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THE Sun ON SUNDAY

Sunday, August 4, 2024

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EXCLUSIVE: DATE DAYS BEFORE APOLOGY TO WIFE

Lauryn: Kyle wanted hotel romp with me

SEE PAGES 6 & 7



FAR-RIGHT PROTEST MAYHEM

ANARCHY



MANCHESTER
Protest jobs clash with baton-wielding riot cops

● **Riot cops battle thugs across UK**
● **Dozens nicked, 10 police hurt**

By RICHARD MORIARTY and KATE FERGUSON

RIOTERS wreaked havoc yesterday as they battled cops and rivals in cities across the UK including Manchester, Portsmouth and Nottingham.

Dozens of arrests were made and at least ten officers hurt in disorder spurred on by online lies about the death of three girls in Southport. Sir Keir Starmer said cops had his support to "take action against extremists who sow hate".

Full Story — Pages Four and Five

JAIL FOR OIL YOBS 'IS FAIR'

Most say JSO 'bad'

MOST people want tough jail sentences for Just Stop Oil activists, a poll found.

The eco-zealots have caused misery and chaos on the streets with their protests.

Last month, ringleader Roger Hallam was jailed for five years for bringing the M25 to a standstill.

Four other members were locked up for four years each for their part in the disruption, which cost the Met Police £11million. The sentences sparked howls of protest from leftie commentators and celebs.

But a survey by the More in Common think-tank found 53 per cent reckon the prison terms were about right or too soft. Only 27 per cent thought them too harsh.

Meanwhile, 51 per cent said Just Stop Oil is a "force for bad".

A meagre 17 per cent think they are a "force for good".

More in Common UK boss Luke Tryl said: "Time and again the public tells us that while they want politi-



Prison... Hallam

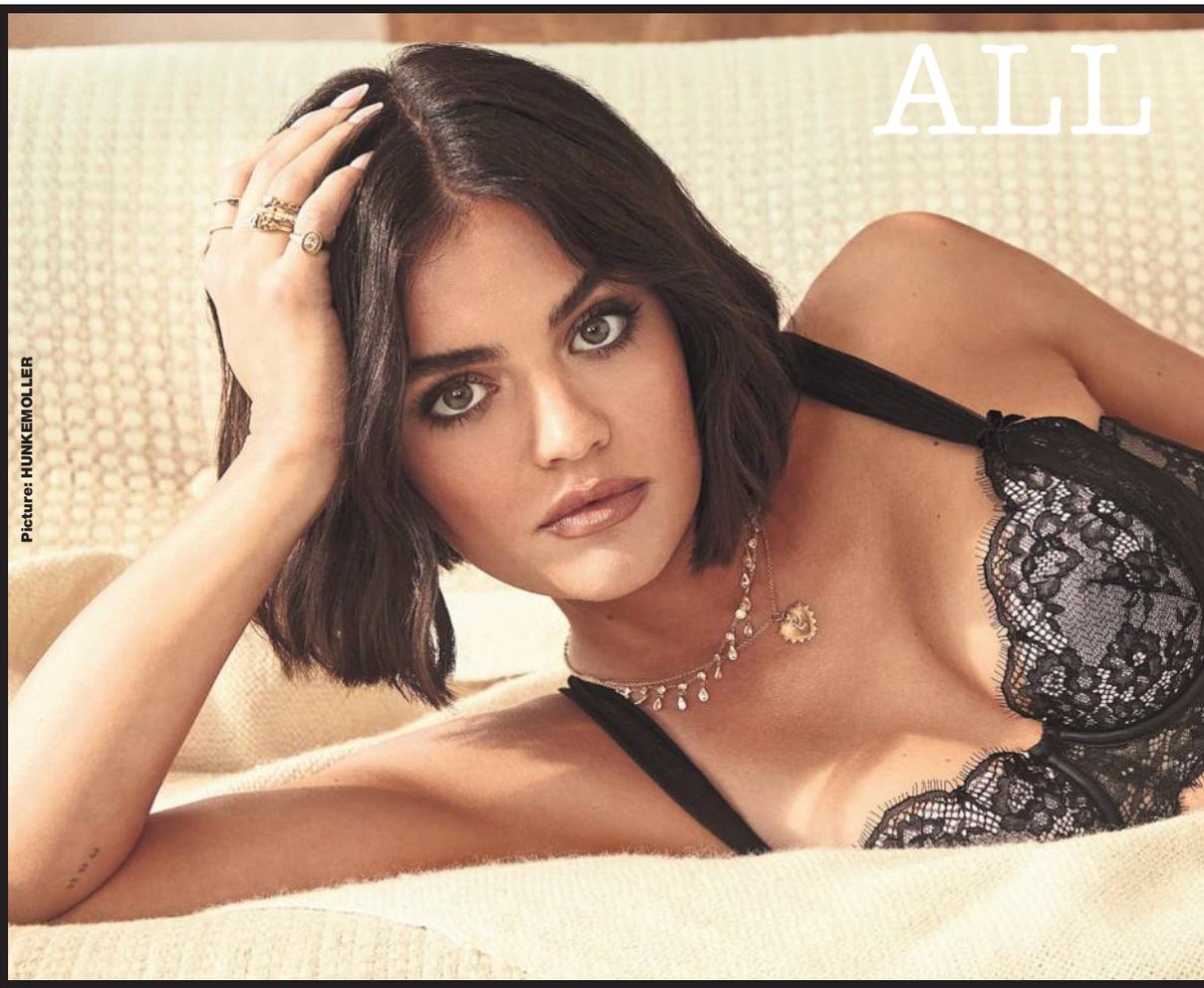
EXCLUSIVE
by KATE FERGUSON

cians to take action on climate change, the actions of Just Stop Oil are doing nothing to build up support and instead just making people's daily lives harder.

"That is why they support strong sentences that act as a deterrent."

Previous Tory government political violence adviser Lord Walney called for Just Stop Oil to be banned like terror groups.

Picture: HUNKEMOLLER



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HALE LUCY

ACTRESS and singer Lucy Hale looks like she can take on another job at a stretch — as she models lacy lingerie. The former *Pretty Little Liars* US TV star, 35, showed off the black undies for Dutch label Hunkemoller. Lucy has been keeping quiet amid

By **LEN READ**

rumours she is dating Johnny Lowe, 29 — son of '80s Brat Pack actor Rob. But she did post a video, *right*, of her making a drink with a blender. So there's at least one smoothie in her life.



JARVIS COCKER SPANIEL

Young think he's dog

ONE in ten young adults think Jarvis Cocker is a breed of dog, a poll found.

Eight per cent thought the Pulp frontman was a canine — with a similar amount thinking he was the leader of the Green Party.

It came in a survey of 2,000 18 to 28-year-olds which related to mid-90s British music culture.

Fifteen per cent of the Gen Zers said they think Oasis brothers Liam and Noel Gallagher are TV presenters and 11 per cent believe they are TV chefs.

Six per cent thought Manchester band Happy Mondays was the name of a type of Viagra pill, with 14 per cent suggesting it was a wellness app.

A further 15 per cent said Cool Britannia — the name given to pop culture in the 1990s — is the name of the royal yacht.

Ten per cent thought it was the national anthem and the same amount said it was the name of an air conditioning

Pulp fiction . . . star and spaniel

EXCLUSIVE
by **DAVE JARVIS**

company. Overall, 66 per cent of Gen Zers did not know what Britpop was. Some suggested it was a political party and others a Eurovision artist.

And 21 per cent had never heard of Oasis's Britpop rivals Blur.

Drinks firm Hooch, which did the poll, said: "Gen Z might not know much about Jarvis Cocker and Oasis because they weren't even born."



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M
MAGNUM
WONDER

3 GOLDEN TOFFEE
TOFFEE FLAVOUR ICE CREAM, GOLDEN
CHOCOLATE, CARAMELISED ALMONDS
CHOCOLAT BLANC AU CARAMEL, AMANDES CARAMELISEES

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RIOT RAMPAGE ACROSS

LIVERPOOL



Demonstrator appears ready to throw a brick as more violence flares

LEEDS

By RICHARD MORIARTY, KATE FERGUSON & THOMAS GODFREY

THUGS brought havoc to city after city yesterday in UK-wide far-right clashes that shamed the nation.

Police forces were pushed to the brink as battles broke out from Portsmouth, Bristol and Stoke to Liverpool, Manchester and Hull.

They followed clashes in London and Sunderland on Friday evening fuelled by lies spread online about the knife killing of three little girls in Southport on Monday.

With yet more marches planned for today, PM Sir Keir Starmer held an emergency meeting with senior Cabinet ministers.

He said cops had his full backing to "take action against extremists" who are attempting to "sow hate" and division.

And his Home Secretary Yvette Cooper declared: "I want everyone to be clear — anyone who is involved with criminal disorder, violent thuggery on our streets, will have to pay the price."

Thousands of cops, many with riot helmets and shields, made at least 60 arrests after far-right groups organised so-called "Enough is Enough" demonstrations in 22 major towns and cities.

In Hull, vehicles were set ablaze in a car park cars while some rioters posed for photos in front of the flames. A shoe shop was looted and torched.

Windows were smashed at a hotel housing migrants.

In Bristol, a police car was attacked as rival protesters clashed, with a standoff outside a hotel housing migrants on Redcliffe Hill.

Police wrote on X/Twitter: "We have made multiple arrests. Some of the behaviour we have seen is completely unacceptable."

In Stoke, video showed cops giving first aid to a bloodied protester cut by flying glass.

In Nottingham, a woman was among those held during trouble in Market Square.

In Liverpool, hundreds of protesters and counter-demonstrators had to be kept apart by officers with dogs — while flares, bottles and paint tins flew overhead.

Footage shared online showed an officer being kicked and knocked off his motorbike before a chair was thrown at another, striking him on the head.

One officer suffered a suspected broken jaw while another was thought to have a broken nose. Six people were arrested.

In Portsmouth, around 400 far-right demonstrators were challenged by counter-protesters outside a migrant hotel.

In Blackpool, masked yobs used bottles and bricks to target disorientated police horses. And a street fight broke out between rioters and festival-goers at a punk music



Officers face off with protesters, some masked

NOTTINGHAM



Woman at rally is pinned to ground yesterday

STOKE



Police tend to man injured by debris in clashes

event Rebellion. Lancashire police said they made 20 arrests in the city and in nearby Preston and Blackburn.

In Manchester, two women in hijabs and a young man holding a "hope not hate" sign faced down around 100 far-right sympathisers who chanted songs about EDL founder Tommy Robinson — real name Stephen Yaxley-Lennon.

A mass brawl in the city centre, said to have been sparked by a flare being hurled, was broken up by baton-wielding cops.

Other clashes developed in Piccadilly Gardens and St Peter's Square.



MANCHESTER

Cops tackle protesters in Piccadilly Gardens

Cars & shops are set ablaze

Far-right mob slammed by PM

In Leeds, 150 activists carrying St George flags were outnumbered by counter-protesters shouting: "Nazi scum, off our streets."

Officers also mounted a major security operation in Belfast city centre, after a small group gathered at the front of City Hall chanting: "Islam Out". A business was later set on fire.

The Government is under mounting pressure to recall Parliament from its summer break and use emergency powers to impose curfews.

But the Home Secretary insisted politicians were already talking to local police and community groups,

while extra prosecutors have been brought in and prison spaces made available. Courts could sit for 24 hours to speed up criminal cases.

Ministers are in talks about getting magistrates to sit over evenings and weekends using powers put in place after the 2011 London riots.

Ms Cooper added: "Police need to lead operations in communities across the country where there has been both violent disorder and thuggery on the streets."

She said they would take "the strongest possible action, making sure that these criminals face the full force of the law". Last night,

police said more than a dozen officers had been injured during the day of violence, including three in Hull and "several" in Liverpool, where projectiles were hurled from point-blank range.

Arrests across the country included ten in Northumbria, ten in Staffordshire and a dozen in Hull. The Staffs force said two men at the centre of online claims that they had been stabbed had actually been hurt when a blunt object was thrown in the air.

They are in hospital but police said their injuries were not serious. The marches followed the South-

UK ON DAY OF SHAME

FLASHPOINTS OF TROUBLE



NATIONAL DISGRACE

port knife attack at a Taylor Swift-themed dance class.

Cardiff-born Axel Rudakubana, 17, has been charged with murder over the deaths of Bebe King, six, Elsie Dot Stancombe, seven, and Alice Dasilva Aguiar, nine. He is yet to enter a plea and is due next in court in October.

The suspect was incorrectly named on social media with conspiracy theorists wrongly stating he was an illegal Channel migrant.

The wildly inaccurate claims were even pushed online by Russian-linked bot accounts.

Politicians accused bosses of social

media platforms such as X/Twitter, Facebook and TikTok of failing to protect users from fake news.

Sources said government officials were urging them to take stronger action against those peddling hate, while also actively engaging with law enforcement. Meanwhile, more trouble is feared in the days ahead.

At least 30 more "Enough is Enough" marches are reported to have been planned.

Cities being targeted include Leeds, Manchester and Blackburn. The rallies are again set to be met with a string of counter-protests.

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Burnt out . . Sunderland police station

FOUR COPS HURT

SUNDERLAND

FOUR cops were treated in hospital after violence broke out in Sunderland on Friday night.

A neighbourhood police office was set on fire and a taxi with an Asian driver was overturned.

The mob, including a hooligan in a Sunderland AFC football shirt and a balaclava and a protester with a swastika tattoo on his back, also attacked a mosque.

Some thugs even tried to pull up a gravestone to use as a missile.

Last night 12 people had been arrested on suspicion of violent disorder and provoking violence.

Northumbria Police said that "doors have been put in".

Meanwhile, locals turned out to help with the clean-up yesterday.

Aieron Evans, 20, said: "We showed that there are two sides of our beautiful city."

MOTHER OF ENGLAND

By JANE ATKINSON, Features Editor

LAURYN Goodman says ex lover Kyle Walker wanted to bed her on a date in a London hotel room — days before he said publicly he regretted their “mistake” of a relationship.

She said the millionaire footballer told her he had never “for a second” been sorry they had got together and wanted to “have my cake and eat it”.

The influencer added that the Man City star, who is married with four children, “wanted a secret double life playing happy families” with their two kids.

In an exclusive interview with The Sun on Sunday, Lauryn said he told her: “We can keep this between you and me.”

Lauryn, 33, who has a son Kairo, four, and daughter Kinara, one, with Kyle, spoke out after a judge in a child maintenance battle accused her of treating the star “like an open-ended cheque book”.

The influencer said the England ace, married to Annie Kilner, 32, had “played the family man card while trying to make out I’m just some horrid gold-digger after his money”.

Lauryn said: “In January he publicly said in The Sun that he had made mistakes, stupid choices and regretted our relationship — but just days earlier he clearly didn’t see it that way as he was suggesting we could have met up in secret.

“It was December 17 — ten days after we had had a family dispute hearing in London and he messaged me saying it was a shame we hadn’t met up afterwards because he had a room at the Rosewood Hotel.

“He told me I could have bedded him there.

“Does that sound like a man regretting a relationship?”

“The only thing that man regrets is being caught.

“I’m certainly no angel in all this, and I have never, ever said I was. But Kyle Walker has lied to me... to his wife.”

She added: “All I am doing is fighting for our two children to get what they deserve from a man who strung me a load of lies.

“He was present in Kairo and Kinara’s life and then just turned his back on them when he promised he never would. What mother wouldn’t fight for that little abandoned boy and his sister?”

“One day they will know what their father did — and what their mother did for them.”

Lauryn became pregnant while £160,000-a-week Kyle, 34, was on a break from Annie in 2019. Kairo was born in 2020.

Kyle and Annie rekindled their relationship and married in 2021 but he and Lauryn kept in touch. They began meeting to take Kairo on days out and grew close again.

Their daughter was conceived in October 2022 while he was in London for groin injury treatment.

In December Lauryn told Annie — then pregnant with her fourth child — the news about her baby girl with Kyle because she was sick of her daughter being treated like another “secret”.

Kyle later admitted that he had lied to both women.

Annie announced she was separating from Kyle who moved out of the home they shared with their three sons in Prestbury, Cheshire, to a rented property nearby.

Annie had their fourth son in April with Kyle at her side. The boy’s arrival was announced the day before Kairo’s fourth birthday.

Lauryn was accused last week of cashing in on Kyle’s betrayal of his wife following the legal battle over



Speaking out ... Lauryn Goodman

WHAT KYLE TOLD ME:

I want to have my cake and eat it too

LAURYN GOODMAN EXCLUSIVE

... maintenance for baby Kinara. The family court was told she made several financial demands on Kyle, some of which he described as “disproportionate”.

After the hearing, his representative said the judgment “speaks for itself in laying bare Lauryn Goodman’s insatiable greed and relentless pursuit of money”.

She hit back: “I never planned to speak out but after Kyle’s statement and the way I have been portrayed, really what choice do I have?”

“Even though I am entitled to a carer’s allowance I didn’t ask for

one. All the money I asked for was for my children. I have a job. I am an influencer.

“I appear on TV shows and have just filmed Celebs Go Dating. I pay a mortgage. This was never about money for me.”

Since the hearing, internet trolls have turned on Lauryn, accusing her of demanding luxury cars, hot tubs, multi-million-pound houses and staff from the star.

The judge in her case, who dismissed many of her demands, was critical of her shopping list.

Mr Justice Hess scoffed at her request for bespoke baby gates and

Astroturf for Kinara to play football on. He said he found Kyle to be “sensible, honest, and reliable” despite the fact he had cheated on his wife and had already admitted he had lied to Lauryn.

Fighting back tears, she said: “This has turned into a circus because Kyle has wanted to try and ridicule me hence the focus on things like the Astroturf, air conditioning and the cost of wardrobes.

“That’s great for him because it has distracted from what the crux of this is: a mother of two young children fighting for those kids and trying to get a man who has

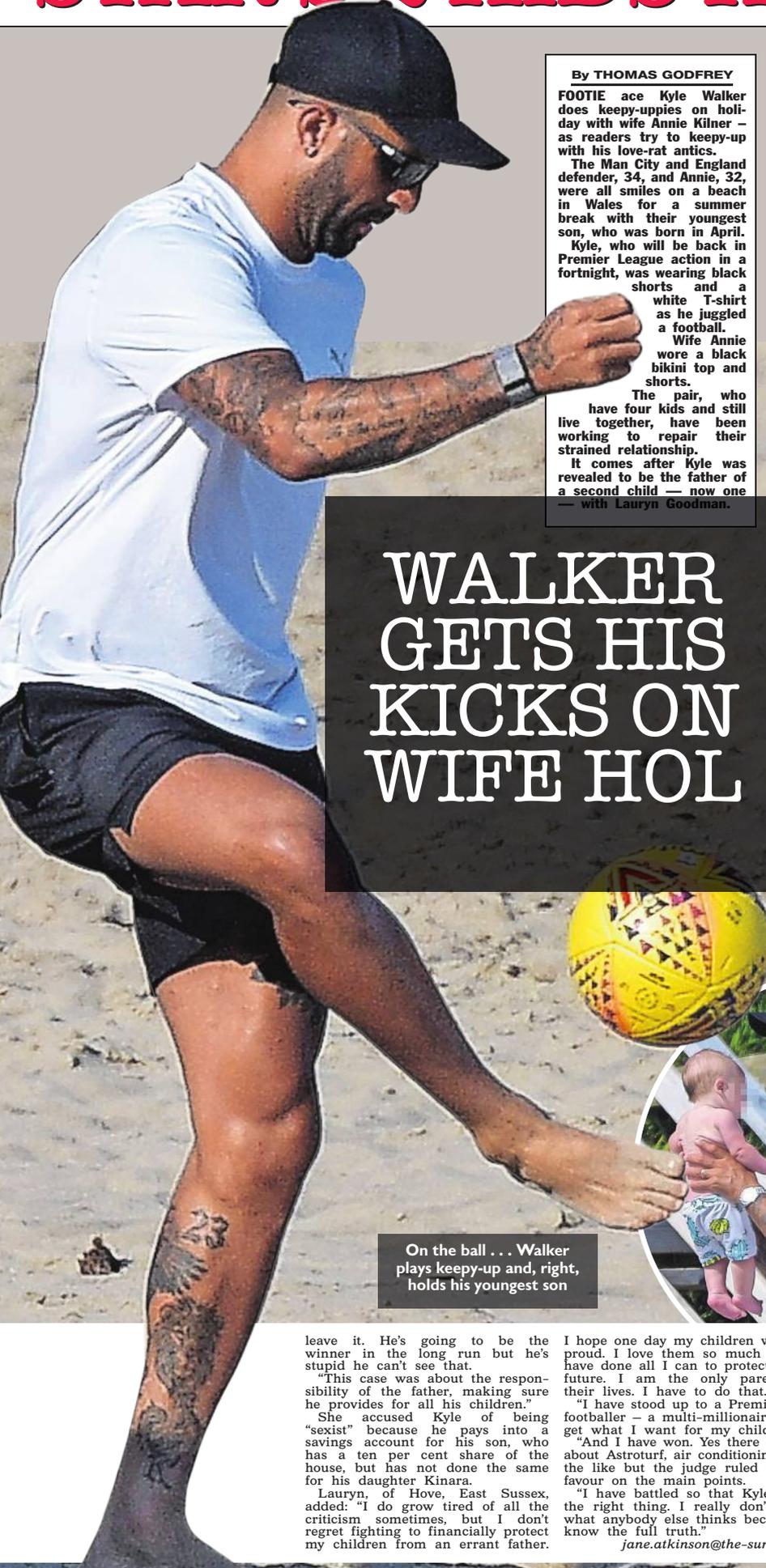
decided he doesn’t want to be a proper father to do the right thing. I’m fighting to get the best for them. Any mum would do the same. He should’ve done the right thing by our children. I shouldn’t have had to fight for that.”

She added: “Kyle has strung me along and lied to me. Nobody could look at what he’s done and say he’s done the right thing.

“He promised to put all the children first but he hasn’t.

“The house I live in with his two children doesn’t even belong to us — it belongs to him. It is an investment for him and one day I will

STAR'S 2 KIDS HITS OUT



By THOMAS GODFREY

FOOTIE ace Kyle Walker does keepy-uppies on holiday with wife Annie Kilner – as readers try to keepy-up with his love-rat antics.

The Man City and England defender, 34, and Annie, 32, were all smiles on a beach in Wales for a summer break with their youngest son, who was born in April.

Kyle, who will be back in Premier League action in a fortnight, was wearing black shorts and a white T-shirt as he juggled a football.

Wife Annie wore a black bikini top and shorts.

The pair, who have four kids and still live together, have been working to repair their strained relationship.

It comes after Kyle was revealed to be the father of a second child – now one – with Lauryn Goodman.

WALKER GETS HIS KICKS ON WIFE HOL



Getaway . . . Annie on the family beach break in Wales

On the ball . . . Walker plays keepy-up and, right, holds his youngest son



leave it. He's going to be the winner in the long run but he's stupid he can't see that.

"This case was about the responsibility of the father, making sure he provides for all his children."

She accused Kyle of being "sexist" because he pays into a savings account for his son, who has a ten per cent share of the house, but has not done the same for his daughter Kinara.

Lauryn, of Hove, East Sussex, added: "I do grow tired of all the criticism sometimes, but I don't regret fighting to financially protect my children from an errant father.

I hope one day my children will be proud. I love them so much and I have done all I can to protect their future. I am the only parent in their lives. I have to do that.

"I have stood up to a Premiership footballer – a multi-millionaire – to get what I want for my children.

"And I have won. Yes there is talk about Astroturf, air conditioning and the like but the judge ruled in my favour on the main points.

"I have battled so that Kyle does the right thing. I really don't care what anybody else thinks because I know the full truth."

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PLEA TO 'MOVE ON'

By THOMAS GODFREY

MAN City ace Kyle Walker's team last night hit back at the latest claims by ex-lover Lauryn Goodman.

A spokeswoman said the player has "no desire to contribute further".

She added: "He has already stated in a past interview that Lauryn held a detonator and, metaphorically, when she asked him to jump, his response would be, 'How high?'"

"Lauryn has since thanked the judge for his considered approach and expressed her desire to move

forward with her children. Unfortunately, this is yet to happen."

She said that Kyle and wife Annie want to "move forward as mature adults, leaving this drama behind", as well as protecting their kids.

A source said: "Kyle had no intention of meeting Lauryn. There's never been a relationship with her, even the judge said that. He will always provide for the children."

JENRICK 'HAPPY TO DO IT'

TELLY DEBATES FOR TORY LEADER RACE



Top job bid ... Mr Jenrick

TORY leadership hopefuls could appear in televised debates in the fight to claim the party crown.

Broadcasters have contacted the six MPs vying to replace Rishi Sunak to ask them to take part in debates later in the year.

A number of the contenders are up for it. But Tory Party bosses could kibosh it as they fear it will end up in blue-on-blue mud-slinging.

Broadcasting sources said they have approached rival leadership camps to try to sign them up for US presidential style debates after the

By KATE FERGUSON
Political Editor Sun on Sunday

summer holidays. One said Robert Jenrick – one of the frontrunners – said he is happy to do TV debates “anytime anywhere”.

An MP ally of Mr Jenrick added: “I’m not surprised – he is an underrated media performer.”

Six MPs have so far officially entered the race.

They are Mr Jenrick, Kemi Badenoch, James Cleverly, Tom Tugendhat, Mel Stride and Priti Patel.

But party bosses are terrified the battle will descend into open civil war.

They have introduced tough new rules to prevent

nasty attacks between the rival contenders.

Leadership hopefuls will be given a yellow card and publicly called out if they flout the rules.

It is up to Tory chairman Richard Fuller whether or not the debates go ahead.

Sources said there had been talk in Tory HQ of televised leadership debates.

A Conservative Party spokesman said: “Any request for TV debates will be considered after the summer.”

“This leadership contest is about the Conservative Party membership and who they want to be the next leader of our Party.”

“That is why candidates are spending the summer speak-

ing to members across the country. All candidates have been asked to run a clean, policy-focused campaign.”

Leadership hopefuls are heading off on their summer road tours as they try to schmooze the Tory rank and file to vote for them.

Insiders have dubbed the six-week roadshow the “capuccino charm offensive”.

Ms Badenoch launched a broadside at Britain’s failed integration policies as she vies for the top job.

She called for a “clearer strategy on integration” as riots sweep Britain.

None of the leadership hopefuls would comment on the prospect of TV debates.

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Attacks ... XL Bullies

£16m on XL Bully housing

By ANDY BUCKWELL

POLICE will spend £16.2million to house growing numbers of dangerous dogs including killer XL Bullies, a contract tender revealed.

The Met said it will spend £4.05million a year on the dogs which could fund 110 new constables.

The move comes as the threat from imported violent US dogs rises.

A total of 30,539 people were attacked last year, an increase of more than 5,000, despite laws to make sure XL Bullies are registered.

By late 2023, about 60 per cent of dogs held in police kennels were a type of bull breed.

The tender for 24-hour coverage in London says that the kennel operators “must have the necessary personal protective equipment and training for handling aggressive or difficult dogs”.

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Free wi-fi ‘answer’ for shops

FREE public wi-fi would encourage Brits to return to our struggling high street stores, a study says.

More than half say poor internet connection has ruined their shopping experience.

Two-thirds rate technology as important to them when they are out looking for bargains.

Smart parking and digital loyalty programmes would also be a draw, says the Virgin Media O2 Business Movers Index.

It found that tech savvy Gen Zs most value convenience, almost a third preferring self-service checkouts while a quarter want buy now, pay later options. Over 65s are least keen on technology.

‘Pay hike could kill Saturday job’ alert

By KATE FERGUSON

PLANS to increase the minimum wage could kill off the Saturday job, small businesses have warned.

Labour has vowed that 18-year-olds will be paid the same as older adults. But the Federation of Small Businesses warned this could spell the end of young people getting a Saturday job.

The FSB’s Tina McKenzie said: “Over two in five small firms that currently employ people aged 18 to 20 said a flat adult rate would make them less likely to hire people in that age group.”

The Department for Business and Trade said: “This Government is changing the rules to put more money in working people’s pockets, including younger workers.”

UNION’S HAMAS SHAME



EXCLUSIVE BY KATE FERGUSON

THE head of UK teachers union NEU stands next to a Palestinian activist — who said the October 7 terror attack was a “bright day”.

Daniel Kebede, on the right, posed with Saed Erziqat, left, the Palestinian teachers union boss, at an event in Buenos Aires.

The NEU said Mr Kebede “was personally not aware of these comments”.

IRAN VOW TO ATTACK ISRAEL



Assassinated ... leader Haniyeh

IRAN vowed revenge on Israel yesterday for the assassination of Hamas terror group leader Ismail Haniyeh.

The Revolutionary Guard said it would be “severe and at an appropriate time, place, and manner”.

At the same time, Israeli air strikes in the West Bank killed nine Palestinian Hamas militants.

And with tensions rising, Foreign Sec-

By LEN READ

retary David Lammy again warned British nationals to leave Lebanon.

The US has urged Israel to push for a ceasefire after the shock killing of Haniyeh, 62, in Iran’s capital Tehran with what is thought to be a smuggled bomb.

In the northern West Bank, the Israeli army said its forces struck a vehicle near

the city of Tulkarem killing the five occupants. The army said they were on their way to carry out an attack.

Hamas identified all five belonging to the group including a local commander.

Palestinian news agency Wafa said four bodies were burned beyond recognition.

Later Israel’s military said it killed four other militants in the Tulkarem area after they opened fire on its troops.

IN BRITAIN'S BEST-SELLING SUNDAY PAPER

JANE ATKINSON



How can BBC boss defend continuing to pay Edwards...with our money?
PAGE 13

TARA EVANS



Follow our advice to take on financial Goliaths... and win
PAGE 36



FREE
No1 for TV & fashion



AMANDA DEATH THREATS PROBED

COPS are investigating a death threat sent to Strictly-row actress Amanda Abbington.

An email said she would "die on stage" unless she withdraws her bullying complaint against former dance partner Giovanni Pernice.

Officers arrived on Friday afternoon at Park Theatre, in Finsbury Park, North London, where Amanda is in new play *When It Happens To You*.

EXCLUSIVE by HANNAH HOPE

They interviewed the *Sherlock* star, 50, and retrieved data linked to the email in a bid to trace the sender.

A source said: "Amanda was left terrified by the incident. She has already had to delete her social media after death and rape threats."

"This was a shock, especially as she is performing in a small venue

where the audience are within touching distance."

But brave Amanda, wearing a Women's Aid top, still signed an autograph for a fan. Detectives returned to the theatre yesterday and security has been stepped up.

Laura Whitmore, 39, accused the BBC of "gaslighting" after she told its probe of her 2016 *Strictly* experience with Gio, who denies wrongdoing.



Brave... Amanda in Women's Aid top



Show Amanda on Strictly

STREET DANCER SHAYNE

Coming star signs for Strictly

X FACTOR winner and former *Corrie* actor **Shayne Ward** has signed up for *Strictly*.

The star, 39, who also took part in ITV's *Dancing on Ice* in 2013, won the second series of the reality music contest in 2005.

A source said: "Shayne is a previous winner of an audience-voted talent show so will have high hopes of doing it again. He is excited to begin training."

"He has some dancing experience so could be a contender for the glitterball trophy."

"He also has a whopping fan base from his years as a *Coronation Street* hunk."

Shayne starred in *Corrie* as factory boss Aiden Connor from 2015 to 2018, leaving the ITV

EXCLUSIVE by HANNAH HOPE

soap in a heatbreaking hour-long suicide storyline episode.

He is currently appearing in Channel 5 crime drama *The Good Ship Murder* with ex-*Corrie* co-star Catherine Tyldesley.

Shayne is set to join celebs including ex-footballer ace Paul Merson, 56, and DIY SOS's Nick Knowles, 61, in *Strictly*'s line-up.

The first name will officially be announced on ITV's *This Morning* tomorrow.

Strictly's 20th anniversary special will air next month despite ongoing probes into dancers including Giovanni Pernice and Graziano Di Prima over conduct towards partners on the show.

The BBC said: "The celebrity contestants for the new series will be announced in due course." hannah.hope@thesun.co.uk



Her partner... Giovanni



Glitterball hope... actor Ward

FRINGE Funnies

THE Edinburgh Festival Fringe returned on Friday — boasting a line-up of acts over August with everything from comedy to cabaret. To add to the fun, we've scattered some of the best jokes from the festival's history throughout your Sun on Sunday.

HOW SHAMED TV NEWSMAN

Courage of mum who nailed him

ON the face of it, they are worlds apart. One gets by on her partner's modest labouring pay packet and spends the day keeping her home spic and span.

The other loved sipping champagne before he sidled into hair and make-up ahead of his nightly TV addresses to the nation.

But it was the very ordinary housewife who ended up bringing down the BBC's most powerful presenter.

It was her extraordinary courage and commitment to the truth which ended in Huw Edwards' cataclysmic fall from grace.

The mum sat in her modest living room in a working-class suburb of Wales, watching Huw deliver his bulletin every night at ten. In fact, the Welshman was her favourite newsreader.

But thanks to her campaign for justice, Edwards would end up being the centre of a story he could never deliver – his exposure as a sex abuser. It began almost 18 months ago – with Edwards riding high.

When I arrived at the mum and stepfather's home, I sat in astonishment as they detailed how they had uncovered a hideous dark side of the man they watched on television.

He had wormed his way into the life of their troubled son – initially when he was 17 – and was making ever-more depraved demands.

I believed every word they were saying. In fact, The Sun had a dossier of evidence against the veteran broadcaster going back six years.

From the moment the parents told me their story to the day Edwards pleaded guilty in court to child abuse image charges, their claims have never changed – even when they were called liars.

I remember when the statement dropped from their son that the whole thing was "total rubbish". My heart sank as I knew what was coming – a free-for-all to attack them.

We now know the lad's intervention only came about because he was under Edwards' sinister control.

He told a newspaper he felt compelled to come to his defence but later realised he was being used and abused.

All our front pages were right. The panicked calls Huw made, lawyers peddling lies, and cash still being given to the lad in an attempt to get him out of the picture.

But the lad's statement was immediately seized upon by Edwards' army of well-heeled pals, horrified by commoners calling out their big mate.

They couldn't wait to leap to his defence. People called them bad parents.

My reports were picked apart on BBC News at 10 and I was vilified – this is just a tabloid newspaper trying to destroy someone's life.

The parents were suddenly at the centre of one of the biggest media frenzies in the last decade – and I was with them in the eye of the storm.

The BBC likes to say it strives for transparency and exists for everyone. Well, not in their experience I'm afraid.

A mission statement on the Corporation's website runs to more than 600 words and says its core values are trust, respect and accountability.

There was little of any of that in the response the family received when they tried to raise the alarm. In fact, the cornerstones of their approach were distrust and contempt.

The BBC emails were aggressive, or worse, at times dismissive. The family was treated with disdain. And the



BY SCARLET HOWES
Sun on Sunday Chief Reporter who broke the story

lead investigator didn't even attend their interview about the probe.

When they were brought in for a "fact-finding" interview, it lasted for less than an hour and the questions were weak.

And there were none directed at the mother, whose evidence was critical.

Basic details seemed beyond the investigators' grasp.

My dealings with the BBC were the same – dragging their feet, closing ranks. There was no care about the family's welfare and it didn't feel like they were taken seriously.

Until, that is, around Christmas, which we now know is when Huw was arrested.

The attitude, I'm told, changed, and the aggression made way for a polite, near-friendliness. Even the BBC's army of faceless spokesmen and esteemed lawyers couldn't make this one go away.

But what happened is so much more than a newspaper story. It's a tale of a terrible crusade which brought a family to their knees. A family rift with Edwards at its heart.

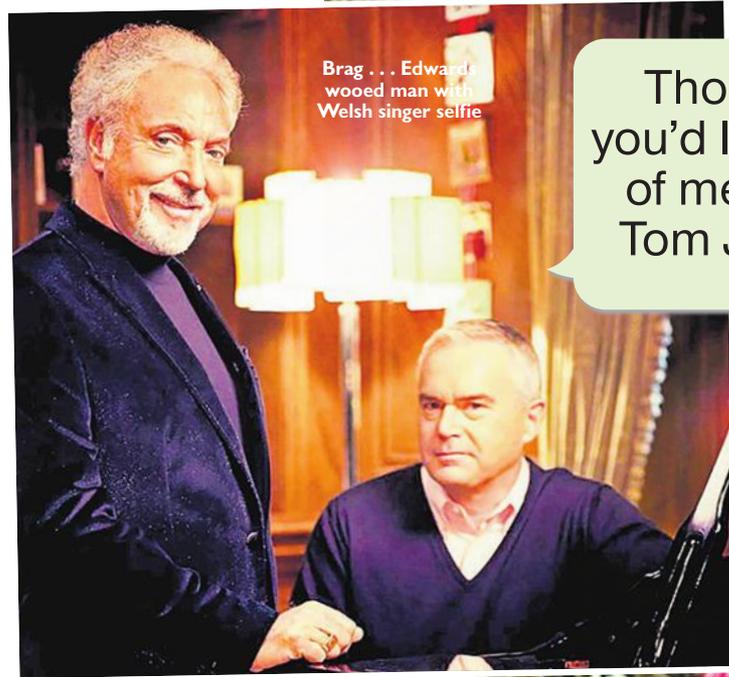
Now mum and son have both said their piece.

I have my own perspective on the relationship but out of respect I'll say no more.

What is most clear is mum and son are finally in agreement that Huw abused his position of power and groomed a vulnerable teenager.

And although they may disagree on the tiny details, what lifted my heart was a line he told a newspaper yesterday: "If it wasn't for my mum he'd still be getting away with it."

The truth is now out there and the parents have been vindicated. They now need time to heal.



Brag... Edwards wooed man with Welsh singer selfie

Thought you'd like this of me with Tom Jones

EXCLUSIVE by SCARLET HOWES and KATE FERGUSON

SHAMED Huw Edwards wooed a young man by sending pictures of himself posing with celebrities including Dame Mary Berry and Sir Tom Jones.

The man – then 23 – said it felt like Edwards, 62, was boasting of his BBC and showbiz connections to impress him.

The pair met on a dating app in 2020 before Edwards asked him to "move to WhatsApp" to chat privately. He then sent a flurry of star selfies and provocative messages.

The latest revelations came as it also emerged:

● **AN** ex-BBC chairwoman publicly thanked shamed Edwards despite knowing he had been arrested;

● **A** **BEEB** news chief was informed of the decision to arrest him even though stars had insisted on air that the department knew nothing.

In his WhatsApp messages to the man, newsreader Edwards sent a snap of himself with telly cook Mary on set at a Christmas Great British Bake Off special, boasting: "How bout me and Mary B."

The man, who we are not identifying, replied: "Looking good." Edwards then said: "Well that's good. Think I'm too old?"

On another occasion, Edwards sent a snap of him with singer Sir Tom and wrote: "Thought you'd like this of me with Tom."

The young man replied: "Hehe that's a great pic. You're lucky to meet Mary Berry and Tom Jones."

Edwards wrote back: "He's, not bad for 108 or whatever he is."

The presenter also sent selfies from the BBC studios in work time, a snap of his desk, and even sent a professional picture of himself, saying: "Had some new portraits done."

The messages were sent between December 2020 and February 2021.

During the same period, the former News at Ten anchor was receiving indecent images and videos of children as young as seven.

The man said: "He was always talking about his career and people he knew."

"The whole thing was creepy. It was as if he thought I should respect him because of his job."

"But then he would always make it sexual straight after and he asked me for pictures of myself."

"At times he would just deposit money into my PayPal. It felt like he was trying to get me to send explicit images by doing these things, like I had to because he was this big TV star and if I did there

● **Edwards sent celeb pictures to lure man, 23**

● **Row over ex-BBC boss tribute to 'poor Huw'**

would be a reward." The young man complained to the BBC as part of its probe into Edwards after The Sun's story broke in July last year.

He was interviewed but said yesterday: "Nobody ever got back to me."

He said Edwards pressured him for a meeting, even though England was in a strict Covid lockdown three-tier system, which warned against travel to other areas.

The man went on: "He was always asking to meet and I found it quite pressurising. There were restrictions and they kept getting

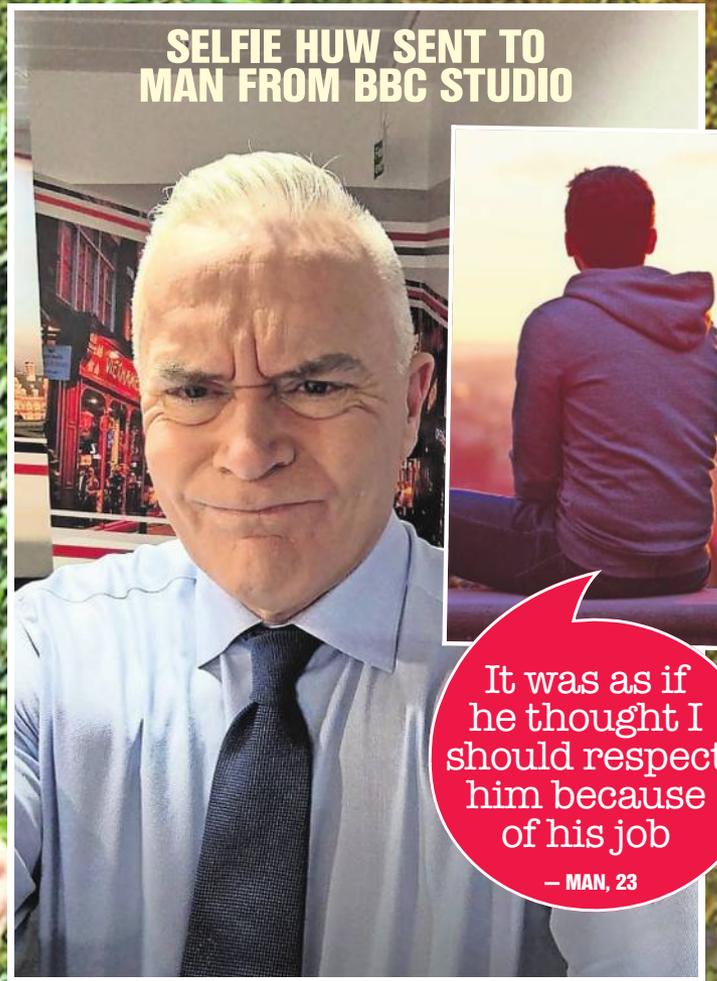
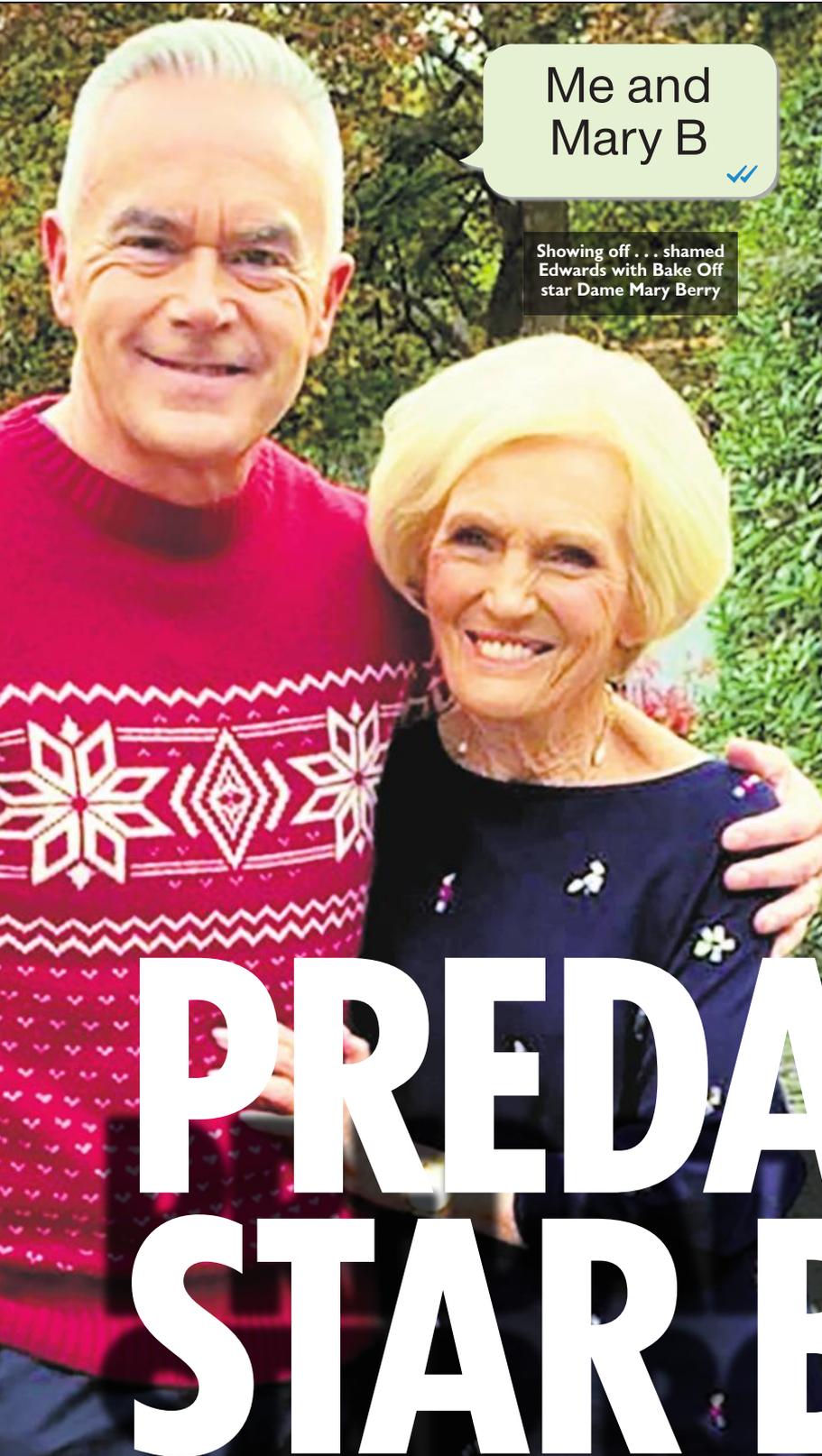
stricter but he constantly asked. I fobbed him off but he became so persistent I finally gave in."

"I was quite shocked that he broke the rules to come and meet me because of who he is."

"He showed one side in public and another in private it seemed. He had tried to use his power to get me to do what he wanted. I feel like it was all part of a sick game."

The BBC continued to pay Edwards' £480,000 licence-fee funded salary following his arrest last November until he quit without

ABUSED HIS POSITION ON APP



PREDATOR'S STAR BOAST

a pay-off in April. Despite knowing cops had hauled him in, ex-BBC chairwoman Dame Elan Closs Stephens last month called him "poor Huw" and described his downfall a "sad story".
 In a radio interview on July 2, she also accused this newspaper of "making the most of it" because Edwards was so well-known.
 Dame Elan, who confirmed she knew of the arrest, added: "The first thing of course was ensuring Huw was alright and that the family received care and protection."

She also told Welsh broadcaster S4C the exact details of Edwards' offending came as a shock to her and she was "horrified by it all".
 But she was criticised for her comments with former Tory leader Sir Iain Duncan Smith calling them "at best, clumsy and ill-advised".
 And ex-Tory minister Alec Shelbrooke accused her and the BBC of "protecting their stars", adding: "She should directly apologise for what she said. She's made a massive error of judgement."
 Amid clamour for Edwards to

return some of his pay, questions have also been raised about how much the BBC knew when it was told about his arrest last November.
 Insiders yesterday said that the corporation may have misled viewers by claiming no one in its news department was aware.
 Bosses had star presenters Clive Myrie and Sophie Raworth insist live on air that the BBC's news arm was independent from its corporate teams while reporting on itself.
 But it has emerged BBC News CEO Deborah Turness had been

informed of the arrest in her role as Edwards' line manager.
 BBC Director-General Tim Davie insisted the exec stepped back from editorial work on the story and had no input on how it was reported.
 One BBC reporter said claims that the news department was unaware was a "reputationally a grey area".
 They added: "If you have presenters going on air saying no one in news knew but Deborah did, then strictly speaking that's not true."
 Last night, the Sunday Times reported that only four BBC board

members were initially aware of Edwards' arrest - Davie, Turness, Dame Elan and senior independent director, Sir Nicholas Serota.
 It also said the BBC is paying for therapy for a vulnerable woman who made two complaints about Edwards in May 2021 and January 2022.
 The Beeb is said to have warned the presenter about his conduct.
 The BBC declined to comment.
Additional reporting:
THOMAS GODFREY
 The Sun on Sunday Says - Page 16

THE Sun



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Jane Atkinson



TRIBUTES . . . to victims

BRAVE IN FACE OF EVIL

SOUTHPORT should have only been grieving for those little Taylor Swift fans brutally murdered and injured in a knife attack.

Instead, the town had to cope with riots caused by false rumours on social media – senseless grief sparked by misinformation online, including the wrong name for the attacker and incorrect claims that he was a refugee who arrived here last year and was a Muslim.

They went viral and led to violent protests in Hartlepool, Sunderland and Manchester, with more expected across the country.

The judge hearing the case of the suspect revealed the truth about his identity to end further speculation about him.

I commend him for that and hope the authorities now take the strongest action possible against those behind the misinformation.

And I commend the traumatised community of Southport, which has somehow managed to rise above this violence despite immense grief.

Last night locals lit up their buildings in pink and played Taylor Swift songs to show solidarity and pay respect to the three little girls who lost their lives.

Such bravens in the face of such evil.



TOUR . . . Harry, Meg

TRIP HAZ ITS RISKS

IF you're a tourist heading to Colombia there are huge warnings in place about violent crimes, murder, terrorism, kidnapping and armed robbery.

Cocaine is so rife there, they have decriminalised it for personal use.

So you have to wonder why Meghan and Harry – who told in his memoir he has taken cocaine, cannabis and magic mushrooms – are heading to the South American country when they're too terrified to visit Britain.

Mind-boggling.

STRIPPING down to your trunks in front of thousands would be tricky for most middle-aged men, but the fella dubbed Bob The Cap Catcher took it in his stride at the Olympics.

He saved the day at La Defense Arena by diving into the pool to get a lost swimming cap between

aces in the women's 100m breaststroke heats.

As he emerged from the water, he gave a wave to the crowd, showing he most certainly was not the shy and retiring type – which we could probably have worked out from his multicoloured trunks. Love him!



THERE has been a surge in 999 calls and even cases where some have tragically been ignored.

It is time for people to use 999 where it is appropriate and not misuse it.

I am talking here to the neighbours of Phil Foden. The Manchester City and England player had another

rowdy late-night party that was so noisy, the entire street was up in arms and they rang 999 . . . to complain.

So is that an emergency? Absolutely not.

I wouldn't want to live in Phil Foden's posh street. It sounds like they all need their heads banging together.



FACING ARREST . . . Katie

AN OWN GOAL BY KATIE

KATIE PRICE has missed yet another court case.

Instead of heading to court over her £3.2million debts, she tootled off to Turkey on holiday to work on a documentary instead and had a £10k facelift – purely for research, obviously.

It's the second hearing she has missed and this week she insisted she is "continuing to co-operate with the relevant people".

Now there's a warrant out for her arrest and she's been ordered to return six vehicles to trustees within ten days.

Her "mucky mansion" is also up for sale.

But don't panic – Katie now says she is "not running from matters" and was not "ashamed", before adding, "I own the situation".

Which is obviously a good thing because soon that may be the only thing she actually does own.

Some people seem to think they're above the law.

PAUL MERSON has signed for Strictly.

But his past misdemeanours are already being discussed because, back in 2003, he accepted a caution for assaulting his second wife.

He also built his £7million career earnings on alcohol, drugs and gambling.

This is a man, *inset*, who will have had more therapy than most and has been very open about his demons – and probably helped many others by doing so.

Best of luck to him. He'll probably need it though, if any of the previous appearances by footballers on the show are anything to go by.

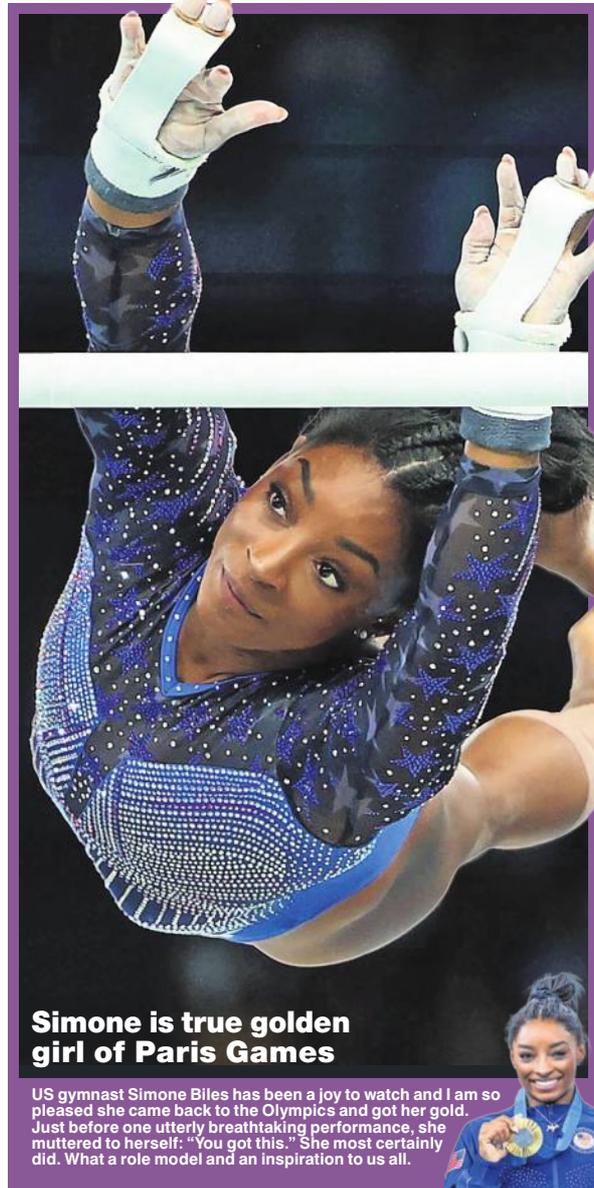
CRAIG REVEL HORWOOD thinks chaperones are a good idea for young dancers because his former ballet teacher used to "whack" him.

I agree. Dance school can be a hideous place for children.

I went to one. And I will never forget the day when I, as a chubby ten-year-old in a pink catsuit, was eating a Mars bar when my dance teacher shrieked in horror across the room: "Janel! Do you really think that is a good idea?"

I have NEVER eaten one since but HAVE spent my entire adult life on a diet.

Sneering BBC kept paying Huw...and it will cost them dear



Simone is true golden girl of Paris Games

US gymnast Simone Biles has been a joy to watch and I am so pleased she came back to the Olympics and got her gold. Just before one utterly breathtaking performance, she muttered to herself: "You got this." She most certainly did. What a role model and an inspiration to us all.

BBC boss Tim Davie defended the corporation's "difficult" decision not to sack Huw Edwards when it knew the police had arrested him over the most serious category of child abuse images.

But how can he possibly defend continuing to pay him?

Maybe if the BBC had taken The Sun's story from July last year a little bit more seriously, then things could have been very, very different.

Last summer we told the broadcaster that its highest-paid newsreader had paid a young person for explicit images.

They followed BBC policy and suspended him on full pay.

But many within the corporation turned their noses up at our findings.

The former interim chair of the BBC, Dame Elan Closs Stephens, has publicly sneered: "It was a sad story, and it was obvious

The Sun newspaper was going to make the most of the occasion because poor Huw was so well known."

Going to "make the most of the occasion" and "poor Huw"?

Dear God, who are the people running this corporation?

She later said she was shocked and horrified after he had been at court.

If the BBC had taken our revelations more seriously, they would have realised "poor Huw" was a vile criminal because they would have immediately conducted their own thorough investigation and sacked him on NO pay.

But the lack of transparency means we don't even know if they asked "poor Huw" if he was even

guilty. And when police informed the BBC they had arrested Edwards in November, with allegations involving the most serious category of child abuse images, the corporation continued to pay him because it was part of its normal "policy".

But policies and real life, given the gravity of the situation, are two very different things.

They should have done some decent digging and stopped giving out OUR money.

It is wrong that they gave Edwards the equivalent of 1,194 licence fees.

And it is disgusting that, before the disgraced newsreader finally did something decent and quit in April, the BBC gave him a £40,000 pay rise.

They even announced this as part of the BBC's annual report AFTER he was charged in June – but before it became public knowledge.

It is no surprise that the Beeb handled this appallingly.

It is no surprise that they've given out £200,000 as though it was the fake stuff on a Monopoly board, with zero regard for the licence fee payer.

But the buck stops with the director-general Tim Davie.

Culture secretary Lisa Nandy, who spoke to him on Thursday, says it is "wrong" Edwards continued to receive the salary between being secretly arrested and his eventual resignation in April, adding: "It's not a good use of taxpayers' money."

Which is stating the bleeding obvious.

She now wants the BBC to recoup the money from him.

I hope they do. But the chances are pretty slim.

The BBC was once the envy of the world. But they have failed us.

Many licence fee payers will now have lost faith in our national broadcaster for good.



BUCK STOPS HERE . . . Davie

TONY PARSONS IS AWAY



ANDY DAD DUTY

By LEN READ

NEWLY retired tennis ace Andy Murray turns Olympic spectator with eldest daughter Sophia to cheer on the GB hockey women. Andy, 37, bowed out of the sport after his men's doubles defeat in Paris on Thursday. The hockey team was part of a

guard of honour that welcomed him back to the athletes village. And Andy took Sophia, eight, to see their match against Argentina. They lost 3-0 but had already qualified for the quarter-finals.



By ROBIN PERRIE and JULIA ATHERLEY

GENDER-row boxer Imane Khelif won her latest bout yesterday to guarantee a medal in Paris — and then roared: “I am a woman.” The Algerian, 25, beat Hungarian Anna Hamori on points in their welterweight quarter-final contest. Khelif is competing in Paris despite being kicked out of the 2023 World Boxing Championship for failing a gender test. Yesterday, she said: “I feel good. It’s the first medal in women’s boxing in Algeria.” Khelif fights in the semi-finals on Tuesday, knowing she will get at least a bronze even if she loses.



Joy . . for Khelif, & above, in action

'I AM A WOMAN!'

Gender-row boxer's defiant roar at critics

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'SUPER SAMEDI' IN FRANCE

GLEE ARE FAMILY!



JAKE JARMAN
GYMNASTICS: MEN'S FLOOR

Spotted for glory

GYMNAST Jake Jarman claimed fate had helped him win bronze in Paris – after he was spotted swinging on monkey bars in a park as a kid.

The 22-year-old from Peterborough was third in the floor contest at the Bercy Arena yesterday.

And he revealed his journey to success started thanks to a coach spotting him playing when he was only six.

He said: "I think if the start of my career hadn't happened like that, I don't think I'd be a gymnast. It's almost like fate brought me here."



EMMA WILSON
WOMEN'S IQFOIL WINDSURFING

Win's in her sails

PROUD Emma Wilson said she hoped that winning Britain's first sailing medal at the 2024 Games will encourage kids to give the sport a try.

The 25-year-old came third behind Italy and Israel in the women's IQFoil windsurfing final off the coast of Marseille to pick up a bronze.

She said: "I just hope I can inspire some kids."

"If I can show them that you work hard and that's what happens, then that's a win."

"I'd love to go home with a gold medal but bronze will have to do."



TEAM GB
ROWING: MEN'S EIGHT



Shock & oar... Tom and Emily yesterday



TEAM GB
ROWING: WOMEN'S EIGHT

Brother and sister's double rowing glory

SUPER siblings Emily and Tom Ford brought home two rowing medals yesterday on a splendid Saturday for Brits in Paris.

Older brother Tom, 31, was part of the men's eight rowing team who won Team GB's 10th gold medal of the Olympics.

Just 20 minutes earlier, his little sister Emily, 29 had bagged a bronze with the women's eight.

In all, GB clinched six medals in rowing, gymnastics, windsurfing, dressage and athletics.

Tom said of the moment he realised his sister had

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

won a medal: "We saw on the big screen when we were warming up. "I gave myself a little fist-pump. Then back to the job in hand and now we can celebrate together."

Dad Paul, 66, of Holmes Chapel, Cheshire, joked it "wasn't a bad day in the office really" after cheering them on with twin brothers Ed and John, 34. Mum Christine, 65, said she "had some sleep to catch up on" after a restless night.

Tom said: "They encouraged us to follow our dreams, follow what we enjoy and that happened to be rowing. They've both supported us

ever since we made the decision we wanted to do it full-time.

"Ultimately, they're the reason we were on the podium today."

There was more success last night as Samuel Reardon, Laviai Nielsen, Alex Haydock-Wilson and Amber Anning got Britain's first athletics medal in Paris as they picked up a bronze in the mixed 4x400m relay with a national record time of 3:08.01.

Anning saw the team home on the anchor leg at a rain-soaked Stade De France and had entered the final 100m in second spot.

But she, and the Americans, were overtaken by fast finishing Dutch runner Femke Bol, leaving a third-

place result for the Brits. There was also a bronze in the equestrian team dressage for the trio of Carl Hester, Charlotte Fry and Becky Moody to celebrate.

Moody, 44, from Gunthwaite, South Yorks, said: "We have three superstar horses."

And boxer Lewis Richardson secured at least a bronze medal after winning his light-middle-weight quarter-final bout.

Three-time GB Olympic champ Max Whitlock, 31, missed out on a medal in the gymnastics pommel final. And for the second time in a row, Brit record holder Dina Asher-Smith faltered in the 100m semis.

julia.atherley@the-sun.co.uk

TEAM GB
EQUESTRIAN: TEAM DRESSAGE



TEAM GB
4x400M MIXED RELAY



THE Sun

ON SUNDAY

SAYS 04/08/24

WHEN The Sun first revealed how Huw Edwards had paid £35,000 to a vulnerable teenager who sent him sexual pictures, we were met with a firestorm of abuse from the liberal establishment.

In particular, they seized with unbridled glee on a statement issued by the young man, which said the claims he was being exploited by Edwards were "rubbish".

The BBC hadn't spoken to the young man himself. In fact they didn't even know his name. They simply read out the statement on air, breathlessly, as if it was fact.

Now, in the wake of Edwards' conviction for having vile paedophile images, including video of a boy aged as young as seven, the young man has decided to set the record straight.

In an interview he has revealed he had lied to protect Edwards, who was still sending him money even AFTER our

revelations. He felt groomed by Edwards, who used his power and position of authority to get what he wanted.

The young man, who has substance misuse issues, carries no blame for his initial denials.

He was being manipulated by a skilled and devious groomer, who – as The Sun revealed – was doing the same to a number of other young men.

That is why this story is first and foremost about the victims.

The young man's family brought the story to us in desperation after the BBC failed them.

Like many others dragged into Edwards' evil orbit they have suffered nothing but torment. For that very reason the BBC and the police still have important questions to answer.

The corporation paid Edwards £200,000 even after it knew he had been arrested for the most serious category of child abuse images. The police kept the fact that he had been charged secret for a month. The delay allowed the BBC to announce its annual report detailing Edwards' £40,000 pay rise.

Was there collusion with the police? Why did the BBC's former chair, Dame Elan Closs Stephens, publicly thank Edwards when she knew he had been arrested?

And why were viewers told that nobody at BBC News was aware of the arrest, when its most senior boss had already been informed?

We never doubted the public interest in giving voice to the story of the young man's parents and in exposing this sexual predator.

Now millions of licence fee payers rightly want to recoup the money the BBC paid to Edwards since his arrest.

The public are outraged at the conduct of our national broadcaster.

Its handling of this crisis needs to come under the most rigorous scrutiny.

the SUNDAY ISSUE

OUTRAGE AS COPS ALERT RAPE ALLEGATION STAR TO OUR INQUIRY

CELEB
A

Police tip off star's lawyers over **Sun ON SUNDAY** inquiry

CELEB
B

Huw Edwards charged without anyone knowing

Is there one law for stars & another one for Joe Public?

IS there now one law for Huw Edwards and another law for Joe Public?

One for celebrities and another one for "civilians", as the luvvies like to call us "little people"?

How far things have gone became clear recently when The Sun on Sunday discovered that a celebrity was under investigation for attempted rape.

The paper contacted the police to confirm the story. Outrageously, after responding to this normal Press inquiry, police passed it on to the celebrity's high-powered lawyers. The Sun on Sunday quickly received a legal letter, warning the Editor to bury the news.

Now, in the Huw Edwards case, it seems we have reached the point where a famous suspect is not necessarily named even AFTER they have been charged. What next? Might some like to keep quiet about celebrity crimes even after they've been convicted, maybe reassuring us they are in rehab?

We should stand up for the freedom of the Press to report the truth without fear or favour, regardless of who doesn't like it. As an old saying about journalism has it, "News is what somebody doesn't want published. All else is advertising".

Why the silence?

We belatedly learned this week that Edwards was charged with having child sex abuse images over a month ago. Yet police and prosecutors kept those charges secret until the veteran BBC news presenter appeared in court on Wednesday to plead guilty to three counts of making indecent images of children.

Why the silence? There was an obvious public interest in reporting that the pillar of BBC News, who led national TV coverage of Queen Elizabeth's funeral and the Coronation of King Charles, had been charged over child sex abuse images on June 26. But the public were kept in the dark.

Do we now live in a state where the police get to edit the news?

Official police guidelines state that those charged with an offence should always be named "unless there is an exceptional and legitimate policing purpose for not doing so", as agreed with the Crown Prosecution Service.

The rules even say that police should "proactively release" the name of anybody charged with a crime "of a serious nature".

What "exceptional" reason did the



By
MICK HUME

police have for not telling us Edwards had been charged? Apart, that is, from his celebrity status.

Perhaps they just don't consider child sex abuse image offences to be crimes of a sufficiently "serious nature"?

This looks less like the universal presumption of innocence, to which everybody is entitled, than a tailor-made conspiracy of silence.

Edwards received 41 child sex abuse images, sent via WhatsApp by a paedophile.

He kept seven Category A images of the worst kind on his phone.

The prosecution said they were sent "clearly with Mr Edwards' approval" and that the two perverts had "chatted" about a number of the images sent. He now faces up to ten years in prison.

Can you imagine any ordinary Brit charged with such offences being left to swan about for weeks before the authorities told the world about it? They would be publicly exposed and shamed. Then they would creep into court, probably under cover of a blanket.

They would certainly not be left to carry on living as if nothing had happened for more than a month, before brazenly strolling through massed paparazzi sporting a designer suit and shades, as Hollywood Huw did outside Westminster Magistrates court this week.

Police and prosecutors now insist there was "no conspiracy" to hide the truth about Edwards from the public. Well, they would say that, wouldn't they?

As for "our" publicly-funded broadcaster, BBC bosses now admit that they knew that Edwards was first arrested in November over "serious offences" – yet they said nothing and continued to pay his full £469,000 salary until he resigned "on health grounds" in April.

As recently as July 23 – almost a month after Edwards was charged – BBC chief Tim Davie publicly defended paying the presenter's fat salary, and even giving him a £40,000 rise at the expense of licence fee-payers.

That was despite Edwards being suspended for most of the year over allegations he paid £35,000 to a young person who sent him explicit pictures. Davie insisted that they had tried "to

act proportionally, fairly and navigate this appropriately". The BBC's fair and appropriate navigation meant, we now know, steering clear of any mention of Edwards' arrest over child sex abuse images. The BBC claims that it was not officially informed that he had been charged until a phone call from the Metropolitan Police hours before he appeared in court.

A source also said police told the BBC not to share details of his arrest in November 2023.

Edwards may have pleaded guilty, so avoiding a full trial. But all of the institutions involved in the cover-up over his charges have plenty of questions to answer before the court of public opinion.

The Edwards affair raises important issues about equality before the law, open justice, Press freedom and even parliamentary democracy.

Edwards's sordid private life first hit the news a year ago, when The Sun exclusively revealed that an unnamed "Top Beeb Star" had been "taken off air" after "paying a teenager for sexual pictures".

Dirty secrets

Although everybody with a smartphone quickly knew who the star was, the media did not name Edwards until his wife confirmed it was him.

This media silence was due to Britain's increasingly powerful privacy laws, now the favourite tool used by the rich and powerful to hide their dirty secrets.

No privacy law has ever been passed by our elected MPs. Instead, unelected judges have used the power handed them by Tony Blair's 1998 Human Rights Act to limit the freedom of the Press to report the truth.

These censorious privacy rules are exclusively available to anybody who can afford to hire a top celebrity law firm in the highest courts. A clear case of money talks and free speech walks.

Worse, we are witnessing what one top media lawyer calls "privacy law creep". Britain's top judges now rule that those who are under police investigation but have not been charged should not be named. A turning point came in 2018, when Sir Cliff Richard successfully sued the BBC for breach of privacy over its sensationalised helicopter-eye-view coverage of a 2014 police raid on his home. Sir Cliff was never arrested or charged with any offence.

It's not the job of the police or the BBC to act as PR agents for law-breaking luvvies.



TV interview ... Sussexes

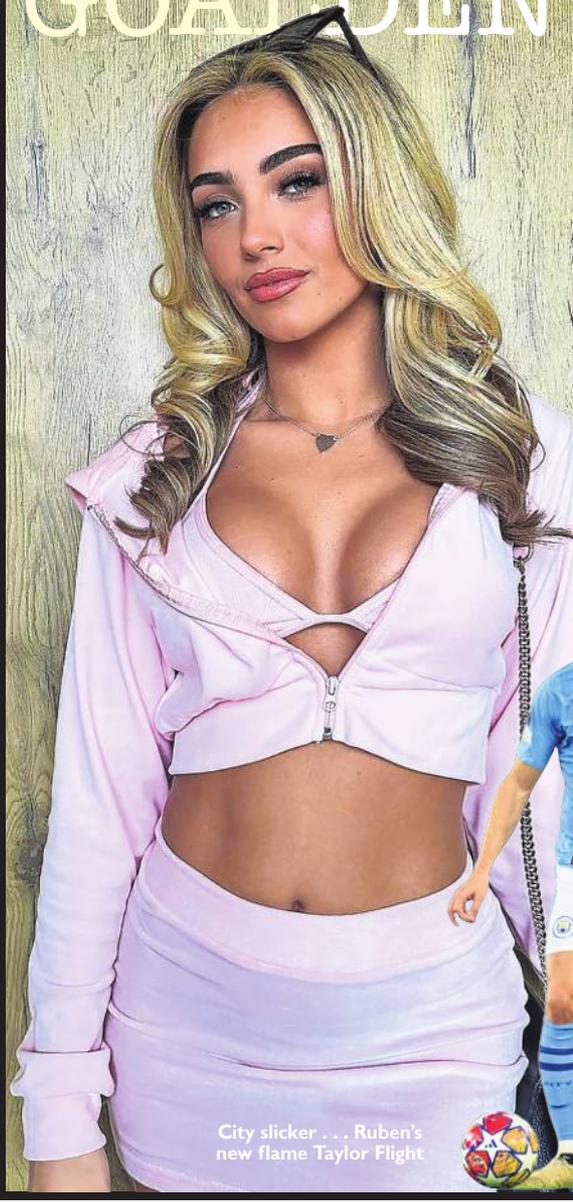
Meghan birthday plea on bullying

By **ALEX DIAZ**
US Correspondent

MEGHAN Markle will celebrate her 43rd birthday today with a TV interview discussing online bullying alongside husband Prince Harry. The Duchess of Sussex is understood to be marking the occasion privately in California. She will be appearing with Harry at her side in a pre-taped conversation with US broadcaster CBS. In a preview clip, she talked about protecting son Archie, five, and daughter Lilibet, three, from internet bullies. Meghan will tell CBS News Sunday Morning host Jane Pauley: "Our kids are young - they're three and five. "They're amazing. But all you want to do as parents is protect them." Advocating for a safer internet has been one of the main themes of Harry and Meghan's work with their Archewell Foundation, launched in 2020 after the couple left their royal roles and moved to the US.

FRINGE
COMEDIAN Richard Stott tickled crowds in 2019 with his pun: "Someone stole my anti-depressants. Whoever they are, I hope they're happy."
Funnies

GOALDEN GIRLFRIENDS



City slicker ... Ruben's new flame Taylor Flight

EXCLUSIVE by EMILY WEBBER & HANNAH HOPE

PREM aces Cole Palmer and Ruben Dias are in bombshell form off the pitch — with both spotted with new girlfriends. England Euros star Cole, 22, took a shine to nail artist Connie Grace in his home city Manchester. The Chelsea midfielder was seen with Connie, also 22, in Ibiza last week. A source said: "They are both young and just going with the flow and enjoying the summer together." Ex-Man City team-mate Dias was also spotted on the party isle with London receptionist Taylor Flight. She's not the only thing he found tasty as the Portuguese defender, 27, and Taylor, 22, shared identical snaps of a giant paella.



Chelsea girl ... Cole's Ibiza date Connie Grace

FEMALE PRISON OFFICERS FIRED

Screws in paradise

BRITISH prison officers have been flown to a paradise island after a mutiny by local jail workers. The six will spend a month on the tiny Caribbean isle of Anguilla. They will run a prison that can hold as few as 35 cons at one time. It comes after an inmate escorted by warders was shot dead outside a court. Officers at Anguilla East jail were incensed when all leave was cancelled - leaving them unable to attend Anguilla Summer Festival. A source said: "The festival is the highlight of the summer. They effectively walked out, leaving the island's jail in the hands of a few management." The government in the British Overseas Territory made an SOS to the UK. A source said: "It's the best secondment ever - a month on a paradise island looking after a handful of prisoners."

29 WARDERS IN SEX WITH LAGS



Cell sex vid ... Abreu

A RECORD number of female prison officers were fired for having sex with male lags in the past three years.

Twenty-nine got the boot for romping behind bars compared to just nine between 2017 and 2019. Some had been sneaking lags into staff-only areas or

EXCLUSIVE by THOMAS GODFREY

cutting holes in their uniforms to make lewd acts easier. Fifty out of 124 investigations following tip-offs about alleged "inappropriate" relationships were upheld, Ministry of Justice figures show. Some officers were spared the axe and were suspended or moved to a new role. No male screws were busted with

female lags but three same-sex relationships were discovered. Last week, officer Linda De Sousa Abreu, 30, admitted misconduct in public office after a viral video showed her romping with a burglar at Wandsworth jail in London. Previously, guards Aleesha Bates, 29, got two years, eight months jail and Jodie Wilkes, 27, a 12-month suspended sentence after admitting a three-way fling with an inmate

at HMP Buckley Hall in Rochdale. Last month, we told of Albanian gangsters bragging online about paying £2,000 for sex with junior female prison staff. The Prison Service said: "Staff corruption is not tolerated. The overwhelming majority of our prison staff are hardworking and honest. We are dedicated to rooting out those who are not." thomas.godfrey@the-sun.co.uk

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DEAL OF DAY

MAKE holiday packing fun with Dunelm's Disney Mickey and Minnie Mouse hard-shell suitcases. They come in three sizes, with a cabin case down from £45 to £22.50. **SAVE: £22.50**



CHEAP TREAT



GET less tipsy with McQuigan Mid wines, £7 a bottle at Morrisons, or two for £11. For wine, it's relatively low in alcohol, at seven per cent. **SAVE: £3 on two bottles**



PLAN AHEAD TO AVOID EXTRA PLUMBING COSTS

Sink it through

CUT the cost of calling out a plumber.

Often a qualified professional is the only person who can do the job, but the call-out fee alone can be around £100.

Here's how to stop money going down the plughole.

PREPARE FOR THE PLUMBER: Tradesmen charge a call-out fee then, usually, by the hour after that. Cut down on the time they need to work by preparing the work area.

If they need to get under the sink, clear out clutter. If the meter is in the under-stairs cupboard, make sure they have easy access.

Otherwise you'll be paying

around a pound a minute to have your cupboards emptied.

SINK SENSE: Be aware of what goes down your drains. Avoid pouring grease, coffee grounds and food scraps into the sink - put them in the bin instead.

This simple habit can prevent clogs from forming, saving you the hassle and expense of dealing with blocked drains.

BLOCKED PIPES: If you do end up with a blockage, there's plenty you can do before calling a plumber.

According to kitchen and bathroom experts Plumbnation, a kettle should be your first port of call. Slowly pour a kettle full of boiling water down the blocked drain, pausing every few seconds, then repeat two or three times. If that doesn't work, pour half a cup

of baking soda directly into the drain. Follow by half a cup of white vinegar. Quickly cover the drain with a plug or a cloth to contain the fizzing reaction.

Let the mixture sit for 15 to 30 minutes. Then flush with hot water to hopefully clear the clog.

AVOID EMERGENCIES: A blown boiler or leaking pipe can mean you have no choice but to call an emergency plumber.

But outside of normal hours, or on holidays or weekends, plumbers often charge more than double their usual rate. So before you rush to dial, ask yourself if your problem can wait until working hours.

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

TOP SWAP

£25



MAKE someone's day by ordering them a calla lily in a pot, above, £25 from M&S, or pick one up from Lidl for £3.99, add a pot and deliver it yourself. **SAVE: Around £20**

£3.99



Little helper

SAVE 20 per cent on some fabulous furniture lines at Argos with the code FURN20. It takes the price of the Habitat Chesterfield velvet sofa, down from £675 to £540.



What's new?

CHILDREN can make and paint their own trucks or create clay dinosaurs with these fun £3.99 craft kits, now in store at Aldi.



THE Sun

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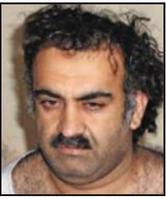
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PROTECT your home, front and back, with two TP Link Tapo C310 security cameras for £54.99 at Toolstation, where it's £44.99 for one.



Charges . . . Mohammed

9/11 trio's plea deal axed by US chief

By THOMAS GODFREY

A PLEA deal that spared three terrorists behind 9/11 from the death penalty has been abandoned — just two days after it was signed.

Khalid Sheikh Mohammed and two accomplices had agreed to plead guilty to organising the 2001 al-Qaeda attack on the World Trade Center.

They were to admit to nearly 3,000 murder charges in return for receiving life sentences.

But it upset the families of victims and US Secretary of Defence Lloyd Austin vetoed it.

He said "responsibility for such a decision should rest with me".

Mohammed, Walid bin Attash and Mustafa al-Hawsawi have been held for 16 years in the US detention camp at Guantanamo Bay, Cuba.

Jailed for brake kill

A PASSENGER caused a fatal smash by putting on a car's handbrake at 70mph during a row.

Gary Toomey was with his ex Victoria Bell when he caused her Audi A3 to crash into the central reservation on the M62.

They survived the initial smash but a Mercedes then ploughed into the car and Victoria, 34, died from her injuries near Warrington in 2021.

Toomey, 37, of Bolton, Ctr Manchester, admitted manslaughter at Liverpool crown court and got seven years, four months.

FRINGE
COMIC Stephen K Amos gave the 2014 audience his take on romance with: "Love's like a fart. If you have to force it, it's probably s***."
Funnies

Teen on sex raps

A BOY of 13 has been charged with committing knife and sex offences.

It includes attempted oral rape on a woman while possessing a knife.

The suspect, who cannot be identified, was arrested on Friday morning over the three-week rampage last month in Leicester.

Leicestershire Police said: "We would ask anyone who can help to come forward."

The teenager was remanded in custody yesterday at Leicester magistrates' court.

Undercover op . . .
Katie, with gauze on her face, at pool



Picture: LOUIS WOOD

FACE IT, KATIE'S TAKING MICKEY

Surgery hol star fears arrest

FUGITIVE Katie Price was yesterday found by **The Sun** on Sunday — relaxing poolside in Turkey after another bout of cosmetic surgery.

The ex-glamour model appeared unfazed despite an arrest warrant being issued at the High Court in London when she failed to turn up to a bankruptcy hearing on Tuesday.

We can reveal she took a British Airways flight to Istanbul hours beforehand, having booked the trip weeks in advance.

A source said she thought she did not have to appear in person — and now fears being handcuffed and

EXCLUSIVE from **ANDY ROBINSON** in Istanbul, and **AMIR RAZAVI**

frogmarched off a plane by police on her return.

Katie, 46, was spotted using a towel to cover her gauze-covered face as she relaxed next to her 31-year-old boyfriend, JJ Slater, at the £133-a-night Sheraton Istanbul Ataköy Hotel.

She puffed on a vape while on a sunlounger, took selfies and had a dip in the pool.

Also there was a photographer while she shoots a documentary on corrective procedures and cosmetic surgery during a "holiday work trip".

The mother of five refused to respond to questions.

But a source said: "Katie is worried

about what will happen when she comes back to the UK.

"Obviously she is hoping it won't end in custody and she can make this right voluntarily."

They went on: "Katie had this trip planned for weeks in full knowledge of her court date.

"She thought it could be heard in her absence like a speeding charge and only realised the severity of missing it when reading about it by the pool."

Katie, hit with a £760,000 tax bill, has been ordered to stump up an initial payment of £25,000 followed by £12,500 monthly instalments.

But she is yet to pay a penny after being declared bankrupt for a second time in March.

After her no-show, Judge Catherine

Barton said: "The reason for her absence today is irrelevant."

Katie insisted in an Instagram statement: "I am continuing to cooperate to the best of my ability which will be addressed after my return from work. I have to continue in my work in order to satisfy these bankruptcy orders.

"I am however not running from matters and will continue to take matters with great seriousness.

"I am doing the best I can to rectify things during extremely difficult times."

Katie was served with an eviction notice ordering her to leave her £1.5million "Mucky Mansion" in Horsham, West Sussex, and was supposed to hand over her six cars.

andrew.robinson1@thesun.co.uk

Speedy by gum..

THE nation's most prolific speeders come from Yorkshire, according to official figures.

The Driver and Vehicle Licensing Agency looked at speeding convictions in 121 postcodes.

Five of the top six areas with most speeding raps were in Yorkshire, with Halifax the worst.

Leeds, Bradford, Huddersfield and Wakefield were the others.

Those on remote Scottish islands or living in central London had the fewest points.

PERCENTAGE OF DRIVERS WITH SPEEDING RAPS: 1. Halifax 14.5%; 2. Leeds 13.7%; 3. Huddersfield 12.7%; 4. Bradford 12.9%; 5. Telford 12.7%; 6. Wakefield 12.6%; 7. Plymouth 12.2%; 8. Liverpool 12.0%; 9. Slough 11.9%; 10. Durham 11.5%.

VLAD'S SUB SUNK

Ukraine hails Crimea port attack and jet base blitz



Holed... earlier strike

A RUSSIAN sub was sunk by a Ukrainian missile, 11 months after it was holed in a similar attack.

The Rostov-on-Don, part of Vladimir Putin's Black Sea fleet, went down in Crimean port Sevastopol.

The £275million submarine and four S-400 air defence systems worth around £2billion were hit on Friday by US-made ATACMS

missiles. A Russian air base was also hit in a separate drone blitz on Friday night.

It was not known yesterday if any crew had been aboard the Rostov-on-Don at the time.

The vessel, one of four Russian Kilo-class subs capable of launching Kalibr cruise missiles, had been repaired after the earlier strike. It had been due to go back into service.

But Ukraine's armed forces

general staff said yesterday: "It sank on the spot."

"The destruction of the Rostov-on-Don once again proves that there is no safe place for the Russian fleet in Ukrainian territorial waters of the Black Sea."

"Thank you to Ukrainian soldiers for their professional work."

Putin's forces, meanwhile, were also counting the cost following the drone barrage on the Morozovsk air base in Rostov.

President Volodymyr Zelensky said: "Russian combat aviation

must be destroyed wherever it is, by all effective means. It is quite fair to strike at Russian airfields."

Ukraine-launched drones also hit fuel depots in the Belgorod and Kursk regions.

Russia's Defence Ministry said air defence systems intercepted 75 drones in the barrage.

Ukraine's Air Forces, meanwhile, revealed that Russia launched 29 Shahed drones and four missiles on Friday, with 24 of the drones shot down.

leonard.read@the-sun.co.uk

By **LEN READ**



Blast... Shelbrooke

Sex fiend can stay in Britain

EXCLUSIVE
by **THOMAS GODFREY**

A SERIAL rapist who abducted women will stay in the UK after the Home Office took 26 years to try to deport him.

Mohammed Aslam, 56, won a legal battle even though a tribunal judge admitted the decision "may be objectionable to the vast majority".

The Kenyan-born fiend was jailed for 17 years in 1998 but not told he'd be sent home until 2016.

After his release from prison on parole he wed a British woman.

Lawyers said he had lived here too long to be kicked out and had established a life with a home and a family.

Former minister Alec Shelbrooke said: "The judiciary are giving in."

The Home Office said it does not comment on individual tribunal cases.



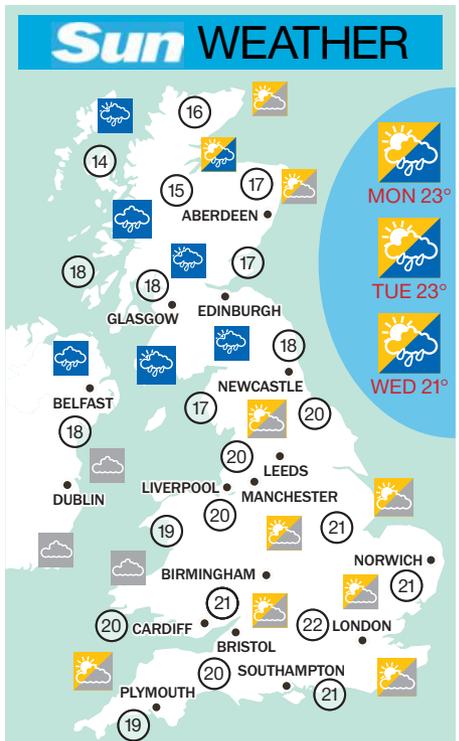
NOT Going Out's Tim Vine won the Fringe's funniest gag in 2014 after he joked: "I've decided to sell my Hoover... well, it was just collecting dust."

Dire hit is a racket

DIRE Straits guitarist Mark Knopfler says he got his guitar playing style from strumming a tennis racket with his sister as a child.

Mark, 74, said he is left-handed, but his older sister turned it round and told him "that's the way you play it".

He will tell Radio 4's Desert Island Discs today that, as a left-handed man playing a right-handed guitar, his stronger hand now forms the notes.





Hospital... Becks' son

Shoulder op after break for Brooklyn

By EMILY WEBBER

BROOKLYN Beckham has had an operation after breaking his shoulder.

The eldest son of former England football captain David, 49, and ex-Spice Girl Victoria, 50, posted a selfie of himself wearing a hospital gown.

Brooklyn, 25, thanked actress wife Nicola Peltz, 29, for taking care of him during his recovery.

He said on pic-sharing site Instagram: "Broke my shoulder but all good cause I have Nicola Anne Peltz to take care of me. Love you babe."

A source added: "Brooklyn is now recovering at home in the States after the surgery."

"He is in good spirits and is taking time to rest with Nicola by his side."

Last night it was still not known how Brooklyn broke his shoulder.

Girl, 9, hit by a bus

A **NINE**-year-old girl is fighting for life after a bus ploughed into her and her younger brother in a horror crash.

The youngster was taken to hospital and is being treated for life-threatening injuries.

Her younger brother, aged five, was taken to hospital as a precaution.

They were hit by the bus in Bexleyheath, South East London, yesterday, while with another family member.

The male driver has been arrested and remains in police custody.



£500k TV bully row

MORE than £500,000 has been spent on a bullying probe at a TV channel.

Publicly funded Welsh broadcaster S4C helped launch the career of One Show host Alex Jones.

But boss Sian Doyle was sacked in November over complaints she was "a dictator" who created a "culture of fear".

A law firm brought in to investigate was paid £564,000 with bosses saying it was necessary for staff "to feel safe".

Ms Doyle said she "did not recognise" the claims in the independent report.

ONLY IN YOUR **THE Sun ON SUNDAY** NEXT WEEK

FREE

PREM LEAGUE

GUIDE

FORGET the Euros – the Prem is back. And that means the return of our unbeatable and unmissable guide to the new season.
 The 32-page bonanza features every club, every fixture, fun facts and stunning stats. Our experts assess the chances of all the teams – and we turn the spotlight on the new boys.
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32

PAGE

MAG

ALL

THE STATS,

EVERY

FIXTURE,

EVERY

CLUB

CHOUDARY PAL'S PAYOUT

TERRORIST COMPO FOR STRIP SEARCH



Payout... for Rahman

HATE preacher Anjem Choudary's right-hand man pocketed £1,300 compensation after he complained about a prison strip search.

Convicted terrorist Mizanur Rahman, 41, accepted an out-of-court settlement over the incident at Belmarsh jail.

It follows reports Rahman had delivered TikTok rants in

EXCLUSIVE
by DOMINIK LEMANSKI

support of Choudary, 57, who was recently jailed for 28 years for directing a terror group.

Both were locked up in 2016 for inviting support for IS.

Accountant Rahman, a father of four, also served time in 2007 for soliciting murder of western troops in Iraq.

He got his payment from the Ministry of Justice after the strip search for a mobile phone in 2016, a source confirmed.

Rahman described it as "torture" and tantamount to "human rights abuse".

Asked about his compensation, he said: "I don't want to go into the details. They admitted to it and they settled out of court after a long, long legal battle."

Rahman, who has used online sermons to denounce Israel's "genocide" in Gaza and insist abortion is prohibited by Islam, reckons he was

"targeted as an extension of hatred" towards Choudary. He said: "Wherever he went, I got caught in that crossfire."

Prof Anthony Glees, an intelligence expert from the University of Buckingham, said Rahman should not have been compensated as strip searches "are standard procedure, especially in cases like this".

The Ministry of Justice said: "We only settle when it's in taxpayers' interest."



Jail... cleric Choudary



OLD PALS... pair in 2013

SI AND LOUIS BURY HATCHET

THEIR friendship looked to be on the rocks when, during his Celebrity Big Brother stint, LOUIS WALSH took the mickey out of SIMON COWELL.

But I can reveal the former X Factor judges reunited for the first time in five years last weekend.

Simon was in Dublin filming auditions for his new boyband as part of Netflix documentary *The Midas Touch* when Louis dropped in behind the scenes.

The former BOYZONE manager showed his support for the music mogul and offered his advice on the hopefuls. An insider said:

"Simon and Louis hadn't seen each other in a long time, but Simon has a thick skin and a sense of humour and was more than happy to bury the hatchet and get Louis on board to help with his boyband search."

"He really values Louis' opinion and expertise when it comes to music and boybands. He knows there is a lot of talent in Ireland and he didn't want to miss anyone."

Pop Idol veteran PETE WATERMAN also joined in the backstage huddle as he offered his two cents. Maybe Louis should take SHARON OSBOURNE along for the ultimate reunion...



HANNAH HOPE'S



LONDONERS... stars Gosling and Reynolds

RYAN IS EYEING PAD TOO

RYAN GOSLING is following the lead of fellow Hollywood hunk RYAN REYNOLDS – by buying a house in London.

The Barbie actor has been looking at mansions in Barnes, a leafy, riverside neighbourhood in the south of the capital which is popular with the rich and famous.

The Ken actor and his wife EVA MENDES are keen to lay down roots in the area so he has a home when he is in Britain.

He has recently been in the capital shooting sci-fi flick *Project Hail Mary*, in which he plays science-teacher-turned-astronaut Ryland Grace.

An insider said: "Ryan and Eva would certainly add an A-list element to an already well-to-do area."

"The couple have several property contacts they are utilising to help them find the perfect place, along with a budget of over £10million."

Last July it was revealed that *Deadpool* actor Ryan Reynolds had snapped up a £4million home in South-West London with wife BLAKE LIVELY.

He and fellow Canadian-born star Gosling are pals and often pose together at awards events.

MY 'POSH' CAR HELL

VICTORIA BECKHAM used to be "mortified" when her dad drove her to school in his Rolls-Royce.

Last year in Netflix four-partier *Beckham*, the ex Spice Girl was mocked about the motor by hubby DAVID.

In a new interview in *Vogue Australia* she said: "My dad had a Rolls-Royce and he also had a white van. We went to a regular school."

"One day we'd go to school in the Rolls-Royce and one day we'd go in the van."

"Me and my siblings used to beg him, 'Can we please go to school in the white van?' Like, we were mortified at the idea of going in the Rolls-Royce. Nowadays, I'd be like, let's go in the Roller!"



OPENING NIGHT... Adele on stage in Germany



ON FIRE... Adele performs on Friday



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WHO HAVE YOU SPOTTED?



ON SUNDAY

with **EMILY WEBBER** and

Got a story? Call or WhatsApp 07929 209431

This week who I would...

SNOG



PET SHOP BOYS for putting on an amazing show at the Royal Opera House in London.

MARRY



SAM SMITH, whose BBC Proms performance at the Royal Albert Hall was incredible.

AVOID



JONATHAN ROSS after he revealed he goes to the loo in the garden of his London home. Grim.

ADELE: I DRINK WINE ... ALL NIGHT

She reveals hangover cure during epic Munich show

SHE has mended broken hearts with her emotional ballads over the years.

But it seems that **ADELE** also knows how to cure sore heads after revealing her tactic to ward off a hangover.

The British singer kicked off her month-long residency in Germany at a purpose-built stadium in Munich on Friday.

Adele gave up booze last year after revealing she was "borderline alcoholic" during her twenties.

But she's no longer teetotal and shared her solution that lets her enjoy a drink without the side effects.

She told the 80,000 fans: "Hydrate while you dehydrate is what I like to say because I can really drink."

"I'm British. The key to being able to drink all day and all night is to have a glass of alcohol, you have a glass of water, you have a glass of alcohol, you have a glass of water."

"So, you're hydrating while you dehydrate."

Adele was met with cheers from her audience as she asked: "Are any of you drunk though?" She added: "I can't

wait to have a drink on Sunday. Oh my God. Putting the show together is crazy."

"I can't believe we choose to do it for fun?"

"It's so high pressure and I get very, very stressed."

"Although I will tell you something, I know I need to do a couple of songs but, I also just like talking to people."

Adele, who has an estimated worth of £170million, added: "Sorry, I don't really get out of the house very much."

Last year Adele – whose track *I Drink Wine* reached number four in the charts in 2022 – said she missed having a tipples during her residency at The Colosseum in Las Vegas.

'Miss it so much'

Speaking about her sobriety, she said: "It's boring."

"I was literally borderline alcoholic for quite a lot of my twenties but I miss it so much. I cut out caffeine."

During many of her shows at Caesars Palace in Las Vegas, Adele joked with her audiences: "The more you drink, the better I sound."

If her performance on Friday night was anything to go by, I hope Adele is toasting with a glass of champagne.



FAREWELL... Steve

TYLER & CO STOP POURING

ROSMITH have retired touring after 54 years. Lead singer **STEVEN TYLER** suffered vocal cord damage and fractured his larynx last September and is still not fully recovered. The Dream On hitmakers are due to resume their concert tour, Peace Out: Farewell Tour next month, performing across North America and Canada, concluding in Buffalo, New York, in February 2025.

In a statement on Friday, the band said: "We've always wanted to blow your mind when performing."

As you know, Steven's voice is an instrument like no other. He has spent months tirelessly working on getting his voice to where it was before his injury.

"We've seen him struggling despite having the best medical team by his side. Sadly, it is clear that a recovery from his vocal injury is not possible."

"We have made a heartbreaking and difficult, but necessary, decision – as a band of brothers – to retire from the touring stage."

BEAST EX: I'LL HELP DITCHED

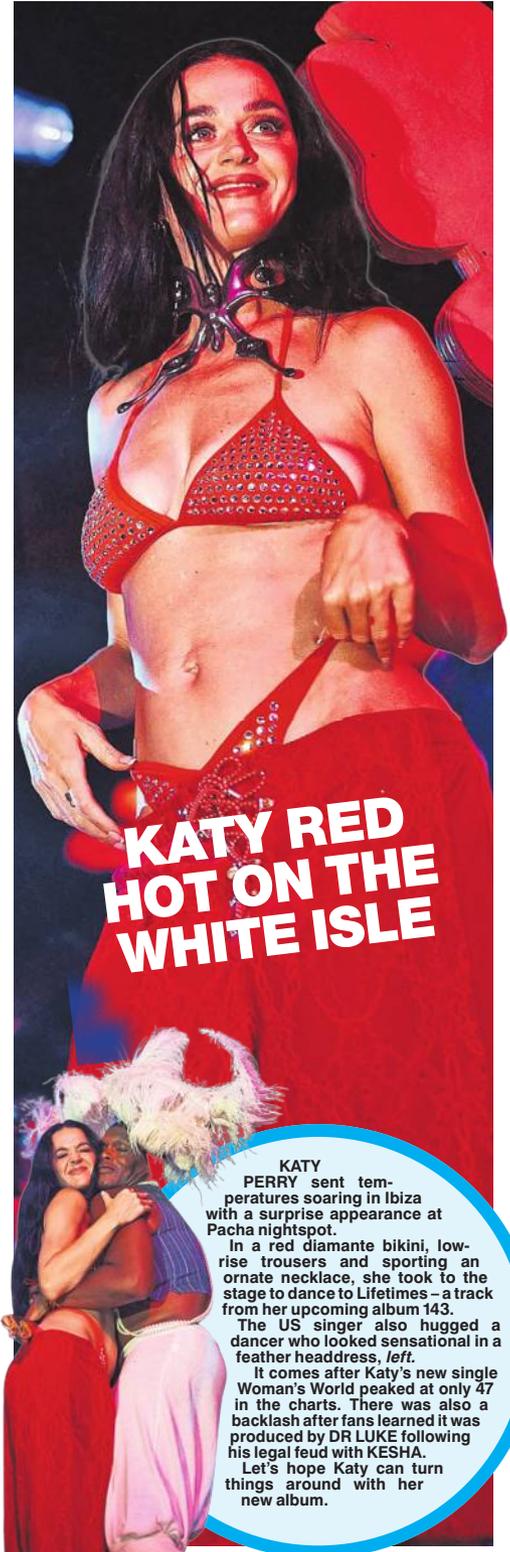
MARK LABBETT's ex **HAYLEY PALMER** has revealed she wants to become a relationship coach following her break-up with The Chase star.

Mark – nicknamed The Beast – dumped Hayley in a three-minute phone call in May, just days after the pair had celebrated their first anniversary.

At the National Reality TV Awards in London, Hayley said: "I had hundreds of girls message me over that period, which was lovely. We still have a little community and text each other."

"I said to this girl the other day, 'Do you want to hop on a Zoom,' and I was able to help her. I thought, 'Maybe that is my calling?'"

"I felt good helping her and I knew exactly what she was going through."



KATY RED HOT ON THE WHITE ISLE

KATY PERRY sent temperatures soaring in Ibiza with a surprise appearance at Pacha nightclub.

In a red diamante bikini, low-rise trousers and sporting an ornate necklace, she took to the stage to dance to *Lifetimes* – a track from her upcoming album *143*.

The US singer also hugged a dancer who looked sensational in a feather headdress, left.

It comes after Katy's new single *Woman's World* peaked at only 47 in the charts. There was also a backlash after fans learned it was produced by **DR LUKE** following his legal feud with **KESHA**.

Let's hope Katy can turn things around with her new album.

EASTENDERS villain **JOHN ALTMAN** running to catch his Northern Line Tube at Tottenham Court Road on Monday



JOEY ESSEX selling out the Trilogy nightclub in High Wycombe on Friday night as he hosts his first event after leaving *Love Island*



INFLUENCER TAYLOR WARD holidaying with her family on Friday at members-only Soho Farmhouse in Chipping Norton, Oxfordshire

'Russian fire spies'

TWO men were charged yesterday under new spy laws over a suspected arson attack on Ukraine-linked businesses. They join five others accused of offences under the National Security Act. Sixty firefighters fought the blaze at an industrial unit in March in Leyton, East London. It is thought to have been carried out on behalf of the Russian Wagner Group. Jakeem Rose, 22, and Lithuanian-born Ugnius Asmena, 19, both of South London, face aggravated arson charges. They appeared before Westminster magistrates yesterday and were remanded in custody.

E-bike 'in blaze kill'

A HOUSE inferno that killed a man in his 70s may have been sparked by an e-scooter left on charge, investigators fear. The blaze, at 3am on Friday, spread from the ground and first floors of a semi-detached house. The OAP died at the scene in Chorlton, Gtr Manchester, and another man in his 30s fled the house and was taken to hospital for treatment. Greater Manchester Fire and Rescue Service said that the fire was "believed to have involved an e-scooter". The blaze was finally put out at 7am. Police and fire investigators are probing the cause.

KIND READERS ANSWER BRAVE TOT'S PLEA

A bucket load of thanks, from Ruby



DREAMS COME TRUE... Ruby with some of her amazing gifts

Picture: GLEN MINIKIN

BEAMING Ruby Marshall sends a huge "thank you" to Sun on Sunday readers who have stepped up to help complete her bucket list.

Generous strangers have vowed to fulfil the three-year-old's dreams – which include a family picnic and a cinema trip – after she was diagnosed with a rare, incurable condition set to rob her of her future. We told last week how brave Ruby has mitochondrial disorder Pearson's syndrome and could suffer complete organ failure by the age of eight. Her police officer parents, Nikki and John, are desperate to tick off their daughter's wishes – and readers and businesses are making it happen by gifting incredible experiences. Nikki, 39, said: "It's amazing what The Sun on Sunday and your readers have done for Ruby. These wonderful donations give us the opportunity to make wonderful memories. I

EXCLUSIVE
By SAMANTHA YULE

am eternally grateful. Thank you so much for your good wishes and kindness." Ruby, who also wants to visit a theme park and go camping, is one of only three people in the UK with Pearson's syndrome. Three years of blood transfusions mean she has had to stay close to hospital at all times, so couldn't have days out. Yet the treatment means she now has a period where she can still fulfil her dreams. **Fun-filled time** On Thursday, Ruby ticked off the first item on her bucket list – a countryside picnic – after receiving a basket of delicious goodies from The British Hamper Company. She shared the treats with her parents and sisters, Freya, five, Connie, seven, and half brother, Jack, 14, at a park near their home in Lancaster. The firm's MD, James Tod, said: "We were delighted to support Ruby's bucket list." And that's not all. Generous bosses at Merlin have offered Ruby a day at Alton Towers theme park, with overnight stay and crazy golf. She has also

been promised a stay at a luxury apartment with her own ten-seater cinema courtesy of Swish Apartments in Blackpool – plus a donkey ride. Visit Blackpool has pledged a tram ride and passes to Sandcastle Waterpark and Blackpool Zoo. They have also joined with Merlin Entertainments to send Ruby up Blackpool Tower and to Sea Life aquarium. Walker Books has offered a meeting with her favourite character, Maisy Mouse, while Lancaster Canal Trust is donating a trip on the water. She will also get a chance to walk with alpacas at Alpaca Fold in Lancaster and stay in a luxury bell tent thanks to Scar Close Glamping in Carnforth, Lancs. Odeon will provide cinema tickets and Lancaster Grand Theatre has invited her to a family show, while Sweet Dreamzzz Slumber Parties will offer teepees for Ruby's first ever sleepover with her siblings. Nikki said: "I keep a list of all the things we can be grateful for and the blood donations from strangers that have kept her alive mean so much. Within a few days, all of Ruby's bucket list has been offered to us. We are going to give her the most fun-filled time possible."

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Divorce bid... Cardi

Love split Cardi B is pregnant

By EMILY WEBBER

RAPPER Cardi B has applied for custody of all her children in her divorce battle – including an unborn baby.

The WAP singer, 31, has daughter Kulture, six, and son Wave, two, with Migos rapper Offset.

She also revealed on Thursday she is pregnant and court documents say her husband is the father.

In papers filed in the US state of New Jersey, the couple are said to have experienced “irreconcilable differences” and are to split for good.

On top of her custody request Cardi, real name Belcalis Almánzar, has asked her soon-to-be-ex for child support.

In 2020 Cardi filed for divorce from Offset, 32, real name Kiari Cephus, but they later reconciled.

CANYON HORROR

An unnamed man died at the Grand Canyon in the US after attempting an illegal, high-risk parachute leap on Thursday.

By EMILY WEBBER

THERE'S a whole lotta Rosie Huntington-Whiteley on show as the model reveals the results of her latest beauty treatment.

Rosie, 37, had just had lymphatic drainage, which helps rid the body of fluid and waste.

She posed with a strategically placed towel following the therapy in Beverly Hills, California.



DAYLIGHT RUBBERY

Jailed for £1,000 condoms theft

By ALEX WEST

A SHOPLIFTER thought he was on a roll by nicking more than £1,000 worth of condoms.

But the police soon brought his crime spree to a premature end.

Alistair Lees, 35, has now been banged up in prison after helping himself to the huge haul of contraceptive sheaths in just

one visit to a Boots the chemist store last month.

Magistrates described him as a “professional” shoplifter.

They heard he stole the condoms from the Bournemouth shop during a theft spree.

He also targeted two Co-op stores in the seaside resort and

a Marks & Spencer in New Milton, Hants, nicking goods including alcohol, sweets, condiments and toiletries.

The defendant appeared at Poole magistrates court charged with seven counts of shoplifting.

Court records showed the spree stretched from December

last year until he was arrested on July 24 after ransacking the condom shelves.

Lees, of Bournemouth, admitted all the charges against him.

He was jailed for 48 weeks and magistrates ordered him to pay compensation of £200.

alex.west@news.co.uk



Theft foiled... condom

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George.

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- 1 Either download the Sun Savers app or visit sunsavers.co.uk.
- 2 Go to Offers section and click "Start Collecting" on the Sun Superdays - Warwick Castle page.
- 3 Collect FIVE Sun Savers codes. We will print one code daily in the paper until Thursday, August 15. Today's Sun Savers code is on page 18. Enter or scan your FIVE Sun Savers codes on the app or website as you collect them.
- 4 Booking opens at 11am on Wednesday, August 7. Click 'Redeem booking code' and hit 'Book' you will then be directed to the Sun Superdays Warwick Castle website to book your tickets.



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SAMMY FAMILY FEUD

DAUGHTER'S HEARTACHE AT RIFT OVER SEXY VIDS



Fell asleep... Higgs

Jailed for drive kip double kill crash

By JADA BAS

A TEEN delivery driver who had taken cocaine killed an elderly couple after nodding off at the wheel in her van.

Jessica Higgs, 19, veered across the road into the path of Tony Mist and Thelma Huse, both 69.

Mr Mist died at the scene and Ms Huse died in hospital the day after the crash in May 2023.

A court heard that Higgs told a driver who pulled her clear: "I fell asleep."

She was also found to have drugs in her system 36 hours after a party.

Higgs, now aged 20, of Warminster, Wilts, admitted causing death by careless driving while over the drug-drive limit near Yeovilton, Somerset.

She was jailed for three years and five months and banned from driving for five years.

Paralysis peak bid

A FORMER soldier who woke up to find himself paralysed is set to climb Africa's highest peak without using crutches.

Jamie McAnsh, 43, will tackle Mount Kilimanjaro wearing pioneering leg braces after a bout of shingles attacked his spinal column and left him unable to use his legs.

The ex-Royal Engineer from Cwmbran, Gwent, said: "I have made it my mission to inspire others."

He has previously reached the base camp of Everest using specially adapted crutches.



FRINGES
ED Byrne made his kids the butt of the joke in 2017 with: "I have two boys, five and six. We're no good at naming things in our house."

It's Love me don't

NEARLY one in ten fans think The Beatles are the most over-rated band.

Some nine per cent said they are over-hyped.

But no-one in Liverpool – birthplace of the band – criticised them, the poll by Ladbrokes found.

Scouser Gary Shankland, 54, reckoned: "The Beatles were the best."

"To even mention One Direction or Little Mix is an affront to music."

MOST OVER-RATED BANDS: 1. One Direction 15%. 2. Little Mix 15%. 3. Oasis 13%. 4. Girls Aloud 11%. 5. The Smiths 9%. 6. The Beatles 9%. 7. Coldplay 8%. 8. The Rolling Stones 6%. 9. Radiohead 6%. 10. Blur 4%.

DAUGHTER MIA



MUM SAMMY

EXCLUSIVE by ELLIE HENMAN

SOAP star Sammy Winward has cut off her teen daughter Mia — after she started up an OnlyFans account.

The Emmerdale actress, 38, has not spoken to the 19-year-old since a row four months ago.

Mia, who earns up to £30,000 a month selling sexy videos and pictures, said she is hopeful of making up with her mum.

Talking about the fallout, she revealed: "She said some pretty mean things when we did last speak, it was awful."

"But I absolutely love my mum, I love all of my family but none of them speak to me now."

Mia previously appeared on Loose Women with Sammy in 2021 and said she wanted to follow her mum's acting footsteps.

But after initially finding work as a make-up artist when she left school, she instead decided to open an OnlyFans account this year after speaking to friends who were using the site. She said: "I feel so empowered on OnlyFans. I am my own boss and I'm confident in myself and what I'm doing."

Mia now says she earns ten times what she used to. She added: "I get around £30,000 a month from my account and work about three days a week. I film my content, upload it and then spend time doing paperwork."

But her family are not impressed. Mia's dad – former Blackburn footballer David Dunn – has also distanced himself from her alongside Sammy, who left Emmerdale in 2015 after playing Katie Sugden for 14 years. Mia said of their



Row... Sammy on soap and, left, with her daughter Mia

actions: "I think they're just being protective of me. It's not been nice and some of the conversations we had before we stopped talking weren't great. But I will always love and appreciate them. I hope that one day we can rebuild our relationship and move on."

Mia insists her current career is not her long-term plan – saying she expects to do it for a couple of years to give her "the freedom not to work rather than being stuck in a nine to five".

She added: "I won't be doing OnlyFans forever. It is a great stepping stone into the property business."

Sammy last appeared on TV in September in ITV's The Long Shadow.

She received praise from critics for her portrayal of Sonia Sutcliffe, the wife of Yorkshire Ripper Peter.

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Emmerdale star ma cut me off over



REFERRALS BOTCH HIKES NHS WAITS

DOCTORS are making NHS delays worse by not sending patients to quieter hospitals, analysis shows.

Ministers say patients must be told if they could get treated faster elsewhere.

It comes as GPs plan to bring the NHS "to a standstill" with their first major industrial action in 60 years.

Research by the Independent Healthcare Provider Network shows

EXCLUSIVE by SAM BLANCHARD

that millions could slash their waiting times with a short drive.

They could be treated weeks or even months sooner if they travel an average of 12 miles to hospitals with smaller backlogs.

NHS rules give patients the right to be treated at any hospital that offers what they need but many GPs simply refer them

Delays . . . for hospital patients

locally. IHPN chief David Hare said: "This right to choose has been in place for years but too few people know about it."

Waits could get worse as those GPs taking industrial action are set to direct even more patients straight to hospitals. The Department of Health said: "The NHS is broken and patients are not getting the information they need."



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AS REEVES CUTS



COLD COMFORT . . .
Chancellor breaks the news in the Commons

By **KATE FERGUSON, GRAEME CULLIFORD and ALETHEA FARLINE**

A SUN on Sunday investigation has revealed that more than £1.5billion of taxpayers' money has been wasted.

Savings from more than 50 spendthrift schemes would be enough to pay for **ALL** pensioners to have the winter fuel allowance.

The Government has said from this year only those on some benefits will receive the heating payment that is worth up to £300.

It could mean ten million losing out. Charities say there are two million in dire need of the payment who fall just short of qualifying.

The audit of public sector spending by *The TaxPayers' Alliance for The Sun on Sunday* has laid bare the shocking scale of waste that would cover the shortfall.

Government departments, the NHS and police forces are all splurging vast quantities of taxpayers' cash on woke schemes, vanity projects and wasteful initiatives.

Chancellor Rachel Reeves announced the fuel payment cut as part of measures to fill a £22billion "black hole" in the nation's finances left by the Tories.

Joanna Marchong, investigations campaign manager at the TaxPayers' Alliance, said: "Taxpayers will be flabbergasted by the scale of waste."

'Robber Reeves'

"Ministers should remember that it is particularly pensioners who will suffer. If Rachel Reeves wants to fill the black hole a crackdown on waste would be an excellent place to start."

The audit reveals that in 2022/23 alone more than £96.7million was spent on paying 23,592 public sector staff to work for trade unions.

The probe found the NHS spent £112million on postage in a year. It had vowed to be paperless by 2020.

NHS bosses also splashed out £13million a year on diversity roles – despite the cash-strapped health service teetering on the edge of collapse with record-breaking waiting lists.

Town halls splurged £52million over three years of taxpayers' cash on "woke" equality and diversity inclusion roles.

Police forces spent £34million on spin doctors and other communication staff. The wage bill comes amid criticism that not enough bobbies are being put on the beat.

The Government also forked out an eye-watering £312million on storing PPE in 2022 to 2023.

The audit revealed that more than 50 projects criticised as wasteful could be scaled back or ditched.

Campaigners warn cutting the winter fuel payments could leave millions facing a heat-or-eat dilemma by Christmas.

And the Chancellor has been slammed for taking money from the elderly while a bumper 22.3 per cent average pay rise is proposed for junior doctors over two years.

Winter fuel payments were introduced by the Labour government in 1997 to help all pensioners with their

'EXPECT MORE DEATHS'

CAMPAIGNERS fear the cuts will lead to deaths this winter.

Dennis Reed, *below*, the director of Silver Voices, said: "The people who will be impacted are the several million just above the pension credit limit, which is hardly a king's ransom."

"If someone has a small widow's pension or a small occupational pension then they won't qualify for the winter fuel allowance, and about two million people fall into this category."

"These people are really going to struggle and it's the ones who will fall into pensioner poverty that we are worried about."

"We know people who will turn off their heating for a whole month because they must."

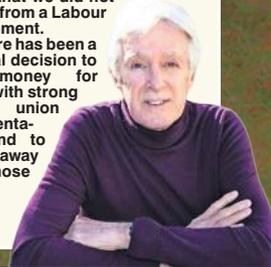
"They are desperate because they will either be shivering in cold rooms or going without meals."

"There are lives at risk, it's not just a question of a balance sheet."

"That's why we are so shocked that within a couple of weeks of taking office, Rachel Reeves has come out with this."

"It's a cruel and wrong-headed policy that we did not expect from a Labour Government."

"There has been a political decision to find money for those with strong trade union representation and to take it away from those who don't."



energy bills during the cold months. The tax-free payments are worth between £100 and £300 and were available to everyone above state pension age, with the amount determined by the benefits received by a household.

Last winter 11.4million people received winter fuel payments.

But there were criticisms that the policy handed money to wealthy pensioners with money in the bank and million-pound properties.

The new Chancellor announced this week that payments of £200 for the under-80s would only be made to households receiving pension credit, or a limited number of other means-tested benefits, which ensures that single retirees have an income of at least £218 a week, and that pensioner couples have at least £332.95.

The other benefits include Income Support, income-based Jobseekers

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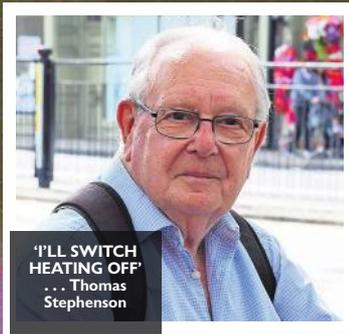
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WINTER FUEL PAYOUT, READERS URGE...



'DISGRACE'...
pensioner
Susan Baines



'I'LL SWITCH HEATING OFF'
... Thomas Stephenson



'I WILL SUFFER'...
Susan Williams

Pictures: NORTH NEWS & PICTURES

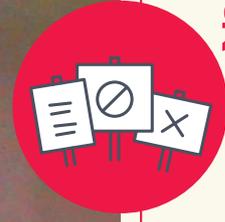
SOME THINGS THEY COULD AXE

Dear Chancellor

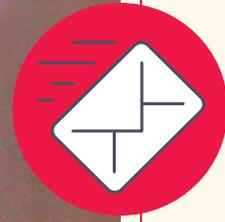
Go to war on waste not OAPs



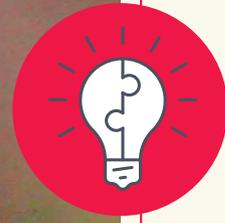
£312m spent on storing PPE for a year



£96.7m spent on paying staff for union work



£125m spent by NHS on postage & diversity



£52m spent by town halls on woke work roles

Allowance, income-related employment and support allowance and Universal Credit. A winter fuel payment of £300 will only be made to households receiving pension credit and where one of the occupants is aged 80 or older. The Chancellor says she expects the cuts to save £1.5 billion annually. It will also help her fund bumper pay rises for public sector workers after strike action crippled the NHS before last month's General Election. Yet junior doctors strike leader Dr Robert Laursen owns a flat in East London outright after stumping up £484,000 without requiring a mortgage in May 2019 – it is now worth around £525,000. As a director of Westholme Investments Ltd, which currently manages funds worth £2 million, he can expect a comfortable retirement. Meanwhile, retired civil servant

Susan Baines, 71, will lose the payment and struggle to make ends meet. She receives a state pension and £660 a month through a private pension, which means she does not qualify for pension credit. Yet her £1,055 monthly income does not cover the more than £1,305 a month she spends on a mortgage and bills. She does not have any savings and has to fork out £112 each month to heat her home in South Shields, Tyne and Wear. She said: "It is a disgrace. I will have to stop putting my heating on. That money pays for around three months of heating. Robber Reeves is taking from us pensioners and using it to give doctors a massive 22 per cent hike. I've worked 45 years and paid into the pension pot but I get nothing back." The price of typical household

energy bills soared by 54 per cent in the past two years, according to the latest government data, and energy bills are expected to climb again by ten per cent from October. Yet 36 per cent of homeowners aged 65-plus have never checked their eligibility for state benefits, compared to 15 per cent of renters, according to retirement specialist Just Group. Retired nurse Susan Williams, 72, gets £900 from a private pension so is not eligible for pension credit. But the £200 winter payment she previously received was a lifeline given that her monthly gas and electricity bills rocketed to £275 before Christmas. She said: "I am not poor, but I am not rich, and it's people like me who will suffer. I understand Labour needs to claw back cash but they are going about it in the wrong way. Those

on middle to low incomes will really feel the loss. It means I'll put the heating on less and go without treats. I have worked hard my whole life and it doesn't seem fair I am being targeted." Thomas Stephenson, 85, a retired motor trader of Seghill, Northumberland, will also lose out. He receives a pension but with bills including £26 per month water rates, £179 council tax, £72.50 car insurance, £84 electricity and around £65 on shopping, he admits this winter he will be forced to turn down the heating – or possibly switch it off altogether. Thomas said: "It will make a big difference to me. If the money being wasted was clawed back, pensioners like me wouldn't have to suffer." MoneySavingExpert.com founder Martin Lewis said: "The Energy Price Cap is likely to rise ten per

cent this October and stay high across the winter, leaving most energy bills nearly double those pre-crisis." Shadow Chancellor Jeremy Hunt said: "Rachel Reeves has failed at the first hurdle. This new Chancellor could have continued with the reforms we made to boost public sector productivity, create efficiencies and cut waste but instead has decided to throw it all away and put pensioners on the line – simply to fuel her fictitious black hole narrative." A Treasury spokesman said: "Under the previous government wasteful spending spiralled out of control. Targeting the winter fuel payment for those pensioners most in need was not a decision we wanted to make. But in the face of a £22 billion black hole the only responsible thing to do was make some difficult choices."

BUDGET CANS BEAT BRANDS ON CONTENT

You've bean had!

By ALETHEA FARLINE

TINS of beans, spaghetti and ravioli are kids' favourites – but some have more munch for your money, The Sun on Sunday can reveal.

We lifted the lid on top brands, painstakingly counting how many beans, spaghetti hoops and pieces of ravioli are in each of 20 tins.

As you can see on the right, our survey found the brand with most beans was Morrisons, while Tesco tins came out as having the largest number of spaghetti rings and ravioli pieces.

Consumer expert Jane Hawkes said: "It shows supermarket brands can be just as good as the big names. Switch to these and get a great deal."

Experts said as the products are sold according to weight, the contents of tins will always vary.

Perhaps surprisingly, big brand Heinz was last in our list when it came to numbers of beans AND ravioli per can, though it was second for the number of spaghetti hoops.

The products from Heinz were also the most expensive in every category.

Andrew Opie, Director of Food & Sustainability at the British Retail Consortium, said: "Tins of beans, hoops and ravioli are sold according to weight, and the number of beans, hoops and ravioli will vary between tins of the same brand. As The Sun

Winner:
Morrisons
reduced sugar,
410g, 50p
Total: 431



Baked beans

The rest:

Branston, 410g, £1	429
Aldi Bramwells, 410g, 41p	425
Sainsbury's, 400g, 40p	424
Tesco, 420g, 45p	423
Asda reduced salt, 410g, 42p	410
Heinz, 415g, £1.40	390

Winner:
Tesco beef
ravioli,
400g, £1
Total: 35



Beef ravioli

The rest:

Branston, 395g, £1	26
Asda, 400g, 79p	24
Lidl, 400g, 79p	23
Aldi Bramwells, 400g, 79p	23
Heinz, 400g, £2	21

Winner:
Tesco
spaghetti rings,
410g, 40p
Total: 483



Spaghetti hoops

The rest:

Heinz Hoops, 400g, £1.25	436
Aldi loops, 410g, 19p	432
Asda loops, 395g, 40p	410
Sainsbury's rings, 400g, 39p	408
Morrisons Loops, 395g, 47p	405
Branston loops, 395g, £1	360

on Sunday only counted a single tin of each, the numbers cannot be meaningfully compared between brands.

"Ultimately customers have a wide choice of products at different prices and will pick the one that is best for them."

A Kraft Heinz spokesperson said: "We remain committed to making delicious, high-quality and accessible products that Brits everywhere know and trust."



View from a bean counter

ALETHEA FARLINE, left, writes: As official bean counter, I compared an array of tins from different retailers to find out who has the most beans for your buck. Morrisons, with 431 beans, got it in the can!

Picture: NORTH NEWS & PICTURES

Fake taxi rapist jail

A PREDATOR posed as a taxi driver to rape vulnerable women returning home from nights out.

Nazim Asmal, 35, parked in late-night hot-spots to lure victims into his car before driving to remote locations and sexually assaulting them.

He was arrested after cops identified his Toyota Yaris car from CCTV.

Asmal, of no fixed address but formerly from Blackburn, admitted rape and sexual assault and got 17 years' jail at Preston crown court.

Judge Heather Lloyd deemed him a dangerous offender and sentenced Asmal to a further five years on extended licence.

Nappies ATM kick

A DAD bashed a supermarket ATM when it swallowed his card as he tried to buy nappies and baby milk for his child.

Joshua Daines, 24, hit and kicked the cashpoint when it would not give him cash on his 7am dash to a CKs in Milford Haven, Pembrokeshire.

He said: "I'm going to punch the f*** out of it."

Prosecutors told Haverfordwest JPs a replacement screen cost £320.15.

Daines admitted criminal damage and was fined £40. His defence lawyer said: "He thought that if some force was given, the card would come out. But it didn't work."

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100 PEOPLE A WEEK HAVE DRINKS SPIKED

AT least 100 people a week have their drink spiked, a Sun on Sunday investigation can reveal.

Figures from 30 police forces highlighted 15,778 offences over three years. Police say motives include sexual assault, humiliation and robbery – with women twice as

EXCLUSIVE
by **JULIA ATHERLEY**

likely as men to be targeted. The most common method is adding extra booze to a person's drink, but drugs are also used. London accounted for a third of all incidents between 2021 and 2023 – Westminster alone seeing 1,040, figures showed. West Yorks came next with 1,361 over the three years.

Women were more than twice as likely to fall victim to a spiking, with 9,699 being targeted compared to 3,598 men. Settings for the offences have spread from pubs – with reports of occurrences at work events, house parties, football grounds, theatres, festivals and a train. In Derbyshire, three 13-year-olds were reported to police as victims of spiking. Our findings come as soap

EastEnders aired a drink-spiking episode involving Anna Knight, played by Molly Rainford. Det Chief Supt Angela Craggs, of the Met Police, said: "Spiking is invasive and largely premeditated. We're determined to tackle the perpetrators." The King's Speech on July 17 made drink spiking a specific offence to "help police better respond to incidents".
julia.atherley@the-sun.co.uk



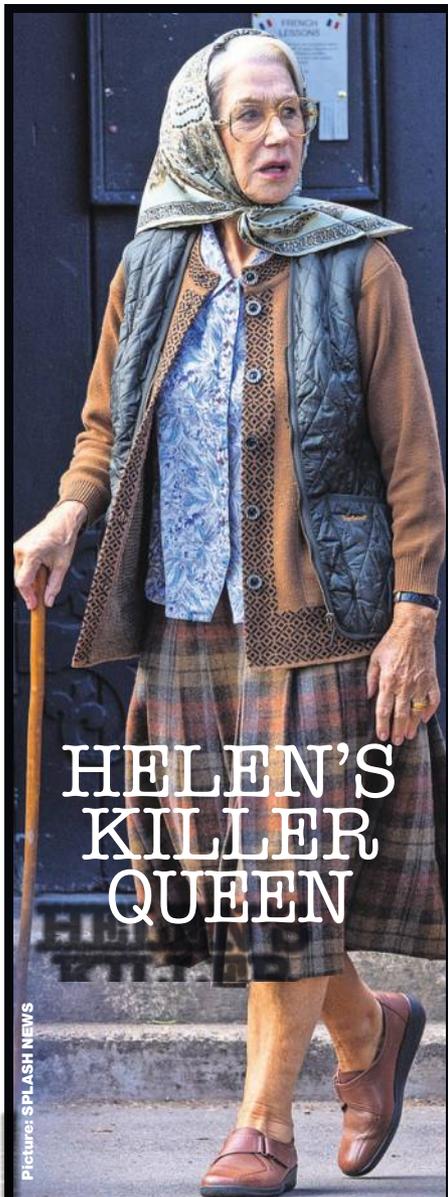
Target... drug in drink

Hog kick 'killers', 12

POLICE have grilled two 12-year-old boys after a video on social media captured youths "playing football" with a hedgehog in a sickening attack that left the animal dead. Cleveland Police said officers interviewed two boys "in relation to causing unnecessary suffering to a protected animal". They will be referred to the Youth Offending Team. The British Hedgehog Society said that it was "sickened" by the attack in Hartlepool.

32 DEAD IN BLAST

At least 32 people died and 63 were injured in a beach explosion in Somali capital Mogadishu.



HELEN'S KILLER QUEEN

Pictures: SPLASH NEWS

By **JADA BAS**

DAME Helen Mirren looks quite majestic as she films a new murder mystery movie.

She wore a headscarf and glasses similar to those in her portrayal of Elizabeth II in *The Queen* in 2006, right.

But the actress, 79, was on set in Hertfordshire filming an adaptation of hit novel *The Thursday Murder Club*. Pierce Brosnan and Ben Kingsley also star.



New cell... fiend

Fritzl lap of luxury in prison

EXCLUSIVE
by **ROB HYDE**

CELLAR monster Josef Fritzl is enjoying life in a luxury prison cell with an on-suite shower and his own minder.

Fritzl, 89, was jailed for life in 2009 after keeping his daughter locked up as his sex slave for 24 years. The Austrian fiend, who fathered seven kids with her, was moved from a high-security psychiatric unit to a normal prison earlier this year.

Now his lawyer Dr Astrid Wagner has told *The Sun* on Sunday the beast is "thrilled" with a "nice and spacious" cell to himself with a shower.

And he has reportedly grown close to another inmate who is acting as his "bodyguard".

Dr Wagner insisted even Fritzl "has the right to be treated well".

FRINGE

MOCK the Week's Angela Barnes got a laugh with: "A friend tricked me into going to Wimbledon by telling me it was a men's singles event."

Funnies

Plaques snatched

THIEVES snatched more than 800 plaques from a memorial garden.

They were ripped from stones at a crematorium. It is thought the gang will try and sell the gun-metal plaques for scrap.

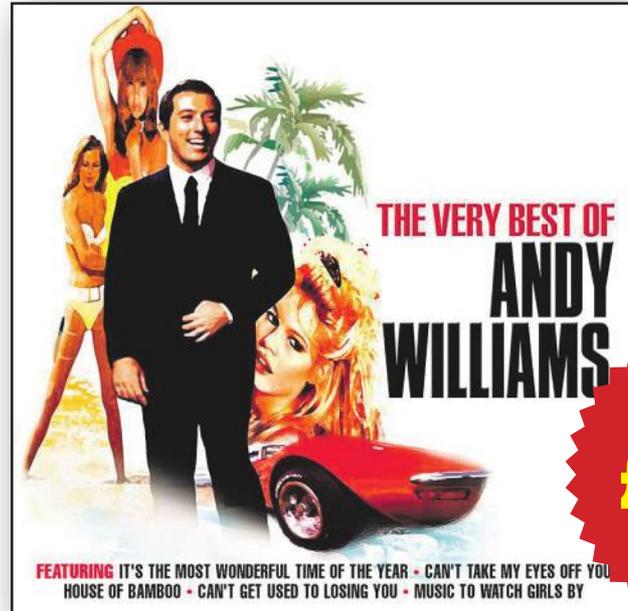
They were stolen on Tuesday night at Bolton's Overdale crematorium.

It follows a similar raid last year. The council will help replace the plaques. Cllr Richard Silvester said: "This kind of cruel theft beggars belief."

THE VERY BEST OF ANDY WILLIAMS

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- TRACKLIST**
- | | | |
|---|---------------------------------------|----------------------------|
| 1. It's the Most Wonderful Time of the Year | 9. Happy Heart | 18. The Look of Love |
| 2. Music to Watch Girls By | 10. Born Free | 19. We've Only Just Begun |
| 3. Can't Get Used To Losing You | 11. Spooky | 20. It's So Easy |
| 4. Moon River | 12. The Impossible Dream | 21. Wives and Lovers |
| 5. Can't Take My Eyes Off You | 13. Unchained Melody | 22. Days of Wine and Roses |
| 6. On The Street Where You Live | 14. Can't Help Falling In Love | 23. Stranger On The Shore |
| 7. Up, Up and Away | 15. Something Stupid | 24. Solitaire |
| 8. House of Bamboo | 16. Raindrops Keep Fallin' on My Head | 25. May Each Day |
| | 17. I Think I Love You | |

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Moans... TV's Bucket

Hyacinth 'snobs' in 1st home

By LEN READ

MILLENNIALS who own their first home are the most likely to mirror TV sitcom snob Hyacinth Bucket, a study found.

The 25 to 34 age group make the least friendly neighbours and are most inclined to moan about party noise, it said.

They score lowest for taking in parcels and alerting others to keys in doors or car lights on.

And two-fifths say they would confront a neighbour whose home was unkempt – almost double other age groups.

One in ten would worry it was "lowering the tone", echoing Patricia Routledge's social climber Hyacinth in *Keeping Up Appearances* in the '90s.

Online estate agent Purplebricks quizzed 2,000 home-owners for the study.

Boss Sam Mitchell said: "Given the average age of a first-time buyer in the UK is 33, it's perhaps no surprise that millennials are the most protective of their precious pad."

QUOTES OF THE WEEK

Dr Sara Payne

Mum of murdered Sarah Payne on Huw Edwards pleading guilty to receiving sex abuse images of children

"I am dismayed the BBC, with the history around its presenters, would not be more vigilant or act quickly."

Angela Carini

Italy's Olympian boxer after taking hammering from Algeria's Imane Khelif, who was last year disqualified for failing a gender test

"It's not right, it's not right!"

Joey Essex

Love Islander on being this year's villa 'villain'

"I need a medic right now because my back is killing me because I carried that show so hard."

Robert Downey Jr

Iron Man star on making a shock return to the Marvel franchise as Dr Doom

"New mask, same task."

Adam Peaty

Olympic breaststroke star on clinching silver

"I'm not crying because I came second, I'm crying because it took so much to get here."

STINKY BOOTS

A fetishist with a sexual attraction to worn rubber wellies was busted with 35 stolen pairs in Offenburg, Germany.

STAR OPENS UP ON CO-PARENTING



EXCLUSIVE by NICK McGRATH

CHLOE MADELEY wants fans to stop bad-mouthing ex James Haskell, declaring: "I actually feel a bit sorry for him."

The personal trainer, 37, told *The Sun* on Sunday: "There's kind of like a heavy insinuation that he's not a nice guy."

"And look, James and I went through our battles. But we're co-parenting really well, and 50 per cent of that accolade is on him."

"I want him to have some of that respect from people, which I don't see him getting."

Chloe and the former rugby union ace, 39, announced the end of their five-year marriage in October.

But a month later we revealed how James had partied in Ibiza with a DJ lookalike of his wife, also called Chloe. The ex-England star-turned-DJ shared a booth with Gareth Gates' ex, DJ Chloe McLennan, at Ibiza's Ocean Beach club during a number of sets.

During her *ITVBe* show, Chloe Madeley: A Family Affair, Chloe admitted: "One of the biggest rows we've ever had was on camera. It happened when he was in Ibiza and posted photos on Instagram of other girls' asses. My argument was, 'I don't mind, that's your job, but I don't want you putting it on social media when everyone knows I'm your wife'."

Since then they have been sharing responsibility for daughter Bodhi, who turns two on Saturday.

But James has faced criticism for being "disrespectful" to Chloe, most recently last month when he shared a clip of scantily clad women dancing.

'The gym is a sexually charged atmosphere'

But Chloe insists: "I honestly think James and I are doing a fantastic job and I'm very proud of us both."

Despite the split being "completely miserable", the pair are still often seen out together with Bodhi as they try to make the break-up as amicable as they can for their little girl.

Fans have even speculated that they are secretly back together, because they look so happy in family snaps.

However, Chloe revealed that they have both definitely moved on – and in fact, she expects the former England player to find a new partner soon. She said: "It'll probably happen for James long before it happens to me, if it hasn't already. I'm waiting for the conversation to happen at some point."

As for her own love life, Chloe admitted: "I'm very, very single – like, painfully single. I don't ever get approached, honestly."

"I have a very anti-social, 'Don't talk to me' face, so I think that might have something to do with it."

Chloe also revealed she would never make the first move – despite spending so much time surrounded by hot bodies at her training sessions.

She said: "I won't lie, the atmosphere in the gym is a sexually charged atmosphere if there are single people around."

"But I would never just walk up to someone or like, have inviting eyes. I would never do that. So that kind of stands in my way a bit."

"I'm really confident in some ways – but I'm also socially very shy."

She added: "I'm still figuring out, 'What do I even want in a new relationship? How is that going to look?' You know, given that I have a child."

"I'd love to stumble across someone. I would love someone to just kind of fall in my lap, metaphorically. But I'm

not in a place where I'm out there actively looking for it."

In fact, what Chloe most craves in her life at the moment is more time with her daughter while the toddler is at such a special age.

She explained: "It's been a hell of a few years and at this point in my life, I'll be quite honest with you, I would really, really love just to be a mum for a bit and stop everything else and just focus on that."

"What I'd really like to do is win the Lottery. Spend a year with my daughter before she goes to school."

"But unfortunately, like all the other parents, I can't."

"Now we are separating, and down the line we'll be divorcing, we need to be a dual-income household. I would also love to live abroad and just be with my daughter."

"But James would track me down and murder me – joking! – he would have none of it. But that would be my dream."

Chloe, who writes best-selling

fitness books, and has a hit podcast, is honest about how tough it has been adjusting to her new life. She said: "I found myself last summer going through a very hard time, obviously. "I'd just had my first baby, which is a massive upheaval for any woman in her life and her body and her work. "And it was then my marriage started breaking down, which was very hard. Everything was unravelling for me."

The daughter of telly

legends Richard Madeley and Judy Finnigan added: "Spending time with my parents every weekend pulled me out of my lowest point."

The ex-model, who first got together with James in 2015, admitted of their relationship: "It got to a point where it was completely miserable. It was bleak. And very hard."

"Going through a break-up is tough, but compared to staying in that situation, it was absolutely the right decision. James and I both feel a million times better for it."

However, the health guru revealed she initially found it far harder than James did to be friends for their daughter's sake.

She explained: "James is a very practical person and I'm not, I'm a very emotional person."

"For him it wouldn't make sense that we broke up our marriage and then still carried on absolutely hating life and hating each other's company. "For him it was a matter of being

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Picture: MARK HAYMAN/FABULOUS



G WITH EX AFTER PAINFUL SPLIT



PROUD ... James and Chloe with baby Bodhi



LOOKALIKE ... James with DJ Chloe McLennan in Ibiza last year, and our story, left



ery, ngle – infully I don't get ched, stly'

off James...we had battles but I actually a bit sorry for him

Says **CHLOE MADELEY**

practical, like, 'We better make effort and get on and do this properly.' I'm a much more emotional person. But I also am so in love with my daughter – she's my whole entire world. So there was no way I was going to drag my daughter into some ridiculous kind of child-weaponising situation."

'It was incredibly damaging to me'

At least, in these most recent dark times, she did not agonise over comments on the relationship by trolls, who in the past have raved at both her "masculine" physique AND her curves.

She said: "When I was younger I really took it to heart. It really upset me because I didn't know who I was. And I was insecure, and I was hard and Judy's daughter and I didn't know what I wanted to do in my life. It was incredibly damaging to me, and I would attribute it

being part of the reason why I have generalised anxiety disorder."

These days, she insists, it is different: "I'm like, 'How weird are you that you would go online having never met me and say anything negative about me?'"

"I'm f***ing proud of myself. That's the difference. When you're grown and you're mature and you can back yourself, you can look at that kind of nonsense and you see it as just that."

There is only one thing that still really gets to her.

She says: "I don't mind being known as Richard and Judy's daughter...I've never really struggled with that. I struggle more with the fact that I'm seen a lot more now as James Haskell's ex. I don't love that."

However, with some of the emotion of the split dying down, she can joke about her hulking 6ft 4in ex.

Chuckling at his fondness for posting snaps in skimpy swimming trunks, Chloe, who is an ambassador for gut-health supplement Symprove,

said: "James and all the rugby players love budgie smugglers. They get sent them for free. They're like, 'Let's rock out with our c**k out.'"

And she thinks James's exhibitionist side would make him a natural on *Strictly Come Dancing*, adding: "Every single time I've seen him this summer he's in his sliders with pink sparkly toenails. He'd love *Strictly*."

"It wouldn't surprise me if James did *Strictly*."

But as for going on the troubled BBC ballroom show herself, the former contestant on *Dancing On Ice* and *The Jump* said: "I can't think of anything worse. I want to do less. I've completely changed."

She explained: "Since the day Bodhi came into my life she is the thing that makes me the happiest. She pulls me through everything without even knowing it. She makes me smile and laugh every day."

'She's the reason why I am standing here today. I just thank my lucky stars that I have her.'



FAMILY FAME ... Chloe with Richard and Judy in 2009

the **Sunday**

THERE'S SO MUCH MORE TO COME...



Food Page 34&35



Money Page 36



Pets Page 37



Health Page 38&39



Puzzles Page 40-42



Travel Page 47-49



17 pages of Sport



TV and listings pullout

CONFESSION time: I don't wear primer regularly, but the hot weather has left me desperate to find a way to stop my make-up melting off. Oil-absorbing primers are a great way to prevent sweat from interfering with your make-up. This week, I put three to the test...

you BEAUTY

with TARA LEDDEN



budget Collection Primed & Ready shine control serum primer, £5.99 for 14.1ml, Boots: During my uni years, I used the

Collection concealer religiously. But since then, my love affair with the brand has been quite hit and miss.

With this new primer getting five star reviews online, given the price, I took the plunge and bought it.

The formula contains witch hazel, which is great for oily and spot-prone skin, although it gives the primer a medicinal smell.

But I found it didn't sit well under my make-up – definitely one for those who like an extremely matte finish.



mid-range ICONIC Velvet Smooth pore-refining primer, £24 for 30ml, Boots: A brilliant option to help smooth out skin texture and create an even surface for your base.



It's quite silicone heavy, which makes it a bit like Marmite – you'll either love it or hate it. For me, I'm heading towards the latter.

I can't deny the results do look great. It's like an Instagram "Paris" filter in real life, and definitely helped stop oil and sweat breaking down my foundation.

However, it felt too heavy on my face for me to want to wear it every day, though I'll definitely still use it for special occasions.

luxury Benefit The Porefessional matte primer, £32 for 22ml, Boots: A tube of the cult classic original version of this sells every 12 seconds globally, so I had high hopes for this identically priced update.

Immediately, it feels more grown-up than the packaging I recall from my teens, and the formula inside has had a glow-up, too.

Now there's rosehip extract to help control oil production, and niacinamide to soothe the skin and decrease the look of pores.

It's far more lightweight than the OG, which I love, and definitely helps my make-up last longer. I'm obsessed.



pick of the week IF you're jetting off on a holiday this month, I've great news. Iconic skincare brand Drunk Elephant launched a new set of travel-ready minis this week.



Drunk Elephant The Littles 7.0 contains five of its best-sellers – including the brightening C-Firma Fresh Day serum, microbiome-friendly Beste No 9 jelly cleanser and TLC glycolic night serum – in a limited edition wash bag. It's £70.

Shop now at spacenk.com.

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PLEASE PLAY RESPONSIBLY

BeGambleAware.org

Should I tell ex's new wife that he's trying to get me into bed?

dear deidre PAGE 44

the Sunday

thesun.co.uk

FISH can be the ultimate convenience food because it can be fried, steamed, oven baked or even microwaved within minutes.

As part of a healthy, balanced diet, we should be having at least two portions a week.

And today, Sun on Sunday chef Miguel Barclay shows how you can cook it on a budget...



Kim's fave £42 fish dish for a quid



Sun ON SUNDAY FOOD

Prawn and leek fish pie

MIGUEL SAYS: "Prawns are the best bit of a fish pie, so why not grab that packet of frozen prawns from your freezer and make an all prawn pie? I've used leeks here instead of onions because they work so well with fish."

(Makes four portions)

YOU NEED:

- 4 potatoes, roughly chopped
- 1 tbsp butter for the mash, 2 tbsp for the sauce
- 1 leek, sliced into circles
- 1 tsp Dijon mustard
- 2 tbsp flour
- 200ml milk
- 2 handfuls of frozen raw peeled prawns
- Handful of frozen peas
- Salt and pepper

TO MAKE: Preheat your oven to 190C/gas mark 5. Boil the potatoes in salted water for about 20 minutes until soft enough to mash. Drain, allow to steam dry

for a few minutes, then mash with a big pinch of salt and 1 tbsp of butter.

While the potatoes are boiling, sweat down the sliced leeks in a pan over a medium heat with 2 tbsp of butter.

After about 7 minutes, when the leeks have softened, add the mustard and the flour, stir well and continue to cook for a couple of minutes.

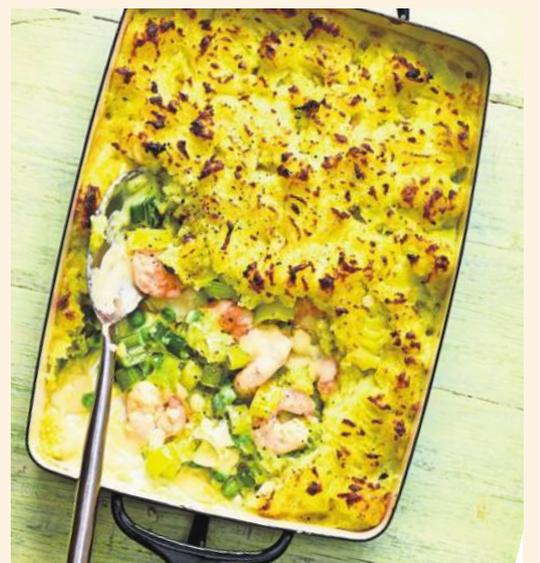
Next add the milk a little at a time whilst stirring continuously to create a creamy sauce.

Remove the pan from the heat, season, then add the prawns and peas.

Spoon the prawn mixture into a large ovenproof dish, top with the mash and then cook in the oven for about 25 minutes, or until golden brown on top.

This freezes brilliantly, too. Make this ahead of time and pop in the freezer until you need it.

I've used leeks because they work so well with fish



- Food ● Money ● Pets ●
- Motors ● Health ● Puzzles
- Deidre ● Travel



Blackened cod

MIGUEL SAYS: "Kim Kardashian likes to eat black cod at Nobu (£42.50 at the time of writing). Here is my £1 version, using frozen fish fillets and a few store cupboard ingredients."

(Makes four portions)
YOU NEED:
 4 frozen cod fillets (or other white fish), defrosted
 4 tbsp honey
 4 tbsp soy sauce
 4 tbsp sesame oil
 1 mug of basmati rice
 2 mugs of water
 Salt

TO MAKE: Once the cod fillets have defrosted, pat them dry using kitchen paper.

Mix together the honey, soy sauce and sesame oil, then coat the fish with the mixture and leave to marinate for about 10 minutes. Meanwhile,

put the rice and water in a saucepan with a pinch of salt.

Cover with a lid and bring to the boil, then simmer for about 7 minutes until all the water has been absorbed and the rice is cooked.

Preheat a frying pan over a medium heat and fry the marinated fish for about 4 minutes on each side.

The trick to stopping it sticking is to move the fish slightly for the first few seconds of cooking, then don't touch it again until it's time to turn.

Once cooked, serve with the rice.

Photography by DAN JONES



with **MIGUEL BARCLAY**

Seafood gnocchi bake

MIGUEL SAYS: "A packet of gnocchi is a brilliant time-saving ingredient to have to hand, and if you get it from the dry aisle next to the pasta, it lasts for ages. Why not grab one and try this great recipe."

(Makes four portions)

YOU NEED:
 2 tbsp butter
 2 tbsp flour
 500ml milk
 2 big handfuls of frozen peas
 Handful of frozen prawns
 2 frozen fish fillets
 Handful of grated Cheddar cheese
 1 x 500g packet of gnocchi
 Salt and pepper

TO MAKE: Grab a big flameproof casserole dish and melt the butter over a medium heat.

Stir in the flour and cook for a couple of minutes, then add the milk little by little, stirring continuously, until a sauce forms.

Add the peas, prawns, fish and Cheddar. Season, then chuck the gnocchi on top.

Bake in the oven at 180C for about 30 minutes until cooked, then serve.



Patatas alinadas

MIGUEL SAYS: "This is one of my favourite Spanish tapas. It's a great recipe for using up that classic cupboard staple: Tinned tuna. Don't be afraid to overcook the potatoes; they need to be extra soft so that they can take on all that flavour from the marinade."

(Makes four portions)

4 potatoes, cut into chunks
 1 red onion, thinly sliced
 Splash of red wine vinegar
 Olive oil
 Handful of fresh parsley, chopped
 1 x 150g tin of tuna, drained
 Salt and pepper

TO MAKE: Start by boiling the potatoes in salted water for about 20 minutes or until they start falling apart at the edges. Meanwhile, marinate the

red onions in a splash of red wine vinegar and a good glug of olive oil.

Once the potatoes are cooked, drain and allow them to steam dry for a few minutes, then mix with the onions and all the marinade.

Add another glug of olive oil if the potatoes are still a little dry.

Season with salt and pepper and mix again.

Allow the potatoes to fully cool, then sprinkle with the parsley and serve with the tuna.

FREE INSIDE TODAY

Fabulous

AUGUST 4, 2024

THE SHOW MUST GO ON!

JANETTE MANRARA

on why *Strictly* will come back stronger than ever. Aljaž's joy at returning, and their baby miracle

THE TRUTH ABOUT TIKTOK PSYCHICS

PHOTOGRAPHED FOR FABULOUS BY MARK HAYMAN



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Monday
Sex & Love

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Friday
Fashion

Saturday
All about you

'CHEAP' ENERGY DEAL BAN

PLANS to allow the return of "cheap" energy deals for new customers only have been postponed.

Firms have been banned from offering these favourable deals since the energy crisis began in 2022.

It had suggested that the ban could be lifted in October. But regulator Ofgem has now said it will stay until at least March 31, 2025.

During Ofgem's consultation in May, campaigners warned that



proposals to remove the ban risked going back to an unfair market for those who don't switch – often referred to as the "loyalty penalty" – and damaging consumer trust.

Which?, alongside E.ON, Octopus Energy, So Energy, Rebel Energy, End Fuel Poverty Coalition, Citizens Advice and Fair By Design, wrote a letter to Ofgem in June urging it to keep the ban in place.

Now Ofgem has decided to

continue with the ban, it means loyal customers won't be penalised for sticking with their existing supplier.

Ofgem's Charlotte Friel said: "The responses we received showed a strength of feeling against short-term cut-price tariffs that shut out a supplier's existing customers."

Ofgem has also said the longer-term future of the deals will be considered as part of a review of the energy sector.

It will report on its findings in due course.

ELLIE SMITHERMAN

TAXES AT RISK OF HIKES

CHANCELLOR Rachel Reeves admitted earlier this week that the Government will have to raise taxes to plug a £22billion black hole in finances.

She is due to lay out plans to balance the country's books in her Budget on October 30, but has so far refused to say which taxes could be raised.

The Labour Party made commitments in its election manifesto not to increase national insurance, VAT or income tax – and Reeves says she will honour that pledge.

Here are the taxes most at risk of being hiked . . .

INHERITANCE TAX

THE rate could be increased or the threshold of when the tax kicks in could be lowered. Reeves, right, may also reduce the number of years before death where you can give away assets and remain exempt.

CAPITAL GAINS TAX

THE minimum limit at which people pay capital gains tax could be removed, and the tax could be imposed on assets currently exempt.



COUNCIL TAX

A LEAKED recording from a Treasury official hinted homes worth over £1million may have to pay more.

BUSINESS RATES SYSTEM could be tweaked to make rates related to land value instead of April 2021 rental estimates.

STAMP DUTY

THE stamp duty system could also change to be based on land values.

ELLIE SMITHERMAN

Got money worries? We can help. Email us at money@the-sun.co.uk or write to Sun Money, News UK, 1 London Bridge Street, London SE1 9GF

Money news and advice to help you fix your finances

Sun ON SUNDAY

MONEY

Edited by **TARA EVANS**

GET COMPLAINING

IF a financial company turns down your request for a refund or compensation for poor treatment, you can go to the Financial Ombudsman Service, which takes on cases for free.

The ombudsman found in the customer's favour in almost half of cases to do with popular products such as short-term loans, bank overdrafts and pensions.

Consumer expert Martyn James says the high win rate should encourage people to complain when things are not right.

He added: "Customers should always complain to the ombudsman if they feel aggrieved and the company hasn't dealt with it well."

"It is free, takes around 15-20 minutes and you can do it while you're watching the telly."

After an investigation, the ombudsman will issue a final binding judgement that could result in financial companies paying you thousands of pounds.

The highest amount it can order is £430,000.

Remember, there's nothing to lose, and everything to gain.

Here are some of the financial products where the ombudsman is most likely to rule in your favour.

DOORSTEP LENDING

CUSTOMERS won half of all the "home credit" complaints last year.

Home credit is another name for doorstep lending, where a lender turns up at your home to arrange small loans, and then collects the interest in a similar way.

Common complaints include:

- Being offered a loan that was unaffordable due to circumstances.
- Lenders not acting fairly when circumstances changed.
- Rude and intimidating behaviour from lenders.

If the ombudsman agrees that a lender has acted unfairly it can refund interest and charges paid on the loans, remove adverse information on credit files and award compensation.

HELP-TO-BUY OR SHARED EQUITY HOMES

THESE schemes are meant to make it easier to get on the property ladder, but there have been problems, with customers winning 64 per cent of cases.

Complaints about these home loans include:

- Delays in being able to redeem Help-to-Buy loans.
- Poor customer service and administrative issues.
- Problems with redeeming loans on properties with cladding issues following the Grenfell Tower fire.

In one case, Target Limited, which



EXPERT . . . Martyn James

IF you have an issue with a financial company, it can feel like a real David versus Goliath battle. But you do have plenty of weapons in your arsenal.

This week ROSIE MURRAY-WEST shares the steps you can take – and reveals which areas are more likely to lead to a payout.



How to take on financial Goliaths... and win

Making a successful complaint

SCOTT DIXON, complaints resolver and author of *How To Complain*, explains how to get your money back if a company has treated you badly . . .

FOLLOW COMPANY PROCESS: You should find a company complaints process on a firm's website. Start with this, whether by email or letter.

WRITE EVERYTHING DOWN: Open a file for your complaint and note down the name of everyone you speak to, times, dates and other important information.

ASK FOR A DEADLOCK LETTER: If a company rejects your complaint, ask for a "deadlock" or "final decision" letter. If it doesn't give you one, you should still be able to refer the complaint to the ombudsman as long you do it within eight weeks.

GIVE A TIMELINE: When you make your complaint to the ombudsman make it easy for them to follow your complaint by writing down bullet points in order with dates.

STICK TO YOUR GUNS: Remember, the success rate is high, so if you are unhappy, it is always worth complaining. And persevere and be meticulous.

administers the loans on behalf of the Government, was told to repay all the interest paid by a borrower – with eight per cent interest added – and pay out £500 in compensation.

PREPAID CARDS

THESE cards, such as those taken on holiday to spend in a foreign currency, are seen as a safe choice.

However, in almost half of cases, the ombudsman found in the customer's favour when cash was lost or not refunded.

Complaints include:

- Money not being refunded if cards are stolen then used.
- Companies not acting when customers are targeted by scammers.
- Restrictions put on e-money cards.
- Payments unfairly reversed.

Recent cases against PrePay Technologies, which runs cards for travel money brands, found that the company had not flagged potentially fraudulent transactions and would not refund money that had been stolen.

PENSIONS AND ANNUITIES

JUST under half of all complaints about pensions and annuities were upheld by the Ombudsman last

year. Complaints about pensions and annuities include:

- Poor advice about transferring a pension from a workplace scheme to another scheme.
- Being recommended an unsuitable private pension.
- Annuity payments being paid too late.
- Administrative errors.

Recent decisions have included payouts where administrative errors have caused annuity payments to start late and where customers have been advised to switch their pensions into unregulated investments that later fell in value.

CAR FINANCE

CUSTOMERS who took out car loans before 2021 may be entitled to thousands of pounds back after the financial regulator launched a review into unfair commission payments.

There is an ongoing investigation and claims are on hold. While you can put in a complaint now about commission payments, companies have much longer to respond, though you can still complain about other issues with car finance.

● You can find out more about how to complain on the ombudsman website financial-ombudsman.org.uk.

IN ASSOCIATION WITH



Paws & Claws



STAR of the WEEK

FREYA and her three little piggies are much-loved pets who are teaching children about animal welfare.

This first-time mum and her triplets – Olla, Helga and Popcorn – are the star attraction at Kew Little Pigs farm (kewlittlepigs.com) in Amersham, Bucks, as she loves showing off her brood.

Owner Olivia Mikhail said: "Freya is an amazing mum and her three babies are thriving."

"She loves showing them off to visitors when they come, and the piglets are getting very outgoing too, just like their mum."

On August 25 the farm will be holding an Alice In Wonderland themed summer fun day, to celebrate the new arrivals.

WIN

Vacuum bundle

WE have teamed up with Gtech to offer one reader a Gtech System K9 cordless pet hair vacuum bundle, worth £429.

It comprises both upright and handheld vacuums, with a run time of one hour.

And they glide from carpets to hard floors with no settings to change.

To enter, send an email headed GTECH to sundaypets@the-sun.co.uk by August 18.

See gtech.co.uk. T&Cs apply.



Pedi is not Cherry nice

DOG HATES NAIL CLIPPER

NOW she is 12, my dog Cherry's claws are getting long and she can't walk as far.

They are really difficult to trim as she hates it. Should I get the vet to do it? Or what can I do to make it less of a trauma?

ED BARTLETT, Leeds

■ Sean says: I think if it's becoming a real battle and Cherry is distressed by the thought of a pedicure, then it's best to let your vet clinic team tackle this important maintenance task.

They will be more skilled at handling her and keeping it as safe and pain-free a process as possible.

If she is getting really worked up by the prospect of a nail trim at the vets, there is also the option to give her a little bit of sedation via tablets before you make the trip. She might even begin to enjoy it then.

WHICH bedding material is best for rats?

I have two (Ratty and Hattie) and someone told me pine sawdust can be harmful. Is that true?

KATE ANDERSON, Cleethorpes, Lincs

■ Sean says: Yes, the fine dust particles in many wood shavings can aggravate the airway and leave pet rodents prone to respiratory or breathing problems.

Rats in particular can be affected by something called mycobacteria, and many of them carry it. It flares up and causes inflammation, sneezing and a reddish nasal discharge when the rat is stressed or unwell.

For that reason I recommend a dust-free, absorbent bedding made of compressed paper. There are several brands around but Carefresh is a good choice. Ask in your local pet shop.

MY cat Petey is getting really chunky. I've not changed his diet. I'm suspicious he's getting snacks somewhere else.

What do you suggest, as he's getting roly poly?

ESTHER BROWN, Dartford, Kent

■ Sean says: Yeah, that can happen with visits to the neighbours.

The best solution is to pop a paper collar on his neck for a period of time saying: **"DO NOT FEED: Medical condition"**. Hopefully, whoever is feeding him will then stop.

If he's going into other people's homes and stealing food then it's a little more tricky.

Maybe pop your number on the collar too, asking whoever he visits to give you a call and see if you can



Pet VET
SEAN MCCORMACK

HE is on a mission to help our pets . . . and is here to answer YOUR questions. Sean, who is the head vet at tailored pet food firm tails.com, has helped with owners' queries for ten years.

He says: "If your pet is acting funny or is under the weather, or you want to know about nutrition or exercise, just ask. I can help keep pets happy and healthy."

Send your questions for the Pet Vet to vet@the-sun.co.uk

work something out. It's really important to get this under control as excess weight can lead to serious health issues for Petey.

MY dog Ted gets really itchy feet on grass, even though I try to wipe them down after walks.

Can you recommend anything as Ted, who is three, licks them and they get red. It has to be uncomfortable.

KATE ADAMS, Exeter, Devon

■ Sean says: Hay fever in dogs gives different symptoms to what it does in humans. As you've seen, it's far more common for dogs to get itchy skin than the runny nose, irritated eyes and sneezing that we suffer from.

Wiping Ted down all over is a great idea after being outdoors when pollen counts are high. Pollen anywhere on his body can result in his itchy feet – it doesn't have to be directly on the site of the itch.

You can also try certain dog-safe antihistamines from your vet, but bear in mind their effects can vary from dog to dog, so a bit of experimentation may be necessary.

Anti-itch medication is also an option, but if it's getting really bad year-on-year, consider immunotherapy. This dampens down the overactive immune system and can banish such allergies to the history books.

DON'T SWEAT IT WITH SUMMER SUNSHINE

AVOID hot dogs and have cool cats this summer, with top tips shared by the RSPCA.

Esme Wheeler, pet expert at the charity, said: "There are plenty of fun and creative ways we can keep our pets cool at home, such as creating homemade frozen treats and a cool den indoors and providing paddling pools or cooling mats for pets to lie on."

"While many of us can't

wait to get outside and enjoy the sun, it can pose a big risk to our beloved pets.

"It's better to be safe than sorry, and we ask people to remember when it comes to dogs, if in doubt, don't go out."

Here are the RSPCA's top tips for summer days . . .

■ Use a pet-safe sun cream on exposed parts of their skin.

■ Freeze edible treats to keep pets busy, and cool.

■ Avoid walkies during the hottest part of the day.

■ Make sure furry friends have access to shade and constant fresh water.

■ Use ice cubes in their water bowl as a cooling treat.

■ Give them damp towels to lie on in the shade.

● For more advice on other pets this summer, see rspca.org.uk/adviceandwelfare/seasonal/summer.



SHADY . . . hot dog

Mystic Meg

with **MAGGIE INNES**

ARIES March 21 – April 20



As Mercury's retrograde begins, it's tempting to start over. Keep a cool head and make sure you save what's good as you can adapt. A new moon of romance is so strong and this time, you know what to do. Venus highlights settled passion that feels and looks good.

TAURUS April 21 – May 21



Venus is on the move and is reinforcing aspects of love that inspire you. If a bond is taking more than you have, you can fix this now. Cash linked to creativity can be closer than you think, and a fresh sense of home building and finding takes you towards a new "E" address.

GEMINI May 22 – June 21



The effects of the new moon can be successful as it happens in your third house of communication. And you love to chat! Words find focus when you give them freedom. Passion has a calm quality and a willingness to wait. This can be a surprise, but one that pays off.

CANCER June 22 – July 22



Venus is powering your zone of reaching out for the next few weeks, so you can approach a date with your barriers down, or tackle an ongoing partnership with an open mind. But as Mercury is travelling backwards, beware of saying too much in a business setting.

LEO July 23 – August 23



You welcome a new moon in your zodiac space, which can make you feel able to take on the world. Past failures fade away and you feel confident in who you are. Stay alert around cash, as the right figures may be tricky to pin down. Love means more as two sides share.

VIRGO August 24 – September 22



Your sign hosts Venus' entrance, bringing the ability to see love as it really is. The future starts to take shape in ways that challenge a loyal heart. Mercury's reversal can cause confusion in finding a new role. Stay calm and tune into your instincts.

LIBRA September 23 – October 23



Love can come true as the passion planet inhabits your secret self and you may not realise how much you want something until now. A new moon urges you to make connections, as the least likely name or number can have the biggest influence. Luck wears turquoise.

SCORPIO October 24 – November 22



The pizzazz for a career or other push forward arrives with the new moon and you can soon be leading a competitive field. This moon asks you to let go of ideas you sense are not the right fit. Venus sharpens love, so you see the potential in someone so close.

SAGITTARIUS November 23 – December 21



Goals can change your life, as Venus encourages you to focus on what makes you happy, rather than always impressing others. This can lead to an unexpected passion "yes". Mercury may try to focus on missed opportunities, but you can re-draw your own destiny.

CAPRICORN December 22 – January 20



There's some exciting moon action going on in your transformation zone. This needs to be seized asap, so ditch Capricorn delaying tactics. In love, breaking away from a "type" can let your heart leap. Work mixes straight-talking with luck. The more honest you are, the better.

AQUARIUS January 21 – February 18



Beneath your cool exterior is unexpressed longing, and Venus can guide you. Be vulnerable and see the feelings deepen. Single? Someone who has recently changed their name or title could be The One. A negotiations moon helps you get a personal deal over the line.

PISCES February 19 – March 20



People who expect you always to agree or put yourself last are in for a surprise as a moon of decisive action transforms your approach. For once, you don't mind making waves. Thanks to Venus, passion promises can be made. Luck links to contests.

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: Inverroak.com, PO Box 10015, CM1 9HH.

ask alfie



Used car specialist

Q I NEED some advice as we're trying to sell my late father-in-law's car, a Mk2 Toyota MR-2 T-Bar.

It has done 67,000 miles, is kept in the garage and cleaned every week, and it has also been reupholstered.

We've been offered £4,500 but the same person said it might be worth £8,000. Can you tell us a price and where to sell it?

KAREN DOWN

I've seen them for £5,000 and I've seen them for £14,000, so values are a bit mental, but for that mileage I'd be pushing for nearer £10,000 – if it is in pristine, working condition.

For a modern classic like that, I'd suggest carandclassic.com as the best place to sell as that's for enthusiasts.

Q MY 2010 Vauxhall Astra diesel is squealing and a new alternator hasn't fixed it. When I put talc on

Q&A

Send your questions to motors@the-sun.co.uk

the belt, it stops for a few miles but then starts again. The mechanic reckons it might be the power-steering pump, but have you got any ideas or advice?

MIKE HARRIS

Er, for my money, Mike, the issue is a knackered alternator belt.

If you're putting something on it (talc, in this case, but the usual trick to check whether it's the belt itself or a pulley is to drop a little

water on it) and the squealing only temporarily stops, then it must be the belt.

Did the mechanic just replace the belt itself or the alternator unit? Take it to a reputable garage to check the belt.

Q WE have a 1999 Reliant Robin SLX, V-plate, with the 848cc engine, 40,427 miles and plenty of big jobs done on it from 2015 through to 2022.

The paintwork isn't perfect but how much should we start it for?

CAROL ATKINSON

A Wow, the old 'plastic pig'! Glad to hear one's still being looked after.

Good, late ones with that sort of super-low mileage are probably £4,000 to £6,000, so if your example is just some tired paint then you might be able to aim at the former. On the ad, I'd say "paint needs TLC" plus some good pics.

TRIED & TESTED



with JANE ATKINSON

SUMMER is the perfect time to start running. Both running and jogging are great forms of aerobic exercise. And studies have shown that regular running at either a moderate or high intensity can improve your mental health, memory and ability to learn. Today I've looked at running aids which could help your performance.

● Food ● Money ● Pets ● Motors

SUPPORT BRA

ALL bras are not equal, especially if you're not a 30AA. But the Runderwear Power Running Bra is a joy to wear.

No bouncing thanks to a high neckline, no rubbing under your arms, no underwires to dig in and a very unfussy design with a wide underband and

moulded cups. I love it so much I have bought two.

It comes in more than 50 sizes in a classic black or a lovely "fiesta" red colour.

Researchers say it reduces bounce by up to 72 per cent and after a month of use I believe it! £49, runderwear.co.uk.



- + FITNESS
- + FAMILY HEALTH
- + DIET & NUTRITION
- + SLEEP & WELLBEING
- + MENTAL HEALTH

Sun ON SUNDAY

By LUCY GORNALL

WE all want to live long, healthy and happy lives.

But there are so many little habits which could be damaging your health that you might not have even considered.

On average, males currently live to the age of 79 and females to 83, according to the Office for National Statistics.

Want to live to a ripe old age? These everyday lifestyle swaps, from the moment you wake up until you go to bed, could help you live longer, in better health.

6AM: SNOOZING

HITTING the snooze button might be your impulse when your alarm goes off, but it won't do you any favours.

Instead, Dr Mayoni Gooneratne, from Human Health, tells Sun on Sunday Health: "Get out of bed, open your curtains and get some sunlight."

Morning sunlight keeps you aligned with your natural body clock which, in turn, can help you get to sleep faster in the evening – an indicator of good-quality shut-eye.

The quality of your kip – not just how many hours you are asleep – may improve lifespan.

An American study of 172,000 people with an age of 50 found that those who were less likely to wake up in the night, have difficulty getting to sleep or use sleep aids were 30 per cent less at risk of dying over the four years of the research than those with the worst kip.

The researchers at Beth Israel Deaconess Medical Center, Boston, found men and women with the highest-quality sleep had an additional 4.7 years and 2.4 years respectively of life expectancy.

8AM: COFFEE AND CROISSANT

GUILTY of grabbing a croissant and milky coffee while hurrying to work?

Lucy Jones, dietitian and chief clinical officer of weight management provider Oviva, says: "Eating in the car or in a rush often leads to poor food choices."

Foods high in sugar and refined carbs, such as croissants, cause blood sugar to rise fast and fall sharply after, causing a drop in energy levels and an increase in hunger. The pancreas then makes insulin to process the sugar that is eaten.

Starting the day with sugar sets you on what Dr Gooneratne calls the "sugar insulin roller-

Are your bad habits knocking years off your life?

DITCH SOLO SOFA SUPPERS FOR FAMILY MEALS TO BOOST LONGEVITY

coaster", leaving you reaching for more sugar, such as fizzy drinks or biscuits. She says: "Over time, these high levels of insulin will make your cells resistant to letting insulin work."

"The combination of high cortisol (stimulated by stress) sugar and insulin is really not good for your cells and is the catalyst for inflammation."

Consistently high inflammation has been shown to accelerate ageing. A study last year showed that 40-year-olds who switch from an unhealthy diet to one that matches the Government

Eatwell Guide could gain an extra ten years to their life. The largest gains were seen in those who ate more wholegrains, nuts and fruits and less sugary drinks and processed meats.

Lucy recommends Greek yoghurt with nuts and berries or wholegrain toast with avocado and a boiled egg for breakfast.

She advises preparing healthy snacks too, such as "a small portion of dark chocolate or vegetable sticks with hummus".

11AM: STILL SEATED?

IF you haven't got up from your desk by this time of the



READER'S CAR OF THE WEEK

HERE'S a lovely motah sent in by reader Adrian Robinson.

He tells me: "I've read a few letters about other cars with brake-pad wear, but my 64-plate Jeep Cherokee has done 190,000 miles on its original rear pads

and they're still not worn.

"It looks and drives like it just came out of a showroom, and I get 50mpg from it as well."

● Send pictures of your beloved motor, with details, to motors@the-sun.co.uk.

THREE . . . EVERYDAY 80s MOTORS



1989 (F) Nissan Sunny Pulsar 1.6 GSX 4dr, 55k, £1,995, Specialist Cars Group, Birmingham, (specialistcarsgroup.co.uk): This is not exciting in the slightest, unless you're into rare survivors, but with a sunroof, auto gearbox and mechanical simplicity, this is a great budget classic.



1989 (F) Volvo 240 2.3 GLT 5dr, 163.5k, £5,950, Tynemouth Motor Company Select Cars, N. Shields, Tyne & Wear (tynemouthselect.co.uk): This archetypal old wagon might have been boxy and uncool back in the day, but now it has a huge cult following and this one has a strong 2.3-litre engine.



1985 (B) Ford Granada 2.8 GLS 4dr, 9k, £8,995, Burnaston Car Sales Ltd, Mickleover, Derbys (burnastoncarsales.co.uk): This makes old Alfie all misty-eyed, because my granddad had one. It wasn't a 2.8 GLS, though. And that mileage is not a misprint – it has done just 8,800, unrestored. Mint.

CAN YOU AF-FORD JEZZA'S COSSIE?

WHEN Jeremy Clarkson reviewed the Ford Escort RS Cosworth for Top Gear in the early Nineties he liked it.

A lot. It was just after the Lennox Lewis-Frank Bruno world heavyweight title fight and Jezza said something like: "If you think that was a punch-up, wait until Ford asks for the keys back."

Turns out Jezza borrowed the 1992 prototype for a year – and then again for a 2000 TV show called Clarkson's Car Years.

Now the Cossie, still with its original K38 FMC registration (Ford Motor Company), will be auctioned at the Silverstone Festival later this month, estimated at £75k.

It will go for much more than that. An ex-Sir Stirling Moss 1990 Mercedes SL500 is expected to fetch



£35k-plus and Paul Hollywood is selling two Ducati race bikes.

● THEY say you're not a true car fan unless you've owned an Alfa Romeo.

I'm not sure that still rings true with the new electric Junior? That said, £299 a month does sound like a good deal.

DON'T MISS **motors** EVERY THURSDAY

See Tuesday's Sun for **THREE PAGES** of health

COMPRESSION SLEEVES

HYPERICE is a company devoted to sport recovery and their "Normatec Lower Legs" are rechargeable sleeves from ankle to knee that squidge up and down your leg with a slight pinching and rolling action using air compression. It increases

circulation, reduces muscle pain and tension and enhances oxygenated haemoglobin levels. You can adjust the pressure levels on the "legs" or via an app. These look ridiculous but feel like an amazing massage. **EVERY** time I

go running I get annoying fidgety legs in bed that night but this machine has completely put a stop to that. It is very pricey, so one for serious or well-off runners at £429 – but it can be bought in instalments. See hyperice.com.



ENERGY POWDER

IS it really possible to take something to give you more energy? Well yes. Coffee can, carbs can and then there is an amino acid derivative called creatine that is found naturally in muscle cells too. You can buy it in pills or powder and it can

help your muscles produce quick bursts of energy during exercise. I love the Applied Nutrition Creatine because it contains the most readily absorbed creatine monohydrate and is flavourless so you can put in juices, shakes or smoothies. The

beneficial effect is obtained with 3g a day. It's better for short bursts of energy, not long distance and some people don't feel any benefits but it does work for me. A huge 250g tub with 50 servings is currently down to £14 at hollandandbarrett.com.



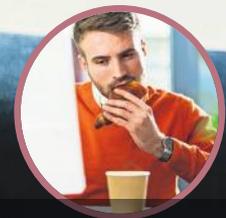
HEALTH



Edited by **LIZZIE PARRY**



X Don't hit the snooze button



X Don't start the day with sugar



X Stressing will shorten lifespan

usual toxins, and they act as empty calories, so there is no nutritional value. "It disinhibits you from your usual behaviours so you're more likely to make poorer health choices and drink more." But Dr Gooneratne adds: "Socialising is so important for longevity and connection. "Maybe start to rethink what and who you are spending your time with. "We know our health is the average of the five people we spend our time with – this goes for mental health too. "Sitting there moaning about your boss is not going to move you closer to joy." A more mindful activity would be better. Book a yoga or Pilates class with your colleagues. Or find a new interest by looking at meetup.com, which promotes hundreds of events near you, from hiking to workshops and workouts.

9PM: LATE SOFA DINNER

EATING late at night on the sofa, especially with a takeaway, is a habit you should avoid. Dr Gooneratne says: "You should aim to eat at the table together with your partner or children so that you can check in on each other to reinforce your relationship. "This sense of support is so intrinsic to our mental health and longevity. "Eating on the sofa in front of the TV involves no social connection and it lacks all mindfulness." Plus, Dr Gooneratne adds: "Takeaways can be full of ultra-processed foods." UPFs were linked to the risk of 32 ailments in a large study of 9.9million people, including heart disease and type 2 diabetes.

So cooking from scratch is the best option. Wind down your routine before bed with activities like reading, rather than keeping your mind alert with blue light from screens, which Dr Gooneratne warns can suppress the release of the sleepy hormone melatonin. She says: "There should be no screens, blue light or social media after 8pm. "Instead, mimic dusk with lowlights and turn off any overhead or strip lighting. "The optimum sleep time is 10pm to 6am. "We have our peak melatonin and human growth hormone release around 2am which is crucial for health and repair." GHG is essential for helping maintain the health of organs and tissues such as muscles.



ASK Dr Zoe

Expert advice from Dr Zoe Williams, our resident specialist and NHS GP

Q I AM a 63-year-old male and recently I have been diagnosed with having an irregular heartbeat.

Before I got medication, I was waking up with my heart beating out my chest. Sometimes it was so slow I thought it was going to stop.

It affected my sleeping. I also get sharp pains and a feeling of being out of breath. I have recently started on Bisoprolol and am also on Apixaban. I have had two heart attacks since 2006. Is there anything to worry about?



The commonest cause of an irregular heart beat is Atrial fibrillation (AF).

It's a heart condition where the heart beats irregularly and faster than normal. It's very relevant that you've had heart attacks as this increases risk of developing AF.

Bisoprolol is a beta blocker – a medication which slows the heart rate, and you're also taking Apixaban which thins the blood and prevents blood clots which are a major risk of having untreated AF.

The condition affects over 1.6million people in the UK and what's especially concerning is that an estimated 300,000 people are unaware they have it. AF elevates stroke risk to five times that of the general population.

But appropriate treatment, like you are on, reduces this risk significantly.

For all readers, it's important to attend NHS Health Check appointments when invited between the ages of 40 to 74, as one of the tests is for AF.

TIP: A study this week found that untreated vision loss is a risk factor for dementia. Lots of people can get an NHS-funded eye test, including those over 60 years old or who have diabetes. Don't delay!

day, you could be heading for health problems. A sedentary lifestyle has been shown to up the risk of all-cause mortality. Studies have linked being inactive with being overweight and obese, type 2 diabetes, some types of cancer, and early death, the NHS warns. A Cambridge study found that workers who barely move from their desks for eight hours were found to be 60 per cent more likely to die prematurely. But scientists say getting up for a short walk can help balance out the harm. Just three

minutes of moderate activity per hour is enough, according to a Glasgow Caledonian University study that tracked the activity levels of 130,000 people for 14 years. Japanese researchers also showed that participants who walked for more than an hour per day had a longer life expectancy than those who did so for less than an hour. Getting away from your desk for a brisk stroll can also reduce stress levels. And researchers in Sweden found an elevated risk of death

over ten years among people who have stress-related disorders. **6PM: ONE AFTER WORK** IF you are a regular at the local pub after your shift, we have bad news for you. Research by Maastricht University Medical Centre, Netherlands, has found that the highest probability of reaching 90 years was in those people drinking less than 15g of alcohol per day – the equivalent of a small glass of wine. Dr Gooneratne says: "Alcohol is a toxin and it stops your liver from breaking down your

EMAIL
Dr ZOE health@thesun.co.uk

double **Sun** DOKU

TODAY'S TEASER Call 0905 757 0156 for clues or solutions. Cost £1 per minute plus network access charge.

			5	6			
	5		2			1	
2	6			3		7	
		1				3	6
	6			3			8
9							1
				5	7		
3	7		2				8
5	1		8			2	

TODAY'S TOUGHIE Call 0905 757 0152 for clues or solutions. Cost £1 per minute plus network access charge.

	2			7			3	9
						2		
8	4			9				
	8			7		2	6	
			6	1				
	5			8		1	4	
4	7			2				
						1		
	6		3			7	8	

Calls cost £1 per minute from BT landlines plus network extras

YESTERDAY'S SOLUTIONS

Teaser

1	4	3	2	8	5	6	7	9
6	9	2	7	1	3	5	8	4
7	8	5	6	9	4	1	3	2
2	7	6	1	4	8	3	9	5
3	1	4	5	6	9	7	2	8
8	5	9	3	7	2	4	1	6
4	2	7	8	3	6	9	5	1
5	6	1	9	2	7	8	4	3
9	3	8	4	5	1	2	6	7

Toughie

7	8	4	2	5	1	9	6	3
1	9	6	3	8	7	2	5	4
3	2	5	4	9	6	8	1	7
9	5	1	8	2	3	4	7	6
8	7	3	5	6	4	1	9	2
6	4	2	7	1	9	5	3	8
5	6	8	1	7	2	3	4	9
4	1	7	9	3	8	6	2	5
2	3	9	6	4	5	7	8	1

MINDBENDER

Paper Moon

BRAINBOXER

199 custard creams, 125 chocolate digestives, 99 pink wafers, 77 bourbon creams.

HAPPY BIRTHDAY TO...

FORMER US president **BARACK OBAMA**, 63, Love Island 2019 winner **AMBER GILL**, 27, Barbie director **GRETA GERWIG**, 41, Monster's Ball star **BILLY BOB THORNTON**, 69, British TV actor **MARTIN JARVIS**, 83, comedian **LEE MACK**, 56, right, former running champ **MARY DECKER**, 66, and ex-newsreader **KATE SILVERTON**, 54.



SUNDIAL



SEE how many words of four or more letters you can "dial" using the one at the centre in each word. You can make at least one word using all of them. Don't use the letters more than once in any word. No proper names or plurals ending in 's'. Words from Collins Concise Dictionary.

BRILLIANT: 15. EXCELLENT: 13. GOOD: 9. GREAT SCORE FOR KIDS: 9.

YESTERDAY: Agile, alight, alright, aright, cage, cagier, charge, cigar, crag, eight, gait, gaiter, gale, garlic, gate, gather, gear, gelt, gilet, gilt, girl, girt, girth, gite, glance, glacier, glare, glitch, grace, grail, grate, great, grit, lager, large, legit, liger, light, lighter, rage, regal, reight, right, tiger, tragic, triage, LETHARGIC.

Check today's answers by calling 0905 757 0155 before midnight. Calls cost £1 per minute plus your telephone company's network access charge.

Calls for extra clues and answers last no longer than two minutes (Sundial answers may vary). Helpline: 0333 202 3390 (9am-5.30pm). Service provider: Spoke, WIT 4HD

SET SQUARE

Place each of the digits 1 to 9 in the grid to make the sums work. We've started you off with two numbers. Solve the calculations in order, left to right, or top to bottom.

4	+	2	+	=	13
+	■	×	■	+	
	-		×	=	36
×	■	+	■	+	
=		=		=	
104		11		14	

Sun SUKO® 1

Enter the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of its four surrounding squares. Each coloured area should add up to the colour totals below.

	15	12	
	21	23	
14			15

Sunday quizword

ACROSS

- Developer of the light bulb (6,6)
- Fruit which has the varieties Bartlett and Comice (4)
- Don't You Want Me pop group (5,6)
- Film in which Warren Beatty played a hairdresser (7)
- Way to address a judge (2,4)
- Brand-name photocopier (5)
- Measure of electric current (6)
- One of the Canary Islands (9)
- Place near the shore where ships may anchor (9)
- The Time Machine author (1,1,5)
- US TV personality Ms Winfrey (5)
- Large hibernating mammal (4)
- Leander's lover, in Greek myth (4)
- Surname of the Four Seasons singer Frankie (5)
- Form of rummy using two packs of cards (7)
- Irish dish of potatoes and cabbage (9)
- Scattered republic, capital Jakarta (9)
- Donkey friend of Winnie-the-Pooh (6)
- Glandular organ that removes toxins from the blood (5)
- Author of Little Women (6)
- Salty lake between Israel and Jordan (4,3)
- DIY SOS host (4,7)
- Chantilly or Honiton, eg (4)
- Business of providing loans (12)

DOWN

- German town associated with the Pied Piper (7)
- Classic Morris car (5)
- Automatic gun (4)
- Comic verse with irregular rhythm (8)
- Keyboard machine for writing in shorthand (10)
- Deep Scottish loch (4)

Check today's answers before midnight by calling 0905 757 0157 for Across and 0905 757 0160 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

YESTERDAY'S SOLUTION

ACROSS: 1 Act of Union, 6 Pretoria, 12 Honor, 13 Whitsun, 14 Genoa, 15 Brighton, 16 Screen test, 18 Fibula, 20 Ricotta, 22 Ashe, 25 Oil, 26 Neagh, 27 Ellipsoid, 29 Lot, 30 Costa Rica, 31 Rudge, 32 Fat, 34 Alps, 36 Art Deco, 37 Antrim, 40 On the rails, 42 Composer, 45 Homer, 46 Tandour, 47 Cairn, 49 Sycamore, 50 Brideshead. DOWN: 1 Ash, 2 Tennis balls, 3 Farah, 4 Newton, 5 Ovid, 7 Renee, 8 Tagine, 9 Rangers, 10 Apartheid, 11 Psychometrics, 15 Biffo, 17 Highland fling, 19 Landau, 21 Toledo, 23 Javier, 24 Spleen, 28 Oxfordshire, 30 Ceanothus, 33 Tamar, 35 Potomac, 38 Red Rum, 39 Conrad, 41 Astor, 43 Picts, 44 Boer, 48 Ned.

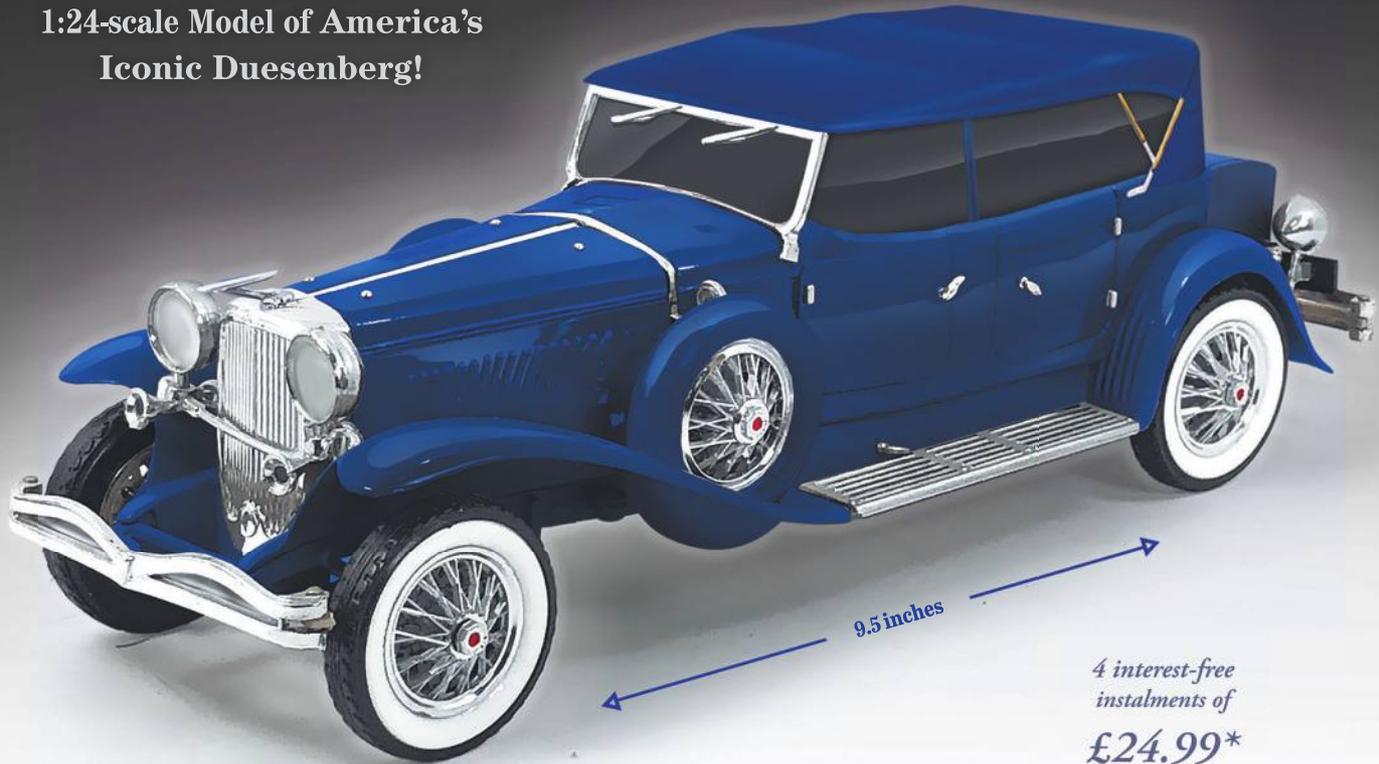
- Horticultural material from an endangered habitat (4,4)
- Horned viper (3)
- London thoroughfare leading to Buckingham Palace (3,4)
- Mounted bullfighter (8)
- Highest mountain in the Himalayas (7)
- Cheerful person, named after a children's book character (9)
- Tropical tree with lilac flowers (9)
- Mr Stewart, former cricketer (4)
- Angel Of The North sculptor (7)
- Famous railway viaduct overlooking Loch Shiel (10)
- First name of The Wasp Factory author Mr Banks (4)
- Spanish ranch (8)
- Multi-coloured knitted pattern (4,4)
- French couturier associated with Audrey Hepburn (8)
- One of the official languages of Valletta's island (7)
- German Christmas fruit loaf (7)
- Father of actors Jeff and Beau Bridges (5)
- Description given to zero on the Beaufort scale (4)
- Largest of the Inner Hebrides (4)
- First name of 1950s actress Ms Gardner (3)

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the Sunday dear deidre



Edited by
SALLY LAND
Team: Jane Allton, Hilary
Freeman, Kally Lewis, Catherine
Thomas and Chloe Stratton

No matter what the issue, I answer every single problem

SEX-HELP CLINIC

Dear Deidre

MY wife can't have sex with me and my frustration is becoming unbearable. We're both in our fifties and have been happily married for 20 years.

Our sex life has always been difficult due to my wife having endometriosis. Her condition means that sometimes sex is painful during and after the act.

Sometimes the agony has been so horrendous that she hasn't been able to get out of bed for a few days.

I hated this because I always felt guilty after sex. I felt like I was hurting my wife rather than showing her how much I loved her. In the end our sex life fizzled out.

I'm beginning to find that masturbation is no longer working for me.

I'm craving intimacy and passion. I don't want to speak to my wife about it because she'll feel insecure and feel pressured to sleep with me but I'm so frustrated that I have even considered hiring an escort.

The only reason I haven't is because I don't want to catch an STI but I've considered asking them to do a test before we have sex so I can make sure I don't catch anything.

I don't think it would be cheating because I'm only doing it to release my frustration.

What can I do to help stop this feeling?

DEIDRE SAYS: Hiring an escort is not the answer to this issue.

You need to talk to your wife and explain how you're feeling. You may even find that she misses the same things you do.

There are options to make sex less painful such as using lubricants and even, on occasion, vaginal dilators.

However, if it continues to be a problem your wife can be referred to a specialist who can then see if there are any surgical procedures that could help.

She may find that certain positions are more comfortable than others. For example, if your wife is on top then she can control the depth and speed of penetration.

Sex isn't all about intercourse – there are activities you can do to feel close to your wife such as oral sex, massage, foreplay and using sex toys to bring you closer together.

hot topic

DATING apps have become the new norm, with one in every five relationships starting online.

Setting up a date with a new match has never been easier, but navigating the glut of options available can often feel overwhelming.

It's been reported that as many as 81 per cent of people lie about their height, age and figure while online dating. So knowing who you're chatting to isn't always as easy as it may seem.

Is all the swiping getting you down? My support pack Love Online can help.

stories deidre's photo casebook

VICTORIA'S VERBAL CONSENT: FINAL DAY



BUT WHAT IF THINGS GO WRONG BETWEEN US?

I'VE BEEN THINKING... I'D REALLY LIKE YOU TO DELETE THAT VIDEO

SURELY YOU CAN SEE I'M NOT THE TYPE TO CRY WOLF



LET ME GET SOME ICE CREAMS. SEE, I KNOW HOW TO SPOIL YOU

YOU'D BETTER MAKE MINE A DOUBLE SCOOP THEN

OH NO... MY PHONE HAS GONE. SOMEONE'S SWIPED IT

JAMES!! THE CONSENT VIDEO...

Dear Victoria I CAN understand the temptation to record consent. As accusations of sexual assault and worse are not uncommon, it might seem that getting this sort of video, or voice note, gives some insurance.

But what happens once the recording stops – surely things could still go wrong after? Just because someone wants sex at 1am doesn't necessarily mean they do at 2am, or the next day.

Consent also applies to the type of sex and what protection both parties agree to. And, of course, consent can be withdrawn at any time.

It is a good idea to make sure you have made a connection with your partner. Pause before sex and ask them clearly: "Are you sure you want to do this?" Good sex and relationships are all about being able to communicate well, and the reality is a video has limited value. *Deidre*

Clothes by boohoo and boohooMAN

Dear Deidre

I'VE just lost my husband to his mother.

I'm 45 and he is 50. Recently my father-in-law died and my mother-in-law has been clinging on to my husband ever since.

She rings him for the smallest of things and he drops everything to help.

I've never got on with my mother-in-law because she's a traditional housewife while I've always been career-driven.

She's always caused problems and is the laziest woman I've ever met. My husband has vowed

to make her his biggest priority, but what about me?

How do I win my own husband back?

DEIDRE SAYS: A death will often disrupt family life and change things.

It sounds as though your husband feels sorry for his mother, but there is no harm in him encouraging her to start regaining independence.

Take a moment to explain to your husband how you feel and allow him to explain how he's feeling about this too. My support pack Standing Up For Yourself will help.

Dear Deidre

WHEN it comes to sex, my husband is like a robot. He simply doesn't know what passion is.

I'm 50, he's 52 and we've been married for 20 years. All he cares about is bed sex, penetrating, orgasming and getting to sleep.

I've put up with it because I love him but I have a huge sex drive and I'm desperate to have passionate fun.

I want him to appreciate my body but frankly I'm lucky if I even get a peck during sex.

I've tried everything to

spice it up, but he just isn't interested.

DEIDRE SAYS: Your sex drives are completely mismatched.

The only way you'll improve this is through communication. You've tried to spice things up and he hasn't taken the hint so take things back to basics and tell him exactly what you need.

Explain he needs to delay penetration until you are properly aroused and show him how to get you there. My support pack Different Sex Drives will help you both achieve this.

Should I tell ex's new wife that he's wooing me?

Dear Deidre

MY ex is a real scumbag and I'm torn over whether to tell his new wife that he has been trying to get back into my bed.

I'm 25 and he is 30. We dated for a year just after the end of the pandemic.

Recently, I found out that my ex had got married and my heart sank.

Only a few weeks ago he contacted me on Instagram saying he missed me and wanted to start things again, but I was too wary to jump back in.

We broke up because he'd always been really flaky during our relationship.

It's important for me to spend quality time together but I wouldn't hear from him for days, sometimes even a week, because he was "busy with work", which raised alarm bells because he had a nine-to-five job.

I'm a single mum and my son sees his dad on the weekends so I would naturally jump at the opportunity to see my ex, but he hardly ever showed up. It didn't

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

take long for me to suspect there was another woman, but whenever I brought it up, he would get defensive, saying he was busy and I was making an issue out of nothing.

Soon, his manipulative ways took a toll on my mental health. I couldn't bear not knowing if I would hear from him. I ended it, but we remained friends.

A few weeks later he texted me saying he'd met someone else. He even told me it was fate

and they were destined to be together.

I was fuming and questioned why he couldn't have felt this way about me.

When he recently messaged me saying he missed me and wanted me back it felt like he was finally giving me the attention I'd desperately needed from him before.

Luckily, I found his wife on Instagram so I knew he was still playing with my feelings.

Now my conscience is niggling me to tell this woman to run for the hills as he will never change and she deserves so much better than him.

What shall I do?

DEIDRE SAYS: This is a terrible situation to be in but I'm glad you're no longer with this man.

I know you feel desperately sorry for his wife but it's best you resist the temptation to contact her.

She may not believe you and you would only feel bad for causing her any distress. If he is still cheating then it's only a matter of time until she catches him.

The best thing for you to do is block him and move on.

My support pack Finding The Right Partner For You can help.

GET IN TOUCH

My team is here to help. Please feel free to contact us and follow us.
Online: thesun.co.uk/deidre Instagram: @deardeidre Facebook: @DearDeidreOfficial
X: @DearDeidre Post: Dear Deidre, The Sun, 1 London Bridge Street, London, SE1 9GF

Dear Deidre

I'M terrified that my cheating ex-wife is trying to replace me in our children's lives.

We're both 42 and have a ten-year-old daughter and a six-year-old son.

Last year my world fell apart when I found out my wife had cheated on me with a colleague of hers.

I was so embarrassed. The affair had been going on for two years but I had no idea.

I thought we were happy together – I didn't know she felt "that the spark between us had fizzled out".

We separated and I moved out of the family home.

We have always been civil, doing days out with our kids to try to make things as easy as possible for them.

But now she wants to introduce this man to them – and the thought of it is driving me insane.

I'm still in love with my wife and this

ICAN'T BEAR TO MEET HER NEW MAN

man has already stolen her from me. Now it seems as though he's trying to steal my children away from me too.

Our marriage had never been perfect but we had always been a team.

My ex-wife says they now want the three of us to take the children to Disneyland Paris together but I couldn't bear it.

I've told my ex-wife that I don't want anything to do with him.

The only reason this man hasn't met my children yet is because my daughter says she doesn't want to meet him.

My daughter says that she doesn't want a step-dad.

I know I shouldn't feel this way, but what can I do to stop this?

DEIDRE SAYS: Sadly, there isn't anything you can possibly do to change her mind regarding your relationship.

I would recommend you read my Moving On support pack, which can help you understand how to pick up the pieces in your life and go forwards.

Your children will probably feel shocked and uncomfortable with the idea of meeting this new man because of him being involved in the end of your marriage.

But it's important to keep things amicable with your ex-wife, even if you feel uncomfortable with her, for the sake of your kids.

Children of divorced or separated parents will need extra reassurance and support during this time.

My support pack When Parents Fall Out explains more about their thoughts and feelings during these types of situations.



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beaches of Florida or lounge about in a 5★ Turkish hotel. For those who don't want to venture out of the UK, there's also a stay at an action-packed Haven holiday park. This week our eyes are on this hot Mallorca prize. You could win five nights' all-

inclusive for a family of four at the all-new 4★ Fergus Club Mallorca Waterpark. The prize includes all meals and drinks, return flights and transfers **PLUS** access to a private restaurant, exclusive reception and in-room Playstation 5 consoles. The family resort is home to the largest waterpark in the Balearic Islands. Vote at thesun.co.uk/travelawards by August 8, 2024. Terms & conditions apply.

hot spot
IT'S 29C in THAILAND: Seven nights' B&B at the 5★ Pullman Phuket Karon Beach Resort, which has five pools, is from £999pp. This includes flights from Heathrow on selected dates in September. See awayholidays.co.uk.

hot spot
KOS is 32C: Seven nights' all-inclusive at the 4★ Mitsis Family Village is from £767pp, including flights from Birmingham on September 7. With Mount Dikalos and a Blue Flag beach on your doorstep, icelolly.com.

Edited by **LISA MINOT** Follow me on X @lisaminot



TRAVEL

● **THERE'S** been a surge in people eyeing up holidays to Paris after the news that hundreds of thousands of Olympics tickets are still available. Loveholidays has seen a 20 per cent increase in searches for Paris since the Games kicked off compared to the same period the week before. Its deals include three nights' room-only at the 3★ Hotel le Twelve from £265pp, including flights leaving Gatwick on August 4. See loveholidays.com.

DON'T BE LET DOWN ON HOLS

GETTING sick on holiday is so common, there's a medical term for it. The Let-Down Effect is when your body relaxes after a stressful period, reducing stress hormones and exposing the immune system. The result can include colds, headaches and extreme tiredness. But help is at hand in the form of a new free service called Doctor Please! It provides 24/7 access to a virtual UK doctor, offering on-the-spot medical advice and prescriptions in any destination. Offered by travel insurers CoverForYou, Cedar Tree and Outbacker, there's no limit to the number of times you can use it while abroad. To join, download the insurers' free TravelMate app. The insurers are also behind the new BagFinder service, which prevents luggage going walkies by cleverly creating a unique QR code with your contact details on it.



KICK OFF... table footie GAME ON BEFORE YOU FLY

HEATHROW has unveiled its new pre-flight summer experiences, including free kids' meals and games. As 30million passengers are expected to pass through the airport this summer, new activities and retailers are being unveiled across its terminals. They include free to play football and digital ping-pong tables in each of its departure lounges, available until August 12. And until September 1, adults ordering a main meal from participating restaurants can choose a free kid's meal per child. Other summer perks include kids' arts and crafts trolleys, and £12.50pp fast track security access. New retailers at the airport include The Vinery wine bar and Jones The Grocer. See heathrow.com for more information.

A SEASIDE BREAK WITHOUT THE SEA IN QUIRKY TOWN



Matlock's totally gorge

EVERY seaside must-do is being checked off my list.

I have eaten ice cream, devoured fish and chips as well as played – and lost – on the arcade penny slots. I have sat with a cup of tea in a wind shelter, walked past a bandstand and even visited an aquarium. *But I cannot see a beach anywhere.* It is hardly surprising, since Matlock Bath is 70 miles from the nearest coastline. You will find this lively town at the bottom of a limestone gorge in deepest Derbyshire – not a county ordinarily known as a must-visit for a bucket and spade holiday. But Matlock Bath has been ignoring its inconvenient geography for centuries. Once famed as a spa resort, the town saw a decline in the fashion for mineral bath treatments. Instead there was the rise of railway travel in Victorian times, which encouraged locals to turn this village into an eccentric destination, caring not a jot that the nearest beaches are in Skegness or north Wales. Staying in Hodgkinson's Hotel on the high street is a retro experience, which combines the attractions of the Edwardian seaside experience

GO: MATLOCK BATH

STAYING THERE: B&B doubles at Hodgkinson's Hotel are from £196. See hodgkinsons-hotel.co.uk. For more information, see heightsofabraham.com and visitpeakdistrict.com.

with the Derbyshire inland charm. The corridors are a curiosity shop, displaying ancient tobacco tins, Oxo cubes and beef suet packets. My attic room, called Mayfield, is a cosy, characterful nook. Decorated in shades of cream and sage green, it has ancient wooden eaves, Victorian pitcher jugs and a view across the high street and burbling river. Yet Matlock Bath's quirks extend further than faux seaside attractions. At the end of the main street is the entrance to the Heights Of Abraham, a 60-acre hilltop park, reachable by mainland England's only Alpine-style cable car. The "swinging buckets", as locals refer to the cable cars, were built 40 years ago by the Pugh family, who still live on the summit. Before then,

it was more of an effort to reach the top. While a princess, Queen Victoria rode a donkey to the summit of the Heights in the early 1830s. Later, a tower was built in her honour, and today you can climb the spiral staircase for panoramic views of the Derbyshire Dales. I am grateful for the easier ride as the cable car winches me towards the Heights, which are named after the Plains of Abraham battle site in Quebec.

Cavern tour

The British fought in the Canadian city during the 1759 conflict, leading to a period of British supremacy in North America. After the gentle ten-minute ascent, rising above the treetops and demurely rolling hills and meadows, I arrive to find a Georgian-style pergola and a restaurant. Here I was served the finest Derbyshire outcake I have ever eaten – bursting with melted cheese and ham. There is also that Victorian viewing tower with steps steep enough to burn all those calories off again. More exercise awaits in the form

of an underground cavern tour. The Heights were once lead mines, with much of the extracted metal being used to help rebuild London after the Great Fire of 1666. Our guide takes a group of us into the caverns, which were formed more than 350million years ago. Mining began here in Roman times and, after the deposits were exhausted in the 19th century, former miners would lead candle-lit processions of visitors into what were then called "show caves" for live concerts by brass bands. Emerging back into daylight above ground, I let the cable car gently ease me back to Matlock Bath. Tempted by another ice cream, I think of Lord Byron, a visitor to the town in its heyday as a spa resort. In a letter to a friend, he wrote: "I can assure you there are things in Derbyshire as noble as Greece or Switzerland." The Don Juan author had a point. Matlock Bath may struggle for sea views, but when it comes to the oddity, this is a one-off British eccentricity that's still riding the crest of a very peculiar-looking wave.

ROB CROSSAN

BATH TIME... view from Heights of Abraham

NICE TOUCH... seaside-style shopfronts

TIME WELL SPENT... houses along the river



stay with the stars

HOUSE OF THE Dragon is back for its second series and we have just the thing for mega fans.

This very fancy Cornish holiday home, Ednovean House in Perranuthnoe, overlooks one of the series' locations, High Tide castle.

The site is used in the Game Of Thrones prequel as the seat of House Velaryon and is home to Lord Corlys Velaryon and Princess Rhaenys. It featured in episode five of the first series.

Fans may recognise the location as the historic castle on St Michael's Mount, which is open for visits at selected

tide times. Although with such great views from

Ednovean House you may not need to leave the holiday house.

The six-bedroom property is the perfect place to indulge in the drama of the new series. It has a lavish living area overlooking the crashing waves and a giant television on which to watch the HBO show.

As well as an enormous open-plan kitchen and large dining area, ideal for large groups, there is a pretty garden with a barbecue and six bright bedrooms, some with en suites.

A week's self-catering getaway in the luxury home costs from £211pp, based on 14 people sharing. See perfectstays.co.uk.



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TRUE BLUE... white alleys, churches and windmills make up Mykonos



YES PEAS... fancy fare on the menu at group's Santorini hotel



LAP OF LUXURY... rooms at Kivotos have private pool



BED HEAD... pool at Kivotos Mykonos



TRYING to choose one of the 6,000 Greek islands for a holiday can be a tricky decision to make.

GO: SANTORINI & MYKONOS

GETTING THERE: Flights from Heathrow to Santorini start from £87 each way. Flights from Mykonos to London Heathrow start from £67 each way. See britishairways.com.

STAYING THERE: Rooms at Kivotos Santorini start from £477.54, with breakfast, taxes, welcoming treat and free bottle of wine.

Rooms at Kivotos Mykonos start from £286.53, including breakfast, taxes and welcoming treat. Book a stay at both hotels for ten per cent off. See kivotoshotels.com.

which was a secluded haven away from the crowds.

A short staircase took me down to the pebbles where I plonked myself on a sun-lounger at the edge of the ocean, so I could let the warm waves lap my feet.

If you're not much of a beach fan, then the hotel has its own swimming pool, complete with in-water loungers, cabana beds and even swim-up Del Mar bar serving all the classic cocktails on ice.

If you're a fly-and-flopper you won't be disappointed by the poolside setting, with jazz music softly playing from the speakers while staff dish out ice lollies. But I

spent most of my time in my own suite, one of 40 at the hotel, the majority of which have their own swimming pool.

The beaming sun shone through the massive windows, bouncing off the pristine white walls and lighting up the whole room.

I made the most of the in-room espresso machine every morning before dipping my toes into my private pool and eyeing up the yachts moored in the cove.

The only thing that could tear me away from the tranquillity was the promise of a delicious breakfast at the rooftop La Meduse restaurant.

I became obsessed with Strapatsada, a scrambled egg dish mixed with tomato paste and feta, which I slathered on my toast every morning.

I always ordered it alongside fresh fruit platters and pastries – it's safe to say the waiters knew what I wanted by day three.

As with many new hotels, there were a few teething problems at the resort.

I arrived just days after it opened for the season, which resulted in the only on-site restaurant Namah having very few options available on its extensive menu.

This was the same for their lunchtime menu with the hotel app struggling to compute our room service order. You

lates

CYPRUS: Seven nights' B&B at the 4* Hotel Nestor is from £826pp, including flights from Gatwick on August 20. See tui.co.uk.

YORKSHIRE: Seven nights' self-catering at the Grooms Cottage from £183.75pp, based on four sharing and for arrival on August 9. See sykescottages.co.uk.

IBIZA: Seven nights' half-board at the 3* Azuline Mar Amantis Hotel is from £619pp, with Stansted flights on September 18. See jet2holidays.com.

WALES: Four nights' at the 4* Somerset Hotel in Llandudno is from £279pp, for arrival on August 11. Coach pick-up available. See daishs.com.

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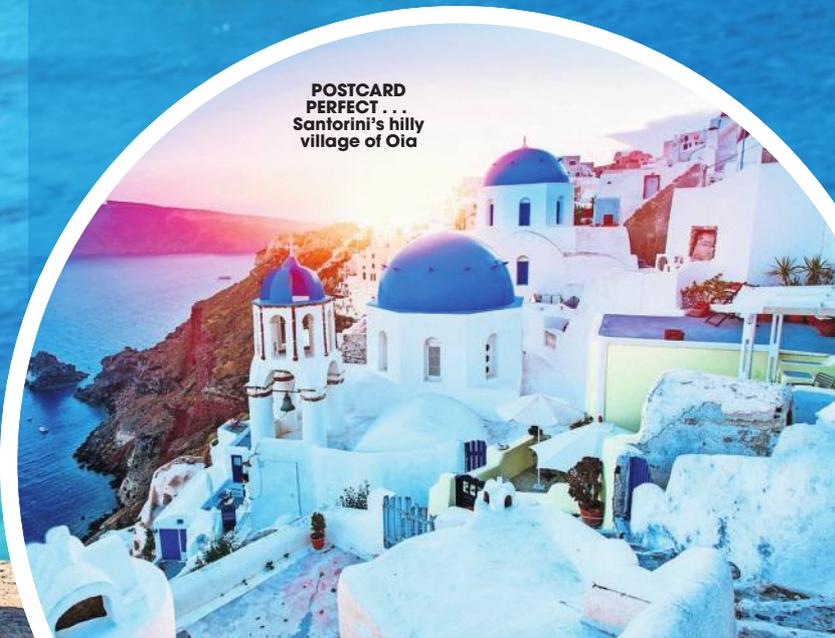


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Greece's two big hopspots

POSTCARD PERFECT... Santorini's hilly village of Oia



won't be short of food options though, as the main town of Mykonos is just a short taxi ride away, full of winding white alleys and bright blue-doored shops.

One of the most popular tavernas for lunch is Nikos. It's fuss-free with red and white check table covers, but has a long list of Greek and Italian dishes including the juiciest chicken souvlaki I've ever had.

Cave-like rooms

It's worth staying in town for the sunset too, best seen from one of the many restaurants lining the colourful Little Venice.

The sunsets are just as gorgeous on the neighbouring island of Santorini, where I was heading next.

It took us just two hours by ferry to reach Kivotos Santorini from the Mykonos resort. It's one of the more unique hotels on the island, forgoing the usual white and blue architecture for black colouring throughout - designed to imitate the volcanic land.

Each of the 30 cave-like rooms are different with indoor hot tubs or outdoor pools, along with ensuite that have rainfall showers and fancy Bvlgari toiletries.

However the star of the hotel is the rooftop Mavro restaurant, which has

unobstructed views of the sunset. It was pure magic on our second night, with the bright red sun fading out as I sipped my drink in awed silence.

An island known for its wine, I was won over by the Artemis Karamolegos 34, a crisp white made at one of Santorini's largest vineyards.

I was also won over by the exceptional food. The in-house chef, Dimitris Katrivas, serves up exceptional tasting menus. Dishes include red shrimp ceviche with melon molasses and the island's unique white aubergine seasoned with cinnamon and miso. And you will be well fed at breakfast, too, with huge platters of food including shakshuka, French toast tiramisu and acai bowls.

Thankfully, the hilly nature of Santorini meant walking it all off was easy and just a short taxi from the hotel is Fira, the island's capital.

Less romantic than the pretty Mykonos streets, it was the perfect place to fill my pockets with tacky fridge magnets, followed by a gelato from the many shops selling towering piles of ice cream.

The only question left of the holiday, which Greek island next?

KARA GODFREY

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YORKSHIRE coach Ottis Gibson will leave with his "head held high". Former West Indies all-rounder Gibson, 55, joined amid 2021's racism scandal that saw the club fined and docked points. He is off at the end of the County Championship next month and Yorkshire chair Colin Graves said: "He leaves with his head held high having helped build solid foundations."

JOS LOSS . . . Buttler may not be fit to face Australia

JOS OUT OF HUNDRED

JOS BUTTLER is "gutted" to be ruled out of **The Hundred** with a calf injury.

England's limited-overs skipper, 33, was due to lead Manchester Originals and in his absence they have lost their opening three matches in the competition. He wrote on Instagram: "Gutted to be missing The Hundred this year but best of luck to Manchester

By **MARK MASON**

Originals for the rest of the campaign. Working hard to be 100 per cent fit asap." The injury makes Buttler a doubt for England's three T20s with Australia, which begin on September 11. His future as white-ball captain has come under scrutiny after two poor World Cup title defences, which led to Matthew Mott standing down as head coach last week.

Bagnaia bit sticky

By **VIC HOLLY**

CHAMPIONSHIP leader Francesco Bagnaia was left fuming after a loose helmet sticker wrecked his chances of claiming pole in today's British MotoGP. The Ducati rider, 27, finished second in qualifying at Silverstone behind last year's winner Aleix Espargaro.

Bagnaia said: "I lost a sponsor banner on my helmet. It dropped in front of my eyes. I'm very angry. "Whoever manages these sorts of things has to be more precise." Ducati's Enea Bastianini claimed his first win of the season in the Sprint.

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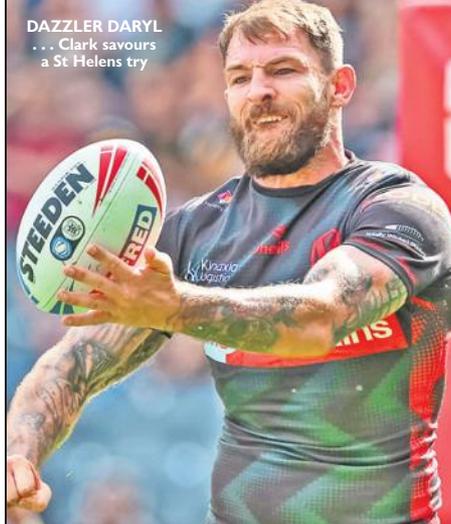
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DAZZLER DARYL . . . Clark savours a St Helens try



WATKINS . . . two tries

Marc so bootiful

Salford.....	22
Leeds.....	16

By **GARY CARTER**

MARC SNEYD booted five goals including a 50-yard monster as Salford took a step nearer the play-offs.

Kallum Watkins grabbed two tries to help the home side shrug off Tim Lafa'i's early sin-binning and scores by Leeds' Matt Frawley and Alfie Edgell.

But boss Paul Rowley admitted he was relieved to hear the hooter.

He said: "It was a long last five minutes.

"Taking two points from almost halfway was my call but Marc was comfortable with the distance and Kallum's performance was brilliant."

Rhinos had Rhysie Martin and James Bentley yellow carded and coach Brad Arthur said: "We did a lot of silly things — errors, sin-binnings, penalties. It's frustrating but we won't give up."

Saints' Morgan grinder

Hull FC.....	6
St Helens.....	46

By **GARY CARTER**

MORGAN KNOWLES believes St Helens will now be calmed after easily avoiding six of the worst.

Five straight league losses for the first time in 38 years sent tongues wagging over whether boss Paul Wellens would survive or if they would even make the play-offs.

But a double from recalled half-back Lewis Dodd (right) — plus a dream brace from young hooker Jake Burns — helped ensure there are no questions this week as FC were easily dispatched.

Loose forward Knowles said: "That was all about just getting the win. It was a long time since we lost five in a row.

"Getting a good performance makes it even better. It calms the nerves."

Interim FC coach Simon Grix said: "Saints' quality told and Daryl Clark ripped us apart. We weren't good enough."



Josh zero for hero

By **GARY CARTER**

JOSH ROURKE insists there will be no hero worshipping as he goes head-to-head with the man he cheered as a fan.

Catalans ace Sam Tomkins, 35, has come out of retirement after overcoming a knee problem.

He faces hosts London Broncos today and Rourke, 24, revealed: "I used to spend a lot of time in the South Stand as a Wigan fan watching Sam, who was my idol growing up.

"Playing against him will be pretty special.

"Look at what he's done in the game, you try to learn from players like him.

"You want to play against the best players to test yourself."

Phil Thomas



NO-NONSENSE ATTITUDE AND GRITTY OPINION

WITHOUT diving too deeply into the gender storm at the women's boxing in France, it has fuelled my own Olympic dreams. I'll buy a speedboat, insist it identifies as a yacht and enter the sailing at Los Angeles 2028 — I'm a good bet for a gold.

WITH the big kick-off still a fortnight away, it might seem a little early to start talking of awards... but one of them is already a no-brainer.

It has been since the end of May, when Ipswich got Kieran McKenna to sign a contract keeping him at Portman Road for four more years.

From the second he put pen to paper, the annual debate over the best business of the summer was finished before it began. The rest were merely playing for places.

It doesn't come with a trophy for the winner, there's no prize money on offer. Yet the dividend from McKenna's commitment could be absolutely priceless.

Not just for the Tractor Boys, either, in keeping hold of the hottest young manager in the game. That bit is obvious.

But McKenna's new deal was also a massive shot in the arm towards saving the credibility of the Premier League **AND** the Championship.

A tad over-dramatic? Well read on — presuming you're one of those who have got this far — and see if you still feel the same.

This time last year, I said the three promoted clubs had never been so certain to go straight back down. Oh how the fan mail flooded in from Burnley, Luton and Sheffield United fans.

And yes, they did ruffle some very big feathers at various stages over the next few months. But the bottom line is all three were relegated in pretty lame fashion.

It was the first year since Barnsley, Crystal Palace and Bolton in 1996 that all three promoted teams lasted a solitary season.

Of course, the dignified response to being proved correct would be to stay humble and offer words of solace and commiseration to supporters of the relegated trio.

However, given the flak I copped for my prediction, sod that. On the whole your teams were crap and you got what you deserved.

But back to the point... which is that it has never been more vital for one of the new boys to survive.

Because if all three promoted sides slipped back into the Championship for the second year in a row, it really wouldn't be a good look. Bloody awful, in fact.

One that could easily mushroom. One that the odds — Leicester, Southampton and Ipswich are all 1,000-1 no-hopers — suggest is likely.

One that English football cannot afford

Tractor buoyed

NOW IT'S VITAL FOR PREM THAT KIERAN KEEPS IPSWICH AFLOAT

because, for all the cheerleaders would claim otherwise, there is a chasm developing between the top two divisions. Even those coming up seem to sense it.

There are some who claim Saints' transfer business is more akin to a club getting ready to mount a Championship title challenge in 2026 than a survival fight in 2025.

And with so many question marks over points, penalties, and what they can spend, it is impossible to have any confidence in Leicester's fortunes.

Which leaves Ipswich as far and away the likeliest flag bearers. And they certainly have the most impressive long-term strategy.

Omari Hutchinson, Liam Delap and Jacob Greaves are all handy signings, a new deal for skipper and leader Sam Morsy equally important. Yet it is keeping their

gaffer in the face of serious outside interest which is the real deal breaker. One which showed belief and ambition on both sides.

From the club in paying a fortune to nail down McKenna and following that with decent dough on decent players.

And from the manager, who was seriously discussed at both Manchester United and Brighton.

He has even been mentioned for the England job but stayed loyal.

Now, though, the onus is on McKenna to make sure the circle of relegation inevitability is broken, because another season of "here we come, there we go" has serious consequences.

As it stands, the title battle is an elite club of no more than three. The survival fight must not become equally

predictable or we are in a football depression.

There's no doubt McKenna is a manager going places. A few dodgy results at Old Trafford and he'll be on United's radar again by October, for a start.

For now, though, he's going nowhere.

And for that the whole of football, never mind just those who drive a company tractor, should be grateful.

BEEB TAKE LE MICKEY

MARK it down as the day irony died... that moment the BBC poked fun at how worked up the French commentators were in calling the double swim gold for Leon Marchand (below).



This from a station where the experts tell the nation how, "I can't believe what I've just seen" and offer such insightful gems as, "Wow... just wow". At least

they do when they are not acting like cheerleaders and leaping around like kids with half-a-dozen family packs of Haribos inside them.

It's enough to have you screaming expletives at the telly before switching over from the Beeb to Eurosport for some proper coverage... which is exactly what I did.

★ **COOLEST** medallist of these Olympics must be 51-year-old Yusuf Dikec, who won mixed team 10 metre air pistol silver.

Technical gear worn by rivals is not for this Turk (below), with no custom blinder to obscure vision in one eye, no tinted lens over the other and no giant pair of ear defenders.



Just a baggy T-shirt, glasses that looked like he'd picked them off the discount shelf at his local Co-op — and one hand in his pocket as he casually popped away!

I have seen some middle-aged blokes shooting for coconuts at Stockton Heath Walking Day fair putting in more effort, so there's clearly hope for us all.

GREY DAZE AT UNITED

IT appears that the rising air of optimism amongst Manchester United fans might have been a tad misplaced after all.

There was already a dark sky over Carrington, as academy coaches at a club so proud of their youth policy wait to see how many will go as part of Sir Jim Ratcliffe's cost-cutting.

Then the thunderclap of new signing Leny Yoro and striker Rasmus Hojlund both getting crocked on the pre-season trip to America.



And topped off when coach Steve McClaren (left) quit to take the Jamaica job. Considering McClaren is a long-standing ally of manager

Erik ten Hag and — according to insiders — the brains behind their FA Cup-winning game plan, that last one is a real shock.

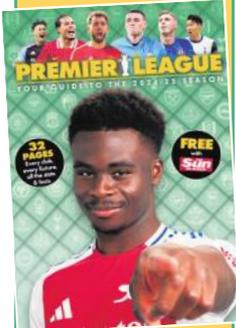
Then again, if the 11 years post-Fergie have proved anything, it's that United always find a cloud in every silver lining.

Although admittedly it usually takes a game or two of the new season to p*** on their fireworks.



IP, IP, OORAY... Ipswich have kept hold of McKenna for life in the Prem

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LOOKS PAINFUL
... Rangers' Leon
Balogun blocks an
Alan Forrest shot

SCOT KICK-OFF DRAWS BLANK

FOOTBALL is back — but we are still waiting for a goal.

Hearts..... 0
Rangers..... 0

The Scottish Premiership kicked off yesterday, delivering **TWO** goalless bore draws.

Last season's runners-up Rangers failed to find a way past Hearts at Tynecastle.

While Motherwell and Ross County also played out a stalemate.

Philippe Clement's Gers looked a work in progress ahead of Tuesday's trip to Poland for their Champions League qualifying round clash with Dynamo Kyiv. And the Belgian boss —

who last week signed an extended new deal — said: "I want better. I want to improve things. "I would have loved to win, we were really close but we could have lost this game also.

"I don't think we could have done much more in training. Just we still have a way to go."

Motherwell No1 Aston Oxborough and County keeper Ross Laidlaw both produced outstanding saves in the other 0-0 at Fir Park.

Alan Nixon

BOSS OF GOSS

SUNSPORT'S MAN IN THE KNOW FOR RED-HOT TRANSFER NEWS



JAPAN forward Ryo Germain is a target for Blackburn. Germain, 29, plays for Jubilo and is available for the right price — and could join fellow Japanese striker Yuki Ohashi at Ewood Park. Blackburn and Stoke are haggling over a swap deal involving Potters midfielder Lewis Baker and Rovers' Lewis Travis.

DERBY hope to beat Birmingham to the signing of Brest attacker Karamoko Dembele. The Rams want to do a deal with the French side for speedy Dembele, 21, who was on loan at Blackpool last term. He fancies life in the Championship but League One side Brum can offer him the chance to play alongside brother Siriki, 27.

Tom Cann't go just yet

JAMIE VARDY'S injury is stopping Leicester from loaning out Tom Cannon.

Vardy, 37, could miss the first fortnight of the Foxes' return to the Prem.

That leaves Cannon as one of only a couple of fit and available central



strikers for boss Steve Cooper.

Sheffield United, West Brom and Norwich are all keen to take

Cannon (above). The Canaries want him as Adam Idah is a firm target for Celtic.

But they will all have to wait until the end of the window to see if Cannon comes on to the market.

STEVENAGE are trying to sign Jake Young from League Two side Bradford.

Boro think the striker, 23, can make the step up a division.

Despite that they are haggling about the price with the Bantams.

Elliot switch is Don deal

SUNDERLAND midfielder Elliot Embleton is wanted by Blackpool — but ambitious MK Dons have entered the race.

Embleton, 25, has a year left on his deal but missed a season with injury.

The Black Cats would be happy to sell but the Seaside want to see him playing regularly first.

Dons could take the plunge instead and offer a loan with a view to a full-time move if Embleton plays enough games.



Julio a target for Robbie Slot

LIVERPOOL want left-back Julio Soler and see him as Andy Robertson's long-term replacement.

The Reds have been watching Argentine Soler, 19, at the Olympic Games and made contact with his club Lanus back home.

Several leading outfits are on the trail of Soler, who has stood out for club and country and is the type of attacking defender the Anfield giants love.

Scotland captain Robertson (right), 30, is still the clear No1 choice on Merseyside. But Soler could

come in and be groomed for the role in the future.

He would have to buy into that idea and that could be the biggest snag as the fee should be within Liverpool's reach.

Lanus are looking for around £3million for their youngster, who could be a huge and very shrewd investment.

Meanwhile, the Kop side are stalling on a decision on young attacker Jayden Danns, 18, who is wanted by Wayne Rooney at Plymouth.

Danns may be kept by new manager Arne Slot to see how he progresses rather than go out on loan.



MATT'S A MATE

SOUTHAMPTON boss Russell Martin is hoping his relationship with Celtic's Matt O'Riley will win the race for his signature.

Martin and O'Riley (left) are close from their time together at MK Dons.

The go-scoring midfielder has been chased by Italian side Atalanta but Premier League football may appeal to him more.

Yet Saints will have to go above £20million to persuade Celtic to sell a player who has also drawn interest from Brighton, Chelsea and Crystal Palace but is unlikely to settle for being a squad man at any new club.



HULL are looking into a shock move for veteran keeper Vito Mannone — 12 seasons after his second loan spell with the Tigers.

Mannone, 36, is a target for the Humber-side club following a spell in France with Lille.

The Italian was an Arsenal hopeful when he played 31 times in two stints with the Tigers.

WILL MATTER

NEWCASTLE'S move for Sheffield United striker Will Osula will have a huge impact on the takeover bid at Bramall Lane.

Blades owners need cash for new players but a sale may also generate funds to stall or even kill the deal.

An Anglo-American group want to buy the club and hope to keep Osula (right), 20, as a future prospect — and to prevent an obstacle to their bid.

The Blades are keen to use proceeds from a sale to buy Plymouth keeper Michael Cooper, 24, who is also of interest to Crystal Palace.



Mateta after Palace rise

JEAN-PHILIPPE MATETA is angling for a new contract at Crystal Palace as his reputation soars.

Mateta rattled in 16 Premier League goals last season, including nine in the final six games.

He has also scored two for France at the Olympics — one of them in the 1-0 win over Argentina that set up a semi-final against Egypt tomorrow.

There is talk of a big move abroad for Mateta (right) but his club could nip that in the bud with a pay rise before the end of the window.

RB Leipzig have previously bid for the striker, 27, and may return with an offer.

Palace do not want to lose Mateta and they have no replacement plans.

Odosone Edouard, 26, is also keen on a new deal but the Eagles have yet to start any negotiations.

Exeter want Selhurst forward Roshanu Mathurin, 20, on loan but he is close to Oliver Glasner's squad.



BIG AL'S Wicked Whisper

WHICH EFL club is in takeover talks... but demanding a new buyer puts big money in to build a new stand?

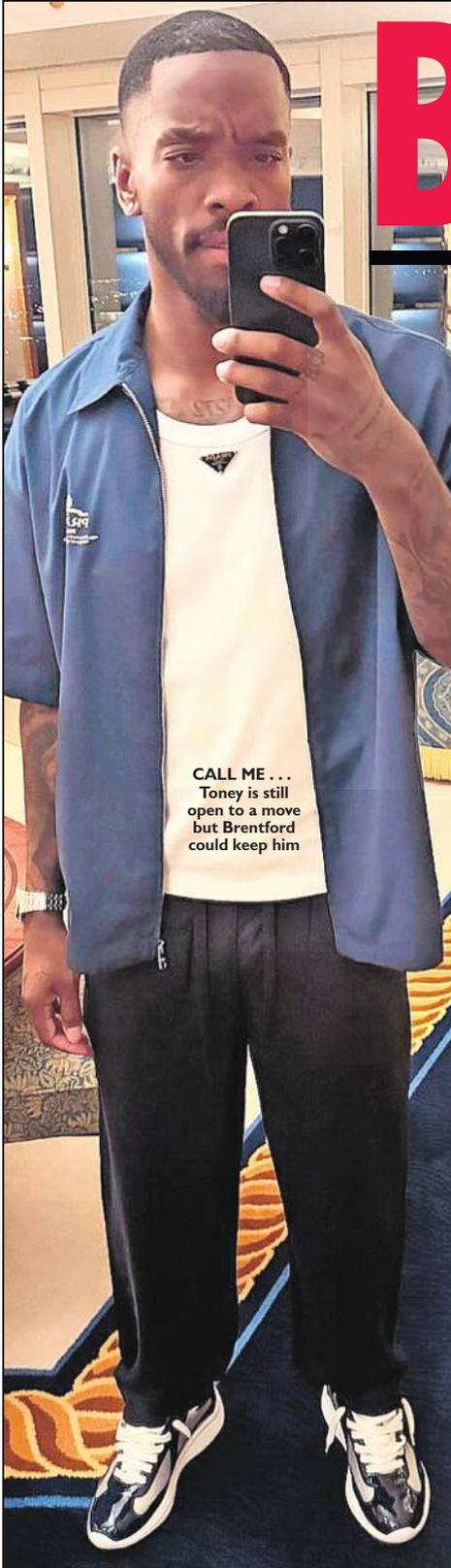
The current owners intend to get out but are putting in the unusual clause to check the next lot are genuine.

This means any commitment must be backed by £5million to fund much-needed ground improvements.

PREM



IVAN TONEY'S TRANSFER SAGA



CALL ME...
Toney is still open to a move but Brentford could keep him

Beetwixt & Beetween

TONEY LEFT IN LIMBO

IVAN TONEY'S no-look penalty at Euro 2024 may end up being the highlight of his summer.

Big clubs are still looking at the Brentford and England striker as the transfer window enters its final four weeks.

But the Bees are yet to receive a formal approach for Toney, whose price-tag was **£80MILLION** not so long ago.

And even if someone is willing to pay a reduced but still sizeable fee before the August 30 deadline, the club have good reasons to hold on to a player with less than a year left on his contract.

But Brentford boss Thomas Frank is not in a position to rule out Toney leaving.

Even though Igor Thiago – the £30m club record signing brought in as Toney's potential replacement – is out until Christmas after knee surgery.

Asked after yesterday's 1-1 pre-season draw at Watford if Toney would stay at the Gtech Stadium, Frank said: "I'm very confident that every time I speak to you until August 31, I will be asked this question."

"At this moment in time he is a Brentford player.

"If he is a Brentford player after September 1, I will be absolutely buzzing because he is an unbelievable player.

"With Ivan, we have got five very good offensive players who I am very confident can do the job. If Ivan is not here, then let's take that situation."

Toney has made no secret of his desire to play for a team that is challenging for trophies.

But if he does not get his wish in this window, Frank is confident his talisman will give his all for the club.

The Bees chief added: "100 per cent. I can only praise Ivan massively. He has been with us for four years and he

By **DAN KING**



has impressed in every single season.

"He has added layers and I can't see any reason why he shouldn't keep going.

"He wants to improve, he wants to go the highest level and he loves this club, he loves the boys."

Frank claimed Thiago's injury did not necessarily mean Toney would not be sold.

As the Dane pointed out, fellow forwards Bryan Mbeumo and Yoane Wissa were "on fire" at the start of last season, when Toney was serving his eight-month ban for betting offences.

Injuries in defence derailed the Bees' season and they finished 16th, 13 points clear of the drop zone.

But competition is likely to be fiercer down the bottom in the coming season.

Selling Toney when Thiago, 23, will be out until at least Christmas looks like a risk not worth taking.

Off the field, too, why accept a fee of £50m or less, when

relegation would cost at least £100m? Brentford, one of the few top-flight clubs to make a profit, do not need the cash.

From the point of view of potential buyers, spending big on a 28-year-old would also be a gamble, especially with Profit and Sustainability Rules.

But it would still be a surprise if none of Toney's Premier League suitors tested Brentford's resolve before the end of the month.

Last week Tottenham boss Ange Postecoglou – who has previously described Toney as "fantastic" – suggested that signing an "out-and-out No9" was a priority in the remainder of the window.

But Bournemouth's Dominic Solanke, Lille's Jonathan David and Sporting Lisbon's Viktor Gyokeres appear to be higher on the Londoners' shortlist.

Yet Spurs and fellow Toney suitors Arsenal, Manchester United and Chelsea could all end up looking at him again if other options do not work out.

The countdown to transfer deadline day can do funny things to people.

But Brentford, the most clear-headed and rational of clubs, will take some persuading to sell Toney this summer.

Year	Club	Game	Goals
2012-15	Northampton	60	13
2015-18	Newcastle	4	0
2015	Barnsley (loan)	20	2
2016-17	Shrewsbury (loan)	26	7
2017-18	Wigan (loan)	28	6
2017-18	Scunthorpe (loan)	35	15
2018-20	Peterborough	94	49
2020-present	Brentford	141	72
	TOTAL	408	164
	Country		
2023-present	England	6	1

TONEY CAREER RECORD
(All competitions)

CRIS STAYS REAL

CRISTIAN ROMERO insists he is targeting trophy success at Tottenham despite being linked with Real Madrid.

The LaLiga giants have been tracking Romero (right), 26, but the Argentine centre-back is focused solely on Spurs ahead of the new campaign.

He said: "I always strive to play at my best. I have a lot of respect for Tottenham.

"They've always given me a lot

By **TONY WARD**

of support, so I like playing here. I don't think about other clubs or their possibilities.

"Hopefully, this year we can win a title at Tottenham."

After the tour of Japan and South Korea, Spurs boss Ange Postecoglou said: "The important thing for us was we got ten days of really solid training.

"The guys will feel the benefits of it when we get back."



DEAL FOR O'NEIL

WOLVES want boss Gary O'Neil to sign a new long-term deal before the start of the season.

O'Neil, 41, has held talks over a fresh contract – which will include a big pay rise – as a reward for his impressive debut campaign at Molineux.

Thrown in at the deep end in succeeding Julien Lopetegui last August, O'Neil is 12 months into his initial three-year deal. But he worked wonders by leading the

By **DARREN WITCOOP**

club to mid-table and an FA Cup semi-final when his brief was to avoid relegation against a backdrop of financial uncertainty.

And his achievements were despite seeing £150million of talent sold within a month to meet Profit and Sustainability Rules.

Wolves have had to sell again this summer, with captain Max Kilman rejoining Lopetegui at West Ham for £40m.



Crys will fire Irons Euro bid

By **JACK ROSSER**

CRYSENCIIO SUMMERVILLE vowed to fire West Ham back into Europe after his £25million move from Leeds.

The Irons are revamping their attack as they close on a £23m deal for Borussia Dortmund's Niclas Fullkrug alongside Summerville.

Dutchman Summerville, 22, signed a six-year deal.

And he said: "There is so much history here and the team have done so well in the Premier League and in Europe over recent years.

"I'm here to help write more history and I'd love to help West Ham get back into Europe."

Fullkrug, 31, scored twice for Germany during Euro 2024.

Dortmund confirmed in a statement: "Niclas has left training camp in Switzerland. Dortmund have allowed the striker to leave for talks with another club."

West Ham also agreed terms with Argentine midfielder Guido Rodriguez, 30, who will join on a free transfer from LaLiga club Real Betis.

Hammers chiefs are backing new boss Julen Lopetegui in the transfer window with Max Kilman, Luis Guilherme and keeper Wes Foderingham already signed.

Lopetegui still wants a right-back and talks over Manchester United's Aaron Wan-Bissaka are ongoing.

Sport

NORWICH accepted a £20million offer from Galatasaray for star midfielder Gabriel Sara.

The Brazilian, 25, who was left out of yesterday's friendly with St Pauli, cost City £9.4m two years ago.

SHORT

PREM COUNTDOWN 12 DAYS TO GO

OLIVIER GIROUD was the first man to win the Puskas Award for a Prem goal – his scorpion kick v Crystal Palace in 2017 (below) while wearing Arsenal's No12 shirt.



Blues must attack Europe with Gusto

MALO GUSTO told Chelsea's big-money superstars to embrace the Conference League.

Blues are in tomorrow's play-off draw for Uefa's third-tier tournament and right-back Gusto, 21, is after a first trophy for their American owners.

The France ace said: "It is better than nothing, we must take it step by step. "We are young and the Conference League can be nice for us to know how the European Cup is."

"We have a good group, lots of players and more matches this season so it is going to be nice to build something and put

From **JACK ROSSER**

Chelsea where we have to be. We have to win something, it is very important and it's the objective."

New Blues boss Enzo Maresca has used Gusto in midfield this summer, a position he played at Lyon as a teenager.

Speaking at a Soccer in the Streets event during Chelsea's US tour, Gusto added: "In modern football you must play not only in one position."

"It's important and I try to do my best as a midfielder and a full-back."

"It's the same thing and I just have to show my best on the pitch."

SPORTS ROUND-UP: RESULTS & FIXTURES

CINCH PREMIERSHIP

HEARTS (0) 0 RANGERS (0) 0
Att: 18,478

MOTHERWELL (0) 0 ROSS COUNTY (0) 0
Att: 4,353

CINCH CHAMPIONSHIP - Airdrieonians 1 Raith 0, Hamilton 0 Ayr 2, Livingston 2 Dunfermline 0, Partick 0 Morton 0. **Played Friday** - Falkirk 2 Queen's Park 1.

CINCH LEAGUE ONE - Alloa 0 Queen of South 0, Cove Rangers 1 Annan Athletic 3, Inverness CT 1 Dumbarton 1, Montrose 1 Kelly Hearts 1, Stenhousemuir 2 Arbroath 1.

CINCH LEAGUE TWO - Bonnyrigg Rose 0 Peterhead 1, Edinburgh City 1 Stirling 2, Elgin 4 East Fife 2, Forfar 0 Clyde 0, Stranraer 2 Spartans 2.

FRIENDLY MATCHES

PRESTON 0 EVERTON 3
Calvert-Lewin 19 (pen) O'Brien 61 Lindstrom 70

QPR 0 BRIGHTON 1
Welbeck 52 (pen)

TOTTENHAM (0) 1 BYN MUNICH (1) 2
Porro 66 Vidovic 4 Goretzka 56

WATFORD 1 BRENTFORD 1
Sissoko 8 Schade 6

HOFFENHEIM 0 IPSWICH 1
Taylor 43

MILLWALL 0 SOUTHAMPTON 1
Armstrong 64

Yokohama F. Marinos 2 Newcastle 0, Augsburg 1 Leicester 0, AFC Wimbledon 0 Barnet 2, Atrincham 0 Bradford 0, Barrow 1 Wigan 0, Birmingham 4 West Brom 1, Bristol City 0 Wilem 10, Bristol Rovers 0 Cardiff 2, Carlisle 2 Stockport County 1, Cheltenham 2 Northampton 0, Colchester Cambridge Utd 0, Coventry 1, Wexham 2, Crewe 0 Blackpool 2, Curzon Ashton 0 FC Halifax 0, Dag & Red 0 Leyton Orient 1, Darlington 0 Harrogate Town 0, Ebbsfleet United 1 Crawley Town 1, Exeter 3 Eastleigh 0, Grimsby 0 Mansfield 1, Lancaster City 2 Accrington Stanley 1, Leeds 2 Valencia 1, Middlesbrough 1 Hereford 0, MK Dons 0 Plymouth 1, Norwich 1 St Pauli 3, Oldham 1, Shrewsbury 0, Oxford Utd 0 Palermo 2, Peterborough 1 Notts County 0, Port Vale 0 Bolton 3, Reading 2 Hull 0, Rochdale 5 Salford City 2, Rotherham 0 Doncaster 0, Solihull Moors 0 Walsall 0, Stoke 0 AZ 1, Swindon 1 Wycombe 0, Woking 1 Gillingham 1, Hove 1 Ipswich 1, Sheff Wed 0 Leganes 0, Derby 2 Valladolid 1, Luton 1 Celta Vigo 3, Sunderland 2 Marseille 2, Burton Albion 2 Morecambe 2, Chaffton 2 Portsmouth 0, Hereford FC 0 Newport County 0, Swansea 3 Rio Ave 0, Wrexham 1 Fleetwood Town 0.

CRICKET

THE HUNDRED MEN
Birmingham Phoenix v Southern Brave
Edgbaston: Southern Brave 169-2 (100 balls; J M Vince 50*); Birmingham Phoenix 137-8 (100 balls; S M Duckett 52; A J Hosen 3-23; C J Jordan 3-19). **Southern Brave (2pts) win by 32 runs.**

Team	P	W	T	NR	RR	Pts
Brave	4	3	0	1	0	7.92
Rockets	3	2	0	1	0	7.00
Invincibles	3	2	0	1	0	5.54
S'chargers	3	2	0	1	0	-0.73
Phoenix	4	2	0	2	0	-8.57
Fire	3	1	0	2	0	3.86
Spirit	3	1	0	2	0	-0.30
Originals	3	0	0	3	0	-1.659

*not including Trent Rockets v Welsh Fire

THE HUNDRED WOMEN
Birmingham Phoenix v Southern Brave
Edgbaston: Birmingham Phoenix 137-7 (100 balls; A E Jones 51); Southern Brave 121 (97 balls; E A Perry 9-21; C R Paveley 3-21). **Birmingham Phoenix (2pts) win by 16 runs.**

Trent Rockets v Welsh Fire
Trent Bridge: Trent Rockets 130-5 (100 balls); Welsh Fire 131-4 (98 balls; S J Bryce 51*); **Welsh Fire (2pts) win by 6 wickets.**

Team	P	W	T	NR	RR	Pts
Fire	4	3	0	1	0	8.05
Spirit	3	2	0	1	0	3.35
Originals	3	2	0	1	0	-0.27
Invincibles	3	2	0	1	0	-3.53
Phoenix	4	2	0	2	0	-5.75
S'chargers	3	1	1	1	0	1.03
Rockets	4	1	0	3	0	1.55
Brave	4	0	1	3	0	-3.59

RUGBY LEAGUE

BETFRED SUPER LEAGUE

HULL (0) 6 ST HELENS (10) 46
Hull - Tries: Walker. Goals: Lane.
St Helens - Tries: Dodd (2), Mackson, Clark, Whitley, Burns (2), Paasi. Goals: Mackson (7).

SALFORD (12) 22 LEEDS (16) 16
Salford - Tries: Watkins (2), Mellor. Goals: Sneyd (5).
Leeds - Tries: Frawley, Edgell, Croft. Goals: Martin (2).

Team	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
Salford	20	13	0	7	377	382	26
St Helens	20	12	0	8	501	262	24
Catalans	19	12	0	7	365	274	24
Leeds	20	10	0	10	371	364	20
Leigh	19	9	1	9	392	286	19
Huddersfield	20	7	0	13	350	455	14
Castleford	20	6	1	13	336	523	13
Hull	20	3	0	17	274	612	6
London Br	19	1	0	18	198	725	2

BETFRED CHAMPIONSHIP - Swinton 4 Toulouse 48.

Team	P	W	D	L	F	A	Pts
Wakefield	17	16	0	1	584	206	32
Toulouse	18	13	1	4	554	240	27
Sheffield	17	12	0	5	488	283	24
Bradford	17	10	1	6	401	297	21

GOLF

LPGA TOUR PORTLAND CLASSIC (Portland, Oregon): **2nd Rnd** (USA unless stated): **128 D** Weber (Hol) 66 **62**, **130 A** Lee 67 **63**, P Mack (Gen) 67, **131 G** Kim (Aus) 66 **65**, J Shin (Kor) 66 **65**, **132 A** Pano 68 **64**, E Talley 65 **67**.

MOTORCYCLING

MOTOGP GRAND PRIX OF GREAT BRITAIN (Silverstone): **Sprint race** - **1 E** Bastianini (Ita) Ducati 19m 49.929s, **2 J** Martin (Spa) Ducati +1.094s, **3 A** Espargaro (Spa) Aprilia at 2.023, **4 B** Binder (Rsa) KTM at 8.844, **5 P** Acosta (Spa) KTM at 8.777, **6 A** Marquez (Spa) Ducati at 9.043.

RALLYING

RALLY FINLAND (Jyväskylä): **Stage 16** - **1 K** Rovanperä (Fin) Toyota 2h 03m 53.8s, **2 S** Ogier (Fra) Toyota +44.2s, **3 T** Neuville (Bel) Hyundai +1m 23.8s.

TENNIS

ATP & WTA MUBADALA CITI DC OPEN (Washington DC, USA): **Qtr-finals, Women** - **P** Raducanu (Spa) bt E Raducanu (Gbr) 4-6 7-5 6-4, **C** Dolehide (USA) bt A Anisimova (USA) 7-6 (7-5) 6-1, **M** Bouzkova (Cze) bt R Montgomery (USA) 6-3 6-1; **A** Sabalenka (Blr) v Azarenka (Blr) 6-4 6-4. **Men** - **F** Cobelli (Ita) bt A Michelsen (USA) 7-5 3-6 7-6 (7-2); **B** Shelton (USA) bt D Shapovalov (Can) 7-6 (7-5) 6-6 (6-3) disqualified; **S** Korda (USA) bt L Thompson (Aus) 6-4 6-2; **F** Tiafoe (USA) bt A Rublev (Rus) 6-4 7-6 (7-3).

TODAY'S SPORT

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..... **3.0**

FRIENDLY MATCHES: AFC Bournemouth v Rayo Vallecano (3.0), Cadiz v Burnley (5.30).

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 (Ridlett, 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.

BETFRED 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.

PREMIER LEAGUE



Mikel Arteta

merciless

'RUTHLESS LIKE PEP'

MIKEL ARTETA proved he is as "ruthless" as mentor Pep Guardiola by selling yet another Arsenal academy star.

EXCLUSIVE by **JORDAN DAVIES**

But Gunners legend Ray Parlour urged Fulham new boy Emile Smith Rowe to prove the Emirates boss wrong by reclaiming a spot in the England team.

Smith Rowe made just 13 Prem appearances last term and won the last of his three senior Three Lions caps in March 2022.

Smith Rowe, 24, joined the Cottagers for £27million - plus £7m in add-ons - after falling out of favour with Arteta owing to injuries and a drop in form.

Speaking to SunSport via Netbet Sports Betting, Parlour added: "The deal is great for both parties. Fulham are getting an excellent player and Smith Rowe has a good opportunity to prove Arteta wrong."

His is the latest homegrown exit from the Emirates during Arteta's tenure, following Joe Willock's £25m switch to Newcastle in August 2021 and Folarin Balogun's £25.75m Monaco deal last August.

fit, works hard and gets back into that form he showed at Arsenal, he could be pushing back into England's squad."

Academy product Parlour - who lifted three Prem titles and four FA Cups in 15 years at Arsenal - wants the Spaniard to give more kids a first-team chance.

A dozen Arsenal academy hopefuls joined the seniors on their pre-season tour of the United States, including 17-year-olds Ethan Nwaneri, Myles Lewis-Skelly and Ayden Heaven.

But the former midfielder (inset) compared Arteta to Manchester City chief Guardiola in refusing to let sentiment cloud his judgment.

But the exits of 19-year-old pair Amario Cozier-Duberry to Brighton and Reuell Walters to Luton were met with surprise.

Parlour, 51, said: "Arteta is ruthless. He has learned that from Pep. If you're not doing your job, you're out. "It could be argued that in my time, Arsene Wenger was too loyal and wanted continuity with the same players - but Arteta is fearless."

And 16-year-old striker Chido Obi-Martin - who scored 32 goals for Arsenal's Under-18s last season - has rejected a new deal.

"Managers live by decisions and he hasn't made many bad ones. "I doubted him for dropping Aaron Ramsdale for David Raya but now no one talks about it."

Parlour added: "I hope a few more come through the academy but the standard has gone up. "You've got to be very special, like Bukayo Saka, to even think about getting into the first team. "They have a good squad - one that can win the Premier League."

"Fair play to him for having the balls to leave people out and sell them."

GUNNERS' ACADEMY SALES

Joe Willock Newcastle AUG 13 2021 £25m	Folarin Balogun Monaco AUG 30 2023 £25.75m	Emile Smith Rowe Fulham AUG 2 2024 £27m initial
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£70M ALVAREZ

From **Back Page** forward, also a target for Paris Saint-Germain. No clubs have made offers as yet. He is now set to make a decision on his future with Argentina out of the Olympics.

Alvarez, 24, under contract until 2028, referenced his lack of game time at City earlier this week when he said: "When the Olympics are over, I'll start thinking about what I want. In important games, you don't like being left out."

But City are not happy at being kept in

the dark and now intend to force the issue with director of football Txiki Begiristain planning to hold talks.

Meanwhile, Erdogan's hopes of a move to Saudi Arabia this summer are fading with Al-Ittihad refusing to meet the £50m fee. City knocked back two bids of £25m.

Full-back Yan Couto, 22, sealed a season-long loan to Borussia Dortmund with a view to a permanent £25m transfer next summer.



FEARLESS... Ray Parlour says Mikel Arteta is not afraid to make big decisions as he attempts to win silverware for Arsenal

RIVALRY UP FOR SCRAP

By MARTIN BLACKBURN

MANCHESTER CITY expect to be ring rusty when they return to Prem action at Chelsea in two weeks' time.

But you can be sure they will be up for another royal rumble with Arsenal and the other title pretenders once the season is in full swing.

Rico Lewis, Calvin Phillips and other members of Pep Guardiola's squad visited the WWE Performance Centre in Orlando this week.

It was part of a new collaboration between the two organisations that has been announced this week.

And the feeling is that nobody will wrestle the title from their grasp this season without an almighty scrap. City did not win their two opening matches on tour in America.

Yet if anyone is hoping this could be the beginning of the end for the four-in-a-row champs, then think again.

FOURTEEN

of their stars did not go on the trip due to involvement in international tournaments.

Most have clocked back in at the Etihad ready to start their pre-

WRESTLE MANIA!

City ring bell on title fight

parations. So this week will be the first time boss Guardiola has anything like a full squad back to begin work with.

Even then there could be a few absentees. He told the four who reached the Euro 2024 final – Phil Foden, Kyle Walker, John Stones and Rodri – not to return until they feel ready.

Meanwhile, there has been speculation over the future of a few stars this summer, including Ederson, Kevin De Bruyne and Julian Alvarez.

So do not be surprised if City are a little slow out of the blocks over the first few

weeks of the season. We have seen that before and it has worked out fine in the end.

Guardiola's message, as ever, will be hang in there for the first few months – and then go through the gears.

But the Spaniard admitted: "I'm desperate for when the players come back – to start to train all together and refresh what we have to do."

"Normally we come here on tour with 80 per cent of the first team, this time we are here with 20 per cent so it's a big difference.

"We'll arrive in the season late, so it's try not to drop points, and try to compete

well. A proper preparation is impossible but the players deserve their holidays.

"To play every few days in front of 65 or 70 thousand, or 50 thousand people, it is so exhausting. It is a lot of responsibility to do well.

"This demands a lot of energy, not just physicality, that's why they need a break and a holiday."

Summer signing Savinho, who will be unveiled today, is the only new face.

There could be more but the feeling is that unless there are departures then City have the squad they need for what looks a gruelling campaign.



FIGHT CLUB . . . Rico Lewis and Calvin Phillips were among City stars who stepped into the ring at the WWE Performance Centre

Team talks will be shorter

PEP GUARDIOLA joked he will have to shorten his team talks after Manchester City were slapped with a £2million fine for turning up late.

The champions were punished by the Premier League for delaying 22 kick-offs or restarts following half-time across the last two seasons.

Boss Guardiola said: "I just read it in the news. I will try to do my speeches at half-time shorter!"

He faced his former assistant and

From JACK ROSSER in Columbus

close friend Enzo Maresca and his Chelsea side as City ended their pre-season tour of the United States here at Ohio Stadium last night.

Maresca worked alongside Guardiola during the Treble-winning season having been in City's academy before and they still speak regularly.

Guardiola added: "I'm really pleased for him. We spent a special year together."

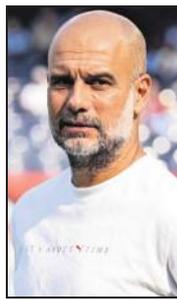
"He is an incredible, lovely person.

And his family, too. He did a really good job, unbelievable, at Leicester, promotion to the Premier League.

"And now he is in one of the top five, six teams in England. I wish him the best because he deserves it."

"As a manager he has success because he has the most important thing. To be a manager is believing something deeply – but really deeply, deeply. And whatever the results, I stick with my idea."

"And he will have success. I don't know how long but he will have it."



GUARDIOLA . . . fined



MUM-BELIEVABLE

JUDE BELLINGHAM cheers on his younger brother Jobe at a Sunderland pre-season clash. The England star, 21, and mum Denise saw Jobe (below), 18, and the Black Cats come from behind to draw 2-2 with Marseille in Bradford.



GUEHI BID

From Back Page is also being eyed by Manchester City and Tottenham.

Toon boss Eddie Howe insisted he was "out of touch" with his club's latest deals yesterday.

He added: "I know we're trying, I'm not going to talk about individual deals."

Howe is close to sealing a £10m deal for Sheffield United forward William Osula, 20.

But the Newcastle chief had a scare as Alexander Isak injured a shoulder in Toon's 2-0 friendly loss

to Yokohama F Marinos in Japan yesterday.

Isak went down in pain after a collision and was withdrawn at the break.

But when asked if Isak was taken off because of an injury, Howe said: "No, that was scheduled for him."

"It was sore but he was fine to carry on."

"We don't envisage any problems but, of course, we need to check out how his shoulder is."

Toon striker Callum Wilson will miss the start of the season with a back problem.

Bayern block

BAYERN MUNICH are refusing to budge over Manchester United's twin targets Matthijs de Ligt and Noussair Mazraoui.

The Germans want £64million for the two defenders – but United have only offered £51m.

Old Trafford chiefs thrashed out personal terms with Dutch star De Ligt, 24, weeks ago.

And Morocco right-back Mazraoui, 26, is also thought to have agreed a five-year deal – both with options of a further year.

Bayern boss Vincent Kompany declared both players surplus to requirements but Munich need to fund a move for Bayer Leverkusen centre-back Jonathan Tah.

By DAN KING

United's ability to meet their demands could hinge on how much can be raised by selling right-back Aaron Wan-Bissaka.

Their hopes of bringing in £15m for Wan-Bissaka, 26, have been boosted by Inter Milan entering the race to sign him. West Ham have offered £10m.

Amassive star

MANCHESTER UNITED kid Harry Amass is helping ease concerns over Luke Shaw's injury record.

United only signed the 17-year-old Londoner from Watford a year ago.

Amass, who impressed in pre-season games with Arsenal and Real Betis, might get a chance at the start of the new season due to problems plaguing Shaw and Tyrell Malacia.

England defender Shaw, 29, missed most of the Euros due to a hamstring problem. And Amass

By NEIL CUSTIS

said: "My intention is to play first-team football at this club."

"If the opportunity comes, I've got to take it with both hands, it could change my career."

"I am just waiting for that moment, I'm ready."

All-action Amass provided the assist for Amad's goal in Thursday's 3-2 win over Betis.

He added: "On the ball I am comfortable, I like to dribble a lot, I like to take on players, I like to excite the fans."

OLYMPICS

GYMNASTIC FINALS

ARCHERY
Women's Individual Final: S Lim (Kor) bt S Nam (Kor) 7-3.
Women's Individual 1/8 Elimination Round: S Lim (Kor) bt M Havers (Gbr) 7-1.

ARTISTIC GYMNASTICS
Men's Floor Exercise Final: 1 C Yulo (Phi) 15.00pts, 2 A Dolgopiat (Isr) 14.966, 3 J Jarman (Gbr) 14.933, 4 I Kovtun (Ukr) 14.533, 5 M Karimi (Kaz) 14.500, 6 L Whitehouse (Gbr) 14.466.
Men's Pommel Horse Final: 1 R Mc Clellanagh (Iri) 15.533pts, 2 N Kurtanov (Kaz) 15.433, 3 S Nedorosck (USA) 15.300, 4 M Whitlock (Gbr) 15.200.
Women's Vault Final: 1 S Biles (USA) 15.300pts, 2 R Andrade (Bra) 14.966, 3 J Carey (USA) 14.466, 4 C An (Pri) 14.216.

ATHLETICS
Women's 100m Final: 1 J Alfred (Lca) 10.72secs, 2 S Richardson (USA) 10.87, 3 M Jefferson (USA) 10.92, 4 D Neita (Gbr) 10.96, 5 T Terry (USA) 10.97.
Men's Shot Put Final: 1 R Crouser (USA) 22.90m, 2 J Kovacs (USA) 22.15, 3 R Campbell (Jam) 22.15.
4 x 400m Relay Mixed Final: 1 Netherlands 3mins 07.43secs, 2 United States 3:07.74, 3 Great Britain (S Readson, L Nielsen, A Haydock-Wilson, A Anning) 3:08.0.
Women's Triple Jump Final: 1 T Lalond (Dma) 15.02m, 2 S Ricketts (Jam) 14.87, 3 J Moore (USA) 14.67.
Men's Decathlon Final Standings: 1 M Rooth (Nor) 8796pts, 2 L Neugebauer (Ger) 8748, 3 L Victor (Gri) 8711.
Men's 100m Round 1 - Heat 1: DO: J Azu (Gbr), Heat 3: 1 L Hinchliffe (Gbr) 9.98secs, Heat 8: 3 Z Hughes (Gbr) 10.03secs.
Men's 1500m Repechage Round: 3 G Mills (Gbr) 3mins 33.56secs.
Women's 100m Semi-Final 1: 5 D Asher-Smith (Gbr) 11.10secs.
Semi-Final 2: 5 I Lansiquot (Gbr) 11.21secs.
Semi-Final 3: 2 D Neita (Gbr) 10.97secs.

BOXING
Men's 71kg - Quarter-finals: L Richardson (Gbr) bt Z Eashash (Jor) 3-2.

CYCLING ROAD
Men's Road Race: 1 R Evenepoel (Bel) 6hrs 19mins 34secs, 2 V Madouas (Fra) 6:20:45, 3 C Laporte (Fra) 6:20:50, 13 T Pidcock (Gbr) 6:21:24, 31 S Williams (Gbr) 6:23:16, 43 F Wright (Gbr) 6:26:57, 47 J Tarling (Gbr) 6:26:57.

EQUESTRIAN
Dressage Team Grand Prix Special: 1 Germany 235.790pts, 2 Denmark 235.669, 3 Great Britain 232.492.

FOOTBALL
Women's Quarter-finals: United States 1 Japan 0 (AET), Spain 2 Colombia 2 (Spain win 4-2 on pens), Canada 0 Germany 0 (Germany win 4-2 on pens), France 0 Brazil 1.

GOLF
Men's Individual Stroke Play Third round: 199 J Rahm (Esp), X Schauffele (USA), 200 T Fleetwood (Gbr), 202 N Hoggard (Den), H Matsuyama (Jpn), 203 R McIlroy (Iri), S Scheffler (USA), T Kim (Kor), T Detry (Bel).

HOCKEY
Women's Group B: Great Britain 0 Argentina 3.

ROWING
Men's Eight Finals: 1 Great Britain 5mins 22.85secs, 2 Netherlands 5:23.92, 3 United States 5:25.28.

Women's Eight Finals: 1 Romania 5mins 54.38secs, 2 Canada 5:58.84, 3 Great Britain 5:59.51.

SAILING
Men's Windsurfing - Final: 1 T Reuveni (Isr) 1pts, 2 G Morris (Aus) 2, 3 L van Opzeeland (Ned) 3, 5 S Sills (Gbr) 88.
Women's Windsurfing - Final: 1 M Maggetti (Ita) 0pts, 2 S Kantor (Isr) 49, 3 E Wilson (Gbr) 18.

SHOOTING
Skeet Men's Final: 1 V Hancock (USA) 59pts, 2 G Prince (USA) 57, 3 M Lee (Tpe) 45, 4 T Cassandro (Ita) 36.
Women's 25m Pistol Final: 1 J Yang (Kor) 37pts, 2 C Jedrzewski (Fra) 37, 3 V Major (Hun) 31. **Skeet Qualification:** 2 A Rutter (Gbr) 74pts.

SWIMMING
Men's 100m Butterfly Final: 1 K Milak (Hun) 49.90secs, 2 J Liendo (Can) 49.99, 3 I Kharun (Can) 50.45.
Women's 200m Individual Medley Final: 1 S Mostofski (Can) 2mins 06.56secs, 2 K Douglass (USA) 2:06.92, 3 K McKeown (Aus) 2:08.08, 4 Y Yu (Chn) 2:08.49, 5 A Wood (Gbr) 2:09.51.

Swimming - Women's 800m Freestyle Final: 1 K Ledocky (USA) 8mins 11.04secs, 2 A Titmus (Aus) 8:12.29, 3 P Madden (USA) 8:13.00.

Mixed 4 x 100m Medley Relay Final: 1 United States 3mins 37.43secs, 2 China 3:37.55, 3 Australia 3:38.76, 7 Great Britain 3:44.31.

Men's 4 x 100m Medley Relay - Heat 2: 2 Great Britain 3mins 32.13secs. **Men's 1500m Freestyle - Heat 1:** 8 D Jervis (Gbr) 15m 03.75s.

Women's 50m Freestyle Semi-final 2: 5 A Hopkin (Gbr) 24.50s.
Women's 4 x 100m Medley Relay - Heat 2: 5 Great Britain 3m 58.34s.

TABLE TENNIS
Women's Singles Final: M Chen (Chn) bt Y Sun (Chn) 4-2.

TENNIS
Women's Singles Final: Q Zheng (Chn) bt D Vekic (Cro) 6-2 6-3.
Men's Doubles Final: M Ebden & J Peers (Aus) bt A Krajicek & R Ram (USA) 6-7 (6-8) 7-6 (7-1) 10-8.

Simone unlocks a golden vault



SUPERSTAR
... champ Biles

SIMONE BILES vaulted her way into seventh heaven with her third gold of the Paris Games.

The sequined American superstar now has **SEVEN** gold medals in all as she comfortably beat defending champion Rebeca Andrade, 25, of Brazil into second place.

This was the **TENTH** Olympic medal of the Texan's career, taking her one clear of legendary Romanian Nadia Comaneci.

Biles suffered from the 'twisties' and failed to win any golds in Tokyo three years ago, having claimed four in Rio in

From **DAVE KIDD**

2016 but she scored a massive 15.7 with a towering double pike, then 14.9 with another impressive effort.

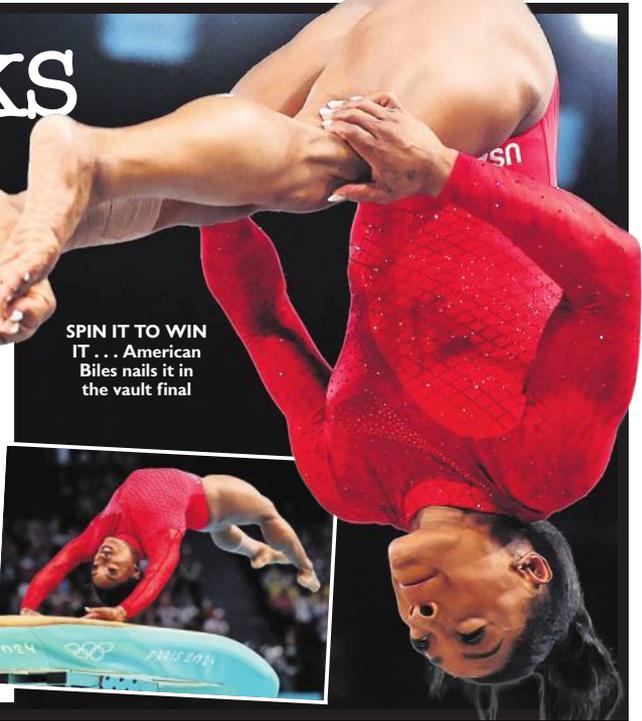
And Biles, 27, said: "After all these years of putting the mental work in, it's paid off. So I'm super excited to be on this stage again."

"I landed my vaults so well and couldn't be more proud of myself."

"I love that all these other athletes push me so hard and give me a run for my money."

Biles, who had already won gold in the team and all-round events, is still aiming for two more titles in France.

She goes in both the balance beam and floor finals tomorrow.



SPIN IT TO WIN
IT... American Biles nails it in the vault final

WHIT'S END

Max agony as finale falls flat but Jarman bags bronze



NO MORE GYM JAMS
... Max Whitlock bids farewell to the sport with fourth in the pommel (right)

MAX WHITLOCK suffered the "savage" blow of missing out on a medal in his final routine.

Whitlock, Britain's greatest Olympic gymnast with three golds, failed to complete a hat-trick of pommel-horse triumphs and finished fourth.

The 31-year-old slapped on the talc for the last time but could not make the podium, as Ireland's Rhys McClenaghan took gold.

But Whitlock, who also won floor gold in Rio, has already inspired the next generation - with 22-year-old Jake Jarman grabbing bronze on the floor before his teammate's last hurrah.

Whitlock admitted: "I'm kicking myself. I was gutted with making a few errors

From **DAVE KIDD** in Paris

and I wish I could go back and do it again.

"But that's the savage part of our sport - you get one shot and one shot only."

"I didn't want it to finish in that way but I'd made a decision coming to Paris that this would be my final one regardless of the outcome, just based on making my fourth Olympics."

"That's me done, that's my last routine. I've never really reflected on my career before but now's a good time."

"Before London 2012, as a 19-year-old, I dreamt I could get an Olympic medal but I didn't know how possible it was."

"To think I've finished now with six, I can be very happy... in time."

Whitlock - watched by his

five-year-old daughter Willow at the Bercy Arena - will now step up work as an evangelist for his sport in the nation's schools.

He said: "I want to be remembered for what I do next."

"One of the best feelings is when I've inspired children to take up sport. When parents come up to me or comment on social media saying their children got into sport because of watching me."

"I want to help the grass-roots of gymnastics and help change the sport for the better."

"I want to further what I'm doing in schools, in PE, I want to revolutionise that."

"Gymnastics is one of the best sports in the world and I am so grateful to have found it from seven years old."

"If children find it at school even younger, it is a sport

that can take you anywhere. And I want to be the one who provides that for young children."

Whitlock knew he would not retain his Olympic title as soon as he finished his routine - second up in an eight-man field - because Kazakhstani silver medallist Nariman Kurbanov had already outscored him.

But American Stephen Nedorosck then pipped him for the bronze, too.

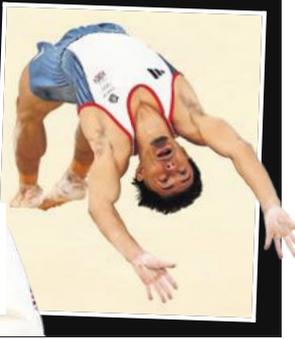
Earlier, Jarman claimed third behind Filipino winner Carlos Yulo on the floor.

And Jarman said: "This medal means everything to me. I hope I made a lot of people proud."

"There were two ridiculously high scores up first so I knew it was going to be insanely hard. I just wanted to enjoy it."



HEAD OVER HEELS
... Jake Jarman shows off his bronze medal after a stunning floor performance (right)



OLYMPICS



IMANE IGNORES CRITICS



RICHARDSON... victory

Lewis sure of a Rich reward

From **JOSHUA JONES**

LEWIS RICHARDSON last night ensured Team GB's boxers will take home at least a bronze medal.

The Colchester southpaw beat Jordan's Zeyad Eashash on a split decision to reach Tuesday's light-middleweight semi.

Richardson, 27, said: "I'm an Olympic medalist for life, now it's time to change that colour."

"These are just special moments that will live in me forever."

"I was obviously aware of the expectation on me from the boxing nation."

"I was just enjoying myself and there's a big emphasis on that."

"The hard work's done so I can showcase my skills on the biggest stage in the world."

It was at Atlanta 1996 that Team GB last had nothing to show for their boxing exploits.

They claimed six medals in Tokyo three years ago before £12million was pumped in for this Olympic cycle.

But five of the six fighters in Paris lost their first contest, leaving Richardson as last man standing.

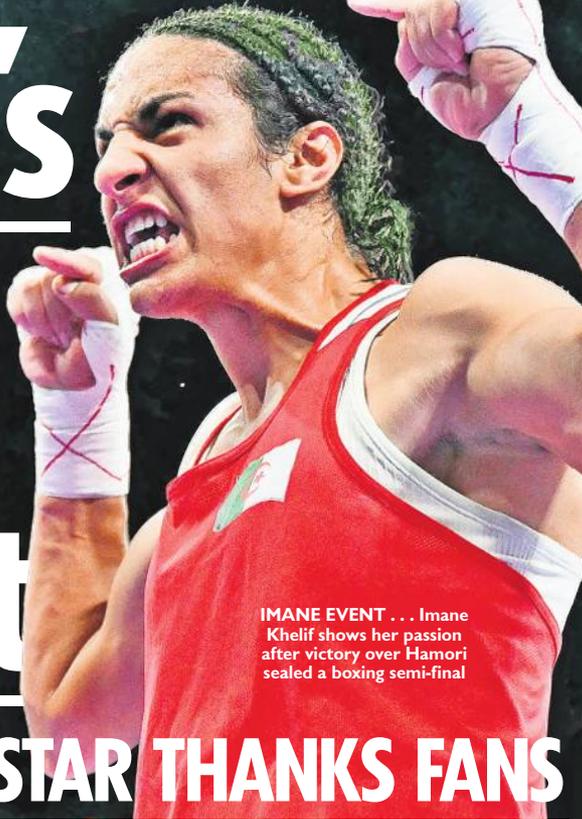
Eashash came out flying but Richardson claimed the first round with all five judges.

He edged round two 3-2 — knowing he would be through should he avoid a KO in the final stanza.

And in a sensible last three minutes he did take a tumble but it was a slip and not a knockdown.

Khelif's medal delight

GENDER ROW STAR THANKS FANS



IMANE EVENT... Imane Khelif shows her passion after victory over Hamori sealed a boxing semi-final

IMANE KHELIF defiantly screamed "I am a woman" after guaranteeing herself an Olympic medal.

The Algerian is at the centre of a gender row in Paris — 18 months on from failing a gender test and being disqualified from the Women's Boxing World Championships.

But the 25-year-old booked a spot in the women's 66kg semi-finals with a unanimous points win over Hungary ace Anna Luca Hamori.

As she was ushered past reporters, Khelif shouted: "I am a woman." Khelif also dedicated the victory to her compatriots and thanked her vocal support amid the abuse and vitriol in recent days, including false allegations of being transgender.

She said: "I feel good, it is the first women's boxing medal for Algeria. I am very happy. I want to thank all the world, all the Arabic world — thank you so much."

Khelif was born and raised a female but the Russia-backed International Boxing Association

From **JOSHUA JONES** in Paris

claimed in March 2023 that she had tested for male XY chromosomes.

IOC president Thomas Bach called an impromptu press conference to address the debate around Khelif and Chinese Taipei's Lin Yu-tin, who was also booted out of the world.

Bach said: "We have two boxers who are born as women, raised as women, have passports as women and have competed for many years



as women. This is the clear definition of a woman. What we see now is that some want to own the definition of who is a woman.

"We will not take part in a politically motivated cultural war. All this hate speech, aggression and abuse is totally unacceptable."

But after a global debate for 48 hours since her 46-second battering of Italy's Angela Carini, finally the talking stopped for nine minutes.

Khelif got a hero's welcome from a crowd packed with Algeria flags and chanting her name.

Unlike on Thursday, this was a proper contest but No5 seed Khelif was always on top and even a point docked in the last round could not deny her a clean sweep from judges.

Hamori, 23, said: "This was a hard fight, a good fight. I'm proud of myself, it was my childhood dream. I wish good luck to my opponent and the others in the finals."

Khelif's semi-final with Thailand's No8 seed Janjaem Suwannapheng will be at Roland Garros on Tuesday.

GET AN EIFFEL OF THE ACTION
YOUR DAILY GUIDE

TODAY'S TEAM GB MEDAL HOPES

World champion gymnast Jake Jarman follows his floor final yesterday with the vault (3.25pm), while Becky Downie is in the uneven bars (2.40pm).

Barcelona Olympics star Laura Fry's daughter Lottie (below) will be desperate for a medal in the dressage grand prix freestyle individual (9am).

Tommy Fleetwood is one shot off the lead going into the golf final round (11am).

BRITS TO WATCH Lizzie Deignan, our first female cyclist to be

picked for four Olympics, is one of four Team GB stars in the road race (1pm).

Amber Rutter goes for skeet gold (qualifying 8.30am, final 2.30pm) just four months after giving birth to her first child.

And it's Team GB vs India in the men's hockey quarter-final (9am) — a repeat of their clash in Tokyo, which India won 3-1.

GLOBAL STARS TODAY

Spain's Carlos Alcaraz (below) stands between Novak Djokovic and a Career Golden Slam in a blockbuster tennis final (1pm).

And tonight there's the men's 100 metres final (8.55pm).

FANCY SOMETHING DIFFERENT?

There is all sorts going on at the Marseille Marina in the sailing today, including mixed multi-hull, dinghy and kite races.

STATS MAD

Chinese table tennis sensation Zhendong Fan won silver in the men's singles in Tokyo but can go one better in today's final. His nickname is Xiao Pang which means 'Little Fatty'... bit harsh.



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OLYMPICS



SPRINTING STARS



DJOKOVIC... confident

Djok set to shock Alcaraz

From ROB MAUL

NOVAK DJOKOVIC warned Carlos Alcaraz he will be a different animal in today's blockbuster Olympic final.

Alcaraz, 21, thrashed the Serb 6-2 6-2 7-6 in last month's Wimbledon final.

Djokovic, 37, was not long back from knee surgery and admitted he "was inferior" to Spain's reigning SW19 champ.

Now a much fitter Djok has cruised into the gold-medal match without dropping a set and the 24-time Slam winner wants to claim his first Olympic title in five attempts.

He said: "I feel like I'm a different player than I was at Wimbledon with the way I move and the way I'm striking the ball."

"Not to take anything away from him winning the Wimbledon final, he was dominating and deservedly a winner."

"But I feel more confident about myself and my chances in the final."

Alcaraz will bid to join Rafa Nadal and Steffi Graf as the only players to win the French Open, Wimbledon and Olympics in the same year.

He said: "This is a special moment for me in my career and my life. I have imagined hearing the national anthem, thought about it and visualised it."

China's ZHENG QINWEN won the women's singles gold when she beat Croatia's Donna Vekic 6-2 6-3.

Pidcock lacks bite

From ROB MAUL

TOM PIDCOCK reckons a combo of birthday cake and contract talks ruined his road-race chances.

Five days after his epic mountain bike gold, the Leeds rider came 13th in the 273-kilometre event.

Pidcock turned 25 on Tuesday and joked too much celebratory food may have slowed him down.

He said: "I didn't have that extra punch. I was sluggish and slow. I was never in the proper race."

"I didn't get much sleep after the mountain bike. I was mentally exhausted — and three people gave me birthday cake..."

There is speculation around his future at Ineos Grenadiers and asked what was going on, Pidcock added: "That's why I'm mentally frazzled."

Belgian Remco Evenepoel won in six hours, 19 minutes and 34 seconds.

ALFRED THE GREAT... St Lucia's Julien Alfred storms to 100m gold

Relay joy, Neita pain

TEAM GB's 4x400 metres mixed relay stars delivered our first athletics medal last night.

But Daryll Neita (below), 27, agonisingly missed out on a podium spot in the women's 100m final.

As torrential rain fell on the Stade de France in Paris, the relay team secured a brilliant bronze.

Sam Reardon set the tempo on the first leg and Laviai Nielsen and Alex Haydock-Wilson — who ran an impressive 44.40 — did well on the next two legs.

And though Amber Anning was unable to hold on to silver down the home straight, the national-record time of 3:08.01 means the track-and-field squad are off the mark.

Delighted Haydock-Wilson, 25, said: "We were running to make a statement. I didn't come here not to take a risk and Amber got us home."

It was redemption for

From ROB MAUL

Femke Bol — who tripped and fell in the world final 12 months ago — as the flying Dutchwoman overtook American Kaylyn Brown in the final metres.

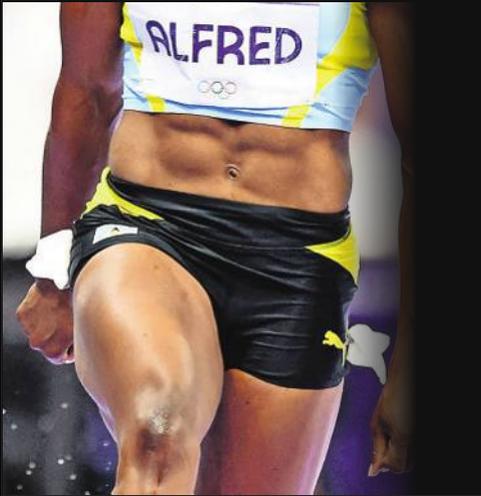
Meanwhile, Neita's fourth place finish in the blue riband final is the best position by a British female runner since Dorothy Hyman took silver in 1960.

Gold went to Saint Lucia star Julien Alfred in a national record of 10.72 — pipping reigning world champion American Sha'Carri Richardson.

Neita said: "I was so close to the medal. I put a good race together and it's an amazing progression from my last final in Tokyo when I came last."

"I really wanted that medal but fourth in an Olympic final is something to be proud of."

Dina Asher-Smith bombed out in the semi-finals.



BRASH, BANG, WALLOP

When gun goes in 100m final,

NOT THE WON... flash US attention-seeker Lyles could not pull off the No1 prediction in his heat



BRING THE VA-VA-VROOM



FOURMIDABLE... Team GB's Laviai Nielsen, Alex Haydock-Wilson, Sam Reardon and Amber Anning celebrate grabbing bronze



HESTER... veteran

Bronze lifts Carl and Co

From **TONY BUGBY**

TEAM GB'S dressage team put their troubled build-up to the Olympics behind them to win bronze.

And Carl Hester, 57, at his seventh Olympics, stressed it was positive for the sport in the wake of GB star rider Charlotte Dujardin pulling out when a video emerged of her whipping a horse.

Hester, who claimed bronze alongside Olympic debutant Becky Moody and Lottie Fry, said: "A lot of people felt if she (Dujardin) wasn't on the team, we would not be successful, so it was important for the team that we could show what we could do."

"If the same people are on the team all the time, it is not the greatest inspiration for kids."

Moody, 44, from Barnsley, then joked: "I have spent ten years waiting for him (Hester) to retire."

She had been due to travel to Paris as reserve before replacing Dujardin.

Moody said: "I had been expecting a ten-day holiday in France. It has not exactly come to that but this is better."

She was first out on Jagerbomb and led with a top score of 76.489.

Hester, who first competed at the 1992 Barcelona Olympics, scored 76.520, before Fry, 28, sealed bronze with 79.483. Germany took gold, beating Denmark by 0.121.

Whyte is all right

From **ROB MAUL**

KYE WHYTE is glad he could walk away from a horror crash with only a few scratches and no broken bones.

The South Londoner, 24, slid face-first after coming off his bike during a BMX racing semi-final run on Friday.

Whyte, who came into the Paris Games with back issues, was carried off the track on a stretcher but did not need to go to hospital.

British Cycling confirmed the Tokyo silver medallist had been diagnosed with concussion but "no other significant injuries".

Whyte said: "When you're not at the best you get into situations which land you on the floor."

"I'm OK — I just have a massive 'coco' on my head and a few scratches, luckily. So happy to walk away healthy."

NOAH LYLES tonight intends to prove himself as the fastest man on the planet — and heir apparent to Usain Bolt's throne.

But in yesterday's heats at the Stade de France, the American publicity-seeker was shocked by defeat at the hands of 22-year-old mullet-wearing 'hair-apparent' Yorkshiresman Louie Hinchliffe.

Lyles is the 100 metres world champion and if he does fail to take Olympic gold tonight, it will not be because he has been held back by shyness.

The 27-year-old is a YouTube sensation, the star of the Netflix documentary *Sprint*, and a man who has the word 'ICON' painted across his fingernails here in Paris.

He is determined for the world to know his name, just like legendary world-record holder Bolt, who vacated his Olympic crown at Rio in 2016.

His rivalry with Bolt's fellow Jamaican Kishane Thompson — fastest in the world this year — is expected to explode at the Stade de France tonight.

But Lyles must up his game after British star Hinchliffe — the American college champion coached by Carl Lewis, and the son of former Rotherham goalkeeper Stuart — defeated him in his heat to qualify for this evening's semis as the third fastest in the competition in 9.98 seconds. Lyles admitted: "The plan was first but it didn't happen. Second is fine. But we will make sure from now on it's first."

"Now I can't hold back. Now I know that everyone is ready to go — if you guys are going to blow your loads, I'm ready to go."

"I don't know what the winning time in the final will be but I'm going to run it."

Asked if he was surprised by

From **DAVE KIDD**



CHIEF SPORTS WRITER IN PARIS

Hinchliffe's run, Lyles replied: "Yes and no — he is a talented kid."

"He ran well at NCAAAs (American college championships) so I knew that he was going to run well regardless, that he had it in him."

Hinchliffe said: "It's a good feeling to beat Noah. He greeted me and acknowledged me and said 'well done'."

"But I wasn't really thinking too much about him, he wasn't really near me."

"The pressure, the environment,

will bring more out of me, trying to get to an Olympic final."

In winning his heat Hinchliffe was just 0.01sec behind two Americans, Kenneth Bednarek and Tokyo silver medalist Fred Kerley.

The noise in the stadium was ear-splitting even for the heats. "For tonight's final, the sequence of 'hush, gun, din' promises to be electrifying."

British No1 Zharnel Hughes, 29, the bronze medallist at last year's world championships, likened it to a 'football crowd' but admitted he 'started lazily' when qualifying in third from his heat.

A third Brit, Jeremiah Azu, suffered the heartbreak of being disqualified for a false start in the opening race — appealing in vain against the decision. For Lyles, it

appears becoming the world's fastest man is a means to an end — to be the world's most famous man.

After a shock win for Italian outsider Marcell Jacobs in Tokyo three years ago, sprinting needs a megastar and, despite going out in disguise in the Olympic Village, Lyles is a true limelight-basker.

He said: "It's a lot different to Tokyo here. Last time it was no fans, no energy, back then I was fighting to get into the conversation but now I am the headline of sprint."

"I am going on *The Tonight Show*, everyone knows my name. It comes with its own challenges."

"It's been very hard to move throughout the village. I have to constantly go out with the hat, glasses and mask and still 20 per cent of everybody still knows me regardless."

"I'm trying to keep close to my therapist. I had to fight to prove I was fastest at the world championships and this time a lot of people know it and I already have the target on my back."

"There is no pressure like the 100m pressure. I'm just trying to run with joy in my heart."

Lyles published a YouTube video before the heats and he explained: "It was just capitalising on the moment. I knew that I was going to be running and there were going to be eyeballs on me and people googling it."

"Google has connections to YouTube, it pushes everybody to my YouTube channel — what better than having a new video going out as soon as I am running."

Still, whatever Lyles thinks, it's not all about Lyles.

His stiffest competition is likely to come from Thompson — who cruised to victory in his heat — and came through the interview area giving high fives and saying only 'One love, one love — I'll talk after the final'.

And then there is another serious Jamaican contender, Oblique Seville, the sprinter most likely to have an indie band named after him.



IN MIX... Hinchliffe beat Lyles (left) and may battle with Thompson (inset) tonight

I'll be first across line, vows cocky Lyles



WILSON ... emotional

New KO's too much for Emma

From MARTIN LIPTON

EMMA WILSON is ready to QUIT sailing after her windsurfing gold hopes evaporated in the blink of an eye.

Wilson, 25, repeated her Tokyo bronze in the new IQFoil class off Marseille.

But while the Nottingham star was delighted with her medal three years ago, this time she was bitterly disappointed after a week of dominance counted for nothing.

She won eight of the 14 feet races, heading the field by 31 points.

But while she was seeded directly through to the three-boat final, the scoring clock was reset for an all-or-nothing race.

Just as in the last TWO world championships, Wilson missed out on the one race that counted, slipping to third behind Italy's Marta Maggetti and old foe Sharon Kantor of Israel after a mistake between the second and third marks.

Visibly upset, the Brit said: "I think I'm done with this sport."

"They need to think about people's mental health, it's not OK to be put in that position every time."

"I had a 60-point lead at the world championships, a 30pt lead here ... I'm not sure how many times you can come back."

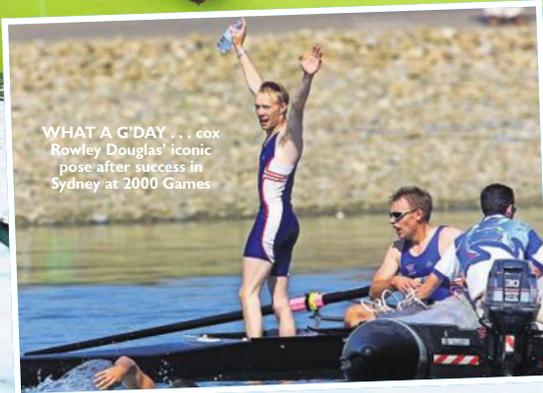
"I had a disadvantage with this scoring system."

"You finish top and go straight to the final but the others get the chance to race."

"I just made a mistake because I hadn't done a race on this course — the other girls knew where the tacking point was."

GREIGHT

Our crew channels spirit of 2000



WHAT A G'DAY ... cox Rowley Douglas' iconic pose after success in Sydney at 2000 Games

MEDAL TABLE

	G	S	B	TOT
China	16	11	9	36
USA	13	24	23	60
France	12	14	15	41
Australia	12	8	6	26
Great Britain	10	10	13	33
South Korea	9	7	5	21
Japan	8	5	9	22
Italy	6	8	5	19
Holland	6	4	4	14
Canada	4	4	7	15
Germany	4	3	2	9
Romania	3	3	1	7
Hungary	3	2	2	7
Ireland	3	0	2	5
New Zealand	2	4	1	7

GREAT BRITAIN'S men's rowing eight roared to Olympic glory — and revealed they had been inspired by the heroes of 2000.

Coach Steve Trapmore, part of the crew in Sydney 24 years ago, got his old boat-mates to send videos to the current eight in the build-up to their day of destiny.

And it was the perfect preparation as the crew blew away Holland over the second half of the race to win by 1.04sec in a time of 5min 22.88sec, with the USA in third.

Sholto Carnegie, Rory Gibbs, Morgan Bolding, Jacob Dawson, Charlie Elwes, Tom Digby, James Rudkin, Tom Ford and cox Harry Brightmore claimed GB's eighth rowing medal of the Games from just ten boats.

Dawson, one of four survivors from the bronze-winning boat in Tokyo, said: "As they were sending us the videos, they might have felt a bit awkward and not really sure if it would mean much to us."

"They told us to be fierce and not give an inch. The message was that you can be gentlemen after the race but over the 2km there's no time to be a good sportsman."

"It's about winning. That really kicked us in to gear and brought us to another level in the last few days."

As the GB boat crossed the line,

From MARTIN LIPTON



in PARIS

Brightmore threw off his cap to stand in celebration on the stern of the boat, copying his Sydney predecessor.

Brightmore said: "I remember Rowley Douglas, the cox in 2000, standing up and jumping in after they won. The emotion got the better of me as soon as I heard that buzzer. 'I stood up because I just wanted to see everyone's face, just be in that moment with every single one of them. But I wasn't going to jump in!'"

Victory brought a final golden glow

to the regatta with GB winning eight medals, including three golds.

That was in stark contrast to Tokyo 2020, when a much-hyped squad won just a silver and bronze between them, bringing demands for a major inquest. Brightmore added: "It's the demons of Tokyo, the internal process of our crew and our goals."

"We went into that race aiming to row as ruthlessly as possible. If we were to lose, they'd have to steal that gold from our cold, dead hands. We needed that merciless rhythm to win."

It was vindication for Dawson, Elwes, Rudkin and Ford in particular after 2021.

Ford enjoyed a family double, with sister Emily part of the women's eight which won bronze 20 minutes earlier.

He said: "We saw them on the big screen as we were warming up. I gave myself a little fist-pump, gave myself a break from the warm-up to have a little celebration to myself."

"Then it was back to the job in hand. You have to suppress your emotions a little bit."

Bolding and Gibbs were later treated for heat exhaustion, with the latter revealing: "My ears were popping and my senses were shot. I got offered a wheelchair for the podium but thought that was a bit too much."

Team GB's women's crew had been locked in a battle with Canada as Romania romped away for gold.

They fell just 0.67 short despite a titanic struggle through the final 500m.

Emily Ford, thrilled to share her brother's triumph, suggested last night's team party at GB House in Paris was likely to be "messy".

She added: "We don't drink very often, so when we do..."

The mood change from the despair of Japan three years ago was sharp. Team boss Louise Kingsley said: "It was putting the pieces of jigsaw back in and reshaping the whole thing."

Women's cox Henry Fieldman became the first to win medals in both men's and women's Olympics after success in 2021. He said: "People are telling me I've made history."



THREE TIME ... GB's bronze

THE WATER FOR TEAM GB

BRITAIN!

to claim gold and end regatta in style

STANDING PROUD . . . British cox Harry Brightmore celebrates in style after team seal gold medal



ROWING FOR GOLD

AFTER failing to land a rowing gold in Tokyo three years ago with just a silver and bronze, GB bagged eight medals from their ten boats in Paris.

ROWING MEDAL TABLE AT PARIS 2024

	Gold 🥇	Silver 🥈	Bronze 🥉	TOTAL
Holland	4	3	1	8
Great Britain	3	2	3	8
Romania	2	3	0	5



FLEETWOOD . . . gutsy

Fleet left feeling so sweet

From DAVID FACEY

TOMMY FLEETWOOD says his "sweet" par save at the final hole has kept alive his Olympic dream.

The Brit is just a shot off leaders Jon Rahm and Xander Schauffele despite having to lay up in front of the water with his second shot at Le Golf National's dreaded par-four 18th.

Fleetwood was in deep rough and staring at a bogey or worse as he took aim from 70 yards but clipped his third shot to within 6ft of the hole.

And he punched the air in delight after sinking the putt that rounded off a two-under 69 to end at 13 under heading into today's medal showdown.

Fleetwood, 33, said: "It was a lovely feeling."

"Birdies are great but crucial par saves can taste just as sweet."

"Making bogey on the last is never nice, even though it's the toughest hole on the course."

"It's an amazing feeling when you scrape a par like that. It keeps me just behind the leaders for the final push."

Brit Matt Fitzpatrick, 29, withdrew with a thumb injury that saw him struggle to a third-round 81.

Ireland's Rory McIlroy, 35, whose 66 left him four off the lead, added: "I feel French this week with all the 'Allez Rorys' I have had out here. It's been really cool."

Amber is Super

From MARTIN LIPTON

AMBER RUTTER "stood like Superman" and took pole position to atone for her Tokyo misery.

The world No 1 was expected to win skeet gold in 2021 only to test positive for Covid hours before her flight to Japan.

Yesterday, she hit 74 out of 75 to top the qualifying list with two 25-shot rounds to go before today's elimination final.

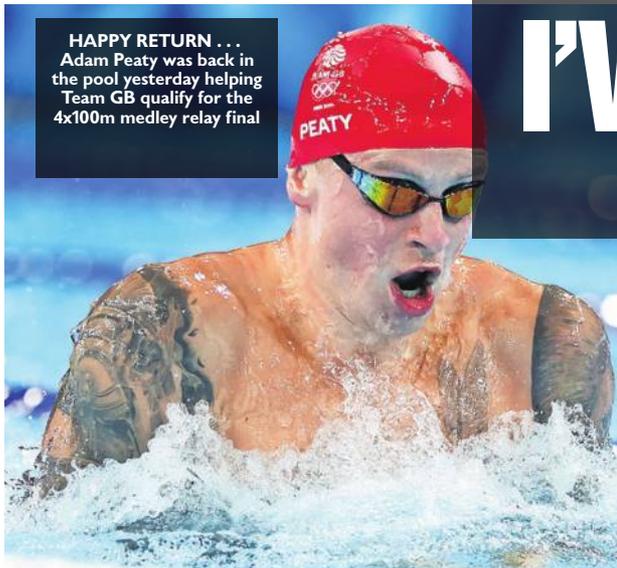
Rutter (left) said: "Almost perfect. A great first day, better than I could ever have hoped for."

"At the Olympics, the pressure is on."

"But there's a thing from Grey's Anatomy — if you stand like Superman, the confidence comes through. You have to puff up your chest and put on your big girl pants."

I'VE AD THE LOT

HAPPY RETURN . . . Adam Peaty was back in the pool yesterday helping Team GB qualify for the 4x100m medley relay final



ADAM PEATY returned to the pool and admitted he had been through "the worst week of my life".

The Brit was diagnosed with Covid hours after losing his Olympic 100 metres breaststroke title last Sunday and confined to bed for two days.

After helping the men's 4x100m medley team to qualify for tonight's final, the 'Staffordshire Pool Terrier' conceded he will not be able to show his normal breaststroke bite.

Peaty, 29, said: "It's been a rough, rough week but hopefully we'll find our way through the next 36 hours."

"It's probably been the worst week of my life in terms of how my body is — and that is no exaggeration."

"The medical team has been brilliant and it's a victory just getting on that starting block."

"Hopefully, that will give my body a nice little push. I'm not going to

From MARTIN LIPTON

be 100 per cent, I know that." Peaty joined Oliver Morgan, Joe Litchfield and Matt Richards, clocking 3min 32.13sec to qualify fifth-fastest.

His time of 59.16 was 0.11 slower than when he won silver last weekend.

Home hero Leon Marchand, who could win a FIFTH gold medal of the Games, will go head to head with Peaty on the breaststroke leg tonight.

Peaty was rested for the mixed 4x100m medley relay final, with James Wilby on the breaststroke leg, as the reigning champions finished seventh.

Kathleen Dawson was EIGHT SECONDS behind after the backstroke lead leg.

USA won with a new world record — eclipsing GB's Tokyo time — of 3:37.43.

Earlier, US star Katie Ledecky won her 14TH Olympic medal with gold in the women's 800m freestyle.

thesun.co.uk/sport Sun Sport



MIK'S £70M JUL

ARSENAL boss Mikel Arteta is eyeing up a move for striker Julian Alvarez.

But Manchester City want £70MILLION plus add-ons for Alvarez (left).

By PHIL THOMAS

Atletico Madrid have opened talks with City, though the Gunners will not get dragged into a bidding war for the Argentinian
Turn to Page 56



YOUR FREE PREMIER LEAGUE GUIDE

IN NEXT WEEK'S **SUN ON SUNDAY**



BRITTS' OLYMPIC GLORY CHARGE



GUEHI... impressive

Slot's got Guehi in his sights

EXCLUSIVE by ALAN NIXON

LIVERPOOL are ready to join the bidding battle for England star Marc Guehi.

New Kop boss Arne Slot is keen to rival Newcastle — with Crystal Palace set to demand £75million for the England centre-back.

Dutchman Slot could lose Guehi's Three Lions team-mate Joe Gomez as part of a mega deal to land Magpies forward Anthony Gordon.

The Toon have yet to make a formal offer for Guehi and Liverpool are waiting in the wings to find out the price.

Guehi, 24, was a stand-out star for England at Euro 2024 and Palace will have little option but to sell if the right offer comes in.

He has two years left on his deal at Selhurst Park.

The Eagles are also anxious that Newcastle will come in for midfielder Eberechi Eze should they sell Gordon.

Eze has a £60m price clause in his contract and
Turn to Page 57



RULE THE WAVES... Britain's men's eight celebrate gold

OAR INSPIRING

TEAM GB celebrated a TENTH gold medal thanks to the men's rowing eight — and are confident of more glory today.

The British crew claimed GB's eighth rowing medal at the Paris Olympics.

Britain also won five bronze gongs thanks to the women's eight, windsurfer Emma Wilson, gymnast Jake Jarman, the dressage team and

From MARTIN LIPTON

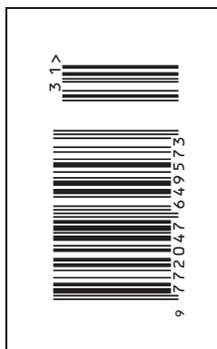
the 4x400 metres mixed athletics relay.

Tommy Fleetwood (left) today bids to match Justin Rose's Rio 2016 golfing triumph as he sits a shot off the lead ahead of the final round at Le Golf National.

World vault champion Jarman aims to add to his floor bronze while skeet shooter Amber Rutter also eyes gold.
Olympic special — P58-63



Gold for rowers, now it's Tommy's turn



Will's worth a Mill

JANE CHAPPLE-HYAM reckons Mill Stream can make William Buick's mad dash across the Atlantic worth it in today's Prix Maurice de Gheest. Reigning champion jockey Buick (right) has jetted back from riding in Saratoga last night especially to partner the gutsy July Cup winner.

Top British sprinter Mill Stream is unbeaten in two runs at Deauville — and Chapple-Hyam thinks he can make it a hat-trick. She said: "It is nice William

By GRAHAM CLARK

is coming back from America just to ride him. We are lucky Godolphin don't have a Group 1 sprinter!

"This was our goal for the year so the July Cup was a bonus.

"He was strong from the furlong pole all the way to the line at Newmarket so the flat track in Deauville, and letting him do six and a half furlongs, will suit him better."



GOOD WEEK FOR NO1 MICK

MICK APPLEBY nosed out Aidan O'Brien to win Goodwood's trainers' title. Both won four races but Appleby's two seconds did the business. He said: "It's been a brilliant week." Oisín Murphy's four wins won him the top jockey.

Guest so welcome

By OWEN GOULDING

RAE GUEST secured his biggest win for over eight years after Divina Grace toughed it out at Newmarket.

The 6-1 chance was always handy in the Listed Chalice Stakes and ran on well for Billy Loughnane close home to win cosily.

It was a relief for four-time Group 1-winner Guest (right). He said: "She's so consistent and deserved it — she always gets better as the season goes on. It's been a long time since our

last Pattern winner so it's a relief. We got used to winning Group races so it's been a long wait. It's great to get another one on the board. They don't lose their shine!"

On the same card at HQ, Desert Flower was cut to 12-1 (from 20s) for next year's 2,000 Guineas after romping home by six and a half lengths to make it two wins from two for Charlie Appleby.



Sunday, August 4, 2024

THE HOME OF RACING Favourite

FREE WITH THE Sun in association with CORAL

Baker's dough

GEORGE'S 40-1 SHOT ROLLS 'EM ALL OVER

GET IT got it — as Sussex boy George Baker celebrated a massive £250,000 Coral Stewards' Cup shock.

The 40-1 'rag' made all for Pat Cosgrave to spark wild scenes on the Downs for his raucous syndicate of owners — but there was stunned silence among Goodwood punters.

Cosgrave fired Get It out from stall 28 in the six-furlong thriller and he showed blistering speed to take charge, nearly scraping the paint off the stands' side rail.

The pair stayed on strongly to win by half a length and become the biggest-priced winner since 1995. Apollo One, drawn in the stall next door to the winner, rocketed home for second — the same spot as last year.

Baker grinned: "To win this race means the world to me. I'm a Sussex man — and I love this county, I love this place.

"I've been coming to Goodwood to watch Stewards' Cups since I was five. I'm 53 now

By LUZ WOLLOCOMBE at Goodwood

so that's a very long time! Little did I know back then one day I'd train the winner."

Baker grinned: "It's just brilliant. I was so excited on the way back to the winners' enclosure I had to stop off at two loos!"

No fewer than FIVE of the first six home were drawn in in the 20s with well-backed Billyjoh — in box four — running a cracker on the far side to finish a close-up third.

Ex-Barings banker Baker said: "We have my very clever daughter Tallulah to thank! She was the one who drew number 28 out of the hat. We wanted to be high.

"Each year we have a big party for the week. This will help it go with a swing!"

Baker's son Barney, 22, said: "We are going to go absolutely crazy tonight.

"We've got 15 of us in the house and there is going to be no sleep whatsoever. My voice is already gone!"



BY GEORGE . . . joy for Baker after Get It powered home to win Stewards' Cup

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Favourite BIGGEST & BEST: THE ONLY RACING PAPER

HAYDOCK COLOURS ON ITV4: 3.45 - 6.45 GOOD

TEMPLEGATE TOM PEPPER

3.45	Night Breeze	3.45	Temple City
4.15	Educating Rita (nb)	4.15	Nad Alshiba Snow
4.45	Angel Hunter	4.45	Zayer
5.15	Mereseida Diva	5.15	Sunfall (nb)
5.45	Letsbefrank	5.45	Wind Your Neck
6.15	American Affair	6.15	EMPEROR SPIRIT (map)
6.45	Roberto Caro	6.45	Be Proud

TEMPLEGATE'S TRIO: Never So Brave (Chesters) and Educating Rita (double, Haydock) with Al Shabab Storm (Chesters).
TOM PEPPER'S DOUBLE: Emperor Spirit and Sunfall (both Haydock).
SUNRATINGS' NAP: EDUCATING RITA (4.15 Haydock).
SIRIUS, Sun On Sunday, nap: AMERICAN AFFAIR (6.15 Haydock).

3.45 SKY BET BUILD A BET APPRENTICE HCAP (Class 4) £10,360; 1m 2f (9 runners)

1	757175 LISEO 74 (D)	(8) S & E Cristoforo 5-10-2	Fred Daly (5) 94
2	000733 ZEALOT 28 (V*)	(5) M Appleby 6-10-2	Tom Kiely-Marshall (3) 96
3	2-1457 FIRST OFFICER 16 (D)	(4) J C-Hyam 5-9-11	Sorin Moldoveanu (3) 95
4	2138 SOLOMON 23 (H)	(1) W Haggas 3-9-9	Ethan Jones 99
5	052624 SOOWAH 6	(9) J Goldie 4-9-6	Lauren Young (7) 90
6	13195- THE NU FORM WAY 400 (D)	(3) S Barclay 6-9-6	Sharif Mohd 92
7	33-82 TEMPLE CITY 53	(2) K Burke 3-9-4	Sam Feilden 97
8	-14044 WHERE'S JEFF 13 (D)	(7) M Easterby 9-9-2	Lewis Chalkey (5) 89
9	8422311 NIGHT BREEZE 1	(6) I Williams 4-9-5(6x)	Ryan Kavanagh (5) 96

BETTING: 7-2 Zealot, 10 Liseo, 3 Temple City, 5 Night Breeze, 8 Soowah, 10 Zealot, 14 Liseo, Where's Jeff, 16 First Officer, 25 The Nu Form Way
WHERE FAVOURITES FINISHED AND 2023: No corresponding race.

Sunracing FORM

LISEO (8-13) 17-2 handy, ridden 3f out, 5th of 6 (btm 7/4) to Davideo (9-9) (Kempton 1/4m hcap (3) £7,731 AW).
ZEALOT (9-5) 9-1 led until 1f out, plugged on in 3rd, 3rd of 9 (btm 2/4) to Wadecore Gomez (9-10) (Chelmsford 1/4m hcap (3) £13,085 AW).
FIRST OFFICER (9-9) 9-1 chased leaders, ridden 3f out, 7th of 9 (btm 10) to Siemore Arturo (10-2) (Newmarket 1/4m hcap (4) £6,700 good).
SOLOMON (9-7) 13-2 not clear run, 8th of 15 (btm 7/4) to Karmology (10-1) (York 1/4m hcap (4) £10,468 soft).
SOOWAH (8-5) 11-2 one pace, 4th of 6 (btm 3/4) to Chaturanga (9-7) (Ayr 1/4m hcap (4) £4,639 good).

4.15 SKY BET BETRAX PADS NURSERY (4) 2-Y-0; winner £10,360; 6f (6 runners)

1	211 EDUCATING RITA 16 (D)	(2) M Dods 9-9	Connor Beasley 99
2	341 AIRSPED 22	(3) K Burke 9-8	Daniel Tudhope 97
3	240 NAD ALSHIBA SNOW 44	(1) M Appleby 9-8	Tom Marquand 92
4	934 MAXIMUS ALEXIOS 15	(8) R Hannon 9-4	David Egan 94
5	722 QASEEM 23	(6) K Burke 9-4	Clifford Lee 97
6	22104 KISS ME MY LOVE 17 (D)	(5) C Johnson 9-1	Joe Fanning 96

BETTING: 5-2 Educating Rita, 3 Airsped, 4 Qaseem, 6 Maximus Alexios, 15-2 Nad Alshiba Snow, 10 Kiss Me My Love
WHERE FAVOURITES FINISHED AND 2023: No corresponding race.

Sunracing FORM

EDUCATING RITA (9-11) 10-3 ridden 2f out, strong run to lead final 100 yards, ran on, won going away, bit Dark Thundersome (6-9) 1/4 (7 ran) (Hamilton 6f hcap (5) £5,925 good).
AIRSPED (9-7) 8-11 fav led all, clear when wandered final furlong, ran on well, unchanged, by Beaujolais Nouveau (8-11) 1/4 (6 ran) (Hamilton 5m dn (4) £4,806 good to soft).
NAD ALSHIBA SNOW (9-2) 80-1 prominent, ridden 2f out, 13th of 16 (well btm) to Fairy Godmother (9-2)

4.45 CURE LEUKAEMIA MAIDEN STAKES (3); 2-y-0; value to the winner £11,340; 6f (12 runners)

1	34 ANGEL HUNTER 22 (H)	(9) Daniel Tudhope 99
2	46 BATHUR 145 (C)	(10) Jim Pascoe 94
3	BEDGE OF HONOR S & C	(5) Callum Shepherd 97
4	10 BOWEN ISLAND 38 K	(10) Tom Eaves 97
5	44 CAPTAIN PICKLES 22 S	(8) Paul Murennan 86
6	56 CASHLYN CAVALIER 15 (T*)	(6) Clifford Lee 83
7	35 LEONARDO 20 R	(4) Hector Crouch 99
8	44 PENINSULA POWER 20 R	(3) Jack Garrity 93
9	12 THE VITAL SPARK K	(2) Shane Gray 97
10	2 ZAYVER 18 A	(11) Joshua Bryan 97
11	12 MALDEVIUS (H)	(10) Harry Davies 97
12	12 SAMUJANA W	(12) Tom Marquand 97

BETTING: 9-2 Angel Hunter, 5 Bowen Island, Zayer, 7 Leonardo Das, Samuajana, 10 Bedge Of Honor, 12 Maldevious, Bathur
WHERE FAVOURITES FINISHED AND 2023: No corresponding race.

5.15 SKY BET FILLIES' HANDICAP (3) value to the winner £18,039; 7f (10 runners)

1	258-54 ZOUKY 15 (T*)	(9) Daniel Tudhope 90	
2	166-07 BACK SEE DAA 28	(3) K Burke 4-9-10	Clifford Lee 84,951
3	52-212 KEY TO COTAL 39 (D)	(6) E Walker 3-9-10	Paul Murennan 99
4	2134 NOT REAL 22	(10) R Varian 3-9-3	Jack Mitchell 97
5	1-6121 MERESIDE DIVA 49 (CD)	(5) J & B Barron 4-9-3	Callum Rodriguez 98
6	32-213 FAIR POINT 22 (BF,D)	(9) R Beckett 3-9-2	Hector Crouch 97
7	6-4240 FLACCIANELLO 15	(1) R Foy 4-9-2	David Egan 92
8	11407 MY MARGIE 16	(2) R Hughes 3-8-13	Finley Marsh 94
9	-10133 SUNFALL 15 (D)	(4) W Haggas 3-8-12	Tom Marquand 98
10	044547 ROCK MELODY 12 (D)	(7) J Goldie 5-8-11	Amie Waugh (5) 82

BETTING: 7-2 Mereside Diva, 4 Sunfall, Fair Point, 5 Key To Cotal, 8 Not Real, 10 Zouky, Back See Daa, 20 Flaccianello, Rock Melody
WHERE FAVOURITES FINISHED AND 2023: No corresponding race.

Sunracing FORM

SUNFALL (8-12) 7-2 soon led, headed run-in, 3rd of 7 (btm 1/4) to Circe (8-13) ZOUKY (10-2) 11-2 headed 1f out, kept on, 4th of 3 (btm 3/4) (7 ran) (Newbury 1/4m hcap (3) £15,462 good).
BACK SEE DAA (8-12) 14-1 tracked leader until centre, ran in, faded challenge, ran on headed finish, 3rd of 11 (btm 1/4) to Survivor (8-13) (Ascot 1/4m hcap (3) £10,800 good).
FLACCIANELLO (8-13) 10-1 pushed along 3f out, weakened 1f out, 8th of 12 (btm 1/4) to Fairbanks (9-4) (Newmarket 1/4m hcap (2) £51,540 good).
MY MARGIE (9-4) 25-7 9-10 (btm 4/4) to Star Of Lady M (9-9) (Newmarket 6f hcap (3) £15,885 good).
ROCK MELODY (9-9) 6-1 dvelt, rear, pushed along 2f out, 7th of 10 (btm 3/4) to Profitable Edge (9-11) (Musselburgh 5f hcap (5) £7,851 good).

GROUP 1 ACTION AT DEAUVILLE GOING: GOOD; LIVE ON SKY SPORTS

3.07	ARC PRX MAURICE DE GHEEST (GROUP 1); value to the winner €208,174; 6f 101yds. (16 runners)	
1	(10) 0-07005 SAINT LAWRENCE 28 (V,D) A Watson (UK) 6-9-4	Hollie Doyle 94
2	(8) 89-231 MITT STREAM 22 (CD) J Chap-Hyam (UK) 4-9-4	William Buick 99
3	(11) 336-222 HAVANA CIGAR 38 (D) R Rouget 3-8-3	Christophe Soumillon 96
4	(1) 575-010 KHADEED 22 (D) C Hills (UK) 8-9-4	James Doyle 94
5	(12) -302691 SHOULDBEENARING 28 (CD) R Hannon (UK) 4-9-4	Sean Levey 98
6	(3) -803720 GAME RUN 28 (D) P Cottier 5-9-4	Marvin Grandin 82
7	(6) 921-58 LEXTRA POCETTE 71 (B,D) K Cottler (Ire) 4-9-1	Ronan Whelan 96
8	(15) 15-0781 KING GOLD 45 (CD) N Cauley 7-9-4	Stuart Durrant 96
9	(5) 261-212 MATILDA CIDOTTE 3 (C) C & Y Lemer 4-9-1	Ronan Thomas 97
10	(9) 113-203 BEAU LAST YEAR 3 (D) J Barberot 3-8-13	Maxime Guyon 95
11	(4) 206-238 UNBEATEN, tough win in a Gr 3 contest, capable of better and this trip could be his optimum	Antonio Ocasio 96
12	(1) 1-2941 PUCKHINE 28 (C) J Rouget 3-8-13	Lortiz Mendizabal 98
13	(7) 726-118 BELLANO 80 A Schultz (GER) 3-8-13	Alexis Pouchin 90
14	(11) 336-222 HAVANA CIGAR 38 (D) R Rouget 3-8-3	Christophe Soumillon 96
15	(12) 824-921 FLORA DE BERMUDA 23 (D) A Balding (UK) 8-9-4	Oisain Murphy 94
16	(5) 112-444 GREAT GENERATION 23 (D) M Botti (UK) 3-8-13	Christian Demuro 90

BETTING: 7-2 American Affair, 9-2 Emperor Spirit, 5 Squealer, 8 Jer Batt, Existing, 10 Harvanna, Woolhampton, 12 Intervention

5.45 SKY BET ACCA FREEZE HANDICAP (3) value to the winner £18,039; 2m (10 runners)

1	00-300 LAW OF THE SEA 47	(8) I Williams 6-10-2	Jim Crowley 97
2	000208 SOLENT GATEWAY 23 (CD)	(10) H Palmer 6-10-1	Connor Planas (3) 92
3	731-92 WIND YOUR NECK IN 50	(4) P Evans 5-9-13	Tom Marquand 94
4	696735 PERCY SHELLEY 16	(1) D O'Meara 5-9-12	Daniel Tudhope 93
5	2-9492 ARRANGE 16	(3) M Todhunter 6-9-11	David Nolan 94
6	684113 LETSBEFRANK 22 (BF)	(7) J Goldie 4-9-2	Paul Murennan 99
7	85-454 ARCTIC FOX 18 (C)	(5) M Todhunter 8-8-11	Mark Winn (3) 90
8	8-3217 DIAMOND DE VINDECY 50 (CD)	(8) R Bevis 5-8-11	Jack Doughty (5) 91
9	12-588 PEACE WALK 28 (V)	(9) C Johnson 3-8-8	Joe Fanning 86
10	261237 FILIBUSTERING 29	(2) T Easterby 3-8-3	Duran Fentiman 90

BETTING: 5-2 Letsbefrank, 7-2 Arrange, 5 Wind Your Neck In, 8 Percy Shelley, 10 Solent Gateway, Law Of The Sea
WHERE FAVOURITES FINISHED AND 2023: No corresponding race.

Sunracing FORM

LAW OF THE SEA (9-1) 20-1 in touch in mid-division, outpace 2f out, well beaten 1f out, 15th of 20 (well btm) to Pledgeofallegiance (8-13) (Ascot 2/4m hcap (2) £56,994 good to firm).
SOLENT GATEWAY (8-11) 40-1 led until 2f out, weakened 1f out, 8th of 12 (btm 1/4) to Fairbanks (9-4) (Newmarket 1/4m hcap (2) £51,540 good).
WIND YOUR NECK IN (9-1) 6-1 held up, headway 3f out, led final furlong, headed final 100yds, bit nk by Rich Belief (9-5) DIAMOND DE VINDECY (8-13) 10-1 struggled 1f out, went 2nd and stayed on, bit by Story Horse (9-3) PERCY SHELLEY (10-1) headed 2f out, stayed on

6.15 SKY BET, FOR THE FANS HANDICAP (2) value to the winner £38,655; 5f (11 runners)

1	-27822 SQUEALER 30 (D)	(9) N Tinkler 4-9-12	Rowan Scott 97
2	62-242 EMPEROR SPIRIT 8	(11) R Cowell 6-9-7	Tom Marquand 92
3	7-2044 EXISTENT 8 (D)	(3) S Williams 6-9-5	Connor Planas (3) 96
4	174166 WOOLHAMPTON 8 (B,D)	(6) B Millman 4-9-5	Oliver Searle (5) 93
5	13-121 AMERICAN AFFAIR 49 (D)	(10) J Goldie 4-9-5	Paul Murennan 99
6	120-43 JER BATT 49 (D)	(7) D & N Barron 4-9-4	Callum Rodriguez 98
7	-42951 HARVANNA 30 (D)	(8) K Burke 3-9-2	Clifford Lee 95
8	739636 INTERVENTION 3	(5) M Appleby 7-9-1	Alistair Rawlinson 97
9	027275 ZARZYNI 8 (E*)	(1) D & N Barron 7-8-10	Connor Beasley 91
10	783636 REBEL PATH 10	(8) S Williams 5-8-6	Jack Doughty (5) 88
11	-71113 RHYTHMIC ACCLAIM 52 (BF)	(2) P McBride 4-8-2	non-runner 94

BETTING: 7-2 American Affair, 9-2 Emperor Spirit, 5 Squealer, 8 Jer Batt, Existing, 10 Harvanna, Woolhampton, 12 Intervention

Sunracing FORM

SQUEALER (9-10) 5-1 chased leaders, ran on to lead final 100 yards, headed post, bit nk by Brave Nation (8-9) INTERVENTION (8-13) 16-1 chased leaders, challenged final furlong, just held, 3rd (btm 1/4) (9 ran) (Doncaster 5f hcap (2) £16,200 good).
EMPEROR SPIRIT (9-1) 33-1 led, ridden 1f out, kept on well, headed final furlong, bit nk by Albatross (8-12) EXISTENT (8-1) 11-1 raced keenly, held up, headway when not clear run and switched right final furlong, ran on well finally, not reach leaders, 4th (btm 1/4) WOOLHAMPTON (8-12) 11-1 held up, headway 1f out, not pace to challenge, 6th (btm 1/4) (13 ran) (Ascot 5f hcap (2) £30,924 good).
AMERICAN AFFAIR (8-5) 8-1 chased leaders, went 2nd inside final 2f, led over 1f out, ran well, bit Lethal Nymph (8-12) 1/4 JER BATT (9-4) 5-1 chased leader, led 2f out, ridden and headed 1f out, weakened final 100 yards, 3rd (btm 2/4) (16 ran) (Thirsk 5f hcap (2) £13,200 good).

6.45 SKY BET CLUB HANDICAP winner £10,360; 6f (10 runners)

1	2-2145 KNEBWORTH	(9) R Hughes 4-10-2	94
2	3-0258 ADMIRAL D	(3) R Foy 5-10-0	94
3	-74301 SERGEANT P	(12) C Cox 4-9-11	94
4	069013 GRANT WOOD	(6) P Midgley 5-9-10	94
5	636013 BE PROUD 27	(2) J Goldie 6-9-9	94
6	4-1241 ROBERTO CAR	(1) A Keatley 3-9-8	94
7	8/9-41 BABA REZA 1	(13) J Camacho 6-9-7	94
8	605861 ROUGH DIAM	(10) T Davidson 7-9-5	94
9	3-4362 THANKUAPPR	(14) D Carroll 4-9-4	94
10	0-6900 CALL ME GIN	(15) J Goldie 8-9-2	94
11	106664 TRILBY 22 (C)	(4) S England 4-9-1	94
12	-06605 SPIRIT OF AP	(11) T Easterby 4-8-12	94
13	854726 LIHOU 31 (D)	(8) P Evans 8-9-12	94
14	3302-0 AL SHABAB S	(7) I Williams 3-8-11	94
15	826066 ROGUE THUN	(5) P Morris 4-9-9	94

BETTING: 11-2 Baba Reza, 6 Sergeant P, 8 Grant Wood, Knebworth, 10 Harvanna, Woolhampton, 12 Intervention

Favourite CHESTER COLORS SEVEN DAYS A WEEK GOING GOOD

CHESTER COLORS

GOING GOOD

2.30 LIVERPOOL JOHN LENNON AIRPORT RUNWAY SPRINTER HANDICAP (Class 4); £7,644; 1m 2f. (10 runners)

- (5) 005355 WOODSTOCK CITY 34 (D) Billy Loughnane 91
(3) 943232 BOSS GIRL 40 R Fahy 4-9-11 Oisín Orr 93
(1) 732322 EVOCATIVE SPARK 8 (BF,C) D Holland 5-9-10 Silvestre De Sousa 98
(7) 185679 INNISE GALL 162 (D) C Lister 6-9-10 Franny Norton 84
(4) 918153 ROYAL DREAM 17 (D) E Dunlop 4-9-9 Saffie Osborne 93
(8) 4454-45 ORDER OF MALTA 50 (H) Palmer 4-9-6 Jason Hart 89
(2) 105541 FLATLEY 10 (D) A Wintle 7-9-6 David Probert 89
(9) 821675 GOLDEN MELODY 4 (B,C,D) T Easterby 6-9-6 David Allan 86
(6) 757308 TOBESKO 8 D Carroll 4-9-4 P J McDonald 83
(10) 9858212 PRINCESS NYLA 4 (G,D) A Bromley 4-9-4 Rossa Ryan 97
BETTING: 3 Evocative Spark, 9-2 Flatley, 6 Princess Nyla, 7 Boss Girl, 8 Royal Dream
WHERE FAVOURITES FINISHED: 9 2 2 8 1
2023: First Impression 6-1-0 Jason Hart 9-4 Fav (J & S Quinn) drawn 1, 9 ran.

3.05 ARTHUR WAU MEMORIAL NURSERY (5); 2-y-o; value to the winner £7,644; 7f. (9 runners)

- (6) 4022 TACTICAL PLAN 11 (BF) E Dunlop 9-9 Silvestre De Sousa 99
(4) 8617 DYLANA 10 (D) W Muir & C Grassick 9-9 Lewis Edmond 95
(2) 3474 ANTHROPOLOGIST 23 C Johnston 9-6 Billy Loughnane 95
(5) 5585 MUSCAN POINT 22 R Fahy 9-5 Oisín Orr 90
(3) 3019 EIGHTEEN FOURTEEN 22 O Pears 9-4 Cam Hardie 92
(7) 5753 ATOMIC MASS 22 M A D Easterby 9-2 Billy Garrity 88
(8) 969 NEW BOMBAY 15 (H) A Balding 9-2 David Probert 85
(9) 4751 LAW DEGREE 19 (D) Easterby 8-10 David Allan 98
(10) 9858212 PRINCESS NYLA 4 (G,D) A Bromley 4-9-4 Rossa Ryan 97
BETTING: 7-2 Law Degree, 4 Tactical Plan, 9-2 Atomic Mass, 7 Anthropologist
WHERE FAVOURITES FINISHED: 1 5
2023: Making Dreams 9-4 Brandon Wilkie 4-1 (K R Burke) drawn 1, 9 ran.

3.35 BRITISH EBF NEWCOMERS' RESTRICTED MAIDEN STAKES (A); 2-y-o; winner £7,644; 1m. (5 runners)

- (1) CAPTAIN HARRY A Balding 9-9 David Probert
(4) CHELSEA OLD CHURCH M Bell 9-7 Daniel Muscutt
(2) HOT DANCER C Johnston 9-7 Billy Loughnane
(3) BLOWN J Osborne 9-7 Saffie Osborne
(5) CONDOTTI H Palmer 9-5 Jason Hart
BETTING: 2 Captain Harry, 5-2 Hot Dancer, 10-3 Condotti, 5 Chelsea Old Church
WHERE FAVOURITES FINISHED: 2023: No corresponding race.

4.05 LIVERPOOL RACING QUEENSFERRY STAKES (LISTED) £28,010; 6f. (9 runners)

- 1 1-5178 EMARAATY ANA 47 (D) J Osborne 8-9-5 Saffie Osborne 97
Runs: 36 Wins: 7 (4F,3G) Places: 9 £1,257,369
Useful, not short of pace and draw could have been worse, respected
2 07-000 FLAMING RIB 43 (CD) H Palmer 5-9-5 Jason Hart 86
Runs: 24 Wins: 7 (S,F,GS,4G) Places: 4 £455,258
Runner-up in Grp 1 in 2022, out of sorts this season, plenty to prove
3 106-40 HARRY THORS 43 (D) C Cox 5-9-5 Billy Loughnane 95
Runs: 13 Wins: 5 (F,2A,GS,G) Places: 2 £131,674
Talented, but missed all of 2023, rusty so far this year, check betting
4 0-8609 QUINAULT 15 (H,D) S Williams 4-9-5 Marco Ghiani 93
Runs: 16 Wins: 7 (4F,A,2G) Places: 2 £192,390
Won seven times last season, found this year, well drawn
5 27-370 RUSSET GOLD 22 R Varian 4-9-5 Silvestre De Sousa 91
Runs: 12 Wins: 2 (F,G,S) Places: 3 £29,824
Well treated in hcaps, but sent into a Listed contest, drawn wide
6 6-2211 AL SHABAB STORM 22 (C,D) A Balding 3-9-4 Jason Watson 99
Runs: 4 Wins: 3 (S,GS,G) Places: 4 £100,401
Improver, bossed a Listed contest here over 7, bags of pace, one to beat
7 71-220 FUNNY STORY 23 (D) R Beckett 4-9-0 Rossa Ryan 96
Runs: 14 Wins: 4 (S,2F,A) Places: 4 £96,906
Hardy filly, not sure if this sharp turning track will suit, bit to prove
8 139146 RADIO GOO GOO 8 (CD) P Evans 4-9-0 P J McDonald 84
Runs: 32 Wins: 7 (S,2F,A,3G) Places: 9 £113,435
Experienced filly, connections chasing black type, improvement needed
9 1-2316 QUEEN'S GUARD 48 (BF,D) M Bell 3-8-10 David Probert 87
Runs: 6 Wins: 2 (A,G) Places: 1 £14,040
Plenty to find in the figures and draw far from ideal, up against it
BETTING: 6-4 Al Shabab Storm, 4 Emaraaty Ana, 5 Funny Story, 8 Harry Thors, 10 Quinault, 12 Flaming Rib, 20 Radio Goo Goo
WHERE FAVOURITES FINISHED: 1 2 1 3 2
2023: Mitbaahy 4-9-5, R Dawson 10-1 (R Varian), drw 3, 6 ran.

Sunracing FORM

- EMARAATY ANA (9-7) 33-1 prominent, driven 6f out, soon no extra, 8th of 17 (btn 6f) to Asfoora (9-4) (Ascot 5f Grp 1) £290,094 good to firm.
HARRY THORS (9-9) 1 in rear, never a factor, 23rd of 25 (btn 8 1/2) to Unequal Love (9-7) FLAMING RIB (9-9) 50-1 tracked leaders, ridden and weakened 1f out, (btn 12) (Ascot 5f Grp 1) £230,355 good to firm.
QUINAULT (9-9) 9-1 kept led after 1f, headed 1f out, weakened, last of 9 (btn 7) to Elite Stakes (9-4) (Newbury 6f Grp 2) £38,204 good to firm.
RUSSET GOLD (9-7) 18-1 towards rear, pushed along 1f out, never on terms, 10th of 17 (btn 2 1/4) to Fair Wind (9-3) (Ascot 5f Grp 1) £251,540 good.
AL SHABAB STORM (8-13) 6-4 fav tracked leaders, smooth headway to lead 3f out, clear 1f out, kept on well, bit breezy (9-7) 7 1/4 (6 ran) (Chester 7f Grp 1) £133,632 good to soft.
FUNNY STORY (9-6) 17-2 mid-division, outpaced 4f out, weakened, last of 12 (7) to Flora Of Bermuda (9-0) (York 6f Grp 3) £114,204 good to soft.
RADIO GOO GOO (8-13) 9-2 led, headed final furlong, no extra, 6th of 14 (btn 3 1/4) to Rage Of Bamby (9-8) (York 6f hcap) £2,386,655 good.
QUEEN'S GUARD (9-9) 5-2 fav pulled hard in touch, chance 2f out, hung left and weakened soon after, last of 6 (btn 14) to Salvuccio (9-8) (Windsor 6f hcap) £3,893,613 good to firm.

4.35 BARBARA & GEOFF EVERALL MEMORIAL HANDICAP (2) £15,288; 7f. (12 runners)

- (1) 3-2100 PERCY'S LAD 22 (C) D & C Kubler 6-10-0 Billy Loughnane 96
Runs: 27 Wins: 6 (2F,4G) Places: 7 £119,168
Two-time course winner including in May, well drawn and lots to like
(2) 22-116 NEVER SO BRAVE 43 (D) Sir M Stoute 3-9-11 Saffie Osborne 99
Runs: 5 Wins: 2 (S,G) Places: 2 £33,065
Course winner, big effort in the Jersey at Ascot latest, worthy fav
(3) 32-613 DOCUMENTING 86 (D) K Frost 11-9-10 Rossa Ryan 95
Runs: 57 Wins: 11 (F,8A,2G) Places: 13 £214,413
Experienced, solid third behind Percy's Lad here in May, drawn wide
(4) 15-810 TELEMARK 22 (BF,D) S & E Criskard 3-9-7 Silvestre De Sousa 93
Runs: 6 Wins: 2 (S,G) Places: 1 £23,813
Visually impressive at Thirsk, excuses at York latest, can bounce back

6-1200 STREET KID 23 (D)

- (4) K De Foy 6-9-6 Benoit Sayette 90
Runs: 31 Wins: 5 (3A,G) Places: 11 £114,412
Races up with the pace, below par last two starts, needs softer ground
(2) 6-0110 SPIRIT GEM 22 (CD) J Candlish 4-9-6 George Wood 88
Runs: 16 Wins: 4 (S,GS,2G) Places: 3 £59,734
Won twice this season including here in May, hcapper looks in charge

0-3752 YANIFER 23 (GD)

- (12) H Bethell 6-9-5 Oisín McWeeney (3) 91
Runs: 30 Wins: 7 (S,F,GS,2G) Places: 8 £56,841
Pacepusher, York form is very solid but drawn in the Chester car park

-05286 WAY TO DUBAI 36

- (5) C Fellowes 5-9-5 Daniel Muscutt 94
Runs: 18 Wins: 3 (F,G) Places: 7 £46,920
Unlucky when second here in May, modest effort latest, better expected

-68566 BOARDMAN 15 (C,D)

- (11) T Easterby 8-9-3 David Allan 94
Runs: 47 Wins: 8 (F,S,GS,2G) Places: 3 £166,415
Well treated on best form, won here twice, respected despite wide draw

10 266-04 STONE SOLDIER 50 (C,D)

- (3) R Fahy 7-9-3 Oisín Orr 78
Runs: 36 Wins: 8 (S,6A,G) Places: 5 £78,478
Travelled well when close-up fourth at York in June, one to watch closely

11 887861 PAWS FOR THOUGHT 8 (CD)

- (10) D McCain 6-9-0 Franny Norton 97
Runs: 40 Wins: 7 (2GS,5G) Places: 6 £83,869
Likes it here, quickened well to win here over 5f latest, place chance

12 -5061 TOPANGA 30 (D)

- (8) A Balding 3-8-10 Jason Watson 98
Runs: 6 Wins: 2 (A,G) Places: 1 £21,644
Lightly raced, won with a bit in hand at Haydock latest, dangerous

BETTING: 11-4 Never So Brave, 11-2 Topanga, 7 Paws For Thought, 8 Telemark, Percy's Lad, 10 Yanifer, Documenting, 12 Spirit Gem, 14 Stone Soldier, 16 Way To Dubai, Boardman, 25 Street Kid
WHERE FAVS FINISHED AND 2023: No corresponding race.

Sunracing FORM

- SPIRIT GEM (9-1) 33-1 towards rear, ridden final 2f, some late headway, 11th of 20 (btn 6 1/2) to Aalto (8-12) PERCY'S LAD (9-9) 1-41 chased leader, ridden 2f out, weakened final furlong, 15th (btn 9) (20 ran) new market 7f hcap (2) £51,540 good.
NEVER SO BRAVE (9-3) 8-1 kept prominent, ridden over 1f out, kept on same pace, 6th of 18 (btn 4 1/2) to Haatem (9-6) (Ascot 7f Grp 3) £1,626,065 good to firm.
PERCY'S LAD (9-9) 16-5 well away, made all, ridden over 1f out, ran well, bit dancing Micky (9-1) 1/4 DOCUMENTING (9-10) 28-1 tracked winner until pushed along 2f out, kept on, 3rd (btn 10) of 21 (4 ran) (9-10) 16-1 towards rear, never a factor, 8th (btn 6 1/4) (13 ran) (Chester 6f hcap) £2,386,655 good to firm.
TELEMARK (9-2) 11-4 fav towards rear, ridden and weakened final furlong, 12th of 14 (10) to Blue For You (9-9) (York 1m hcap) £2,235,193 good.
YANIFER (8-13) 10-1 pressed leader, led 3f out, headed and not pace of winner inside final furlong, stayed on for clear 2nd (btn 1 1/4) by Tolstoy (8-2) STREET KID (9-8) 28-1 chased leaders, carried head high and weakened final 2f, 16th (12) (18 ran) (Haydock 7f hcap) £1,462,462 good.
WAY TO DUBAI (9-13) 6-1 mid-division, outpaced 1f out, no extra final 100 yards, 6th of 10 (btn 3 1/4) to Radio Goo Goo (9-10) PAWS FOR THOUGHT (9-1) 12-1 behind, pushed along 2f out, weakened, 8th (btn 5 1/4) (Chester 6f hcap) £1,910,192 good.
BOARDMAN (9-12) 12-1 slowly into stride, in last pair, some late minor headway, never involved, 6th of 12 (btn 3 1/4) to Akkadiah Thunder (9-8) (Doncaster 7f hcap) £3,936 good.
STONE SOLDIER (9-9) 25-1 led, ridden and headed inside final furlong, no extra, 4th of 17 (btn 11) to Tolstoy (8-10) BOARDMAN (9-12) 12-1 close up, kept on same pace final furlong, 6th (btn 2 1/4) YANIFER (9-1) 7-2 hcapper, every chance 2f out, no extra (Doncaster 7f hcap) £2,104 (York 7f hcap) £15,462 good to soft.
PAWS FOR THOUGHT (9-0) 8-1 mid-division, rapid headway under pressure to lead final 100 yards, soon clear, bit Accural (9-2) (9 ran) (Chester 5f hcap) £4,874 good.
TOPANGA (9-5) 28-1 mid-division, outpaced, headway soon after, stayed on final furlong, led towards finish, bit Aalto (10-3) 1/4 (11 ran) (Haydock 7f hcap) £4,628,281 good.

5.05 LADIES DAY ON 31ST AUGUST HANDICAP (4) winner £7,644; 1m 4f. (7 runners)

- (7) 37-411 SEA GREY 22 (C) D McCain 5-10-2 Charlie Maggs (7) 99
Runs: 14 Wins: 3 (A,GS,G) Places: 4 £33,550
In top form, two good wins under top track jock F Norton but claimer up today
(2) 773149 DREAMS ADOZEN 22 (P*,C) C Johnston 4-10-2 Billy Loughnane 92
Runs: 23 Wins: 4 (F,3S) Places: 7 £56,948
No excuses behind Sea Grey last time, top young rider up, do better
(3) 26-184 RICHARD P SMITH 16 R Varian 5-10-0 non-runner 95
Runs: 23 Wins: 4 (S,2F,GS) Places: 8 £31,477
Encouraging effort when fourth at Ponte latest, leading contender
(4) -52126 CAMBRIA LEGEND 30 (BF) J Fanshawe 3-9-7 Daniel Muscutt 97
Runs: 7 Wins: 1 (F) Places: 2 £10,677
Below par at Donny latest, but earlier form is solid, can bounce back
(5) 000336 GREEN TEAM 8 I Williams 5-9-5 Joe Leavy (5) 88
Runs: 2 Wins: 1 (A) Places: 2 £21,842
Only one win out of 22 starts, not the most consistent, best watched
(6) 127566 DUNSTAN 16 (V,D) P Attwater 3-9-4 William Cox 90
Runs: 15 Wins: 4 (A) Places: 5 £36,816
All four wins have been on AW, but he does handle turf, respected
(7) 120338 SWORDSTICK 22 (P*,T*) H Palmer 3-9-0 Jason Hart 93
Runs: 8 Wins: 1 (A) Places: 4 £10,128
Never turned up behind Sea Grey here latest, worth another chance
BETTING: 7-4 Sea Grey, 11-4 Cambria Legend, 11-2 Dreams Adozen, 13-2 Swordstick, 10 Dunstan, 12 Green Team
WHERE FAVOURITES FINISHED: 1 2 1 3 1
2023: Alba Longa 3-9-7, J Crowley Evens Fav (R Beckett), drw 5, 7 ran.

Sunracing FORM

- SEA GREY (9-10) 8-1 mid-division, smooth headway 2f out, ridden to lead over 1f out, kept on strongly, bit Galside (9-1) SWORDSTICK (8-7) 9-2 tracked leaders, lost position 2f out, beaten, 8th (btn 16) DREAMS ADOZEN (9-13) 9-2 tracked leader, squeezed up and lost position 2f out, beaten, 9th (btn 18) (10) (Chester 1 1/4 m hcap) £4,102 good to soft.
RICHARD P SMITH (10-2) 12-1 in touch, kept on 1f out, nearest finish, 4th of 7 (2 1/4) to St Francis (3-4) (Pontefract 1 1/4 m hcap) £4,524 good to firm.
CAMBRIA LEGEND (9-2) 6-4 fav held up, headway and hung left over 1f out, soon weakened, 6th of 9 (btn 9 1/4) to Qasaid (10-2) (Doncaster 6f hcap) £1,653 good.
GREEN TEAM (10-3) 9-1 behind, struggling 3f out, never a factor, 6th of 7 (btn 7 1/4) to Grey Fable (9-8) (Chester 1 1/4 m hcap) £7,644 good.
DUNSTAN (8-13) 33-1 mid-division, effort when not much in 1f out, never able to get on terms, 6th of 7 (2 1/4) to Great Bedwyn (10-2) (Newbury 1 1/4 m hcap) £4,378 good.

TEMPLEGATE

- 2.30 Evocative Spark
3.05 Tactical Plan
3.35 Hot Dancer
4.05 Al Shabab Storm
4.35 NEVER SO BRAVE (map)
5.05 Sea Grey

TOM PEPPER

- 2.30 Boss Degre
3.05 Low Degree
3.35 Captain Harry
4.05 Al Shabab Storm
4.35 Documenting
5.05 Green Team

TIC-TAC

Left-handed, sharp track of just over 1m round with a short run in. DRAW: A low draw and a fast start are a big advantage in sprints. FAVOURITES: (2019-24): 147 have won out of 477 races (31). At corresponding meetings, 15 have won out of 50 races (30%). LIVE ON SKY SPORTS (30%).

HOT 'N NOT

TRAINERS with best record in last 14 days: D & C Kubler 6 from 21; P Evans 5 from 21; R Beckett 10 from 47; R Varian 5 from 29; H Palmer 7 from 44; M & D Allan 6-57; M Ghani 2-10; P J McDonald 2-16; B Garrity 2-20; C Johnston 8-56; THIS SEASON: H Palmer 6, A Balding 6, R Fahy 4, T Easterby 4.
JOCKEYS with best record in last 14 days: S Osborne 8 wins from 39 rides; J Watson 6 from 30; R Ryan 9 from 52; S De Sousa 8 from 48; Billy Loughnane 11 from 70; P J McDonald 6 from 39.
TRAINERS who have had the most runners since last year: C Williams 23, JOCKEYS who have had the most rides since last year: W Cox 20.

TOP TRAINERS

2019-2024 A Balding 37-183, H Palmer 26-140, R Fahy 25-237, T Easterby 21-166, R Beckett 20-82, P Evans 19-79, I Williams 13-207, D Carroll 9-51, R Varian 8-44, C Johnston 8-56; THIS SEASON: H Palmer 6, A Balding 6, R Fahy 4, T Easterby 4.

TOP JOCKEYS

2019-2024 F Norton 26-129, D Probert 18-118, J Hart 16-89, J Watson 6-43, S De Sousa 6-48, M Ghani 2-10, P J McDonald 2-16, B Garrity 2-20, C Christie 2-36; THIS SEASON: J Watson 6, F Norton 4.

TRAINER TRACE

FIRST RACE FOR NEW YEAR: No qualifiers. RACEFAV: I Williams won 5.05 in 2018 & 2020. FAV AND VETS: 15 runners in Funny Story (4.05) trained by R Beckett, Kimpton Down, round top of 452 miles.

IN THE MONEY

MONEY TALKS: Anthropologist (3.05) opened 4-1, unplaced at 11-4; Dreams Adozen (5.05) opened 7-1 unplaced at 9-2; Al Shabab Storm (4.05) opened 7-4, won at 6-4; Ludog (3.05) opened 5-1, won at 4-1. TOP EARNERS: 4.05 Emaraaty Ana £1,257,369; 4.05 Flaming Rib £455,258; 4.35 Documenting £214,413.

UNDER ORDERS

SEVEN-DAY WINNERS: None. FIRST TIME BLINKERS: None. WISER FIRST TIME NONE. FIRST RUN SINCE WIND UP: None. WEIGHT WATCHER: 4.35 Documenting won off 99, down 5lb to 94; Boardman (won off 99, down 10lb to 107).
JOB JOCKEY: O McSweney rides Yanifer (4.35) for H Bethell, 3 from 9, 33%. S Osborne rides Never So Brave (4.35) for Sir M Stoute, 5 from 18, 28%. S De Sousa rides Russet Gold (4.05) for R Varian, 46 from 187, 25%. S De Sousa rides Telemark (4.35) for S & E Criskard, 49 from 208, 24%.
P/POT: £43.90/Q/POT: £9.60

FEVER DREAM (2.20 Galway)

is a rare British raider at the meeting and he was a good winner at Perth before following up with second at the Scottish track last time out.

RACING RESULTS

DONCASTER
2.15: 1 MONOMYTH (C) Fallon (5-2); 2 SONG (9-2) J Taylor (11-1); 3 BELLA (17-2); 6 ran (Piantha Rama 11-8 fav); 7/4; 1/4; O Sangster, T: £3.50; £1.80; £3.90.
Ex: £23.50. Trifecta: £114.80; CF: £23.45.
4.35: 1 ANOTHER BAAR 2 Wheatley 2; 2 Fideius (5-2); 3 Midnight Lir (11-2); 9 ran; 11; nk. Harry Eustace, T: £4.50; £1.60; £2.10; £2.20. Tricast: £140.54; Trifecta: £148.50; CF: £29.34.
3.25: 1 RADWAN K O'Neill (10-3); 2 Didaar (9-2); 3 Winston's Trifecta (4-6 fav) 4 ran; shd; 2/4; J & T Gosden, T: £4.54; Ex: £9.70. Trifecta: £131.90; CF: £15.90. NR: Royal College.
4.00: 1 WALEEY C Fallon (11-8 fav) 2 Oligopoy (50-1); 3 Lexington Belle (17-2); 8 ran; 2; 3/4; W Haggas, T: £2.38; £1.10; £6; £2.20. Ex: £50.90. NR: Eudryl. Trifecta: £367.50; CF: £91.69. NR: Trifecta.
4.35: 1 ANOTHER BAAR 2 Wheatley 9-2; 2 The Ridler (3-1 fav); 3 A Pint Of Bear (9-2); 8 ran; ns; 1; A Keatley, T: £5.50; £1.70; £1.30; £1.70. Ex: £22.50. Tricast: £140.54; Trifecta: £148.50; CF: £29.34.
5.14: 1 LUMENBURG Star Sexton (25-1); 2 Beechwood Star (14-1); 3 Boujee Gold (11-1); 12 ran (Create 9-4); 7/4; nk; J Camacho, T: £30.70; £2.40; £2.40; £2.40. Tricast: £644.75; Trifecta: £7368.80; CF: £327.17; NR: Spear Fir.
P/POT: £719.50/Q/POT: £149.90

GOODWOOD

1.50: 1 AARON (3-1) (3-1); 2 Relentless Voyager (9-2); 3 Phantom Flight (5-1); 5 ran (Aimeric 5-2 fav); 11; nk; W Haggas, T: £4; £1.80; £2; Ex: £16.70. Trifecta: £53.20; CF: £15.64.
2.20: 1 ALIGN THE STARS J Fanning (10-3 jfav); 2 Fairbanks (10-3 jfav); 3 Great Bedwyn (14-1); 13 ran; nk; J C Johnston, T: £4.34; £1.80; £1.80; £3.00. Ex: £17.30. Tric: £341.36; Trif: £91.40. CF: £12.85. NR: Calling The Wind.
3.00: 1 TERM OF ENDEARMENT J Lee (5-2); 2 Night Spacely (8-1); 3 River of Stars (11-2); 6 ran (Free Wind 11-4 fav); 7/4; 1/4; H De Bromhead (IRE), T: £8.50; £2.20; £2.30; £2; Ex: £55.60. Tric: £353.82; Trif: £235.40; CF: £62.97. NR: Divine Comedy, Suno Sam, Sweet Memories, Oxford Comm.
3.35: 1 GET IT P Cosgrave (4-1); 2 Apollo One (14-1); 3 Biollyth (13-2); 4 Moshell (14-2); 5 Ben (Furosgang 9-2 fav); 7/4; 1/4; ns; G Baker, T: £4; £2; £7.50; £3.80; £2.40; £4.70. Ex: £58.30. Tric: £465.67; Trif: £754.90; CF: £508.44.
4.20: 1 WITNESS STAND K Shoemaker (40-1); 2 Piz Nair (9-1); 3 Cuban Tiger (6-1); 11 ran (Arctic Thunder 31-1); 3; shd; C O'Connell, T: £4; £2; £2.80; £2.80. Ex: £335.30. Tric: £2489.25; Trif: £5619.20. CF: £371.74. NR: Quirt, Serried Ranks, Spanish Breeze.
5.10: 1 DIVINA GRACE Billy Loughnane (7-1); 2 Alamy (5-1); 3 Fair Glen (6-1); 9 ran (Lumley 2-1 fav); 1/4; shd; R Guest, T: £7.10; £2; £1.70; £1.60. Ex: £36.10. Trifecta: £232.11; CF: £29.71.
3.15: 1 DIERT FLOWER Billy Loughnane (1-4 fav); 2 Dash Of Azure (11-2); 3 Hot Like Me (28-1); 6 ran (6f); 4/4; C Appleby, T: £1.25; £1.10; £1.70; £1.70. Ex: £1.70. Trifecta: £232.11; CF: £29.71.
3.50: 1 RUN BOY RUN S Osborne (4-1); 2 Usuario Amigo (10-3 jfav); 3 Monkey Island (7-2); 6 ran (Cracking Gold 10-1 fav); 1/4; shd; R Guest, T: £5.10; £1.90; £1.80; Trifecta: £54.10; CF: £16.62; NR: Junglic Mac.
4.25: 1 ENSURED S Osborne (6-1); 2 Fighter Command (9-8 fav); 3 Ludo's Landing (8-1); 6 ran; 1/4; 2/4; Dr R Newland & J Insole, T: £7; £2; £4.00; £1.50. Ex: £18.30. Trifecta: £390.20; CF: £15.71.
5.10: 1 FAIRY GLEN (6-1); 9 ran (Lumley 2-1 fav); 1/4; shd; R Guest, T: £7.10; £2; £1.70; £1.60. Ex: £36.10. Trifecta: £232.11; CF: £29.71.
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3.15: 1 DIERT FLOWER Billy Loughnane (1-4 fav); 2 Dash Of Azure (11-2); 3 Hot Like Me (28-1); 6 ran (6f); 4/4; C Appleby, T: £1.25; £1.10; £1.70; £1.70. Ex: £1.70. Trifecta: £232.11; CF: £29.71.
3.50: 1 RUN BOY RUN S Osborne (4-1); 2 Usuario Amigo (10-3 jfav); 3 Monkey Island (7-2); 6 ran (Cracking Gold 10-1 fav); 1/4; shd; R Guest, T: £5.1

4 - 10 AUGUST 2024

THE Sun ON SUNDAY

TV soaps



Emmerdale

IS THIS VICTORIA'S SECRET BROTHER?

Coronation Street

7-DAY TV LISTINGS
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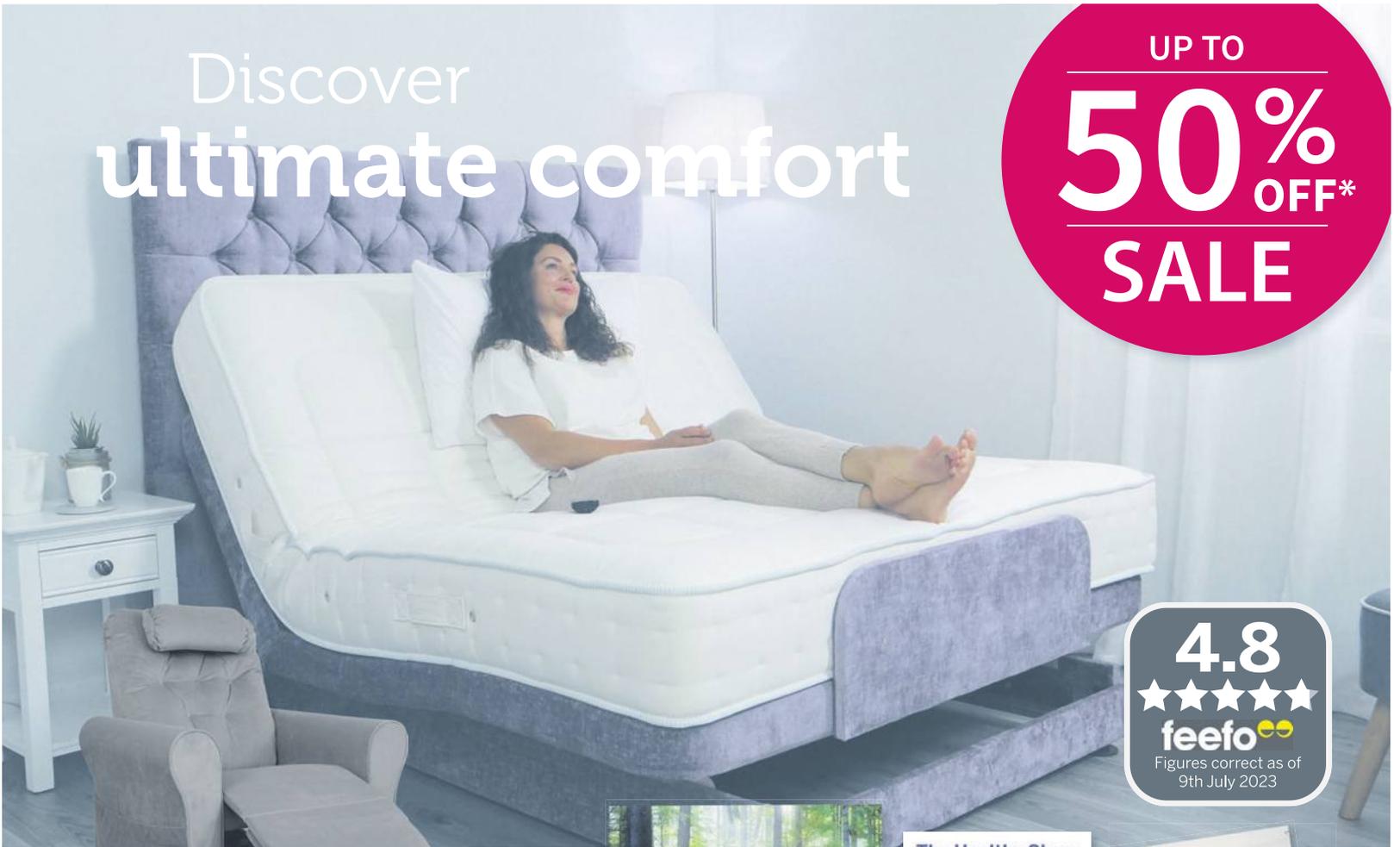
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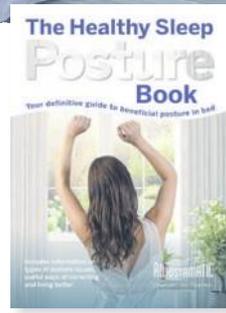
FIZ COMES FACE TO FACE WITH HER OLD LOVE RIVAL... IS ALINA BACK FOR TYRONE?

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★ CORONATION STREET ★



FIZ AND POP!

Yeah, I forget to bring carrier bags too...

Corrie airs for an hour on Monday, Wednesday & Friday at 8pm

TV Soap has only just realised that Tyrone likes his women to have a name in some way connected to soda drinks, and when Fiz meets (Alina) Pop this week, it's sure to go with a bang!

The last time we saw Alina, almost three years ago, she was leaving the cobbles and the country after a torrid affair with mechanic Tyrone, which broke up his nine-year relationship with Fiz. And what's more, the Romanian-born telesales agent suspected that she was pregnant...

This week, as Fiz packs her weekly Freshco shop into her car, she locks eyes with Alina, which is unfortunate as no one has ever looked their best in a supermarket car park. Instead of pretending

not to have seen one another (rule 101 of avoidance tactics), the two women exchange shocked hellos and Alina explains that she's in Weatherfield to give evidence in a human trafficking trial (which Fiz did already know, thanks to insider intel from Debbie and Rita).

Later in the week, during a shift at Street Cars, Cassie recognises Alina's name on a customer log for an airport run and does what any self-respecting overbearing mother would do: she jumps in Steve's car, picks up Alina – who has no idea who she is – and drops her off at Tyrone's. Alina's furious to have been tricked, but there may just be something very important for them to talk about...



Bin... AND GONE?

Step into my office...

It's all happening in the ginnel this week – not only is Beth caught by Craig and Kit handing over her counterfeit T-shirts to shifty Sid, but Betsy is dragged down there by Joel when she pushes his buttons. Is she in for the same treatment as Lauren? Talking of Lauren, the poor girl is at the hospital, terrified that her premature son won't make it through... Elsewhere, Besty reminds Joel that he abandoned her in a rough part of town and owes her. Later, she demands £100 from him, stating that if he doesn't hand over the cash, she'll shout it from the rooftops that he picks up young girls! Flying into a rage, scary Joel manhandles her out of sight...



STIR IT UP

All I said was a little more spice would help

Stu catches Mason and Betsy stealing food, but Mason disarms him by telling the former street dweller that he's homeless. Although Stu offers him a bed at No.6, Mason tells him to stuff his charity (charming!). However, Stu won't give up and hands him a job as a pot washer at Speed Daal, which goes down like a lead balloon with protective parents Gary and Sean. Betsy strikes fear into Dylan's heart by saying he'd better watch his back now that nemesis Mason has access to sharp knives, then a buoyed-up Dylan spots Mason alone at the precinct.

★ EMMERDALE ★

Pollard showcased his nasty side when he got Victoria brutally fired from Hide after she broke Jacob's heart, but Brenda is disgusted as she finally finds out about her husband's scheming. Ignoring his wife's pleas to confess to Victoria, Pollard instead decides to offer her a job at the shop. The single mum happily accepts, but with Brenda continuing to express her disappointment in him, he's soon plagued with guilt and decides to come clean. Victoria is understandably horrified to learn that Pollard forced Jai to sack her, and despite his best efforts to explain his actions to appease her, she's having none of it.

On Thursday, Pollard finds himself in a sticky situation when his motor breaks down on the way to an old friend's funeral, but as luck would

have it, Victoria happens to be passing and decides to put their altercation behind them and offers him a ride. However, it's not long before she puts her foot in it when the pair arrive at the church and she has a very awkward encounter with the grieving son of the deceased woman. As the duo get talking, she's gobsmacked to learn that his name is John Sugden! Now there's a coincidence...

While we're certain that there's probably more than one Sugden family in Yorkshire, Pollard is quick to confirm her suspicions and suggests that there is a chance that he could be Jack's son, making John her half-brother. As the pair return to the village, it looks like John just might be hanging around for a while as Vic finds him at the garage waiting for his van to be repaired.



OH, brother!

So, is there much to learn about the Sugdens, then?

Emmerdale airs Monday to Friday at 7.30pm



KILLER KIM?

Do we really need both lights on?

Poor Rose finally found out what it's like to be on the wrong side of Kim Tate when she got bundled into the boot of a car. But as questions begin swirling around Rose's sudden disappearance, it's still unclear as to what has really happened to her after Kim and Will left her on the side of the road...

On Monday, tensions are running high at Home Farm as Will and Kim doubt each other, and things only get worse when Dawn arrives and suggests that they hire a private investigator to try to find Rose. Once alone, Will shares his concerns with Kim, but she's determined to come up with a plan to throw Dawn off the scent. Later, Kim bumps into

Caleb and can't help but rub his wife's antics in his face as she reveals everything that Ruby has been up to, but what will he make of her schemes? As Kim returns home, she tells Will that their best option is to make Dawn think that Rose has done a runner by texting her from Rose's phone, but Will grows concerned about how Kim got her phone.

Meanwhile, Dawn is devastated to learn that her mother has gone, and the trust issues between Will and Kim seem worse than ever as neither of them knows Rose's true whereabouts. Just as it looks like Will is going to come clean about his dalliance with his ex, Kim delivers a bombshell of her own...

★ EASTENDERS ★



I know I look a little too dapper for the Square

A write WRONG'UN

Monday to Thursday at 7.30pm on BBC2

If you're going to commit murder, it definitely helps if you can keep a cool head, hold your tongue and not make any rash decisions. So it's a bit of a worry for The Six that they've got Linda Carter in their gang, as it's surely only a matter of time before she goes on a Lambrini bender and blabs again.

Linda's thrown this week when a man named Fraser – a contact of Dean's – appears and makes her a shocking offer (and it's not stolen crisps at a knockdown price). Johnny tries to tell his mum that it's a very bad idea, but Linda has food for thought... and reaches for a bottle to help her think clearly (not). Waking up the next day, Linda's

hungover and gets defensive when Elaine offers to take Annie for the dental appointment Linda's forgotten. At the surgery, Linda's mortified to be told that she's let standards slip, but little Annie's dodgy choppers are the least of the mum's worries when she then receives a shocking blackmail letter.

After more poisonous post arrives, the spooked landlady lets rip, accusing various Vic customers – which might make for an entertaining night at the pub for everyone else if there's no quiz or karaoke. Upstairs later, Johnny tries to talk down anxious Linda. Meanwhile, in prison, Dean's got a visitor: the letter writer. Who's Linda's nemesis?

There's a surprise reunion for Suki when she's lurching and plotting with Vinny, only for Nish to arrive with a woman from their past, Ayesha. It turns out that Nish killed Ayesha's husband Hardeep 20 years ago. Not surprisingly, Ayesha ends up turning on him. However, it seems that Suki and Ayesha can see past that slightly awkward link and head to The Vic to share a drink with Eve.

Nasty Nish brushes off the row and soon takes the opportunity to try to stir things up with Eve by dropping hints about Suki's close bond with Ayesha. Eve's rattled, and after a run-in with Nish later, she has a heart-to-heart with Stacey

and gets some love-life advice. Admittedly, given her own messy romantic history, Stacey wouldn't be everyone's first choice as a Dear Deidre figure, but Eve's inspired nonetheless and heads to the pub – where she pops the question to Suki in front of Ayesha, Stacey and the Panesars! It's a bold move and a pretty public place to get a knock-back if the gesture doesn't go down well.

If Ayesha doesn't come between them, you can bet that Nish won't be wishing his wife well as his plan backfires and she contemplates a future with Eve. The question is: what cruel stunt will he pull next to try to keep Suki by his side?



Hang on, I'm just reading the specials board

WED ALERT

★ HOLLYOAKS ★

While we've known since January that our new favourite local, Kitty, stole her identity from the woman who died in the bypass pile-up, her fellow locals are now beginning to learn the truth. The Hutchinsons are already in the know, and when Kitty checks her late pal's phone this week, she's surprised to hear a load of messages left by Abe, leading to him sussing things out.

After Kitty responds to the voicemails and orders Cleo's controlling boyfriend to stop calling, Abe starts investigating and is baffled when he learns that Kitty's surname is Draper. He soon catches the barmaid out in a lie and

demands to know what's become of the Kitty Draper he knows. As 'fake' Kitty reveals that she met the 'real' Kitty at a women's refuge and they were driving away to start a new life when the crash occurred, it becomes obvious that Abe is the nasty partner that the 'real' Kitty was fleeing from.

Our Kitty races to warn Cleo, informing her that Abe is a dangerous man (we've all been screaming that at the telly for months, Kitty), but the nurse isn't buying it. Abe defends himself by stating that Kitty isn't who she claims and, thus, can't be trusted. Seriously, Cleo, it's time to give this guy the heave-ho.

Weeknights 7pm E4, with first-look episode streaming on Channel 4 from 7.30pm



You've finished that whole bottle without falling asleep?

NEVER GONNA GIVE BLUE UP

We see what you're doing, *Hollyoaks* – the introduction of a mystery gangster known only as Blue has led to half the cast walking around in blue clothes to arouse our suspicions. And although Ste has a natty new polo shirt with blue trimmings, he's got absolutely no clue as to who Blue might be. Which is unfortunate, as Blue's sidekick Rex has video footage of him and Ste getting down and dirty in the court's toilets, and will show it to James if Ste doesn't help Blue bring down Warren.

Grace is on to Rex, though, and accuses him of being Blue – warning both him and Ste that she's out for revenge over them trying to drown Freddie.

Warren later makes up with Grace and apologises for burning her father's stash of cash by buying her the Love Boat, which Grace then uses to hold Rex hostage on and threatens to kill him if he doesn't reveal Blue's true identity – but Rex keeps schtum.

As Freddie wakes from his coma, he decides that he's had enough of all this thuggery and releases Rex, who promises Ste that he'll delete the incriminating video in exchange for him not telling Warren that he's double-crossing him. Ste agrees, but judging from the intensity of the picture above, we reckon James may be about to find out that his husband's cheated on him...



He'll get no bars unless he stands closer to the window

CALLING IT Kits

★ NEIGHBOURS ★



Heath ENCOUNTER

Streams Monday to Thursday on Amazon Freeview from 7am

Lovers Tess and Heath may be indulging in a high-stakes plot to rip off the Sinclair family, but there's trouble in paradise as Heath can't resist his steamy romps with Holly. She soon blabs to Sadie about her wealthy new man, though she suddenly shuts up when Mackenzie reveals that Heath's a client at Rebecchi Law. Still, Mack's curious and does some digging, only to discover that the playboy has previously been convicted of fraud.

She fills in Krista and Toadie, and Krista tells Tess, who pretends to be shocked. She and Heath then cook up a story about how the 'poor' guy was set up for the crime by a former business partner.

Krista's not convinced, but Tess urges her to give Heath the benefit of the doubt, just like how the Sinclair family offered her a second chance. Meanwhile, Heath issues Mackenzie with a threat.

When Paul arrives back in Erinsborough, he's immediately suspicious of the pair, but Tess makes him a tempting offer – to buy back the Sinclairs' share of Lassiters. Even though this would cause havoc for Krista and all the staff, he agrees, and it seems like the selfish Paul of old is back in business. But when he meets with Krista and Leo, it's revealed that the three of them have a cunning plan to deal with Tess and Heath.

Eden Hills uni is suddenly the place to be. While married mum-of-one Wendy's been masquerading as a cool fresher there for the past few weeks, Cara's signed up for some IT classes after struggling to understand the new high-tech thermostat at Lassiters. However, it doesn't seem that Cara's set to become the next Bill Gates just yet, as she struggles with her latest assignment. Dex then decides to help his anxious mum out...

The teenager secretly gets hold of his mother's work and when even he finds it tricky, Dex realises that he knows the perfect person to help: Haz. The former deep-fake

con mastermind turned mild-mannered café owner is a little suspicious as to why Dex is asking him all these questions, but soon the project is complete and Dex recruits Remi to help him persuade Cara to send it off to be marked without looking at it again.

Cara's beyond surprised to learn that she's received a distinction for her work, and the Varga-Murphys celebrate at Harold's where, of course, Haz realises what's been going on. Despite his past, he now feels bad about this dishonest act, and while Dex begs him to keep quiet, Haz tells Remi. Indeed, the next day, Cara is stunned to hear that she's under investigation by the university...



★ HOME AND AWAY ★

Well, well, well, it looks like Mali has been dragged right into Iluka's mess. With Levi's recovery very much up and down, Mackenzie is fuming at Mali for what has happened, but he's more concerned with coming to his brother's rescue after he was dragged away by the Allens last week.

Instead of talking to Rose, Mali asks Mack to downplay Iluka's involvement with the Allens until he can find him himself – a plan that has 'disaster' written all over it. A reluctant Mack seems like she's about to go along with Mali's plan, but when Levi takes a turn for the worse, she breaks down and spills all to Rose, who makes

it her mission to track Iluka down and bring him back in one piece before it's too late.

Meanwhile, Mali has joined forces with his big sister Elandra to find their brother, just as the Allens dump a bloody and beaten Iluka at the side of a road. When he's reunited with his siblings, Iluka ends up being checked over in hospital. But if you thought that was the end, you'd be mistaken, as Mali sees red and says he's going to get the Allens back for what they've done. He challenges them to meet and settle things once and for all, then asks two old friends for a favour and heads off ready to fight... Will Rose find him in time?



If you've been shouting at your telly over Bronte's antics, prepare for things to get even worse! Irene's well and truly in Leah's bad books over giving Bronte the idea to file a lawsuit. Worrying that this could end their friendship, Dana – still majorly doubting Bronte – steps in and makes Irene see sense. Irene and Leah later make amends and come up with a plan to stop people suing The Diner, as Leah says she'll talk to Joseph if Irene can convince Bronte – cut to Bronte putting on the performance of a lifetime and Irene changing her mind *again*.

When Dana gets wind of what's happened – plus the fact that Felicity is getting ready to donate

more money to the crowdfund – Dana's more determined than ever to expose Bronte. She holds nothing back when confronting the fraudster with her idea that she's swindling money out of Irene and anyone else she can. Xander's embarrassed by Dana's actions and tells her that Bronte is the real deal and she needs to drop it. Yet even his words don't deter Dana, and she clashes with Bronte again.

But has Dana bitten off more than she can chew? Next thing, Bronte's on the phone with her co-conspirator as they discuss how they need to silence Dana. And as we've discovered, whatever Bronte wants, she always seems to get...

SUNDAY 4 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast (S)
- 8.00 **LIVE** Olympics: Paris 2024 JJ Chalmers and Jeanette Kwakye introduce the first of the events on day nine in the French capital, including equestrian, tennis, golf and athletics. Team GB are seeking another equestrian crown in the individual dressage Grand Prix freestyle at the Chateau de Versailles. (S)



5.25pm Olympics

- 1.00 BBC News (S)
- 1.15 **LIVE** Olympics: Paris 2024 Coverage continues with artistic gymnastics, golf, tennis and cycling. (S)
- 5.00 BBC News (S)
- 5.15 BBC Regional News (S)
- 5.25 **LIVE** Olympics: Paris 2024 Clare Balding and Gabby Logan introduces one of the most eagerly awaited evenings of the Games, as the swimming competition reaches a conclusion at La Defense Arena and the men's 100m takes place on the track at the Stade de France at 8.55. (S)
- 10.00 BBC News (S)
- 10.25 BBC Regional News (S)
- 10.30 Olympics: Paris 2024 - Tonight At The Games Isa Guha and Mark Chapman recap all the drama of day nine in Paris, with the men's 100m final taking centre stage at the Stade De France. (S)
- 11.50 **FILM** Booksmart On the eve of their high-school graduation, two academic superstars and best friends realise they should have worked less and played more. Comedy, starring Kaitlyn Dever. (2019) ★★★★★ (S) Then Weather For The Week Ahead
- 1.30-6am BBC News (S)

REGIONAL VARIATIONS

BBC TWO WALES As main BBC TWO except: 5.30pm Wynne's Welsh 70s 6.00 Weatherman Walking: The Welsh Coast 6.30-7pm SOS: Extreme Rescues

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.35 am Glorious Gardens From Above (R,S)
- 7.20 Countryfile (R,S)
- 8.15 The Lake District: A Wild Year (R,S)
- 9.15 Beechgrove Garden (R,S)
- 9.45 Saturday Kitchen Best Bites Series highlights. (S)
- 11.15 Coast To Coast Food Festival (R,S)
- 11.45 **FILM** Pride And Prejudice Starring Laurence Olivier. (1940) ★★★★★ (B/W,S)



9pm Vienna Blood

- 1.40 Songs Of Praise (S)
- 2.15 **LIVE** The Hundred London Spirit Men v Oval Invincibles Men. Start-time at 2.30. (S)
- 5.30 Flog It! (R,S)
- 6.00 Cornwall With Simon Reeve Documentary. (R,S)
- 7.00 Countryfile Joe Crowley is on the lookout for some of the UK's most elusive animals at Thursley National Nature Reserve, in Surrey, one of the largest remaining areas of heathland. Including Weather for the Week Ahead. (S)
- 8.00 Antiques Roadshow Fiona Bruce heads to the V&A Dundee design museum. (R,S)
- 9.00 **NEW** Vienna Blood (1/2) Oskar is baffled when the director of security agrees to a secret rendezvous with a recently captured criminal. Return of the crime drama, starring Juergen Maurer. (S)
- 10.30 **FILM** All The President's Men Political drama, starring Robert Redford and Dustin Hoffman. (1976) ★★★★★ (S)
- 12.45 Sign Zone: The Bidding Room (R,S,SL)
- 1.30 Clean It, Fix It (R,S,SL)
- 2.15-2.45am Spent (R,S,SL)

54C 6am Cym 8.50 Penblwyddi Cyw 9.00 Eisteddfod Genedlaethol Cymru 2024 10.00 Eisteddfod Genedlaethol Cymru 2024 12noon Eisteddfod Genedlaethol Cymru 2024 2pm Eisteddfod Genedlaethol Cymru 2024 7.15 Adre

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.30 am James Martin's Saturday Morning (R,S)
- 8.25 Jimmy & Shivi's Farmhouse Breakfast (S)
- 9.25 ITV News (S)
- 9.30 Love Your Weekend With Alan Titchmarsh (R,S)
- 11.30 Tom Kerridge Cooks Britain In Scotland. (R,S)
- 12.00 ITV News (S)
- 12.15 **LIVE** MotoGP The British Grand Prix MotoGP and Moto2 races. (S)



8pm McDonald & Dodds

- 3.30 You've Been Framed! (R,S)
- 4.00 Tipping Point: Best Ever Finals (R,S)
- 4.35 ITV News (S)
- 4.55 Regional News (S)
- 5.10 **FILM** Harry Potter And The Goblet Of Fire The teenage wizard is chosen to represent Hogwarts School in a dangerous magical tournament. Fourth instalment of the fantasy saga, starring Daniel Radcliffe and Robert Pattinson. (2005) ★★★★★ (S)
- 8.00 McDonald & Dodds (3/3) A wedding ends in tragedy when the vicar is found murdered in the vestry and McDonald's suspicions focus on the bride, her father and her sisters. (S)
- 10.00 ITV News (S)
- 10.15 **FILM** Mission: Impossible A secret agent is accused of betraying his fellow spies, and sets out on a mission to clear his name. Action thriller based on the 1960s TV series, with Tom Cruise, Jon Voight and Ving Rhames. (1996) ★★★★★ (S)
- 12.30 Shop On TV
- 3.00 Motorsport UK (R,S)
- 3.50 Unwind With ITV (S)
- 5.05-6am Ainsley's National Trust Cook Off (R,S,SL)

7.45 Newyddion A Chwaraeon 8.00 Y Gymanfa Gnu 9.30 Eisteddfod Genedlaethol Cymru 2024 10.30 Pabyl Y Cwm Omnibus 11.35pm-12.40am Eisteddfod Genedlaethol Cymru 2024

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104 Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.00 am Frasier Triple bill. (R,S)
- 7.40 Everybody Loves Raymond Four episodes. (R,S)
- 9.30 Sunday Brunch Tim Lovejoy and Simon Rimmer are joined by Paul Feig, Yungblud, Taj Atwal, Phil Dunster and Tom Hughes. With live music from beabadoobee. (S)
- 12.30 The Simpsons Bart discovers a passion for American history. (R,S)



9pm Britain Behind Bars

- 1.00 The Simpsons (R,S)
- 2.30 Four In A Bed (R,S)
- 5.15 C4 News (S)
- 5.45 Paris 2024 Paralympics: Meet The Athletes (R,S)
- 5.50 **FILM** The Italian Job Crime thriller remake, starring Mark Wahlberg. (2003) ★★★★★ (S)
- 8.00 **NEW** Titanic In Colour (1/2) Documentary about the doomed ship, featuring colourised footage. (S)
- 9.00 Britain Behind Bars: A Secret History (3/3) Rob Rinder concludes his investigation in Somerset and Shepton Mallet. (S)
- 10.00 **NEW** Saucy! Secrets Of The British Sex Comedy (2/2) How X-rated movies entered the mainstream, until the advent of home video and cheaply made pornography brought the cinema sex industry crashing down. (S)
- 10.55 The Man With A Penis On His Arm The story of a man who, having lost his penis, had a new one constructed on his arm. (R,S)
- 11.55 **FILM** Fire Island Comedy romance, starring Joel Kim Booster. (2022) ★★★★★ (S)
- 1.40 Ramsay's Kitchen Nightmares USA (R,S,SL)
- 2.25-3.20am Come Dine With Me Culinary challenge. (R,S)

CHANNEL 5

HD: Freeview 105 Sky 105 Virgin 105 FreeSat 105

- 6.00 am Milkshake!
- 8.50 SpongeBob SquarePants (R,S) Followed by Entertainment News On 5
- 9.10 Eggheads (R,S)
- 9.30 Cruising With Susan Calman 3.0 episodes. The comedian explores French Polynesia. Then, visits Portugal's stunning Douro valley. Before, embarking on an epic cruise to Antarctica (R,S)



9pm Mums On Strike

- 1.10 The Hotel Inspector (R,S)
- 3.05 Coastal Devon & Cornwall With Michael Portillo (R,S)
- 5.05 When Holidays Go Horribly Wrong Tales of package holiday disasters. (R,S) Then 5 News Weekend
- 6.35 Bradley Walsh's Greatest Double Acts The actor looks at what it takes to make it as a comedy duo. (R,S)
- 8.00 22 Kids & Counting (3/6) Chloe arranges a celebratory girls' trip away with Sue and Katie for Sophie's 30th birthday, with the four women heading to the party city of Amsterdam. (S)
- 9.00 Mums On Strike (3/6) Two more couples swap who does the household chores, with Gary taking over from his partner Sam, and Michael tackling the jobs his other half Simone usually does. (S)
- 10.00 The World's Most Luxurious Cruise (3/4) The Seven Seas Splendor's crew welcome an influential travel writer. (S)
- 11.00 1988: Most Shocking Moments Controversies, scandals and surprises in TV, film, music and politics. (R,S)
- 1.00-3am PlayOJO Live Casino Show (S)

SUNDAY'S TOP TV

ITV2

- 11.30am Dress To Impress 1.30 Family Fortunes 2.35 In With A Shout 3.35 In For A Penny 4.10 **FILM!** Johnny English. Spy comedy, starring Rowan Atkinson. (2003)
- 6.00 Wheel Of Fortune 7.00 Celebrity Catchphrase 8.00 **FILM!** Tomb Raider. Action adventure, starring Alicia Vikander. (2018) 10.25 Family Guy 11.25 American Dad! 12.25 Iain Stirling's CelebAbility 1.10 All American 2.05-3am Totally Bonkers Guinness World Records

ITV3

- 11.20am **FILM!** Carry On Matron (1972)
- 1.00 Doc Martin 2.00 Poirot 5.55 Wycliffe

- 8.00 The Real Crown: Inside The House Of Windsor 9.00 Joanna Lumley's Home Sweet Home - Travels In My Own Land 10.00 Poirot 12.05 After The Flood 2.00-2.30am Bless This House

ITV4

- 10am **LIVE SPORT!** MotoGP. The Moto3 race. Start-time at 11.15. 12.25 Made In Britain 12.50 **FILM!** Captain Newman MD (1964)
- 3.30 **LIVE SPORT!** ITV Racing: Sky Bet Series. Coverage of the fifth round from Haydock Park. 7.00 Sharpe 9.10 **FILM!** Sudden Death. Action thriller, starring Jean-Claude Van Damme. (1995) 11.25 Auf Wiedersehen, Pet 12.30 The Motorbike Show 1.25 Lost Car Rescue 2.15 The Protectors 2.45-3am Unwind With ITV

BBC THREE

- 7pm Rapman: Back Of The Bus 7.10 **EastEnders** 8.10 **NEW EPISODE!** Shark Tank: Dragons' Den US 9.30 Stacey Dooley Sleeps Over 10.15 **FILM!** Pride. Drama, with Bill Nighy. (2014)
- 12.10 Corey Baker's Dance Race 12.15 Eating With My Ex 12.45 Birdsong 1.00 High: Confessions Of An Ibiza Drug Mule 2.10 Drugs Map Of Britain 3.10-3.55am Wagtails: Vardy V Rooney



BBC3 10.15pm Pride

BBC FOUR

- 7pm Discovering: Rhapsody In Blue - George Gershwin 8.00 **NEW EPISODE!** John Wilson's American Greats At The Proms 9.40 Gershwin's Summertime: The Song That Conquered The World 10.40 Bill Viola: The Road To St Paul's - Imagine. A profile of the artist. 11.45 Kill Your TV: Jim Moir's Weird World Of Video Art 12.45 Mark Kermode's Secrets Of Cinema: Cult Movies 1.45 Discovering: Rhapsody In Blue - George Gershwin 2.45-3.45am Gershwin's Summertime: The Song That Conquered The World

E4

- 11.50am Ramsay's Kitchen Nightmares USA 1.50 The Big Bang Theory 4.20 Junior Bake Off 5.55 **FILM!** Men In Black II (2002) 7.35 Young Sheldon 8.30 **NEW EPISODE!** Animal Control 9.00 **FILM!** Bad Boys For Life. Action sequel, starring Will Smith and Martin Lawrence. (2020) 11.30 Gogglebox 12.35 Naked Attraction 1.40 First Dates 2.45 Animal Control 3.10 Modern Family 3.35-6am Hollyoaks Omnibus

MORE4

- 12noon Four In A Bed 2.40 Come Dine With Me 5.20 Four In A Bed 8.00 Emergency Helicopter Medics 9.00 999: On The Front Line 10.00 **NEW EPISODE!** Surgeons: Life In Their Hands 11.00 Emergency Helicopter Medics 12.05 999: On The Front Line 1.05 Surgeons: Life In Their Hands 2.05 Emergency Helicopter Medics 3.10-3.45am Food Unwrapped

SUNDAY 4 AUGUST

U&DAVE

7.10am Whose Line Is It Anyway? USA **8.00** Storage Hunters UK **9.00** Abandoned Engineering **11.00** Top Gear **1.00** Road To Riches **3.00** Gino's Italian Escape: Hidden Italy **4.30** Gino's Italian Coastal Escape **5.00** Motorhoming With Merton & Webster **6.00** Greece With Simon Reeve **7.00** Special Ops: Crime Squad UK **9.00** Have I Got A Bit More News For You **10.00** QI **10.40** Mock The Week **12.00** Live At The Apollo: Christmas Special **1.00** Hate Thy Neighbour **2.00-4am** Room 101

SUSA

9.10am Blue Bloods **11.10** NCIS **7.05** **FILM!** Jesse Stone: Sea Change. Thriller, starring Tom Selleck and Kathy Baker. (2007) **9.00** NCIS: Hawai'i **10.00** Law & Order: Special Victims Unit **1.55** Law & Order **3.35-4am** 999: Criminals Caught On Camera

5STAR

8am Shoplifters: Caught Red Handed **1.00** Traffic Cops **5.00** Police Interceptors **9.00** **FILM!** Dracula Untold. Fantasy adventure, starring Luke Evans. (2014) **10.50** **FILM!** RoboCop. Sci-fi thriller remake, starring Joel Kinnaman. (2014) **1.15** It's Your Fault I'm Fat **2.15-3.50am** Police Interceptors

SKY MIX

6am Border Patrol **8.00** Moominvalley **8.25** Silly Pets **8.40** Let's Game **9.00** Monkey Life **11.30** 999 Frontline **12.00** Brit Cops: Law & Disorder **1.00** Caught Red Handed **3.00** Border Security: Australia's Front Line **5.00** Highway Cops **6.00** Caught Red Handed **8.00** Nothing To Declare **9.00** Snapped **10.00** FBI: Most Wanted **11.00** The Real Manhunter **12.00** Caught On Dashcam **1.00** Brit Cops: War On Crime **2.00** Motorway Patrol **4.00-6am** Border Patrol

REALLY

6am Fantasy Homes By The Sea **8.00** Fantasy Homes By The Sea **10.00** Dr Pimple Popper **1.00** A Place In The Sun **6.00** The Derbyshire Auction House **7.00** 1000lb Sisters **9.00** Body Bizarre **10.00** My Parasitic Twin: Body Bizarre **11.00** Body Bizarre **12.00** Help! My House Is Haunted **1.00** The Dead Files **4.00-6am** Dr Jeff: Rocky Mountain Vet

U&W

6.10am Tipping Point **11.00** My Family **1.00** Miranda **3.00** Michael McIntyre's The Wheel **7.00** Inside The Operating Theatre **9.00** Love Me **10.00** Brothers & Sisters. Double bill. **12.00** Katie Price: What Harvey Did Next **1.25** Bang On Budget **2.15-3am** Inside The Ambulance

U&VESTERDAY

6.10am Classic Car Garage **8.00** Secret Nazi Bases **12.00** Great British Railway Journeys **3.00** Mediterranean With Simon Reeve **5.00** Find It, Fix It, Flog It **8.00** 'Allo 'Allo! Four episodes. **10.05** Bangers & Cash **11.05** Secrets Of The London Underground **12.05** Retro Electro Workshop **1.05** Abandoned Engineering **2.05-3am** Great British Railway Journeys



Sky Showcase 2pm The Hundred

TALKING PICTURES

6am **FILM!** The Boy And The Pirates (1960) **7.40** Running For Pleasure **8.05** **FILM!** Holiday Camp (1947) **10.05** **FILM!** Things To Come (1936) **11.55** **FILM!** Convict Stage (1965) **1.25** Batman **2.00** The Adventures Of Robin Hood **2.35** **FILM!** Androcles And The Lion (1952) **4.30** Out Of Town **5.00** The Footage Detectives **6.00** Those British Faces **6.35** **FILM!** Robinson Crusoe (1954) **8.25** A Lifetime Ago With The Baim Collection **9.00** Love For Lydia **10.05** **FILM!** Waterloo Road (1944) **11.40** **FILM!** They Live (1988) **1.30** The Heritage Chart Show **2.35** **FILM!** The System (1964) **4.20-6am** **FILM!** Once A Sinner (1950)

SKY ATLANTIC

6am Richard E Grant's Hotel Secrets **8.45** Urban Secrets **9.40** Riviera **2.35** The Sopranos **7.40** Chernobyl **9.00** House Of The Dragon **10.20** Yellowjackets **11.35** Big Little Lies **12.40** House Of The Dragon **3.25** We Own This City **4.30** In Treatment **5.00-6am** Urban Secrets

SKY WITNESS

6am Sun, Sea And A&E **8.00** Border Patrol **10.00** UK Border Force **11.00** The Real A&E **12.00** 911 Crisis Centre **1.00** Bondi Rescue **2.00** Nothing To Declare **8.00** Elsbeth **9.00** Fire Country **10.00** The Cleaning Lady **11.00** The Rookie **12.00** Law & Order: Special Victims Unit **1.00** Transplant **2.00** **NEW EPISODE!** The Cleaning Lady **3.00-6am** Nothing To Declare

GOLD

7am The Fosters **7.40** Only Fools And Horses **7.05** Dad's Army **7.45** Only Fools And Horses **10.25** Ghosts. Three episodes. **12.15** Britain's Greatest Comedy Character **2.55-4am** Ghosts

COMEDY CENTRAL

8am Home Improvement **9.35** Friends **7.00** **FILM!** Robin Hood: Men In Tights (1993) **9.00** **FILM!** Walk Hard: The Dewey Cox Story (2007) **10.55** Michael McIntyre: Showtime **12.00** Jon Richardson: Old Man - Live **2.00** Al Murray: The Only Way Is Epic **3.20** Jimmy Carr: Laughing And Joking **4.10-5am** Guessable?

SKY COMEDY

8am The Conners **10.30** Young Rock **12.40** The Comeback **2.15** Dice **4.00** Will & Grace **6.30** The US Office **9.00** Josh Widdicombe: Bit Much. **10.15** Barry **1.35** Girls **2.45** Enlightened **3.50-5am** Camping (US)

SKY MAX

6am Highway Patrol **7.00** NCIS: New Orleans **12.00** Grimm **4.00** The Walking Dead **10.00** The Walking Dead: Daryl Dixon **11.10** Brassic **12.10** Funny Woman **1.10** The Force: Manchester **2.05** Road Wars **4.00-6am** Sun, Sea And A&E

SKY SCI-FI

6am Blood & Treasure **11.00** Star Trek: Deep Space Nine **4.00** Stargate SG-1 **9.00** **FILM!** Midnight Special (2016) **11.10** Westworld **1.35** Intergalactic **3.25** Star Trek: Enterprise **5.05-6am** Most Haunted

DISCOVERY

6am Wheeler Dealers World Tour **11.00** Kindig Customs **12.00** Alaska: Homestead Rescue **6.00** Gold Divers **7.00** How To Build... Everything **8.00** Alaskan Bush People **9.00** Alaska: The Last Frontier **10.00** Shorty's Dream Shop **11.00** Last Chance Garage **12.00** Bitchin' Rides **3.00** Kindig Customs **4.00-5am** How Do They Do It?

TLC

7am Say Yes To The Dress: Atlanta **8.00** Say Yes To The Dress **10.00** Little People, Big World **12.00** My Lottery Dream Home **1.00** My 600lb Life **3.00** Little Johnstons **5.00** Sister Wives **7.00** Dr Pimple Popper **12.00** Body Bizarre **1.00** Dr Pimple Popper **4.00-5am** Extreme Cheapskates

SKY CINEMA PREMIERE

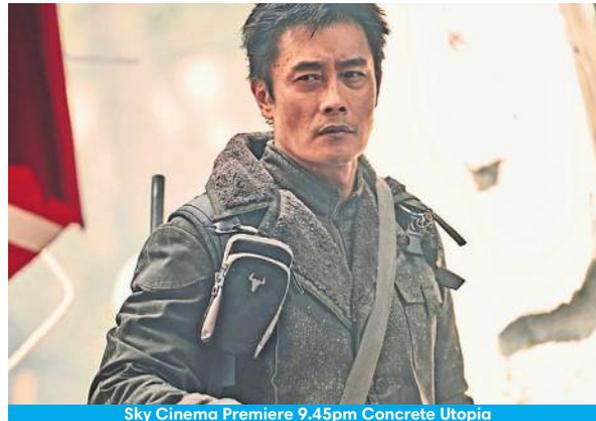
7am Parallel (2024) **8.40** Sky Cinema Preview **9.00** Robin And The Hoods (2024) **10.45** Trolls Band Together (2023) **12.20** **PREMIERE!** Concrete Utopia (2023) **2.35** Mean Girls (2024) **4.30** Robin And The Hoods (2024) **6.20** Trolls Band Together (2023) **8.00** Parallel (2024) **9.45** **PREMIERE!** Concrete Utopia. Starring Lee Byung-hun. (2023) **12.00** Aporia (2023) **2.00** The Nun II (2023) **4.00-6am** Uproar (2024)

SKY CINEMA COMEDY

7.05am Adult Life Skills (2016) **8.50** The Boss (2016) **10.40** Groundhog Day (1993) **12.35** Ride Along (2014) **2.25** Ride Along 2 (2016) **4.20** Champions (2023) **6.25** Johnny English (2003) **8.00** Superbad (2007) **10.05** Blithe Spirit (2020) **11.55** Adult Life Skills (2016) **1.40** The Boss (2016) **3.30** Movie 43 (2013) **5.20-7.15am** The Comeback Trail (2020)

SKY CINEMA ACTION

7.05am Little Monsters (2019) **8.55** Escape Plan (2013) **11.05** Red (2010)



Sky Cinema Premiere 9.45pm Concrete Utopia

1.10 Fist Of Fury (1972) **3.10** The Karate Kid Part III (1989) **5.15** Batman V Superman: Dawn Of Justice (2016) **8.00** Fast X (2023) **10.25** Little Monsters (2019) **12.10** The Karate Kid Part III (1989) **2.10** Escape Plan (2013) **4.15-6.10am** Fist Of Fury (1972)

GREAT! MOVIES

9am **FILM!** The Stranger Inside (2016) **10.50** **FILM!** A Night To Regret (2018) **12.45** **FILM!** Killer Night Shift (2018) **2.40** **FILM!** And So It Goes (2014) **4.40** **FILM!** The Bounty Hunter (2010) **7.00** **FILM!** Here Comes The Boom (2012) **9.00** **FILM!** Heist (2015) **11.00** **FILM!** The Hatton Garden Job (2017) **1.00** **FILM!** Past Obsessions (2011) **3.00** Wild West Chronicles **4.00-4.55am** **FILM!** Erasing His Past (2019)

SKY SPORTS MAIN EVENT

6am Sky Sports News **7.00** Super League Gold **7.05** **LIVE SPORT!** NRL. Canterbury Bulldogs v Canberra Raiders. Kick-off at **7.05**. **9.00** Good Morning Sports Fans **10.00** Sky Sports News **10.30** **LIVE SPORT!** The Hundred Live. London Spirit Women v Oval Invincibles Women. Start-time at **11.00**. **12.30** **LIVE SPORT!** SPFL. Dundee United v Dundee. Kick-off at **1.30**. **4.00** **LIVE SPORT!** SPFL. Celtic v Kilmarnock. Kick-off at **4.30**. **7.00** **LIVE SPORT!** The Hundred Live. Northern Superchargers Men v Manchester Originals Men. Start-time at **6.00**. **9.00** **LIVE SPORT!** Tennis. The Mubadala Citi DC Open WTA final. **10.00** **LIVE SPORT!** Tennis. The Mubadala Citi DC Open ATP final. **12.00** **LIVE SPORT!** LPGA Tour Golf. The Portland Classic. **1.00-6am** Sky Sports News

SKY SPORTS FOOTBALL

6am SPFL Highlights **6.15** Craig Brown: My Scotland **6.45** There's Only One Sausage **7.15** Dundee United - Champions 83 **7.45** 1983: When Aberdeen Ruled Europe **8.45** SPFL Highlights **9.00** SPFL: Edinburgh Derby Best Goals **9.30** Old Firm Derby Best Goals

10.00 SPFL Highlights **10.15** Championship Season Review **11.45** SPFL Highlights **12.00** Dundee United - Champions 83 **12.30** **LIVE SPORT!** SPFL. Dundee United v Dundee. Kick-off at **1.30**. **4.00** **LIVE SPORT!** SPFL. Celtic v Kilmarnock. Kick-off at **4.30**. **7.30** Dundee United - Champions 83 **8.00** SPFL **12.00** SPFL Highlights **12.45** EFL Cup Retro **3.30** EFL Greatest Games **4.00** Championship Season Review **5.00-6am** EFL Rivalries

TNT SPORTS 1

6am **LIVE SPORT!** AFL. Essendon Bombers v Fremantle Dockers. Bounce-up at **6.20**. **9.00** TNT Sports Cricket Reload **9.45** **LIVE SPORT!** One Day International Cricket. Sri Lanka v India. Coverage of the second ODI from R Premadasa International Stadium. **6.30** TNT Sports Cricket Reload **6.45** MotoGP **8.15** MotoGP Chequered Flag **9.00** **LIVE SPORT!** MLB. Oakland Athletics v Los Angeles Dodgers. Start-time at **9.07**. **12.15** Classic Premier League **1.15** Ultimate Pool **2.45** Fishing: On The Bank **3.45** World Rally Championship **4.15** TNT Sports Reload **4.45** Badminton Weekly **5.00-6am** T100 Triathlon World Tour

DON'T MISS MORE OF TODAY'S BEST TELLY



Sky Sports Main Event 4pm SPFL



ITV2 4.10pm Johnny English



ITV1 5.10pm Harry Potter And The Goblet Of Fire



ITV2 8pm Tomb Raider



E4 8.30pm Animal Control



E4 9pm Bad Boys For Life

TNT SPORTS 2

7am WWE Raw Highlights **8.00** Badminton Unlimited **8.30** **LIVE SPORT!** British Talent Cup. Coverage of the second race from the fifth round of the season. **9.30** **LIVE SPORT!** MotoGP. The British Grand Prix MotoGP warm-ups. Start-time at **9.40**. **10.00** **LIVE SPORT!** MotoGP. The British Grand Prix Moto3 race. Start-time at **11.15**. **12.15** **LIVE SPORT!** MotoGP. The British Grand Prix MotoGP race. Start-time at **1.00**. **2.15** **LIVE SPORT!** MotoGP. The British Grand Prix Moto2 race. Start-time at **2.30**. **3.30** MotoGP Chequered Flag **4.15** SHEENE **5.30** TNT Sports Reload **6.00** **MLB:** Off The Bat **6.30** **LIVE SPORT!** MLB. Cleveland Guardians v Baltimore Orioles. Start-time at **6.40**. **9.45** Premier League Stories **10.15** World Rally Championship **10.45** T100 Triathlon World Tour **11.45** Around The Block **12.00** **LIVE SPORT!** MLB. Chicago Cubs v St Louis Cardinals. Start-time at **12.00**. **3.15** MLB Plays Of The Week **3.45** What I Wore **4.00-6am** V8 Supercars Highlights

TNT SPORTS 3

6am Badminton Weekly **6.15** World Rally Championship **6.45** **LIVE SPORT!** World Rally Championship. The Secto Rally Finland. **7.45** Around The Block **8.00** **LIVE SPORT!** World Rally Championship. The Secto Rally Finland. **9.00** TNT Sports Reload **9.15** **LIVE SPORT!** World Rally Championship. The Secto Rally Finland. **10.15** Badminton Weekly **10.30** Badminton Unlimited **11.00** **LIVE SPORT!** World Rally Championship. The Secto Rally Finland. **1.00** Between The Lines **1.30** Badminton Unlimited **2.00** WWE Friday Night SmackDown **3.30** TNT Sports Cricket Reload **3.45** **LIVE SPORT!** GT20 Cricket. Brampton Wolves v Surrey Jaguars. Coverage of the T20 match at CAA Centre in Brampton, Ontario. **7.45** Badminton Unlimited **8.15** World Rally Championship **8.45** **LIVE SPORT!** GT20 Cricket. Montreal Tigers v Vancouver Knights. **12.45** AFL **4.45** Wembley Stadium: A Stage For Icons **5.30-6am** World Rally Championship

MONDAY 5 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast (S)**
- 6.45 LIVE Olympics: Paris 2024**
Day 10 begins with the triathlon mixed relay, athletics, badminton and artistic gymnastics. (S)
- 11.00 LIVE Olympics: Paris 2024**
Further artistic gymnastics finals coverage on day 10, featuring the women's beam at 11.36 and men's horizontal bar at 12.31 at the Bercy Arena. (S)



7pm Olympics: Paris 2024

- 1.00 BBC News At One (S)**
- 1.45 LIVE Olympics: Paris 2024**
Continued coverage of the concluding artistic gymnastics final at the Bercy Arena, as the medals are decided in the women's floor final, and a packed schedule also features canoe slalom, track cycling, diving and football. (S)
- 6.00 BBC News At Six (S)**
- 6.30 BBC Regional News (S)**
- 7.00 LIVE Olympics: Paris 2024**
An evening of athletics at the Stade de France to round off day 10, including finals in the men's pole vault, and the women's discus, 5,000m and 800m. From a British perspective, much of the attention will be on Keely Hodgkinson, as she seeks to end her run of 800m silver medals and become Great Britain's first Olympic champion in the event for 20 years. (S)
- 10.00 BBC News At Ten (S)**
- 10.30 BBC Regional News (S)**
- 10.40 Olympics: Paris 2024 - Tonight At The Games** Isa Guha and Mark Chapman look back at day 10 from Paris, as 17 gold medals were awarded across a number of sports. (S)
- 12.00 Kin** Double bill. (R,S)
- 1.45-6am BBC News (S)**

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.45 am Breakfast (S)**
- 9.00 Dom Does America (R,S)**
- 9.30 Wanted Down Under Revisited (R,S)**
- 10.15 A Countryside Summer (R,S)**
- 10.45 The Farmers' Country Showdown (R,S)**
- 11.15 Homes Under The Hammer**
In Barry, Nuneaton and the Isle of Wight. (R,S)
- 12.15 Bargain Hunt** Two teams compete at Ardingly in West Sussex. (R,S)



7.30pm EastEnders

- 1.00 LIVE Olympics: Paris 2024**
The artistic gymnastics reaches a conclusion with the women's floor final. (S)
- 1.45 Make Me A Dealer (R,S)**
- 2.30 The Customer Is Always Right (R,S)**
- 3.00 Escape To The Country**
In North Yorkshire. (R,S)
- 3.45 Ricky & Ralf's Very Northern Road Trip (R,S)**
- 4.30 The Repair Shop (R,S)**
- 5.15 Flog It! (R,S)**
- 6.00 LIVE Olympics: Paris 2024**
Featuring athletics and track cycling. (S)
- 7.00 Richard Osman's House Of Games (16/100) (R,S)**
- 7.30 SOAP EastEnders**
Linda is faced with a complicated decision. (S)
- 8.00 Grand Tours Of Scotland's Rivers** Paul Murton explores the River Annan. (R,S)
- 9.00 Forensics: The Real CSI (2/4)** An armed gang robs £300,000 worth of gold from a jewellery store. (R,S)
- 10.00 Spent (5/6)** Mia reluctantly steps up as guardian for Ella. Comedy drama with Michelle de Swarte. (S)
- 10.30 Newswight (S)**
- 11.05 FILM The Piano** Period drama. (1993) ★★★ (S)
- 1.00 Sign Zone: Countryfile**
Rural reports. (R,S,SL)
- 1.55-2.40am The Bidding Room (R,S,SL)**

ITV CENTRAL 1.55-2pm ITV News Central
S4C 6am Cyw 9.30 Eisteddfod Genedlaethol Cymru
2024 12noon Newyddion S4C A'r Tywydd 12.05pm
Eisteddfod Genedlaethol Cymru 2024 2.00 Newyddion
S4C A'r Tywydd 2.05 Eisteddfod Genedlaethol Cymru

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am Good Morning Britain**
News, current affairs and lifestyle features. (S)
- 9.00 Lorraine** Entertainment and fashion news. (S)
- 10.00 This Morning** A mix of celebrity chat, lifestyle features, advice and competitions. Including Local Weather. (S)
- 12.30 Loose Women** Celebrity interviews and topical studio discussion. (S)



9pm Long Lost Family...

- 1.30 ITV Lunchtime News (S)**
- 1.55 Regional News (S)**
- 2.00 Dickinson's Real Deal (R,S)**
- 3.00 Tenable (R,S)**
- 4.00 Tipping Point (R,S)**
- 5.00 The Chase** Quiz show with Bradley Walsh. (R,S)
- 6.00 Regional News (S)**
- 6.30 ITV Evening News (S)**
- 7.30 SOAP Emmerdale** Samson finally finds the bravery to stand up to Josh. (S)
- 8.00 SOAP Coronation Street** Lauren fears for the life of her premature baby, Hope dumps Sam and turns her attention to Jack, and Craig and Kit intercept Beth's delivery of counterfeit T-shirts. (S)
- 9.00 Long Lost Family: False Identities Special (7/7)**
The stories of two men who were born in Ireland to unmarried mothers. (R,S)
- 10.00 ITV News (S)**
- 10.30 Regional News (S)**
- 10.45 TikTok: Murder Gone Viral (2/3)** The case of women's rights campaigner Sania Khan. (R,S)
- 11.40 Piglets (3/6)** The recruits get to wear their uniforms for the first time. (R,S)
- 12.00 Shop On TV**
- 3.00 Family Fortunes (R,S,SL)**
- 3.50 Unwind With ITV (S)**
- 5.05-6am Jimmy's Taste Of Florida (R,S,SL)**

2024 4.00 Eisteddfod Genedlaethol Cymru 2024 6.00
Cymelin 7.00 Heno 7.30 Newyddion S4C A'r Tywydd
8.00 Eisteddfod Genedlaethol Cymru 2024 9.25
Newyddion S4C A'r Tywydd 9.30 Canu Gyda Fy Arwr
10.30 Rallio+ 11.00 Y Babel Llen 2024 12midnight-

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104
Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.20 am Cheers** Two shows. (R,S)
- 7.10 Everybody Loves Raymond** Comedy. (R,S)
- 9.00 Frasier (R,S)**
- 11.00 The Simpsons (R,S)**
- 12.00 C4 News (S)**
- 12.05 Paris 2024 Paralympics: Meet The Athletes (R,S)**
- 12.10 A New Life In The Sun**
Former fish and chip shop owners Julie and Julia transform a Spanish monastery. (R,S)



11.40pm The Great

- 1.10 Car S.O.S (R,S)**
- 2.10 Countdown (S)**
- 3.00 A Place In The Sun (R,S)**
- 4.00 The Great House Giveaway**
An old stone terrace in Queensbury is restored. (S)
- 5.00 NEW A New Life In The Sun: Where Are They Now?**
Catching up with Adam and Alicia at their cocktail bar on the Costa Del Sol. (S)
- 6.00 Come Dine With Me (R,S)**
- 6.30 The Simpsons (R,S)**
- 7.00 C4 News (S)**
- 8.00 NEW Yorkshire By The Sea (1/4)** The lives of locals living along Yorkshire's coastline. The first episode features a family from Bridlington who've been fishing for generations. (S)
- 9.00 24 Hours In A&E**
Pedestrian Jane is rushed to Queen's Medical Centre after a hit-and-run. (S)
- 10.00 NEW On The Edge: Wet Look (1/3)** Anthology of one-off films on the importance of care and caring. (S)
- 10.35 On The Edge: Letting Go (2/3)** A foster father cannot bear to give up the teenage girl he has raised. (S)
- 11.10 On The Edge: The Final Countdown (3/3) (S)**
- 11.40 The Great** Double bill. (S)
- 1.40-3.25am FILM Proxima**
Drama, starring Eva Green. (2019) ★★★ (S)

1.30am Eisteddfod Genedlaethol Cymru 2024

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

- 6.00 am Milkshake!**
- 9.15 Jeremy Vine** The broadcaster discusses the issues of the day. (S)
- 11.30 Storm Huntley** The day's talking points continues. (S)
- 12.45 Friends** Ross bumps into his ex-wife, while Chandler meets an old flame during a double date with Joey, and Rachel, Monica and Phoebe have a run-in with some firefighters. (R,S)



8pm Motorway Cops: Catching...

- 1.10 Friends (R,S)**
Followed by **5 News**
- 1.45 SOAP Home And Away**
Mackenzie struggles to forgive Mali. (R,S)
- 2.15 FILM Mummy's Deadly Son**
Thriller, starring Rene Ashton. (2022) ★★★ (S)
- 4.00 The Cruise: Fun-Loving Brits At Sea (R,S)**
- 5.00 5 News At 5 (S)**
- 6.00 Amazing Railway Journeys**
With Nick Knowles (R,S)
Followed by **5 News Update**
- 7.00 Traffic Cops (1/20)** An insight into the working life of officers patrolling Britain's roads. (R,S) Followed by **5 News Update**
- 8.00 Motorway Cops: Catching Britain's Speeders (7/10)** A child is knocked off his bike by a car in Gateshead. (S)
- 9.00 NEW Lucy Letby: Did She Really Do It? A Look at the case against the former neonatal nurse. (S)**
- 10.00 999: Police Hour Of Duty (4/8)** A man claims that his housemate is threatening to kill him. (R,S)
- 11.05 Police 999: Clear & Present Danger (5/6)** Hampshire police try to free a woman from a knife-wielding intruder. (R,S)
- 12.05 Traffic Cops (R,S)**
- 1.00-3am PlayOJO Live Casino Show (S)**

REGIONAL VARIATIONS

BBC TWO WALES As main BBC TWO except: 8pm Weatherman Walking: The Welsh Coast 8.30 SOS: Extreme Rescues 9.00-10pm Siân Phillips At 90

FREEVIEW AND SATELLITE CHANNELS

ITV2

- 12noon Dress To Impress 1.00** In With A Shout **2.00** Supermarket Sweep **3.00** Charmed **4.00** Dawson's Creek **5.00** Dress To Impress **6.00** Celebrity Catchphrase **7.00** In With A Shout **8.00** Bob's Burgers **9.00** Family Guy **11.30** American Dad! **12.30** Bob's Burgers **1.30** Deal Or No Deal **2.35-3am** Unwind With ITV

ITV3

- 11.20am** Heartbeat **1.30** Classic Emmerdale **2.40** Classic Coronation Street **3.50** A Touch Of Frost **6.00** Heartbeat **8.00** Vera. The detective investigates a 30-year-old mystery. **10.00** Cracker **12.00** The Royal **12.50** Upstairs, Downstairs **2.00-2.30am** Bless This House

ITV4

- 11.25am** BattleBots **12.25** Dempsey And Makepeace **1.30** The Champions **2.35** Kojak **3.40** Minder **4.50** The Professionals **6.00** BattleBots **7.00** The Chase **Celebrity Special 8.00** MotoGP Highlights **9.00** FILM Rambo: First Blood Part II (1985) **11.05** The Motorbike Show **12.00** Motorsport UK **1.00** Auto Mundial **1.25** Motorsport Mundial **1.50** From Dusk Till Dawn **2.40-3am** Unwind With ITV

BBC THREE

- 7pm** Top Gear **8.00** NEW EPISODE! Shark Tank: Dragons' Den **US 8.45** NEW! Becoming... Furiosa **9.00** Stacey Dooley Sleeps Over **9.50** High: Confessions Of An Ibiza Drug Mule **10.25** Him & Her **11.15** Drugs Map Of Britain **12.15** Eating with

BBC FOUR

- 7pm** Great British Railway Journeys **7.30** Gareth Edwards' Great Welsh Adventure **8.00** Art Of France **9.00** Rebuilding Notre-Dame: The Next Chapter **10.00** Paris **11.00** Becoming Matisse **12.00** Art On The BBC: Van Gogh - Life And Art **1.00** Great British Railway Journeys **1.30** Gareth Edwards' Great Welsh Adventure **2.00** Becoming Matisse **3.00-4am** Art Of France

E4

- 12noon** The Big Bang Theory **2.00** The Goldbergs **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big

MORE4

- 11.25am** Find It, Fix It, Flog It **12.30** Come Dine With Me **3.10** Four In A Bed **5.50** Château DIY **6.55** Car S.O.S **7.55** Grand Designs **9.00** NEW EPISODE! Help! We Bought A Hotel **10.00** Trains From Hell: Caught On Camera **11.05** 24 Hours In A&E **12.10** Paris 2024 Paralympics: Meet The Athletes **12.15** Emergency Helicopter

- Medics 1.20** 999: On The Front Line **2.20** 24 Hours In A&E **3.25-3.55am** Food Unwrapped

FILM4

- 11am** Monsters Vs Aliens (2009) **12.50** Dunston Checks In (1996) **2.35** Star Trek: Nemesis (2002) **4.50** One Million Years BC (1966) **6.50** Sister Act 2: Back In The Habit (1993) **9.00** XXX (2002) **11.35** Attack The Block (2011) **1.20-4am** Wings Of Desire (1987)

TALKING PICTURES

- 11.35am** The Outer Limits **12.40** What's On TPTV With Noel **12.50** FILM Rage At Dawn (1955) **2.35** Hook, Line And Sinker **3.00** The Saint **4.00** FILM The Gentle Sex (1943) **5.50** Look At Life **6.00** For The Love Of Ada **6.30** Out Of Town

GREAT! ACTION

- 12noon** Wild West Chronicles **1.00** FILM Aces 'N' Eights (2008) **2.55** FILM The Quick And The Dead (1987) **4.55** FILM Bullet To Beijing (1995) **7.10** FILM Shockwave: Countdown To Disaster (2017) **9.00** FILM First Kill (2017) **11.10** FILM John Carpenter's Ghosts Of Mars (2001) **1.15** FILM The Recall (2017) **3.10** Battle Of Kursk **4.00-5am** War Machines

TUESDAY 6 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast** News and entertainment reports. (S)
- 8.00 LIVE Olympics: Paris 2024** Jeanette Kwakye and JJ Chalmers present live coverage of the first events on day 11, with the women's 1500m, men's javelin and men's 400m hurdles all getting under way, along with the individual equestrian jumping final. (S)



7pm Olympics: Paris 2024

- 1.00 BBC News At One** (S)
- 1.45 LIVE Olympics: Paris 2024** Hazel Irvine introduces further coverage of events on day 11, featuring the women's 10m platform diving final, women's park skateboarding and women's team pursuit track cycling. (S)
- 6.00 BBC News At Six** (S)
- 6.30 BBC Regional News** (S)
- 7.00 LIVE Olympics: Paris 2024** The conclusion of the men's track cycling team sprint is followed by an evening of athletics at the Stade De France, as the women's 200m champion is crowned. Gabby Logan presents the action. (S)
- 10.00 BBC News** (S)
- 10.30 BBC Regional News** (S)
- 10.40 Olympics: Paris 2024 - Tonight At The Games** Isa Guha and Mark Chapman recap all the headlines from day 11 in the French capital, as 15 events reached their conclusion, including athletics, track cycling and diving finals. (S)
- 12.00 Kin** (3 & 4/8) Double bill. Viking receives some unsettling news. Then, Bren continues to undermine Amanda's power. (R,S)
- 1.45-6am BBC News** (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.30 am A To Z Of TV Gardening**
- 7.15 Sign Zone: The Bidding Room** (R,S,SL)
- 8.00 Breakfast** (S)
- 9.00 Dom Does America** (R,S)
- 9.30 Wanted Down Under Revisited** (R,S)
- 10.15 A Countryside Summer** (R,S)
- 10.45 The Farmers' Country Showdown** (R,S)
- 11.15 Homes Under The Hammer** Property auctions. (R,S)
- 12.15 Bargain Hunt** (R,S)



7.30pm EastEnders

- 1.00 LIVE Olympics: Paris 2024** Continued coverage from day 11, featuring sailing and hockey. (S)
- 1.45 Make Me A Dealer** (R,S)
- 2.30 The Customer Is Always Right** (R,S)
- 3.00 Escape To The Country** A house hunter from Surrey who wants a new home in Pembrokeshire. (R,S)
- 3.45 Ricky & Ralf's Very Northern Road Trip** (R,S)
- 4.30 The Repair Shop** (R,S)
- 5.15 Flog It!** (R,S)
- 6.00 LIVE Olympics: Paris 2024** The men's team sprint track cycling final. (S)
- 7.00 Richard Osman's House Of Games** (17/100) (R,S)
- 7.30 SOAP EastEnders** Eve makes a big decision. (S)
- 8.00 Inside The Factory** (5/6) Gregg Wallace learns the secrets of rice pudding at the Ambrosia factory. (R,S)
- 9.00 Murder Trial: The Disappearance Of Renee And Andrew MacRae** (1/2) The trial for the 1976 murders of a woman and her three-year-old son. (R,S)
- 10.00 Bad Education** (1/6) (R,S)
- 10.30 Newsnight** (S)
- 11.05 Atomic People** (R,S)
- 12.35 Sign Zone: The Turkish Detective** (R,S,SL)
- 2.10-2.40am Dom Does America** In a Texas jail. (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am Good Morning Britain** News, current affairs and lifestyle features. (S)
- 9.00 Lorraine** Entertainment and fashion news. (S)
- 10.00 This Morning** A mix of celebrity chat, lifestyle features, advice and competitions. Including Local Weather. (S)
- 12.30 Loose Women** Topical debate from a female perspective. (S)



8pm Cooking With The Stars

- 1.30 ITV Lunchtime News** (S)
- 1.55 Regional News** (S)
- 2.00 Dickinson's Real Deal** (R,S)
- 3.00 Tenable** (R,S)
- 4.00 Tipping Point** (R,S)
- 5.00 The Chase** (R,S)
- 6.00 Regional News** (S)
- 6.30 ITV Evening News** (S)
- 7.30 SOAP Emmerdale** Lydia arrives with news from Samson's plea hearing. (S)
- 8.00 Cooking With The Stars** (2/6) Emma Willis and Tom Allen host as Katherine Ryan, Christopher Biggins, Linford Christie and Ellie Simmonds compete. (S)
- 9.00 Vera** (3/6) The detective investigates a daring robbery at a port and uncovers a web of intrigue when it turns out to be an inside job, but the insider's motivation is not just money. (R,S)
- 10.45 ITV News** (S)
- 11.20 Regional News** (S)
- 11.35 British Touring Car Championship Highlights** Steve Rider presents action from the sixth round of the season at Croft Circuit. (S)
- 12.50 Shop On TV**
- 3.00 On Assignment** (R,S,SL)
- 3.30 Big Zuu's 12 Dishes In 12 Hours** (R,S,SL)
- 4.05 Unwind With ITV** (S)
- 5.10-6am Ainsley's Taste Of Malta** (R,S,SL)

Newyddion S4C A'r Tywydd 2.05 Eisteddfod Genedlaethol Cymru 2024 4.00 Eisteddfod Genedlaethol Cymru 2024 5.00 Eisteddfod Genedlaethol Cymru 2024 7.30 Newyddion S4C A'r Tywydd 7.50 Eisteddfod Genedlaethol Cymru 2024

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.20 am Cheers** Two shows. (R,S)
- 7.10 Everybody Loves Raymond** Four episodes. (R,S)
- 9.00 Frasier** (R,S)
- 11.00 The Simpsons** (R,S)
- 12.00 C4 News** (S)
- 12.05 Paris 2024 Paralympics: Meet The Athletes** Meeting fencer Oliver Lam-Watson. (R,S)
- 12.10 A New Life In The Sun** Julie and Julia get their first paying customers. (R,S)



8pm Worst House On The Street

- 1.10 Car S.O.S** (R,S)
- 2.10 Countdown** (S)
- 3.00 A Place In The Sun** (R,S)
- 4.00 The Great House Giveaway** In Pennant, Ceredigion. (S)
- 5.00 A New Life In The Sun: Where Are They Now?** (S)
- 6.00 Come Dine With Me** (R,S)
- 6.30 The Simpsons** (R,S)
- 7.00 C4 News** (S)
- 8.00 Worst House On The Street** (4/6) In Nottingham, Stuart and Scarlett Douglas help Luke and Shurel completely overhaul their dated and décor-clashing house. (S)
- 9.00 The Body Detectives** A forensic garment analyst, an oceanographer and a forensic psychologist attempt to identify a man found dead in the North Sea 30 years ago. (S)
- 10.00 NEW First Dates** Heavily tattooed Sarah is hoping to find a nice man to take her bins out on a Tuesday in Dan, while William and Zara meet on their first ever dates. (S)
- 11.05 NEW Love In The Limelight: UNTOLD** Chloe Burrows tells all about dating in the public eye. (S)
- 12.05 Women On Death Row** (S)
- 1.00 The Rise And Fall Of Boris Johnson** (R,S,SL)
- 2.25-3.15am Ramsay's Kitchen Nightmares USA** (R,S,SL)

10.30-11.35pm Y Babell Lén 2024

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

- 6.00 am Milkshake!**
- 9.15 Jeremy Vine** The broadcaster discusses the issues of the day. (S)
- 11.30 Storm Huntley** (S)
- 12.45 Friends** Double bill. Phoebe feels neglected when she learns Joey has fallen in love with her identical twin. Then, Rachel and Monica become love rivals. George Clooney guest stars. (R,S) Followed by **5 News**



9pm Your Kitchen: 60 Years Of...

- 1.45 SOAP Home And Away** Levi is in danger. (R,S)
- 2.15 FILM Who Killed Our Father?** Thriller with Kirsten Cornforth and Devin Cecchetto. (2023) ★★ (S)
- 4.00 The Cruise: Fun-Loving Brits At Sea** (R,S)
- 5.00 5 News At 5** (S)
- 6.00 Amazing Railway Journeys With Nick Knowles** (R,S) Then **5 News Update**
- 7.00 Our Great Yorkshire Life** Rob and Dave Nicholson try to find out more about their mum's side of the family. (S) Then **5 News**
- 8.00 The Yorkshire Vet: At Home With The Greens** Peter Wright takes a look at the Greens' 10-year-old collie-cross-whippet. (S)
- 9.00 NEW Your Kitchen: 60 Years Of Fads & Gadgets** (2/2) Telling the story of Britain's kitchens from the 1980s to now. Celebrities including Danny John-Jules test out the gadgets. (S)
- 10.00 A Killer Makes A Call** (3/6) Yoga teacher Dawn Lewis calls 999 to say that she has stabbed her lodger. (S)
- 11.05 Killer At The Crime Scene** (1/12) True crime. (R,S)
- 12.05 Motorway Cops: Catching Britain's Speeders** (R,S)
- 1.05-3.05am PlayOJO Live Casino Show** (S)

REGIONAL VARIATIONS

BBC TWO WALES As main BBC TWO except: 8pm Weatherman Walking: The Welsh Coast 8.30 SOS: Extreme Rescues 9.00 Firebombers 10.00-10.30pm

Rewind: 60 Years Of Welsh Pop S4C 6am Cyw 10.00 Sali Mali 10.05 Fferm Fach 10.20 Penre Papur Pop 10.30 Eisteddfod Genedlaethol Cymru 2024 12noon Newyddion S4C A'r Tywydd 12.05pm Eisteddfod Genedlaethol Cymru 2024 2.00

FREEVIEW AND SATELLITE CHANNELS

ITV2

- 12noon Dress To Impress** 1.00 In With A Shout 2.00 Supermarket Sweep 3.00 Charmed 4.00 Dawson's Creek 5.00 Dress To Impress 6.00 Celebrity Catchphrase 7.00 In With A Shout. Families from Cambridgeshire and Carlisle compete. 8.00 Bob's Burgers 9.00 Family Guy 11.30 American Dad! 12.30 Bob's Burgers 1.30 Deal Or No Deal 2.35-3am Unwind With ITV

ITV3

- 11.20am Heartbeat** 1.30 Classic Emmerdale 2.40 Classic Coronation Street 3.50 A Touch Of Frost 6.00 Heartbeat 8.00 Poirot. An aristocrat's wife is stabbed to death. 10.00 Cracker 12.00 The Royal 12.50 Upstairs, Downstairs 2.00-2.30am Bless This House

ITV4

- 11.25am BattleBots** 12.25 Dempsey And Makepeace 1.30 The Champions 2.35 Kojak 3.40 Minder 4.50 The Professionals 6.00 BattleBots 7.00 The Chase Celebrity Special 8.00 World Rally Championship Highlights 9.00 Beat The Chasers 10.00 All Elite Wrestling: Rampage 11.10 FILM Rocky Balboa (2006) 1.05 Auto Mundial 1.10 Motorsport Mundial 1.55 Minder 2.50-3am Unwind

BBC THREE

- 7pm Top Gear** 8.00 NEW EPISODE! Shark Tank: Dragons' Den US 8.45 Becoming - Dumbledore 9.00 Stacey Dooley Sleeps Over 9.45 High: Confessions Of An Ibiza Drug Mule 10.20 This Country 11.20 Brickies 12.20 Top Gear 1.20 High:

- Confessions Of An Ibiza Drug Mule 1.55-2.55am This Country

BBC FOUR

- 7pm Great British Railway Journeys** 7.30 Gareth Edwards' Great Welsh Adventure 8.00 Keeping Up Appearances 8.30 Butterflies 9.00 Ardal O'Hanlon: Tomb Raider 10.00 NEW SERIES! Corridors Of Power: Should America Police The World? 11.00 The Mysterious Career Of Lee Harvey Oswald: Timewatch 12.45 Great British Railway Journeys 1.15 Gareth Edwards' Great Welsh Adventure 1.45-2.45am Corridors Of Power: Should America Police The World?

E4

- 12noon The Big Bang Theory** 2.00 The Goldbergs 3.00 Modern Family

- 4.00 Young Sheldon** 5.00 The Big Bang Theory 7.00 NEW EPISODE! Hollyoaks 7.30 Come Dine With Me 8.00 NEW EPISODE! Below Deck 9.00 Gogglebox 10.00 Naked Attraction 11.05 First Dates: Valentine's Special 2020 12.10 The Big Bang Theory 1.05 Brooklyn Nine-Nine 2.05 Modern Family 2.55 Below Deck 3.40 Ramsay's Kitchen Nightmares USA 4.30-5.20am The Neighborhood

MORE4

- 11.25am Find It, Fix It, Flog It** 12.30 Come Dine With Me 3.10 Four In A Bed 5.50 Château D'IY 6.55 Car S.O.S 7.55 Grand Designs 9.00 NEW SERIES! Country House Auction 10.00 Millionaire Hoarders 11.05 24 Hours In A&E 12.10 Country House Auction 1.15 Millionaire Hoarders

- 2.20 24 Hours In A&E** 3.25-3.50am Food Unwrapped

FILM4

- 11am The Call Of The Wild** (2020) 1.00 Muppets From Space (1999) 2.45 The Karate Kid (1984) 5.10 The Lavender Hill Mob (1951) 6.50 Flight Of The Phoenix (2004) 9.00 Nobody (2021) 10.50 Tropic Thunder (2008) 1.00-2.55am Songs My Brothers Taught Me (2015)

TALKING PICTURES

- 12noon Worzel Gummidge** 12.35 FILM Third Party Risk (1954) 2.05 FILM Treasure Of The Golden Condor (1953) 3.55 FILM Home At Seven (1952) 5.40 Look At Life 5.55 The Beverly Hillbillies 6.30 Scotland Yard 7.05 Batman 7.35 Dangerous Assignment 8.05 Rumpole Of The

- Bailey 9.10 FILM Night Of The Eagle (1961) 10.55 Cellar Club With Caroline Munro 11.00 FILM Amityville Horror: The Evil Escapes (1989) 12.55 Cellar Club With Caroline Munro 1.00 FILM The Fifth Floor (1978) 2.50 Cellar Club With Caroline Munro 2.55 FILM Mr Winkle Goes To War (1944) 4.30 Dick Powell's Zane Grey Theatre 5.25-6am For The Love Of Ada

GREAT! ACTION

- 12noon Wild West Chronicles** 1.00 FILM King Of Texas (2002) 3.05 FILM Silverado (1985) 5.50 Battle Honours 7.00 FILM Disaster Zone: Volcano In New York (2006) 9.00 FILM The Exception (2016) 11.15 FILM Battle For The Skies (2013) 1.25 FILM Arctic (2018) 3.30 War Machines 4.30-5am Wild West Chronicles

WEDNESDAY 7 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
8.00 LIVE Olympics: Paris 2024
 The men's and women's kite sailing take place at Marseille Marina, the Saint-Quentin-en-Yvelines Velodrome sees the men's sprint qualifying, and the first round of the women's keirin and team pursuit, while the women's sport climbing speed final is at **11.54**. Plus, athletics. (S)



7pm Olympics: Paris 2024

1.00 BBC News At One (S)
1.45 LIVE Olympics: Paris 2024
 Hockey, weightlifting and track cycling are among the sports featured. (S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 LIVE Olympics: Paris 2024
 The final coverage on day 12 includes athletics at the Stade de France and boxing finals at Roland Garros, with the women's pole vault among the events to be decided, having started at **6.00**. Molly Caudery won the world indoor pole vault title in March and broke the national record in June, while fellow Brit Matt Hudson-Smith has developed a medal-winning habit in recent years and will expect to be in the mix again in the 400m at **8.20**. (S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.40 Olympics: Paris 2024 - Tonight At The Games
 Hosts Isa Guha and Mark Chapman look back on the headlines from day 12 in Paris, featuring athletics, boxing, track cycling and skateboarding. (S)
12.00 Kin Double bill. (R,S)
1.45-6am BBC News (S)

REGIONAL VARIATIONS

BBC TWO WALES As main BBC TWO except: 8pm Weatherman Walking: The Welsh Coast: 8.30 SOS: Extreme Rescues 9.00-10.00 Firefighters

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.30 am Sign Zone: Great Coastal Railway Journeys (R,S,SL)
7.30 See Hear (S,SL)
8.00 Breakfast (S)
9.00 Dom Does America (R,S)
9.30 Wanted Down Under (R,S)
10.15 A Countryside Summer (R)
10.45 The Farmers' Country Showdown (R,S)
11.15 Homes Under The Hammer
 Property auctions. (R,S)
12.15 Bargain Hunt (R,S)



10pm Man Like Mobeen

1.00 LIVE Olympics: Paris 2024
 The first of the women's hockey semi-finals. (S)
1.45 Make Me A Dealer (R,S)
2.30 The Customer Is Always Right (R,S)
3.00 Escape To The Country (R)
3.45 Kangaroo Dundee & Other Animals: Natural World
 Documentary. (R,S)
4.30 The Repair Shop (R,S)
5.15 Flog It! (R,S)
6.00 LIVE Olympics: Paris 2024
 The women's team pursuit track cycling final. (S)
7.00 Richard Osman's House Of Games (18/100) (R,S)
7.30 SOAP EastEnders
 Beale's Eels falls into chaos as Bobby struggles as the new manager. (S)
8.00 The Repair Shop
 Experts restore a poster. (R,S)
9.00 Murder Trial: The Disappearance Of Renee And Andrew MacRae
 (2/2) The trial of William MacDowell continues. (R,S)
10.00 Man Like Mobeen
 The first episode of the comedy starring Guz Khan. (R,S)
10.20 Jobless (R,S)
10.30 Newsnight (S)
11.05 Miriam Margolyes: A New Australian Adventure (R,S)
12.05 Sign Zone: See Hear (S,SL)
12.35 Ambulance (R,S,SL)
1.35-3.05am Atomic People
 Documentary. (R,S,SL)

11.05 New Voices From Wales: No Planes, No Trains, No Automobiles 11.20 Miriam Margolyes: A New Australian Adventure 12.20-12.35am Coast 5.4c 6am Cwyl 10.00 Oloobos 10.05 Blero Yn Myrd 10.10 Ein Byd Bach Ni 10.30 Eisteddfod

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain
 News, current affairs and lifestyle features. (S)
9.00 Lorraine
 Entertainment and fashion news. (S)
10.00 This Morning
 A mix of celebrity chat, lifestyle features, advice and competitions. Including Local Weather. (S)
12.30 Loose Women
 Topical debate from a female perspective. (S)



9pm Irvine Welsh's Crime

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Tenable (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 SOAP Emmerdale
 Will's feelings get hurt. (S)
8.00 SOAP Coronation Street
 Stu's decision to employ Mason proves highly unpopular, Hope asks the doctor for contraception, Betsy demands cash from Joel, and Fiz bumps into Alina while shopping. (S)
9.00 NEW Irvine Welsh's Crime
 (1/6) DI Ray Lennox is determined to prove he can put the Confectioner case behind him and be a normal cop. Return of the crime drama starring Dougray Scott. (S)
10.00 ITV News (S)
10.30 Regional News (S)
10.45 McDonald & Dodds
 (3/3) A wedding ends in tragedy when the vicar is found murdered. (R,S)
12.25 Shop On TV
3.00 Champions: Full Gallop
 Drama on and off the racetrack. (R,S,SL)
3.50 Unwind With ITV (S)
5.05-6am Wheel Of Fortune
 Game show. (R,S,SL)

Genedlaethol Cymru 2024 12noon Newyddion 5.4c A'r Twydd 12.05pm Eisteddfod Genedlaethol Cymru 2024 2.00 Newyddion 5.4c A'r Twydd 2.05 Eisteddfod Genedlaethol Cymru 2024 4.00 Eisteddfod Genedlaethol Cymru 2024 5.45 Eisteddfod

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126 Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.20 am Cheers
 Two shows. (R,S)
7.10 Everybody Loves Raymond
 Four episodes. (R,S)
9.00 Frasier (R,S)
11.00 The Simpsons (R,S)
12.00 C4 News (S)
12.05 Paris 2024 Paralympics: Meet The Athletes
 With Beth Munro. (R,S)
12.10 A New Life In The Sun
 Uninvited guests threaten to ruin Hayley and David's coffee shop opening. (R,S)



8pm Kirstie And Phil's Love It Or...

1.10 Car S.O.S (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 The Great House Giveaway
 A property in Chester. (S)
5.00 A New Life In The Sun: Where Are They Now? (S)
6.00 Come Dine With Me (R,S)
6.30 The Simpsons (R,S)
7.00 C4 News (S)
8.00 Kirstie And Phil's Love It Or List It: Brilliant Builds
 Kirstie and Phil look back on two very different downstair dilemmas, with one family surrendering their space to pets and another struggling to entertain guests. (S)
9.00 NEW Trump Vs Harris: The Battle For America
 Matt Frei examines the candidates and breaks down the US election. With only four months to polling day, how will President Biden's recent withdrawal impact the race? (S)
10.00 Gogglebox (9/14) Omnibus of the two part-special for Stand Up To Cancer. (R,S)
11.05 First Dates
 William and Zara meet on their first ever dates. (R,S)
12.05 24 Hours In A&E (R,S)
1.05 The Rise And Fall Of Boris Johnson (R,S,SL)
2.00-2.45am Ramsay's Kitchen Nightmares USA (R,S,SL)

Genedlaethol Cymru 2024 7.30 Newyddion 5.4c A'r Twydd 7.50 Eisteddfod Genedlaethol Cymru 2024 9.30 Pawb A'i Farn 10.30-11.35pm Y Babell Lân 2024

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake!
9.15 Jeremy Vine
 The broadcaster discusses the issues of the day. (S)
11.30 Storm Huntley
 Debate on the day's talking points continues. (S)
12.45 Friends
 Rachel and Monica suffer a humiliating defeat while playing poker with Chandler and Joey, and Rachel decides to look for a new job. (R,S)



8pm Cumbria: The Lakes & The...

1.10 Friends
 Rachel loses Ross's monkey. (R,S) Then **5 News**
1.45 SOAP Home And Away
 Tane cannot understand why Harper wants to withdraw from the youth programme. (R,S)
2.15 FILM PREMIERE My Killer Reunion
 Thriller starring Brittney Q Hill and Carrie Schroeder. (2023) ★★ (S)
4.00 The Cruise: Fun-Loving Brits At Sea (R,S)
5.00 5 News At 5 (S)
6.00 Amazing Railway Journeys With Nick Knowles
 The presenter visits Bran Castle in Romania. (R,S) Followed by **5 News Update**
7.00 Reuben & Clive: Beyond The Yorkshire Farm (1/4) (R,S) Then **5 News Update**
8.00 Cumbria: The Lakes & The Coast
 New manager of Muncaster Castle, Ewan Frost Pennington, makes plans to diversify. (S)
9.00 Cause Of Death (5/5)
 Paramedics are called out to the home of an elderly couple. (S)
10.00 Casualty 24/7: Every Second Counts (5/20) (R,S)
11.05 Lucy Letby: Did She Really Do It? (R,S)
12.05 Police Interceptors: Pursuit And Capture (R,S)
1.00-3am PlayOJO Live Casino Show (S)

FREEVIEW AND SATELLITE CHANNELS

ITV2

12noon Dress To Impress 1.00 In With A Shout 2.00 Supermarket Sweep 3.00 Charmed 4.00 Dawson's Creek 5.00 Dress To Impress 6.00 Celebrity Catchphrase 7.00 In With A Shout For Soccer Aid. An edition in aid of Unicef. 8.00 Bob's Burgers 9.00 Family Guy 10.00 Plebs 11.00 Family Guy 11.30 American Dad! 12.30 Bob's Burgers 1.30 Deal Or No Deal 2.35-3am Unwind With ITV

ITV3

11.20am Heartbeat 1.30 Classic Emmerdale 2.40 Classic Coronation Street 3.50 A Touch Of Frost 6.00 Heartbeat 8.00 Vera 10.00 Cracker 12.00 The Royal 12.50 Upstairs, Downstairs 2.00-2.30am Bless This House

ITV4

11.25am BattleBots 12.25 Dempsey And Makepeace 1.35 The Champions 2.35 Kojak 3.40 Minder 4.50 The Professionals 5.55 BattleBots 7.00 The Chase Celebrity Special 8.00 Monster Carp 9.00 FILM Sudden Death. Action thriller starring Jean-Claude Van Damme. (1995) 11.15 All Elite Wrestling: Collision 1.10 The Professionals 2.05-3am Minder

BBC THREE

7pm Top Gear 8.00 NEW EPISODE! Shark Tank: Dragons' Den US 8.45 Becoming - Nathan Drake 9.00 The TikTok Effect 9.55 FILM Booksmart. Comedy with Kaitlyn Dever. (2019) 11.30 Fleabag 12.25 Drugs Map Of Britain

BBC FOUR

7pm Great British Railway Journeys 7.30 Gareth Edwards' Great Welsh Adventure 8.00 Pole To Pole 8.50 Glacier Mountain Goats 9.00 Catching Britain's Killers: The Crimes That Changed Us 10.00 Jonathan Creek 11.30 Ruby With Alan Davies 12.15 Great British Railway Journeys 12.45 Gareth Edwards' Great Welsh Adventure 1.15 Pole To Pole 2.05-3.05am Catching Britain's Killers: The Crimes That Changed Us

E4

12noon The Big Bang Theory 2.00 The Goldbergs 3.00 Modern Family

4.00 Young Sheldon 5.00 The Big Bang Theory 7.00 NEW EPISODE! Hollyoaks 7.30 Come Dine With Me 8.00 The Great Celebrity Bake Off For Stand Up To Cancer 9.00 Gogglebox 10.00 First Dates 11.05 Naked Attraction 12.05 The Big Bang Theory 1.05 Brooklyn Nine-Nine 2.05 Modern Family 3.00 Gogglebox 3.55 Ramsay's Kitchen Nightmares USA 4.45-6am The Neighborhood

MORE4

11.25am Find It, Fix It, Flog It 12.30 Come Dine With Me 3.10 Four In A Bed 5.50 Chateau DIY 6.55 Car S.O.S 7.55 The Dog House 9.00 NEW EPISODE! Great British Home Restoration. Louisa and John attempt to restore a dilapidated church hall. 10.00 999: On The Front Line 11.05 24 Hours In A&E

12.10 Paris 2024 Paralympics: Meet The Athletes 12.15 Emergency Helicopter Medics 1.20 999: On The Front Line 2.20 24 Hours In A&E 3.25-3.55am Food Unwrapped

FILM4

11am We Bought A Zoo (2011) 1.25 Turner & Hooch (1989) 3.30 The Karate Kid Part II (1986) 5.45 Transformers: Age Of Extinction (2014) 9.00 Glass. Thriller starring James McAvoy, Bruce Willis and Samuel L Jackson. (2019) 11.35 Stand By Me (1986) 1.20-4am The Hate U Give (2018)

TALKING PICTURES

11.05am FILM Castle Sinister (1948) 12.05 FILM The Fast Lady (1963) 1.55 The Brothers

GREAT! ACTION

12noon Wild West Chronicles 1.00 FILM Fury At Gunsight Pass (1956) 2.30 FILM Massacre At Buffalo Valley (2013) 4.45 FILM War Of The Wildcats (1943) 7.05 FILM Firequake (2014) 9.00 FILM The Sand Pebbles (1966) 12.30 FILM Resistance 1942 (2021) 3.00-4.50am FILM Cell (2016)

THURSDAY 8 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast A round-up of the news, plus current affairs, entertainment, and weather reports. (S)
8.00 LIVE Olympics: Paris 2024 Jeanette Kwakye and JJ Chalmers present the opening coverage on day 13, with much of the British focus on the start of Katarina Johnson-Thompson's quest for heptathlon gold. (S)



7pm Olympics: Paris 2024

1.00 BBC News At One (S)
1.45 LIVE Olympics: Paris 2024 Diving and track cycling take centre stage as day 13 continues, featuring the men's 3m springboard final from **2.00** at the Aquatics Centre. (S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 LIVE Olympics: Paris 2024 Live taekwondo and athletics coverage, with five champions set to be crowned in the track and field events. A showdown between women's 400m hurdles world record holder Sydney McLaughlin-Lervone of the USA and Dutch world champion Femke Bol is expected to be among the highlights, while Noah Lyles starts as favourite in the men's 200m. Over at the Grand Palais, the men's -68kg Taekwondo final is at **8.19** and the women's -57kg at **8.37**, with Brits Bradley Sinden and Jade Jones hoping to be involved. (S)
10.00 BBC News (S)
10.30 BBC Regional News (S)
10.40 Olympics: Paris 2024 - Tonight At The Games Highlights from day 13. (S)
12.00 Kin Double bill. (R,S)
1.45-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.30 am Sign Zone: Great Coastal Railway Journeys (R,S,SL)
7.00 Gardeners' World (R,S,SL)
8.00 Breakfast (S)
9.00 Dom Does America (R,S)
9.30 Wanted Down Under Revisited (R,S)
10.15 A Countryside Summer (R,S)
10.45 The Farmers' Country Showdown (R,S)
11.15 Homes Under The Hammer Property auctions. (R,S)
12.15 Bargain Hunt (R,S)



7pm Richard Osman's House...

1.00 LIVE Olympics: Paris 2024 Continued coverage of day 13 of the Paris Games. (S)
1.45 Make Me A Dealer (R,S)
2.30 Beechgrove Repotted (R,S)
2.45 LIVE The Hundred Welsh Fire Men v Northern Superchargers Men. Start-time at **3.00**. (S)
6.00 LIVE Olympics: Paris 2024 The conclusion of the women's keirin and men's omnium track events. (S)
7.00 Richard Osman's House Of Games (19/100) (R,S)
7.30 SOAP EastEnders Linda is in shock after receiving a blackmail letter. (S)
8.00 Why Bridges Collapse: The Genoa Disaster (R,S)
9.00 Interview With The Vampire (2/8) In post-war Paris, a visit to the revelatory Théâtre des Vampires disrupts Louis's life. (S)
9.50 Live At The Apollo Bites (4/6) With Kae Kurd. (S)
10.00 Not Going Out (6/6) (R,S)
10.30 Newsnight (S)
11.05 Colin From Accounts (6/8) Australian comedy. (R,S)
11.35 FILM Mud Drama, starring Matthew McConaughey. (2012) ★★★★★ (S)
1.40 Sign Zone: Miriam Margolyes: A New Australian Adventure (R,S,SL)
2.40-3.10am Dom Does America In Austin, Texas. (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain Current affairs. (S)
9.00 Lorraine Entertainment and fashion news. (S)
10.00 This Morning Magazine, featuring a mix of celebrity chat, showbusiness news, lifestyle features, topical discussion, health and beauty, and more. (S)
12.30 Loose Women The women put the world to rights once more. (S)



8.30pm Tom Kerridge Cooks Britain

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Tenable (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 SOAP Emmerdale Victoria meets a relative stranger. Jimmy is concerned. (S)
8.30 Tom Kerridge Cooks Britain The chef heads up the border between England and Wales, in Powys. (S)
9.00 Irvine Welsh's Crime (2/6) With the discovery of another body, Lennox's suspicions that he is dealing with a serial attacker are confirmed when the perpetrator makes contact. (S)
10.00 ITV News (S)
10.35 Regional News (S)
10.45 FILM Mission: Impossible A secret agent is accused of betraying his fellow spies, and sets out on a mission to clear his name. Action thriller starring Tom Cruise. (1996) ★★★★★ (S)
12.35 Shop On TV
3.00 Big Zuu's 12 Dishes In 12 Hours (R,S,SL)
3.35 Unwind With ITV (S)
5.05 In For A Penny (R,S,SL)
5.30-6am Gino's Italian Express On Lake Iseo. (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
 Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.20 am Cheers Two shows. (R,S)
7.10 Everybody Loves Raymond Four episodes. (R,S)
9.00 Frasier (R,S)
11.00 The Simpsons (R,S)
12.00 C4 News (S)
12.05 Paris 2024 Paralympics: Meet The Athletes With Hope Gordon. (R,S)
12.10 A New Life In The Sun In Spain, a last-minute dash for yoga room furnishings hits the buffers. (R,S)



9pm George Clarke's Amazing...

1.10 Car S.O.S (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 The Great House Giveaway A four-bedroom house. (S)
5.00 A New Life In The Sun: Where Are They Now? (S)
6.00 Come Dine With Me (R,S)
6.30 The Simpsons (R,S)
7.00 C4 News (S)
8.00 The Suprvet: Noel Fitzpatrick (4/4) A Labrador puppy is rushed in after being hit by a car. (R,S)
9.00 George Clarke's Amazing Spaces (8/8) The architect meets a pair converting a rusty ship's wheelhouse into accommodation for their Welsh glampsite, then shows off his own amazing space. (S)
10.00 Ramsay's Kitchen Nightmares USA (2/10) The chef tries to transform six-month-old gastropub Bask 46 in New Jersey. (S)
11.00 8 Out Of 10 Cats Does Countdown Alan Carr and Munya Chawwa take on Sarah Millican and Gary Delaney. (R,S)
12.00 Gogglebox Viewers share their opinions. (R,S,SL)
1.00 Ramsay's Kitchen Nightmares USA (R,S,SL)
1.50-3.25am FILM Primal Action thriller starring Nicolas Cage. (2019) ★★★ (S)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake!
9.15 Jeremy Vine The broadcaster discusses the issues of the day. (S)
11.30 Storm Huntley Debate on the day's talking points continues. (S)
12.45 Friends Double bill. Chandler's date ignores him. Then, Ross's monkey reaches puberty and drives everyone crazy. (R,S) Then **5 News**



9pm Susan Calman's Grand Day Out

1.45 SOAP Home And Away Mali calls in big sister Elandra to help track down their missing brother. (R,S)
2.15 FILM Murder And Matrimony Thriller starring Kristen Vaganos. (2021) ★★ (S)
4.00 The Cruise: Fun-Loving Brits At Sea The Regal Princess arrives at Turkey's Aegean coast. (R,S)
5.00 5 News At 5 (S)
6.00 Amazing Railway Journeys With Nick Knowles (R,S) Then **5 News Update**
7.00 Bank Scams: Don't Get Caught Out (R,S) Alexis Conran and his team look into the banking app infiltrated by criminals. Then **5 News Update**
8.00 NEW Fresh Vs Frozen: Which Is Better? Examining how a fast-freezing process revolutionised the food industry. (S)
9.00 Susan Calman's Grand Day Out The comedian visits Eastbourne, where she begins at the golden pier, before taking a boat to the iconic chalk sea cliff of Beachy Head. (S)
10.00 The Child Snatcher: Manhunt (R,S)
11.55 Cold Case Killers (R,S) Then **Entertainment News On 5**
1.00-3am PlayOJO Live Casino Show Gambling. (S)

REGIONAL VARIATIONS

BBC TWO WALES As main BBC TWO except: 8pm Eisteddfod 2024 With Huw Stephens. Highlights from the festival. **8.30-9.00** SOS: Extreme Rescues

10.00-10.30pm Rewind: 60 Years Of Welsh Pop **5.45** 6am Cwyl **10.00** Eisteddfod Genedlaethol Cymru **2024 12noon** Newyddion **5.45** Ar Yrwydd **12.05pm** Eisteddfod Genedlaethol Cymru **2024 2.00** Newyddion **5.45** 2.05 Eisteddfod Genedlaethol Cymru **2024**

4.00 Eisteddfod Genedlaethol Cymru **2024 5.10** Eisteddfod Genedlaethol Cymru **2024 7.30** Newyddion **5.45** Ar Yrwydd **7.50** Eisteddfod Genedlaethol Cymru **2024 9.30** Am Drol **10.30-11.35pm** Y Babel **1.00** 2024

FREEVIEW AND SATELLITE CHANNELS

ITV2

12noon Dress To Impress **1.00** In With A Shout For Soccer Aid **2.00** Supermarket Sweep **3.00** Charmed **4.00** Dawson's Creek **5.00** Dress To Impress **6.00** Celebrity Catchphrase **7.00** Ant & Dec's Limitless Win **8.00** Bob's Burgers **9.00** Family Guy **11.30** American Dad! **12.30** NEW EPISODE! Bob's Burgers **1.30** Deal Or No Deal **2.35-3am** Unwind With ITV

ITV3

11.20am Heartbeat **1.30** Classic Emmerdale **2.40** Classic Coronation Street **3.50** A Touch Of Frost **6.00** Heartbeat **8.00** Vera. An informant spying on his own firm is found dead. **10.00** Cracker **12.00** The Royal **12.50** Upstairs, Downstairs **2.00-2.30am** Bless This House

ITV4

11.20am BattleBots **12.20** Robin Of Sherwood **1.25** The Champions **2.30** Kojak **3.35** River Monsters **4.05** The Professionals **5.15** LIVE SPORT! ITV Racing: Racing League **8.45** Football Rivalries **9.00** Auf Wiedersehen, Pet **10.10** FILM Alien Resurrection (1997) **12.15** The Professionals **1.20** Minder **2.15** Auto Mundial **2.40-3am** Unwind

BBC THREE

7pm Top Gear **8.00** NEW EPISODE! Dragons' Den US - Shark Tank **8.45** Becoming - The Batman **9.00** Who Stole Tamara Ecclestone's Diamonds? **10.00** Sneakerhead **10.30** Man Like Mobeen **11.45** Who Stole Tamara Ecclestone's Diamonds? **12.40** Top Gear **1.40** Man Like Mobeen

2.55 FILM It's What She Would Have Wanted (2022) Short comedy film written by and starring Holly Hall. **3.05-4am** Who Stole Tamara Ecclestone's Diamonds?

BBC FOUR

7pm Great British Railway Journeys **7.30** Gareth Edwards' Great Welsh Adventure **8.00** NEW! Eyewitness To History: Norma Percy On Watergate **8.10** Watergate **9.00** FILM All The President's Men. Political drama starring Robert Redford. (1976) **11.15** Watergate To Trump: Amol Rajan Interviews. An interview with US journalists Bob Woodward and Carl Bernstein. **12.00** Paris **1.00** Great British Railway Journeys **1.30** Gareth Edwards' Great Welsh Adventure **2.00** Watergate **2.50-3.50am** Ardall O' Hanlon: Tomb Raider

E4

12noon The Big Bang Theory **2.00** The Goldbergs **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big Bang Theory **7.00** NEW EPISODE! Hollylooks **7.30** Come Dine With Me **8.00** The Great Celebrity Bake Off For Stand Up To Cancer **9.00** Gogglebox **10.05** Naked Attraction **11.05** First Dates **12.10** The Big Bang Theory **1.10** Rick And Morty **1.40** NEW EPISODE! My Adventures With Superman **2.10** Brooklyn Nine-Nine **3.00** Modern Family **3.50** Ramsay's Kitchen Nightmares USA **4.40** The Neighborhood **5.30-6am** Brooklyn Nine-Nine

MORE4

11.25am Find It, Fix It, Flog It **12.30** Come Dine With Me

3.10 Four In A Bed **5.50** Château DIY **6.55** Car S.O.S **7.55** Grand Designs **9.00** Bill Bailey's Australian Adventure **10.00** 24 Hours In A&E **11.05** Surgeons: Life In Their Hands **12.00** 999: On The Front Line **1.05** Bill Bailey's Australian Adventure **2.10** 24 Hours In A&E **3.15-3.45am** Food Unwrapped

FILM4

11am Stardust (2007) **1.35** Percy Jackson & The Lightning Thief (2010) **3.55** The Legend Of Zorro (2005) **6.30** Mortal Engines (2018) **9.00** Old. Horror, with Gael Garcia Bernal. (2021) **11.10** The Running Man (1987) **1.10-3am** Cube (1997)

TALKING PICTURES

11.05am FILM Doctor In The House (1954) **12.55** FILM Knock On Any

Door (1949) **3.00** Crown Court **4.30** Enemy At The Door **5.35** FILM 36 Hours (1953) **7.20** FILM The Spare Tyres (1967) **7.55** Cinebox Memories **8.00** The Brothers 9.05 Van Der Valk **10.05** FILM A Month Of Sundays (1989) **12.05** FILM Genghis Khan (1965) **2.30** FILM The Last Angry Man (1959) **4.25-6am** FILM The Sword Of Monte Cristo (1951)

GREAT! ACTION

12noon Wild West Chronicles **1.00** FILM The Walking Hills (1949) **2.45** FILM Massacre Canyon (1954) **4.15** FILM McLintock! (1963) **7.10** FILM Jet Stream (2012) **9.00** FILM Silverado (1985) Western, with Kevin Kline and Kevin Costner. **11.50** FILM Bronson (2008) **1.45** FILM Sub Zero (2005) **3.45-4.50am** The Blitz On Cologne

FRIDAY 9 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast A round-up of all the latest news. (S)
8.00 LIVE Olympics: Paris 2024 Day 14 gets under way, with the long jump and javelin disciplines of the heptathlon among the highlights at **9.05** and **10.20** respectively. Britain's world champion Katarina Johnson-Thompson will be hoping to keep herself in medal contention. (S)



8am Olympics: Paris 2024

1.00 BBC News At One (S)
1.45 LIVE Olympics: Paris 2024 Hazel Irvine hosts another action-packed afternoon on day 14, including the women's 3m springboard diving final and the finals of the men's sprint and women's madison track cycling. (S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 LIVE Olympics: Paris 2024 Gabby Logan introduces a packed schedule of athletics at the Stade De France as day 14 of the Games concludes, including the final of the men's 400m hurdles and the heptathlon 800m. (S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.40 Olympics: Paris 2024 - Tonight At The Games Isa Guha and Mark Chapman review the highlights of day 14, with a remarkable 33 gold medals across 17 sports given out, including in diving, track cycling and athletics. (S)
12.00 FILM Green Book Bafta and Oscar-winning comedy drama with Mahershala Ali and Viggo Mortensen. (2018) ★★★★★ (S)
2.05-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

7.00 am Sign Zone: Dr Xand's Con Or Cure (R,S,SL)
7.30 Big Little Crimes (R,S,SL)
8.00 Breakfast (S)
9.00 Dom Does America (R,S)
9.30 Wanted Down Under Revisited (R,S)
10.15 A Countryside Summer (R,S)
10.45 The Farmers' Country Showdown (R,S)
11.15 Homes Under The Hammer Property auctions. (R,S)
12.15 Bargain Hunt (R,S)



8pm Gardener's World

1.00 LIVE Olympics: Paris 2024 Coverage of the men's and women's individual sprint track cycling event. (S)
1.45 Make Me A Dealer (R,S)
2.30 The Customer Is Always Right (R,S)
3.00 Escape To The Country (R,S)
3.45 Kangaroo Dundee & Other Animals: Natural World (R,S)
4.30 The Repair Shop (R,S)
5.15 Flog It! (R,S)
6.00 LIVE Olympics: Paris 2024 The opening athletics finals of the evening at the Stade De France. (S)
7.00 Richard Osman's House Of Games (20/100) Myra DuBois, Charlie Hedges, Bonnie Langford and Tyler West take part. (R,S)
7.30 Beechgrove Garden (19/26) A look at different varieties of bamboo. (S)
8.00 Gardener's World (20/32) Adam Frost shares tips on how to build a green roof on a log store. (S)
9.00 Miriam Margolyes: A New Australian Adventure (2/3) Exploring Byron Bay. (S)
10.00 Gavin & Stacey (1/6) (R,S)
10.30 Newsnight (S)
11.05 FILM Children Of Men Thriller starring Clive Owen. (2006) ★★★★★ (S)
12.45 Sign Zone: Ambulance Mental health calls. (R,S,SL)
1.45-3.15am Linford (R,S,SL)

54C 6am Cym 9.30 Eisteddfod Genedlaethol Cymru 2024 12noon Newyddion 54C A'r Tywydd 12.05pm Eisteddfod Genedlaethol Cymru 2024 2.00 Newyddion 54C A'r Tywydd 2.05 Eisteddfod Genedlaethol Cymru 2024 4.00 Eisteddfod Genedlaethol Cymru 2024

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain News, current affairs and lifestyle features. (S)
9.00 Lorraine Entertainment, current affairs and fashion news, as well as showbiz stories and gossip. (S)
10.00 This Morning Celebrity chat and lifestyle features. (S)
12.30 Loose Women Guest panellists engage in topical debate, with celebrity interviews. (S)



7.30pm Emmerdale

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Tenable (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 SOAP Emmerdale Mandy sets up her online profile, and Jimmy is unsettled. (S)
8.00 SOAP Coronation Street Cassie kidnaps Alina in order to meet Tyrone. (S)
9.00 Champions: Full Gallop (4/6) Paul Nicholls and former assistant Dan Skelton go head-to-head in a series of big-money races at the iconic Cheltenham Festival, including the Gold Cup. (S)
10.00 ITV News (S)
10.30 Regional News (S)
10.45 FILM Mission: Impossible 2 A secret agent battles a former spy-turned-criminal mastermind intent on stealing a deadly man-made virus. John Woo's action sequel starring Tom Cruise and Dougray Scott. (2000) ★★★★★ (S)
12.45 Shop On TV
3.00 Love & Death (R,S,SL)
4.00 Unwind With ITV (S)
5.10-6am Jimmy & Shivi's Farmhouse Breakfast With Nina Wadia. (R,S,SL)

5.30 Eisteddfod Genedlaethol Cymru 2024 7.30 Newyddion 54C A'r Tywydd 7.50 Eisteddfod Genedlaethol Cymru 2024 10.30-11.35pm Y Babel Llen 2024

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126 Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.20 am Cheers Two shows. (R,S)
7.10 Everybody Loves Raymond Four episodes. (R,S)
9.00 Frasier (R,S)
11.00 The Simpsons (R,S)
12.00 C4 News (S)
12.05 Paris 2024 Paralympics: Meet The Athletes (R,S)
12.10 A New Life In The Sun A couple from Nottingham prepare to greet their very first paying guests in Normandy. (R,S)



9pm 8 Out Of 10 Cats Does...

1.10 Car S.O.S (S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 The Great House Giveaway A two-bedroom house. (S)
5.00 A New Life In The Sun: Where Are They Now? (S)
6.00 Come Dine With Me (R,S)
6.30 The Simpsons (R,S)
7.00 C4 News (S)
8.00 Celebrity PopMaster TV (1/16) Ken Bruce quizzes Toyah Willcox, Richard Blackwood, Sally Lindsay, MistaJam and Kimberly Wyatt on their musical knowledge. (R,S)
9.00 8 Out Of 10 Cats Does Countdown Jon Richardson and Katherine Ryan take on Richard Ayoade and Laura Smyth in the panel show, while Jimmy Carr hosts. (S)
10.00 Jimmy Carr's 1 Literally Just Told You Karl, Riuying, Lateef, Charlotte and Sonny answer questions based on things said as the game progresses. (S)
11.05 Gogglebox (10/14) Shows include Planet Earth. From November 2023. (R,S)
12.10 Ramsay's Kitchen Nightmares USA (R,S)
1.00-2.40am FILM The Kid Detective Comedy drama starring Adam Brody. (2020) ★★★★★ (S)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake!
9.15 Jeremy Vine The broadcaster discusses the issues of the day. (S)
11.30 Storm Huntley Debate on the day's talking points continues. (S)
12.45 Friends Double bill. Monica dates a high-school senior. Then, Carol finally gives birth, but Ross and Susan nearly miss out on the big event. (R,S) Then **5 News**



6pm Amazing Railway Journeys...

1.45 SOAP Home And Away Bree checks over a badly beaten Iluka. (R,S)
2.15 FILM PREMIERE Murder By Design Thriller with Sarah Armstrong. (2022) ★★ (S)
4.00 The Cruise: Fun-Loving Brits At Sea (R,S)
5.00 5 News At 5 (S)
6.00 Amazing Railway Journeys With Nick Knowles (R,S) Then **5 News Update**
7.00 Motorway Cops: Catching Britain's Speeders (5/10) PCs Niaz Waddington and Andy Doran hunt for a wanted Range Rover. (R,S) Then **5 News Update**
8.00 Motorway: Hell On The Highway Disasters caused by road rage, including the driver who used his pick-up to ram another vehicle off the freeway straight towards a tree in California. (S)
9.00 Terror At 30,000 Feet A January evening in 1989, and a routine commuter flight from Heathrow to Belfast is in crisis when flames are seen in one of the plane's engines. (S)
10.00 When TV Stunts Go Horribly Wrong Jonathan Pearce narrates edge-of-the-seat stunts. (R,S)
1.00-3am PlayOJO Live Casino Show (S)

REGIONAL VARIATIONS

BBC TWO WALES As main BBC TWO except: 7.30-8pm SOS: Extreme Rescues ITV WALES 7.00-7.30pm Backstage At The Eisteddfod

FREEVIEW AND SATELLITE CHANNELS

ITV2

12noon Dress To Impress 1.00 In For A Penny 2.00 Supermarket Sweep 3.00 Charmed 4.00 Dawson's Creek 5.00 Dress To Impress 6.00 Celebrity Catchphrase 7.00 Ant & Dec's Limitless Win 8.00 Bob's Burgers 9.00 FILM Pitch Perfect (2012) 11.15 Family Guy 12.15 American Dad! 1.15 NEW EPISODE! Bob's Burgers 1.45 Deal Or No Deal 2.45-3am Unwind With ITV

ITV3

11.20am Heartbeat 1.30 Classic Emmerdale 2.40 Classic Coronation Street 3.50 A Touch Of Frost 6.00 Heartbeat 8.00 Vera 10.00 Cracker 12.00 The Royal 12.50 Upstairs, Downstairs 2.00-2.30am Bless This House

ITV4

11.25am BattleBots 12.25 Robin Of Sherwood 1.35 The Champions 2.35 Kojak 3.40 Minder 4.50 The Professionals 6.00 BattleBots 7.00 World Series Of Darts: Australia Masters 11.00 All Elite Wrestling: Dynamite 12.55 Minder 1.55 The Protectors 2.25-3am Unwind

BBC THREE

7pm FILM The Book Of Life (2014) 8.25 NEW EPISODE! The Catch Up 8.30 The Fast And The Farmer-ish 9.00 FILM Point Break. Thriller with Keanu Reeves and Patrick Swayze. (1991) 10.55 Virgil Abloh: How To Be Both 11.50 Body On The Beach: What Happened To Annie? 1.50 The TikTok Effect 2.45 Becoming - The Batman 3.00-3.55am Virgil Abloh: How To Be Both

BBC FOUR

7pm Top Of The Pops 8.00 NEW EPISODE! A Kanneh-Mason Playlist At The Proms 9.20 Top Of The Pops 9.50 Joe Jackson: Sight And Sound In Concert 10.30 Joe Jackson: Rock Goes To College 11.15 TOTP2 11.40 Joe Jackson: That Was Then, This Is Now 12.10 Top Of The Pops: The Story Of 1979 1.05 Top Of The Pops 2.35 Joe Jackson: Sight And Sound In Concert 3.15-3.55am Joe Jackson: Rock Goes To College

E4

12noon The Big Bang Theory 2.00 The Goldbergs 3.00 Modern Family 4.00 Young Sheldon 5.00 The Big Bang Theory 7.00 NEW EPISODE! Hollyoaks 7.30 Come Dine With Me 8.00 The Great Celebrity Bake Off For Stand Up To Cancer

9.00 Celebrity Gogglebox 2022
10.05 FILM Bad Boys For Life (2020) **12.35 FILM** What Men Want (2019) **2.50** The Big Bang Theory **3.40** Brooklyn Nine-Nine **4.30** Modern Family **5.20-6am** The Neighborhood

MORE4

11.25am Find It, Fix It, Flog It **12.30** Come Dine With Me **3.10** Four In A Bed **5.50** Château DIY **6.55** Car S.O.S **7.55** Grand Designs **9.00 NEW!** The Claremont Murders. Part two of two. The police find the killer's DNA on a scrap of fingernail. They discover that the killer has struck before, but that his victims lived to tell the tale. **10.50** 24 Hours In A&E **11.55** Paris 2024 Paralympics: Meet The Athletes **12.00** 24 Hours In A&E **1.00** Emergency Helicopter Medics

2.10 24 Hours In A&E **3.15-3.45am** Food Unwrapped

FILM4

11am Diary Of A Wimpy Kid: The Long Haul (2017) **12.50** Playing With Fire (2019) **2.40** The Art Of Racing In The Rain (2019) **4.50** The Land That Time Forgot (1975) **6.40** The Day After Tomorrow (2004) **9.00** The Hitman's Bodyguard. Comedy action thriller. (2017) **11.20** AI: Artificial Intelligence (2001) **2.10-3.55am** Krishna (2015)

TALKING PICTURES

10.45am FILM Nearest And Dearest (1973) **12.30** The Four Just Men **1.05** FILM Celia (1949) **2.25** FILM The Lone Wolf Takes A Chance (1941) **4.00** A Lifetime Ago With The Baim Collection

GREAT! ACTION

12noon Wild West Chronicles **1.00** FILM Face Of A Fugitive (1959) **2.50** FILM Cromwell (1970) **5.45** The Blitz On Berlin **7.00** FILM Collision Earth (2020) **9.00** FILM Hours (2013) **11.05** FILM How I Spent My Summer Vacation (2012) **1.15** FILM Solar Attack (2006) **3.10** The Panzer **4.00-5am** War Machines

SATURDAY 10 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast** (S)
- 6.45 LIVE Olympics: Paris 2024**
Live coverage of the men's marathon, which gets under way at the Hotel de Ville and finishes on the Esplanade des Invalides. Plus, sport climbing, canoe sprint and golf. (S)
- 11.00 LIVE Olympics: Paris 2024**
Medals are decided in diving, track cycling, golf and rhythmic gymnastics. (S)



5.50pm LIVE Olympics: Paris 2024

- 1.15 BBC News** (S)
- 1.30 LIVE Olympics: Paris 2024**
Medals are decided in diving, track cycling, golf and rhythmic gymnastics. (S)
- 5.30 BBC News** (S)
- 5.40 BBC Regional News** (S)
- 5.50 LIVE Olympics: Paris 2024**
Clare Balding and Gabby Logan introduce the busiest night of the Games, as the athletics concludes with eight finals and Britain go for glory in boxing, pentathlon and taekwondo. Middle-distance world championship medallists Ben Pattison and Laura Muir will hope to be in the running in the men's 800m and women's 1500m finals respectively, with the athletics set for a climax as the Dutch women's 4x400m relay world champions, led by Femke Bol, take on defending champions, the USA. (S)
- 10.00 BBC News** (S)
- 10.20 Olympics: Paris 2024 - Tonight At The Games A**
review of the penultimate day of the Games. (S)
- 11.40 FILM PREMIERE Shadow In The Cloud** Second World War horror, starring Chloe Grace Moretz and Nick Robinson. (2020) ★★★ (S)
- 1.00-6am BBC News** (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.45 am Breakfast** (S)
- 8.00 One Zoo Three** (R,S)
- 8.20 Blue Peter** (R,S)
- 8.50 Newround** (S)
- 9.00 Gardeners' World** (R,S)
- 10.00 Saturday Kitchen: Matt's Dream Dishes** (S)
- 11.30 The Hairy Bikers' Chicken And Egg** (R,S)
- 12.35 FILM The Man Who Never Was** Second World War drama, starring Clifton Webb. (1956) ★★★ (S)



9pm Weather Hits At The BBC

- 2.15 LIVE The Hundred** Southern Brave Men v Trent Rockets Men. Start-time at 3.00. (S)
- 5.30 LIVE Olympics: Paris 2024**
The typically frantic 200-lap men's madison final continues. (S)
- 5.50 Flog It!** (R,S)
- 6.20 Celebrity Antiques Road Trip** With Mark Radcliffe and Edith Bowman. (R,S)
- 7.20 Pointless Celebrities** (11/55) With Sherrie Hewson, Lisa Maxwell, Christine Ohuruogu and Bianca Williams. (R,S)
- 8.10 Casualty** A desperate Jacob faces another dead end in his search for Blake, while Siobhan has a shocking revelation. (S)
- 9.00 NEW Weather Hits At The BBC** Carol Kirkwood and Tomasz Schafernaker present a selection of weather-related songs from the archives, such as Ain't No Sunshine When She's Gone and Why Does It Always Rain on Me? (S)
- 11.30 TOTP2: Summertime Special** Featuring the Undertones, Fun Boy Three, Bryan Adams, Girls Aloud and ELO. (R,S)
- 12.30-2.25am FILM Love & Mercy** Biopic of Brian Wilson, with John Cusack and Paul Dano. (2014) ★★★★★ (S)

9.00 Karl Jenkins: The Composer Behind The Moustache 10pm-12.30am Weather Hits At The BBC S4C 6am Cw 8.00-10.00 Stwnsh Sadwm 8.00 O! Osgar 8.10 Byd Rwtsh Dai Potsh 8.20 Bwystfil 8.30 Dyffryn Mwrin 8.55 Pigo Dy Drwyn 9.20 Lego

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am Simply Raymond Blanc**
Favourite dishes. (R,S)
- 6.50 Love Your Weekend With Alan Titchmarsh** (R,S)
- 8.25 The Chris McCausland Show** With Taj Atwal. (S)
- 9.25 ITV News** (S)
- 9.30 James Martin's Saturday Morning** (R,S)
- 11.40 Jason Atherton's Dubai Dishes** (S)
- 12.35 James Martin's French Adventure** (R,S)



9.45pm Changing Ends

- 1.05 Cooking With The Stars** With Katherine Ryan. (R,S)
- 2.05 ITV News** (S)
- 2.15 LIVE FA Community Shield Live** Manchester United v Manchester City. Coverage of the traditional curtain-raiser to the top-flight campaign, held at Wembley Stadium. Kick-off at 3.00. (S)
- 5.40 ITV News** (S)
- 6.00 Regional News** (S)
- 6.05 FILM Harry Potter And The Order Of The Phoenix** Fantasy adventure, starring Daniel Radcliffe and Gary Oldman. (2007) ★★★★★ (S)
- 8.40 The 1% Club Quiz**, hosted by Lee Mack. (R,S)
- 9.45 Changing Ends** (6/6) It's the day of reckoning with Northampton abuzz amid anticipation of promotion to the Third Division. (S)
- 10.10 Piglets** (4/6) Geeta is dreading the bleep test. (S)
- 10.35 Love & Death** (4/7) Allan grows concerned when his repeated calls to Betty go unanswered. (S)
- 11.40 ITV News** (S)
- 11.55 English Football League Highlights** (S)
- 1.10 Shop On TV**
- 3.00 Long Lost Family** (R,S,SL)
- 3.50 Unwind With ITV** (S)
- 5.05-6am Deal Or No Deal** Game show. (R,S,SL)

Ffrindiau: Amdani Ferched! 9.30 Tekkers 10.00 Eisteddfod Genedlaethol Cymru 2024 12noon Eisteddfod Genedlaethol Cymru 2024 2pm Eisteddfod Genedlaethol Cymru 2024 6.05 Eisteddfod Genedlaethol Cymru 2024 7.00 Eisteddfod

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104
Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.10 am Everybody Loves Raymond** (R,S)
- 7.00 NEW Rising Phoenix: Road To Tokyo** Documentary. (S)
- 7.50 Frasier** Double bill. (R,S)
- 8.45 FILM Wedding March 5: My Boyfriend's Back** Romantic drama, starring Jack Wagner and Josie Bissett. (2019) ★★★ (S)
- 10.30 The Simpsons** (R,S)
- 12.50 Couples Come Dine With Me** Dinner parties. (R,S)



7pm WW2: Women On The Frontline

- 1.50 Four In A Bed** (R,S)
- 2.20 Four In A Bed** (R,S)
- 2.50 Four In A Bed** (R,S)
- 3.20 Four In A Bed** (R,S)
- 3.50 Four In A Bed** (R,S)
- 4.20 A Place In The Sun** (R,S)
- 5.25 C4 News** (S)
- 5.55 Paris 2024 Paralympics: Meet The Athletes** (R,S)
- 6.00 Raising The Mary Rose: The Last Tapes** (R,S)
- 7.00 WW2: Women On The Frontline** (2/3) This episode tells the story of women who took to the skies to defend their country. (S)
- 8.00 Britain's Most Beautiful Road** (2/4) Members of a remote community in the village of Lochinver set out to revive the much-loved tradition of the Assynt Highland Games for the first time in three years. (S)
- 9.00 FILM John Wick: Chapter 3 - Parabellum** The seemingly invincible assassin returns, this time hunted by armies of bounty hunters. Action thriller, with Keanu Reeves and Halle Berry. (2019) ★★ (S)
- 11.35 FILM Hitman** Action thriller, starring Timothy Olyphant. (2007) ★★★★★ (S)
- 1.10-3.10am FILM Riders Of Justice** Action comedy drama, starring Mads Mikkelsen. (2021) ★★★★★

Genedlaethol Cymru 2024 7.45 Newyddion A Chwaraeon 8.00 Cyngherddau Eisteddfod Genedlaethol 2024 10.15 Y Babel Lén 2024 11.15-11.35pm Gida

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

- 6.00 am Milkshake!**
- 8.55 SpongeBob SquarePants** (R,S) Followed by Entertainment News On 5
- 9.20 Bargain Loving Brits By The Sea** (R,S)
- 12.05 Dogs Behaving (Very) Badly** Graeme Hall meets Tilly, who is defying her role as a therapy dog, a collie with a hatred of hoses and a cocker who has a habit of ruining social events. (R,S)



9pm Sandringham: A Royal...

- 1.05 Dogs Behaving (Very) Badly** Double bill. (R,S)
- 3.05 Cumbria: The Lakes & The Coast** (R,S)
- 4.05 Norfolk And Suffolk: Country & Coast** (R,S)
- 5.05 Your Kitchen: 60 Years Of Fads & Gadgets** (R,S) Followed by 5 News
- 6.05 Bradley Walsh's Greatest Moments** Part one of two. The TV star gives a personal and honest account of his life. (R,S)
- 7.30 St James's Palace: The Secret Royal Residence** A look at the history of the royal palace in the City of Westminster, revealing the family dramas that have taken place there. (R,S)
- 9.00 Sandringham: A Royal Residence With Nigel Havers** (3/3) A look at how Elizabeth II prepared for her coronation in 1953, while JJ Chalmers discovers what was involved in her first Christmas at Sandringham as queen. (S)
- 10.00 Greatest TV Moments Of The 80s** (1/4) Matthew Kelly takes a look back at the TV from 1985. (R,S)
- 11.55 Bob Monkhouse: Master Of Laughter** A celebration of the comedian. (R,S)
- 1.45-3.45am PlayOJO Live Casino Show** (S)

REGIONAL VARIATIONS

BBC TWO WALES As main BBC TWO except: 5.50pm Weatherman Walking: The Welsh Coast 6.20 Wynne's Welsh 80s 6.50-7.20 Ballroom Dreams - Our Lives

FREEVIEW AND SATELLITE CHANNELS

ITV2

- 11.15am Dress To Impress 1.15 NEW EPISODE!** American Ninja Warrior 2.15 In For A Penny 2.45 In With A Shout 3.45 FILM Pitch Perfect 2 (2015) 6.00 Wheel Of Fortune 7.00 Celebrity Catchphrase 8.00 FILM Tomb Raider. A kickboxing heiress risks her life to save her missing father when she discovers a clue to his location. Adventure, starring Alicia Vikander. (2018) 10.30 Family Guy 11.30 American Dad! 12.30 Iain Stirling's CelebAbility 1.15 All American 2.15 Totally Bonkers Guinness World Records 2.40-3am Unwind With ITV

ITV3

- 10.30am A Touch Of Frost 3.00** Poirot 9.00 Grantchester 11.00

- Endeavour 1.00 Poirot 2.00-2.30am Unwind With ITV

ITV4

- 11.35am** The Best Of Saint & Greavsie 12.35 Mr Bean 1.10 LIVE SPORT! ITV Racing: From Ascot 5.00 World Series Of Darts: New South Wales Masters 9.00 English Football League Highlights 10.35 FILM Rambo: First Blood Part II. Action adventure sequel, starring Sylvester Stallone. (1985) 12.25 The Professionals 1.25 Minder 2.20 The Protectors 2.45-3am Unwind With ITV

BBC THREE

- 7pm** EastEnders 8.00 Glow Up: Britain's Next Make-Up Star 9.00 NEW EPISODE! Canada's Drag Race: Canada Vs The World. The

- queens go head-to-head in the first ever no-holds-barred Reading Battles. 10.00 Two Pints Of Lager And A Packet Of Crisps 11.00 NEW EPISODE! The Vivienne Takes On Hollywood 11.45 Who Stole Tamara Ecclestone's Diamonds? 12.40 Eating With My Ex 1.10 Two Pints Of Lager And A Packet Of Crisps 2.10 Virgil Abloh: How To Be Both 3.05-3.55am The Vivienne Takes On Hollywood

BBC FOUR

- 7pm** Strictly Come Dancing 8.00 Bruce Forsyth's Generation Game 9.00 Lily Savage's Blankety Blank 9.30 The Fight For Saturday Night 11.00 Parkinson With Bruce Forsyth, Boris Becker And The Corrs 12.00 Ruby With Alan Davies 12.45 Keeping Up Appearances 1.15 Butterflies 1.45 Strictly

- Come Dancing 2.45-3.50am Parkinson With Bruce Forsyth, Boris Becker And The Corrs

E4

- 11.20am** Ramsay's Kitchen Nightmares USA 2.20 Modern Family 5.20 The Big Bang Theory 7.20 FILM Men In Black II. Sci-fi comedy sequel, starring Will Smith and Tommy Lee Jones. (2002) 9.00 Celebrity Gogglebox 10.00 Gogglebox 10.55 First Dates 2.10 Gogglebox 4.00 Ramsay's Kitchen Nightmares USA 4.50-6am Don't Tell The Bride

MORE4

- 11.25am** A Place In The Sun 12.30 Location, Location, Location 2.35 Come Dine With Me 5.15 Four In A Bed 8.00 24 Hours In A&E 11.05 8

- Out Of 10 Cats Does Countdown 12.10 8 Out Of 10 Cats Does Countdown 1.15 24 Hours In A&E 3.20-3.50am Food Unwrapped

FILM4

- 11am** The Lavender Hill Mob (1951) 12.40 Monsters Vs Aliens (2009) 2.30 The Karate Kid Part II (1986) 4.40 Sister Act 2: Back In The Habit (1993) 6.55 The Nanny Diaries (2007) 9.00 Deja Vu. Sci-fi thriller, starring Denzel Washington. (2006) 11.25 Spontaneous. Comedy. (2020) 1.30-3.45am The Secret Of Marrowbone (2017)

TALKING PICTURES

- 12noon** Hawkeye & The Last Of The Mohicans 12.35 FILM The Fly (1958) 2.25 FILM The Spare Tyres (1967) 3.00 Captain Scarlet And

- The Mysterons 3.35 FILM Meet Simon Cherry (1949) 4.55 FILM Jigsaw (1962) 7.00 Dixon Of Dock Green 8.00 Budgie 9.05 Margery And Gladys 11.05 The Edgar Wallace Mystery Theatre 12.15 FILM Confessions Of A Window Cleaner (1974) 2.00 FILM Panic In Year Zero (1962) 3.45 FILM Tread Softly Stranger (1958) 5.30-6am The Law & Mr Jones

GREAT! ACTION

- 10.55am** FILM Hell In Normandy (1968) 1.10 FILM Angel And The Badman (1947) 3.20 FILM The Bravados (1958) 5.30 FILM The Sand Pebbles (1966) 9.00 FILM Killing Salazar. Adventure, starring Steven Seagal. (2016) 11.10 FILM The Shanghai Job (2017) 1.10 FILM Fire Twister (2015) 3.00-5am War Machines



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Thousands!*

REVEALED

The Great British Car Finance Rip-off Which Could Reach **'£16 BILLION'** In Refunds.

Millions of British drivers stand on the brink of massive payouts which has been described as 'PPI scale'.

The Financial Conduct Authority (FCA) launched an investigation into claims of overpriced car finance.

It means the car finance scandal could reach over £16 billion.

The new enquiry centres on allegations that car dealers, incentivised by higher commissions, manipulated interest rates, potentially fleecing consumers by driving up costs on their vehicle loans for cars, vans, motorbikes and motorhomes.

The average claim is **£5,318.25***

This controversial commission model, which was banned by the FCA in 2021, is said to have unjustly enriched dealers at the expense of millions of consumers, costing drivers an estimated £165 million annually.

It's been reported that nine in ten customers pay for new cars on finance in the UK, but people who bought second hand cars on finance agreements, either PCP or HP, can also claim.

One way to check for a car finance claim, and to **see if you could be owed £1,000s** is to contact The PCP Experts; find out in as little as 60 seconds.

The **PCP** Experts



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*This is our average claim value as of 29/05/2024.



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The height of innovation and elegance in home cleaning. Brilliantly crafted with a superior finish, the **AirRAM Platinum** combines advanced technology with unrivalled performance.

With a powerful motor optimizing air flow and Gtech's unique AirLOC technology, the **AirRAM Platinum** effortlessly lifts dirt and dust from your floors, leaving them immaculately clean, and Anti Hair Wrap technology keeps the brush bar tangle free.

Cordless, lightweight and with a slim profile, glide easily around, underneath furniture, and into tight spaces, all with an impressive run time of 60 minutes*.

Emptying your **AirRAM Platinum** is easy too; with no more messy bags, eject the dirt with a simple slide.

~~WAS £369.99~~
NOW
£269.99

Use code: **JC48**

Forward Inertia Drive

Enhanced with Forward Inertia Drive, the **AirRAM** glides forward effortlessly – cleaning your home has never been easier.

Anti Hair Wrap Technology

The **AirRAM Platinum**'s built-in comb keeps the brush bar clean, so hair and dust go straight into the bin, keeping your vacuum performing at its best.

Strengthened with Aluminium

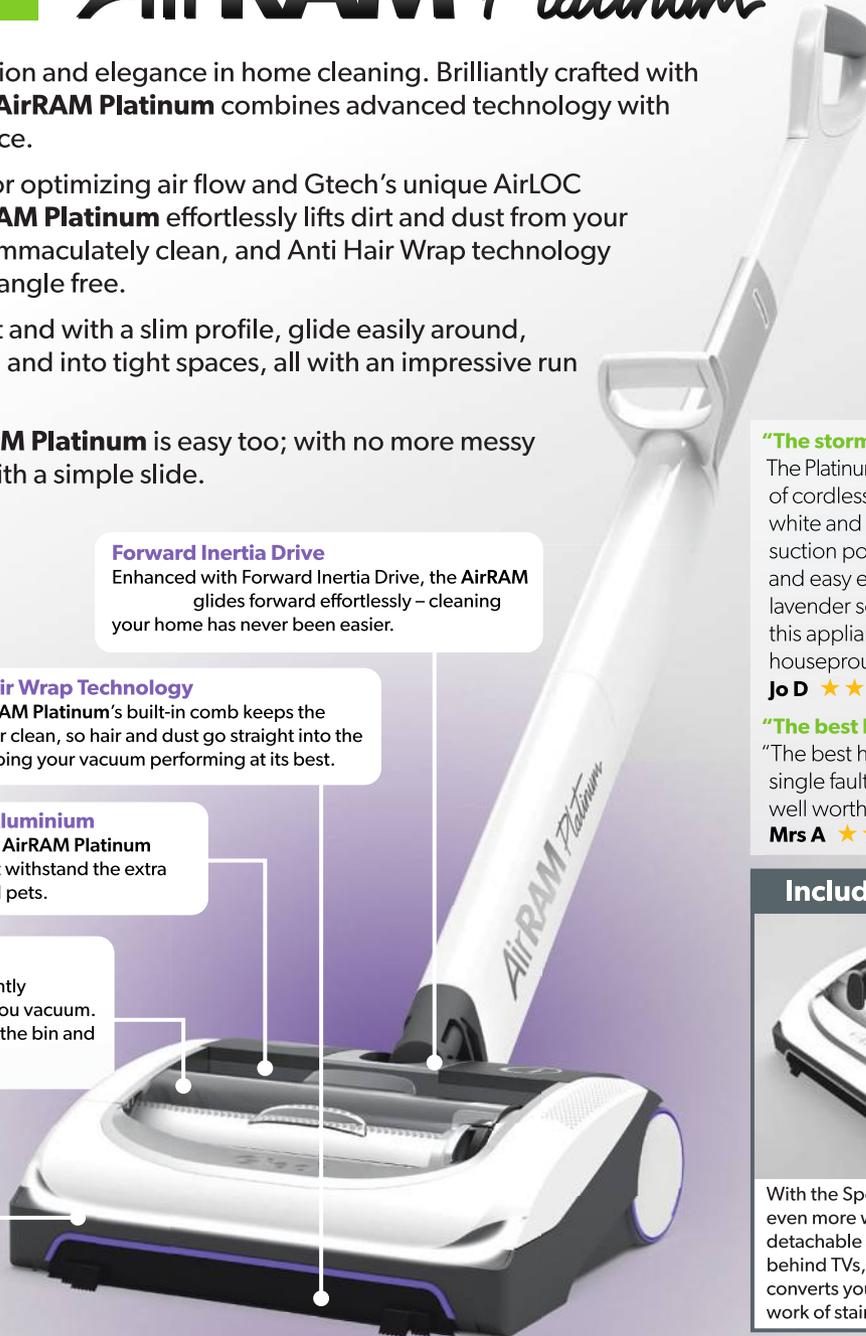
We've strengthened our **AirRAM Platinum** with aluminium to help it withstand the extra strain of busy homes and pets.

Easy-Empty Bin

The **AirRAM Platinum** efficiently compresses dirt and hair as you vacuum. All you need to do is remove the bin and empty it with a simple slide.

LED Headlights

With smart LED headlights at the **AirRAM Platinum**, dirt has nowhere to hide. Cover more area for spotless results.



"The stormtrooper of vacuum cleaners"

The Platinum AirRAM really is the stormtrooper of cordless vacuum cleaners. Its sleek white and purple design, its incredible suction power, its lightweight nimble agility and easy emptying facility, coupled with lavender scent-releasing capsules makes this appliance an absolute must for every houseproud cleaner!

Jo D ★★★★★

"The best Hoover I have ever had"

"The best Hoover I have ever had, not a single fault. Terrific suction. Fantastic and well worth the initial outlay."

Mrs A ★★★★★

Includes Speed Cleaning Kit



With the Speed Cleaning Kit included, you can do even more with your **AirRAM Platinum**. The detachable duster is perfect for cobwebs and behind TVs, while the speed-clean handle easily converts your upright to a handheld, making light work of stairs and upholstery.

Get our **AirRAM Platinum and Speed Clean Kit** for just **£269.99** (RRP £369.99)

saving **£100** if you order before 30th September 2024.

Order now at **www.gtech.co.uk** call **0800 030 86 37** or scan the QR Code:



Offers valid until 30/09/2024 or while stocks last and cannot be used in conjunction with any other offer. Individual RRP of AirRAM Platinum is £349.99 and Speed Clean Kit is £20, which gives a total RRP of £369.99. 30-day money-back guarantee, excluding £10 collection fee. †Order before 7pm for Next Day Delivery to UK mainland (excludes Scottish Highlands) See website T&Cs for details. *Runtimes quoted may vary depending on surfaces cleaned.



"Probably the best upright cordless vac ever."

www.gtech.co.uk



Gtech's rating is 4.8 out of 5 after 130,000 reviews



Free tracked next day delivery and 2-year warranty†