Kerr (GBr) 3mins 35.83secs. **Heat 2:** 10 G Mills (GBr) 3:35.99. **Heat 3:** 1 S N Courley (GBr) 3:37.18.

Women's 100m Round 1 - Heat 3: 1 D Netta (GBr) 10.92secs. **Heat 4:** 3 I Lansiquot (GBr) 11.05secs. **Heat 5:** 12 D Asher-Smith (GBr) 11.01secs.

Women's 800m Round 1 - Heat 1: 1 J Reekie (GBr) 2mins 00.00secs. **Heat 3:** 3 P Gill (GBr) 1min 58.83secs. **Heat 4:** 1 K Hodgkinson (GBr) 1:59.31secs.

Women's High Jump Qualification Group A: 10 M Lake (GBr) 1.88m. **4 x 400m Relay Mixed Round 1:** 1 Great Britain 3mins 10.61secs.

BADMINTON

Mixed Double Bronze Final: Y Watanabe & A Higashino (Jpn) bt S Seo & Y Chae (Kor) 2-0. **Final:** S Zheng & Y Huang (Chn) bt W Kim & N Jeong (Kor) 2-0.

CANOE SLALOM

Men's Kayak Cross Time Trial: 1 J Clarke (GBr) 66.08secs. **2A Brgal:** 1 J Clarke (GBr) 74.65.

Women's Kayak Cross Time Trial: 3 M Franklin (GBr) 71.85secs. **16 K Woods (GBr) 74.98.**

DIVING

Men's Synchronised 3m Springboard: 1 D Long & Z Wang (Chn) 446.10pts. **2 J Celaya Hernandez & O Olvera Isarrat (Mex) 444.03.** **3 A Harding & J Laugher (GBr) 438.15.**

EQUESTRIAN

Jumping Team Finals: 1 Great Britain Gens. **2 United States 4.** **3 France 7.** **4 Netherlands 7.** **5 Germany 8.**

FOOTBALL

Men's Quarter-Finals: Morocco 4 USA 0, Japan 0 Spain 3.

GOLF

Men's Individual Stroke Play round 2: 1 X Schuffele (USA) 131. 2 H Matsuyama (Jpn) 131. **3 T Fleetwood (GBr) 131.** **4 J Rahm (Esp) 133.** **5 T Detry (Bel) 134.** **6 C Pan (Tpe) 134.** **7 T Kim (Kor) 134.** **8 S Jaeger (Ger) 135.** **9 G Migliozzi (Ita) 135.** **10 E van Rooyen (Rsa) 136.** **11 J Niemann (Chi) 136.** **12 S Scheffler (USA) 136.** **13 M Fitzpatrick (GBr) 137.**

JUDO

Men +100 kg Contests for Bronze Medals: T Rakhimov (Tjk) bt A Granda (Cub) 1-0. **A Yusupov (Uzb) bt Saito (Jpn) 11-0.** **Final:** T Finer (Fra) bt M Kim (Kor) 10-0.

Women +78 kg Contests for Bronze Medals: H Kim (Kor) bt K Ozdemir (Tur) 10-0. **R Dicko (Fra) bt M Zabic (Slo) 10-0.** **Final:** B Souza (Bra) bt R Heshko (Isr) 1-0.

ROWING

Men's Pair Final: 1 M Sinkovic & V Sinkovic (Cro) 6mins 23.66secs. **2 Wynne-Griffith & T George (GBr) 6:24.11.** **3 R Roosesil & A Gulich (Sui) 6:24.76.**

Men's Lightweight Double Sculls Final: 1 F Mc Carthy & P O'Donovan (Irl) 6mins 10.99secs. **2 S Oppo & G Soares (Ita) 6:13.33.** **3 A Pappakonstantinou & P Gkaidatzis (Gre) 6:13.44.**

Women's Pair Finals: 1 V Clevering & V Meester (Ned) 6mins 58.67secs. **2 Vrinceanu & R Anghel (Rou) 7:02.97.** **3 J Morrison & A McIntyre (Aus) 7:03.54.**

Women's Lightweight Double Sculls Finals: 1 E Craig & I Grant (GBr) 6mins 47.05secs. **2 G van Groningen & I Cosmiac (Rou) 6:48.78.** **3 D Kontou & Z Filsiou (Gre) 6:49.28.**

Women's Pair Final B: 6 R Edwards & C Brew (GBr) 7mins 16.02secs.

SAILING

Men's Skiff - Medal Race: 1 J McHardie (Nzl) 61pts. **2 Botin le Chever (Esp) 62.** **3 I Barrows (USA) 68.** **7 J Peters (GBr) 80.**

Women's Skiff - Medal Race: 1 O van Aanholt (Ned) 50pts. **2 S Steyaert (Fra) 57.** **3 V Bobeck (Swe) 59.** **17 F Black (GBr) 116.**

Mixed Dinghy - Opening Series: 6 V Heathcote (GBr) 18pts.

SHOOTING

50m Rifle 3 Positions Women's Final: 1 C Leone (Sui) 464.4pts. **2 S Maddalena (USA) 452.9.** **3 Q Zhang (Chn) 452.9.**

SWIMMING

Men's 50m Freestyle Final: 1 C McEvoy (Aus) 21.25secs. **2 B Proud (GBr) 21.30.** **3 F Manaudou (Fra) 21.56.** **4 J Liendo (Can) 21.58.** **5 K Gkolomeev (Gre) 21.59.**

Men's 200m Individual Medley Final: 1 L Marchand (Fra) 1min 54.86secs. **2 D Scott (GBr) 1:55.91.** **3 S Wang (Chn) 1:56.00.** **4 C Foster (USA) 1:56.10.**

Women's 200m Backstroke Final: 1 K McKeown (Aus) 2mins 03.73secs. **2 R Smith (USA) 2:04.26.** **3 K Masse (Can) 2:05.57.** **4 P Bacon (USA) 2:05.61.**

Men's 100m Butterfly - Heat 5: 8 J Guy (GBr) 52.23.

Women's 200m Individual Medley - Heat 1: 4 A Wood (GBr) 2mins 10.95secs. **Heat 4:** 6 F Colbert (GBr) 2mins 12.88secs.

Mixed 4 x 100m Medley Relay - Heat 1: 3 Great Britain 3mins 43.73secs.

TENNIS

Women's Singles Bronze Final: I Swiatek (Pol) bt A Schmiedlova (Svk) 6-2 6-1.

TRAMPOLINE

Men's Qualification: 7 Z Perzamanos (GBr) 58.800pts. **Women's Final:** 1 B Page (GBr) 56.480pts. **2 V Bardziloskaya (Ain) 56.060.** **3 S Methot (Can) 55.650.**

OLYMPICS PARIS 2024

DELIGHT AS GB'S

JUMPING



Dinosaur-loving trampolining star Page is the BryceraTOPS



FLEETWOOD... leading

Tommy's teeing up glory bid

From DAVID FACEY

TOMMY FLEETWOOD is on course for a third slice of Paris glory — as he reached halfway in the men's golf competition in a three-way tie for gold.

Fleetwood, a French Open winner and a Ryder Cup hero at Le Golf National, actually held the outright lead for a few minutes as he stood on the 18th.

But a ten-footer for par slid agonisingly past the cup — his only bogey in the opening 36 holes.

Rounds of 67 and 64 are a great return for a player who says he has been a long way below his best.

And they have hoisted the GB star into a share of top spot with defending champion Xander Schauffele and first-round leader Hideki Matsuyama on 11 under par.

Fleetwood, 33, said: "I haven't felt comfortable with my swing all week.

"But I've been doing the things I know are right. It's coming. It's definitely closer.

"It means a lot, because we constantly get asked the question, where does the Olympics sit in golf.

"I try to look at it through the eyes of my six-year-old son, Frankie.

"If I had a gold medal to show him he would always regard it as unbelievably special."

Rory McIlroy, playing in Ireland's colours, admitted he is still making too many mistakes as a 69 left him in a share of 13th place, on five under par.

Fleetwood's team-mate, Matt Fitzpatrick, bounced back from a disappointing first round 73 with a superb 64 that sent him rocketing him up to the same mark as McIlroy.



BRYONY PAGE sank to her knees and sobbed in hysterics after seeing the score that ultimately saw her crowned queen of the trampoline.

And the dinosaur-loving Cheshire ace (below) wants to run away and join the CIRCUS now she has completed her medal set in Paris.

Page, 33, won silver at Rio 2016 and bronze at Tokyo 2021. So she blubbed tears of joy after getting an impressive score of 56.480 which put her into first place.

Page thought she had gold in the bag — forgetting rival Hu Yicheng was still to go! Luckily, Hu, 25, blundered in a great fall of China, crashing off the trampoline.

It meant Page secured Team GB's first gymnastics medal of the Games.

She proudly belted out the National Anthem on the podium at the Bercy Arena, then revealed her celebrations were a tad premature.

Page said: "When I was on the top of the scoreboard, I thought I'd won but I forgot there was another person to go!

"At the time, I thought it was gold. I hadn't been watching, I just could hear the crowd and see the scores.

"So I was reacting to a really happy score and routine — at least if I didn't become Olympic champion, I knew what it was going to feel like!"

Scores in the sport are worked out by AI machines and officials, with marks awarded for difficulty, execution, time of flight, height of the leap and horizontal displacement.

In a state of jubilation, Page FaceTimed family and friends, including her Devon-based grandma, who was unable to travel to France for this special moment.

How she performed here is a far cry from the days when she suffered Lost Move Syndrome (LMS) — a mental block that afflicts gymnasts when they lose a sense of where they are in mid-air.

American star Simone Biles, who won her sixth gold on Sunday, suffered the problem — known as 'the twisties' — in Tokyo.

It could have ended Page's career considering she leaps the height of a double-decker bus. She explained: "It sometimes crops up a little bit. There is an element of injury risk in trampolining

From ROB MAUL in Paris

and you have to try to overcome that fear level because trampolining is exciting. It was a tough time not being able to do the skills I wanted to because of my mental block.

"But I kept going because I love the sport and wanted to get back to the standard I was at."

Page, who has a palaeontology degree, can use her gold medal as a bargaining chip to become a Cirque du Soleil performer after the Paris Olympics.

She is conscious she is running out of time to fulfil a lifetime dream to appear on stage with the super-human trapeze artists and tightrope walkers.

The reigning world and European champion added: "If they still want to have me as an older athlete, I'd love to perform for Cirque du Soleil. It's been a dream of mine for a long time.

"I'm not getting any younger, so to get to do that while I'm still feeling strong and healthy would be great."

"I've still got more than I want to do on trampoline, unless I have any other offers. If they can get me a temporary contract and I love it then I might stick around."

"But if I feel like I haven't given it everything in terms of Olympic journeys then I will come back."

"I love the idea of performing, wearing costumes, putting on make-up, being part of a group."

"I try to go to the Royal Albert Hall to watch them. I've got loads of friends who have gone to Las Vegas to watch them. And I watch them when they are touring."

"My Olympic career feels complete but I still have the idea of going to the LA Games in 2028."

"I just love this sport and if I'm happy and healthy, then you might see me around for a few more cycles. So everything from this point will feel like an absolute bonus. I still can't believe this."

Team GB's Zak Perzamanos, 21, narrowly missed out on a medal after finishing fourth in the men's trampoline.



FLIPPING HELL... Hu of China falls during her final performance which saw Page (above) win gold for GB



MEDAL TABLE

	G	S	B	TOT
China	13	8	9	30
France	11	12	13	36
Australia	10	6	5	21
USA	9	18	15	42
Great Britain	9	10	8	27
Japan	8	3	6	17
South Korea	7	5	4	16
Italy	5	8	4	17
Holland	4	2	2	8
Canada	3	2	6	11
Germany	2	3	2	7
New Zealand	2	3	1	6
Romania	2	3	1	6
Hong Kong	2	0	2	4
Ireland	2	0	2	4

HOW 2024 COMPARES WITH BEST GB STARTS IN OLYMPICS

	(After day 7)	Gold	Silver	Bronze	TOTAL
2024	Paris	9	10	8	27
2012	London	8	6	8	22
2016	Rio	7	9	6	22
2020	Tokyo	6	9	9	24

GOLDEN GAMES GO ON

FOR JOY

Horsey Harry echoes dad as Scott & Ben reign again



ICE-COOL Scott Brash held his nerve to see Great Britain to showjumping team gold – and help Harry Charles complete a coveted family double.

Charles, 25, was victorious in the same event as dad Peter, who triumphed at London 2012. There could not have been a more dramatic finish. Brash, jumping last, could not afford a fence down with the United States ready to profit if he slipped up. The Scot jumped clear and finished with one time penalty as Team GB's line-up of Brash, Ben Maher and Charles finished with two faults, two

By **TONY BUGBY**

clear of runners-up US. It was a day to remember for Charles, whose dad was watching proudly in the stands. Charles revealed: "He said, 'You have worked hard to get here so enjoy every minute of it.' "I was aged 13 and was at Greenwich Park when Scott and Ben were on the team. "It is pretty cool riding with these guys, who were my heroes, who I looked up to. "And to be on the podium with them here is incredible." Brash added that Charles Sr has been a huge influence in the Team GB camp. He said: "Peter has had a massive role here, someone who has given advice in and out of the ring.

"And it has been great to have somebody like him as a mentor." Charles added that his dad had initially dissuaded him from an equestrian career. He recalled: "Back in 2012, Dad wanted me to be a golfer. I was playing a lot of golf and riding ponies.

"I soon realised I was better riding horses than swinging a golf club. "I still play golf to get away from horses and keep my mind sharp – but I was never going to be a golfer." It has been a rollercoaster of emotions for Charles. He thought his Olympic dream was over just a month ago when he broke his arm after a fall in an event in Germany – and was initially told he would be in a plaster cast for six weeks.

Yet Charles was back on Romeo 88, his 15-year-old bay gelding, within a week. He said: "I didn't think I would be here – absolutely not when it happened. "After a week I was riding again and determined to be here and deal with the consequences afterwards. It has healed very quickly, and I have a great team of doctors and physios around me."

Brash, 38, from Peebles, spoke about trying to ease the pressure of jumping last with an Olympic gold medal in his grasp. He said: "You have to stay focused on your horse (Jefferson) and how to ride the course in order to give him the best possible chance to jump clear.

"You try to block out everything else, which is what I tried to do. The lads put me in an unbelievable position to be able to fight for that gold.

"Jefferson stayed relaxed, cool and focused on his job. I am absolutely delighted with him."

It was also a record-equalling third showjumping gold for Maher, who joins Richard Meade and Charlotte Dujardin in the pantheon of equestrian greats.

He said: "I didn't know that statistic but it is a team effort and I have a lot to thank them for."

Brash admitted the dramatic finish made for compelling viewing as equestrian sports fight for their future in the Olympics.

He added: "To stay in the Olympic Games is so important for equestrian and we showcased top sport today."

Without prompting, Brash also raised the subject of horse welfare in the wake of the whipping scandal involving disgraced dressage star Dujardin.

He said: "These horses are looked after incredibly well – they are family for us. "They get looked after better than most people do.

"To deliver like that, we are so thankful of them. They are amazing athletes."



HORROR . . . Kye Whyte is carried off following his nasty crash

BETH IN A WHYTE OFF

BETH SHRIEVER "paid the price" for her worst BMX run and Kye Whyte face-planted the track as Team GB suffered a horror show.

From **ROB MAUL**

What was hoped to be an exciting and memorable programme for the British two-wheelers ended up being a night to forget by a mosquito-filled lake.

Londoner Shriever, 25, was the defending champion and won **SIX** races in a row over two days thanks to excellent anticipation at the start.

Yet in the final, she had a shocker, falling behind as soon as the gate dropped and finishing in **LAST** place – as gold was snatched by Australian Saya Sakakibara.

The former teaching assistant, who broke her collarbone three months ago, said: "I was just a little bit late out at the start and I paid the price for it."

"Zoe Claessens and Molly Simpson had fliers. I got tangled up with Laura Smulders. I tried to make my way back and the race was done.

"Nonetheless I'm still happy. My friends and family are here and I got to experience this with them."

Shriever, who hopes she will be picked by ITV bosses for the I'm A Celeb jungle line-up, plans to ride at least until the LA 2028 Games and "then I'll probably settle down and have some kids".

On her poor performance, she added: "Maybe I got a little bit excited. My thoughts got away from me but I can't complain.

"The pressure is high, everyone's feeling it. Literally one little mistake cost me.

BMX is so unpredictable, loads of things can happen – and it's a massive mental game as well."

Whyte, meanwhile, lost control of his bike and skidded head-first along the track at the start of run two in the semi-finals.

The Tokyo Olympics silver medalist, 24, was carried off but after examination from a doctor it was decided he did not need to go to hospital.

Shriever said: "I know he was gutted."

"He wasn't hurt. He was just upset so I gave him a hug and then had to try and get my job done. He's good."

"I just said, 'It doesn't matter, you've got your friends and family. They love you no matter what, so nothing changes.'"

For the past two months, Whyte "has been struggling to train and ride my bike due to back issues" and this had clearly impacted his preparation and performance.

A British Cycling spokesperson said: "Following his crash, Kye Whyte was assessed immediately by the on-site medical team."

"This was followed up by further immediate review by Great Britain Cycling Team Dr Nigel Jones, who delivered a positive report, with no significant injuries."

French President Emmanuel Macron turned up in time to watch the men's final and he was treated to a 1-2-3 finish for the host nation.

Joris Daudet, Sylvain Andre and Romain Mahieu earned gold, silver and bronze to send the crowd wild.



GREAT SHOW . . . Brash, Charles and Maher after (top) Brash sees it home



FINAL BLOW . . . Shriever could not repeat dominance when it mattered

thesun.co.uk/sport
Sun Sport



OLYMPIC GLORY



FLAGGED UP . . .
Emily Craig and Imogen Grant celebrate their rowing gold medals

Ban's kick in the Galls

EXCLUSIVE by JACK ROSSER and TOM BARCLAY

CONOR GALLAGHER has been **BANISHED** from the first team at Chelsea.

The England star, 24, was told in a meeting yesterday he is banned from the first-team building and cannot train with the squad when he reports for duty on Monday.



Gallagher (above) is considering a move to Atletico Madrid after the Blues accepted a £33million bid. Chelsea are desperate to Turn to Page 65

Toon turn to Guehi

By TOM BARCLAY

NEWCASTLE have opened talks with Crystal Palace over a move for £60million-rated Marc Guehi.

The England star (below), 24, is on the radar of top clubs across Europe, including Real Madrid and Juventus.

But Toon are hoping to seal an ambitious deal for the England centre-back.

Guehi, who joined from Chelsea for £18m in 2021, has less than two years left on his Palace contract.

Magpies boss Eddie Howe Turn to Page 62



GOLD STARS

From **ROB MAUL** in Paris
TEAM GB bagged **THREE** golds yesterday to make it their best ever first week at an Olympics.

Emily Craig and Imogen Grant started the gold rush by winning the women's lightweight double sculls.

Then an emotional Bryony Page bounced her way to a trampolining triumph.

Page broke down after a sensational routine – thinking she had won gold when there was still one rival left to compete.

After victory was confirmed, she admitted: "I forgot I wasn't the last person. At least if I didn't become Olympic champion, I knew what it was going to feel like!"

Team GB later bagged their first team showjumping gold since 2012 as Ben Maher, Harry Charles and Scott Brash triumphed in style.

That made it nine golds – surpassing the eight after the first seven days of London 2012.

Maher said: "All of our horses didn't knock a jump down all day, so I am very proud of the team."

Olympics special P66-71

Three GB golds on Fantastic Friday



PAGE TURNER . . . Bryony after finally winning gold at her third Games

ONLY RULES 'N HORSES . . . Scott Brash, Harry Charles and Ben Maher hail showjumping top spot





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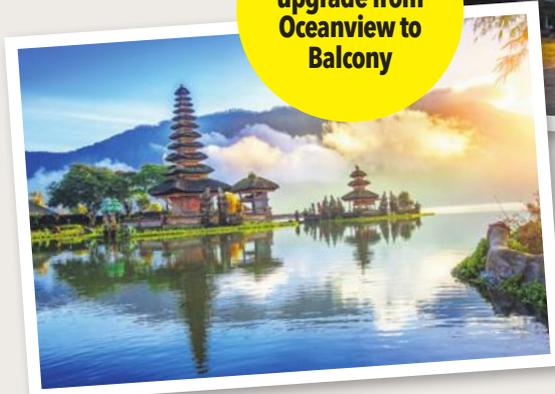
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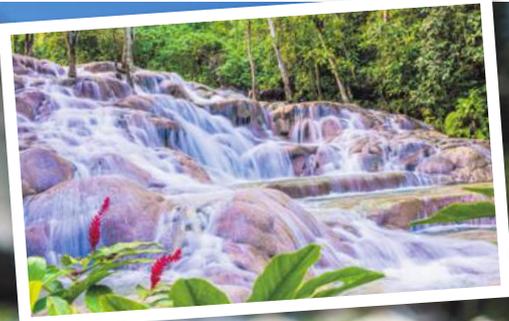
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BRADLEY CHARGED WITH GBH

EXCLUSIVE
By JACK KEENE

JOCKEY Paddy Bradley has been charged with GBH after breaking someone's nose in a pub scrap. The brawl happened on the night of December 27, 2022 in the famous racing pub The Rubbing House, which is just past the winning line at Epsom races. Epsom-based Bradley (below) appeared at Staines Magistrates Court yesterday morning but the case was adjourned until August 30. The solicitor for the alleged victim Sean O'Connell has said his client Turn to P11



Evs so sweet for Big Apple

FAB FOUR FOR MICK

BRILLIANT Big Evs hit top revs as he got revenge on Aussie rival Asfoora.

The supercharged speedster roared out of the Goodwood gates in the Group 2 Qatar King George Stakes for Tom Marquand. And Mick Appleby's star three-year-old then held off the late challenge of Asfoora to win the five-furlong thriller by a short head. It was the icing on the

By JACK KEENE

cake of a fantastic week for the popular trainer who headed back home to Nottinghamshire with four winners from his six runners. He said: "Big Evs has always loved a battle and there is no doubt he is the Turn to Page 10



GOOD FINISH... Big Evs (left) holds off Asfoora and Believing (right) at Goodwood

THE Favourite

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Saturday, August 3, 2024

CHOR BLIMEY



Caius to unlock a big win



CAIUS CHORISTER can hit a high note in the Lillie Langtry Stakes (3.00 Goodwood, nap).

She was far from disgraced in the Ascot Gold Cup last time and is given a fair drop in class here by trainer David Menuisier (left). Her two other

By TEMPLEGATE (Steve Mullen)

runs this season have seen her go close and the last time she tackled this trip she was an easy Group 3 winner in France. She has gone well on her two visits to Goodwood and is right at home on fast or slow ground.

ON SONG... Caius Chorister can win the Lillie Langtry

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CHELTENHAM's loss is Goodwood's gain as BILLYJOH bids to win on his second start at this year's Glorious meeting.

Not only that, but Mick Appleby's speedster is trying to do so live on ITV in one of the biggest betting race and most competitive handicap of the season – the Coral Stewards' Cup at 3.35.

It was in early 2019 that the powers-that-be made the decision to limit horses to a single Cheltenham Festival outing.

That ruling was massively questioned and opposed by those who, over the four days, had challenged twice in the past. On the Flat the rules are different – which means Billyjoh is free to tackle today's race in which 28 runners will charge down a helter-skelter straight.

Billyjoh has Goodwood in his family. His sire, Mayson, was fourth in the 2010 Molecomb, while also in his pedigree is Kodiak, who once ran fifth in a tight handicap at this course.

Perhaps, then, it is no surprise Billyjoh ran a cracker when second to Blue Prince in the World Pool Handicap over seven furlongs on Wednesday.

Rossa Ryan's mount might well have won if he had got a clear run over two furlongs out, but he didn't and the pair finished off with aplomb.

Billyjoh also has a second at Royal Ascot to his name over seven furlongs, when chasing home classy and teak-tough English Oak in the Buckingham Palace.

On that basis it would be easy to argue the six furlongs here will be too short. However, not so long ago he showed pace at Haydock and surely he will be charging home here off a very strong gallop.

His mark of 95 is workable and he looks a solid each-way bet.

Obviously, there are many in this who can win.

The favourite is **Dark Trooper** –

another horse to have been taken away from the excellent Ed Walker and moved to France by new owners Wathnan Racing. A strange move in my book.

The Wokingham runner-up is up 3lb here to a mark 105. Tipster Templegate – who has had a fabulous week here on the Downs – clearly believes he is up to the task.

Of the others, **Albasheer** is not easy to win with but can't be ignored for Hollie Doyle.

The six-year-old bounded home at Ascot last time and was eighth in this last year on unfavourable heavy ground. Today's ground will be more to his liking but there are no secrets from the handicapper and he has that 6lb penalty.

Apollo One was second 12 months ago and can now challenge off a 2lb lower mark. That puts him in with a shout and he does appear to go any ground.

Lethal Levi was fourth in the Wokingham and will be up in the van for this. His draw of eight is a good one too. He has every chance of making a good fist of this.

I've been lucky enough to have been at Goodwood all five days – a privilege is never taken lightly.

To be able to interview some of the best jockeys and trainers on the planet is such a treat – and that's not to mention the owners who come at me in many different guises.

Philippa Cooper is a particular



Good fun on the Downs

favourite of mine, and she was as feisty as ever before her Sweet William's courageous second to superstar Kyprios in the Goodwood Cup.

'Coops' is not one to take on lightly. If she ran racing it would be a very different world!

Kyprios, of course, is trained by Aidan O'Brien and I love to share little moments with you that I notice with the master of Balldoyle and Coolmore owners 'The Lads', which of course consist of the Magnier, Tabor and Smith families.

It was Michael Tabor and Paul Smith who got in the huddle which, among others, also numbered O'Brien and Ryan Moore after Opera Singer won Thursday's Nassau.

At first, all listened intently to every word Moore had to say. Then there was laughter and jokes.

It made me realise that, not only do you get the intense genius with Aidan, but you also get fun. You don't have as many kids as he has without having a sense of humour.

All 'The Lads' have that too. Tabor didn't hold back on what he felt about one of my jackets, while O'Brien clearly agreed. But it was all done in a nice way.

As a TV presenter you give it out much of the time. You have to take it as well – and these guys do it with class. It's what the whole game should be about.

As well as Kyprios and Opera Singer, Notable Speech excelled in the Sussex and proved we can believe in his 2,000 Guineas win.

The Godolphin star is exciting, and his handler Charlie Appleby is also a top lad, always willing to chat and wear his heart on his sleeve.

All in all, Goodwood has shown this sport is super cool. Yes, it has many faults, but none of us should forget the magic.

Storm Trooper

DOYLE KNOWS THE POWER OF THE DARK DESTROYER



DARK LORD... Dark Trooper can win the Stewards' Cup

STAR RATINGS

- ★★★★★ Hot Stew
- ★★★★★ Stew's tasty
- ★★★★★ Beef Stew
- ★★★★★ Stew whiff
- ★★★★★ Stew-pid bet

BIG FOUR BAN IS CRAZY

HAS Irish racing gone mad? It appears insanity has set in at governing body Horse Racing Ireland.

They have come up with a new series of National Hunt races but have banned the likes of Willie Mullins, Gordon Elliott, Henry de Bromhead and Gavin Cromwell from having runners in them.

It was first muted in April – and at that time the four trainers mentioned must have thought it was an April fool!

But it appears not. There are 60 races planned from January 2025 – bumpers, maiden hurdles, beginners

chases and handicap hurdles. But they are open only to trainers who did not have 50 or more winners in either of the last two seasons. In other words... anyone but the Big Four.

HRI say they want to give the smaller trainers a chance to win more races.

This idea is beyond belief. Crazy. Wasn't it only last year that Ireland was up in arms when Britain suggested it might restrict the number of runners from the likes of Elliott and Mullins?

Why is racing so good at kicking itself in the hoof?

in association with

PULLOUT... SEVEN DAYS A WEEK!



PINSTICKERS' GUIDE TO THE CORAL STEWARDS' CUP



DARK TROOPER can light up the Coral Stewards' Cup (3.35 Goodwood).

This son of Dark Angel cost moneybags Wathnan Racing half a million smackers and paid back a slice of that fee with a super second in the Wokingham at Royal Ascot. He showed a blistering turn of pace there and can come fast and late again under the capable James Doyle. He goes on any ground and this trip is ideal.

Keep an eye on a couple of veterans. **Mr Wagyu** has been running well while **Summerghand** is 17lb lower than when winning this race four years ago. He still has plenty of his old zip at the age of ten and has been laid out for this by David O'Meara.

Lethal Levi was only a length away in the Wokingham and followed up with an excellent second in the Bunbury Cup at Newmarket. Dropping back to this trip will be right up his street. Here's my guide to the 28-runner field:

RAMAZAN **

RAM raid. Best recent efforts over 7f including off this mark in the Victoria Cup at Ascot. He was outpaced over this trip at Newcastle last time and looks held.

DARK TROOPER ****

DARK destroyer. Wathnan Racing forked out half a million for this speedy son of Dark Angel who was an excellent second in the Wokingham at Royal Ascot last time. He looks to be on the upgrade and goes on any ground. Major player.

FIVETHOUSANDTOONE **

ONE to miss. He has winning form over course and distance from a lesser level but his best shows lately have been on the all-weather. This trip suits but he's still 6lb higher than his last win.

ALBASHEER ****

SHEER joy. He's got back on track with a close second followed by a gutsy win at Ascot last time. He ran a solid race in this 12 months ago despite the soft ground and these conditions suit better. Solid place claims.

RUMSTAR **

RUM do. Best handicap win came over this course and distance two years ago but he unseated his rider coming out of the stalls in this 12 months ago. He was poor at Royal Ascot after a good Newbury run at this trip and must bounce back.

SEVEN QUESTIONS ***

SUPER Seven. Has been in decent form over 5f but looks to be crying out for this distance. He's a Group 3 winner at best and will find this easier than the King Charles III last time.

APOLLO ONE ****

APOLLO creed. Second in this last year and is only 2lb higher this time. Has run well on both 6f runs this season at Newmarket and Epsom and didn't enjoy 5f last time. Looks right in the mix again.

ROHAAN ***

HAAN solo. Tries a first-time visor after some modest runs this season. Now back on his last winning mark over his best trip and no surprise to see him run well.

MOSTABSHIR **

MOS won't boss. Has done all his winning over a mile and was a good fourth at Royal Ascot before a poor effort at Newmarket last time. Still high in weights and this trip is a real unknown.

COVER UP **

RUN for Cover. Comes from top connections but best efforts have been over 5f and was well held after a break in the Wokingham last time. No obvious reason why he'll do much better here.

LETHAL LEVI ****

LETHAL weapon. Comes here in fine form after landing a big win at Newbury before a close-up fourth in the Wokingham over this trip. He performed with credit again upped in distance when second in the Bunbury Cup and will give another good account.

GET IT **

GET rid. Has won his past two runs over this trip and didn't enjoy dropping in trip at Ascot last time. Has crept up the weights and needs to improve in this company.

ALEEZDANCER **

DANCER out of step. Saves his best for 6f and was a good win-

STEVE MULLEN

Racing's Not tipster

ner in a big field at York before flopping at Epsom latest. He's 6lb higher than his Knavesire success so needs a step forward with the trip a concern.

PUROSANGUE ****

PUR class. Has been running well in Group contests including over 5f at Sandown last time. He makes his handicap debut from a fair mark with that in mind and looks capable of improvement.

FERROUS **

FER enough. Won a minor contest here over 5f last year but has looked held by the handicapper lately including when down the field at York last time.

ROCKET RODNEY ***

ROCKET power. Lightly-raced and he put up a fair effort in the Wokingham two starts ago. He's coming down the weights and likes a big field so could pay with the extra-places bookies.

DARK THIRTY ***

DARK horse. Started this season with a big-field win over this trip at Newmarket but has been tackling 7f since with little success. He's only 2lb higher than that win and returning to 6f looks wise.

GLENFINNAN ***

FIN the hunt. Has shown some promise this season and won a nice contest at Ascot over this trip. Pulled too hard there last time and this lightning pace will suit.

WODAO *

WO woe. Came back from a long break with a modest run at Newcastle and this looks a tall order off this mark.

BILLYJOH ***

JOH for it. Has been in excellent form over 7f including when a cracking second here on Wednesday. Likes this trip too and yard in excellent form.

THE X O ***

THE X No. Yet to win on turf and has largely struggled this season. Needs some help from the handicapper.

STRIKE RED ***

RED alert. Missed almost a year after landing a big handicap at The Curragh over this trip. Has dropped back to that winning mark and has been aimed at this. Place hope.

DREAM COMPOSER ***

DREAM alive. Won the Epsom Dash and matched that form when a close fourth at Ascot last time. Has gone well here before but would ideally prefer 5f.

MR WAGYU ****

YU bet. Veteran is still running well over this trip and was fourth in this last year. He's on a two-year losing run but no surprise to see him hit the frame again.

ROMAN DRAGON **

DRAGON fired. Does well at Chester so should handle this track but has been poor on his past two outings.

SUMMERGHAND ****

SUMMER lovin. Won this race four years ago from a 17lb higher mark and has shown flashes of his old form this season. Trip is ideal, his trainer is going well and he's still sharp enough to figure.

DARE TO HOPE ***

HOPE alive. Came back to form with a good run from a poor draw at York last time. Is down the weights and looks one of the better longshots.

RHYTHM N HOVES *

RHYTHM N blues. Front-runner who has some decent form over this trip at lower levels but doesn't look up to this.

WE are firing plenty of bullets at the final day of Glorious Goodwood.

Once today is out the way I'll be off for a lie down!

We've already had 20 runners this week and while, we've only had the one winner so far, several of ours have run brilliant races, so I'm not too disheartened.

Hopefully we can end the week with a bang thanks to **PUROSANGUE** (3.35) who is one of the leading contenders for the cavalry charge that is the Stewards' Cup.

From day one he has shown us plenty at home and he has carried that over, for the most part, onto the track.

This is his first run outside of stakes company since his debut as a two-year-old, and I think he is potentially very well-handicapped off a mark of 101.

In an ideal world I'd like a drop of rain that looks unlikely. He handles quick ground so it's not too much of a worry and, if he some gets luck in running, he should go close.



We also saddle **FIVETHOUSANDTOONE** in the same race, and he is a grand horse who has won a few nice races during his career.

He is high in the weights though, and is probably a slightly better horse on the all-weather than turf.

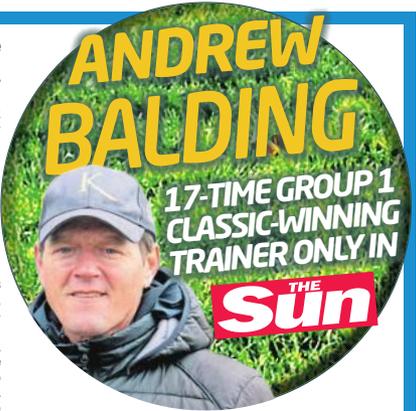
We kick things off with **RELENTLESS VOYAGER** (1.50, left), a rock-solid performer, and he ran well in a tactical Listed race at York last time.

His big target for the year is the Ebor back at York later this month but we are keen to get a run into him before then and I think he'll acquit himself well.

I was very impressed with **FAIRBANKS** (2.25) at Newmarket last time, he looked like he had a good bit to spare when winning a hot handicap at the July meeting.

I am concerned about the ground though as he could do with getting his toe in.

We'll take a look before racing and if it is too quick we may pull him out. He'd have a big chance if conditions came more in his favour. I think **NIGHT SPARKLE** (3.00)



Arctic can Thunder in

has an each-way chance in the Lillie Langtry. She is a lovely filly who has a great attitude.

I am sure she'll run her usual solid race — for all a couple at the top of the market will likely be tough to beat.

ARCTIC THUNDER (4.10) is a smart horse who wasn't disgraced in the Britannia at Royal Ascot last time out. This is probably more his level and I think there is still a bit of mileage in his mark.

SPELL MASTER (4.45) is a grand horse and he was maybe a little unlucky at Epsom, when he was picked off in the final strides. He should take another step forward.

And last but not least, I'm hoping for a bounce-back performance from **CELTIC WARRIOR** (5.20), who disappointed me at Newmarket. We have put the cheekpieces on for the first time this afternoon, so hopefully that will wake him up a bit.

I WAS chuffed to bits the filly I've always banded on about — See The Fire — ran a cracker when second to Opera Singer here in the Group 1 Nassau on Thursday.

I've sat on her a fair few times at Andrew Balding's and I've always thought she was the real deal, but things didn't go her way earlier in the season.

I started thinking maybe I was wrong about her, so it was pleasing to see her go some way to justifying my initial view after a good ride by Oisin Murphy (*below*).

I'm looking forward to my two rides up on the Downs today. First up is **TIDES OF WAR** (2.25) for trainer David Simcock.

I've ridden him the last twice and we won over this one-mile-six trip at Goodwood at the end of May.

That was his first win for three years — in fact his first for David since he got him out of Andre Fabre's yard.

He also ran well here when third in May last year so clearly likes the ups and downs of this tricky track. He is still well weighted and I'd like to think we can run into a place.

My other ride is for Huge Palmer on **ROMAN DRAGON** (3.35) in the Coral Stewards' Cup. He is a nice sort who knows how to win — especially at Chester. I've won on him twice there.

But we all know how hard it is to win a race like the Stewards' Cup. It's helter skelter stuff. He is number 25 and drawn 25. I hope we don't come 25th!

Historically, a high draw is what you want but we are 50-1 shots so I think the only people cheering for us will be the bookies!

Fingers crossed then but, if it's not my day in Sussex, at least they've got a nice cool



War ready for battle

weighing room on what promises to be another hot and muggy day. As you might guess, the air-con can be a bit hit and miss at some courses. I was at Southwell yesterday and that was pretty interesting.

They had a flood not long back and the weighing room was wiped out and now they've got a tent!

It's nice and cosy in the winter but in summer it's roasting — not totally bad news for us jocks though!

There are no saunas at tracks these days so, in this weather, the tent is a good substitute for one and helps us sweat some extra kilos off!

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ANDY AYRES TRACKMAN

in association with **William HILL**



APOLLO ONE is ready for lift-off in the Stewards' Cup (3.35).

Peter Charalambous' crowd pleaser loves a big field cavalry charge. He was chinned in this last year, and Hills reckon the each-way early birds have been getting stuck in.

And have a gander at Michael Dodds' northern raider **GLENNINNAN** (below).

Dodds schlepped down from Durham to nick a decent pot here on Tuesday afternoon, and Hills spokesperson Lee Phelps reports money for this travelling speedball.

He said: "This is our biggest betting day of the week - the Stewards' Cup is always a favourite with punters.

"We've seen each-way moves for Apollo One, Glenfinnan and Summerhand."

Meanwhile, red-faced gaffers at Epsom had to pull the plug on Thursday's card after an electrical storm mulled the track's camera system.

Worse still, it kiboshed plans for a post-racing karaoke singalong. And it didn't go down too well with a bunch of welly-wearers from Wiltshire who had nipped round the M3 to lump on a Richard Hannon good thing.

Mind you, the carrot crunchers in question reckon they can make up for lost time by whacking some wonga on happy Hannon's **GREAT BEDWYN** in Goodwood's 2.25.

Word is this fella has changed his outlook on life since having the operation that would make your eyes water.

He dotted up in a decent heat last time and faces close to the yard will have their chins on



the deck if he doesn't nick one of the four spots available with Hills.

My mate 'Dave The Coat' loves a flutter on left-field sports. The old rascal is a big fan of ladies' golf... he reckons the driving is poor, but they're great with irons.

Anyway, the sheikh of sheepskin has got plenty of pals in low places and they are all over **ANGELO BUONARROTI** in the 4.45.

This million nicker purchase is owned by the quirky geezers at Amo Racing, so it's no surprise he has spent more time moving homes than Pickfords.

He ran a belter at Royal Ascot on debut and he should have too many gears for this lot.

Talking about gears, livewire owner Clive Washburn has been going into overdrive about his leading lady **CAIUS CHORISTER** who lines up in the Lily Langtry (3.00).

Deadly David Menuisier, who had his usual winner on the Downs yesterday when his Toimy Son won the Golden Mile Handicap, has worked wonders with this pint-sized princess.

And it was the friendly Frenchman's idea to run here rather than butting heads with Kyprios in the Goodwood Cup.

That's a shrewd move and cheerleading Clive is adamant the apple of his eye will deliver. He said: "Caius Chorister wins the Lily Langtry, then the Ebor and I'm going to outdrunk the Aussies in the Melbourne Cup - ciao, ciao big boys, 'cos you won't see her derriere!"

And the Billy Bunters are backing Karl Burke's **NATIVE WARRIOR** (5.20) to go on the warpath in Goodwood's nightcap.

Finally, don't miss Simon Crisford's little improver **FAIRY GLEN** (2.40) in the feature at Newmarket. Super Si's slick chick lagged up in a decent heat last time and the Newmarket gallop gurus have given her a big thumbs-up. She has been hammered in from 9-2 to 100-30 with Hills.

Glenfinnan's scot the lot

Worse still, it kiboshed plans for a post-racing karaoke singalong. And it didn't go down too well with a bunch of welly-wearers from Wiltshire who had nipped round the M3 to lump on a Richard Hannon good thing.

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TEMPLEGATE

2.05 Magic Mild
2.40 Lmay
3.15 Desert Flower
3.50 Usuario Amigo
4.25 Mighty Bandit
5.00 Captain Dandy

TOM PEPPER

2.05 Miss Fascinator
2.40 Lmay
3.15 Desert Flower
3.50 Usuario Amigo
4.25 Charging Thunder
5.00 Thismydream

TIC-TAC: July course is an undulating galloping track of 2m. All races up to 1m on the straight course.

DRAW: None.

FAVOURITES: (2019-2024): 255 have won out of 767 races (33%). At corresponding meetings, 23 have won out of 105 races (22%).

LIVE ON RACING TV

HOT 'N NOT

TRAINERS with best record in last 14 days: C Appleby 8 winners from 20 runners; G Scott 6 from 20; H Palmer 7 from 32; W Haggas 9 from 42; D O'Meara 12 from 52; R Beckett 8 from 42; A Balding 10 from 63; G Boughey 6 from 38; R Hannon 6 from 55; C Johnson 7 from 73.

JOCKEYS with best record in last 14 days: E Greatrex 4 wins from 17 rides; S Osborne 8 from 38; B Loughnane 12 from 71; S De Sousa 8 from 49; R Havlin 4 from 29; J P Spencer 3 from 22.

TRAINERS who have had the most runners since last win: M Atwater 78; R Guest 25.

JOCKEYS who have had the most rides since last win: Laura Pearson 31; E Sgarbi 25.

TOP TRAINERS

2019-2024 C Appleby 79-248, J & T Gosden 57-234, W Haggas 29-162, R Hannon 29-299, A Balding 24-139, R Beckett 24-141, R Varian 18-68, H Palmer 12-82, D O'Meara 10-63, J Chapple-Hyam 10-66. **THIS SEASON:** C Appleby 8, W Haggas 7.

TOP JOCKEYS

2019-2024 R Havlin 19-145, N Callan 12-76, S De Sousa 8-85, B Sayerette 7-33, H Davies 7-50, J P Spencer 6-72, G Dobbie 4-18, S Osborne 4-32, A Farragher 3-39, E Greatrex 2-12. **THIS SEASON:** S De Sousa 3, E Greatrex 2, H Davies 2.

TRAINER TRACE

FIRST RACE FOR NEW YARD: 2.40 Climate Friendly J Chapple-Hyam to J Owen; 4.25 Ensured J Fanshawe to Newland/Insole; 5.00 Captain Dandy R Fahey to C Williams. **RACEFAV:** J Gosden won 2.40 in 2015, 2017, 2022 & 2023.

LONGEST TRAVELLERS: It Ain't Two (2.05) trained by H Palmer, Malpas, round trip of 414 miles; Ludo's Landing (2.25) trained by C Johnson, Middleham, round trip of 400 miles; Charging Thunder (4.25) & Scoops Ahoy (5.00), D O'Meara, Upper Helmsley, round trip 382 miles.

IN THE MONEY

MONEY TALKS: Mighty Bandit (4.25) opened 15-1, won at 5-1; Place Of Safety (2.40) opened 5-6, won at 8-11.

TOP EARNERS: 4.25 Charging Thunder £113,513; 4.25 Ensured £88,720; 2.40 Divina Grace £75,820; 2.40 Ching Shih £71,123.

UNDER ORDERS

SEVEN-DAY WINNERS: None.

BLINKERED FIRST TIME: 2.05 Patsy Snugfit; 5.00 Miss Anya; 5.00 Marching Mae.

VISORED FIRST TIME: None.

FIRST RUN SINCE WIND UP: None. **WEIGHTWATCHER:** 5.00 Catch Cunningham (won off 79, down 11lb to 68).

JOB JOCKEYS: B Loughnane rides Desert Flower (3.15) for C Appleby, 3 from 5, 60%; S Osborne rides Ching Shih (2.40) for D M Simcock, 3 from 10, 30%. E Greatrex rides Ardeur (2.05), Dash Of Azure (3.15) for R Beckett, 5 from 20, 25%. S De Sousa rides Miss Fascinator (2.05) for R Varian, 5 from 187, 25%. E Greatrex rides Jungle Mac (3.50) for J Channon, 7 from 31, 23%. B Sayerette rides Place Of Safety (2.40) for J & T Gosden, 34 from 154, 22%.

2.05 TONY MORRIS EBF FILLIES' NURSERY (Class 2) 2-Y-O; £20,616; 6f (12 runners)

1	181429	IT AIN'T TWO 14 (BF,D)	92
(9)	H Palmer 9-9	Aidan Keeley (3)	£30,798
Not disgraced in better races this year, hcsp debut, not discounted			
2	301	MAGIC MILD 23 (CD)	99
(7)	C Cox 9-5	Saffie Osborne	£23,639
Front runner, easy win on return, type to do better in hcaps, in the mix			
3	251	MISS FASCINATOR 8 (D)	95
(1)	R Varian 9-4	Silvestre De Sousa	£11,336
Off the mark in style at Ascot, should take another step forward, e-w			
4	414	ARDEUR 33 (BF,D)	88
(5)	R M Beckett 9-2	non-runner	£7,464
Odds-on flop latest, needs to improve for hcaps, ruled out yesterday			
5	487111	GRISELDA 8 (D)	98
(3)	G Scott 9-2	Liam Wright (5)	£12,153
On a roll, decimated rivals again latest but now 14lb higher, interesting			
6	561	GHOST RUN 15 (D)	94
(4)	A M Balding 9-0	Harry Davies	£7,396
Face angle, much improved showing latest, opening mark is fair, place			
7	43110	MISS COLLADA 14	85
(12)	R Hannon 8-12	Alec Volkhansky (3)	£14,069
Limitations exposed in Super Sprint, tough mark in hcaps, down list			
8	3151	DOLCE VITTA 24 (D)	87
(6)	G Boughey 8-11	Billy Loughnane	£10,986
Easy win under a penalty, bare form demands more, not obvious here			
9	912	COUNTESS CIARA 12 (D)	95
(1)	A Watson 8-10	Laura Coughlan (3)	£5,789
Showed good attitude on hcsp debut, only 2lb higher, one to note			
10	9301	NAINA 25	80
(8)	R Ryan 8-6	Laura Pearson	£4,534
Won a poor maiden latest, even more on plate today, makes no appeal			
11	3542	PATSY SNUGIT 22 (B*)	92
(2)	E J-Houghton 8-5	Georgia Dobbie	£5,677
Slow start no help on hcsp debut, blinkers could help, not ruled out			
12	362	ART DESIGN 17	98
(10)	W Haggas 8-4	Adam Farragher	£2,625
Still green on third start, handicaps will help her, looks dangerous			

BETTING: 9-2 Magic Mild, 5 Miss Fascinator, 11-2 It Ain't Two, 6 Griselda, 13-2 Ghost Run, 8 Dolce Vitta, 10 Countess Ciara, 12 Miss Collada, 14 Art Design, Patsy Snugfit, 20 Naina

WHERE FAVOURITES FINISHED: 1-3 4 1-3 2 2

2023: Flaccianello 9-0, K Stott 5-4 (R Fahey), drawn 10, 6 ran.

Sunracing FORM

IT AIN'T TWO (8-7) 5-2 fav close up near side, ridden 11 out, weakened, 9th of 19 (b/n 3/4) to Caburn (9-1)

MISS COLLADA (8-9) 11-1 coupe up near side, ridden 11 out, weakened final furlong, 11th (b/n 5/4) (Newbury 5f aut (2) £26,907 good to firm).

MAGIC MILD (9-2) 15-2 made all, ridden final furlong, went clear, ran on at Adon Valley (9-2) 2/1 (1/2) Miss Fascinator (9-2) 15-8 fav rear, headway 2f out, ridden 11 out, 5th (b/n 3/4) (9 ran) (Newmarket 6f mdn (2) £20,616 good to soft).

MISS FASCINATOR (9-2) 9-4 fav good headway out wide 1f out, led run-in, clear, stayed on strongly close home, bt Musical Angel (9-2) 2/1 (5 ran) (Ascot 6f nov (3) £8,100 good).

ARDEUR (9-7) 9-5 fav pushed along 2f out, ridden 1f out, 4th of 6 (b/n 6/7) to Unspoken Love (2) (Pontefract 6f nov (2) £20,616 good to firm).

GRISELDA (9-8) 10-11 fav smooth headway 1f out, led 1f out, pushed out, drew away, readily, bt Shamal Wind (9-11) 4/1 (10 ran) (Thirsk 6f hcsp (6) £3,664 good to firm).

GHOST RUN (9-2) 14-1 made all, ridden 1f out, edged right, stayed on well, bt Glamour Show (8-2) 1/4 (10 ran) (Newbury 6f mdn (4) £6,480 good).

DOLCE VITTA (9-7) 9-4 headway 2f out, led 1f out, went clear, readily, bt Ant Colony (9-5) 2/1 (4) (9 ran) (Lingfield 6f nov stks (5) £3,402 soft).

COUNTESS CIARA (9-9) 11-2 mid-division, driven 2f out, headway to challenge 1f out, one pace, b/n 1/4 by Ruff Justice (9-8) (10 ran) (Windsor 6f hcsp (5) £4,397 good to soft).

NAINA (8-11) 16-1 made all, stayed on, led against near side rail, ridden over 1f out, 6th (b/n 5/4) (5 ran) (Brighton 7f mdn (5) £3,672 soft).

PATSY SNUGIT (9-3) 5-1 close up, pressed leader 2f out, soon pushed along 1f out, headed plain strides, b/n nk by Art Market (9-5) (5 ran) (Ascot 6f hcsp (4) £8,451 good).

ART DESIGN (9-2) 4-1 good speed and led against near side rail, ridden over 1f out, headed final furlong, kept on, b/n 2/1 by Li Ban (9-2) (9 ran) (Thirsk 6f nov (5) £3,240 good to soft).

TEMPLEGATE'S VERDICT

MAGIC MILD can do the trick from what looks a lenient opening handicap mark. Clive Cox's filly started with a good run in a maiden on the Rowley course in April and scored here comfortably last time when tackling this trip for the first time. Despite that she starts handicapping from 86 with Clive Cox in good form. She can do the business under Saffie Osborne. **Miss Fascinator** got the job done nicely at Ascot last time and is another with more to come in handicaps. She stayed strongly over this distance when taking that race eight days ago. **Griselda** made it three handicap wins out of three with four lengths to spare at Thirsk last week. She's shot up 14lb but likes this trip and can't be ruled out. **Art Design** looks a big threat for William Haggas. She improved for moving up to this distance when second at Thirsk and has a lovely light weight for this handicap debut. **It Ain't Two** wasn't disgraced at Listed level here in June before a modest last run in the Super Sprint at Newbury.

EACH-WAY THIEF

TRUE LEGEND (2.25 Goodwood) was beaten less than a length in hot company at Ascot last time and can strike for Sir Mark Prescott. Have an each-way double with **MELO MELO** (3.00 Goodwood) who went close in a French Group 2 latest and enjoys this trip.

2.40 CHALICE STAKES (FILLIES LISTED) (1) winner £28,355; 1m 4f (9 runners)

1	5-6202	CHING SHIH 14 (H)	88
(9)	D Simcock 5-9-9	Saffie Osborne	£71,123
Inconsistent, has form at this level but 0-11 overall, not obvious winner			
2	78346-	CLIMATE FRIENDLY 302 (D)	87
(4)	J Owen 4-9-9	Neil Callan	£37,860
Strong stayer, limitations exposed in Listed races last year, best watch			
3	2-3435	DIVINA GRACE 14 (C,D)	90
(3)	R Guest 4-9-9	Billy Loughnane	£75,820
Consistent, not beaten for this year and likes it here, out-run her odds			
4	1224-7	DUBAI CRYSTAL 132 (BF)	80
(8)	G Boughey 4-9-9	Edward Greatrex	£18,808
Beaten 29 lengths in a handicap on stable debut, up in grade, avoid			
5	534-92	LMAY 46 (H;D)	99
(2)	J & T Gosden 4-9-9	Robert Havlin	£61,799
Grp 2 placed last year, went close in a R Ascot handicap, one to beat			
6	6499-5	PERSIST 17	98
(5)	G Boughey 5-9-9	Jamie Spencer	£51,136
Fast finisher, drops in grade, stablemate might be pacemaker, chance			
7	8-8453	AMBIENTE AMIGO 14	95
(6)	J Owen 3-8-13	Silvestre De Sousa	£24,674
Can pull, career-best here latest and unexposed at the trip, one to note			
8	8-11	FAIRY GLEN 18 (D)	86
(1)	S & E Crisford 3-8-13	Harry Davies	£12,420
Impressed at Kempton, this is much tougher but time on side, interest			
9	41	PLACE OF SAFETY 30	97
(7)	J & T Gosden 3-8-13	Benoit Sayerette	£4,541
Smart turn of foot latest, sure to improve for top connections, player			

BETTING: 11-4 Place Of Safety, 10-3 Fairy Glen, 9-2 Lmay, 7 Persist, 15-2 Ambiente Amigo, 10 Ching Shih, 12 Divina Grace, 14 Climate Friendly, 25 Dubai Crystal

WHERE FAVOURITES FINISHED: 4 1 2 2 2

2023: Sweet Memories 3-8-13, H Doyle 4-1 (J & T Gosden), dr 2, 10 ran.

Sunracing FORM

AMBIENTE AMIGO (8-9) 25-1 in rear, headway under pressure 2f out, not go pace of leaders, ran on, 3rd of 13 (b/n 7/4) to Mistral Star (3-6)

DIVINA GRACE (8-9) 20-1 chased leader, pushed along and outpaced 3f out, kept on, 5th (b/n 8/4) **CHING SHIH** (8-6) 14-1 mid-division out wide, pushed along 3f out, weakened 2f out, 11th (b/n 16) (13 ran) (Newmarket 1 1/4 m listed (1) £25,520 good to firm).

LMAY (8-12) 11-2 held up in last, pushed along, plugged on, 4th of 6 (b/n 8/4) to Middle Earth (9-3)

CLIMATE FRIENDLY (8-12) 16-1 keen, led for 5f, pushed along 1f out, ridden 2f out, faded, last (b/n 15) (Ascot 1 1/4 m listed (1) £5,710 good).

DUBAI CRYSTAL (10-12) 6-5 fav held up in rear, ridden 3f out, weakened 2f out, well behind 3f out, last of 7 (well b/n) to Throne Hall (10-7) (Doncaster 1 1/4 m amat hcsp (4) £5,960 soft).

LMAY (9-3) 4-1 prominent, keen hold, led 3f out, headed final furlong, b/n 1/4 by Bellocchio (9-7) (16 ran) (Ascot 1 1/4 m hcsp (2) £56,694 good to firm).

PERSIST (8-13) 12-1, 5th of 9 (b/n 2/4) to Guest The Moon (9-3) (Vichy 1 1/4 Grp 3 £34,783 soft).

FAIRY GLEN (9-9) 9-4 tracked leaders, led inside final 2f, ridden and went clear over 1f out, stayed on strongly, bt Beley (9-2) 6/1 (11 ran) (Kempton 1 1/4 m fl nov stks (5) £3,780 AW).

PLACE OF SAFETY (9-2) 8-11 fav travelled smoothly when led 2f out, asserted 1f out, went clear final 110 yards, unchallenged when slightly eased near finish, impressive, bt Juneberry (9-2) 5/1 (10 ran) (Kempton 1m 3/4 fl nov stks (5) £3,780 AW).

TEMPLEGATE'S VERDICT

LMAY can land a deserved win after her belting second in the Copper Horse Handicap at Royal Ascot last time. She kept going there despite being up with a breakneck pace all the way. She has run well in Listed company before and should get the quick ground she likes. The Gosdens have another good chance with **Place Of Safety** who won by five lengths in a Kempton maiden last month. That was just her second run so there should be a lot more to come. **Fairy Glen** is another heading here on the back of a Kempton success. The Crisford filly had six lengths in hand when seeing out this trip strongly. This is a fair leap in class but she could well be up to it. **Persist** wasn't beaten far in a French Group 3 last time but can throw her chance away with a slow start. **Ching Shih** is hit and miss but she was beaten on the nod for a Pontefract Listed race two starts ago so can't be written off.

3.15 TURNERS EBF FILLIES' NOVICE STAKES (4); 2-y-o; value to the winner £4,381; 7f. (6 runners)

1	(3)	1DESERT FLOWER 21 (CD) C Appleby 9-9 Billy Loughnane	99
2	(4)	DASH OF AZURE R M Beckett 9-2 Edward Greatrex	9
3	(1)	08HOT LIKE ME 23 R Spencer 9-2 Saffie Osborne	78
4	(6)	KAYLA R Hannon 9-2 Alec Volkhansky	8
5	(2)	57MYSTICAL JOHN 23 D Holland 9-2 John Egan	80
6	(5)	UNEX FRIENDLY J Owen 9-2 Silvestre De Sousa	9

BETTING: 4-7 Desert Flower, 4 Dash Of Azure, 8 Kaiya, 12 Unex Friendly, Hot Like Me

WHERE FAVOURITES FINISHED: 2 1 3 5 2

2023: Hard To Resist 9-2 Cieren Fallon 1-12 (W Haggas) drawn 2, 6 ran.

3.50 TURNERS HANDICAP (3) 3-Y-O; value to the winner £9,020; 7f (7 runners)

1	11240	CRACKING GOLD 44 (D)	98
(7)	C Cox 9-11	Billy Loughnane	£15,881
Promising, drop in grade after struggling in tougher races, dangerous			
2	343221	JUNGL MAC 14 (C,D)	99
(1)	J Channon 9-8	Edward Greatrex	£41,424
Won with authority here latest, 5lb rise underestimates him, chance			
3	70-105	MONKEY ISLAND 14 (D)	97
(4)	B Meehan 9-8	Harry Davies	£6,480
80-1 shock three back, ran well in this grade last time, retains potential			
4	3425	USUARIO AMIGO 63 (BF)	90
(3)	J Owen 9-7	Silvestre De Sousa	£4,424
Pulled too hard and jumped path on hcsp debut, gelded, lots of risk			

Favourite in the BIGGEST AND THE BEST CORAL

GOOD (GOOD TO FIRM)

5-9023 QUATRE BRAS 14 (P*;*D)
 (6) J Chapple-Hyam 9-6.....Neil Callan 94
 Runs: 8 Wins: 1 (A) Places: 2 £14,799
 Ran well since being gelded, headgear will help, ground a positive, ew

320-27 EMINNY 167 (D)
 (2) M Appleby 9-4.....Alistair Rawlinson 85
 Runs: 11 Wins: 2 (F,G) Places: 4 £29,393
 Unreliable, most exposed in the field and poor latest, would be a shock

177202 RUN BOY RUN 22
 (5) R Spencer 9-1.....Saffie Osborne 95
 Runs: 10 Wins: 1 (A) Places: 5 £22,666
 Tough tasks in handicaps so far, jockey booking a positive, interesting

BETTING: 5-2 Jungle Mac, 3 Coralling Gold, 4 Monkey Island, 13-2 Run Boy Run, 15-2 Quatre Bras, Usuario Amigo, 25 Eminny
WHERE FAVOURITES FINISHED: 2 1 1 3 2
 2023: Out Of Shadows 9-5, B Sayette 9-1 (M Botti), drawn 7, 8 ran.

Sunracing FORM

MONKEY ISLAND (8-10) 40+ tracked leaders, ridden final furlong, 21 out, pushed along 2f out, ridden 1f out, 17th of 29 (btn 11) to Mickley (8-11)
CRACKING GOLD (8-13) 40+ close up far side, ridden and every chance 2f out, 18th (btn 11) (25 ran) (Ascot 1m hcap h/dle (2) £51,848 good to firm).
JUNGLE MAC (9-5) 3-1 fav led going well 2f out, stayed on when pressed, on top close home, bt Red Hat Eagle (9-13) 7/4 (8 ran) (Newmarket 1m hcap 4/4 £57,700 good to firm).
MONKEY ISLAND (9-5) 9-2 led, ridden 2f out, headed 1f out, 12 (btn 2/1) to Akkadian Thunder (9-8) (Doncaster 7f hcap (3) £9,936 good).

USUARIO AMIGO (9-11) 2-1 fav close up, pushed along 2f out, ridden 1f out, 5th of 7 (btn 7/1) to Arnsag (9-7) (Lingfield 1m hcap (4) £4,972 good).
QUATRE BRAS (9-6) 4-1 every chance 2f out, kept on one pace close home, 3rd of 5 (btn 3) to Cerulean Bay (9-11) (Haydock 7f hcap (4) £5,281 soft).
EMINNY (9-8) 25-1 good speed from wide draw to lead, pushed along 2f out, headed inside final 2f, 7th of 10 (btn 3/1) to Fire Demon (9-7) (Kempton 6f hcap (4) £13,870 AW).
RUN BOY RUN (8-11) 14-1 one pace, btn 4/4 by Validated (9-0) (13 ran) (Newmarket 7f hcap (3) £15,462 good).

4.25 TURNERS PARK GROUP LTD HANDICAP (3); winner £9,020; 1m 4f (6 runners)

53455P YOUTHFUL KING 84
 (1) L Dace 5-10-2.....Jack Dace (7) 88
 Runs: 26 Wins: 5 (4,F,A) Places: 5 £70,403
 Irregular heartbeat after pulling up latest, bit to prove now, not obvious

0-3251 ENSURED 105 (P*;*D)
 (4) Newland/Insole 6-9-12.....Saffie Osborne 99
 Runs: 19 Wins: 2 (S,G) Places: 4 £98,720
 Won with authority latest, fib rise fair and headgear added, dangerous

0-3644 CHARGING THUNDER 7 (C,D)
 (3) D O'Meara 6-9-12.....Neil Callan 90
 Runs: 33 Wins: 6 (4,F,A,G) Places: 6 £113,513
 Hung the entire way back on the turf latest, exposed on paper, left

621 MIGHTY BANDIT 25
 (6) W Greatrex 4-9-9.....Edward Greatrex 98
 Runs: 3 Wins: 1 (S) Places: 1 £6,717
 Good attitude latest, do better in heaps at this longer trip, interesting

241225 LUDO'S LANDING 9
 (5) C Johnson 4-9-6.....Billy Loughnane 95
 Runs: 28 Wins: 3 (2,F,G) Places: 9 £50,760
 Ran okay in competitive race latest, very reliable, won't be far away

2-310 FIGHTER COMMAND 77
 (2) J & T Gosden 3-9-1.....Robert Havlin 92
 Runs: 4 Wins: 1 (GS) Places: 2 £7,413
 Had some excuses on hcap debut, needs to leave it behind, some risk

BETTING: 9-4 Mighty Bandit, 4 Fighter Command, 9-2 Ensured, 11-2 Ludo's Landing, 7 Youthful King, Charging Thunder
WHERE FAVOURITES FINISHED: 3 4 2 3 1
 2023: Reina Del Mar 5-9, S Osborne 10-11 Fav (E Walker), dr 4, 5 ran.

Sunracing FORM

YOUTHFUL KING pulled up latest, earlier (8-2) 11-2 in touch, pushed along, not clear run 2f out, 5th of 9 (btn 8/1) to Maxi King (9-1) (Newmarket 1m hcap (2) £25,770 good).
ENSURED (9-10) 9-4 fav halfway 2f out, led final furlong, ran on well, bit Suffrajit (9-3) 3/4 (6 ran) (Brighton 1m hcap (4) £4,972 good).
CHARGING THUNDER (9-7) 9-2 in touch, headway 2f out, kept on, 4th of 6 (btn 4/4) to Ziggy (10-4) (York 1m hcap (3) £15,702 good to firm).
MIGHTY BANDIT (10-2) 5-1 led 1f out, bt Kildare Legend (9-6) 7/4 (11 ran) (Pontefract 1m mdn (5) £4,320 soft).
LUDO'S LANDING (9-5) 9-2 ridden 1f out, held, 5th of 11 (btn 4/1) to Walter Harrington (8-9) (Yarmouth 1m 3f hcap (4) £18,319 good to firm).
FIGHTER COMMAND (8-8) 12-1 kept in rear, never on terms, 11th of 13 (btn 17) to King's Gambit (9-3) (Newbury 1m hcap (2) £51,540 good).

5.00 TURNERS OF SOHAM HANDICAP (5) value to the winner £4,381; 5f (8 runners)

691320 SCOOPS AHOY 8 (D)
 (1) D O'Meara 3-9-13.....Neil Callan 94
 Runs: 19 Wins: 3 (S,F,A) Places: 4 £31,139
 Excuses latest, in good form prior and yard in great form, appealing

211728 MISS ANYA 42 (B*;*D)
 (5) R Hughes 3-9-13.....George Rooke 92
 Runs: 14 Wins: 2 (2A) Places: 4 £18,329
 On a tricky mark based on recent runs, blinkers might help, placings

851277 CATCH CUNNINGHAM 9 (H;D)
 (8) M Herrington 5-9-12.....Benoit Sayette 88
 Runs: 33 Wins: 3 (F,A,G) Places: 6 £43,573
 Well treated, good value for win four back but below best since, left

5870089 WORLD OF DARCY 1 (B;D)
 (7) J Ryan 3-9-11.....Laura Pearson 80
 Runs: 15 Wins: 2 (GS,G) Places: 2 £40,413
 Declining rapidly this year, struggled here yesterday, no chance

195925 AGOSTINO 24 (V)
 (2) R Cowell 4-9-10.....Saffie Osborne 87
 Runs: 25 Wins: 2 (2A) Places: 6 £24,248
 Unreliable, narrow defeat two back but woeful last time, not obvious

416274 THISMYDEAM 22 (D)
 (6) M Attwater 5-9-5.....Robert Havlin 85
 Runs: 43 Wins: 2 (2A) Places: 11 £42,611
 Both wins on AW, 0-16 on turf, below best on preferred surface, avoid

567253 MARCHING MAC 25 (B*;*BF)
 (4) G Boughiey 3-9-3.....Billy Loughnane 97
 Runs: 6 Wins: 1 Places: 1 £2,329
 Well backed when poor latest, might benefit from drop in trip, chance

10342 CAPTAIN DANDY 37 (T)**
 (3) S Williams 4-9-1.....Silvestre De Sousa 99
 Runs: 19 Wins: 3 (S,2A) Places: 3 £17,153
 Edged out latest, joined straight yard, drop in trip a plus, big danger

BETTING: 11-4 Scoops Ahoy, 7-2 Captain Dandy, 4 Marching Mac, 8 Miss Anya, 10 Catch Cunningham, Agostino, Thismydeam
WHERE FAVOURITES FINISHED: 5
 2023: Mary Of Modena 4-9-6, R Dawson 8-1 (M Attwater), dr 5, 5 ran.

DONCASTER

TEMPLEGATE	TOM PEPPER
2.15 Piranha Rama	2.15 Tower Of Africa
2.50 Ingleby Archie	2.50 Fidelius
3.25 Winston's Tipple	3.25 Radwan
4.00 Waleefy	4.00 Waleefy
4.35 Sparkling Red	4.35 Another Bar
5.10 Create	5.10 Polly The Rocket

■TIC-TAC: L-H galloping pear-shaped track. Almost 2m round with 4 1/2 run-in. Round and straight miles. ■DRAW: High best on straight course. ■LEADING TRAINERS (2019-2024): J & T Gosden 36-145, A Balding 22-125, W Haggas 22-124, R Fahey 19-220. THIS SEASON: R Fahey 5, A Balding 4, G Tutty 2. ■TOP JOCKEYS (2019-2024): C Fallon 12-75, K O'Neill 11-76, L Edmunds 9-21. THIS SEASON: L Edmunds 4, Dale Swift 2. ■LONGEST TRAVELLER: Magic Glen (3-25) & Straya (4-00) trained at Galashies. Round trip of 382 miles. ■TRAINERS' FAV: J & T Gosden won the Sky Sports and 2021. ■FIRST RUN SINCE WIND OP: Magic Glen (3-25). ■LIVE ON 3-25 SPORTS RACING.

GOING: GOOD TO FIRM (GOOD)

2.15 UNISON SUPPORTING YOUR COMMUNITY NURSERY (Class 6); 2-y-o; winner £3,768; 6f. (9 runners)
 1 (2) 876 MONOMYTH 18 O Sanger 9-10.....Cieren Fallon 99
 2 (4) 245 TOWER OF AFRICA 21 G Tutty 9-9.....Harrison Shaw 97
 3 (5) 04367 ALMANJOOR 15 (V*) R Fahey 9-6.....Connor Murtugh 92
 4 (6) 653 INNOCENT SMILE 18 N Tinkler 9-6.....Faye McManoman 90
 5 (3) 7965 ELLADORA BLACK 25 C Johnston 9-11.....Franny Norton 96
 6 (1) 076821 PIRANHA RAMA 4 (D) P Evans 8-13(9en).....George Downing 99
BETTING: 9-4 Winston's Tipple, 3 Monomyth, 4 Elladora Black, 6 Tower Of Africa
WHERE FAVOURITES FINISHED: 3 3 5 1 6 ran.

2.50 CLIFF WILLIAMS MEMORIAL HANDICAP (5); 3-y-o; value to the winner £4,397; 5f. (9 runners)
 1 (1) 1527 LOVE WARS 15 (D) J & S Quinn 9-11.....Marco Ghiani 92
 2 (2) 084246 BALLEYS POLKA DOT 9 (B;D) A Murphy 9-8.....Lewis Edmunds 85
 3 (1) 5-33165 BODACIA 8 (D) H Eustace 9-8.....Pierre Janin 94
 4 (3) 550483 MIDNIGHT LIR 17 (D) M Dods 9-8.....Sean Kirrane 96
 5 (6) 4-23141 FIDELIUS 34 (D) C Hills 9-8.....George Bass (3) 99
 6 (5) 2-23711 INGLEBY ARCHIE 17 (D) A Nicholls 9-7.....Connor Murtugh 97
 7 (8) 926-792 CLASSY CLARETS 12 R Fahey 9-1.....Ryan Sexton 95
 8 (4) 8-42398 WILLOW ARUP 15 D Carroll 9-13.....Zak Wheatley (3) 87
 9 (3) 383-060 SILKY ROBIN 8 P Midgley 9-1.....William Carson (8) 99
BETTING: 6-4 Fidelius, 4 Ingleby Archie, 6 Midnight Lir, 7 Classy Claret, 8 Boodicia
WHERE FAVOURITES FINISHED: 3 2 9 4
 2023: Thunder Star 9-4 Laura Pearson 9-2 (Jessica Macey) drawn 1, 6 ran.

3.25 UNISON SUPPORTING YOUR NHS NOVICE STAKES (5); value to the winner £4,320; 1m 2f. (5 runners)
 1 (4) 8 DIDAR 24 I Mohammed 3-9-7.....Marco Ghiani 78
 2 (1) MAGIC GLEN K Scott 3-9-7.....Sean Kirrane 96
 3 (3) RADWAN (P*) J & T Gosden 3-9-7.....Kieran O'Neill 96
 4 (5) 33 ROYAL COLLEGE 12 C Johnston 3-9-7.....Franny Norton 95
 5 (2) 2-21063 WINSTON'S TIPPLE 16 A M Balding 3-9-7.....William Carson (8) 99
BETTING: 5-4 Winston's Tipple, 6-4 Radwan, 5 Royal College, 16 Didar, Magic Glen
WHERE FAVOURITES FINISHED: 1 1 3 4
 2023: Iron Lion 3-9-4 David Nolan 5-1 (D O'Meara) drawn 3, 9 ran.

4.00 UNISON CAMPAIGNING PUBLIC SERVICES HANDICAP (4); 3-y-o; winner £5,653; 7f. (9 runners)
 1 (3) 239-058 LEXINGTON BELLE 38 (D) A Haynes 9-11.....Kieran O'Neill 85
 2 (4) 4-23006 HERDE FUND 22 W Muir & C Grassick 9-9.....Lewis Edmunds 92
 3 (5) 2-6373 BURDETT 21 (D) J Channon 9-7.....George Bass (3) 99
 4 (2) 225-105 ROBELL 36 (B*;*D) C Hills 9-7.....William Carson 99
 5 (2) 3-2412 WALEEFY 14 (BF) W Haggas 9-3.....Cieren Fallon 90
 6 (3) 1-19031 SMART VISION 35 (CD) J Macey 9-3.....Harrison Shaw 97
 7 (7) 54-7857 STRAYA 7 K Scott 9-0.....Sean Kirrane 83
 8 (8) 46953 WARRIORS DREAM 8 (H;B;D) S Woods 8-13.....Ben Sanderson (3) 96
 9 (4) 04-046 GOOP 31 T Easton 8-13.....Duran Fentiman 81
BETTING: 2 Waleefy, 9-2 Burdett, 5 Smart Vision, 6 Warriors Dream, 10 Hedge Fund
WHERE FAVOURITES FINISHED: 2023: No corresponding race.

Sunracing FORM

LEXINGTON BELLE (9-2) 20-1 handy, ridden 3f out, weakened 1f out, 8th of 9 (btn 7/1) to Jabaara (9-5) (Carlisle 7f hcap (2) £28,654 good to firm).
HERDE FUND (9-6) 13-2 led, headed 1f out, weakened, 6th of 9 (btn 9/1) to No Half Measures (9-9) (Newmarket 5f hcap (3) £16,200 good).
BURDETT (9-10) 9-1 challenged 1f out, ran on, 3rd of 16 (btn 7/1) to Kodi Lion (9-4) (Ascot 7f hcap (4) £8,191 good).
ROBELL (9-7) 13-2 led, weakened quickly, last of 5 (well btn) to Lou Lou's Gift (9-5) (Newmarket 7f hcap (4) £8,700 good to firm).
WALEEFY (9-3) 1-1 favourite 2f out, stayed on well, btn 3/4 by Dashing Dick (9-1) (9 ran) (Newmarket 6f hcap (4) £6,700 good to firm).
SMART VISION (9-9) 8-1 led, headed final furlong, battled back and led again close home, bt Marmaduke Lemon (9-8) hd (14 ran) (Doncaster 7f hcap (5) £4,397 good to firm).
STRAYA (9-12) 9-2 led, headed 2f out, weakened 1f out, 7th of 13 (btn 12) to Akcheeta (10-0) (Tipperary 7f mdn ax £9,630 soft to heavy).
WARRIORS DREAM (9-13) 11-4 fav ran on, 3rd of 8 (btn 2/1) to Von Baer (9-11) (Sandown 7f hcap (5) £4,449 good).
OLIGOPOLY (9-4) 50-1 6th of 8 (well btn) to Thunder Run (9-4) (Thurkiss nov mdn (5) £4,320 good to soft).

4.35 ERIC ROBERTS MEMORIAL HANDICAP (5); value to the winner £4,397; 6f. (8 runners)
 1 (8) 860228 SPARKLING RED 14 (P*) R Dods 4-10-0.....Sean Kirrane 93
 2 (1) 79-0063 THE RIDLER 14 R Fahey 4-9-13.....Connor Murtugh 92
 3 (5) 2645-00 HEROISM 8 (D) D & N Barron 4-9-13.....Lewis Edmunds 85
 4 (3) 46829-6 GOLDEN DUKE 28 (CD) N Tinkler 5-9-12.....Faye McManoman 85
 5 (6) 6978705 ULTRAMARINE 16 (D) P Evans 5-9-10.....George Downing 92
 6 (4) 0-0A977 ANOTHER BAR 11 (D) A Kealey 4-9-9.....Zak Wheatley (3) 89
 7 (7) 371859 A PINT OF BEAR 5 (D) S Dixon 4-9-4.....Kieran O'Neill 81
 8 (2) 7162007 EAST BANK 31 (P*) C Lidster 3-9-4.....Harrison Shaw 97
BETTING: 2 The Ridler, 4 Another Bar, 4 Ultramarine, 6 Sparkling Red, 8 East Bank
WHERE FAVOURITES FINISHED: 6 1 3
 2023: Bishop's Crown 3-9-12 G Downing 11-2 (E J Houghton) drawn 1, 11 ran.

Sunracing FORM

SPARKLING RED (10-3) 5-1 prominent, ridden late, 1st of one pace final furlong, 10 (btn 7/1) to Balmoral Lady (9-9) (Haydock 5f hcap (5) £4,187 good).
THE RIDLER (9-6) 14-1 rear, outpaced 2f out, kept on well, 6th of 7 (btn 9/1) (Newmarket 6f hcap (4) £8,700 good to firm).
HEROISM (9-2) 28-1 always rear, ridden 2f out, never a contender, 11th of 13 (btn 8) to Craven (9-4) (York 7f hcap (4) £13,085 good to firm).
GOLDEN DUKE (9-11) 10-1 rear, headway 2f out, not extra late, last of 6 (btn 6/1) to Runminwill (9-2) (Carlisle 6f app hcap (5) £4,187 good to firm).
ULTRAMARINE (9-7) 12-1 held up, headway 1f out, one pace final furlong, 5th of 9 (btn 3/1) to Vape (9-5) (Chepstow 6f hcap (5) £3,716 good).
ANOTHER BAR (11-0) 25-1 rear, headway 1f out, one pace, 7th of 8 (btn 2/1) to Night On Earth (11-0) (York 5f hcap (4) £12,885 good to firm).
A PINT OF BEAR (8-13) 22-1 handy, lost place 1f out, weakened, 9th of 14 (btn 8/1) to Daytona Lady (9-0) (Southwell 6f hcap (5) £3,716 AW).
EAST BANK (9-6) 7-1 led until 2f out, headway 1f out, weakened, 7th of 8 (btn 6/1) to Petra Celera (9-3) (Thurkiss 7f hcap (5) £4,187 good to soft).

5.10 UNISON SUPPORTING LGBT+ WORKERS HANDICAP (6); value to the winner £4,711; 7f. (13 runners)

1 (2) 6334 FLYING STAR 31 (P*) J Berry 4-10-0.....Faye McManoman 88
 2 (7) 806531 CREATE 14 (CD) S Dixon 4-10-0.....Dale Swift 99
 3 (2) 136804 MIGHTY POWER 19 S Barclay 6-9-11.....Cieren Fallon 96
 4 (8) 523714 KODEBREAKER 14 (C,D) M Herrington 5-9-11.....Lewis Edmunds 96
 5 (4) 15-95977 RWENEL WITHERED 63 (C,D) D Carroll 4-9-10 Zak Wheatley (3) 99
 6 (4) 371818-8 KOLLEGE GOLD 22 A Carroll 5-9-4.....William Carson 87
 7 (9) 754680 BEECHWOOD STAR 10 R Fahey 3-9-5.....Garry Garrity 86
 8 (10) 879-5ASSY GLORY 312 M Walford 3-9-3.....Kaija Fraser (5) 83
 9 (6) 44223 QUEENS ROAD REVUE 16 (B;D) T Easterby 3-9-3.....Sean Kirrane 97
 10 (13) 15066 POLLY THE ROCKET 19 (D) C Lidster 3-9-2.....Harrison Shaw 99
 11 (5) 287-70 SPEAR FIR 14 (H) M Walford 3-9-2.....non-runner 80
 12 (3) 07-78 LUMENBOURG 48 (V*) J Camacho 3-8-12.....Ryan Sexton 92
 13 (11) 09508-7 TIMELY CHANCE 12 Steph Hollinshead 3-8-11.....Kieran O'Neill 97
BETTING: 4 Kodebreaker, 5 Create, Queens Road Revue, 11-2 Mighty Power
WHERE FAVOURITES FINISHED: 3 9 8
 2023: Yorkstone 3-9-3 J Mason 13-2 (M & D Easterby) drawn 13, 14 ran.

CORAL TRADING FLOOR

PUNTERS are hoping for a Sheer thrill in today's Coral Stewards' Cup at Goodwood.
 Albasheer has come in for steady support and is threatening long-time market leader Dark Trooper.
 Coral's Andy Lobo said: "Albasheer is usually popular and did well when winning at Ascot last time. We have clipped him into 13-2 with Dark Trooper unmoved at 5s."
 "It will be interesting to see which way he goes this morning."
 "Purosangue has been nibbled by the Oisín Murphy fan club into 7-1 while there has been decent place money for Lethal Levi into 10s and Billyjoh who is now 12-1 from much bigger."
 "Our 33-1 about Glenfinnan was snapped up and we're just 20s now. Old Boy Summerhand is always backed. The 28-1 didn't last long and we're just 16 now and that could get shorter by off time."
 The Coral Glorious Stakes is another wide open race with whole field within a couple of points of each other in the market.
 Lobo said: "Al Asy has lots of talent but doesn't always show it so we have made Phantom Flight our 11-4 jolly



WELL, it's certainly been a long week in my courtroom here in West Sussex.
 Today is the final session before a well-earned adjournment. All sorts of rogues and ne'er-do-wells have come before me in the last few days and let's just say, there have been a few ups and downs on the Downs.

I have but a brief time to try a couple of cases this morning – so please be understanding, the Judge is here and this court is now in session.
DARK TROOPER
Stewards Cup (3:35)
 Case for the defence: Your Honour, my client is little known to these shores. He was all the rage in the betting for the Wokingham at Royal Ascot and was a little lucky in second. With the way the race panned out, he was stuck on the wrong side of the field and had nothing to take him into the end of the race. He did very well in the circumstances and saw it out strongly under James Doyle who was riding him for the first time. That will aid top jockey Doyle (*below*) today. The form, as is for most Royal Ascot races, looks solid with the winner going on to run well in a Listed heat at York. The market confidence behind him there was not misplaced and this speedier six furlongs will suit. I have no doubt my client is capable of stepping out of handicaps one day and it takes a classy horse to win this race these days. Case for the prosecution: Class is one thing but being streetwise enough is even more crucial in the hustle and bustle of a handicap like this. Does Dark Trooper have that? His



ahead of him on 100-30. Then Aimeric and Relentless Voyager are hovering around 4-1 with Lion's Pride 9-2. You could see any of them coming out on top."
 The Lillie Langtry Stakes is the class act on the card and it's a good battle for favouritism here too.
 Free Wind is winning the fight at the moment at 3-1 but Caius Chorister is 7-2 from 4s.
 Lobo said: "Now that Kieran Shoemark has ridden a winner at the meeting for John Gosden, it would be no shock if Free Wind is trimmed. "But connections are very bullish about the chances of Caius Chorister and we had to rub out the 4-1."
 "So far we are not seeing much cash for Wathnan Racing's Melo Melo who has some smart form but is out to 11-2 from 5s."

CV, at the moment, says no. He has won a few small races with Ed Walker but nothing on this scale. It is one thing winning a soft ground conditions' race in France where they go no gallop – and another thing winning over a flying six furlongs on fast ground in a field of 28.
 I admit his run at Ascot was encouraging but he is up another 3lb for that and the handicapper did not miss him. When with Walker, he had run well at Ascot plenty of times before. It's clearly a track that suits him. Goodwood is a different test and a track he has never run at.
 Only Summerhand has lumped near top weight to victory in this in modern times and Dark Trooper will have to be a Group horse-in-waiting to win this.
JUDGE JAMIESON'S VERDICT: There is no justice in Dark Trooper's price whatsoever. Purosangue will love this speedy six furlongs and is well-in at the weights. Chance him.

FREE WIND
Lillie Langtry (3:00)
 Case for the defence: Free Wind was turned over in this last year, Your Honour. But that was in the mud, with the remainder of the card soon abandoned. She will relish today's quick ground and this classy performer has plenty of solid Group form to her name. She was a very solid second to Bluestocking at York and naturally should improve for that run today. Case for the prosecution: M'Lud, how can you trust Free Wind? She is inconsistent and frequently blows up. She has only raced once this season and is this trip really what she wants: these days? She has a lot to prove. **JUDGE JAMIESON'S VERDICT:** Both parties made well thought out cases yet I side with the prosecution and will oppose Free Wind. Melo Melo is the form pick and, like many French-trained horses, is underestimated.



Free Wind is winning the fight at the moment at 3-1 but Caius Chorister is 7-2 from 4s.
 Lobo said: "Now that Kieran Shoemark has ridden a winner at the meeting for John Gosden, it would be no shock if Free Wind is trimmed. "But connections are very bullish about the chances of Caius Chorister and we had to rub out the 4-1."
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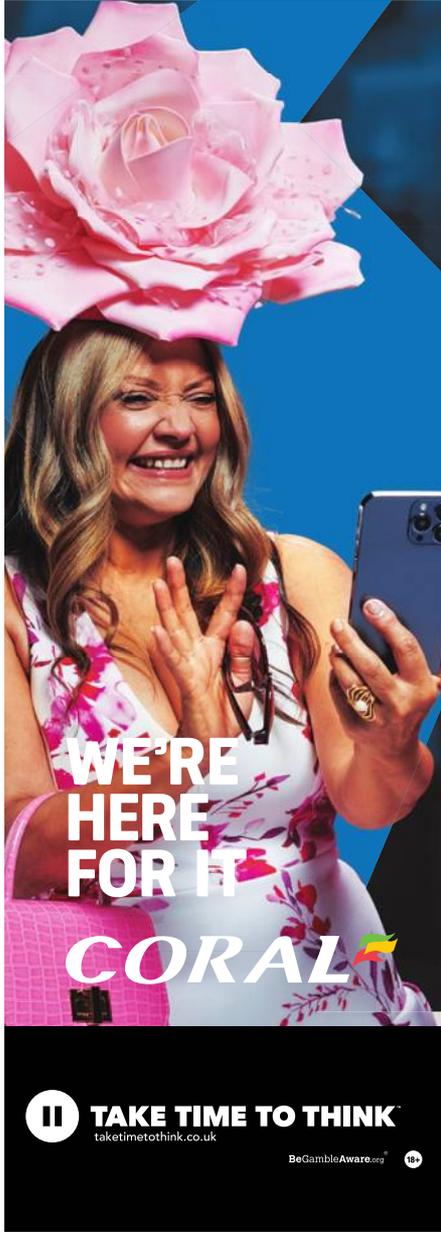
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WE'RE HERE FOR IT

CORAL

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GLORIOUS GOODWOOD DAY FIVE

TEMPLEGATE

- 1.50 Aimeric
- 2.25 Knightswood
- 3.00 CAIUS CHORISTER (nap)
- 3.35 Dark Trooper
- 4.10 Jehangeer (nb)
- 4.45 Angelo Buonarroti
- 5.20 Native Warrior

TOM PEPPER

- 1.50 Lion's Pride
- 2.25 FAIRBANKS (nap)
- 3.00 Free Wind
- 3.35 Apollo One (nb)
- 4.10 Jehangeer
- 4.45 Methgal
- 5.20 Rowayah

TEMPLEGATE'S TRIO: Caius Chorister and Jehangeer (double) with Native Warrior (all Goodwood).
TOM PEPPER'S DOUBLE: Fairbanks and Apollo One (both Goodwood).
SUNRACINGS' NAP: DARK TROOPER (3.35 Goodwood).
SIRIUS, Sun On Sunday, nap: APOLLO ONE (3.35 Goodwood).

TRACKFAX...

TIC-TAC: A tricky right-handed undulating switchback track with two bends. There is a straight 5f track. **DRAW:** Low best in sprints, though a fast start is equally important. **FAVOURITES:** (2019-2024): 222 have won out of 652 races (34%). At corresponding meetings, 48 have won out of 215 races (22%). **JACKPOT:** 1-6. **LIVE ON RACING TV**

HOT 'N NOT

TRAINERS with best record in last 14 days: W Haggas 9 winners from 42 runners; D O'Meara 11 from 52; A P O'Brien 10 from 49; J P O'Brien 12 from 60; R Beckett 8 from 42; M Dods 7 from 40; K Burke 8 from 47; A Balding 10 from 63; R Fahey 8 from 60.
JOCKEYS with best record in last 14 days: J Crowley 7 wins from 29 rides; J Watson 6 from 32; O Murphy 12 from 67; R Ryan 8 from 49; James Doyle 5 from 33; L Morris 6 from 41; J Fanning 6 from 41.
TRAINERS who have had the most runners since last win: M Atwater 78; H Evans 35; K Ryan 29; C Hills 23.
JOCKEYS who have had the most rides since last win: S M Levey 28.

TOP TRAINERS

2019-2024 A Balding 43-260, W Haggas 27-137, R Hannon 24-258, R Beckett 18-142, J & T Gosden 16-105, C Hills 16-129, G & J Moore 15-131, P & O Cole 14-67, D Menuisier 13-83, R Varian 13-118. **THIS SEASON:** A Balding 4, C Johnston 4, R Hannon 3, R Beckett 3.

TOP JOCKEYS

2019-2024 O Murphy 38-210, T Marquand 35-234, J Crowley 27-164, James Doyle 20-124, D Probert 14-135, H Doyle 12-108, P Dobs 12-112, H Bentley 11-52, R Ryan 11-102, H Crouch 11-105. **THIS SEASON:** O Murphy 3, D Probert 3, H Crouch 3, James Doyle 2.

TRAINER TRACE

FIRST RACE FOR NEW YARD: 4.45 Angelo Buonarroti R Freire to R Beckett; 5.20 Gloucestershire R Hannon to M Meade; Versatile J Harrington (ire) to M Atwater.

RACEFAX: W Haggas won the 1.50 in 2020 & 2023. A Balding won 4.45 in 2021 & 2022. J Gosden won 2.25 in 2022 & 2023 and 3.00 in 2016, 2019 & 2020. M Dods won 3.35 in 2021 & 2022.

LONGEST TRAVELLERS: Euchen Glen (2:25) trained by J Goldie, Glasgow, round trip of 928 miles; Glenfinnan (3:35) trained by M Dods, Darlington, round trip of 618 miles; Lethal Levi (3:35), Cuban Tiger (4:10), Methgal (4:45), Native Warrior (5:20), K R Burke, Leyburn, round trip 596 miles.

IN THE MONEY

MONEY TALKS: Fairbanks (2.25) opened 5-2, won at 15-8f; Term Of Endearment (3.00) opened 11-2, won at 4-1. **TOP EARNERS:** 3:35 Summerhand £630,921; 2:25 Euchen Glen £607,107; 3:00 Free Wind £447,716; 3:35 Roahan £443,950; 1:50 Al Aasy £340,566; 3:35 Mr Wagyu £322,398.

SCOOP6 RACES

LEG 1.2.25 Goodwood LEG 4.4.10 Goodwood
 LEG 2.3.00 Goodwood LEG 5.4.45 Goodwood
 LEG 3.3.35 Goodwood LEG 6.5.20 Goodwood

UNDER ORDERS

SEVEN-DAY WINNERS: Albashier (3.35) won at Ascot (5f).
BLINKERED FIRST TIME: 4.10 Serried Ranks; 5.20 Sanitiser.
VIOSERD FIRST TIME: 3:35 Roahan.
FIRST RUN SINCE WIND OP: Sumo Sam (3.00).
WEIGHTWATCHER: 3:35 Summerhand (won off 102, down 11lb to 91); 5:20 Bluelight Bay (won off 88, down 9lb to 79). **JOB JOCKEYS:** R Kingscote rides Divine Comedy (3.00) for Harry Eustace, 6 from 16, 35%. Rossa Ryan rides Hott Shott (4.45) for R Hughes, 6 from 17, 35%. K Shoemark rides Witness Stand (4.10) for Tom Clover, 4 from 13, 31%. J Crowley rides Mostabshir (3.35) for J & T Gosden, 70 from 245, 29%. J Crowley rides Al Aasy (1.50) for W Haggas, 94 from 344, 27%. James Doyle rides Native Warrior (5.20) for K R Burke, 5 from 19, 26%. J Crowley rides Rowayah (5.20) for Owen Burrows, 101 from 404, 25%. T Marquand rides Sumo Sam (3.00) for P & O Cole, 12 from 52, 23%.

GOING: GOOD TO FIRM

BIG-RACE TRENDS

Yr	G	Ran	Winner	Age	Jockey	Trainer	SP	Wt	OR	Drw	Days	Form
23	Hvy	27	ABERAMA GOLD	6	Atzeni, A	O'Meara, D	18/1	8-13	95	15	7	281851
22	GF	28	COMMANCHE FALLS	5	Beasley, C	Dods, M	25/1	9-5	103	19	42	117020U
21	SR	24	COMMANCHE FALLS	4	Beasley, C	Dods, M	10/1	9-4	101	23	15	161441
20	GF	27	SUMMERHAND	6	Tudhope, D	O'Meara, D	22/1	9-10	108	17	14	4012216
19	GF	27	KHADEEM	3	Crowley, J	Hills, Charles	4/1	9-6	107	3	14	31172
18	GF	26	GIFTED MASTER	5	Watson, J	Palmer, Hugo	20/1	9-6	111	25	46	1816140
17	SR	26	LANCELOT DU LAC	7	Dettori, L	Ivory, D K	25/1	9-5	104	15	42	11240
16	GF	27	DANCING STAR	3	Probert, D	Balding, A M	9/2	8-12	102	4	23	417121
15	GF	27	MAGICAL MEMORY	3	Dettori, L	Hills, Charles	6/1	8-12	102	1	22	643131
14	GF	24	INTRINSIC	4	Hughes, R	Cowell, R	6/1	8-11	95	22	71	863111
13	Gd	27	REX IMPERATOR	4	Callan, N	Haggas, W J	12/1	9-4	104	26	35	4050262
12	Gd	27	HAWKEYETHENO	6	Lee, G	Goldie, J S	9/1	9-9	103	4	14	40357

JOH for it in the Coral Stewards' Cup. BILLYJOH ticks all the boxes for in-form trainer Mick Appleby.

As you would expect with a big field, the draw plays a part with stalls five to 15 having a particularly poor record so it seems you don't want to be in the middle.

That's bad news for Seven Questions, Fivethousandtoone, Mr Wagyu, Lethal Levi, Dare To Hope, Roahan, Glenfinnan, Ferrous, Ramazan, Purosangue and Dream Composer.

Only one horse older than six has won so cross out Summerhand.

A first-six place last time helps so it's cheerio to Rhythm N Hooves, Wodan, Rocket Rodney, Rumstar, The XO, Dark Thirty, Aleezardcer, Mostab-

3.35 Goodwood Coral Stewards' Cup

shir, Roman Dragon, Cover Up and Get It.

Strike Red can go because he's a fraction too low in the official ratings.

Dark Trooper, Albashier and Apollo One have all won over further than the six-furlong trip which is a negative.

That has reduced the 28 runners to just one - Billyjoh. He comes from stall four, is 95 on the official ratings and was second last time out at this meeting on Thursday.

Trainer Appleby is in flying form and is especially hot with sprinters.

He can land another big pot with this four-year-old under the capable Rossa Ryan.

1.50 CORAL GLORIOUS STAKES (GROUP 3); winner £56,710; 1m 4f (5 runners)

- 1 81-122 AIMERIC 35 (D) R Varian 5-9-3 James Doyle 99
Runs: 13 Wins: 5 (F,4G) Places: 3 £95,926
Bumped into Godolphin hotshot last time, conditions perfect, player
- 2 1125-2 AL AASY 14 (D) W Haggas 7-9-3 Jim Crowley 97
Runs: 18 Wins: 7 (S,GS,3G) Places: 5 £340,566
Classy day no, not easiest to win with, flopped on only visit here
- 3 331-33 LION'S PRIDE 29 (BF,D) J & T Gosden 4-9-3 Kieran Shoemark 94
Runs: 7 Wins: 2 (2A) Places: 1 £72,102
Didn't kick on at Sandown, yard in better nick, best form on all-weather
- 4 3425-1 PHANTOM FLIGHT 14 (H) G Scott 5-9-3 Callum Shepherd 98
Runs: 12 Wins: 4 (2F,GS,G) Places: 3 £123,809
Shock Newbury win, needs to back up, good trainer, hard to beat up
- 5 36-313 RELENTLESS VOYAGER 49 (BF,D) A M Balding 4-9-3 Oisín Murphy 92
Runs: 9 Wins: 2 (A,GS) Places: 4 £66,849
Done for toe at York, may be better on softer, could improve again

BETTING: 9-4 Al Aasy, 10-3 Aimeric, Phantom Flight, 5 Relentless Voyager, 6 Lion's Pride

WHERE FAVOURITES FINISHED: 2 2 6 1 1 1

2023: Hamish 7-9-6, T Marquand 5-6 Fav (W Haggas), dr 3, 7 ran.

Sunracing FORM

AIMERIC (9-2) 11-2 held up, headway 2f out, strong challenge if he always held, bit nk by King Of Conquest (9-5) 6 ran (Newmarket 1/1m Listed) £31,190 good to firm).
PHANTOM FLIGHT (9-8) 16-1 tracked leader, led 1f out, ran on, bl AL AASY (9-8) 11-4 rear, ridden 1f out, stayed on, 1f (5 ran) (Newbury 1/1m Listed) £134,026 good to firm).
LION'S PRIDE (9-9) 11-4 fav headway final furlong, kept on, 3rd of 6 (3/4) to Al Mubhir (9-9) (Sandown 1/1m Listed) £1,250,200 good to firm).
RELENTLESS VOYAGER (9-2) 3-1 co fav ridden 2f out, kept on, 3rd of 5 (btw 2f) to Klondike (9-2) (York 1/1m Listed) £39,697 good to soft).

TEMPLEGATE'S VERDICT

AIMERIC ran a cracker when second at Newmarket last time after a real battle. He saves his best for this trip on fast ground and seems to be improving even at the age of five. Al Aasy has always had plenty of ability but doesn't always show it. This small field will suit but it wouldn't be a shock if he was outbatted. Phantom Flight got the better of Al Aasy over 1m2f at Newbury last time but has stamina to prove over this longer distance.

Relentless Voyager has relatively few miles on the clock and won a hot handicap over this trip at Epsom before not getting home at York when upped to 1m6f. You can't rule out Lion's Pride either back over his best trip.

2.25 CORAL SUMMER HANDICAP (2) value to the winner £51,540; 1m 6f (14 runners)

- 1 46219- CALLING THE WIND 365 (C,D) R Hughes 8-9-12 Finley Marsh 93
Runs: 36 Wins: 6 (4A,2G) Places: 12 £263,206
Bit to prove on return off top weight, trip probably a bit sharp, avoided
- 2 -61261 FAIRBANKS 22 (B,C,D) A M Balding 4-9-10 Oisín Murphy 98
Runs: 11 Wins: 5 (2F,A,GS,G) Places: 1 £95,189
Bolted up at July meeting, up 6lb but well capable, horse on the up
- 3 6-1330 INTNSO 46 J & T Gosden 4-9-8 Hollie Doyle 97
Runs: 9 Wins: 2 (2A) Places: 4 £50,216
Flopped Royal Ascot, freshened up, yard have won this last two years
- 4 5-2253 TRUE LEGEND 8 Sir M Prescott 4-9-3 Luke Morris 95
Runs: 16 Wins: 3 (A,2G) Places: 5 £70,851
Ran well again at Ascot, drops back in trip, can figure again off mark
- 5 6111-0 SHERADAND 21 (T*) I Williams 4-9-2 Hector Crouch 90
Runs: 6 Wins: 3 (2S,GS) £40,000
Complete no-show on debut for yard, hard to trust, save your pennies
- 6 092416 EUCHEN GLEN 21 (D) J Goldie 11-9-2 Rossa Ryan 88
Runs: 73 Wins: 4 (1F,4S,GS,4G) Places: 14 £607,107
Old boy, struggled back up the weights at York, would be a shock
- 7 7-2316 AYYAB 41 (C) S Woods 4-8-13 Tom Marquand 93
Runs: 11 Wins: 2 (A,G) Places: 4 £39,660
Won heap here in May, midfield in Listed head since, not ruled out
- 8 -98716 TIDES OF WAR 22 (H,C,D) D Simcock 6-8-13 Hayley Turner 90
Runs: 21 Wins: 3 (2S,G) Places: 4 £97,881
Just 4lb higher than win here in May, patchy profile, hard to trust
- 9 61-241 GREAT BEDWYN 15 (C) R Hannon 4-8-12 Pat Dobbs 96
Runs: 9 Wins: 3 (A,2G) Places: 1 £27,575
Back to form at Newbury, up 4lb in better head, yard still a bit quiet
- 10 -22311 ALIGN THE STARS 28 (D) C Johnston 3-8-12 Joe Fanning 99
Runs: 8 Wins: 2 (GS,G) Places: 4 £94,388
Taken out of Group race on Thurs, will love trip again, one to beat
- 11 283244 KNIGHTSWOOD 22 C Johnston 5-8-12 Jason Hart 90
Runs: 21 Wins: 4 (F,3G) Places: 5 £55,333
Race the yard like to win, consistent, well drawn, live ew contender
- 12 8-7866 FORZA ORTA 35 (P*) K Ryan 6-8-10 Tom Eaves 87
Runs: 25 Wins: 4 (2F,GS,G) Places: 7 £111,517
Lost way a tad, hacapper yet to relent much, cheekpieces thrown on
- 13 113-11 MR FREEDOM 8 (C,D) S West 5-8-9 Trevor Whelan 94
Runs: 14 Wins: 6 (2F,A,3G) Places: 10 £31,154
won last two at low level, capable of better, not ruled out, local yard
- 14 821214 DANCING IN PARIS 14 (BF,D) I Williams 4-8-9 David Probert 95
Runs: 20 Wins: 3 (3G) Places: 6 £71,803
Form is stacking up okay, improvement not finished, ew player again

BETTING: 7-2 Fairbanks, 9-2 Align The Stars, 13-2 Dancing in Paris, 15-2 True Legend, 10 Knightswood, Great Bedwyn

WHERE FAVOURITES FINISHED: 1 6 2 2-4-9 1

2023: Sweet William 4-9-6, R Havlin 9-4 Fav (J & T Gosden), dr 2, 11 ran.

Sunra

CALLING THE WIND (8-12) 11-4 touch, pushed along and head 3f out, faded 1f out, 9th of 17 (btw) to Tempozor (8-7) (Goodwood 2/1m hcac) £38,655 soft).
FAIRBANKS (4-1) 5-8 fav led 2f, ridden two lengths clear 1f ridden out, bl Onorofthegutter 17/4 KNIGHTSWOOD (8-13) 14-ridden and headway 1f out, 3 on, 4th (btw 2/1) TIDES OF (8-13) 22-1 keener in rear, head 1f out, ran on, 6th (btw 9/1) (17/1m hcac) £25,684 good to firm).
INTNSO (9-6) 10-1 tracked leader, driven 2f out, weakened, last (btw 18/1) to Belluccio (9-7) (17/1m hcac) £25,684 good to firm).
TRUE LEGEND (10-4) 7-2 rear, headway out wide 3f out, ke 3rd of 9 (btw 11) to Taciturn (Ascot 2m hcac) £12,886 good to firm).
SHERADAND (9-5) 25-1 pushed 2f out, dropped away, last (btw 18/1) to Passion And Glory (17/1m hcac) £22,430 good to firm).
EUCHEN GLEN (8-9) 40-1 every chance, no extra, 6th (btw 3/4) to Enfiager (6-1) (York hcac) £103,080 good to soft).
AYYAB (9-2) 11-2 tracked leader

TEMPLEGATE

CHARLIE Johnston's two and the yard have two and KNIGHTSWOOD and Gordon Stakes on Thursday and, despite a real pre at Newbury, well, slightly far away that race despite Prescott's beaten on the nod of He went close again at staying power. Dan and looks a big each-

2.25

AIMERIC ran a cracker when second at Newmarket last time after a real battle. He saves his best for this trip on fast ground and seems to be improving even at the age of five. Al Aasy has always had plenty of ability but doesn't always show it. This small field will suit but it wouldn't be a shock if he was outbatted. Phantom Flight got the better of Al Aasy over 1m2f at Newbury last time but has stamina to prove over this longer distance.

3.00 QATAR LILLIPUT (GROUP 2); 1m 4f (14 runners)

- 1 31-226 D M
- 2 1-4225 J P
- 3 13-312 H E
- 4 4205-2 F
- 5 128-23 F R
- 6 18-272 N
- 7 224-31 R
- 8 5110-7 P &
- 9 1120-4 J &
- 10 5210-1 H D
- 11 9-161 A P
- 12 3-11 R M

BETTING: 11-4 Free Wind

Term Of Endearment, River Grateful, 14 Night Sparke, 2

WHERE FAVOURITES FINISHED: 2023: Sumo Sam 3-8-11, T

Sunra

CAIUS CHORISTER (9-1) 20-1 close up, headway to press 8f out until ridden 3f out, 6f (well btw) to Kypros (9-4) 2/1m Grp 1 £38,655 good to firm).
DANCING TANGO (9-8) 25-1 2f out one pace, 5th of 10 (btw) to Tower Of London (9-11) (C 1/1m Grp 1) £30,000 good).
DIVINE COMEDY (9-4) 8-1 head close, held final 75 yards, on, bit 7/4 by Pledgeforthe (8-13) (20/1m) (Ascot 2/1m hcac) £25,684 good to firm).
RELENTLESS VOYAGER (9-2) 3-1 co fav ridden 2f out, chased winner if change stride, held up in 5th, ridden 1

ON TV: 1.50 - 3.35



ing FORM

3-2 in (well wood) pushed along 2f out, angled out 1f out, ridden, b/n of 11 (bn 37/4) to River Of Stars (9-2) (Pontefract 1/1m Listed (1) £28,010 good to firm).

CEAT BEDWY (10-2) 6-1 chased leaders, not much room 2f out until switched run-in, ran on, led finish, bt Lieber Power (9-9) ns (7 ran) (Newbury 1/1m hcap (4) £7,328 good).

ALIGN THE STARS (9-9) 7-1 led 2f out, headed, rallied to lead again run-in, stayed on well, bt Too Bossy For Us (9-2) 1/4 (13 ran) (Haydock 1/1m hcap (2) £51,540 good).

TRUE LEGEND (8-8) 11-1 headway when not clear run 2f out, not clear run 1f out, kept on, 5th of 20 (bn 67/4) to Onesmoothoperator (8-9) **FORZA ORTA** (8-3) 22-1 held up, switched 2f out, headway 1f out, no extra, 6th (bn 87/4) (20 ran) (Newcastle 2m hcap (2) £81,000 AW).

MR FREEDOM (9-9) 7-2 fav pushed along 2f out, switched to challenge 1f out, ran on, won going away, bt Enthralment (9-8) 7/4 (12 ran) (Sandown 1/1m hcap (4) £8,019 good).

DANCING IN PARIS (8-3) 10-3 j fav keen in touch, ridden and headway 2f out, stayed on one pace, 4th of 10 (bn 31) to Tempozize (8-7) (Newbury 2m hcap (2) £41,232 good to firm).

TEMPLEGATE'S VERDICT

CAIUS CHORISTER ran out of juice when sixth in the Ascot Gold Cup and will be much happier over this much shorter trip. This Golden Horn mare showed her quality by winning a Group 3 contest in France the last time he tackled this distance. She went close a couple of times over two miles before that Royal Ascot effort and this looks an ideal target for in-form David Menuisier. **Free Wind** was fourth in this race 12 months ago when she got stuck in the mud. She has been in decent form over 1m4f this season and will be happier in the quicker conditions. **Melo Melo** has plenty of smart form in France including when a close second in the Group 1 Vermeille. She hasn't quite been up to that level this season and she'll be a threat if her stamina holds. **Grateful** stepped up to this distance for a Group 3 win at Fairyhouse last time and Aidan O'Brien has been in sparkling form all week so she can't be overlooked.

3.00

ATE'S VERDICT

had Mark used to farm this race good chances in **Align The Stars** The former was pulled out of the grounds because of fast ground in this class, that has a worry tablemate. **Knightswood** showed promise over this trip when fourth in the market last time. He was held for too long before finishing off. That looked like an excellent for this race and he won't be away. Fairbanks was the winner of race at HQ and he'll go close again a 6lb rise in the weights. Sir Mark aptly named **True Legend** was ever course and distance in May. At Ascot last time and has plenty in **Dancing In Paris** is best over this trip way price.

LANGTRY FILLIES STAKES

£170,130; 1m 6f (12 runners)

CAIUS CHORISTER 44 (C,D)

Menuisier 5-9-9 **Harry Bentley** 99

(4F,G) Places: 7 £217,287

and grade, handles track, has gears for it, player

DANCING TANGO 14

O'Brien (ire) 5-9-9 **Sean Levey** 90

(S,A,G) Places: 5 £98,933

far, quick ground a question still, others better

DIVINE COMEDY 46 (D)

ostace 6-9-9 **Richard Kingscote** 93

(2S,F,A,G,S,G) Places: 4 £87,030

of hcaps, big ask, stays strongly, enough speed?

FREE WIND 79 (BF,C)

Gosden 6-9-9 **Kieran Shoemark** 98

(S,F,G,S,G) Places: 3 £447,716

in good nick, beaten odds-on in this last year

MELO MELO 75 (D)

affard (Fr) 5-9-9 **James Doyle** 96

(S,G,S) Places: 3 £279,257

in a 1m 1st year, best on soft ground, respected

NIGHT SPARKLE 29 (D)

Balding 5-9-9 **Oisín Murphy** 93

(F,G) Places: 3 £103,424

and Trueshan at Sandown latest, hard to rule out

RIVER OF STARS 41 (D)

Beckett 5-9-9 **Rossa Ryan** 92

(2F,A,G) Places: 5 £242,059

listed contest at Pontefract latest, this is tougher

SUMO SAM 91 (BF,CD)

O Cole 4-9-9 **Tom Marquand** 90

(2S,G) Places: 1 £277,552

run, conditions couldn't be any different today, ignore

SWEET MEMORIES 28

Gosden 4-9-9 non-runner 87

(S,G,S) Places: 1 £78,456

when fourth at Haydock latest, ruled out yesterday

CORAL STEWARDS' CUP (2) value to the winner £128,850; 6f (28 runners)

1 2-2287 **RAMAZAN** 35 (D)

(13) R Fahey 4-9-12 **Brandon Wilkie** (5) 87

Runs: 18 Wins: 4 (2,S,F,G,S) Places: 7 £290,026

Looks in the grip of the hcapper, no room for error off this mark, ignore

2 -56412 **DARK TROOPER** 42 (BF,D)

(23) A De Mieuille (Fr) 4-9-12 **James Doyle** 99

Runs: 19 Wins: 7 (F,S,2A,G,S,G) Places: 2 £162,557

Group performer, things did not go to plan in the Wokingham, one to beat

3 119040 **FIVETHOUSANTOONE** 7 (CD)

(6) A M Balding 6-9-11 **Callum Hutchinson** (3) 91

Runs: 29 Wins: 4 (3A,G,S) Places: 7 £168,092

Never showed up in a top 7 hcap at Ascot last week, others appeal more

4 790921 **ALBASHEER** 7 (B;D)

(21) A Watson 6-9-11 (6)bx **Hollie Doyle** 96

Runs: 23 Wins: 5 (2F,2A) Places: 4 £177,577

Strong traveller, snug win at Ascot last week, on the up, dangerous

5 07-020 **RUMSTAR** 42 (CD)

(16) J Portman 4-9-10 **Rob Hornby** 93

Runs: 16 Wins: 3 (F,2G) Places: 2 £104,226

Below best in the Wokingham at Royal Ascot, type to bounce back

6 377130 **SEVEN QUESTIONS** 46 (D)

(5) G Scott 3-9-9 **Callum Shepherd** 98

Runs: 15 Wins: 4 (S,F,2G) Places: 4 £131,277

Won Group 3 earlier in the season, stays 6f and not out of this, fancied

7 30-236 **APOLLO** ONE 28 (D)

(27) C'bus/C'bus 6-9-9 **Richard Kingscote** 95

Runs: 29 Wins: 4 (S,F,2A) Places: 10 £291,012

Runner-up in this last year, not in same form this season, do better

8 545808 **ROHAAN** 14 (V★;D)

(10) P Evans 6-9-9 **Tom Queally** 91

Runs: 44 Wins: 10 (2F,2S,4A,G,S,G) Places: 2 £443,950

Very quirky, dropped to last winning mark, but saves his best for Ascot

9 5-3040 **MOSTABSHIR** 21 (B)

(24) J & T Gosden 4-9-8 **Jim Crowley** 94

Runs: 11 Wins: 2 (F,A) Places: 1 £48,561

Looks worth a shot at 6f, speed to burn and positive ride will suit

10 1-1100 **COVER UP** 42 (D)

(26) J & T Gosden 4-9-6 **Kieran Shoemark** 90

Runs: 10 Wins: 4 (3A,G) Places: 1 £28,959

Best form over 5f, can race keenly and last furlong will be a long one

11 -80142 **LETHAL LEVI** 21 (B;D)

(8) K R Burke 5-9-5 **Clifford Lee** 97

Runs: 33 Wins: 7 (4F,G,S,2G) Places: 11 £224,477

Useful pacer, solid fourth in the Wokingham latest, big chance

12 036110 **GET IT 21 (D)**

(28) G Baker 6-9-5 (6)bx **Pat Cosgrave** 92

Runs: 30 Wins: 6 (2F,2A,2G) Places: 6 £146,409

Can race keenly, went too quick at Ascot last month, up against it

13 6-3010 **ALEEZDANCER** 63 (B;D)

(22) K Ryan 5-9-4 **Tom Eaves** 95

Runs: 28 Wins: 6 (2S,3G,S,G) Places: 4 £80,761

Impressive at York in May, comes here nice and fresh, big price

14 1-3592 **PURONGUE** 28 (D)

(14) A M Balding 3-9-4 **Oisín Murphy** 96

Runs: 10 Wins: 2 (S,F) Places: 5 £128,760

Highly tried this season, potentially well treated on hcap debut, respected

15 -11300 **FERROUS** 7 (C,D)

(12) J Channon 4-9-4 **David Probert** 88

Runs: 13 Wins: 4 (F,S,2A) Places: 4 £59,143

Struggling for form, no show at York last week, others appeal more

16 -D0078 **ROCKET RODNEY** 15 (C,D)

(3) G Scott 4-9-4 **Daniel Muscutt** 85

Runs: 19 Wins: 3 (3G) Places: 5 £139,623

Pulled hard and never involved at Hamilton, plenty to prove, down list

17 -13000 **DARK THIRTY** 21 (D)

(19) R Hannon 4-9-2 **Sean Levey** 90

Runs: 22 Wins: 4 (4G) Places: 4 £106,958

Lost his way of late, but 7f would be to blame for that, others preferred

18 -01356 **GLENFINNAN** 22 (D)

(11) M Dods 4-9-2 **Connor Beasley** 91

Runs: 14 Wins: 3 (3G) Places: 2 £60,465

Below par last time, but claims on his fifth in Wokingham, e-w chance

19 6897-8 **WODAO** 35

(2) J Osborne 4-9-2 **Hector Crouch** 82

Runs: 15 Wins: 2 (G) Places: 4 £62,540

Picked up for 22 grand, dropping in the weights but more needed

20 224202 **BILLYJOH** 3 (P★;BF,D)

(4) M Appleby 4-9-2 **Rossa Ryan** 93

Runs: 19 Wins: 4 (3A,G) Places: 6 £88,813

Caught eye here on Weds, big player again if handling drop in trip

21 470539 **THE X O 44 (D)**

(17) R Ryan 4-9-1 **Jack Mitchell** 88

Runs: 16 Wins: 2 (2A) Places: 5 £63,615

Last two better than bare results, others might be on better marks

22 1-0505 **STRIKE RED** 35 (D)

(20) R Fahey 6-9-1 **Billy Garrity** 90

Runs: 33 Wins: 7 (2S,3A,G,S) Places: 3 £198,159

Below last winning mark, this would have been plan, live contender

23 382154 **DREAM COMPOSER** 21 (CD)

(15) H Evans 6-9-1 **Tom Marquand** 93

Runs: 46 Wins: 9 (F,A,5G,5G) Places: 12 £203,437

Good record at the track, this is his big step up, drawn in the middle

24 262328 **MR WAGYU** 14 (V;CD)

(7) J & S Quinn 9-8-13 **Jason Hart** 91

Runs: 89 Wins: 15 (2S,7F,6G) Places: 16 £322,398

Veteran, possibly better on soft these days, not won for a while now

25 12490 **ROMAN DRAGON** 42 (D)

(25) H Falmer 5-9-13 **Hayley Turner** 89

Runs: 32 Wins: 6 (F,G,S,3G) Places: 12 £132,272

Not fired since back from Bahrain, hard to fancy, tilting at windmills

26 070330 **SUMMERGHAND** 7 (V;CD)

(18) D O'Meara 10-8-13 **Jason Watson** 96

Runs: 100 Wins: 17 (2S,4F,5,2G) Places: 24 £630,921

Back at favourite trip, won this back in 2020, well treated, not ruled out

27 102384 **DARE TO HOPE** 7 (D)

(9) R Fahey 4-9-11 **Vincent C Y Ho** 90

Runs: 19 Wins: 3 (F,2A,G,S) Places: 16 £75,699

Mark looks stiff, last win won on soft, big price for a reason, not today

28 751523 **RHYTHM N HOOVES** 22 (B;D)

(1) A Watson 4-8-11 **Luke Morris** 92

Runs: 15 Wins: 4 (F,2A,G,S) Places: 3 £85,862

Draw could hinder, has won off similar marks, needs more in this

BETTING: 5 Dark Trooper, 11-2 Purosangue, 6 Albasheer, 14 Billyjoh, Lethal Levi, Apollo One, 16 Seven Questions, Ramazan, Dream Composer, Strike Red, 20 Summerghand, Rumstar, Rohaan, Glenfinnan, Mostabshir, Cover Up, 25 The X O, Aleezdancer

WHERE FAVOURITES FINISHED: 1 9 PU 8 0

2023: Aberama Gold 6-8-13, A Atzeni 18-1 (D O'Meara), dr 15, 27 ran.

Sunracing FORM

FIVETHOUSANTOONE (9-5) 11-1 keen hold, not much room 5f out, held up behind leaders, effort 1f out, stayed on final 100 yards, 4th

11th (bn 27/4) to Montassib (9-5) **RAMAZAN** (9-5) 18-1 prominent, lost place 1f out, weakened, 7th

(bn 47/4) **ALBASHEER** (9-5) 13-2 took lead, ridden 2f out, headed final furlong, 8th (bn 57/4) (11 ran) (Newcastle 6f Grp 3 (1) £51,039 AW).

DARK TROOPER (9-7) 4-1 fav held up, headway 1f out, ran on, b/n 7/4 by Unesuch Love (9-7) **LETHAL LEVI** (9-2) 28-1 led halfway, ridden 1f out, headed final furlong, no extra, 4th

(bn 17/4) **GLENFINNAN** (9-0) 22-1 tracked leaders, 5th (bn 57/4) (11 ran) **ROCKET RODNEY** (9-5) 66-1 rear, headway final furlong, ran on, 7th (bn 41/4) **COVER UP** (9-5) 14-1 rear, pushed along 2f out, kept on, 11th (bn 47/4) **STRIKE RED** (9-2) 28-1 close up, ridden 1f out, faded, 13th (bn 57/4) **ROMAN DRAGON** (9-0) 100-1 never a factor, 17th (bn 67/4) **ALBASHEER** (9-5) 11-2 in touch, ridden final furlong, 18th (bn 71/4) **FERROUS** (9-3) 12-1 in touch, ridden out, weakened, 21st (bn show, 10th (bn 57/4) (14 ran) (York 6f hcap (2) £38,655 good to firm).

ROCKET RODNEY (9-12) 9-1 8th of 9 (bn 87/4) to Jordan Electrics (9-7) (Hamilton 6f hcap (2) £17,524 good).

RHYTHM N HOOVES (9-1) 12-1 led, pushed along 2f out, pressed for lead 1f out, headed final furlong, 3rd of 9 (bn 47/4) to Jarraf (9-2) **GLENFINNAN** (10-2) 5-1 ridden 2f out, faded, 6th (bn 71/4) (9 ran) (Ascot 6f hcap (3) £10,800 good).

STRIKE RED (9-1) 10-1 not clear run, stayed on, 5th of 14 (bn 37/4) to Wiltshire (9-1) **WODAO** (10-2) 40-1 one pace, 8th (bn 61/4) (2 ran) (Newcastle 6f hcap (2) £25,770 AW).

BILLYJOH (10-2) 4-1 fav ran on, b/n 7/4 by Blue Prince (9-3) (Goodwood 7f hcap (3) £16,029 good to firm).

BILLYJOH (10-2) 28-1 rear, ridden 1f out, on, b/n 31 by English Oak (9-8) **MOSTABSHIR** (9-11) 16-1 stayed 40-1 one pace final furlong, 4th (bn 57/4) **THE X O 44** (10-2) kept on one pace, 9th (bn 77/4) **SUMMERGHAND** (9-2) 32-1 rear, ran on, 14th (bn 121) **DARK THIRTY** (9-5) 33-1 led centre group, ridden 2f out, faded, 17th (bn 161) (26 ran) (Ascot 7f hcap (2) £56,694 good to firm).

MR WAGYU (9-7) 6-1 2nd halfway, ridden to change 2f out, kept on one pace, 8th of 15 (bn 47/4) to Big Gossey (9-5) (Curragh 6f hcap £60,000 good).

TEMPLEGATE'S VERDICT

DARK TROOPER was a cracking second in the Wokingham at Royal Ascot last time and should relish this test from just 3lb higher in the weights. This trip is ideal on fast ground and there's more to come. **Summerghand** is still showing plenty of zip at the age of ten and is a whopping 17lb lower than when winning this race four years ago. He looks a huge price to make the frame especially if your bookie is paying extra places. **Mr Wagyu** is another veteran to watch while **Lethal Levi** has been a revelation since blinkers went on and he can go close again.

3.35

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TONIGHT'S WINDSOR RUNNERS

GOING: GOOD TO FIRM

TEMPLEGATE

- 5.45 Cotal Vision
- 6.20 Reservardo
- 6.55 Queen All Star
- 7.25 Moulin Booj
- 7.55 Boy George
- 8.25 New Kings Road

TOM PEPPER

- 5.45 Cotal Vision
- 6.20 Yakfeek
- 6.55 Marrakesh Express
- 7.25 Sarah's Verse
- 7.55 The Conqueror
- 8.25 New Kings Road

PADDY

From Page One
has undergone two reconstructive operations on his smashed nose since the incident and been left with a two-inch scar near his eye.

The booze-fuelled punch-up took place outside the pub and it's alleged Bradley, 29, landed several hits to O'Connell's head while he was on the floor.

O'Connell did not attend yesterday's hearing, at which Bradley's solicitor, Mark Haslam, accused him of lying and said the jockey caused the injuries 'in self-defence'.

He claimed there was a history of bad blood between the two men and said O'Connell 'struck the first blow' after the men became involved in a heated argument.

At which point, Haslam alleges, Bradley fell backwards, grabbed O'Connell by his jacket collar and pulled him down to the floor, with the defence blaming the fall on the reason he suffered the facial injuries.

The incident was caught on CCTV and Bradley was interviewed under caution by cops on January 24 last year.

After an investigation by Surrey Police, he was charged with 'GBH without intent', an offence which can carry a jail term of up to five years.

However, Haslam made it clear the jockey intends to fight the charges, and the prosecutor, Kirstin Holland, didn't object when he asked the court to adjourn until the end of the month.

Bradley, who is on unconditional bail and arrived at court in a white shirt and pair of aviator sunglasses, only spoke to confirm his name, address and date of birth.

He began his career in 2014 and has ridden 52 winners so far, chiefly for trainers who are based in Epsom near where he lives.

Last season was his most successful to date, with 26 winners and £216,141 in prize-money, and he has 17 winners under his belt so far this campaign.

The BHA has seen the CCTV footage from the pub. They they declined to comment.

ALEX BATH BAN

ALEC VOIKHANSKY has been slapped with a 28-day ban after he eased up Power Of Twins in the third race at Bath last night with the race at his mercy and was beaten on the line by Lovestruck Romeo. Voikhansky, a 31b claimer based with Richard Hannon, has ridden 11 winners this year for over £118,000 in prize money.

5.45 THAMES ALFA ROMEO SLOUGH FILLIES' HANDICAP (Class 5); value to the winner £4,397; 6f; (7 runners)

- 1 (6) 4611985 CINQUE VERDE 5 (D) A Carroll 4-10-0 Jack Doughty (5) 94
- 2 (2) 9-34255 CRIMSON ANGEL 31 (BF) C Cox 4-10-0 John Fahy 96
- 3 (7) 2-12634 WAR BRIDE 14 (D) A Murphy 3-9-9 Ray Dawson 95
- 4 (1) 1-3373 HEARTWARMER 24 (H+K+D) G Boughey 3-9-9 Kevin Stott 97
- 5 (3) 1722-22 COTAI VISION 189 (H+K+D) P Attwater 3-9-8 William Cox 99
- 6 (5) 368-880 REDDROBIN 23 (D) M Saunders 7-9-7 Gina Mangan (3) 90
- 7 (4) 6861346 MOE'S LEGACY 7 (D) R Harris 3-8-9 Joey Haynes 98

BETTING: 5-2 Cotal Vision, 4 Heartwarmer, 5 Crimson Angel, Cinque Verde, 6 Moes Legacy, 7 War Bride, 16 Reddrobin

WHERE FAVOURITES FINISHED: 2 1 2

2023: Topo Chico 3-9-3 Laura Pearson 7-2 (D Loughnane) drawn 3, 9 ran.

Sunracing FORM

CINQUE VERDE (9-9) 12-1 chased leaders, kept on if out, 5th of 7 (btn 2) to Faro De San Juan (10-0) (Windsor 5f) (5) £3,972 good to firm.
CRIMSON ANGEL (10-0) 5-2 fav prominent, outpaced 2f out, eased into 2nd (5) £4,972 firm.
WAR BRIDE (9-2) 5-1 held up, pushed along and outpaced 2f out, some late speed, 4th of 5 (btn 1) to Dashing Dick (9-7) (Newmarket 6f) (4) £5,700 good to firm.
HEARTWARMER (9-9) 7-2 prominent, pushed along 2f out, towards final furlong, no extra towards finish, 3rd of 7 (btn 1/2) to Zainabb (9-10) (Catterick 7f) (4) £4,711 soft.

6.20 BRITISH EBF MAIDEN STAKES (5); 2-y-o; value to the winner £3,672; 5f; (10 runners)

- 1 (6) 78 BOW STREET 62 K De Foy 9-7 Paddy Bradley 90
- 2 (3) 4 LEXINGTON BLITZ 12 R Cowell 9-7 Ray Dawson 99
- 3 (7) MASTER ZACK M Dunne 9-7 Jack Gilligan
- 4 (10) RESERVARDO S & E Crisford 9-7 Kevin Stott
- 5 (8) 59 SOLAR EDGE 19 C Mason 9-7 Gina Mangan (3) 78
- 6 (1) 1 SPACED LOVE SONG 14 M Bell 9-7 Shane W Kelly 84
- 7 (2) 00 THE LAST TIME 17 R Spencer 9-7 George Wood 98
- 8 (7) 58 YAKFEK 10 R Hannon 9-7 Sam Hitchcock 98
- 9 (5) 45 SUMMER OF LIGHT 10 M Wigham 9-2 Rhys Clutterbuck 99
- 10 (9) 07 THE FEMININE URGE 8 G Scott 9-2 Darragh Keenan 95

BETTING: 13-8 Reservardo, 3 Summer Of Light, 4 Yakfeek, 8 The Feminine Urge, Lexington Blitz, 12 Bow Street, 20 Master Zack, 25 Spaced Love Song

WHERE FAVOURITES FINISHED: 4 1 1 2

2023: Tan Rapido 9-7 Shane W Kelly 9-2 (C Fellows) drawn 2, 8 ran.

Sunracing FORM

BOW STREET (9-7) 16-1 mid-division, pushed along 2f out, no progress, 8th of 12 (btn 8) to Kassaya (9-2) (Nottingham 5f) (5) £3,725 good.
LEXINGTON BLITZ (9-7) 11-1 tracked front pair, pushed along if out, last of 4 (btn 4/7) to Strong Warrior (9-7) (Ayr 5f) (4) £4,800 good.
SOLAR EDGE (9-7) 15-1 prominent, asked for effort when hampered 2f out, soon weakened, 9th of 12 (btn 12) to Aarajejo (9-7) (THE FEMININE URGE (9-2) 33-1 rear, outpaced and ridden 3f out, 11th (btn 16) (Windsor 6f) (5) £3,672 good to firm.
SPACED LOVE SONG (9-7) 16-1 rear, outpaced and ridden if out, no telling impression, last of 10 (btn 13) to Mission Command (9-7) (Ripon 5f) (4) £5,234 good to soft.
THE LAST TIME (9-7) 12-1 slow away.

6.55 BRITISH EBF NOVICE STAKES (5); 2-y-o; value to the winner £3,672; 6f; (7 runners)

- 1 (6) 8 CREST OF ESTEEM 23 K De Foy 9-7 Paddy Bradley 84
- 2 (2) EXCELLENT ECHO D F Davis 9-7 Liam Keniry
- 3 (1) FORCE AND VALOUR G Scott 9-7 Darragh Keenan
- 4 (3) 84 MARRAKESH EXPRESS 15 (H) E J-Houghton 9-7 Rhys Clutterbuck 99
- 5 (7) MAYDAY MALONE M Bell 9-7 Shane W Kelly
- 6 (4) SIXTYSEESBABY (H) T Clover 9-7 Ray Dawson
- 7 (5) QUEEN ALL STAR J Channon 9-2 Kevin Stott

BETTING: 9-4 Marrakesh Express, 3 Queen All Star, 7-2 Force And Valour, 6 Mayday Malone, 8 Sixtyseesbaby, 16 Excellent Echo, 20 Crest Of Esteem

WHERE FAVOURITES FINISHED: 1 2 1 1 2

2023: Sonoma 9-4 Robert Davlin 14-6 (S Woods) drawn 4, 10 ran.

7.25 GET RACEDAY READY HANDICAP (4); value to the winner £5,653; 5f; (4 runners)

- 1 (2) 2148432 MOULIN BOOJ 9 (D) G Scott 4-9-9 Darragh Keenan 99
- 2 (1) 7532138 ALMATY STAR 22 (D) R Cowell 4-9-9 Ray Dawson 92
- 3 (4) 7373414 THE COFFEE POD 8 (BF,D) R Hannon 3-9-6 Sam Hitchcock 98
- 4 (1) 4815314 SARAH'S VERSE 8 (CD) R Harris 7-9-4 Kevin Stott 95

BETTING: 5-4 Moulin Booj, 2 The Coffee Pod, 9-2 Sarah's Verse, 7 Almaty Star

WHERE FAVOURITES FINISHED AND 2023: No corresponding race.

Sunracing FORM

MOULIN BOOJ (9-0) 17-2 tracked leaders, headway 1f out, pushed along to lead final furlong, headed towards finish, btn nk by Thunder Moor (9-13) (11 ran) (Yarmouth 5f) (3) £27,000 good to firm.
ALMATY STAR (9-2) 9-1 stumbled badly leaving stalls, tracked leader, ridden if out, faded, 8th of 9 (btn 15) to No Half Measures (9-9) (Newmarket 5f) (3) £16,200 good.
THE COFFEE POD (9-9) 7-2 fav pulled hard and prominent, ridden and unable to quicken over 1f out, kept on again finish, just missed 3rd, 4th of 14 (btn 3/7) to Duran (9-2) (York 5f) (4) £10,488 good to firm.
SARAH'S VERSE (9-4) 15-2 held up, headway tracking leaders when not clear run and slightly hampered if out, ran on well when in the clear, not reach leaders, 4th of 9 (btn 1/7) to Alcazan (9-12) (Ascot 5f) (4) £8,191 good to firm.

7.55 DOWNLOAD THE RACECOURSE APP RACEDAY READY HANDICAP (6); winner £4,711; 1m 3f; (9 runners)

- 1 (4) 385-504 LAWN RANGER 23 (C) M Attwater 9-10-0 Paddy Bradley 90
- 2 (2) 7826-76 MANOR PARK 9 (V,CD) D Hitchens 9-9-12 Nicola Currie 84
- 3 (5) 28-55-1 BOY GEORGE 17 (CD) D F Davis 7-9-11 Liam Keniry 98
- 4 (3) 4631724 THE CONQUEROR 31 J Boyle 6-9-9 Ethan Jones (5) 99
- 5 (8) 46-3739 ESCOBEDO J130 (H+K) S Kirk 6-9-7 Sam Hitchcock 92
- 6 (1) 7-6755 SURREY FORCE 28 K De Foy 3-9-6 Ray Dawson 97
- 7 (4) 850 JALEA'S QUEST 58 W Stone 9-9-4 Jack Gilligan 88

BETTING: 11 TAKE TIME TO THINK BeGambleAware.org 18+

8 (9) 60-90-0 ELWING 17 I Williams 5-9-2 Ryan Kavanagh (7) 83

9 (1) 2133694 RUN JOY RUN 16 A West 3-9-9 Joey Haynes 95
BETTING: 15-8 Boy George, 4 Surrey Force, 9-2 The Conqueror, 7 Run Joy Run
WHERE FAVOURITES FINISHED: 2 7 4 5 2

2023: Queensland Boy 3-9-9 Richard Kingscote 15-8 (I Williams) dr 2, 4 ran.

Sunracing FORM

LAWN RANGER (9-3) 25-1 led, ridden and headed 3f out, switched rft 1f out, no impression, 4th of 9 (btn 5) to Giselles Defence (9-9) (Newbury 1/2m) (4) £5,757 good to soft.
MANOR PARK (8-9) 4-1 headway 3f out, ridden 1f out, weakened, 6th of 10 (btn 5) to Throubi (9-11) (Newbury 1/2m) (4) £2,983 good.
BOY GEORGE (9-8) 25-1 led 5f out, ridden if out, stayed on well run-in, bt Ladypacksapun (9-3) 2/4 (8 ran) (Bath 1/2m) (4) £2,983 good.
THE CONQUEROR (9-10) 12-1 tracked leaders, ridden, one pace, 4th of 14 (btn 4/7) to Martin Spirit (9-9) (Epsom 1/2m) (4) £2,983 good.
ESCOBEDO (9-11) 22-1 tracked leaders,

pushed along 2f out, last of 12 (btn 9) to My Brother Mike (10-3) (Southwell 1m) (4) £3,563 AW.
SURREY FORCE (9-5) 9-1 led, pushed along 3f out, headed 2f out, 5th of 10 (btn 6) to It's Not Risky (9-2) (Nottingham 1/2m) (4) £3,402 good.
JALEA'S QUEST (9-0) 25-1 11th of 12 (well btn) to Candle Of Dubai (9-0) (Chelmsford 1/2m) (4) £4,711 AW.
ELWING (9-0) 66-1 always in rear, 11th of 12 (btn 17) to My Ambition (9-12) (Bath 1/2m) (4) £2,983 good.
RUN JOY RUN (8-9) 4-0-1 behind, headway 5f out, pushed along 3f out, kept on final furlong, 4th of 9 (btn 4) to Niloufar (9-8) (Chepstow 1/2m) (4) £2,983 good.

8.25 GLOBAL QA ISO & BRC CONSULTANTS HANDICAP (6); 3-y-o; value to the winner £3,768; 1m; (5 runners)

- 1 (2) 6-31366 NEW KINGS ROAD 15 (D) R Hannon 9-11 Liam Keniry 98
- 2 (3) 83-65 HAPPY CHANDLER 30 M Blake 9-8 Ray Dawson 97
- 3 (5) 672-007 IFFRAAJ QUEEN 24 (P+K) A Carroll 9-4 Jack Doughty (5) 88
- 4 (1) 4494354 BONAVENTURE 8 S Williams 9-3 Kevin Stott 89
- 5 (4) 690-89 GREYCEE BELL 30 P Attwater 8-8 Ethan Jones (5) 90

BETTING: 11-8 Bonaventure, 5-2 New Kings Road, 3 Happy Chandler, 12 Iffraaj Queen, 14 Greycee Bell

WHERE FAVOURITES FINISHED AND 2023: No corresponding race.

Sunracing FORM

NEW KINGS ROAD (9-5) 10-1 mid-division, pushed along 3f out, no extra inside final furlong, 6th of 8 (btn 6) to Sunny Corner (9-5) (Newbury 1m) (4) £5,757 good.
HAPPY CHANDLER (9-4) 22-1 rear, ridden and headway 1f out, one pace, 5th of 9 (btn 4/7) to Great Chiefman (9-8) (Chepstow 7f) (4) £2,983 good to firm.
NEW KINGS ROAD (9-6) 3-1 led if out, headed, weakened, 8th (btn 5/7) (Newbury 1m) (4) £5,757 good to firm.
IFFRAAJ QUEEN (9-9) 4-0-1 tracked

winner, pushed along over 2f out, soon weakened, 7th of 8 (well btn) to Salamanca Lad (9-11) (Kempton 1m) (4) £3,402 AW.
BONAVENTURE (9-9) 11-2 in touch, headway 2f, soon not clear run, kept on same pace, 4th of 6 (4/7) to Monkey Miss (9-4) (Chepstow 7f) (4) £2,983 good to firm.
GREYCEE BELL (8-6) 66-1 tracked leaders, pushed along 3f out, 9th of 10 (well btn) to Royal Velvet (9-4) (Yarmouth 1m) (4) £4,397 good.

NEW

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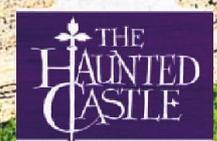
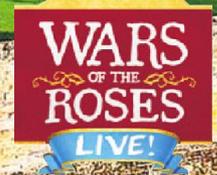
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eyes. From Alfred the Great's daughter Aethelflaed to Richard Neville, known as "The King-maker", the castle echoes with tales to be told. Whether you explore its state rooms or gaze upon the River Avon from its ramparts, Warwick Castle invites you to immerse yourself in a rich tapestry of the past.

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ADVENTURE... immerse yourself



GET TWO TICKETS TO WARWICK



ZOG returns to Warwick Castle for more family fun. Your little ones get to step straight into the world of Zog, inspired by the books written by Julia Donaldson and illustrated by Axel Scheffler.

Perfect for Zog superfans, young, budding dragons can explore the interactive trail, Zog and The Quest for the Golden Star, watch the roar-some Zog Live Show and slide into the world's first Zog Playland.

The world's first Zog Playland has been uniquely designed for Zog superfans.

Little ones will simply love sliding into the Zog Playland and soaring through the sky on dragon wing zip wires, only at Warwick Castle.

Set within a secluded woodland at the castle, the much-loved Zog Live Show, on daily until September 29, 2024, features special content developed by Julia Donaldson, and a set design created using Axel Scheffler's original artwork.

The show includes live puppetry, interactive routines and surprise special effects that will entertain all budding dragons.

The Zog And The Quest For The Golden Star interactive activity trail will also be open until September 29, where Zog fans get to experience all five lessons on how to become a fully-fledged dragon.

From learning to fight like a knight and how to capture a princess, to meeting Zog in an exciting meet and greet, adventurers get to earn their very own golden star.

© 2010 & TM Julia Donaldson & Axel Scheffler. Licensed by Magic Light Pictures Ltd.



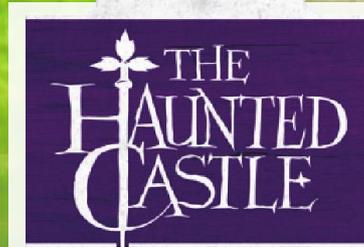
BRITAIN'S largest working siege machine is back at Warwick Castle in a daring, action-packed show: the Legend Of The Trebuchet.

Get ready to join the castle's most unlikely heroes in an epic showdown as they defend Warwick Castle from attack in the only way they know how - winding, loading and firing the mighty trebuchet against oncoming invaders before it's too late.

●Until Nov 4, 2024



Britain's historical



WARWICK Castle's spookiest residents invite you to join them for some scarily good fun at The Haunted Castle.

Frightful delights are in store for the whole family as over 1,000 years of haunted history comes to life.

Explore mysterious mazes, spooky scare schools, eerie entertainment and the wicked witches of Warwick, all included in the price of your day ticket.

●Oct 26 - Nov 3, 2024

UK CASTLE AND **SAVE UP TO £44**



KNIGHT OUT . . . watch jousting and more at Wars Of The Roses LIVE!



BACK by popular demand, the critically acclaimed Wars of The Roses LIVE! returns to Warwick Castle for the unmissable jousting spectacular.

Get ready to choose your side as the story of the Wars Of The Roses comes vividly to life through stunning equestrian stunts, world-class jousting and a fearless finale.

Set in a purpose-built jousting arena against the backdrop of the castle's south front, and complete with world-class trick riding and daring equestrian stunts, Wars Of The Roses LIVE! is truly the UK's ultimate jousting experience.

●Until Sep 1, 2024



ultimate 1 day out

THROUGHOUT the year, visitors can be amazed by a range of stunning shows, from epic live jousting to the UK's largest birds of prey show, and the UK's largest working siege machine.



JOIN in with The Falconer's Quest. Warwick Castle is bringing you 60 stunning birds from all over the world.

The birds swoop, loop and wing their way towards you in the UK's largest bird of prey display.

The castle's vast selection of birds of prey includes the Andean condor, the Steller's sea eagle, the bearded vulture, the bald eagle, plus lots more. Taking place

in a bespoke arena on the banks of the river Avon, this family-favourite falconry show puts you right in the flight path of the fastest birds of prey on earth, with wingspans of up to a whopping nine feet.

●Until Nov 4, 2024



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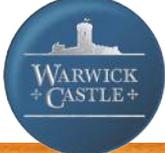


Now you can stay and play



UNLOCK an unforgettable overnight adventure at the Warwick Castle Hotel, nestled in the castle's grounds. Step into the enchanting hotel lobby where over 1,100 years of Warwick Castle's authentic history comes vividly to life, then retreat to your stunning medieval-themed room after an action-packed day of adventure. Dine and be entertained like royalty just a stone's throw away from your hotel room, where you will feast upon a delicious evening meal and cheer on the heroic knights as they battle for your support. The brand new Warwick Castle Hotel offers a medieval experience with a contemporary twist and joins the already spectacular accommodation at Warwick Castle, including cosy Woodland Lodges, Medieval Glamping, and the lavish Tower Suites. To book your stay at the Warwick Castle Hotel, add this option into your cart when you book your two tickets on the Sun Superdays Warwick Castle website.

*From £71 B&B based on two adults staying on midweek dates, September to November, and subject to availability. Offer only valid when securing two tickets through Sun Superdays. You must book the deal by September 18, 2024.



HORSING AROUND... explore 1,100 years of history



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READY FOR TED... offer fun day out

HOW TO BOOK YOUR TICKETS

STEP 1



GET THE APP OR SIGN UP

Download the Sun Savers app or join at sunsavers.co.uk. Go to the Offers section and click Start Collecting on the Warwick Castle page.

STEP 2



COLLECT YOUR SUN SAVERS CODES

Scan or enter FIVE Sun Savers codes. We will print one code daily in The Sun from Saturday, August 3 to Thursday, August 15.

STEP 3



RECEIVE YOUR UNIQUE CODE

Book from 11am on Wednesday, August 7. You will receive a booking code to book on the Warwick Castle website. Claim your code by Wednesday, August 28 and book your tickets by Wednesday, September 18.

STEP 4



BOOK YOUR TICKETS

Once booked on their site, you will receive an order confirmation, along with your tickets, via email for your selected date to visit Warwick Castle.

Sun SUPERDAYS FAQs

WHAT is Sun Savers?
Sun Savers is our free rewards club, which gives readers the chance to claim exclusive offers and competitions, such as Sun Superdays.

What is a Sun Savers code?
A unique Sun Savers code is printed daily in every newspaper. They are used to claim offers and enter competitions.

Where can I find my Sun Savers code?
Today's code is on page 32 of the main newspaper.

How many Sun Savers codes do I need to collect?
FIVE.

What do I do with my Sun Savers codes?
Enter them as you go at sunsavers.co.uk or scan them on the Sun Savers app.

When can I book my tickets?
Booking opens at 11am this Wednesday, August 7.

Can I pick the day I go?
Yes, subject to availability.

Can I book by post?
No, you must book online through Sun Savers.

Sun Superdays offer price (per ticket)			TICKET DATES	SAVINGS		Pairs of tickets available
ADULT	CHILD			ADULT	CHILD	
£0.00	£0.00	Valid on select weekday dates in August, September and October & both weekend and weekday dates in November	100%	100%	+4,500	
£10.00	£10.00	Valid on select weekday dates in August, September and October & both weekend and weekday dates in November	55%	55%	+7,525	
£15.00	£15.00	Valid on select dates in September and October	40%	40%	+4,000	
£20.00	£20.00	Valid against select Tuesday dates in August and weekend dates in September & October	29%	29%	+3,800	
£25.00	£25.00	Valid against dates in August (excluding Tuesdays) and select dates in October	17%	17%	+3,850	

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