

DAILY STAR

THOUGHT FOR THE DAY
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SATURDAY, AUGUST 3, 2024

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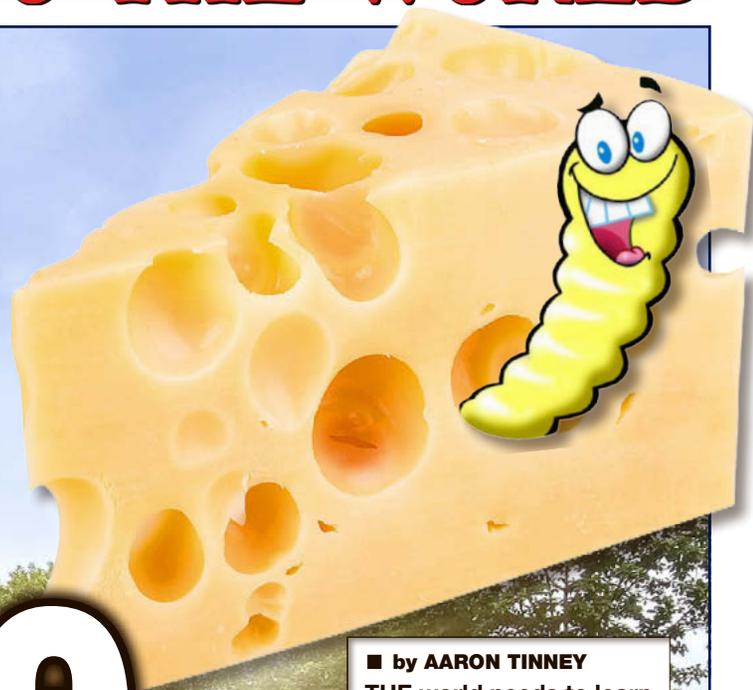
MEDICAL BOFFINESS'S RATHER HOPEFUL PLEA TO THE WORLD



Trampoline QUEEN

PAGE 8

Learn to love



■ by AARON TINNEY
THE world needs to learn to love MAGGOTS as they are brilliant at saving lives, says a medical egghead. Yeah, good luck with that!
Full story: Page 7

a maggot!

CRITTERS COULD SAVE COUNTLESS LIVES



Mystic MUGS

PAGE 17

TODAY'S WEATHER

TODAY: Clouds and patchy rain will linger across southern and eastern England and a scattering of showers will develop across Scotland and Northern Ireland. Plenty of dry and sunny weather elsewhere but feeling fresher.

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

SUN
MON
TUE

AIR QUALITY	Low (1)	Very high (10)	uk-air.defra.gov.uk
Highlands	2	2	2
North East Scotland	2	2	2
Central Scotland	2	2	2
Scottish Borders	2	2	2
Northern Ireland	2	2	2
North West & Mersey	2	2	2
North East	3	3	3
Yorkshire & Humber	3	3	3
North Wales	2	2	2
West Midlands	2	2	2
East Midlands	3	3	3
South Wales	2	2	2
South West	2	2	2
South East	2	2	2
Eastern	3	3	3
Greater London	3	3	3

Soldier in race payout

A BLACK female soldier has received a substantial payout after being subjected to years of "racist and sexist abuse".

Kerry-Ann Knight, 33, had been a poster girl for a £1.5million British Army recruitment campaign.

The former corporal told an employment tribunal in Leeds colleagues directed slurs about slavery towards her, including mentioning "lynching" and "tarring and feathering" her.

Ms Knight, who also received an apology, worked as an instructor at the Army Foundation College in Harrogate, North Yorks, before having to resign.

Fire staff informer bully hell

FIRE service bosses are subjecting whistleblowers to racist, sexist and homophobic bullying to cover up horrific staff abuse.

A report by the HMP Inspectorate of Police and Fire services found victims are failing to disclose cases of intimidation over fear of punishment from equally abusive managers.

More than a third of the firefighters polled by the watchdog said they had suffered bullying, as well as abuses of power and racist, sexist and homophobic language.

More than 40% of victims said they had witnessed instances of the abuse in the past year.

Manston migrants sue Govt

MIGRANTS are suing the Government over claims they were subjected to "ill treatment".

Lawyers acting for the 96 asylum seekers say they were "unlawfully detained" in 2022.

The group, previously held at the Manston processing centre, Kent, faced "egregious conditions", including "instances of humiliation", the High Court was told.

A judge granted the migrants anonymity in the legal proceedings brought against the Home Office, which is yet to formally file a defence. It is understood the case was paused until October, amid efforts to reach settlements.

HOME: Gershkovich with Biden and Harris. Below, Kurmasheva and family, and Whelan, bottom

The land of the freed

PRESIDENT Joe Biden and Vice-President Kamala Harris greet released prisoners as they land in the US after the historic exchange deal with Russia.

The two countries completed their biggest prisoner swap in post-Soviet history.

Moscow freed Wall Street Journal reporter Evan Gershkovich, 32, security consultant Paul Whelan, left, who has British-Irish citizenship, and Russian-American journalist Alsu Kurmasheva, above left.

In total, 24 people jailed in seven different countries were exchanged in Ankara, Turkey.

GOV BINS £1.3BN AI PROMISE



EXPERT: Matt Clifford

Tory plans 'unfunded'

LABOUR has shelved £1.3bn of "unfunded" backing for tech and AI projects promised by the Tories.

The Department for Science, Innovation and Technology said no new funding had been allocated in the Tories' spending plans, and they therefore will not be taken forward. It included £500m for

by MARTYN LANDI

the AI Research Resource. The Government said that it was now working on its own AI Opportunities Action Plan, led by industry expert Matt Clifford.

Tory Andrew Griffith accused Labour of having "lower ambitions" for the UK's tech sector.

CORRECTIONS & COMPLAINTS

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Big Win numbers Friday, August 02	09 19 23 24 25 37
Big Win numbers Thursday, August 01	08 18 20 25 48 41
Big Win numbers Wednesday, July 31	18 24 33 37 39 46
Big Win numbers Tuesday, July 30	07 09 11 16 20 31
Big Win numbers Saturday, July 27	03 14 20 27 32 11

2ND CHANCE DRAW, WEDNESDAY, JULY 31: 10, 36, 39, 40, 44
2ND CHANCE DRAW, SATURDAY, JULY 27: 07, 15, 19, 28, 43
ALL OR NOTHING, TUESDAY, JULY 30: 1, 7, 8, 9, 12, 14, 15, 17, 19, 21, 22, 24

NATIONAL LOTTERY

WEDNESDAY, JULY 31

No jackpot winner. Tonight's top prize is a guaranteed £15m.

LOTTO 12 16 21 33 52 58 37 649,695 tickets won a prize.

EURO 05 07 12 33 46 03 12 Friday, August 02. Estimated jackpot £24m, see website for details of winners.

MILLIONAIRE MAKER: XZPQ65057

SET FOR LIFE: THURSDAY, AUGUST 01: 02, 06, 18, 24, 34 LIFE BALL: 02
THUNDERBALL: FRIDAY, AUGUST 02: 13, 26, 27, 33, 38 T'BALL 10

Star wreckin'



SELECTIVE: Jenner

Kendall choosy on pals

KENDALL Jenner doesn't "let a lot of people in".

The 28-year-old model has admitted to being very selective about who she chooses to befriend.

The brunette beauty said on Emma Chamberlain's Anything Goes podcast: "I don't really let a lot of people in - especially now. It's kind of always been part of my nature."

"For me, it's an energy thing."

Kendall has been open about her anxiety struggles in recent times, and the model has now revealed how she copes with the issue.

DAILY STAR
Travel
 With Nigel Thompson
 PAGES 34-35



LOUD ROMP: Ryan

Kath sex 'trauma' for uncle

KATHERINE Ryan's uncle is "traumatised" after once overhearing her have sex.

The Canadian comedian revealed her uncle Pete refuses to talk about her encounter with now-husband, Bobby Koostira.

She said: "I bring Bobby back to my mum's and because I'd been drinking, I was a little bit louder than I normally would be."

"In the morning I went down in the kitchen and in walks my Uncle Pete."

"The walls are very thin, I could tell by the look on his face that he was not expecting me to bring someone home."

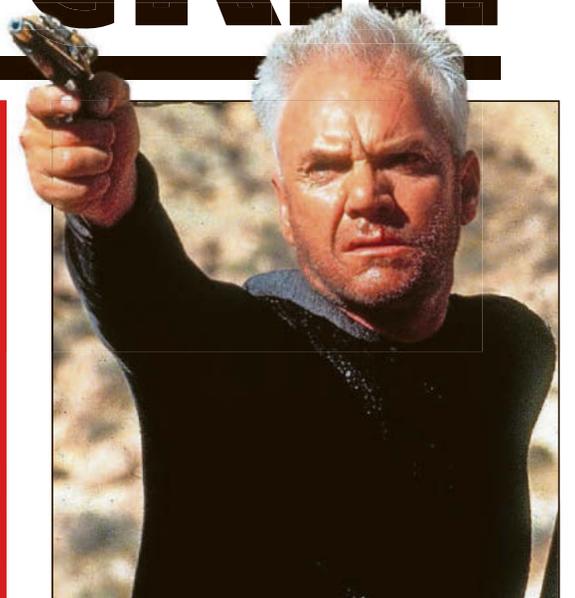


★ **JAUNTY** Jess is enjoying the lovely weather, although she does prefer to stay cool.
 ★ The Londoner, 26, said: "I like my time in the shade. Fortunately I have a tropical garden, so that's my relaxing space."
 ★ Jess, you may be in the cool, but you look super hot to us.

JESS

Picture: JEANY SAVAGE

DAILY STAR
FANCY BEING A PAGE 3 GIRL?
 WANT to be one of our fabulous Daily Star Page 3 girls? Send your bikini picture to jeany savage@yahoo.co.uk



DRAMA: As Soran taking aim at Kirk in film

KIRK'S KILLER: NOW LET ME FINISH PICARD

by STIAN ALEXANDER

MALCOLM McDowell says he'd love to return as a Star Trek baddie to kill off Captain Jean-Luc Picard - just to annoy sci-fi fans.

The 81-year-old starred as evil Dr Tolian Soran in 1994 movie Star Trek: Generations, killing Captain Kirk, played by William Shatner, in the process.

Such was the level of outrage, the actor received death threats and had to have police protection at the movie's premiere in New York.

He said there were "a lot of unhappy Trekkies" when he killed "Old Bill".

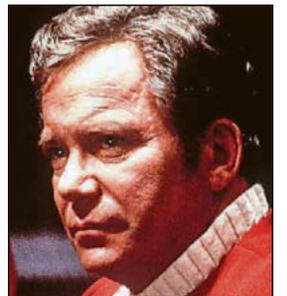
Despite McDowell's character also dying at the end of the film, he fancies a return to kill Picard, who is played by Patrick Stewart.

He said: "You can't top killing Captain James T Kirk, but I suppose I could go back and kill old Patrick."

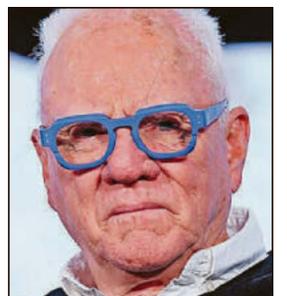
"I got a lot of flak from unhappy Trekkies, but there were also a lot of happy Trekkies who'd had it with old Bill."

"I think he overstayed his welcome."

news@dailystar.co.uk



KILLED OFF: Shatner



ABUSE: McDowell

Marvel return a mystery to Jez

JEREMY Renner says his pal and fellow star Robert Downey Jr. kept his Marvel return as Dr. Doom a secret from him.

The 53-year-old actor said: "This son of a b**** didn't say anything to me, and we're good friends."

Renner then messaged the Avengers WhatsApp group, which includes Chris Evans (Captain America), Scarlett Johansson (Black Widow), Chris Hemsworth (Thor), and Mark Ruffalo (Hulk), in a bid to get to the truth.

'Brick in balls' ID

THE "brick in the balls" Southport rioter has been named as a dad-of-two and a "party animal".

Painter and decorator Brian Spencer, 39, went viral after being filmed taking missiles to his head and privates, right.

A friend said: "Everyone knows Brian. He's a bit of a party animal, I think he just got excited."



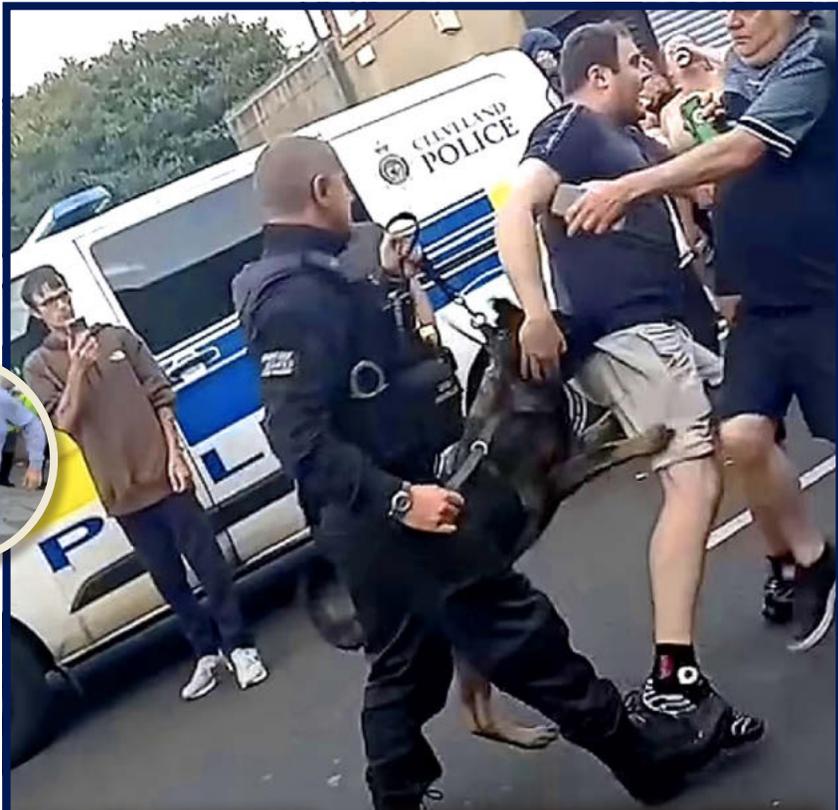
Fake tale a trigger

TOUGHER laws are needed after a "tsunami of lies" on social media triggered violent protests across the UK, an expert on right-wing extremism said.

Prof Matthew Feldman said fake news about the Southport stabbings suspect spread across multiple platforms in 30 hours.

High-profile social media accounts then "fanned the flames" that were sparked by the lies.

He added: "It seemed to galvanise anti-Muslim prejudice in the country."



RUFF JUSTICE

A POLICE dog delivers instant karma to a boozy thug by biting his bum.

The protester was goading officers and shouting: "I pay your wages," during a riot.

In bizarre scenes he was seen squatting down and dancing before smacking his

by WILL STONE

backside in a bid to wind up officers in Hartlepool, Co Durham.

He then walked away but reappeared with a can of beer and pointed in one cop's face.

The dog then lunged at him and sank his teeth into his rear end.

More patrols to take on the rioting thugs

PLEA OVER FAR-RIGHT FEAR

POLICE have been urged to step up patrols outside mosques and asylum seeker accommodation.

by WILL STONE

online and promote hate and misinformation towards Muslim communities, refugees and asylum seekers."

The plea from community leaders comes ahead of a wave of far-right rallies across England over the weekend.

Riots and violent demonstrations have spread from Southport to London, Hartlepool, Manchester and Aldershot after three girls were stabbed to death at a children's holiday club on Monday.

Iman Atta, director of Tell Mama, an organisation that tracks Islamophobia, said: "We absolutely need to see the police step up patrols around mosques and asylum seeker accommodation."

"This week has demonstrated how the far-right can organise

More protests are expected this weekend in Liverpool, Glasgow, Lancaster, Blackburn, Newcastle, Birmingham, Sunderland, Dover, Middlesbrough, Leeds and Hull.

Axel Rudakubana, 17, has been charged with murder, attempted murder and possession of a knife after the killings in Southport. A further 10 people were injured.

He is due to appear at Liverpool Crown Court on October 25. The teen was named after reporting restrictions were lifted.

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TITLE: Cardiff uni

Top uni honour review

SHAMED newsreader Huw Edwards is set to be stripped of his professorship of journalism at the university attended by the paedophile he shared pictures with.

The former BBC presenter, 62, was made honorary professor of journalism at Cardiff University in 2007.

But his picture has been removed from the university website. Education bosses said they were "actively reviewing" his title after he admitted making indecent images of children.

Bangor University also said it was reviewing an honorary fellowship it had granted him.

'PAY IT BACK'

Call for Edwards to return money

CULTURE Secretary Lisa Nandy has ordered the Beeb to examine clawing back taxpayers' cash from Huw Edwards' pension.

Her plea came as it emerged the disgraced telly host could retire on a BBC pension of more than £300,000 per year, despite his convictions for making indecent images of children.

Ms Nandy also called on Edwards to return the £200,000 of his salary he was paid by the BBC after being arrested over child pornography offences.

by JERRY LAWTON

The minister said: "I think having been arrested on such serious charges all the way back in November, to continue to receive that salary all the way through until he resigned is wrong."

BBC director general Tim Davie said Edwards' pension would be "very difficult to claw back, nigh on impossible".

Only a handful of public-funded pension schemes such as the NHS and police

can withdraw payments from members in extreme cases. Edwards, 62, was the Beeb's best-paid journalist last year pocketing £475,000, despite being suspended for part of it.

At Westminster Magistrates Court this week he admitted three charges of making indecent images of children. He will be sentenced next month.

The Star Says: Page 6

jerry.lawton@dailystar.co.uk



HIS MURAL WIPED OUT

A MURAL of shamed ex-BBC newsreader Huw Edwards has been covered over in his hometown.

The piece by artist Steve Jenkins was unveiled last year in the village of Llangennech, in Llanelli, Wales.

The artist confirmed the painting had now been removed.

He said that it was "the right thing to do" in the circumstances.

Picture: JENKSART/WALES NEWS SERVICE



COVERED OVER: Tribute erased after Edwards' guilty plea

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Huw can't be serious

IT'S now becoming clear how badly the BBC has handled the Huw Edwards scandal.

With new information over his behaviour coming to light, the Beeb either knew or should have known they had a rotten apple on their hands. Yet he was basically made the face of the corporation for years.

And now his career has blown up so spectacularly, Auntie bigwigs must answer a lot of serious questions.

Currently, they are floundering badly.

It's galling that Edwards continued to receive his whopping salary after his arrest, especially if his bosses knew about the grim details.

Of course the disgusting pervert should give it back but bosses also need to do their utmost to claw it back.

This is taxpayers' money and we don't expect it to be frittered away paying scumbags who didn't even do the work because they were sidelined.

And it's just plain disgusting that he is still set to receive an eye-watering pension that looks completely bombproof despite his conviction. So more than £300,000-a-year of our money will likely go to a complete sicko for years.

It's mismanagement of the highest order – but then that pretty much sums up the BBC.

Wrigglers are future

AS a paper, we think that all creatures great and small are worth defending.

And in recent months it has been our pleasure to go into bat for some of the world's most maligned species.

Slugs, sharks, moths, worms, you name it, we've had their backs.

But we appreciate this latest attempt at reputation revival might be an even tougher sell. Boffins want us to embrace the humble maggot and use them in our wounds.

You know, those slimy wrigglers that you tend to only find near overflowing bin stores. And things aren't made easier by the fact they grow up to be equally unfashionable flies.

But while this doesn't sound like the greatest promotional material behind a global maggot renaissance, we're willing to give it a try.

We're sure they're very cute if you look really, really hard.

In fact some say they're larvae-ly!

Lager pout

LAGER has become fashionable again after youngsters ditched it for a while for hipster IPAs.

Hoppy days!

LIVING FOREVER'S A DREAM..

A major thaw in the plan



★ "WHO wants to live forever?", sang rock band Queen for the hit 1986 movie Highlander. Well, quite a lot of people as it turns out!

Yesterday we revealed that people are shelling out £150,000 to have their bodies frozen after they die until boffins can work out how to revive them in the future.

★ But history is littered with people who have tried to achieve immortality, as JAMES MOORE reveals...



Ice age:

It's a myth that movie pioneer Walt Disney had his body frozen, but cryonics has been around for a while.

In 1967 US professor James Bedford became the first person to have his body preserved with dry ice for eternity, hoping to one day wake up and be cured of the kidney cancer that killed him at the age of 73.

Heads up:

Belgian-born Olympic basketball player Fereidoun M. Esfandiary had his head frozen after death, aged 69 in 2000, even renaming himself FM-2030 after the date he hoped to return.

China crisis:

Many ancient Chinese emperors tried to achieve immortality, some by sipping lethal mercury.

Emperor Ai of Jin died aged just 24 in 365AD, after eating a "pill of immortality" that had been rustled up by his team of dodgy magicians.

Golden era:

Diane de Poitiers, the beautiful mistress of 16th-century French king Henry II, regularly drank a mixture containing gold in a vain attempt to stay young.

The concoctions eventually killed her at the age of 66.

Philosopher's stone:

Made famous by JK Rowling's Harry Potter books, the mystical philosopher's stone is reckoned to grant the power to transform base metal into gold and be an elixir of life.

Legend has it that 14th-century Parisian alchemist Nicolas Flamel discovered it – and is secretly still alive.

Ballsy plan:

The 19th-century boffin Charles-



MYTH: Walt Disney's body wasn't cryogenically frozen

Édouard Brown-Séguard, from Mauritius, began injecting himself with extracts from guinea pig testicles claiming they had amazing anti-ageing effects.

It didn't stop him dying, aged 76, in 1894.

Bloody hell:

Shockingly, 15th-century Pope Innocent VIII – born Giovanni Battista Cybo (or Cibo) – drank the blood of young boys to try and stay youthful.

Meanwhile, Russian revolutionary scientist Alexander Bogdanov used blood transfusions in a bid to beat the grim reaper. He claimed they stopped his hair falling out, improved his eyesight and made him look younger.

He died in 1928 after using blood which was contaminated with malaria and tuberculosis.

Eternal youth:

In the 1920s bizarre American cult leader James Schafer, leader of the Royal

Fraternity of the Master Metaphysicians, offered to raise a poor mother's child – known as Baby Jean – to be immortal.

He believed if she never heard the words "death" or "disease", the youngster would never die – helped by a special veggie diet.

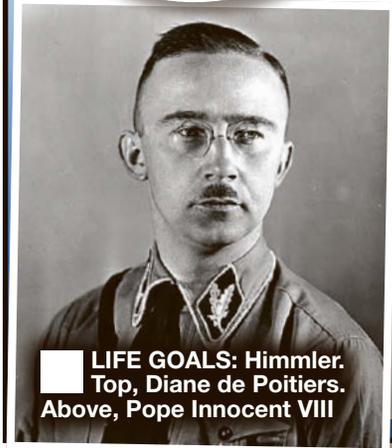
In the end, Jean's mother demanded her return.

Nazi idea:

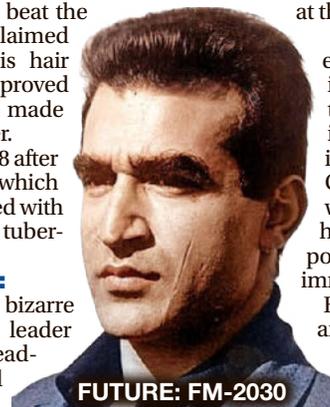
During World War Two the head of the Nazi SS, Heinrich Himmler, launched a search for the Holy Grail – the cup that Jesus is said to have used at the Last Supper.

He even travelled to an abbey in Spain hoping to find the chalice, believing that it could help Germany win the war and grant him supernatural powers and immortality.

Himmler failed and took his own life, aged 44, in 1945.



LIFE GOALS: Himmler. Top, Diane de Poitiers. Above, Pope Innocent VIII



FUTURE: FM-2030

Picture: GETTY IMAGES UNLIMITED



SYRUP: The dessert 'Cough' ice treat banned

A STOMACH-churning ice cream laced with cough syrup has been banned after authorities slammed it as dangerous and illegal.

Inside Scoop launched its limited-edition cocktail of vanilla injected with herbal remedy Pei Pa Koa across its 49 outlets.

The Malaysian firm billed it as a "cooling" and comforting treat inspired by similar products in Singapore.

But Malaysian health chiefs quickly ordered the zany concoction to be pulled from freezers.

Its ministry of health said all shops must "stop the sale for the purpose of safety for consumers and the public" or risk five years in jail.

FACT OF

KING Henry VIII had servants called Grooms Of Stool to wipe his bum.

THE DAY



COSTLY: Home

1st-time buyers' price hit

FIRST-time buyers' homes now cost more than six times the average income of £35,724.

In the 1970s, homes only cost around two-and-a-half times the typical UK salary of the time.

It means the average 10% deposit (£20,000) is now more than half of typical annual earnings.

Ben Merrit at Yorkshire Building Society, which did the study, said: "Achieving home ownership isn't easy. We know that house price growth means people are having to borrow much more than their incomes to get on the property ladder. And for some it's now, sadly, completely out of reach."

BOFFS: LEARN TO LOVE MAGGOTS!



Gigi's grunge thrills

★ GIGI Hadid goes grunge in a tiny bikini and leather jacket.

The supermodel, 29, also showed off her figure in a layered pink and white corset.

★ Gigi delighted fans by stripping off for the new raunchy Dilara x Heaven by Marc Jacobs campaign.



NATURE'S DOCTOR: Maggot

It's time to appreciate super larvae

by AARON TINNEY

BRITISH bug boffins are begging us to love maggots as they are bursting with bacteria-battling superpowers.

The eggheads want patients to get over their squeamishness - and allow the squirmers to be packed into wounds to leech away killer toxins that are immune to antibiotics.

Professor Yamni Nigam, from Swansea University, is fronting the Love A Maggot campaign.

She said: "Love A Maggot aims to raise awareness of the use of living maggots as a clinical treatment."

"By telling people about maggots, their biology, successful medical stories and using fun maggot activities, we may help to improve their image."

The Love A Maggot team want to spread the word on the creepy-crawlies which digest toxic chemicals and destroy them in their gut.

The Star Says: Page 6

news@dailystar.co.uk



'ULTIMATE' CRUMPETS

BUTTER has been voted by Brits as the ultimate crumpet topper, followed by jam and chocolate spread.

Morrisons has teamed up with Warburtons to offer 100,000 free toasted crumpets to anyone who "Asks for Ellen" in its cafes between August 5 and 25.



Pictures: ALANA O'HERLIHY/MARC JACOBS/MEGA



BEST WEEK-ONE HAUL



GL-OAR-Y: The rowers

Golden return for girls

ROWERS Emily Craig and Imogen Grant made up for missing out on a medal by just 0.01 seconds four years ago by grabbing gold yesterday.

Emily, 31, and Imogen, 28, triumphed in the women's lightweight double sculls.

In the men's rowing, Ollie Wynne-Griffiths, 30, and Tom George, 29, won silver in the pairs.

And showjumper Scott Brash, 38, completed a nerveless final round to win the equestrian team gold with Harry Charles, 25, and Ben Maher, 41, while divers Anthony Harding, 24, and Jack Laugher, 29, won bronze in the synchro 3m springboard.

Games romping warning

ATHLETES who flop in the bedroom are likely to under-perform at the Olympics too, according to a top psychologist.

Competitors at Paris 2024 have been handed 200,000 condoms for bedroom Olympics in the athletes' village.

But psychologist Justin Lehmiller said it was risky having sex the night before a big competition.

If they come up short in the sack they are likely to miss out on a medal in the Games too.

Threats to boss Jolly

POLICE are probing death threats sent to Olympics opening ceremony artistic director Thomas Jolly.

Jolly said the online insults criticised his sexual orientation and "wrongly-assumed Israeli roots".

Picture: AFP VIA GETTY IMAGES

Bry's off to circus

★ BRIT trampolinist Bryony Page won Olympic gold – and then announced she wants to run off to join the circus.

The 33-year-old hopes to join Cirque du Soleil.

★ She said: "It's been a dream of mine for a

long time and I'm not getting any younger, so to get to do that while I'm still feeling strong and healthy would be great."

★ Britain are up to fourth in the medal table after the nation's best ever week-one performance.



Olympics latest
DAILYSTAR.CO.UK

TRUMP WEIGHS IN ON SEX ROW

Boxing gender test debate rages on



'UNFAIR': Khelif, in red, beating Carini in ring

DONALD Trump has hit out after a second Olympic boxer who failed a gender test left their opponent in tears.

The former US President weighed in on the sex row threatening to overshadow the Paris Games.

Trump shared a video of Algerian Imane Khelif's 46-second demolition of Angela Carini, 25, which left the Italian weeping with a bloodied nose. The ex-Prez wrote: "I will keep

by JERRY LAWTON

men out of women's sports." Khelif, 25, was disqualified from last year's world championships after a gender test showed she had male XY chromosomes.

But Olympics bosses no longer recognise the International Boxing Association, which did the test.

Team GB boxer Nicola Adams slam-

med the bout as "dangerous", while Culture Secretary Lisa Nandy vowed to address sporting bodies on "inclusion, fairness and safety".

Another gender test flop, Lin Yu-Ting of Taiwan, beat Uzbekistan's Sitora Turdibekova.

Olympics spokesman Mark Adams said Yu-Tin was "born female" and "has a female passport".



jerry.lawton@dailystar.co.uk

LAGER'S TOP



COMEDY: Davro

Bobby war on wokies

BOBBY Davro insists he "couldn't give a toss" about offending people.

His tough stance comes despite his kids warning him: "Dad, you can't say that now."

Father-of-three funnyman Davro, 65, has dismissed cancel culture and woke comedy.

He said: "I don't go out to offend anybody, I go out to make people laugh."

"Let them go if they don't like what I do, I won't be offended if they walk out. It's not for them, it's only a sense of humour, their taste."

"I couldn't give a toss."

Davro shot to fame in the 1980s, hosting his own Saturday night TV shows on ITV.

WORD OF

FORFEND: Avert or prevent something evil or unpleasant.

THE DAY



'BAGGAGE': The singer Alison's golden farewell

ALISON Moyet revealed she has destroyed all of her gold discs.

The 63-year-old singer teamed up with Vince Clarke in 80s band Yazoo before going solo and has sold more than 23million albums.

But the mum-of-three said she saw the discs - as well as some of her clothes and stage costumes - as "baggage".

The singer ditched the items when she moved from Hertfordshire to Brighton in 2013.

On destroying "all the trappings" of her "old life", she told The Sunday Times: "I don't want my kids to have to deal with it after I'm gone."



CRIMSON LADY: La Toya



GLAM PAIR: Emerson and Teri

Vic reddy to party

★ **MODEL** Victoria Silvstedt wows in red at a celebrity bash in Majorca. The Swedish beauty, 49, was part of a star-studded line-up at the Remus Lifestyle Night on the Spanish island on Thursday.

★ **Other big names** turning up to the event, hosted by German real estate mogul Marcel Remus, included La Toya Jackson, Desperate Housewives star Teri Hatcher and her daughter Emerson Tenney.

Pictures: GETTY IMAGES



BEER CHEER: Lager is best

Brits raise a glass to best booze

■ by CHARLES WADE-PALMER
LAGER is top of the hops again, brewers say.

The classic tittle has made a comeback despite the boom in fancy craft ales in recent years.

Organisers of the World Beer Cup said lagers are the most popular category, along with IPAs, in this year's competition.

Chris Williams, competition director for the Brewers Association, which presents the boozy contest, said: "In the past five-plus years, German-style pilsners have been one of the largest, most competitive categories."

"However, in recent years, light lagers have really started to shine."

"Light lagers are nearly ubiquitous all around the world."

Beer experts said they weren't surprised lager is trendy nowadays.

Greg Wells, of We Are Beer, added: "The great thing is now we make some of the best lagers in the world right here in the UK."

The Star Says: Page 6

news@dailystar.co.uk

SCALLOPS SLAMMED

FRY-up fans have slammed a Full English served with scallops.

The Billingsgate Cafe in east London sells the £13 dish with five scallops alongside bacon, eggs and beans.

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





★ **ONE** minute you're young, and the next you're turning down the radio in the car so you can see better.
 ★ See your pockets bulge with a punt on **ROSS COUNTY** to win at Motherwell today: **Betfred - 3-1**

Wardy's WAGERS

by JOHN WARD

BE A TWITT...
 Fancy getting on a winner? Then follow Wardy's Wagers on Twitter @StupidPunt.

One to watch

I WISH I had enough money to discover that it doesn't make me happy.

Fill your boots with a gamble on **APOLLO ONE** in the 3.35pm at Goodwood today:
Ladbrokes - 16-1



ODDS: Apollo One

ODDS

I AM not one for getting too nostalgic. But every time I put the car in reverse, it takes me way back. Make sure you back **ST MIRREN** to beat Hibernian tomorrow at 3pm:
Betway - 7-5

SPOT

Worth a Shott

I ONCE went 10 rounds with Mike Tyson. I bought the first he bought the second, I bought the third.

Take a bite on **HOTT SHOTT** in the 4.45pm at Goodwood: **Paddy Power - 10-1**



FIERCE: Mike Tyson

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GOING FOUR GOLD: Lyles is in the 100m, 200m, 4x100m and 4x400m

NOAH WAY I CAN SPRINT

Yank's Lyles faster

A **SCIENTIFIC** study showed that out of **2,293,618,376** people, **94%** are too lazy to actually read the number.

I'm one of them. If there was a competition for being lazy, I would get atrophy.

The only exercise I do these days is the diddly squats.

In fact my idea of sport is a game of snooker. You start every game with a break and you can pick up a rest whenever you like.

I've been gripped by the Olympics on the telly. But instead of motivating me to get active I have actually spent more time on the sofa than usual.

Yesterday I was super lazy. It's just like normal lazy but I'm wearing a cape. I'm so lazy I've got a smoke alarm with a snooze button. I can't help being idle. It walks in the family. And I hate it when my wife gets annoyed at me for being a layabout. It's not like I did anything.

She told me that I'm a useless slob and that she deserves much better. I said: "You've woken me up at 3pm to tell me that?"

I told her that I love her and "when I die I'm going to leave everything to you my love!"

She shouted back: "You already do you listless git."

Last time we were in the supermarket she called me "a lazy sod" in front of all the other shoppers. How rude. I was so shocked I nearly fell out of the trolley.

I plan to bulk up my bank account though with a bet on **NOAH LYLES** to win the 100m Gold: **Paddy Power - 5-6**.

Picture: AFP VIA GETTY IMAGES



FIN-TASTIC: Huge fish

Gigantic shark in UK sea

PADDLEBOARDERS spotted a "30ft" shark cruising just metres off the British coastline.

Carla Smith, 20, spotted the huge basking shark off Lendalfoot Beach, in Girvan, Scotland.

After people with binoculars spotted a fin on the horizon her boyfriend Andy Milae, 20, put up his drone to identify the fish.

Carla and Andy, from Troon, took to the water on their paddleboards and crossed paths with the shark as it drifted by.

Carla, a student from Rutherglen, Scotland, said: "You could see the fin on the horizon."

"People started shouting: 'There is a shark in the water!'"

"We thought it was a dolphin and it was only once we had the drone that we knew. They don't eat people, which was a relief."



CHILDCARE: Skinner

Frank's a 'bitter' old man

FRANK Skinner says he's "bitter" about how much parenting he has to do.

The comic - who became a dad for the first time at the age of 55 - claims he's suffered the "worst of both worlds" as society changed its expectations of men's involvement in parenting.

The 67-year-old, whose son Buzz is now 12, said: "Just as I got to having children it changed so men had to do loads of childcare and stuff so I got the worst of both worlds."

He added: "If he'd come along in the white heat of my career, when I was doing five series a year and stuff like that, I think he'd have seen a lot less of me."

"I think he's better off having me as a slightly bitter old has-been who's around a lot."

Weathermen in forecasting storm



SCORCHIO: Sunbather reads during heatwave

EXPERTS' ACCURACY ROW

WEATHERMEN are at war over who makes the most accurate long-term forecasts.

Exacta boss James Madden appears to have taken aim at the Met Office - claiming his outfit alone was correct in predicting last month's scorching weather.

He also lashed out at rivals claiming some who were "abusive" had "now gone very quiet."

He said: "So, the July heat and

by ADAM CAILLER

multiple major heatwaves did happen after all!

"Not only did we get one heatwave in the second half of July, but we got two with significantly hotter temperatures than apps and other forecasters were never in full recognition of from a few days out."

He said the same forecast also identified a "bonus mid to late June heatwave with temperatures ex-

ceeding 30C for the first time this year during late May".

He raged: "I'd love to see anything similar in timing or accuracy within the public domain, from this far ahead or from any other one forecast or forecaster for this period. I'm also not looking to create any adversity here but more to stand up to it."

The Met Office was asked to comment.

news@dailystar.co.uk



CREST OF A HEATWAVE

★ SUNBATHERS flock to the beach in Bournemouth to make the most of another gloriously sunny day.

They set up windbreaks and slapped on the sun cream at the popular south coast spot as

by JAMES CAVEN

parts of the country roasted in temperatures as high as 29C.

★ But it was a less cheery picture in Guildford, Surrey, right, which suffered flooding after heavy rain on Thursday.



Pictures: BNPS/PA

TOP 10 SINGLES		Official Singles Chart
1	(1)	PLEASE PLEASE PLEASE Sabrina Carpenter
2	(3)	GOOD LUCK BABE Chappell Roan
3	(2)	BIRDS OF A FEATHER Billie Eilish
4	(5)	STARGAZING Myles Smith
5	(8)	AUSTIN Dasha
6	(6)	HOUDINI Eminem
7	(13)	KISSES BL3ss/CamrinWatsin/bbyclose
8	(9)	ESPRESSO Sabrina Carpenter
9	(9)	NOT LIKE US Kendrick Lamar
10	(11)	A BAR SONG Shaboozey

TOP 10 ALBUMS		Official Albums Chart
1	(1)	THE DEATH OF SLIM SHADY Eminem
2	(4)	THE TORTURED POETS... Taylor Swift
3	(6)	BRAT Charli XCX
4	(7)	THE RISE AND FALL... Chappell Roan
5	(8)	HIT ME HARD AND SOFT Billie Eilish
6	(-)	LIVE AT WEMBLEY Blur
7	(9)	THE HIGHLIGHTS The Weeknd
8	(-)	HI MY NAME IS INSECURE Sam Tompkins
9	(10)	50 YEARS Fleetwood Mac
10	(-)	RITE HERE RITE NOW Ghost

★ LETTING rip, Demi Moore is on a mission to remove the stigma around, erm, breaking wind.

Gassed about her new partnership with digestive medicine company Wonderbelly, the actress read aloud from the firm's book, *An Adult's Guide To Farts*.

★ Parping on, she began: "What are some of the common techniques to hide your farts? You can blame the dog. You can pretend nothing happened. Or just run away and change your identity."

"Sometimes we try to avoid farting altogether... but farts are nothing to be ashamed of. They're normal. If a fart slips out, just own it."



WIRED
FONTAINES DC have announced their biggest show to date, at Finsbury Park. The Irish band will be joined by special guests **Amyl And The Sniffers** and **Kneecap** on July 5, 2025. Tickets go on sale next Friday.

WIRED
JACK Harlow's leap into acting hasn't been easy. The rapper, who made his debut in 2023 reboot *White Men Can't Jump*, said: "S*** got killed. I learned I've got a lot more work to do... it's harder than I thought."



WORLD

WORLD

Music's a pain for mum Paloma

KIDS PUT OFF

ONLY love – and the music industry – can hurt like this, says Paloma.

Struggling to keep the Faith, the singer believes you have to be a bit mad to push on as an older female artist in the business.

Paloma, 43, said: "There's very few women who get through, like **Dolly Parton, Tina Turner, Madonna, Sade, Cher, Diana Ross, Annie Lennox** – you're like, 'I literally bow and kiss your feet'."

"It's partially because they're mentally ill-enough to continue doing what they do. It's true. It is so unbelievably demanding."

The Brit winner doubts her two daughters – who she shares with ex-hubby **Leyman Lahcine** – will follow in her footsteps. Paloma said: "It'd be surprised if they did because they're quite empathetic kids. They're like, 'Why would I want to do that?'"

"It's exhausting. It's horrible. People are constantly building you up, putting you back down again."

"One of the prerequisites of being an artist, or a creative person, is sensitivity, so you're already more sensitive than the average person, and you're in fight-or-flight mode."

Currently working on the follow-up to LP *The Glorification Of Sadness*, released earlier this year, Paloma also addressed the fallout of her fame on loved ones.

She added: "I don't think people understand as well the impact that being in the public eye can have on your relationships, whether it's your family, or your friends, or romantic relationships."



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JAMES CABOOTER'S

PIREDS

with TOM STICHBURY

All week



JOSH: I SAW JESUS

JOSHUA Bassett embarked on an Almighty trip when he took the plant-based psychedelic Ayahuasca. The actor and singer, who used to date **Olivia Rodrigo**, is

convinced he saw Christ after sipping the hallucinogenic brew. Bassett told the **Zach Sang Show**: "I'm fine with being labelled as an insane person because even I was in denial about this for a while. I hit the ground in hell."

I was surrounded by hundreds of thousands of demons who were mocking me and laughing at me and torturing me." He added: "Eventually, I go outside and I look up and I see Jesus in the sky. I'm like, 'No way, there's no way!'"

BRA-VO LADIES



NEVER undies-estimate **Charli XCX** and **Billie Eilish**... They dropped the music video for their Guess remix, and it is, quite literally, pants! The pair are surrounded

by thousands of bras, knickers and briefs – and at one point they lie on a mountain of 'em. Billie is also seen at the wheel of a forklift, smashing her way into a house party,

which is one way to make an entrance. The superstar, who identifies as queer, puts her own spin on the bop – about guessing the colour of someone's underwear –

teasing: "Charli likes boys, but she knows I'd hit it." All garments were donated to women's hardship charity Support The Girls, afterwards. X-tremely generous.



★ **GARBAGE** have binned off their gigs for the foreseeable future after frontwoman **Shirley Manson** injured herself. The rockers, who had booked a number of high-profile concerts over the next couple of months, didn't elaborate on how it happened. In a statement, they said: "It is with great regret that we announce the cancellation of all our remaining dates... due to an injury that Shirley sustained on our recent tour in Europe that will require surgery and rehabilitation to correct."

Stupid Girl singer Shirley personally added: "No one is more crushed about this than I am. "You know I would push through if I could."



★ **GIRLS** Aloud couldn't be prouder to headline Brighton Pride today – saying they're paying it forward to their LGBTQ+ fans. **Nicola Roberts** gushed: "It's special that the gay community have love for us, they've found a connection to our music from day one. "Miranda Cooper, our lyricist, was very capable of finding different life scenarios and interjecting the lyrics into the song." Nic added: "You know, specifically, Long Hot Summer – there's some very cheeky innuendos in that one!" Something Kinda Ooooh-err, indeed!

★ **LIGHTS!** Camera! Action! **Britney Spears** can't wait to call the shots on her biopic. The pop princess reportedly has casting approval of who will play her in the film adaptation of her memoir, *The Woman In Me*. She'll decide which **Lucky** star has the Brit factor after the book rights were snapped up by Universal Pictures. Euphoria's **Sydney Sweeney** is being tipped for the role.



Pink tour halted

★ **PINKPANTHERESS** has cancelled all tour dates for the rest of the year to look after herself. She was scheduled to open for **Olivia Rodrigo** and **Coldplay's** respective world tours. But the 23-year-old said: "It is with the heaviest heart that I sadly have to announce that I will not be able to continue with the rest of my live shows in order to focus on my physical health and overall wellbeing. It appears I have a wall which I am struggling to penetrate through."



★ **KESHA** really did stick the knife in when she appeared to diss **Katy Perry** during her Lollapalooza set this week. Taking to the stage at Grant Park, in Chicago, the chart-topper brandished a bloody butcher's blade for her 2010 song *Backstabber*. The ditty features the lyric "Katie's to my left, rippin' my style," but footage shows Kesha only singing the first part before pulling a face of disgust. Of course, the pair have history: Kesha accused **Dr Luke** of emotional abuse and sexual assault in a decade-long lawsuit – allegations he denied – and Perry is working with the super-producer again.



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DAILY STAR TOPS FOR TELLY **DAILY STAR** TOPS FOR TELLY



'NOT STARRY': Reid

Anne's regrets for her career

CORRIE legend Anne Reid says she hasn't had a "good career" as she's never had her own show.

Reid, whose character Valerie married Ken Barlow in the ITV soap, rejected the idea she's had a "starry" career despite being nominated for three Baftas and says she has "thousands of regrets".

The 89-year-old, told Gyles Brandreth's Rosebud podcast: "I was talking to my friend 'Helma Barlow and she's played all the classics: I never got them.

"People say, 'You've had a wonderful career' (but) I haven't.

"Derek Jacobi talks about, 'I was in Broadway in Cyrano de Bergerac.

"And I think, 'I was doing The Bill at the time'.

"I haven't had a starry career - I've never had my name over the title.

"Even when I did The Mother with Daniel Craig they put the credits at the end."



Zara's pout and about

★ **ZARA** McDermott poses up a storm in a white lacy dress while creating the perfect pout. The 27-year-old former

Love Islander showed off her designer sunnies and red lip gloss to fans.

★ One asked: "Where is the whole outfit from,

shoes and dress? It's stunning."

★ Zara replied on Instagram: "All ASOS!" with a love heart emoji.



ABUSE: Abbington Fears of Amanda

STRICTLY target Amanda Abbington says she feels scared on public transport.

She received online threats after complaining about dance partner Giovanni Pernice.

Actress Amanda said: "On the train I feel vulnerable."

JUDGE CRAIG: I HAD STRICT UPBRINGING 'Cane whacks' by ballet bully

■ by ED GLEAVE
STRICTLY judge Craig Revel Horwood says he was beaten by his ballet teacher.

During lessons in the 1970s, he regularly got a "whack" with a cane from his instructor.

And he's now in favour of chaperones behind the scenes when celebs on the show train with hard taskmaster pros, something bosses at the BBC are introducing this autumn.

Australian-born Craig, 59, said: "I had a Russian ballet teacher who used to have a cane and she would whack us with it.

"Obviously, that sort of teaching wouldn't be permissible today. I think it's beneficial to have mediators present in rehearsal rooms."

Craig has spoken out after Strictly was hit by multiple claims of abusive behaviour.



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Drones on 999 call-out

DRONES are being sent on emergency calls-outs by police in a new trial.

Officers hope they will quickly hunt down missing persons or help prosecute criminals.

The "Drone As First Responder" trials are being carried out by Norfolk Constabulary.

Superintendent Taryn Evans, of the National Police Chiefs' Council Drones team, said: "It is an important showcase of just how effective DFR can be at supporting our response to 999 calls, arriving on scene quickly and giving invaluable eyes in the sky."

Footage can then be used for prosecution.

Cocaine van girl killed 2

A DELIVERY driver killed an elderly couple in a head-on smash after nodding off at the wheel.

Jessica Higgs, 20, had cocaine in her body 36 hours after taking it at a party.

Higgs, from Warminster, Wilts, was jailed for three years and five months after admitting causing death by careless driving while over the drugs limit.

Taunton Crown Court heard that while driving her Mercedes van on the A303 at Camel Hill near Yeovilton, Somerset, Higgs fell asleep and collided with a Fiat 500 car.

Tony Mist and his partner Thelma Huse, both 69, were killed in the crash.

Jail for bomb threats

A FRAUDSTER who threatened to petrol bomb Aviva after the insurance firm spotted his fake medical claims has been jailed.

Gary Lanchester, 36, was jailed for 22 months for sending threatening emails to insurance staff when they refused to pay out.

Norwich Crown Court heard how he had submitted several fake prescription claims and a bogus ill-health form purporting to come from his doctor.

He sent emails to staff at Aviva saying he planned to "stab security" and "petrol bomb their building".

Lanchester, of Great Yarmouth, also sent his doctor racial and abusive emails after he was discharged for over-medication.



Pictures: BNPS



Crops cop: Arrest ET..

A FARMER is angry after "ET" ruined £2,000 worth of crops. Cops appealed for information after the mystery pattern appeared in a field in Shapwick, Dorset. But James Hill joked: "I'd like to see you get a conviction on an alien."

PSYCHIC EYES



Posed by model, obviously

by AARON TINNEY
SUSPICIOUS women are flocking to psychics to snare suspected cheating partners.

Mediums across Britain, who usually specialise in speaking to the dead, are being paid to use their "powers" to weed out love rats, according to married affairs website Illicit Encounters

A massive 83% of the 1,500 female members it polled admitted they have questioned their partner's fidelity.

Jessica Leoni, relationships expert, said: "It's fascinating to see the rise in women turning to psychics for answers about infidelity. It's a

Women using mediums to weed out love cheats

trend that highlights the deep need for certainty and validation in relationships.

"When people feel their relationship is at risk, they'll often go to great lengths to find the truth, even if it means consulting the mystical world."

Nearly 70% of those polled said their suspicions about their part-

ner's infidelity were confirmed after consulting a medium.

Illicit Encounters member Caroline from Aberdeen, who took part in the survey, said: "I booked a session with a local psychic.

"I never imagined I'd find out the truth through a psychic, but it gave me the closure I needed."

SPOOKY MANOR YOURS FOR £4M

ONE of England's most haunted houses has gone on sale for £4.2million.

Sandford Orcas Manor, a Tudor country home near Sherborne, Dorset, is said to be home to 14 ghosts.

Among the spirits claimed to haunt the manor are an 18th Century farmer, a lady in a red silk dress and a little girl dressed all in black.

The property is being sold by estate agent Savills for £4.2m, which includes the main manor, a three-bedroom cottage and 12 acres of land.



MOST HAUNTED: Sandford Orcas

Ghost is a top draw

A CASTLE with a ghost is now a World Heritage site. Schwerin Castle in Germany is said to be roamed by Petermannchen - or Little Peterman - dressed as a 17th Century cavalier.

Kids' Kim nukes hell

NORTH Korean children are being born without toes or hands near Kim Jong-un's nuke testing site.

The mysterious condition has been dubbed "ghost disease".

FELINE A LITTLE SLEEPY?

by MIKEY JONES

★ A LIONESS carries a tired cub in her jaws as they head to a new home.

Laura Dyer, of Reading, Berks, snapped the family of felines in the Masai Mara Nature Reserve, Kenya.

★ She said: "When lions carry cubs like this, the

cubs go completely limp as they know they are safe.

"She is their fiercest protector, yet she gently moves the cubs on their way, holding them in her jaws which would ordinarily kill.

★ "They become a soft and safe place for the little ones."



Pictures: LAURA DYER / CATERS NEWS

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Heroes in swim rescue

A SWIMMER saved from drowning has praised three children who rescued him.

Wayne Sullivan, 63, got into difficulty and was plucked from the sea by the 12 and 13-year-olds.

The former Royal Marine, who spent four days in intensive care, said: "If it hadn't been for those three I wouldn't be here."

"When doctors called my family from the hospital they said I only had a 50-50 chance of surviving."

"Those brilliant, lovely kids are proper heroes."

Mr Sullivan said he "started to sink" after a "bad attack of cramp" at Minster on the Isle of Sheppey, Kent.

Siblings win will millions

TWO siblings virtually cut out of a £12million inheritance have won a court battle with their brothers.

In his last will, tyre tycoon Reg Bond handed nearly all of his last £12.3m to sons Charlie and Graham, leaving older brother and sister Mike and Lindsay with £325,000 each.

They claimed their dad was too mentally frail to understand what he was signing just over a year before he died. Mr Justice Michael Green at the High Court found Charlie and Graham had not proved Reg had "testamentary capacity" to make the will.

All the assets will now be split between all four.

Peas & broccoli please..

BRITISH families have revealed their ultimate favourite vegetables - with broccoli and the humble pea coming out on top.

The pair took joint top spot, beating other classic staples including the spud and carrots.

Sophie Simms from Birds Eye, which carried out the poll, said: "Quality and sweetness really do reign supreme in what people are looking for and they want to know they're getting great value for money."

Celery, asparagus and kale were least liked.

And the Brussels sprout was liked by only 6% - despite 46% dishing them up at Christmas.

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DAILY STAR BARGAINS

★ EACH week our fabulous columnist hunts down the best deals around to help you save both time and money on the high street

What's new

Banish any brassy or dull hair brought about from too much sunshine or chemicals in the swimming pool with the new PROVOKE Brighten + Protect Purple Leave-In Conditioner. In just one application, this multi-tasking leave-in conditioner instantly brightens colour, detangles hair and protects against heat damage. At £4.99 (150ml) from Superdrug and Asda it's a snip!



Budget or Bust...Picnic blankets



SPEND
Watermelon Picnic Blanket, £14, Next



SPLURGE
Strawberries and Cream XL Quilted Picnic Blanket, £29, Dunelm

SAVVY
Global Artisan Foldaway Picnic Blanket, £9.80, Marks & Spencer

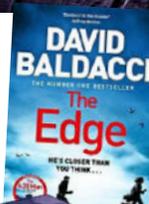


TOP DOZEN SUMMER READS

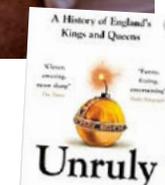


FICTION

David Baldacci's The Edge WHSmith, was £9.99, now £4.99
SAVE: £5



SAVE: £4.99
FACT
David Mitchell's Unruly Waterstones, was £10.99, now £9.49
SAVE: £1.50



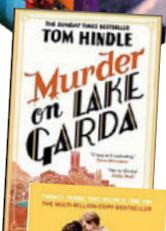
JK Rowling's complete Harry Potter 7-book set thebookbundle.com, was £62.99, now £33.99
SAVE: £29



Todd English's Air Fryer Cookbook WHSmith, was £14.99, now £7.50
SAVE: £7.49



Tom Hindle's Murder On Lake Garda Waterstones, was £9.99, now £7.99
SAVE: £2



Sivananda Centre's Yoga Your Home Practice Companion, The Works, was £16.99, now £7
SAVE: £9.99



David Nicholls' One Day The Works, was £9.99, now £6
SAVE: £3.99



Maria Vegara's Taylor Swift (Little People, Big Dreams) Amazon, was £9.99, now £9.13
SAVE: 86p



Hannah Bonam-Young's Out On A Limb Blackwells, was £9.99, now £7.99
SAVE: £2



Tom Baldwin's Keir Starmer, The Biography Blackwells, was £25, now £20
SAVE: £5



Lisa Jewell's None Of This Is True Amazon, was £9.99, now £5



Matt & Tom Oldfield's Ultimate Football Heroes thebookbundle.com, was £69.90, now £25.99



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- 4 Zebra Print Suitcase 55cm, £32, b&m
BEST FOR... travelling
- 5 Kids' Magic 7 Zebra T-shirt, £22, John Lewis
BEST FOR... summer



ON THIS DAY IN HISTORY

August 3

by JAMES MOORE

1 year ago...Rates hit high

The Bank of England raises the interest rate to 5.25%, reaching the highest level since 2009 – a 15-year high.

3 years ago...Golden boys

At the Tokyo Olympics, Great Britain win two golds in the sailing with Giles Scott successfully defending his Finn title, while Dylan Fletcher and Stuart Bithell finish first in the men's 49er.



7 years ago...Neymar's £198m move

Brazilian football ace Neymar, left, sets a world record transfer fee as he moves from Spanish club Barcelona to French team Paris St-Germain.

12 years ago...GB glory

Cyclist Victoria Pendleton is one of Team GB's multiple gold-medal winners at the London Olympics, picking up hers in the women's keirin.

23 years ago...Terror blast

The Real IRA detonates a car bomb in Ealing, London, just after midnight injuring seven people and causing millions of pounds worth of damage.

66 years ago...F1 tragedy

British Formula One driver Peter Collins dies, aged 26, at the German Grand Prix in Nürburgring after he is thrown from his car.



86 years ago...Radio star born

Future top broadcaster Terry Wogan, famous for hosting shows like Blankety Blank, is born in Limerick, Ireland. He would die, aged 77, in 2016.

88 years ago...Jesse triumphs

African-American sprinter Jesse Owens wins the 100m in 10.3 seconds in front of Nazi leader Adolf Hitler at the Olympic Games in the Berlin Olympics.

98 years ago...Lights on

Britain's first electric traffic lights are installed at Piccadilly Circus in London.

105 years ago...Germany invades Belgium

The First World War gathers pace with Germany declaring war on France. Britain would enter the fray on the following day.

226 years ago...Nelson's victory

The Battle of the Nile ends with victory for the British fleet, giving them superiority in the Mediterranean. It would help make leader Admiral Horatio Nelson famous.



532 years ago...Columbus sets sail

Explorer Christopher Columbus leaves Spain, on a voyage searching for a new route to Asia, but ends up finding the Americas instead.



Vet's Lab jab aids rescue

HOLLY the Labrador had to be anaesthetised to be freed after getting her head stuck in the side railings of a bench.

Vet Tomas Pinto Basto, whose surgery was nearby in Essex, took the drastic action after the poor dog started panicking.

The 38-year-old said: "The owners were super grateful with the happy ending and Holly is doing super well."



Elvis has left the building

A CHEEKY pet parrot named Elvis has gone missing.

The bird – named after the King Of Rock'n'Roll because it has a quiff – has been AWOL for more than a week.

Elvis's owner, 11-year-old Mabel Sommerlad, has been left distraught after her pet disappeared from her home in Salisbury, Wilts.



Picture: KATIELEE ARROWSMITH/SWNS

ALPACA THEM IN SOMEHOW

★ A MAN'S home is being taken over by a growing family of cute alpacas.

Dannie Burns hand-reared Annie after she was rejected by her mum as a newborn.

★ Despite mixing with a herd in nearby fields, Annie prefers to live with

by GEORGE MATHIAS

Dannie's Labradoodle dogs in the house. Now her baby, two-year-old Bailey, above left, follows her indoors.

Annie, four, is pregnant again, and Dannie, from Stirling, Scotland, said: "We may need to get an extension."



With this wing



TWOO LATE: Owl on the window ledge

by FREDDIE NOBLE

AN owl caused a flap by taking off with the rings during a wedding.

Callum Russel, 29, spotted the commotion while at an art event at the same abbey.

He said: "It seemed like they had been ready to do the rings but the owl went away."

"It was a mix between devastation

WED DELAY AS OWL FLIES OFF

for the couple – but I was in hysterics.

"The handler was so professional about the whole thing."

The wedding woes unfolded at Kirkstall Abbey in Leeds, West Yorks, as the wedding party and their 50 guests looked

on in disbelief. The owl disappeared to the top of the building and stayed there all night.

Callum, of Bradford, West Yorks, added: "I spoke to the handler and the owl did come back with the rings in the end."

Sicko's corpse dinners

A CANNIBAL has admitted making meals using human flesh from graves.

Israel dos Santos Assis, confessed to violating graves in the Sao Francisco do Conde cemetery in Salvador, Bahia, Brazil after being caught carrying a bag of human bones.

Before his arrest, locals had complained of remains disappearing from the cemetery. Authorities are investigating whether more people are involved.

Crystal methodist



HOLY CRYST: The drug

■ by JAMES CAVEN
A PRIEST has been nicked on suspicion of cooking crystal meth.

The holyman was suspended by the Catholic Church and "forbidden from any further pastoral activities".

The case has been compared to hit TV show Breaking Bad, which focuses on chemistry teacher Walter White, played by Bryan Cranston, who starts mak-

PRIEST IS BUSTED OVER DRUGS LAIR

ing meth to cover medical bills. Police said the priest made a confession during questioning, although he is yet to appear in court. He is said to have pro-

duced meth in his rectory near Vienna, Austria.

Police raided the premises after a tip-off from a parishioner and reportedly discovered the

ingredients for the drug along with laboratory equipment.

They reckon the Polish Roman Catholic priest, named as 38-year-old Radoslaw P, planned to sell the substance along with a second suspect.

Police spokesman Stefan Loidl said: "Investigators believe the two suspects had already started producing the methamphetamine in order to sell it."

James.caven@dailystar.co.uk

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SCAN ME

ON THE WILD SIDE

With Lily Woods

BROWN HARE

SO two weeks in a row you are going to write about fairly large, brown furred mammals with black-tipped ears are you?

Yes. Yes I am. Try to stop me. The topic of today's rant however is a little more native. Native in the sense that they have been here for the last 2,000 years or so at least. Pretty much counts but some people will still argue.

So today let's take a look at something that many people can see, but I believe is still special when it happens, the brown hare.

Many people I know are still of the belief that hares are just big rabbits. Anyone who has ever been close enough to a hare to look into their wild, wide amber eyes knows that they are not a rabbit.

I would say they are more like an ancient wizard cursed for eternity to spend his life trapped in the body of an unspeaking animal, but with the whole knowledge of the cosmos swirling in his head that he can do nothing with.

Okay, a little dramatic perhaps, but they are really freaky. Perhaps that's why it was once believed they were the familiars of witches. The upshot is, they are bigger than you expect. Where large rabbits might weigh 2kg, hares can top the scales at 5kg.

So they are big and rabbitesque. Where rabbits have a grey-brown fur coat, hares sport yellowish/orange-ish, sometimes called "golden" fur on flanks with redder brown on top. Nice variation and traditionally used for making fishing flies.

They have insanely strong legs, letting them run a dizzying 45mph, and massive, black-tipped ears for listening for

Here's to the mighty hare

predators. They often run in a zig-zag to try to fox any pursuers. Unlike rabbits, they don't burrow, so rely entirely on plant cover to escape predators, sleep and raise young. Modern intensive farming practices have removed a great deal of this cover, so hares are declining.

Oddly enough no one is quite sure who brought them to the UK. Julius Caesar said that ancient Britons kept hares, so they were definitely here before the Romans. Interestingly they weren't EATEN until the Romans came.

The few remains of hares from the Iron age found in the UK had no evidence that they were human food. In fact they were usually buried with great care as emissaries of a god.

From holy symbols to strangers unwelcome in their own home... how the mighty have fallen.

Tip of the week

DID you have your "Flying ant day" yet? Here last Sunday was the biggest flurry of would-be ant queens setting out to start colonies. But if you "missed out" there might be more – there is never just one day.

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Thieves in clean sweep

A ROAD-sweeping firm built up fines of more than £20,000 for "stealing" water.

Thames Water said that from 2018 to 2023 JM Clark Ltd set up illegal stand-pipes in the streets in Oxfordshire, Berkshire and London.

Thames Water said they used them to "clean water mains".

The London-based firm was convicted of 33 offences and ordered to pay £20,040 in fines.



SCAN ME

WHAT'S UP?

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16,903 migrant arrivals

THE first migrants to cross the Channel this month arrived in the UK yesterday - taking the number this year to 16,903.

There were more than 1,000 crossings recorded in the last week, Home Office figures show.

This week the number of migrant crossings hit another record high for the first seven months of a calendar year.

The number of arrivals this year is 15% higher than this time last year (14,732) but 2% down on 2022.



Pictures: GEERT WEGGEN/SOLENT NEWS

Squirrel fine and dandies

★ A RED squirrel reaches out to play with dandelion seeds as they disperse and flutter on the summer breeze.

Photographer Geert Weggen caught the moment in a Swedish forest.

★ The 55-year-old said: "For these kind of dandelion photos there must be a little bit of wind, but not too much... but when I get them it is magical."



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Dad's Oompa Loompa trick on schoolgirl

■ **CLASS APART:**
The only one in a costume, Scarlett, with joker dad David



Picture: FLIXABLE/OFFICIAL/CATERS NEWS

FANCY DRESS WALK OF SHAME

A DAD pranked his little girl by making her go to school in an Oompa Loompa costume – even though it was not a dressing-up day.

David Reidy tricked his 11-year-old daughter, Scarlett, by telling her all the other kids were

■ by ANNABELLE DAVIES

donning outfits. The dad, from Marton-in-Cleveland, Middlesbrough, dressed her in orange and green like the characters from Roald Dahl's film *Charlie And The Chocolate Factory*.

A video clip shows his daughter

looking embarrassed over the cruel joke.

David said: "We play pranks on each other all the time.

"It did make me laugh. I honestly don't like to see my daughter sad but she's a strong person."

news@dailystar.co.uk



ANCIENT: Scream

Mummy 'died in agony'

AN ancient Egyptian mummy who had a "screaming" face may have died wailing in agony around 3,000 years ago, scientists believe.

Nicknamed the "Screaming Woman", her pained expression has puzzled experts for years.

Analysing the remains using new technology, archaeologists now believe she died crying in distress.

They think her body then went into a rare "cadaveric spasm", which causes muscles to freeze in the position they are in at the moment of death.

However, they said what killed the woman remains a mystery.

Sahar Saleem, a professor at Kasr Al Ainy Hospital, Cairo University, said the mummy was a "true time capsule" preserving the final moments of her life.



SMILES: Maureen

Gran up for Big mission

A DAREDEVIL gran scaled one of the country's tallest roller-coasters - climbing 235ft above sea level.

Maureen Carroll, 73, walked up The Big One at Blackpool Pleasure Beach as part of her mission to take on unusual challenges in retirement.

The ex-police communications officer said: "There are no words to describe the views from the top."

"My advice to anyone would be, 'Don't put off until tomorrow what you can do today.'"

Maureen, from Wigan, has also read the weather forecast on BBC Radio and announced flight information at Manchester Airport.

DRIVING FORCE: Andy and, inset, on holiday in Goa, India, where he got a spinal cord injury after diving into the sea



Picture: ANDY WALKER/SWNS

Chin the hot seat

★ A PARALYSED man hopes to become the first person to cycle the length of Britain on a bike controlled by his chin. ★ Andy Walker, 47, who is raising cash for several charities, said: "Extreme challenges help me make a difference to other people."



FOOTIE TICKETS SCAMS KICK OFF

Fans on web trickster alert

FOOTIE fans are being warned of a rise in ticket scams.

by VICKY SHAW

With the new Premier League season kicking off this month, Lloyds Bank said the number of supporters reporting being conned when buying tickets jumped nearly a third last season.

Fans lost £177 on average, but some were hit for more than £1,000.

It said scams often start with fake posts on social media or online marketplaces - often including pics of real tickets to con-

vince the buyer they are genuine. But once the money has been transferred, fraudsters simply disappear.

Liz Ziegler, at Lloyds Bank - which found Arsenal and Liverpool fans fell victim most last season - said: "There are some simple tactics every fan needs to know."

"Always stick to official channels as your first line of defence and avoid deals which look too good to be true."

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INSIDE NEXT FRIDAY'S



JIMMY, 84, SPILLS TH

Tarby



NOT only was he a music genius but John Lennon also knew how to drop a rib-tickler. He and Jimmy went to Dovedale Primary school in Liverpool alongside fellow Beatle George Harrison.

He says: "Lennon was very funny – and very sarcastic – he'd make you laugh and always had an answer. "Lennon was the driving force of The Beatles. They were very influential in putting Liverpool on the map in show business globally."



TUNED IN: with Tom Jones. Above, Cilla and Lennon

E BEANS ON HIS SHOWBIZ LIFE AND PALS

stuck on Elvis



HONOUR: OBE at Buckingham Palace in 1994. Left, with his COMIC number plate in 1968

COMEDY favourite Jimmy Tarbuck has revealed he was bowled over by the good manners of Elvis when pal Tom Jones introduced him to The King.

The funnyman, whose showbiz pals included schoolmate John Lennon and telly star Cilla Black, was left "floating on air" after the meeting in Las Vegas.

Jimmy recalls: "Tom Jones introduced me to Elvis, which was a thrill of my life.

"A lot of the wives were there and when the evening was over Elvis went round to each lady and said, 'Goodnight, ma'am' and said to me, 'Nice to meet you'.

"I said, 'The pleasure was mine. You've got to come to England and play Wembley soccer stadium'.

"Elvis replied, 'I'll never get 100,000 people to come and see me'.

"I said 'You're quite right, there will be 500,000 - they love you in the UK'.

The rock and roll legend famously never did a gig outside of the US because his manager Colonel Parker was in the country illegally and allegedly feared he would be blocked from a return if he left.

Jimmy adds: "I'm one of the few people who've seen Elvis and Tom sing together in Vegas.

"Elvis surprised Tom and walked in on Tom's show and sang a song, then, about three nights later, Tom said to me, 'We're going to see Elvis - he's not going to do that to me'.

"And Tom walked in when Elvis was doing Heartbreak Hotel and it was terrific, seeing these two icons together."

Taking over from Bruce Forsyth as host of Sunday Night At The London Palladium and star of family-favourite quiz shows such as Winner Takes All, Jimmy became known to virtually every household in the country during the 70s, 80s and early 90s.

Now aged 84 and living with prostate cancer, Jimmy honed his craft also watching some of the greatest comedy stars from Britain.

He says: "You could always learn from

EXCLUSIVE

by FIAZ RAFIQ

people if you watched them. For Morecambe and Wise's Christmas show you had to stay at home and watch it over Christmas dinner.

"What they did was hilarious - I salute Eric tremendously.

"People mistake comedic actors with comics, but that's not the same thing.

"They're acting parts, but comics are natural a lot of them."

Tragically it was on Jimmy's Live From Her Majesty's show that the legendary Tommy Cooper died from a heart attack while in the middle of a sketch.

He says: "You couldn't go and watch Tommy Cooper and not crawl in laughter.

"Unfortunately, he died in front of me on my show.

"He passed away and left us that evening but will always go down as a lot of peoples' favourite comic."

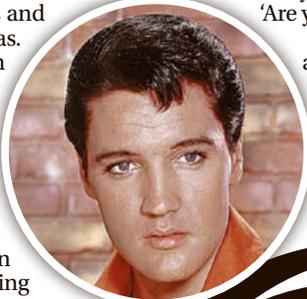
Now touring the country until November, Jimmy is determined to carry on bringing joy to his fans.

He says: "I get asked by people, 'Are you on drugs?'

"Yes - it's called laughter - and it gives me strength every time I'm on stage.

"I love being up there telling gags, and if they're laughing, I take great delight in that.

"I'm a very lucky boy."



SAUVE as James Bond, actor Sean Connery wasn't quite as good at keeping his cool on the golf course according to Jimmy. He recalls: "Sean Connery was the worst loser out of anyone I know when it came to golf. If you won money from him you had to wait around to get paid.

"He was very good as James Bond but unlike Bond he didn't punch his weight on the golf course."



★ AN Evening With Jimmy Tarbuck runs across England and Wales until November 3. See jimmytarbuck.com for details.

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ROPE-A-BLOKE: Imane Khelif

'Woman' boxer had meat and two veg!

Totally agree with JK Rowling, khelif is a man and shouldn't be allowed to fight a real woman. How hard is it to work out male or female? Flat chest 2 meat and veg if you can't see this go to specsavers Mr magoo. **Mad scaff**

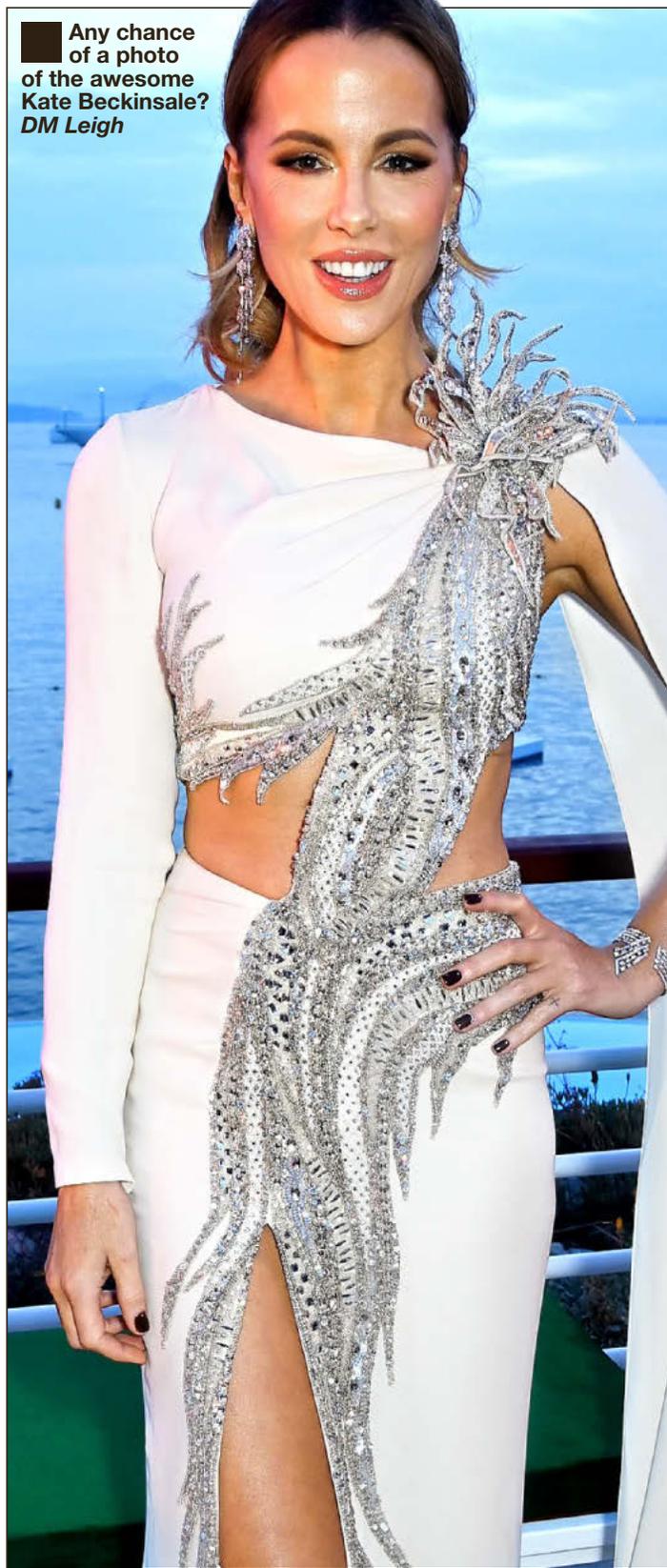
may I suggest Pinky Jolley works at paying the NHS back for sorting her life out after botched surgery in Turkey. The NHS is constantly being misused to sort out botched surgery from abroad it isn't right. It is time the NHS was overhauled and used correctly not constantly abused. **EC&AC**

Alex Williams shared indecent images of children with Huw Edwards gets a 12 month sentence!!!! What the F... Out in 6 months Category A B C images we don't care about our children or old people absolute disgrace!! You get more jail time for stealing cash? I work in hospitality, European members of staff tell me they think 'The English love there Animals more than their Children!' **Southampton Steve**

The BBC covering up about Edwards is not surprising at all as they did the same thing with Salvile and Glitter! **MSR Scotland**

Less than half of young people (48%) watched LIVE TV in a week in 2023 down from 76% in 2018. Those 18 to 35's who do watch TV it varies between 20 to 35 mins a week cos they prefer watching video sharing platforms You tube / Tik Tok. Gen Z (12 to 27) and Alpha (strong like to be in charge) are used to swipe / stream not flicking TV channels. In 5 yrs that is likely to be only 1 in 4 YOUNG PEOPLE watching TV 'There's nowt on TV' is fast becoming 'No thanks I'll pass'. **Brian Linford Pontefract**

Any chance of a photo of the awesome Kate Beckinsale? **DM Leigh**



Vaping is just as bad as ciggies

Now we find the vapes often contain some dangerous drugs including the 'zombie drug' Spice, and this is in vapes found at schools. It might be time to ban them in general use with legitimate users buying them from chemists, although I doubt that a chemist with integrity would sell them. As this is a fairly unregulated item, from unknown suppliers there is always a chance for addictive drugs to be added or for normal poisonous chemicals to be included as happens with old fashioned cigarettes. Time to ban all forms of smoking. No exemptions. **Dennis Fitzgerald**

in 30yrs with vape smokers having worse problems than cig smokers with all chemicals been ingested. **Stockton jeff**

so once again the group of so called elites {mps} are happy to impose hardships on the poorest in the country and Rachael reeves just had a massive pay rise, is it not time mps stepped up to the line with their outlandish expenses gold plated pensions and started leading by example but alas another case of do as I say not as I do were no better off under this crock of s. **Pomfretian**

i have been a labour voter all my life but its wrong to stop the winter fuel payment, take more off the very rich and stop hr2. **billy the kid**

to Ed soon be time to buy a lettuce for Rachel Reeves same Tories in disguise. **oxford mal**

Poor Liz Truss, still playing the victim card. Sorry, love, but the only victims during your short term as PM

were the people of this country that you were inflicted on. **RedLeader**

Sick and tired of hearing about anyone who has a voice on illegal immigration is a far right EDL thug!! Successive governments have not listened to the English people and many, myself included just wanted the boats stopped. That doesn't make me a hooligan or a far right thug, just a concerned citizen! **Cumbrian Kev**

to Sir Kier Starmer we do already have a policing response force to deal with mobile rioting thugs moving from community to community...its called the BRITISH ARMY. **Jimi Peters DISS**

I think the name Great Britain should be changed to Broken Britain. The horrors taking place on our streets make me both afraid and ashamed to call myself British. **Little Erns Missis**

Government building plans. Where are all the chippies, bricklayers and electricians coming from there is already a shortage in this country. **Derek. Brum**

Rocker Wilson claims he cannot get pension credit because he gets full pension. If that's the case how is it I get full pension AND over £300 a month pension credit? **Alan Quay**

Jem: Remainers will blame anything they can on Brexit, as many of them will never accept the result of the EU referendum. As regards Amy Nickell-Turner, I find her one of the most annoying guests on GB News, alongside Benjamin Butterworth and a few others. **Dave Pinfold, Stockport**

Gb news, the peoples channel, (thats a laugh), seem to have plenty ex useless Tories in their set up. I have an idea to incorporate a few more. Why not add Matt Hancock as a presenter, and create a weekly, light hearted, program called 'Hancocks Half Hour', where by Hancock would invite a few of his ex Tory mates for a cozy little chat. First up could be the awful Michael Fabricant, talking about hairdressing, and we could have the useless Philip Davies, husband of smug Esther McVey, talking about how to be a professional Yorkshireman. Other guests could include Penny Mordaunt, talking about 'what is a female', and Johnny Mercer chatting about the role of women in the army. **Dave from Coppull**

JOKE OF THE DAY

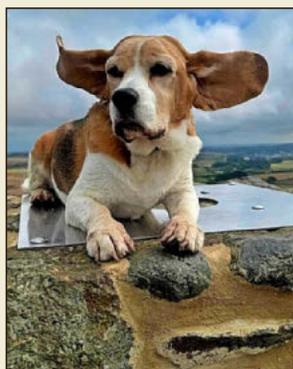
Kia have launched a new car model that can do the fastest U turn ever and upset pensioners. It's called the KIA STARMER. Bolton bird

SNAP HAPPY



Happy 60th to our dad

SEND us your photos of anything you like - It can be you with a top celeb, some funny looking food, a fantastic view, or maybe your artistic side is coming out? Email with details of what's going on in the pic, who you are and where you're from.



If it gets more windy I'm gonna take off. **Carol from Westbury, Wiltshire**

Become a Star happy snapper! SnapHappy@dailystar.co.uk

PUZZLE FACTOR

ALPHAPUZZLE™

	2	21	7	22	13	8	21		19	3	6	2
19		5		6		1			13		3	
13	2	3	14	5		5	20	12	5	6	6	21
1		6		7		15			26		25	
1			7	9	13	5	1		18	25	12	6
25		1		3		10		5		6		
19	18	13	2	7	21		3	4	5	16	14	5
		2		7		23		5		5		3
19	18	5	22		24	3	12	16	22			6
13		6				16		22		26		22
10	6	13	17	17	1	21		8	1	3	7	18
25		23				25		12		16		21
19	3	11	5		3	16	3	1	25	14	21	

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

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

EACH grid number in Alphapuzzle® stands for a letter. Every letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. Solution tomorrow. **Difficulty:** 8/10 **Target Time:** 27 minutes **Clue:** One briar emerges in flight.

EXTRA LETTER CLUES:
0905 817 2648*

Hear up to six Extra Letters. Deduct two minutes from today's Target Time for each clue letter heard.

Full Solution: 0907 181 2594*

*Calls cost 80p per minute plus your telephone company's network access charge.

Alternatively, for 6 extra clues to your mobile, text DSALPHA to 64343. Texts cost £1 plus your standard network rate.

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YESTERDAY'S SOLUTION

Across: Tourist, Flew, Oozy, Guidance, Decide, Ethane, Laptop, Barium, Tranquil, Oxen, Pine, Closure.

Down: Stroke, Adroit, Jury, Intense, Wiggle, Paunch, Strike, Ballot, Feather, Onus, Beacon (clue), Uneven.



*HELPLINE: 0333 202 3390 (9AM – 5.30PM)
SERVICE PROVIDER: SPOKE

DON'T MISS TOMORROW'S

12-page Bumper puzzle pullout



ALL YOUR FAVES PLUS MORE

TWELVE PAGES FULL OF GAMES AND TEASERS



Find the daffodil

SUDOKU

	1			5				2
				9	7	1	8	
	8	2				9		5
		6	1	2				
	9		5		4		7	
2				8	6	5		
8		4						9
	5	1	9			6		
9			3				1	

FILL the grid so that every column, row and 3x3 square includes all the digits from one to 9.

LEVEL: Moderate: 22 Mins

YESTERDAY'S SOLUTION

3	2	7	6	5	9	1	8	4
4	6	5	7	1	8	9	2	3
9	1	8	2	3	4	7	5	6
2	3	9	5	7	1	6	4	8
1	7	4	8	2	6	5	3	9
5	8	6	4	9	3	2	1	7
8	9	3	1	6	2	4	7	5
7	4	1	9	8	5	3	6	2
6	5	2	3	4	7	8	9	1

Extra clues: 0901 322 5606 *Calls cost 75p plus your telephone company's network access charge.

Today's Solution: 0907 181 2616 *Calls cost 80p per minute plus your telephone company's network access charge.

TWO-WAY TEASER

CALL 0907 181 2623 FOR TODAY'S SOLUTION

*Calls cost 80p per minute plus your telephone company's network access charge.

TWO sets of clues but the answers are the same...

CRYPTIC CLUES ACROSS

- 1 The gang got older and were given medical treatment (8)
- 5 Shoot for arson? (4)
- 8 Continue one's evil way (4)
- 9 Point birds out for jailers (8)
- 10 You can get there from Salerno (7)
- 12 Period of Gospel lessons (5)
- 13 Advance notification I see in a memo (6)
- 15 Worm and horse fallen into a foul moat (6)
- 17 Tenor's effortless progress (5)
- 18 Pretends one has an influence on? (7)
- 22 Stop being angry and pacify part of Northern Ireland! (4,4)
- 23 Desmond wouldn't wear

- one (4)
- 24 Rubbish may be shot here (4)
- 25 They may have visions of wild red mares (8)

DOWN

- 1 Sending this up may be just a lot of hot air (7)
- 2 New fiction (5)
- 3 Do well to obtain a bit of money (3,2)
- 4 Rough ride, really terrible (4)
- 6 A drifter one may not see much of (7)
- 7 New lease for the stand (5)
- 11 Where one of the Highland

- 12 Standard of goodness (4)
- 13 Races is run? (5)
- 14 Rod's employees? (5)
- 14 Toys with one's food (7)
- 16 A letter one publishes in certain papers (7)
- 17 Money for a bit of education (5)
- 19 Fight to keep trespassers out? (5)
- 20 Very simple system for getting cured (5)
- 21 Standard of goodness (4)

QUICK CLUES ACROSS

- 1 Swathed (8)
- 5 Discharge (4)
- 8 Exist (4)

DOWN

- 1 Inflatable plaything (7)
- 2 Book (5)
- 3 Make progress (3,2)
- 4 Awful (4)
- 6 Frozen mass (7)
- 7 Blackboard support (5)
- 11 Royal racecourse (5)
- 12 Personnel (5)
- 14 Minor matters (7)
- 16 Paper hankies (7)
- 17 Old coin (5)
- 19 Barrier (5)
- 20 Coarse (5)
- 21 Precious metal (4)

YESTERDAY'S SOLUTION:

ACROSS: 1 Entrance, 5 Fool, 8 Ajax, 9 Lucky dip, 10 Instant, 12 Tripe, 13 Edward, 15 Stalls, 17 Force, 18 Camelot, 22 Good time, 23 Will, 24 Note, 25 Intruder.

DOWN: 1 Examine, 2 Traps, 3 Nylon, 4 Each, 6 Old Bill, 7 Lapse, 11 Agree, 12 Totem, 14 Worn out, 16 Settler, 17 Fagin, 19 Alert, 20 Laird, 21 Gigi.

1	2		3	4	5	6	7
8			9				
10			11		12		
13	14			15			16
17				18	19		20
			21				
22						23	
24				25			

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JUST JANE



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I want to feel sexier

I'D love bigger boobs, a smaller bum and thinner feet.

I hate the way I look and long to change everything about myself. My friends say I'm gorgeous and plenty of guys ask me out on dates, but I don't feel attractive.

My sister gets angry with me. She says I'm self-obsessed and pathetic but I can't help loathing the face and body I see in the mirror, can I?

I dream of winning money and having a top-to-toe, complete transformation.

JANE SAYS: There is a condition called **body dysmorphic disorder (BDD)**, which is an anxiety disorder related to image. Check it out on the **MIND website (mind.org.uk)**.

I also urge you to visit your GP to discuss your unhappiness and inability to see any good in yourself.

Explain that you're not being vain or silly and you're not trying to draw attention to yourself, but you don't feel happy in the skin you're in.

Ask for support in getting professional help you need.

Sadly, so much of your life is passing you by.

You should be out and about having fun and reaching your full potential.

I DON'T WANT TO COVER FOR HIM DAY 6



Jane says

AND you shouldn't have to lie for him. It's really not fair of him to expect you to.

You need to take away his key and tell him that if he comes round with a girl again you'll tell Annie, and mean it.

Ben's got a damn cheek to use your flat to cheat on his girlfriend and it's pushing the boundaries of friendship to expect you to turn a blind eye.

OK, what happens between Ben and Annie is not your business.

But you clearly like her and if she finds out he's been using your flat for his cheating then she'll blame you as much as, or even more than, Ben.

He might be your best mate but you don't like his behaviour and he's got to understand that it's your flat, so he's got to do as you say.

He might well start to use someone else's place, but that's not your problem. So get that key and tell him he's welcome as a mate, but not with some tart gagging to use your spare room.

And if he doesn't like it, too bad.

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Fling unfair on friend

I HAVE been offered a luxury weekend away at a gorgeous hotel by an ex-lover.

He's offering me spa treatments, fizz and great sex. I'm sorely tempted.

The only problem is that he's getting married to a good friend in September and has chosen ME for a final fling. Would it be wicked of me to accept?

He and I dated for a year in 2015. We were brilliant together; passionate and

'SHUN CHEAP THRILL'

hot. We only split when he got a job in Las Vegas. Today he is rich and successful and still as gorgeous as ever.

He needs to get me out of his system before he says "I do". Should I?

JANE SAYS: Going backwards can't be right and betraying a

friend is wrong. This cheeky guy may fancy a weekend of filth ahead of his marriage, but you cannot allow yourself to be swept along – or used for a cheap thrill.

Gently tell him: "Thanks, but no thanks," and get on with your life. You'll have plenty of time for spa

treatments, fizz and great sex with other (single) lovers down the line.

Maybe you and he did have some good times when you were younger, but life has moved on since then.

Put yourself in his bride-to-be's shoes.

How would you like it if someone pulled a grubby stunt like this on you?

JANE'S FAB ADVICE LINES

*Calls cost 80p per minute plus your telephone company's network access charge and last approx. 4 minutes SP: Spoke, 0333 202 3390

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09057893402
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09057893403
Erection problems?

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09057893405
Turn your woman on

09057893406
Stressed out?

09057893407
Stay together

09057893408
Hate your body?

09057893409
Jealousy hell

Randy mum's so shameless

MY mum is being ridiculous. She's sleeping with a flash man and dressing like a teenager. She's threatening to leave my dad who is devastated.

I can't believe this; it's like something out of a nightmare. She says she's sick of being undervalued and wants to be her own person. How do I make her see that she's selfish and a laughing stock?

JANE SAYS: Your parents are going through a rough patch, but you can't interfere. You have to allow this situation to play itself out.

Don't take sides, but do offer your home as a neutral space. If your Mum feels undervalued, what is your dad prepared to do about that?

WRITE to Just Jane, Daily Star, One Canada Square, London E14 5AP or email jane.o'gorman@dailystar.co.uk Please note that Jane cannot respond to individual letters and not all problems will be published.

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42, 44, 46	£33	£23	£10

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38, 40	£32	£24	£8
42, 44, 46, 48, 50	£35	£24	£11

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32, 34, 36,	£23	£18	£5
38, 40, 42	£25	£18	£7
44, 46, 48, 50, 52,	£28	£18	£10

High Rise Shorts – Order MS221 -

Available in Mint, Navy, Sand & Airforce

Waist Size	Catalogue Price	Offer	SAVING
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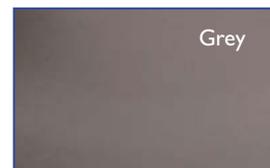
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Order MX071 - High Rise Stain Resistant Trousers	Highlands & Islands P&P	FREE
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DEALS OF THE WEEK

BY NIGEL THOMPSON

CRUISE

No-fly Norwegian Fjords from £1,039pp: Ambassador's first regional multi-generational sailing departs on a round trip from Newcastle on July 30, 2025. Ambition calls at Dundee, Eidfjord, Bergen and Flam, with kids' prices from £199 and an additional 20% off the price by using code 'TAKE20'. ambassadorcruiseline.com

Eastern Mediterranean from £1,689pp: Join P&O's Azura in Valletta, Malta, on September 19 for a 14-night round trip to Katakolon (for Olympia), Souda Bay (for Chania), Mykonos, Piraeus, Valletta, Ajaccio, Livorno (for Pisa/Florence), Civitavecchia (for Rome) and Naples. Flights available from selected UK airports. pocruises.com

No-fly Western Mediterranean from £979pp: MSC Virtuosa sails a 14-night round trip from Southampton on September 28, calling at La Coruna, Cadiz, Malaga, Alicante, Palma, Barcelona, Valencia and Lisbon. Saves up to £420 per couple. cruisekings.co.uk

Eastern Mediterranean from £1,211pp: Save £800 per cabin on a seven-night all-inclusive round trip on Marella Discovery, sailing from Marmaris on September 16 and visiting Istanbul, Bozcaada, Bodrum, Heraklion and Rhodes Town. Includes flights from selected UK airports, 20kg baggage and transfers. tui.co.uk/cruise

SHORT HAUL

Turkey from £1,289: Save 45% on a week's self-catering at Villa Tanyeli 4 (sleeps six) in Kalkan, near Antalya. Private pool, walking distance to beach and restaurants. Arrival on August 12, flights not included. solmarvillas.com

Greek Islands from £358pp: Fly from Manchester to Rhodes on August 28 for a week with breakfast at the three-star Panorama Studios in Faliraki. thomascocook.com

LONG HAUL

Malaysia from £1,559pp: Save 15% on a week's room-only at the five-star Westin Langkawi Resort & Spa. Fly from Manchester on October 3. kenwoodtravel.co.uk

United Arab Emirates from £699pp: Depart from Heathrow on selected dates in September for a three-night B&B stay at the five-star Saadiyat Rotana Resort & Villas in Abu Dhabi. Includes 23kg baggage, book by August 9. britishairways.com/abu-dhabi

STAYCATION

Cotswolds from £485: Save £53 on a four-night self-catering getaway at The Cottage at Robin's Roost (sleeps up to four) in Little Rissington near Bourton-on-the-Water, Gloucestershire. Arrival on August 19. staycotswold.com

STAR BUYS

Balearic Islands from £282pp: A seven-night self-catering stay at the three-star Protur Bahia Azul Apartments in Cala Bona, Majorca, comes with flights from Belfast International, Birmingham, Bristol, Gatwick, Glasgow and Manchester on selected dates in October and transfers. dealchecker.co.uk

Turkey from £246pp: Save 55% on a five-night getaway with breakfast at the three-star Majestic Hotel in Oludeniz. Fly from Birmingham on August 29. firstchoice.co.uk

■ All prices correct at time of publication, based on two sharing, unless stated otherwise.



Edited by
NIGEL THOMPSON



SCENIC
A lavish gourmet cruise experience



OPULENT
Geneva's Mandarin Oriental hotel

Robert Dalling enjoys a bird's-eye view of Geneva

For a city which regularly welcomes key figures from the world of politics, it is no stranger to visitors who have been told their heads are in the clouds once or twice in their career.

But ascending to 4,500 feet, with breathtaking views of Lake Geneva to my right and the Swiss mountains to my left, I found myself in the same situation – quite literally.

You join me touring the skies of Geneva in a hot air balloon with the team at Ballons Du Lemman, which operates flights across several regions in the western part of Switzerland and neighbouring France.

As I tucked into lunch served up by a crew member, waves of heat hit me. Flames periodically soared overhead as pilot Gaël expertly controlled the balloon's direction, something the professional pilot – who has logged more than 1,600 hours of going up, up, and away inside wicker baskets – explained was not as straightforward in the region as other locations.

"We have to play with very different winds at different altitudes here with the mountains around us," he said.

"It is an advanced location, and navigating without a steering wheel or an engine, you have to play with those different winds which is very complex, but we like the technical side of it."

It was plenty of fun spotting sights from a perspective you won't get anywhere else, including an aerial view of Servette Football Club's stadium.

But it was just as much fun looking down on the ground, and seeing the excitement and joy on the faces of people as our magical form of transport flew over their houses, with many running to the end of their gardens to give us a wave and yell "Bonjour". An

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Perfect Swiss

The Caravan and Motorhome Club's pop-up campsite is back at Holkham Hall in Norfolk. Launching on August 16 for four weeks, glampers can enjoy a three-night stay in a bell tent equipped with a double bed from £120 per night. camc.com/holkhampopup



AIR UPDATE

BY NIGEL THOMPSON

Save £200 on flights to destinations across Asia in the Cathay Pacific summer sale.

The Hong Kong carrier's deal applies to at least two passengers travelling together and using code SAVE200GB when booking.

Flights are available from Heathrow and Manchester, and the discount can be applied to all destinations across Asia and the southwest Pacific, excluding Hong Kong itself.

Book for economy, premium economy and business by August 31 for travel between September 1 and May 31, with blackout periods applying. cathaypacific.com

■ If you want to cheer yourself up with a visit to the 'the happiest country in the world' it's now even easier.

Flag carrier Finnair is boosting flights from Heathrow to Finland's elegant capital Helsinki by 50% this winter, for more city break opportunities and even better connections across the Nordics, Baltics and beyond to Asia.

The airline will add two extra daily flights to make it up to six times per day in each direction, with fares starting at £174 return. finnair.com

BUY OF THE WEEK

BY VICKY LISSAMAN



Take a break in the shade with the Wave Lite Beach Shelter from Freespirit. Complete with UV protection and a sewn-in groundsheet, it's the perfect seaside accessory for keeping out the sun and wind.

Weighing 800g, it's also easy to lug to and from the car using the carry bag provided. Dimensions 220cm x 120cm x 115cm.

■ £30, gooutdoors.co.uk



CLASSY
Skyline
and Lake
Geneva at
twilight

unforgettable 80 minutes later, I was safely back on the ground, and after helping deflate and pack the balloon away, I made my way into the heart of the country's second-largest city.

My goal was to find some of the lesser known treasures in a place famed mainly for its identity as the Capital of Peace, being home to the European headquarters of the United Nations and Red Cross.

With only two nights here, time was of the essence. And it turns out that time has more significance in Geneva than most places. It is steeped in watchmaking history, dating back to the 16th century, when during the French Wars of Religion, many skilled makers flocked there, transforming the Swiss watchmaking industry.

I found reminders everywhere, from high-end shops and Rolex-themed public clocks, to most notably L'horloge fleurie, the outdoor flower clock at Jardin Anglais park, made up of 6,500 flowering plants.

My home for the weekend was the Mandarin Oriental Geneva, a five-star hotel made up of 178 rooms and suites, flanked at its entrance by Marguerite the cow, a colourful, original artwork decorated by local artist Percho, with dozens of pictures, words and symbols reflecting Genevan and oriental identity.

Dating back to 1950, it was the first hotel built in

Europe after the Second World War, and is located within a five-minute walk from the city centre, the city's famous 100ft landmark water fountain Jet d'Eau, the cobblestoned streets of the old town and St-Pierre Cathedral.

Top tip, if you climb up its 157 narrow, winding steps, you will be rewarded with one of the most spectacular views of Geneva.

I opened the door to my Rhône River View room, and, as the name suggests, the vista is the star of the show. Expansive views of the Rhone river dazzle through the wide windows. It was the best I'd enjoyed anywhere on my travels.

The room itself is almost as impressive. Measuring in at 409 sq ft, it was well equipped with a comfortable king-sized bed, sofa, and dining table. A marble bathroom, featuring twin wash basins, a shower and a bath was the lap of luxury, as was the walk-in wardrobe.

The LCD TV even features hotel-specific channels where you can listen to soothing oriental music, something I found was an incredibly relaxing way to drift off to sleep, especially after enjoying a nightcap at the hotel's stunning MO Bar.

Located at lobby level, it features a selection of expertly crafted cocktails and mocktails with an array of international flavours.

If that wasn't enough to satisfy my senses, they were about to be put to the ultimate test by my dining destination the next day. Heading out for three courses of gourmet, seasonal cuisine, there was only one catch. It was to be in complete darkness.

The destination was Dans le Noir?

at the Ritz-Carlton, where, upon entering a pitch-black room, I put my faith in the person in front of me, with a hand on their shoulder, tiptoeing towards the table, before being seated. There, servers informed me dishes had been placed in front of me, and I felt around to try and get any kind of substance onto a fork and into

my mouth.

It was an experience that completely re-evaluated my perception of taste, but also posed the challenge of avoiding knocking any of my glass of Chasselas blanc over the lap of the diner sat next to me.

I was shown photos of what I'd eaten in a private room afterwards, and while I won't spoil the surprise, it was amazing how badly wrong you can be. I am at liberty, however, to talk about the delights on offer at Lauberge

“
They served
'off the menu'
pancakes
reserved for
the former
King of Spain

CHILLED
A cruise
through
Geneva at
sunset



HIGH-UPS
Balloon
ride by
Mont
Blanc

GET THERE

EasyJet flies from Gatwick to Geneva starting at £44 return. easyjet.com

BOOK IT

Rooms at the Mandarin Oriental Geneva hotel start at £661 a night. mandarinoriental.com

■ Geneva's exclusive Summer Transport Card offers free public transport to visitors plus discounts on a range of activities up to September 15. Tourists also have a chance of winning a Golden Ticket when booking accommodation in the city up to this date for VIP transport experiences, from hot air balloon rides to catamaran cruises.

MORE INFO

geneve.com/en

d'Hermance restaurant. Located in the small mediaeval town of Hermance, I took a motorboat from the city, and, guided by Geneva Boats skipper Florian, I kicked back and relaxed, taking in the beautiful views of the banks of the Geneva Lake, the Alps, Mont-Blanc, Jura mountain panoramas en-route.

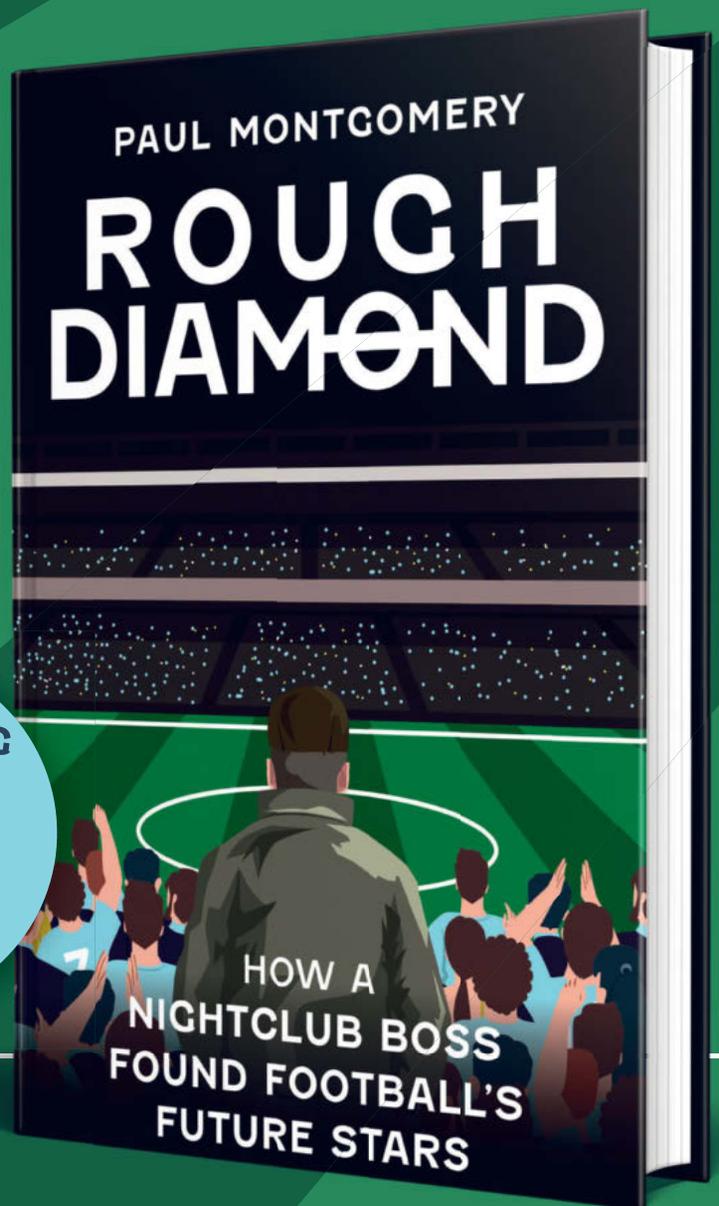
On arrival, I found the restaurant housed in a restored 17th century mansion with a quiet and shaded outdoor patio for diners. I went for the house speciality, chicken baked in salt crust served with broad beans and radishes. It was the best meal I'd had in ages, and one I was sure couldn't be topped. That's until Patrick served 'off the menu' pancakes for dessert ordinarily reserved for their regular special guest – none other than Carlos, the former King of Spain.

From dining like a king and walking through streets filled with culture and history, to having a once-in-a-lifetime experience in the sky, Geneva has plenty of unexpected things to see and do. All you need is time.

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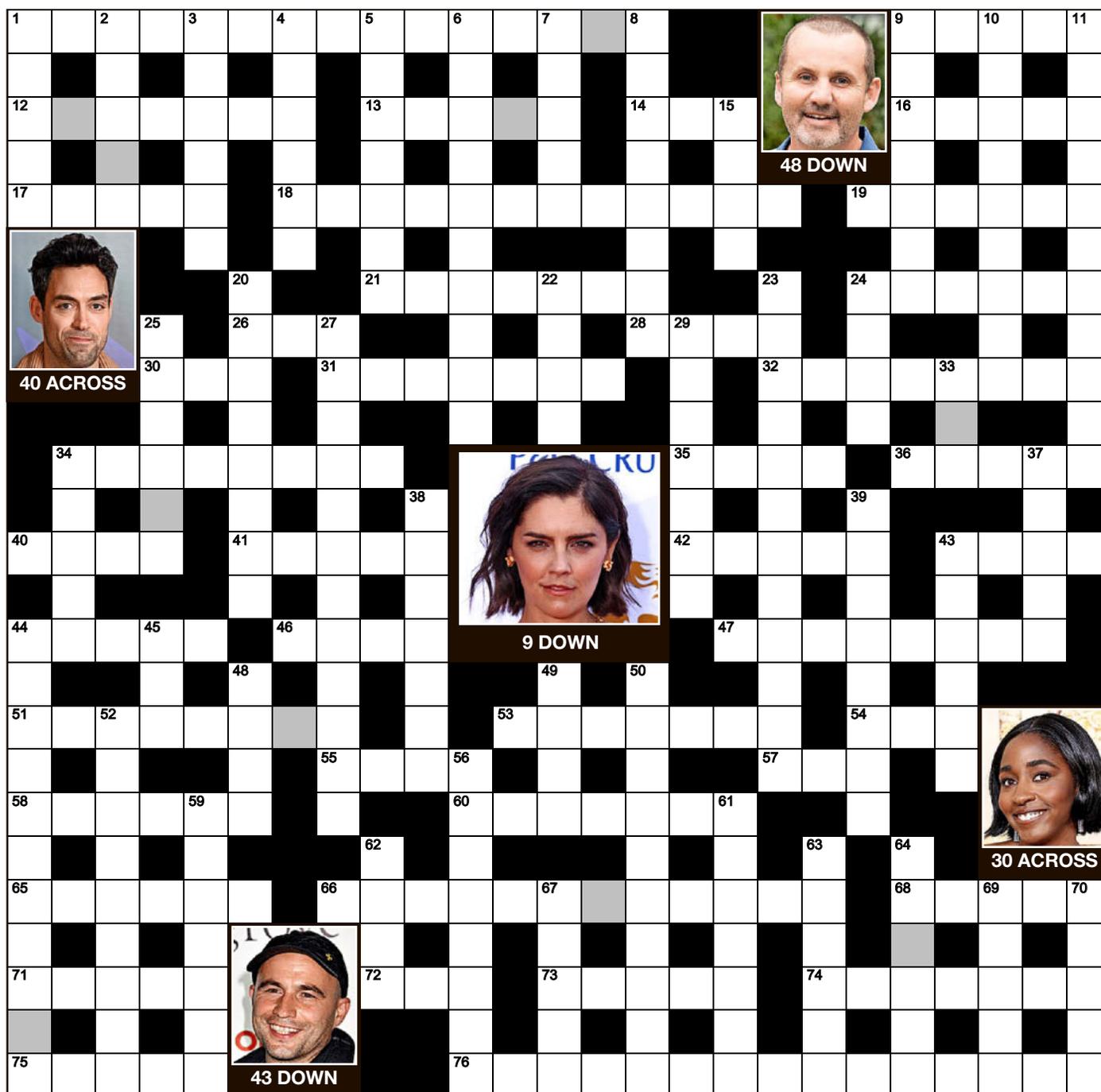
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SCAN ME

THE JUMBO PUZZLE



- ACROSS**
- US national flag (5,3,7)
 - Allow (5)
 - Green precious stone (7)
 - Golf score of two under par for a hole (5)
 - Small jump (3)
 - Prod gently (5)
 - See 49 Down
 - Overly concerned about oneself (4-8)
 - Genus of flowering plants in the honeysuckle family such as the Chinese _ (6)
 - See 40 Across
 - Flatfish such as the European _, binomial name Pleuronectes platessa (6)
 - 23rd letter in the Greek alphabet (3)
 - Twin brother of Jacob in the Old Testament (4)
 - and 74 Across Sydney Adamu in FX on Hulu series The Bear (3,7)
 - See 48 Down
 - Apartment building (8)
 - Person whose job is making, repairing or selling decorative items such as brooches, rings and necklaces (8)
 - Grunt of a pig (4)
 - Unaffected by pain or distress (5)
 - and 21 Across Rupert Campbell-Black in Disney+ series Rivals (4,7)
 - Sound (5)
 - Additional (5)
 - Mixture of fat and flour used for sauces (4)
 - Metrical feet in verse (5)
 - Depressed (4)

Complete the Jumbo Puzzle and rearrange the shaded squares to reveal a hidden celebrity name.

- Borough of New York City (8)
 - Words that both sound and are spelled the same as another (8)
 - Collection of literary works (7)
 - Stiff bristle in the ear of a cereal stalk (3)
 - Hot beverages (4)
 - and 58 Across Cardi in Brassic (3,6)
 - See 57 Across
 - Property used as part payment for a new purchase (5-2)
 - Wind instrument player such as Malcolm Messiter or Ray Still (6)
 - 1995 UK No. 1 single by Blur (7,5)
 - See 38 Down
 - Grey-green colour (5)
 - Ornamental carp (3)
 - See 10 Down
 - See 30 Across
 - Pulls hard and fast (5)
 - Quality of being more than is needed or wanted (15)
- DOWN**
- Water vapour (5)
 - Singer who released the albums 19, 21, 25 and 30 (5)
 - Thinly scattered (6)
 - Naturalist (6)
 - Cunning (7)
 - See 34 Down
 - Squeeze (5)
 - Small ball (8)
 - and 29 Down Cathy in Dead And Buried (7,7)
 - and 73 Across Claudia in Douglas Is Cancelled (9,5)
 - Having a positive effect on the body or mind (11)

LAST WEEK'S SOLUTION

ACROSS: 1 and 17 Down Simon Russell Beale, 7 Scab, 11 Indexed, 12 Interpret, 13 Right, 15 Scours, 16 Psychobabble, 20 and 44 Across Joanna Bobin, 22 Kitten, 24 Holy Land, 26 Gobi, 28 Lima, 29 See 10 Down, 31 See 9 Down, 32 Parkhead, 35 Shortcake, 37 Onyx, 38 and 66 Down Pearl Chanda, 41 Cordillera, 42 Apostrophe, 44 See 20 Across, 46 and 69 Down Zach Wyatt, 47 Currycomb, 52 Istanbul, 54 See 23 Down, 56 Larder, 58 Epic, 59 Hype, 60 Imitated, 62 Saucer, 63 Direct, 68 Middleweight, 70 Nausea, 71 See 61 Down, 73 Yearnings, 74 Blinker, 75 Hate, 76 Maisie Peters.

DOWN: 1 Smitten, 2 Modest, 3 Next of kin, 4 Understood, 5 Stir, 6 Latest, 8 Cargo, 9 and 31 Across Bethany Antonia, 10 and 29 Across Grace Calder, 13 Rejects, 14 Gnarl, 17 See 1 Across, 18 Ended, 19 and 39 Down Kevin Mathurin, 21 Agricola, 23 and 54 Across Nicholas Pinnock, 24 Happy-go-lucky, 25 Lyre, 27 Backpedalled, 30 Dared, 33 Hoe, 34 Abraham, 36 Hoodoos, 39 See 19 Down, 40 Startled, 43 Occur, 45 ICA, 48 Berates, 49 Abut, 50 Milan, 51 Unscramble, 52 Idiom, 53 Triad, 55 and 67 Down Christine Mackie, 57 Dream, 61 and 71 Across Aaliyah James, 64 Injures, 65 Signs, 66 See 38 Across, 67 See 55 Down, 69 See 46 Across, 72 Isis. **PRIZE NAME:** Ben Kingsley.

PUB QUIZ

TEST your brains with our tantalising Pub Quiz. But beware – one of the 20 teasers is a trick question. Answers on Monday.



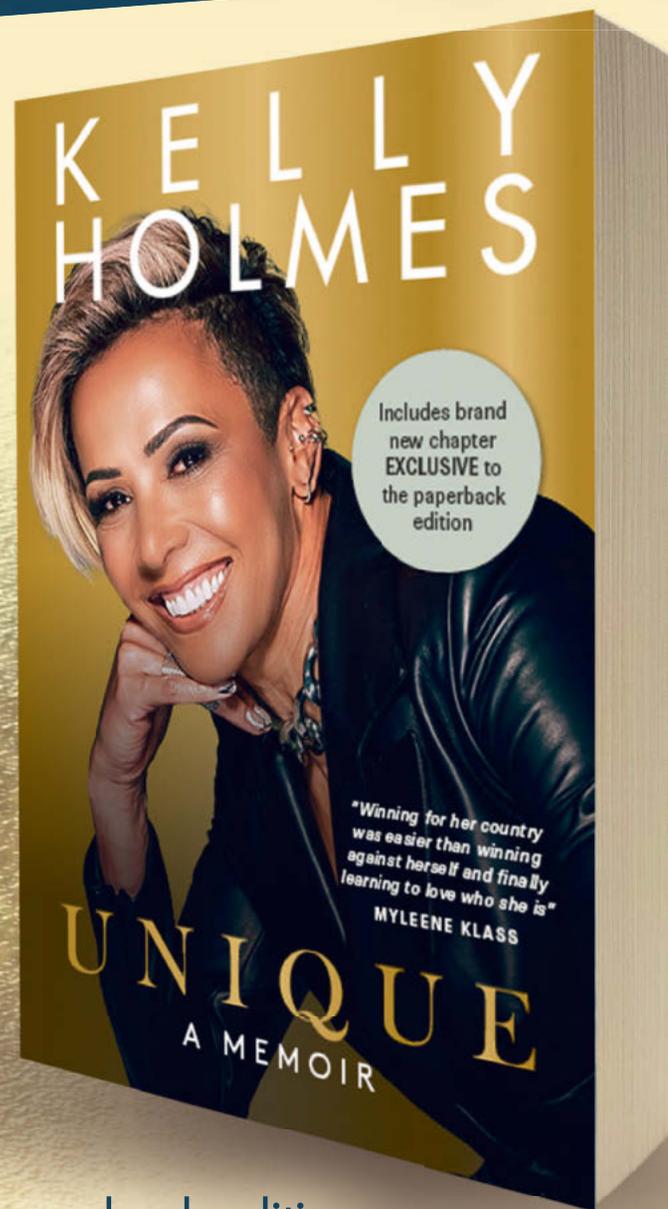
Q11: What is the title of Sabrina Carpenter's recent UK No. 1 single?

- WHAT was the Afghanistan total in the 2024 ICC Men's T20 World Cup semi-final defeat by South Africa?
 - 36
 - 46
 - 56
- WHICH actor played the title role in a 1961 ITV production of John Arden's stage play *Serjeant Musgrave's Dance*?
 - Frank Windsor
 - John Alderton
 - Patrick McGeehan
- IN which William Shakespeare play is the character Sir Toby Belch uncle to Olivia?
 - As You Like It
 - Measure for Measure
 - Twelfth Night
- WHICH social reformer was a Member of Parliament for Derby from 1868-80?
 - Edmund Harvey
 - Samuel Plimsoll
 - William Wilberforce
- IN which year did the Leicester (Royal) Infirmary open?
 - 1571
 - 1671
 - 1771
- WHICH is the 2024 studio album by Sea Girls?
 - Midnight Butterflies
 - Daylight Mushrooms
 - Spotlight Moths
- OF which modern foodstuff were oublies a forerunner?
 - Potato crisp
 - Pizza
 - Waffle
- WHO released the 1966 studio album Parsley, Sage, Rosemary And Thyme?
 - Judy Collins
 - Colosseum
 - The New Christy Minstrels
- WHO played the title role in 1945 film The Picture Of Dorian Gray?
 - Colin Clive
 - Hurd Hatfield
 - Klaus Kinski
- WHO played the title role in 1953 film The Affairs Of Dobie Gillis?
 - Rick Shaw
 - Jack Train
 - Bobby Van
- WHICH is a recent UK No. 1 single by Sabrina Carpenter?
 - Shame Shame Shame
 - Money Money Money
 - Please Please Please
- WHO was World Light Heavyweight boxing champion from 1952-62?
 - Archie Moore
 - Howard King
 - Rocky Marciano
- WHICH ice hockey team won the 2024 Stanley Cup Finals?
 - Calgary Flames
 - Florida Panthers
 - Minnesota Wild
- WHO painted the 1559 work The Fight Between Carnival And Lent?
 - Lancelot Blondeel
 - Pieter Bruegel the Elder
 - Jacob Grimmer
- WHERE is the spa town of Malvern?
 - Worcestershire
 - Wiltshire
 - Warwickshire
- WHEN was the first Summer Olympics torch relay?
 - 1936
 - 1956
 - 1976
- IN which century did mercenary Sir John Hawkwood live?
 - 14th
 - 16th
 - 18th
- ACCORDING to a recent HSBC UK survey, what percentage of British holidaymakers said they never disclose how much they have spent on holiday?
 - 37%
 - 57%
 - 77%
- IN which British city did the Rum Runner nightclub open in 1964?
 - Birmingham
 - Bradford
 - Bristol
- ACCORDING to a YouGov survey in May, what percentage of respondents in the UK thought their country was in a "very bad" or "fairly bad" way?
 - 65%
 - 80%
 - 95%

- Structure built out over water (4)
- Marring (8)
- Flat (4)
- Lively and spirited exchange of ideas or opinions (3,3,6)
- Snooker ball worth six points (4)
- Bodily secretion aka cerumen (6)
- Those who support empire-building (12)
- See 9 Down
- Joined (3)
- and 6 Down Vera in End Of Summer (5,10)
- Place ashes in a vessel after cremation (5)
- and 68 Across Angelica King in Emmerdale (7,5)
- View (8)
- and 52 Down Teddy Mitchell in EastEnders (6,9)
- Branch of zoology that deals with fishes (11)
- Loud exclamation (3)
- and 31 Across Jarrod 'Toadfish' Rebecchi in Neighbours (4,7)
- and 17 Across Pip Fitz-Amobi in A Good Girl's Guide To Murder (4,5)
- Dwight D. _, president of the US from 1953-61 (10)
- See 43 Down
- Substitutes (5-3)
- Edible molluscs (7)
- Impartial (7)
- Pig flesh when eaten (4)
- Thus far (6)
- Head of a nunnery (6)
- Destroy by tearing (3,2)
- Bladed weapon (5)
- Sets in a pack of playing cards (5)

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14 PAGES OF SUPER **STARSPORT** START WITH BOXING



COACH: Sangakkara

Kumar's up for a Key role

by GEORGE SESSIONS

KUMAR SANGAKKARA has admitted it would be an "exciting prospect" to lead England's white-ball team - but has not been approached for the role so far.

The England and Wales Cricket Board is on the hunt for a new limited-overs head coach after Matthew Mott left his post on Tuesday.

Marcus Trescothick has been placed in interim charge while Rob Key, the managing director of England men's cricket, begins the hunt for Mott's replacement.

Former Sri Lanka wicketkeeper Sangakkara has been listed as an early front-runner after success with Rajasthan Royals, the IPL franchise of England's white-ball captain Jos Buttler.

"Well, I know (my name) has been mentioned for some reason, but there has not been any approach as such," said Sangakkara.

"I think the England white-ball job is an exciting prospect for anyone but there are so many good candidates out there.

"It is great that Jos Buttler is staying in that leadership role as the side progresses because it is a nice time from what the side is - and was - and how it wants to progress.

"In terms of the state of England cricket, I think it is in a very, very healthy state."

OAKWELL I NEVER

Simpson delivers on Barnsley promise



CALLUM SIMPSON never dreamed of playing at Barnsley's Oakwell Stadium - because he knew he was no good at football.

But he would visit the Yorkshire venue to watch games and believe one day he would fight on the pitch.

Simpson is challenging for the British and Commonwealth super-middleweight titles against Zak Chelli at the home of his beloved Tykes.

But he is also fulfilling a promise he made to himself when he would go to watch the team as a fan.

"I knew from an early age that I wasn't going to be playing football out there," he said.

"I gave it a go, like most young lads, but I just wasn't very good at it. So I got into the boxing.

"I would go when I was younger and think one day I could fight out there.

"You've seen Ricky Hatton fight at Man City, Josh Warrington at Leeds

and others. Now this is my chance. We've sold out a stand. One day I'll be doing it in front of a full Oakwell, maybe for a world title."

Boxing dominates Simpson's life now so he gets to Barnsley games when he can but he is hoping the club's fans will get right behind him.

"We've had cities like Manchester and Leeds get behind their local fighters and hopefully that can happen in Barnsley," he said.

"I also want to prove it's not as bad as people make out.

"When I'd go on holiday as a kid people would slag it off when I said where I was from. I'll try to change its image by bringing big-time boxing there."

Simpson will first have to overcome former teacher Chelli in front of 7,000 supporters this evening.

"This is a chance to impress on a big stage," he added.

"It's not going to be an easy fight.

Everyone is saying it will be my toughest fight. Maybe it will be.

"This is a step on the ladder to where I want to be."



TYKE THAT: Callum Simpson wants to show off the qualities of Barnsley

5 FOR FUN

- Which nation, lowest ranked at 2024 Copa America, lost their opening two games?
- Who was top try scorer after the 18 regular matches of the 2023-24 Gallagher Premiership?
- Which nation beat Austria to win the 2024 PDC World Cup of Darts final?
- Who won 2024 Rally Poland?
- Which Leicestershire cricketer hit 43 off the bowling of Sussex's Ollie Robinson in June in the most expensive over in County Championship history?

ANSWERS: Page 42



TERENCE TAKES NEXT BIG STEP

OVER in Los Angeles there's a huge show on, as part of Riyadh Season.

Earlier in the week, it was fantastic to see our new Queensberry signing Nathan Lugo in action as he made a real statement with a fantastic stoppage, and tonight there's a brilliant card as Terence Crawford takes on Israil Madrimov.

This is another big step for Crawford (left) after dominating at 10st 7lb and now wants to take a title at light-middleweight. But he



Interview by CHRIS MCKENNA

faces serious opposition on what should be a night not to forget in LA.

David Morrell against Radivoje Kalajdzic for the WBA light-heavyweight crown is another big bout.

Heavyweight prospect Jared Anderson is up against Martin Bakole and

Jarrell Miller faces former world champion Andy Ruiz Jr in the stacked bill.

So make sure you tune into TNT Sports in the early hours to catch the action.

In the Olympics, if what we are being told by the IBA is true, then it is nothing short of disgraceful what is happening.

Algeria's Imane Khelif and Taiwan's Lin Yu-ting allegedly failed gender tests. So what are they doing in the Olympic women's boxing competition? We are not

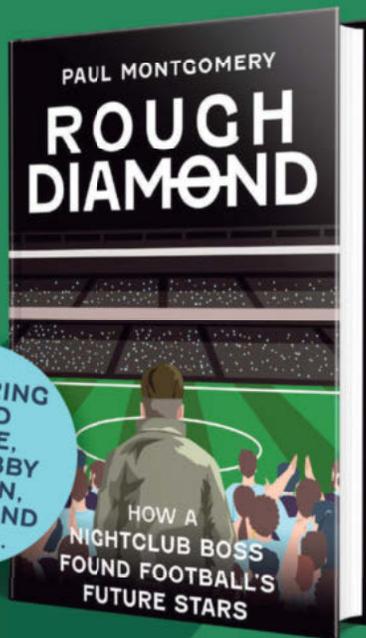
talking about a non-contact sport. This is boxing and it is dangerous.

There are lives at risk and the female boxers should be protected.

It's embarrassing and wrong and the IOC should hang their heads in shame. Get it sorted. There needs to be answers right now and none of these half explained ones we are getting from the IOC.

If someone gets seriously hurt here, then it will also be the sport that suffers.

HOW A NIGHTCLUB BOSS FOUND FOOTBALL'S FUTURE STARS



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UFC



SCALE NEW HEIGHTS: Jai Herbert makes weight in Abu Dhabi yesterday

BANG ON TIME

Abu Dhabi will do for Jai as he eyes new contract

JAI HERBERT believes his time in the UFC has finally arrived – and is putting it all on the line in Abu Dhabi tonight.

EXCLUSIVE
by GARY HITCHCOCK

When you are known as 'The Black Country Banger', patience is not an attribute you usually need to call upon.

And while the Wolverhampton lightweight has been sitting on the sidelines for more than a year, he is now set for the fight of his life against Peru's Rolando Bedoya as he looks to earn a new UFC contract.

Having last stepped into the octagon in July 2023 in London, losing on points to Fares Ziam, Herbert said: "I'm refreshed and excited."

"It has been over a year since my last fight and I am more than ready to get back in the cage and show off my skills."

"I was waiting for a while to be told about my next fight. Now I am here and ready to go."

"It has been a long time coming and all the frustration is going to be taken out on Saturday night."

"I am in the last fight of my contract, so I need to earn a new one. I want to put on a performance."

"My last fight wasn't great at all, it was not a good performance. This

time I want to go out there and prove myself. I am not concerned about what my opponent is bringing – it is all about me."

"I have been locked in for the past year, putting the work in, and I am ready to put it all on display."

Having had his last four fights in the capital, Herbert believes finishing his fight camp preparations on Yas Island, ahead of the card at the Etihad Arena, could provide the career spark he is looking for.

The 36-year-old Brit added: "I have had my last four fights in London, so it is a nice change."

"I thought I might be on the Manchester card last weekend, but they gave me this fight in Abu Dhabi instead."

"I thought, 'Yeah, that's good, man. Bit of a change of scenery, get away to another county, mix it up a bit and get that freshness.' I was happy when I got the shout to fight in Abu Dhabi."

JAI HERBERT takes on Rolando Bedoya at UFC Fight Night: Sandhagen vs Nurmagomedov tonight on TNT Sports 1. TNT Sports is available through its streaming destination discovery+ and all major TV platforms.

GIANT FOOTIE XWORD

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Send your answers, name and address to: Giant Soccerword, PO Box 8694, Derby, DE1 9TW. Entries must arrive by first post Friday. The first correct one drawn will receive a prize of £25. July 20 winner was Amy Dixon of Sunderland.

ACROSS

- 2001-06 England assistant manager under Sven Goran Eriksson (4,4)
- Michal, Poland coach at Euro 2024 (8)
- Leroy, Alanyaspor, 2010-14 Holland and 2016-19 Swansea midfielder (3)
- Vincenzo, 1999-2005 Italy striker; Turkey coach at Euro 2024 (8)
- John, 1996-2001 Tranmere boss (8)
- Ipswich and 2018-22 Leeds defender (4,5)
- Jefferson, Colombia and Crystal Palace midfielder (5)
- and 15 Down. 2024 MLS club whose head coach is Gerardo Martino (5,5)
- 1984-89 Everton midfielder; 1985 England debutant (4,9)
- Ivan, 2006 Bosnia and Herzegovina and 2006-07 Hapoel Tel Aviv forward; former Macarthur FC assistant coach (5)
- Subject of IFAB Laws of the Game 2023-24, Law 11 (7)
- and 39 Down. Australia and Mansfield midfielder (5,6)
- Luis, Coventry and 2020-24 Bologna defender (5)
- US, Fulham and 2012-15 Bolton defender (3,4)
- Francesco, Slovakia coach at Euro 2024 (7)
- See 36 Down.
- Claudio, Chile and Real Betis goalkeeper (5)
- Duncan, 1994-95 Scotland and 1988-92 Swindon striker; 2004-08 Buckie Thistle manager (7)
- Dario, 1996-2008 Croatia and 2002-08 AC Milan defender (5)
- Empoli and 2013-18 Celtic midfielder (4,9)
- Chinedu, 2005-11 Nigeria and 2012-15 Schalke 04 forward (5)
- John, 1974-89 West Ham boss (5)
- SC, MLS club coached by Gary Smith from 2020-24 (9)
- Glenn, 1978-86 IFK Goteborg midfielder; 1982 UEFA Cup final winner (8)
- 1978-92 Wimbledon forward; 2000-02 Cardiff manager (4,4)
- Neil, 1975-82 Greenock Morton, 1982-87 West Ham and 1987-93 Hibernian defender (3)
- Andreas, 2002-16 Sweden, 2006-08 Manchester City and 2008-12 PSV goalkeeper (8)
- Notts County and 2015-22 Portsmouth goalkeeper (4,4)

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								32									
33				34										35	36		
38	39					40									41		42
46												47					
49																	

- Serbia and AC Milan striker (4,5)
- See 16 Across.
- Luc, 1988-2000 Belgium and 1994-2000 PSV striker (5)
- Simon, 1991-98 Southend and 2005-07 QPR goalkeeper (5)
- 2013-22 France, 2021-24 Manchester United and 2011-21 Real Madrid defender (7,6)
- 1972 African Cup of Nations winners now coached by Isaac Ngata (5)
- Tyrone, 2009 Jamaica and 2009-11 Burnley defender (5)
- Alf, 1949-60 Northern Ireland and 1950-63 Newcastle defender (9)
- Paul, 1995-96 Brentford attacker between spells at Colchester (8)
- Bird on the Tottenham Hotspur crest (8)
- Mamadou, 2010-18 France, 2013-17 Liverpool and 2017-21 Crystal Palace defender (5)
- Lucas, Mansfield, 2010-12 Tranmere, 2012-14 Stevenage and 2014-22 Burton attacker (5)
- See 24 Across.
- John, 1990-94 St Johnstone and 1994-99 Aberdeen defender (6)
- Bobby, 1966-70 Scotland outside left at Houston Hurricane in 1978 between periods at Celtic (6)
- Hugo, Los Angeles FC, also 2008-22 France and 2012-24 Tottenham goalkeeper (6)
- Gil, 1951-52 Celtic forward nicknamed The Black Arrow (5)
- Masami, 1988-99 Japan and 1990-99 Yokohama F Marinos defender (5)

LAST WEEK'S ANSWERS

ACROSS: 1. Lambert; 4. John White; 7. Arsenal; 9. Soldado; 11. Laing; 13. Ashbee; 15. Adeyemi; 18. Sierra Leone; 20. Ossie; 21. Van der Sar; 24. Allan; 25. Tunnicliffe; 27. See 30 Across; 30 and 27 Across Tomas Kalinauskas; 32. Stanislas; 34. Cisse; 36. Ciaran Clark; 38. Skinner; 40. Leckie; 42. Yorke; 44. Brooker; 47. Santana; 48. Almen Abdi; 49. Telford.
DOWN: 1 and 12 Down Luis Guilherme; 2. Boyd; 3. Traore; 4 and 18 Down Jason Sraha; 5 and 36 Down Willie Carlin; 6. See 45 Down; 8. N'Diaye; 10 and 17 Down Omari Forson; 12. See 1 Down; 14. Baron; 16. Edds; 17. See 10 Down; 18. See 4 Down; 19. Vogel; 22. See 35 Down; 23. Reims; 25. Tours; 26. Ipoua; 27. Konchesky; 28. Narey; 29. Klavan; 31. Stack; 33. Lucic; 35 and 22 Down Semi Ajayi; 36. See 5 Down; 37. Reece; 39. Neeson; 40. Labant; 41 and 46 Down Chadi Riad; 43. Ozil; 45 and 6 Down Olaf Thon; 46. See 41 Down.

DOWN

- George, 1994-98 Northern Ireland and 1994-2001 St Johnstone forward (6)
- Vince, 2003-10 Australia and 2008-12 Blackburn midfielder (6)
- Jean-Marie, 1976-87 Belgium goalkeeper (5)
- Jesus Capitan, aka Capi, 2002 Spain and 1997-2010 Betis midfielder (5)
- Franco, 1982-94 Italy and 1977-97 AC Milan defender (6)
- The, Jamaica national team nickname (6)
- 1983-86 Leicester and 1986-88 Huddersfield midfielder (3,5)
- Jordan, Marseille and 2021-22 France midfielder (8)



EAR WE GO: Who is Chris Davies boss of? SEE NEW BROOM

NEXT TIME

Which nation knocked this holder of the Euros title out of the next edition of the event in this year?

- Holland, 1988 (1992)
- France, 2000 (2004)
- Spain, 2012 (2016)
- Portugal, 2016 (2020)
- Italy, 2020 (2024)

NEW BROOM

This man was appointed which team's manager in the close season?

- Chris Davies
- Regis Le Bris
- Fabian Hurrzeler
- Enzo Maresca
- Steve Cooper

GULLS

In which year was this player's first team league debut for Torquay?

- Rodney Jack
- Lee Sharpe
- Keith Curle
- Matt Elliott
- Darren Moore

INTERNATIONAL

Against which country did this future England manager or caretaker boss make his international debut playing for this nation in this year?

- Gareth Southgate, England, 1995
- Fabio Capello, Italy, 1972
- Peter Taylor, England, 1976
- Joe Mercer, England, 1938
- Stuart Pearce, England, 1987

EURO

Which nation finished bottom of its quartet in this group in Euro 2024 with this number of points?

- C, 2
- B, 1
- A, 1
- D, 1
- F, 1

LEAGUE ONE

Which 2024-25 League One club finished in this position in the Premier League in this season?

- 6th, 2004-05
- 7th, 2003-04
- 10th, 2005-06
- 9th, 2009-10
- 16th, 2017-18

BREXIT

Which European club in this country did this player move to in the close season from this side?

- France, Ismael Kone, Watford
- Spain, Marc Roca, Leeds
- Sweden, Sead Haksabanovic, Celtic
- Turkey, Ozan Tufan, Hull
- Italy, Ben Godfrey, Everton

GILLS

Which former Gillingham manager has been in charge of this side since this month of this year?

- Millwall, February, 2024
- Rotherham, April, 2024
- Barrow, May, 2024
- Herne Bay, May, 2023
- Dartford, March, 2024

2022

Which country knocked this Euro 2024 Round of 16 nation out of the 2022 FIFA World Cup at this stage?

- England (Quarter-finals)
- Switzerland (Round of 16)
- Portugal (Quarter-finals)
- Spain (Round of 16)
- Holland (Quarter-finals)

NORTHING

In 2024-25, what is the most northerly club in this division?

- Premier League
- Championship
- League One
- League Two
- Scottish Premiership

ANSWERS

1. Bolton	1. France	1. Denmark
2. Charlton	2. Portugal	2. Greece
3. Wigan	3. Morocco	3. Italy
4. Birmingham	4. Morocco	4. Belgium
5. Huddersfield	5. Argentina	5. Switzerland
LEAGUE ONE		
1. 1995	1. Birmingham	1. Serbia
2. 1987	2. Sunderland	2. Albania
3. 1983	3. Brighton	3. Scotland
4. 1989	4. Chelsea	4. Poland
5. 1992	5. Leicester	5. Czechia
NEW BROOM		
1. Neil Harris	1. Neil Harris	1. Marseille
2. Steve Evans	2. Steve Evans	2. Real Betis
3. Stephen Clemence	3. Stephen Clemence	3. Malmö
4. Steve Lovell	4. Steve Lovell	4. Trabzonspor
5. Adrian Pennock	5. Adrian Pennock	5. Atalanta
INTERNATIONAL		
1. Portugal	1. Portugal	1. France
2. Belgium	2. Belgium	2. Spain
3. Wales	3. Wales	3. Italy
4. Poland	4. Poland	4. Greece
5. Brazil	5. Brazil	5. Netherlands
BREXIT		
1. Ross County	1. Ross County	1. Tottenham
2. Cardiff	2. Cardiff	2. Liverpool
3. Blackpool	3. Blackpool	3. Manchester United
4. Carlisle	4. Carlisle	4. Arsenal
5. Luton	5. Luton	5. Chelsea
EURO		
1. 6th	1. 6th	1. 6th
2. 7th	2. 7th	2. 7th
3. 10th	3. 10th	3. 10th
4. 9th	4. 9th	4. 9th
5. 16th	5. 16th	5. 16th

INFORMATION STATION

RUGBY LEAGUE



ROWLEY MODEL

Brierley loves working for his in-demand boss

RYAN BRIERLEY has stressed the importance of keeping coach Paul Rowley as Salford face the club who want to poach him.

by ROSS HEPPENSTALL

SALFORD V LEEDS

5.30pm, Sky Sports Main Event

Play-off rivals Leeds are known to be firm admirers of Rowley as they continue their search for a permanent successor to Rohan Smith.

Yet Rowley appears increasingly likely to snub the Rhinos' advances and stay put - just as he did when Hull FC came calling earlier this season.

Full-back Brierley, who also played under Rowley at Leigh and Toronto, said: "Regardless of any interest in him, I cannot stress how important Paul Rowley is to Salford."

"I said it two years ago when they made him head coach - he will be the most important signing that Salford ever made."

"I stand by that because of what he's done for the club during his time in charge, which has been nothing short of spectacular."

"He's had a lack of resources and finances but he's squeezed every last bit of talent out of his players."

"We play a pretty special brand of

rugby and that's Paul's philosophy. I can certainly say that we'd love to keep him at Salford for many years to come."

Rowley's men are four points ahead of Leeds and victory today would be a huge boost to their play-off hopes.

It would also put a major dent in the Rhinos' bid to finish in the top six under Brad Arthur, who is in interim charge until the end of the season.

The match will see star half-back Brodie Croft and hooker Andy Ackers, who Leeds bought from Salford during the winter, make their first return to the Red Devils.

Brierley, 32, said: "It's always a massive game when Leeds come to town, with the money they've spent and the players they've bought from us."

"That's going to make it really interesting, but I'm looking forward to it and I'm still good friends with Brodie and Ackers."

"It should make for a great game between two teams who are desperate for the points."

"But the play-offs isn't something we have really spoken about if I'm being brutally honest. It's about being better each and every day."

Jayden Nikorima made a promising debut in last week's home win over Castleford, having recently joined Salford after being sacked by Catalans.

Brierley certainly rates the half-back, who previously spent four years out of the NRL after being sacked by Sydney Roosters for failing two drugs tests.

He said: "Jayden is electric and he'd only had two sessions with us before making his debut last week."

"I think you'll see the best of him next year, when he gets a really good pre-season behind him."



TARGET: Leeds are known to be firm admirers of Red Devils coach Rowley

I'm Well up for it

by ROSS HEPPENSTALL

HULL FC V ST HELENS

3pm, Sky Sports Action

PAUL WELLENS is keeping cool as he bids to end St Helens' worst run of defeats in 38 years.

Saints head to Hull aiming to avoid a sixth straight loss and Wellens is coming under mounting pressure.

The legendary former player knows another reverse today is unthinkable.

He said: "Obviously we're being challenged and we know that. But I firmly believe that huge character really comes through when you're challenged with tough times, not so much the good times."

"We need to show our credentials as a team. We need to keep competing hard for each other and stick together."

"It is unprecedented in terms of results we've had in recent times, but there are quite a lot of external factors that have hurt us as well."

Wellens' squad is decimated by injuries and star man Jack Welsby joined the casualty list after limping out of last week's 46-4 thumping at Leigh with a hamstring injury.

Wellens (right) is out of contract at the end of the season but insists he is planning for next term.



CRICKET

ONE-DAY CUP - GROUP A — Derbyshire v Worcestershire (Derby): Derbyshire 260 (49.4 overs; H R C Caine 71; J E Home 6-51). Worcestershire 261-2 (44.4 overs; G H Roderick 152no, J D Libby 71no). Worcestershire (2pts) bt Derbyshire by 8 wickets.

Durham v Northamptonshire (Chester-le-Street): Northamptonshire 260 (49.2 overs; P P Shaw 97). Durham 261-6 (48.1 overs; C N Ackermann 108, A Z Lees 55). Durham (2pts) bt Northamptonshire by 4 wickets.

Somerset v Lancashire (Taunton): Lancashire 218 (49.1 overs; C J Green 65, G Bell 56; K L Aldridge 6-33). Somerset 220-2 (40.5 overs; G W G W Thomas 106no, J E K Rew 60no). Somerset (2pts) beat Lancashire by 8 wickets.

ONE-DAY CUP - GROUP B — Warwickshire v Surrey (Neath): Warwickshire 311-9 (50.0 overs; C G Benjamin 75, M G K Burgess 60). Surrey 308-9 (50.0 overs; D P Sibley 149, B B A Geddes 62). Warwickshire (2pts) bt Surrey by 3 runs.

Warwickshire v Surrey (Neath): Warwickshire 311-9 (50.0 overs; C G Benjamin 75, M G K Burgess 60). Surrey 308-9 (50.0 overs; D P Sibley 149, B B A Geddes 62). Warwickshire (2pts) bt Surrey by 3 runs.

Yorkshire v Gloucestershire (York): Gloucestershire 251-9 (50.0 overs; O J Price 98, M A H Hammond 54). Yorkshire 215 (47.1 overs; Shan Masood 76, J H Wharton 56). Gloucestershire (2pts) bt Yorkshire by 36 runs.

THE HUNDRED — (The Kia Oval) Women Northern Superchargers 146-4 (100 balls; A J Sutherland 63no); Oval Invincibles 64 (66 balls; A J Sutherland 4-11). Northern Superchargers (2pts) win by 82 runs.

TODAY'S DIARY

(3pm unless stated)

Cinch Scottish Premiership Hearts v Rangers (12.30) (Live on Sky Sports Main Event) Motherwell v Ross County

Cinch Scottish Championship: Airdrieonians v Raith, Hamilton v Ayr, Livingston v Dunfermline, Partick v Morton.

Cinch Scottish League One: Alloa v Queen of the South, Cove Rangers v Annan Athletic, Inverness CT v Dumbarton, Montrose v Kelty Hearts, Stenhousemuir v Arbroath.

Cinch Scottish League Two: Bonnyrigg R v Peterhead, Edinburgh City v Stirling, Elgin v East Fife, Forfar v Clyde, Stranraer v Spartans.

CRICKET

The Hundred: Birmingham Phoenix v Southern Brave (Edgbaston Cricket Ground, Women 11am, Men 2.30pm). Trent Rockets v Welsh Fire (Trent Bridge, Women 2.30pm, Men 6pm).

RUGBY LEAGUE

Betfred Super League: Hull v St Helens, Salford v Leeds (5.30pm).

	P	W	D	L	F	A	Pts
Wigan	19	15	0	4	497	260	30
Warrington	19	14	0	5	500	245	28
Hull K R	19	14	0	5	481	254	28
Catalans	19	12	0	7	365	274	24
Salford	19	12	0	7	355	366	24
St Helens	19	11	0	8	455	256	22
Leeds	19	10	0	9	355	342	20
Leigh	19	9	1	9	392	286	19
Huddersfield	20	7	0	13	350	455	14
Castleford	20	6	1	13	336	523	13
Hull	19	3	0	16	268	566	6
London	19	1	0	18	198	725	2

Not including Friday's Game

TOMORROW'S DIARY

Cinch Scottish Prem: 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 (3pm).

CRICKET

One-Day Cup - Group A: (11am Start): Hampshire v Lancashire (The Rose Bowl), Kent v Middlesex (Beckenham), Middlesex v Durham (Radlett), Northamptonshire v Worcestershire (Northampton), Somerset v Derbyshire (Taunton).

Group B: Essex v Glamorgan (Chelmsford), Gloucestershire v Warwickshire (Bristol), Surrey v Nottinghamshire (Guildford), Sussex v Leicestershire (Hove).

The Hundred: London Spirit v Oval Invincibles (Lords, Women 11am, Men 2.30pm). Northern Superchargers v Manchester Originals (Headingley, Women 2.30pm, Men 6pm).

RUGBY LEAGUE

Betfred Super League: London Broncos v Catalan Dragons (3pm).

ANSWERS

YESTERDAY'S SPORTWORD

Across: 1 Matic; 4 Blanc; 7 Ona; 8 Eaton; 9 Talbu; 10 Nunn; 11 Zlatko; 14 Teague; 15 Amoo; 18 Dacic; 20 Owens; 21 Aki; 22 Robin; 23 Thion. Down: 1 Moeen; 2 Tatenda; 3 Conn; 4 Battle; 5 Ali; 6 Couto; 12 Tamberi; 13 Duncan; 14 Tudor; 16 Olsen; 17 Loit; 19 Lob.

FIVE FOR FUN

1 Bolivia, 2 Ollie Sleightholme, 3 England, 4 Kalle Rovannerpa, 5 Louis Kimber.



LEADING THE WAY: Brierley wants Rowley to stay at Salford

Simon on the move

■ CYCLING

SIMON YATES has signed a two-year contract to join Visma-Lease A Bike.

The Briton, 31, winner of the 2018 Vuelta a Espana, is switching from Jayco AlUla, where he has spent his entire professional career.

From next season, he could be part of the supporting cast for two-time Tour de France winner Jonas Vingegaard.

Yates said: "This is a team I have admired for a long time."

STAR SHORTS

Prem bid for Rock

■ DARTS

JOSH ROCK won his third PDC ranking title and then set his sights on the Premier League.

Rock (right) beat Joe Cullen in the latest Players Championship.

The 23-year-old said: "I want to play in the Premier League. I know I can be there, and I want to be there."



Save best until last

■ CRICKET

GLAMORGAN maintained their perfect start in the One-Day Cup after a dramatic one-wicket win over Sussex.

The last-wicket pair of Andy Gorvin and Jamie McIlroy helped Glamorgan chase down their 201 target. They now sit at the top of Group B.

Warwickshire also boast a perfect record in the same group after holding off a dramatic run chase from Surrey.

Slade sidelined

EXETER CHIEFS have confirmed England centre Henry Slade is set to miss the start of the new season after shoulder surgery.

Slade, 31, (inset) had played against New Zealand last month but revealed on social media he had now undergone another operation on his shoulder, having previously needed one last year.

Exeter director of rugby Rob Baxter said: "We were aware that there was a slight issue, as were England, and it has slightly worsened throughout the

summer tour. We have made the decision that now is the right time to have the operation.

"Hopefully he can use this down period to complete a strong rehab stint before we get back into rugby."

Baxter said Slade could need up to four months of recovery so he would "miss a good chunk of the start of the season with us".

He added: "We know he is going to work very hard and I predict he will still have a very big impact on next season."





Mac of the Net

NO-HOLDS-BARRED FOOTBALL TALK WITH SENIOR SPORTS WRITER CHRIS MCKENNA

Find Chris on X @cmckennasport



STYLE GUIDE: Maresca

Star has no fringe benefits

by RYAN TAYLOR

CONOR GALLAGHER has been told he will only be a squad player next season if he opts to stay at Chelsea.

The Blues have accepted an offer worth £33m excluding add-ons from Atletico Madrid for the England midfielder, who is yet to agree to the move.

Chelsea remain in talks with Gallagher over a new contract but their latest proposal, a two-year deal that includes a 12-month option, is their final offer.

He was a mainstay under Mauricio Pochettino last season and wants to remain a regular starter at Stamford Bridge.

But Chelsea do not feel he suits Enzo Maresca's newly-implemented possession-based style, meaning opportunities could be limited.

They are now eagerly awaiting Gallagher's decision as, if he is sold, it's likely he will need to be replaced, despite the arrival of Kiernan Dewsbury-Hall from Leicester.

Aston Villa agreed a club record deal for Gallagher, 24, in June but he turned down the move.

He has already rejected two contract proposals from Chelsea this summer.

Tottenham are long-standing admirers of the former Crystal Palace loanee but are yet to formalise their interest.

FOOTIE FLASHES

● GARY NEVILLE has bought out fellow Salford shareholder Peter Lim as the Class of '92 pave the way for a new strategic partner to help take the club forward.

● PHILIPPE CLEMENT has extended his contract as Rangers boss until 2028.

● WEST BROM'S Jayson Molumby has been charged with violent conduct by the FA after he appeared to punch Mallorca's Samu Costa in the face following a pre-season friendly.

● MANCHESTER UNITED Women have signed Sweden defender Anna Sandberg on an initial three-year deal.

● OXFORD have signed winger Malcolm Ebiowei on loan for the season from Crystal Palace.



Harv has got to be Red hot

THIS is a big season for Harvey Elliott. He's 21 now and he has all the promise to be a top player in the Premier League, but he needs to play every week.

Liverpool are currently the best club for him and he will hope for chances under new boss Arne Slot.

His tactical flexibility will certainly help. He can play in midfield, on the right of an attack and as a No.10.

That makes him a very valuable part of the Reds squad. But the England Under-21s international (above) no longer wants to be just part of a squad.

Elliott wants to be one of Slot's main men, which is understandable. He will hope to get his chance at the start of the season.

But there's huge competition, which means if he does get to start the season, he will have to be perfect to keep the shirt.

We will soon find out if he's up to the challenge.



ON-SIDE

Fulham landing Emile Smith Rowe. A real player if he can get back to his best.



OFFSIDE

Lenny Yoro and Rasmus Hojlund injuries. Manchester United need Ineos to solve their terrible injury record.



Barmy Blues are wrong on Con

GALLAGHER FIASCO A BIG LOSS FOR PSR

CHELSEA really are the gift that keeps on giving. They're trying to flog one of their best players from last season.

Why? Because he makes them a tidy sum to help balance the books when it comes to Profit and Sustainability Rules.

Could you imagine another club doing it? Arsenal going out and willingly trying to get rid of Bukayo Saka or Manchester City begging other clubs to take Phil Foden off their hands?

What about Liverpool actively sticking Trent Alexander-Arnold on the market? Manchester United looking to offload Kobbie Mainoo to the highest bidder?

OK, Conor Gallagher is not quite the player of any of those. But he's a product of the Chelsea youth system and one of their few consistent performers last season outside of Cole Palmer.

It shows just how badly run the Blues are under the ownership of Todd Boehly (inset) that they want to move on a player they've helped create to fund deals to sign other foreign

players. It also displays that these PSR rules can have a negative effect on the game.

That is because clubs shouldn't be offloading homegrown stars to balance the books.

There needs to be some restrictions on spending to ensure there is some fairness in competition.

But clubs should not benefit more by selling their academy products. That just seems to be a backwards decision.

Chelsea may argue Gallagher has turned down a new contract to make him one of their best-paid players.

But can he really be blamed? They tried to offload him last summer. He must hardly feel wanted by the club and manager if he agreed to it.

Gallagher should take the opportunity to play abroad for Atletico Madrid and experience a different league. Look what it has done for Harry Kane and Jude Bellingham.

It would probably help his game, too.

But you get the feeling he may sit it out for a year, get his minutes at Chelsea, because they will still need him, and then walk away next summer for nothing.

That would give him the pick of any club who wanted him and a bigger signing-on fee.

The beautiful game, eh? Where young talents can become nothing more than a number for accountants to play around with.



BALL'S IN YOUR COURT: Gallagher is facing the choice of a move abroad or seeing out his Chelsea contract

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The racing from Goodwood starts with the Glorious Stakes. Aimeric (1:50pm) has finished second in two Listed races on his last two runs. While Steventon Stakes 1-2 Phantom Flight and Al Aasy collide once more.

Sumo Sam (3pm) was a surprise winner in the Lillie Langtry Stakes last year. The four-year-old returns after a wind op. Fellow course winners Free Wind and Caius Chorister feature in the line-up.

Then, there'll be a cavalry charge down the Goodwood straight in the Stewards' Cup. Purosangue (3:35pm) won the Listed Rockingham Stakes at York last October. Wokingham Stakes second Dark Trooper looks to go one better.

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SERIOUSLY football SPIRS

TARGET MAN: Solanke could be a good fit for Tottenham



STRIKER BALANCE

Ange wants more goals with Solanke on radar

ANGE POSTECOGLOU has confirmed Tottenham are focused on signing a new centre-forward - with Dominic Solanke one of the strikers they admire.

■ by SAM SMITH
striker. It just depends, like last year we had to be a bit creative.

Solanke scored 19 Premier League goals for Bournemouth last season, more than any Spurs player managed in the top flight.

"If Harry would have stayed, I definitely would have used him! So I think for us what's more important is the type of striker we get.

After Tottenham lost Harry Kane last summer, Heung-min Son harboured much of the goalscoring responsibility, netting 17 times.

"You know we play a certain way. We demand certain things from a physical perspective, from the technical aspects of it, that it's going to be a striker that fits that mould."

The South Korean has predominantly played on the left wing during his nine years at Spurs, but found himself deployed through the middle last term.

Former Chelsea and Liverpool striker Solanke, 26, could be attainable this summer but is likely to cost at least £50m.

Postecoglou (*inset*) has preferred a more traditional frontman at his previous clubs, though, and will target a No.9 this summer.

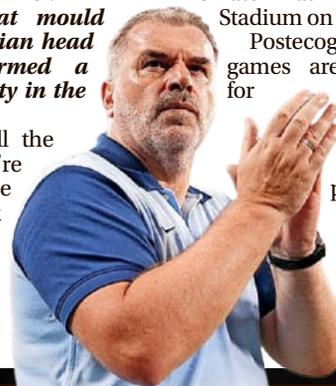
Spurs are set for a double-header of matches against Bayern Munich, although club icon Kane will not participate in today's friendly in Seoul.

Solanke fits that mould and Spurs' Australian head coach has confirmed a striker is the priority in the transfer market.

The England captain may return from an extended break for the rematch at Tottenham Hotspur Stadium on August 10.

He said: "It's still the area of the park we're really probably the thinnest, when I talk squad-wise at the moment, so obviously that's a focus for us.

Postecoglou added: "These games are a good opportunity for us, against a very good opponent, to just extend the work we've done in pre-season.



"It's just a really good opportunity to get ready for our first game against Leicester, which is a week later."

"I've always had a

SERIOUSLY football PRE-SEASON SPECIAL

Land of the free

PFA HELP STARS GET NEXT MOVE

■ by DARREN WITCOOP

FROM punishing solo runs in a local park to lonely fitness sessions in the gym, pre-season can be a sobering reality for the hundreds of free agents.

But for those unattached players plotting their route back into the game, they can seek solace in a training camp with a difference.

With five-star accommodation, qualified coaches, experienced physios, leading psychologists and even protein shakes all on offer, this Midlands base is a world away from life as a training nomad.

Welcome to the state-of-the-art environment set up by the Professional Footballers' Association, the perfect pick-me-up base for out of work players.

Shane Birtles (*inset*), the personal development manager at the PFA, said: "We want to provide everything a player could ever need for a pre-season."

"We have been oversubscribed with 35 players here a week training from Monday to Thursday."

"The demand has grown since we started in June and the on-site accommodation means players can travel from all over the country."

"It's a set-up like any elite training environment."

"Ultimately we all share the same common goal - for players to find a club."

The 10-week camp is located at the plush surroundings of Champneys Springs Spa Hotel in Leicestershire and is fully funded by the union.

And no stone goes unturned for those players - from internationals, to veterans to teenage pros - to ensure they stay in shape and are primed to seize any opportunity.

Ireland international Ciaran Clark, released by Championship club Stoke earlier this summer, admits the scheme has lifted his spirits.

Former Newcastle and Aston Villa defender Clarke, 34, said: "It's got everything you need and it's as close to a club as you will find."

"You just can't get all what is on offer here

when you're training alone.

"The facilities are top notch. There's a proper pitch, a gym, stretching facilities, physios and all the nutrition supplements you need."

"All of the lads - some younger players starting out or older ones like myself - are in it together. You get the camaraderie and togetherness and that really helps."

The intensive programme incorporates fitness sessions, ball work, matches and recovery sessions in the swimming pool.

Goalkeeper Joe Wildsmith, who has since joined West Brom, said: "You just can't replicate this anywhere else with a goalie coach and with the balls and cones out."

"If I was throwing myself around on the grass on my own, I'd be getting all sorts of looks."

"There's also data available for clubs to look at to see where you are at. It was a no-brainer to come along and work."

With the final pay cheque now in, it is an anxious time for players as they wait for the phone to ring.

Birtles added: "We want to help take some of the strain away as it's mentally tough as a free agent. What the players have really found beneficial is being able to hit the ground running if offered a trial."

"They aren't playing catch up as they've been having a complete pre-season and that then maximises their chances of winning a contract."

"In the nicest way possible, we hope they won't stay with us for very long and are fixed up."

■ **TRAINING DAY:**
Free agent
Ciaran Clark and
Joe Wildsmith
(*inset*) who is now
at West Brom



VALUED: Smith Rowe
Mikel sad as Rowe has to go

■ by RYAN TAYLOR

MIKEL ARTETA expressed his sadness after Fulham signed Emile Smith Rowe for a club record £34m.

The Cottagers have paid an initial £27m with a further £7m due in add-ons, while Arsenal have also negotiated a sell-on clause worth more than 10 per cent.

Smith Rowe, 24, has made just 25 Premier League appearances in the past two seasons but now he is looking to get his career back on track under Marco Silva.

Former boss Arteta said of the attacking midfielder: "I'm sad that Emile is leaving us, but excited for him to take this new opportunity at this stage of his career, when he needs to be playing regularly."

"Emile is loved by everyone at the club and leaves us with our gratitude, absolute respect and best wishes."

Smith Rowe shed light on his decision to pick Fulham amid interest from Crystal Palace after penning a five-year deal.

He said: "I think it's an exciting project for me and definitely the perfect step for my career."

He said: "I think it's an exciting project for me and definitely the perfect step for my career."

Cassidy tributes

■ by SIMON BIRD

TRIBUTES have been paid to Newcastle's former Northern Ireland midfielder Tommy Cassidy, who has died aged 73.

Belfast-born Cassidy began his career at Glentoran before spending a decade with the Toon in the 1970s.

He then had spells with Burnley and Cypriot side APOEL Nicosia.

Cassidy, who had been suffering from Alzheimer's, made 239 appearances for Newcastle, scoring 28 goals.

He then went in to management, taking charge of Gateshead, Newcastle Blue Star, Whitby Town and Blyth Spartans.

Toon legend skipper Bob Moncur said: "Tommy was a joy."

Star striker Malcolm Macdonald said: "Cass had wonderful skills. He made so many goals for me."





REDS TARGET: Gordon Marc the new go-to Guehi

From Back Page
Liverpool out of forcing the move.

Howe said last week: "He has been committed. We've had no conversations over the summer where it has been fractious or negative.

"He's always been the Anthony Gordon who has given absolutely everything to Newcastle.

"He's such an important player for us, we didn't want to lose anybody. Why would we want to lose our best players? We fought really hard to make the right decisions.

"In those last few weeks it was very, very difficult. He's an integral part of what we're doing. I'm confident he is OK. You can only judge Anthony on what he has given Newcastle on the pitch."

One deal that looks likely to be completed in the coming days is the arrival on Tyneside of striker William Osula.

The Dane, who turns 21 tomorrow, is set to join from Sheffield United for a fee of around £10m.

Osula featured 21 times for the Blades as they were relegated from the Premier League last season but that has not put Newcastle off.

Rod on his way

■ by RYAN TAYLOR

WEST HAM have reached a verbal agreement to sign free agent Guido Rodriguez.

Defensive midfielder Rodriguez, 30, left Real Betis at the end of last season.

The Argentinian international was wanted by a host of clubs, including Fenerbahce, but the Hammers look set to win the race for his signature.

The World Cup winner spent five seasons with Betis and was also part of the Argentina squad that won the Copa America this summer.

Barcelona had previously looked into signing the versatile star before they sacked manager Xavi.

The Hammers are also closing in on a deal for Manchester United right-back Aaron Wan-Bissaka.

SERIOUSLY football ON TOUR WITH RED DEVILS

WE'RE ALL INEOS THIS TOGETHER

Ten Hag insists there must be a United front

ERIK TEN HAG has told Manchester United's new hierarchy they must prove their faith in him - by backing him through the good times and bad.

Ten Hag was left in limbo for two and a half weeks after winning the FA Cup last season while Sir Jim Ratcliffe and his United executives decided whether or not to replace him as manager.

United sounded out potential replacements, including Thomas Tuchel, but decided to stick with Ten Hag, triggering a one-year extension on his contract as a show of support.

Ratcliffe's right-hand man, Sir David Brailsford, was part of a two-person delegation who visited the Dutchman while he was on holiday in Ibiza to tell the 54-year-old he was staying in charge at Old Trafford.

Since then United have appointed Dan Ashworth (*inset, bottom*) as sporting director, while Omar Berrada (*inset top*) has defected from Manchester City to become the new CEO, completing the new executive line-up.

But Ten Hag, speaking during United's pre-season tour of the US, said the real test of Ratcliffe and his team's belief in

■ from DAVID McDONNELL in LA

him will come when the team hit an inevitable difficult patch this season.

"I feel that we have built something and that the people around me - we're in the same boat," said Ten Hag, speaking from United's UCLA training base in Los Angeles.

"But, of course, you have to prove that point when that's the case but what I hope is that we avoid this.

"It's important that we're working together and when you work together, you're together in good moments,

but also in bad moments. So many people advised me negatively when I started in this club.

"I could have gone into projects with much better conditions, with much better structures.

"But I choose Manchester United because I feel this is my club and I want to go for this challenge, even though I knew it would be very tough.

"You only know (how hard it is) when you're inside the club and there are some challenges here. But we've already overcome many obstacles and we have to overcome even more.

"But I feel we're in the right direction and that this summer many positives happened that means we can accelerate this process."

One of Ten Hag's greatest qualities is his supreme self-belief, endorsed by his record of winning trophies at Ajax and United, where he has won the League Cup and FA Cup in two seasons.

Only Manchester City boss Pep Guardiola has won more

trophies in England since Ten Hag arrived two years ago, despite the flak that the United boss has had to take.

That is why Ten Hag believes he is the man to take United back to the top, despite last season's regression when they finished eighth, their worst-ever Premier League position.

"I'm very comfortable, because I believe in myself," said Ten Hag. "But, of course, it will help if there's very good communication and it's helpful when you feel the backing of the leadership group.

"When you have a very strong bond, that gives you confidence and it gives you belief. Also, the dressing room will feel this. They will feel this strong belief that will bed into the dressing room and bed onto the pitch.

"What I want to do is collaborate. I know that when you're together, you will achieve more success - and I'm here to win.

"We have good people. With highly competent people, they will contribute to more success.

"I feel positive and I feel very aligned. We are building those relationships and we have to prove this point during the season and the next coming years, how strong we are."



SILVER SERVICE:
Ten Hag with the FA Cup

Erik the Red gets positive vibes from fans

LAST SEASON was a real struggle for Manchester United - but boss Erik ten Hag has thanked fans for their loyal support.

United followers stuck with their team, despite a worst-ever Premier League finish of eighth, and were rewarded with FA Cup glory

■ from DAVID McDONNELL

against Manchester City at the end of the season.

Ten Hag revealed one of his high points was the epic 4-3 FA Cup quarter-final win over arch rivals Liverpool at Old Trafford, when Amad Diallo scored a dramatic

120th-minute winner as penalties loomed.

"I feel that, especially with the fans who attended our home and away games, there's a very strong bond between them and the team," said Ten Hag.

"We are really there together and they

understand very well the position we're in as a club.

"If we fight together, that is the way to achieve, because those fans can create an ambience which is amazing and then amazing things can happen.

"For instance, like the

game against Liverpool in the FA Cup quarter-final, there was a vibe.

"We have all been in football long, but it's not often you feel that vibe.

"If you can create that more often, that's absolutely helpful to get the team to a high level."



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RE-BORN IN THE USA: Erik ten Hag looks on as United warm-up to face Real Betis in San Diego

Party is over for Rashford

From Back Page
potential. And when he is really in that mood, our game model will provide him with the conditions to score 30 goals again or even more."

Addressing the need for Rashford to conduct himself in the right way at all times, Ten Hag said: "I think when you want to play in top football nowadays, you need discipline on and off the pitch.

"It was always important, but it gets more and more important now, because it's the survival of the fittest.

"You're not a robot, you are not a machine. No one is. But you can only deliver the levels of performance when you do things right.

"When you don't do the things right on and off the pitch, then you can't perform."

Rashford suffered an ankle knock in United's 3-2 win over Real Betis but Ten Hag said: "I don't think it's too bad. It's within 24 hours but I think he will progress quickly from this knock."

United complete their tour of the United States in the early hours of tomorrow morning with a game against Liverpool at South Carolina's Williams-Brice Stadium.

That is their final pre-season match before they take on Manchester City in the Community Shield at Wembley a week today. They open their Premier League campaign on Friday, August 16 at home to Fulham.

Casualty list a big issue

from DAVID McDONNELL in LA

MANCHESTER UNITED cannot afford another crippling injury crisis, says boss Erik ten Hag. United suffered 66 separate

injuries to players last season, the majority coming in defence.

Already on the US tour, they have lost new £59m defender Leny Yoro for three months and striker Rasmus Hojlund (inset) for six weeks, after both were injured in a 2-1 friendly defeat to Arsenal in Los Angeles.

Ten Hag said United cannot suffer a similar number of enforced losses in the new season if they want to compete with the biggest teams.

"The availability of the players should be better," he said.

"The players have to take responsibility, we as staff have to take responsibility and do this together.

"The leadership team also plays a role in this, to set the right culture, and then we have to have a higher rate of player availability.

"When you have a squad where you can make choices, you can make selections that improve your levels and then you have a better chance.

"You can win games and then it's about going more into a positive mood than what happened last season, when we were going into a negative.

"This group of players is capable of competing with the best teams.

"I don't dream. We have to build a future but I don't look too far ahead. We have a foundation, I think we're in the right direction, but we have to do better.

"We have to make improvements, because many clubs around us have improved and also have the financial conditions to be very good teams.

"In the past, probably it was a two-horse race. Now we're talking about seven or eight clubs capable of developing very strong teams."



MEN IN CHARGE: Sir Jim Ratcliffe (right) with Sir Dave Brailsford

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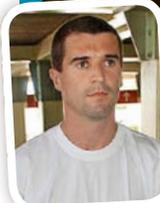
WITH NICK MURPHY AND DAN BURNHAM

GUNNER BE HAIROS

ARSENAL'S pitch is renowned as one of the best in the country. But it's not

the only thing around the Emirates using miracle grow. David Raya (inset) has

become the latest Gunners star to undergo a hair transplant, following in the footsteps of Gabriel and the now-departed Rob Holding. If Mikel Arteta's follicly-challenged flock don't deliver a Premier League title soon, they could find the Spanish boss is hair today, gone tomorrow.



Former Ireland striker David Connolly fancies a slice of the new film about Roy Keane and Mick McCarthy's 2002 World Cup bust-up. With Steve Coogan and Eanna Hardwicke in starring roles, Connolly said: "Who's playing me? Danny DeVito?"

Hopefully Cristiano Ronaldo isn't watching the Olympics too closely. Chinese-Chilean athlete Zeng Zhiying made her bow at the Games at the age of 58. If the former Man United man gets wind of it, he might never retire.



TRENT CAUGHT THE LAW



Trent Alexander-Arnold confirmed his future this week – but not with Liverpool. The Reds star, linked with a switch to Real Madrid, was spotted canoodling on a beach with Iris Law, daughter of film star Jude. If Arne Slot doesn't get his skates on, TAA might find himself dealing with two Judes before long.

LOOKALIKIES



TROLL OF HONOUR

YORO INJURED ALREADY

Phil Jones out of retirement and Harry Maguire back in the XI by the end of August @rebeccaknold



CHELSEA LOSE 4-1 TO CELTIC

Beginning to understand how Maresca almost blew a 30 point lead in the Championship @Emenalo

Carini sorry for walking away

ITALIAN boxer Angela Carini has apologised for quitting her fight with controversial rival Imane Khelif after just 46 seconds.

After the bout she claimed she had feared for her life and had never been punched so hard. But the 25-year-old (*inset*) later insisted she respects the decision to allow Khelif to compete.

She said: "All this controversy makes me sad. I'm sorry for my opponent too. If the IOC said she can fight, I respect that. "It wasn't something I intended to do (abandon the fight). Actually, I want to apologise to her and everyone else. I

■ from JEREMY CROSS was angry because my Olympics had gone up in smoke."

Meanwhile, the second boxer disqualified from the World Championships in Istanbul in 2022 and New Delhi in 2023, after failing what the



IBA described as "two trustworthy tests", won her opening fight of the Olympics yesterday.

Taiwan's Lin Yu-ting produced a dominant display over three rounds at the North Paris Arena to beat Uzbekistan's Sitora Turdibekova.

The 28-year-old showed off impressive striking and quick footwork in the 57kg category.

TOM HITS ROAD

TOM PIDCOCK, king of Team GB's blazing saddles, goes for gold again in the cycling men's road race today.

Pidcock (*inset*), fresh from his stunning mountain bike cross-country triumph, leads Britain's four-man team on the gruelling 170-mile course.

British Cycling performance director Stephen Park says double gold is possible for the Leeds rider but he warned the race would be unpredictable. He said: "If the entire peloton rides against you, then it's incredibly difficult to win."

Pidcock, who turned 25 earlier this week, said: "The Olympics is bigger than cycling and that's what makes them so special."



Murray's teed off with tennis

ANDY MURRAY will still be a man in demand – despite bringing the curtain down on his glittering career.

But the tennis legend (*inset*) is keen to take an extended break from the limelight before deciding what to do next with his life.

Murray's retirement came in Paris on Thursday night, where he struck his final shot as a professional in his Olympic doubles defeat alongside Dan Evans at Roland Garros.

The many tributes from around the world have highlighted just

■ from JEREMY CROSS how much the Scot means to his sport.

One thing he will be keen on is indulging in his second sporting passion, golf.

Murray will be on a mission to work on his handicap in a bid to get down to scratch.

The 37-year-old has even hinted how he would like to be a caddie on one of the professional tours.

He said: "Maybe there's a crossover between the sports from a mental side of things, so you might be able to help a golfer."



PARIS OLYMPICS



LINFORD

Christie gives Zharnel tunnel vision to glory

A CENTURY on from Harold Abrahams and the Chariots of Fire, Britain's men's 100m hopes rest on Zharnel Hughes.

And the national record holder insists he is confident of upsetting the American and Jamaican favourites, despite just one mediocre race since tearing his hamstring.

Abrahams (*inset*) became the first of three Brits to win the Olympics' most iconic title on its most recent visit to Paris in 1924.

But it is the last man to achieve the feat, in 1992, who Hughes is using as inspiration.

An image of Linford Christie celebrating in Barcelona has been Hughes' phone screensaver for the past nine months and he has been regularly seeking advice from his childhood idol.

"Oh I'm aware of the history," said Hughes, who grew up in Anguilla.

"Linford is here, having him in my corner is a great attribute for

■ from ALAN SMITH in Paris me. He's been there, done it and he's trying to guide me along that same path."

Hughes says there was no panic that he ran 10.00secs for sixth place in his return to action a fortnight ago.

"We know we're in great shape," he said. "I'm tuning up now, ranking up the speed. I'll be faster than I was the other day."

But it is Noah Lyles who will hog the spotlight for the blue-riband event and the American wind-up merchant is talking up his chances of winning an unprecedented golden quadruple at Stade de

France. For that to happen he will need to find a way into the US 4x400m relay team.

He is also the top tip to win the 200m and the US are always sure of their might in the 100m relay.

First, Lyles must face the 100m, having irritated some of his competitors by insisting twice in the past eight days that he is the world's fastest man.

"It's me," he said on Monday, having first made the claim during last week's opening ceremony.

"It's always going to be me." In reality, Lyles' personal best of 9.81secs to win



SPRINT KING: Linford Christie takes gold at the Barcelona Games



KEELY SETTLES HER EARLY NERVES

KEELY HODGKINSON laid down an instant marker as all of Britain's star names successfully navigated their heats on the opening day of track action.

The 800m gold medal favourite eased up in the final metres but clocked 1:59 before admitting she was nervous about her opener.

"I'm just glad to make it through safely," she said. "The semis will be fun."

■ from ALAN SMITH in Paris Hodgkinson (*right*) will be joined tomorrow night by fellow medal contender Jemma Reekie and teenage sensation Phoebe Gill.

The 17-year-old said she was almost in tears on the start line after seeing her face on the big screen.

But she paced a tricky heat like a seasoned pro and, asked about the prospect of three Brits reaching Monday

night's final, Hodgkinson added: "I don't see why not."

The men's 1500m world champion Josh Kerr took care of business in a similarly efficient manner, while Dina Asher-Smith, Imani-Lara Lansiquot and Daryll Neita successfully navigated their 100m heats ahead of tonight's semis and final.

Asher-Smith was second to Ewa Swoboda but Neita looked sharp to win her first

round in 10.92secs and declared: "I'm so excited."

The most eye-catching British performance came in the 4x400m mixed relay as Sam Reardon, Laviai Nielsen, Alex Haydock-Wilson and Nicole Yeargin produced a national record of 3:10.61 to win the second heat.

That followed on from the United States destroying their own world record by clocking 3:07.41. While much

of the world's fastest man Fred Omalyala (9.79secs).

Thompson's compatriot Oblique Seville (9.82secs) is another with designs on gold.

Hughes says he has not written down a predicted time, adding: "I just want to run."

But after taking bronze at last summer's world championships he has the taste for success. "I know the time I've put in, the energy I've put into it, the sacrifices I've had to make," he added.

"Budapest was special for me. I want to replicate the same thing and hopefully be on the podium."

FOCUS

BACK ON TRACK: Hughes returns to action in London a fortnight ago



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Lopez the Lyon king

FERMIN LOPEZ scored a goal in each half as Spain beat Japan 3-0 in Lyon to reach the Olympic semi-finals.

Abel Ruiz sealed the win late on for Spain, the silver medalists three years ago in Tokyo.

Lopez fired his country ahead in the 11th minute with a fine strike from outside the box.

And the Barcelona star (*inset*) produced an equally emphatic finish in the 73rd minute, volleying home from a corner.

Ruiz smashed home from inside the six-yard box with four minutes remaining.

Spain will face Morocco, who thumped the USA 4-0 at the Parc des Princes.

Soufiane Rahimi, Ilias Akhomach, Achraf Hakimi and substitute Mehdi Maouhoub got the goals.



Light's out for Wilson

EMMA WILSON'S bid to become Great Britain's first Olympic windsurfing champion will have to wait until today after her scheduled medal race was postponed due to light winds in Marseille.

Wilson has already guaranteed a medal after winning eight of her 14 qualification races to reach the three-strong final, which had been due to take place yesterday afternoon.

But despite the completion of the men's and women's skiff finals, both of which had been held over from Thursday, the wind dropped and officials postponed the race shortly before 3pm.

Wilson's rivals still need to contest quarter-finals and semi-finals to decide the composition of the medal race. Conditions are forecast to improve today.

AND NOW 'FUN' BEGINS

has been made of the Paris pool being slow, Kerr was quick to predict rapid times at Stade de France following his early morning heat, won in a comfortable 3:35.83.

Although the world champion admitted he finished stronger than necessary. "The track was definitely quick," he said. "The goal here was just to stay relaxed

and be confident in my fitness and I think I did that.

"I made sure I stayed relaxed and when it was time to go, I put the burners on - maybe a little bit too hard.

"I thought everyone was going to be battling with me. But I felt exactly how I thought I would."

Neil Gourley progressed but George Mills faces tonight's repechage after crossing in 10th. "I made very

silly mistakes," he said. "There was no bad luck, it just wasn't good enough."

There will be no second chance for Morgan Lake after she only cleared 1.88m in high jump qualification.

"I was focusing on the final before I had even qualified for it," she said. "I was playing around with the maths and I thought I'd done enough to go through, but it turns out it wasn't."



YESTERDAY'S RESULTS

ARCHERY

Mixed Team Bronze Final: India 2 United States 6. **Final:** Korea 6 Germany 0.

ATHLETICS

Men's 1500m Round 1 - Heat 1: 1 J Kerr (Gbr) 3mins 35.83secs. **Heat 2:** 10 G Mills (Gbr) 3:35.99. **Heat 3:** 1 5 N Gourley (Gbr) 3:37.18.

Women's 100m Round 1 - Heat 3: 1 D Neita (Gbr) 10.92secs. **Heat 4:** 3 I Lansiquot (Gbr) 11.10secs. **Heat 5:** 1 2 D Asher-Smith (Gbr) 11.01secs.

Women's 800m Round 1 - Heat 1: 1 J Reekie (Gbr) 2mins 00.00secs. **Heat 3:** 3 P Gill (Gbr) 1min 58.83secs. **Heat 4:** 1 K Hodgkinson (Gbr) 1:59.31secs.

Women's High Jump Qualification Group A: 10 M Lake (Gbr) 1.88m.

4 x 400m Relay Mixed Round 1: 1 Great Britain 3mins 10.61secs.

BADMINTON

Mixed Double Bronze Final: Y Watanabe & A Higashino (Jpn) bt S Seo & Y Chae (Kor) 2-0.

Final: S Zheng & Y Huang (Chn) bt W Kim & N Jeong (Kor) 2-0.

CANOE SLALOM

Men's Kayak Cross Time Trial: 1 J Clarke (Gbr) 66.08secs, 26 A Burgess (Gbr) 74.66.

Women's Kayak Cross Time Trial: 3 M Franklin (Gbr) 71.85secs, 16 K Woods (Gbr) 74.98.

DIVING

Men's Synchronised 3m Springboard: 1 D Long & Z Wang (Chn) 446.10pts, 2 J Celaya Hernandez & O Olvera Ibarra (Mex) 444.03, 3 A Harding & J Laughter (Gbr) 438.15.

EQUESTRIAN

Jumping Team Finals: 1 Great Britain 2pens, 2 United States 4, 3 France 7, 4 Netherlands 7, 5 Germany 8, 6 Sweden 12, 7 Ireland 14, 8 Belgium 20, 9 Israel 33, 10 Mexico.

FENCING

Men's Epee Team Bronze Final: Czechia 43 France 41.

GOLF

Men's Individual Stroke Play round 2: 1 X Schauffele (USA) 131, 2 H Matsuyama (Jpn) 131, 3 T Fleetwood (Gbr) 131, 4 J Rahm (Esp) 133, 5 T Detry (Bel) 134, 6 C Pan (Tpe) 134, 7 T Kim (Kor) 134, 8 S Jaeger (Ger) 135, 9 G Migliozzi (Ita) 135, 10 E van Rooyen (Rsa) 136, 13 M Fitzpatrick (Gbr) 137.

JUDO

Men +100 kg Contests for Bronze Medals: T Rakhimov (Tjk) bt A Granda (Cub) 1-0, A Yusupov (Uzb) bt T Saito (Jpn) 11-0. **Final:** T Riner (Fra) bt M Kim (Kor) 10-0.

Women +78 kg Contests for Bronze Medals: H Kim (Kor) bt K Ozdemir (Tur) 10-0, R Dicko (Fra) bt M Zabic (Srb) 10-0. **Final:** B Souza (Bra) bt R Hershko (Isr) 1-0.

ROWING

Men's Pair Final: 1 M Sinkovic & V Sinkovic (Cro) 6mins 23.66secs, 2 O Wynne-Griffith & T George (Gbr) 6:24.11, 3 R Rooelesi & A Gulich (Sui) 6:24.76.

Men's Lightweight Double Sculls Final: 1 F Mc Carthy & P O Donovan (Irl) 6mins 10.99secs, 2 S Oppo & G Soares (Ita) 6:13.33, 3 A Papakonstantinou & P Gkaidatzis (Grc) 6:13.44.

WOMEN'S PAIR FINALS

1 Y Clevering & V Meester (Ned) 6mins 58.67secs, 2 I Vrinceanu & R Anghel (Rou) 7:02.97, 3 J Morrison & A McIntyre (Aus) 7:03.54.

Women's Lightweight Double Sculls Final: 1 E Craig & I Grant (Gbr) 6mins 47.06secs, 2 G van Groningen & I Cozmiuc (Rou) 6:48.78, 3 D Kontou & Z Ftsiou (Gre) 6:49.28.

Women's Pair Final B: 6 R Edwards & C Brew (Gbr) 7mins 16.02secs.

SAILING

Men's Skiff - Medal Race: 1 I McHardie (Nzl) 61pts, 2 Botin le Chever (Esp) 62, 3 I Barrows (USA) 68, 7 J Peters (Gbr) 80.

Women's Skiff - Medal Race: 1 O van Aanholt (Ned) 55pts, 2 S Steyaert (Fra) 57, 3 V Bobeck (Swe) 59, 17 F Black (Gbr) 116.

Mixed Dinghy - Opening Series: 6 V Heathcote (Gbr) 18pts.

SHOOTING

50m Rifle 3 Positions Women's Final: 1 C Leone (Sui) 464.4pts, 2 S Maddalena (USA) 452.9, 3 Q Zhang (Chn) 452.9.

SWIMMING

Men's 50m Freestyle Final: 1 C McEvoy (Aus) 21.25secs, 2 B Proud (Gbr) 21.30, 3 F Manaudou (Fra) 21.56, 4 J Liendo (Can) 21.58, 5 K Gkolomeev (Gre) 21.59, 6 C Dressel (USA) 21.61, 7 L Deplano (Ita) 21.62, 8 J Crooks (Cay) 21.64.

Men's 200m Individual Medley Final: 1 L Marchand (Fra) 1min 54.06secs, 2 D Scott (Gbr) 1:55.31, 3 S Wang (Chn) 1:56.00, 4 C Foster (USA) 1:56.10, 5 T Dean (Gbr) 1:56.46, 6 A Razzetti (Ita) 1:56.82, 7 D Seto (Jpn) 1:57.21, 8 F Knox (Can) 1:57.26.

Men's 100m Butterfly - Heat 5: 8 J Guy (Gbr) 52.23

Women's 200m Individual Medley - Heat 1: 4 A Wood (Gbr) 2mins 10.95secs. **Heat 4:** 6 F Colbert (Gbr) 2mins 12.88secs.

Women's 200m Backstroke Final: 1 K McKeown (Aus) 2mins 03.73secs, 2 R Smith (USA) 2:04.26, 3 K Masse (Can) 2:05.57, 4 P Bacon (USA) 2:05.61, 5 K Shanahan (Gbr) 2:07.53, 6 X Peng (Chn) 2:07.96, 7 H Osrin (Gbr) 2:08.16, 8 A Shkurдай (Ain) 2:10.23.

Mixed 4 x 100m Medley Relay - Heat 1: 3 Great Britain 3mins 43.73secs.

TENNIS

Women's Singles Bronze Final: I Swiatek (Pol) bt A Schmiedlova (Svk) 2-0.

Mixed Doubles Bronze Final: G Dabrowski & F Auger-Aliassime (Can) bt D Schuurs & W Koolhof (Ned) 2-0

TRAMPOLINE GYMNASTICS

Men's Final: 1 I Litvinovich (Ain) 63.090pts, 2 Z Wang (Chn) 61.890, 3 L Yan (Chn) 60.950, 4 Z Perzamanos (Gbr) 59.840, 5 G Albuquerque (Por) 59.740, 6 P Gouzou (Fra) 58.940, 7 A Hernandez (Col) 53.150, 8 D Schmidt (Nzl) 19.500. **Qualification:** 7 Z Perzamanos (Gbr) 58.800pts.

Women's Final: 1 B Page (Gbr) 56.480pts, 2 V Bardzilouskaya (Ain) 56.060, 3 A Methot (Can) 55.650. **Qualification:** 5 B Page (Gbr) 55.620pts.

BEST OF TODAY'S ACTION

ARTISTIC GYMNASTICS

14:30: Men's Floor Exercise Final

15:20: Women's Vault Final

16:10: Men's Pommel Horse Final

09:18: Women's Single Sculls

Final A

09:30: Men's Single Sculls Final

A

09:50: Women's Eight Final A

10:10: Men's Eight Final A

SHOOTING

08:30: 25m Pistol Women's

Final

14:30: Skeet Men's Final

SWIMMING

19:30: Men's 100m Butterfly

Final

19:59: Women's 200m Individual

Medley Final

20:09: Women's 800m Freestyle

Final

20:33: Mixed 4 x 100m Medley

Relay Final

TENNIS

TBC: Women's Singles Gold

Medal Match

TBC: Men's Doubles Gold Medal

Match



LIKE FATHER, LIKE SON:
Harry Charles celebrates

Harry hails his family legacy

■ from ANDY DUNN in Paris

HARRY CHARLES produced the ride of his lifetime to follow in his father's golden footsteps.

Peter Charles was a member of the British team that took jumping gold for the first time in 60 years when they triumphed at London 2012 and now his son has stood on the top step of the podium after winning alongside Ben Maher and Scott Brash.

Maher and Brash were with Peter in the victorious team 12 years ago.

At 25, Charles was the youngest member of this team and, going second on Romeo 88, he went clear, setting up Brash for the final round that clinched the gold ahead of the USA and France.

And Charles' ecstatic dad was in the crowd.

"The dream is to win an Olympic gold medal but to do it so young, at his age, with two guys I rode with in London, that's surreal," said Peter.

But Harry revealed his father had actually wanted him to follow a different sporting route but that he ignored him after watching dad's London 2012 triumph.

He said: "They (Brash and Maher) are two guys I've looked up to my entire life. It was that moment in London in 2012 that I realised I wanted to do equestrian."

"My dad wanted me to be a golfer but I realised I was better at riding a horse. Being in the stands at Greenwich Park was a pivotal moment."

Maher had set the tone for Team GB in the final when he went clear on Dallas Vegas Batilly.

FOUR FOR JACK

■ from JEREMY CROSS in Paris

JACK LAUGHER claimed a fourth Olympic medal to help Team GB create diving history in Paris.

Laugher teamed up with Anthony Harding to claim bronze in the men's synchronised 3m springboard final with an overall score of 438.15.

It meant Team GB had landed their fourth medal from four events in these Games, making it the most successful one in the history of British diving.

China took the gold, while Mexico pipped Team GB to silver with a stunning final dive.

But Laugher was delighted to medal for a third Games in a row and add another third-place finish to the gold and silver he won in Rio in 2016, along with the bronze he claimed in Tokyo three years ago.

Meanwhile, Harding became a medalist on his Olympic debut.

The pair only teamed up in 2021 but have now won European, world, Commonwealth and Olympic medals together.

PARIS OLYMPICS

JUST WHAT THE DOCTOR ORDERED

Champ Grant swaps sculls for scrubs

GOLDEN girl Imogen Grant will go straight from Olympic rowing glory with Team GB into a doctor's white coat.

After a brilliant gold medal ride with Emily Craig in the women's lightweight double sculls, Grant confirmed she will be clocking on with her stethoscope and patellar reflex hammer the day after she returns from Paris.

Craig and Grant took Britain's medal haul at the regatta to six – two gold, two silver, two bronze.

Then Grant revealed her next appointment will be with patients in Slough, where she will start work in 10 days as a foundation doctor.

She said: "It's going to be a bit of a hard bump back down to earth."

"I'm really excited to start work as a doctor. And then we've got a bit of racing together to kind of have a final send-off at the head of the trials regatta in October."

Grant, 28, is not the first doctor to take to the water in a Team GB boat – Polly Swann was an Olympic silver medalist in Rio eight years ago.

And Grant said: "There's a surprising number of us who like to make life really difficult by rowing and being a

doctor at the same time but I'm never one to back away from a challenge."

In 2021, Grant and Craig missed out on a medal by 0.01 seconds in Tokyo – but here they became the mean girls who turned their anguish into glory.

And the pair (inset) will be reigning Olympic lightweight women's double sculls champions forever because their event has been binned for the Los Angeles Games in 2028.

Our golden girls belted out God Save the King as if they wanted him to hear it across the Channel after extending their unbeaten run to 23 races going back to that heartbreak in Japan three years ago.

At the halfway mark, Grant heard a call from the water's edge to step up the pace, and she said: "I remember thinking, 'Let's make everyone pay for trying to stick with us in the first half. Was that mean? Yeah!'"

And Craig, whose podium celebrations were punctuated by a phone call from her Aunt Caroline in Italy, couldn't remember much about it because she was too busy blubbing.

She said: "Yeah, ugly crying on international television – super! Every time

I've thought about the moment, it's brought me to tears. I've had to try and not think about it for a very long time.

"But the phone call was from my aunt, who won a bronze medal in the women's lightweight double in, er, I can't remember what year."

"I'm not entirely sure what she said apart from, 'I'm so proud, you're our heroes' because it was all a little bit much."

"There was pressure, for sure, but also confidence. We knew that today we had to go out and do something we have done multiple times before."

"We knew we didn't have to pull something out of thin air. We just had to race according to the race plan we had. It's kind of nice, because obviously we're champions forever now."

Grant put a photo of them missing out by an agonising margin in Tokyo on her living room wall as motivation.

She added: "That was part of our story. This Olympics was the grand finale."

"Not every Olympian gets it right on the first try. It wasn't that we did anything wrong in Tokyo but we put in so much work and we are so better people this time that I think there was a certain inevitability to the racing today."

■ BITE RACE:
Imogen Grant (left) and Emily Craig taste glory



HOTSHOT:
Fleetwood hit six birdies and an eagle

Tommy joins Le leading pack

GREAT BRITAIN'S Tommy Fleetwood claimed a share of the halfway lead after day two at the golf.

The Englishman carded a superb second-round 64 to finish the day 11-under par at Le Golf National and tied with Japan's Hideki Matsuyama and Open champion Xander Schauffele, of the USA.

Six birdies and an eagle were marred by just one bogey on the final hole, putting Fleetwood in contention for a medal going

into the weekend. His Team GB partner Matt Fitzpatrick also shot a 64, leaving himself tied in 13th.

Fleetwood said: "I hit some beautiful iron shots and I had a good sort of idea of what I was doing with the golf ball throughout the day."

"Especially today, when I had to get up and down, or I had to make a par save, I did it. When you have rounds like that, obviously seven-under is a really good one."

Ireland's Rory McIlroy

began the day with an eagle at the third but struggled for consistency and finished with a 69 to join Fitzpatrick in 13th.

Two bogeys and two birdies meant McIlroy's team-mate Shane Lowry shot a second successive 71.

McIlroy said: "Sort of similar story to yesterday. You know, making the good swings and making enough birdies and another eagle today. But just offset by a few too many mistakes over the first couple days."



SO CLOSE TO PERFECTION

■ from MIKE WALTERS in Paris

SILVER medallists Tom George and Ollie Wynne-Griffith missed out on gold in the last three strokes – but insisted: “We rowed the perfect race.”

In heartbreaking fashion, the British men’s pair led for 1,980 metres of the 2,000m course, only to be caught at the last gasp by Croatian brothers Martin and Valent Sinkovic.

George and Wynne-Griffith (*below*) were part of the men’s eight boat who won bronze in Tokyo before taking a break to study at Cambridge and compete in the Boat Race.

George said: “We had the perfect race, pretty much from start to finish. We didn’t have the perfect last five strokes but we were clean and gave everything we had.”

“The Olympics is a pressure cooker. To be able to put out our best race when it really mattered ... we were seriously brave and it hurts a lot now to not get it in the last three strokes, but we still got a silver medal.

“We’re incredibly proud of what we’ve achieved. Doing it with your best mate is pretty special.”

Wynne-Griffith blamed himself for the late drama, saying: “I made a mistake on the line and that’s racing for you.”

“I can’t fault the passion and grit and result that we’ve gone through as a pair and I’ve enjoyed every second of it.”

■ PAUL O’DONOVAN and Fintan McCarthy basked in rowing glory after becoming the first Irish athletes to successfully defend an Olympic title since 1932.

They wrote their names into Irish Olympic history by retaining their men’s lightweight double sculls title, winning in 6mins 10.99secs, beating home Italy and Greece.



It’s Golden high

From Back Page has not ruled out defending her title in Los Angeles in four years’ time.

It is a first Olympic medal for Charles. Maher won individual gold in Tokyo and both him and Brash won in the team event in London in a group that included Charles’ father Peter. In Tokyo, Craig

and Grant missed out on a medal by 0.01 seconds but were dominant at the Paris aquatic stadium.

Ollie Wynne-Griffith and Tom George just missed out on gold in the men’s pairs, winning silver, and Anthony Harding and Jack Laugher won synchro 3m springboard bronze.



Brave Bryony soars into the record books

■ from JEREMY CROSS in Paris

BRYONY PAGE revealed how she overcame the ‘twisties’ to land a historic gold in Paris.

Page jumped into the record books after winning Team GB’s first-ever gold medal in trampolining.

The 33-year-old from Crewe (*above*) produced the performance of her life at the Bercy Arena to complete the full set of gold, silver and bronze medals.

She broke down in tears after receiving a score of 56.480 in her final routine to shoot straight to the top of the leaderboard ahead of Vityaleta Bardzilouskaya of Belarus and Canada’s Sophiane Method.

But Page admitted to suffering from ‘lost move syndrome’ when she was younger, which rocked her confidence so much it almost saw her career fizzle out.

The condition leaves athletes with a mental block – and is the same one which forced USA golden girl Simone Biles to withdraw from individual events at the last Games in Tokyo.

Page also had to overcome neck and ankle injuries ahead of the final.

She said: “You lose your awareness of where you are in space and time. You just get lost and can’t pick up the vision points.”

“Then I had a twinge in my neck and my ankles were sore, so I just had started to doubt myself.

“I think the shock has come from the fact that I actually managed to do it.

“It feels amazing. I’m very shocked, surprised, overwhelmed, every emotion that you can think of. I’m kind of sad it’s over now.”

And Page (*inset*) has revealed she wants a crack at the circus Big Top, after scaling amazing heights on the trampoline.

She is keen to defend her title in Los Angeles in 2028 but also wants to join trapeze specialists and tightrope walkers as part of the Cirque du Soleil.

Page seems the perfect fit, considering she’s the best in the business when it comes to soaring to the height of a double-decker bus on the trampoline.

She added: “If they still want me, I would love to perform.

“It’s been a dream of mine for a long time, and I’m not getting any younger, so to get to do that while I’m still feeling strong and healthy would be great.

“When I first started getting into gymnastics and trampolining, I think it was because of Team GB Olympian Lee Brearley – he went off to Cirque du Soleil, so that was when I first heard about it and watched.

“I’ve got loads of friends who have gone to Las Vegas to watch them.

“I loved the idea of performing, wearing costumes, putting on make-up, being part of a group.”



EARLY MEDAL TABLE

	G	S	B	Total
China	13	8	9	30
France	11	12	13	36
Australia	11	6	5	22
United States	9	18	16	43
Great Britain	9	10	8	27
Japan	8	4	6	18
South Korea	7	5	4	16
Italy	5	8	4	17
Netherlands	4	3	2	9
Canada	3	2	6	11
Germany	2	3	2	7
New Zealand	2	3	1	6
Romania	2	3	1	6

Ben can be so Proud in defeat

BEN PROUD produced a stunning display in the fastest swimming race at Paris 2024 – but was touched off for gold by great rival Cameron McEvoy.

They were separated by just 0.05secs in the 50m freestyle final in the La Defense Arena.

But the second place, in a time of 21.30secs, was a silver lining for the Brit, 29, (*inset*).

Proud struggled to come to terms with podium near-misses at Rio 2016 and Tokyo 2020 but came here claiming that he only wanted to acquit

■ from ANDY DUNN in Paris himself well and was not “fixated” on a medal.

He went stroke for stroke with McEvoy before being denied by the fingertip of the Aussie, 30.

Later, Leon Marchand won his fourth individual gold of Paris 2024.

He added the 200m medley title to his 400m medley, 200m butterfly and 200m breaststroke crowns and cemented his standing as THE

French face of the Games with an Olympic record 1.54.06.

But he was pushed all the way by Team GB’s Duncan

Scott, who collected a landmark eighth Olympic medal.

Scott, 27, from Glasgow, came home just over a second behind Marchand and his silver took him

ahead of Chris Hoy on the British all-time list, level with Bradley Wiggins and only one behind Jason Kenny.



STAR SPORT



WARNING: Rashford

Ten Hag advises Marcus

■ from DAVID McDONNELL in LA

ERIK TEN HAG has warned Marcus Rashford he must be disciplined on and off the pitch if he wants to get back to his best this season.

Rashford ended last season with just eight goals, having finished the previous campaign with a career-best haul of 30 which earned him a new £300,000-a-week contract.

The Manchester United striker was also involved in controversies off the pitch, in particular when he phoned in sick for training after going to Belfast on a boozy bender.

Rashford's problems saw him miss out on a place in England's Euro 2024 squad and Ten Hag has told the 26-year-old he must be fully focused on football to fulfil his huge potential.

"He has to prove this point," said the Dutchman.

"We will set the conditions, but he is very capable of doing this.

"The season before last, he scored 30 goals, so when he's in the right vibe, he has such a high

Turn to Page 47

Toon's £60m go-to Guehi

NEWCASTLE have made their move for £60m-rated England central defender Marc Guehi.

Toon boss Eddie Howe has two key positions to fill – one of those is a right-footed centre-back and Crystal Palace have been contacted over a potential deal.

The 24-year-old has two years left on his contract at Selhurst Park and so the Eagles could look to cash in now with a host of top-flight rivals also interested.

Guehi impressed in England's run to the Euro 2024 final this summer and will return to training next week to resolve his long-term future.

The defender highlighted his

■ by SIMON BIRD

respect for the intimidating atmosphere on Tyneside this summer when he was asked which was the best stadium to play in.

Guehi said in June: "In the Prem, probably Newcastle, St James' Park, really, really loud and their fans make it difficult when you go there."

Meanwhile, Newcastle winger Anthony Gordon will be offered talks over a new contract to ward off interest from Liverpool.

The England star was unsettled by being touted to the Merseyside club for £100m as the Geordies scrambled to raise cash before the end of June to avoid a PSR breach and points

deduction. Gordon was signed for £40m from Everton but has since elevated his status at St James' Park with 11 goals and 10 assists in the Premier League last season.

The 23-year-old's current deal is reported to expire in June 2026 and Newcastle have to act quickly to keep his value, as he emerges as a regular senior international.

Howe is not expecting Gordon to agitate for a move and has told the player he is "integral" to his plans. His transfer fee could price

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■ MARC OF QUALITY: Crystal Palace star Marc Guehi



HEROES HAVE SPRING IN THEIR STEP

■ WORLD TURNED UPSIDE DOWN: Bryony Page takes off en route to winning the trampoline event



TEAM GB'S MEDAL HAUL IN PARIS



GOLDEN



■ DREAM TEAMS: Craig and Grant (above) won early before Brash, Charles and Maher (below) did the business



HIGH

GB superstars serve up Page-turner of a day

■ from MIKE WALTERS in Paris
TEAM GB celebrated a Fantastic Friday at the Olympic Games with a sensational three gold medals.

Rowers Emily Craig and Imogen Grant set the ball rolling with victory in the lightweight double sculls before Bryony Page soared her way to a stunning trampoline success.

And then Harry Charles, Scott Brash and Ben Maher combined to win the team jumping – Britain's second equestrian gold of the week.

Page, whose gold completed the set after silver in Rio and bronze in Tokyo, hopes for a chance to join *Cirque du Soleil*.

"If they still want me, I would love to perform," said Page, who

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DEADLY INTENT: Lethal Levi has the speed to land the Stewards' Cup

INSIDE



EVS HAS THE REVS

Appleby triumphs in sprint rematch

PAGE 3



BOX CLEVER

The Couch's top telly fancies

PAGE 2



HOUNDING BOOKIES

Hobbsy reveals the hottest dogs

PAGE 12

by JASON HEAVEY

LETHAL LEVI (3.35) can lead home the cavalry charge in the Coral Stewards' Cup today.

Karl Burke insists the five-year-old is in the form of his life after placed efforts in the Wokingham at Royal Ascot and the Bunbury Cup at Newmarket.

There was little between him and **Dark Trooper** at Ascot but the sharp track could suit Lethal Levi who likes to race up with the pace.

Albasheer is another on the short list and was a clever winner at Ascot last Saturday under Hollie Doyle.

Glenfinnan also appeals and is a player based on his fifth in the Wokingham, with some of today's rivals in front and behind.

That was a very good effort from a four-year-old.

Two old boys give the race a familiar look. **Mr Wagyu** and 10-year-old **Summerghand** - the latter was the 2020 winner of this race - would both have an each-way squeak if they can take advantage of falling handicap marks and roll back the years.

TV tipping: Pages 2-3

LETHAL WEAPON

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BRITAIN'S NUMBER ONE

Gosden stands up for Kieran

by MELISSA JONES

JOHN GOSDEN jumped to the defence of under-fire jockey Kieran Shoemark after he ended a barren spell in style.

Occupying a three-decade role previously held by Frankie Dettori, Shoemark rode just his second Group race winner of 2024 yesterday on Lead Artist (9-2) at Goodwood.

The front-running strike came just days after an Ascot same-level success on Friendly Soul for Newmarket-based Gosden, who trains in tandem with son Thady.

Critics of Shoemark had aired their frustrations on

Thursday when hot favourite Emily Upjohn turned in a tame Nassau Stakes effort.

But after the Group Three Bonhams

Thoroughbred Stakes, Gosden senior hit back: "Lewis Hamilton didn't suddenly become a bad driver and go nearly three years without winning a Grand Prix.

"Frankie would just turn up for the Group Ones and we had a host of those horses since 2015.

"He must have ridden eight champions for me – that's a great run of luck. We haven't exactly got those types right now so the bar was set high."

Shoemark (*above*) cut an upbeat figure and believes the "tide will turn."

"No-one wants to see me walking out into the parade ring with my lip on the floor," the 28-year-old said. "I think our bunch of two-year-olds are looking promising so the future is bright."



FAIR DINKUM: Fairbanks (*left*) still looks ahead of the handicapper

BANKS RAIDER

Improver to pilfer prize

WITH only a quintet of animals lining up for the Group Three Coral Glorious Stakes run over a mile and a half at Goodwood, this race is going to be more tactical than my favourite Olympic event, woman's beach volleyball.

Having very good form over further, I'm anticipating Oisín Murphy will ping out the gates on **RELENTLESS VOYAGER (1.50)** and make all on Andrew Balding's beast. If any of the heavy David Gowers forecast land on the Sussex Downs my stakes will increase, as the son of Ulysses is out of a Pivotal mare.

The assessor has given **MAGIC MILD (2.05)** a perch of 86 when she rocks up in the British Stallion Studs Nursery run over six furlongs at Newmarket, and he looks to have made a grave error of judgement.

Clive Cox's daughter of Havana Grey bolted up over course and distance in July, and the form of that race has worked out like a dream as both the third and fifth have subsequently obliged.

Saffie Osborne is a very significant jockey booking, as the last horse the talented lady rode for Cox was Pedro Valentino, when the pair were victorious at Yarmouth last Thursday week.

Despite taking a fierce hold in the first half of the race, **FAIRBANKS (2.25)** hosed up off a ledge of 94 at Newmarket last month over this afternoon's trip, for which this progressive sort was hiked up to a new mark of 100.

The four-year-old still looks a step or two in front of his rating, so he will carry my hard earned in the Coral Summer Handicap run over a mile and six furlongs at Goodwood.

Simon Crisford saddled a Barney Rubble at Goodwood and Sandown on Wednesday, which leads me to believe that **FAIRY GLEN (2.40)** will go very adjacent

VIEW FROM THE COUCH

By Mark Winstanley



in the Listed British EBF Chalice Stakes run over a mile and a half at Newmarket.

On her last start, she sluiced up by six lengths from an 88-rated horse over today's journey at Kempton Park, and Harry Davies was in the plate when she obliged at Wolverhampton in January.

My selection gets a very healthy 10lb from her older rivals, so it's no surprise to find out the last five winners of this event have been from the Classic generation.

I'm hoping **MELO MELO (3.00)** can take centre stage in the Group Two Qatar Lillie Langtry Stakes run over a mile and six furlongs at Goodwood.

This French raider was touched off by a short head by Warm Heart in a Group One at Longchamp in September and has winning form at this trip.

Around the 11-2 perch, she must be backed each-way. Once again, the five-year-old's chances will improve immeasurably if the ground eases due to rainfall.

It's a very interesting move by the crafty old fox John Gosden to run the 101-rated **MOSTABSHIR (3.35)** in the Coral Stewards' Cup over six furlongs at Goodwood, as the four-year-old has never run over this distance in his life.

He was sixth in the Group One St James's Palace Stakes over a mile at Royal Ascot last June when rated 108 and he looked a non-stayer when fourth of 26 over seven furlongs at the same track off a rating of 102 this June.

I'm backing him at a massive 20-1 with the sponsors paying out on six places, and suggest you follow me in.



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PULLOUT FOR BIG WINNERS

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MICK APPLEBY roared his way to the summit of Goodwood's leaderboard with "one in a million" sprinter **Big Evs**.

The heavily-punted 13-8 favourite refused to give an inch to Aussie raider Asfoora in a thrilling King George Qatar Stakes.

After hitting 41mph in just ten seconds, Big Evs kept up the revs to hold his onrushing rival by a diminishing short-head.

Leicestershire-based Appleby's fourth success of the week, complemented by two places, saw him leapfrog Aidan O'Brien in the rankings.

Not bad for a man who made his mark with lowly all-weather horses and trains miles away from Britain's big racing towns.

"Big Evs is the best I've trained by a long way," said

Appleby in top spot after Evs fires home

by **MELISSA JONES**

Appleby, on target with the same horse on his Breeders' Cup debut last year.

"I thought they were going to come and do us at the end, but he's tough and found more."

Big Evs nicked an advantage with a fast start from lucky stall seven, the berth of two of the three previous race winners.

Jockey Tom Marquand was soon pestered by Czech star Ponntos and grey Desperate Hero. However, the triumphant

pair kept enough in reserve to hold Asfoora and gain revenge for the King Charles III Stakes at Royal Ascot.

Asfoora ran on with gusto after being bumped a furlong out, while Believing, who failed to go the frantic early pace and had her own barging match with Starlust, was third.

The sun-soaked surface was in stark contrast to bog-like conditions Big Evs defied in last year's Molecomb Stakes and Marquand quipped: "He's literally got too much speed!"

Trying to tame that, it almost feels like there is no point, because he grits down for you as well in that last 100 yards. He's exceptional."

With the score between Asfoora and Big Evs one apiece, York's Nunthorpe Stakes on August 23 could be the decider.

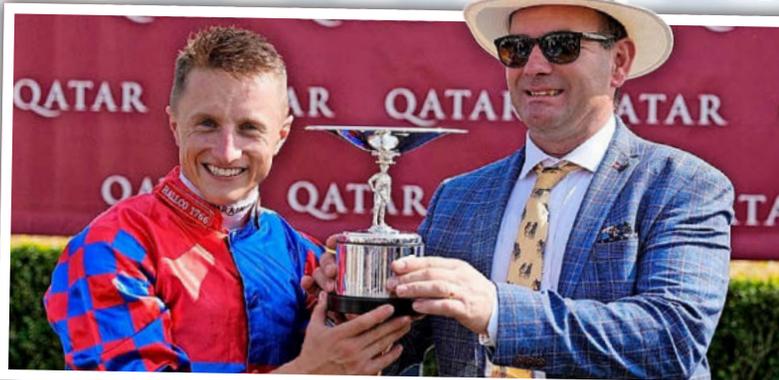
"I couldn't have hoped for her to go better, we're just disappointed not to win," said the Aussie mare's handler Henry Dwyer.

Toimy Son (12-1) fought back from the brink to reward local handler David Menuisier in the Coral Golden Mile. As others hit traffic problems, Oisín Murphy found daylight down the outside for a two-length call.

Menuisier said: "I lost all hope when we got the widest draw. Oisín has given him an absolute peach of a ride."

MICK'S A BIG DEAL

BIG MOMENT: Big Evs holds off Asfoora to land the King George Qatar Stakes for Mick Appleby, pictured right with winning jockey Tom Marquand



CHOR STRENGTH: Caius Chorister is a tough mare

CHORISTER CAN HIT THE RIGHT NOTE

CAIUS CHORISTER (3.00, nap) can call the tune at Glorious Goodwood today.

The mare is one of the toughest in training and her improvement has been remarkable, from a rating of 53 in 2022 to 109.

She has continued to progress this season and ran both Coltrane and Sweet William to a head in two Group Three races.

She was thrown in at the deep end in the Ascot Gold Cup where she failed to settle and probably found the trip too far.

But she is in easier waters taking on her own sex in the Qatar Lillie Langtry Stakes.

Free Wind and **French raider Melo Melo** look the main dangers.

ALIGN THE STARS (2.25) was taken out of the Gordon Stakes on Thursday to run in the Coral Summer Handicap – and the hint should be taken.

He is a rapid improver and although he is taking on older horses, this is an easier target.

Align The Stars is a big unit and may have most to fear

JASON HEAVEY
OFFICIALLY... 2023
BRITAIN'S BEST TIPSTER

from **Fairbanks**, **Mr Freedom** and **Great Bedwyn**. **Calling The Wind** is overpriced if you fancy an each-way shot.

PHANTOM FLIGHT (1.50) excelled in a Listed race on his first start for George Scott (*below*) and can confirm the form with **Al Aasy** in the Coral Glorious Stakes.

The ITV cameras are also at Newmarket for two races and **DOLCE VITTA**

(2.05) is fancied to score in the fillies' nursery.

She has won two of her four races and the handicapper may have been easy on her. **Griselda** is in fine form and is the big threat.

PLACE OF SAFETY (2.40) is tipped to win the Listed Chalice Stakes on only her third racecourse start.

She was impressive when winning at Kempton and is preferred to **Fairy Glen**.



StarForm NUMBER ONE FOR RACING

IN ASSOCIATION WITH



VALUE BET

with Paul Jacobs

JOHN and Thady Gosden got on the Glorious Goodwood scoreboard yesterday I am fascinated by their runners Cover Up and **MOSTABSHIR (3.35)** in today's big betting race, the Coral Stewards' Cup.

The latter has raced exclusively over seven furlongs and a mile in an 11-race career, but time and time again has shown a high cruising speed before backing out close home.

The same scenario came home to roost in the Buckingham Palace Stakes at Royal Ascot and off a 11b lower mark and nicely drawn in stall 24, I think he can cause a surprise at the 18-1 with William Hill, who are also offering six places.

BALLYMOUNT BOY (4.10) has only had his ground once in three outings over seven furlongs when he produced a fine performance to

finish second to Indian Run in the Acomb Stakes at York.

With the fair weather set to continue, he will once again get the fast ground he needs in the Whispering Angel Handicap and looks way overpriced at 10-1 with William Hill with four places available.

He may well be the favourite for the closing nine-furlong handicap, but I think **NATIVE WARRIOR (5.20)** is different

gravy to his rivals and the 15-8 looks a shoe-in against mainly exposed and older handicappers.

■ **LAST** week we landed a lovely gamble on Theme Park in the 4.35 at York, and the Nigel Tinkler (above) horses are worth keeping inside now that they are running much better, with two more winners last week and numerous placings.

DAY SIX OF THE GALWAY FESTIVAL

Racing TV

NEIL RANDON		STAR TIP	
Arabian Diamond	1.55	Hipop De Loire
Teed Up	2.30	Beacon Edge
Puppet Master	3.05	Puppet Master
Newton Duke	3.40	Vadali
King Thistle	4.15	Elzem
Loingseoir	4.50	Drop The Dip
Alpha Capture	5.25	Sixpack
Cameletta Vega	5.55	Cameletta Vega

GOING: FLAT - YIELDING; JUMPS - GOOD

PLACEPOST FIRST SIX RACES

TRACKFACTS Right-handed almost rectangular track of 10f, with a sharp descent to the turn and an uphill finish of 2f.

1.55 BOYLESPORTS BEST ODDS MAIDEN HURDLE (9 flights) 2m 1f (23 runners) €8,870

33-1#	APPLE'S OF BRÉSIL (27)(G,T) B Connell 6 11 12..... M J O'Sullivan	116
42P	ARABIAN DIAMOND (322)(BF,G) G Elliott 6 11 12..... J W Kennedy	122
0B5/	BOOKEM DANNO (687) J McConnell 7 11 12..... D A Kidd (7)	-
4	BRILLIANT LIGHT (F533) J Hanlon 7 11 12..... Paddy Hanlon (7)	-
5	COTAI STAR (F732) J Hanlon 5 11 12..... J McGarvey	-
6	PO FORGOTHEKEYS (11)(H,P) J Gleeson 5 11 12..... T Ryan (5)	64
L	GOLDEN REGAL (172) Seamus G O'Donnell 5 11 12..... J J Sleavin	21
24	HIPPO DE LOIRE (F279) W P Mullins 7 11 12..... P Townsend	-
8	JACKFINBAR (F294) W P Mullins 9 11 12..... D E Mullins	-
10	25-0 JASKO DES DAMES (95)(T) H De Bromhead 5 11 12..... Racheal Blackmore	*124
11	2200 SOUTHERN POINT (61) A O'Grady 6 11 12..... Mr J Aherne (7)	76
12	1-50 VAL VENUS (B)(H) P Hurley 6 11 12..... T Enright	64
13	OF MACE EAGLE (F13) A Slattery 4 11 9..... P K Donovan (5)	89
14	MACANTUILE Leonard Flynn 4 11 9..... T J Kelly (7)	-
15	54- MATTER OF OPINION (125) J P Dempsey 4 11 9..... M P Walsh	-
L-6	MR MACALLUM (47)(T) C O'Leary 4 11 9..... D King	95
18	-L66 REAL EMPIRE (48) J Hanlon 4 11 9..... S Fenelon (7)	95
18	6068 NICOLAS FORTUNE (19)(T) K Heffernan 6 11 5..... R P Geoghegan (7)	84
0-0	DEE'S GETAWAY (8) J P Dempsey 4 11 2..... C G O'Dwyer (5)	69
P-00	NEVER SELF (11) M Hourigan 4 11 2..... P J O'Hanlon	53
21	600- NEVER PRESENT (238) J McConnell 6 11 12..... RESERVE	14
22	P/L IT'S HIS LIFE (3) Peter Fahey 6 11 12..... RESERVE	14
23	HUNGRY ROCK (F30) M McIniff 4 11 9..... RESERVE	-

Star Betting: 5-2 Hipop De Loire, 3 Jasko Des Dames, 7-2 Arabian Diamond, 4 Jackfinbar, 6 Apple's Of Bresil, 12 Brilliant Light, 16 Real Empire, 20 Matter Of Opinion, 25 others.

2023: Enfranchise 5 11 5, D J Gilligan (5)-10-3 (J Hanlon), 18 ran.

STARFORM: JACKFINBAR DANGER: Apple's Of Bresil

2.30 BOYLESPORTS HANDICAP HURDLE (LISTED) Cl 1 (13 flights) 2m 6f 108yds (23 runners) €57,391

1	06-212	BEACON EDGE (29)(G,C,G,S)	G Elliott 10 11 12..... J W Kennedy	149
2	44-511	HAPPY JACKY (29)(D,G,S)	M Fahey 10 10 11 P T Smithers (7)	147
3	1010-2	DARTAN (2)(G,B,T)	M J Smith 7 11 8..... D E Mullins	147
4	13-001	THE WALLPARK (22)	G Elliott 6 11 7..... S Ewing	144
5	351-54	WHATCOULDHAVEBEEN (F15)(BF,D)(P)	J P Fahey 6 11 7.... Aidan Kelly (5)	151
6	46-L11	BARDENSTOWN LAD (22)(D,G,S)(P)	G Cromwell 9 11 4.... C Stone-Walsh (5)	144
7	0/43-P	MT LEINSTER (F5)(S)(P*)	J McConnell 10 11 3.... B W Harvey	-
8	10-411	ZEEBAND (15)(G,S)(T)	P Gilligan 7 11 3 Jack G Gilligan (7)	143
9	21P-PP	CASH BACK (47)(S)(H)	J McConnell 12 11 2.... M J M O'Sullivan	*153
10	151-0B	TOTO TOO (68)(BF,S)	G Cromwell 7 11 2 K M Donoghue	142
11	040-03	ANNA BUNINA (63)(BF,G)(T)	J McConnell 8 11 0.... A Harvey (7)	152
12	221-15	BORN BRAVER (2)(G,S)(P)	G Cromwell 6 11 0.... J Kearney (5)	138
13	0-006	COMFORT ZONE (28)(S)(P*)	J P O'Brien 5 10 13.... S D Torrens	144
14	0-0245	SO SCOTTISH (28)(G)(P)	E Mullins 7 10 13..... M P Walsh	149
15	15-P	BILLERICAY DICKIE (92)(S)(T)	W P Mullins 5 10 12.... P Townsend	142
16	-322F3	MOONOVERCLOON (22)(G)	M J Smith 7 10 12..... J Smith (7)	145
17	50-014	BALTIC BIRD (F5)(BF,G)	W Durkan 5 10 11.... O R Brown (5)	145
18	/1100-	BUILDING BRIDGES (F29)(CD,D,G)	Gary McGill 8 10 11 Mr Oran McGill (7)	134
19	021/1-	TEED UP (F5)(C2,S)	E Mullins 7 10 11..... D Meyler	143



MOST LIKELY: Mostabshir can upset the odds in the Stewards' Cup at Goodwood

■ Paul Jacobs tips as Moorestyle in our sister paper the Daily Star Sunday and has won the Racing Post Naps Table five times...

20	56-P11	GOLDEN TEMPLE (F3)(G)(B,T)	N Meade 4 10 6..... D J O'Keefe	140
21	022L-0	GABBYS CROSS (93)(S)	H De Bromhead 9 10 10 RESERVE	150
22	U-456	STREETS OF DOYEN (15)(G)	J McConnell 10 10 9..... RESERVE	137
23	U-214	WEST AWAY (14)(BF,G)	J McConnell 6 10 8..... RESERVE	147

Star Betting: 13-2 Toto Too, 7 Beacon Edge, Teed Up, 10 Zeeband, The Wallpark, Billericay Dickie, Golden Temple, Happy Jacky, 12 others.

2023: Ambitious Fellow 7 11 1, Sam Ewing 14-1 (Peter Fahey), 16 ran.

STARFORM: BALTIC BIRD 11-4fav (10-12) Soon tracked leader, 3rd at 8th, improved to 2nd 2 out, under pressure in 3rd approaching straight, weakened in 4th run-in, 4th of 14, 15f behind Happy Jacky (11-4) at Kilbeggan 3m hcp hdl in Jun.

Billericay Dickie 6-1 (11-12) Tracked leaders early, pushed along and dropped to rear halfway, pulled up before 4 out, in a race won by Eagle Fang (11-1) at Punchestown 2m nh nov hdl sft in May, 14 ran.

Toto Too 4-1fav (11-11) Rear of mid division, 10th halfway, progress into 8th 3 out, brought down next, in a race won by Baltic Bird (10-9) at Ballinrobe 2m 7f ext hcp hdl gd in May, 15 ran.

Beacon Edge 15-2 (11-10) Led and disputed briefly, tracked leader from 2nd, slight mistake 4th, ridden in 2nd entering straight, slight mistake 3 out, under pressure in 3rd 2 out, stayed on into 2nd last, kept on run-in without troubling winner, 2nd of 6, 4 1/2f behind Happy Jacky (10-7) at Cork 3m hdl gd in Jul.

Teed Up 4-6fav (11-7) Mid-division, niggled along early, not fluent 2nd, slight mistake 5th and niggled along, good headway into 2nd entering straight, ridden to lead at last, stayed on well, comfortably, won at Galway 2m 1f cond hcp hdl in Aug '23 beating Gold Speed (12-0) by 3 1/2f, 14 ran.

Golden Temple 5-1 (10-9) Made all, clear after 3rd and 8 lengths lead halfway, extended advantage after 8th, mistake 2 out, pushed along and not fluent last, kept on well, won at Roscommon 2m 4f nov hdl 0-123 gd in Jun beating Going Live (11-7) by 9f, 7 ran.

Happy Jacky 10-3 (10-7) Soon disputed, led 2nd, pushed along before 3 out, asserted before 2 out where slight mistake, kept on strongly from before last, won at Cork 3m hdl gd in Jul beating Beacon Edge (11-10) by 4 1/2f, 6 ran.

STARFORM: BALTIC BIRD DANGER: Billericay Dickie

3.05 BOYLESPORTS IRISH EBF MAIDEN 2YO 1m (6 runners) €9,652

1	(6) DELTA	J P O'Brien 9 7..... D McMonagle	-
2	(4) PUPPET MASTER (19)	A P O'Brien 9 7..... W M Lordan	*85
3	(1) SENIOR MONTECRISTO (17)	Kevin Coleman 9 7..... C T Keane	51
4	(3) STARRY DESERT (19)	J Harrington 9 7..... S Foley	80
5	(2) TENNESSEE STUD	J P O'Brien 9 7..... D McDonogh	-
6	(5) YOU ARE MINE	J A Stack 9 2..... J A Heffernan	-

Star Betting: 10-11 Puppet Master, 10-3 Delta, 5 You Are Mine, 7 Starry Desert, Tennessee Stud, 25 Senior Montecristo.

2023: Navy Seal 9 7, Seamie Heffernan 1-4 Fav (A P O'Brien), drawn (6), 6 ran.

STARFORM: PUPPET MASTER 10-1 (9-0) Soon settled behind leaders, 5th halfway, progress into 3rd 3f out, ridden over 2f out, 2nd and no impression on leader 1f out, kept on same pace final furlong, 2nd of 9, 1 3/4f behind Apples And Bananas (9-7) at Killarney 1m 2yo mdn gd in Jul.

Delta Kitten's Joy colt out of Simple Verse.

You Are Mine Australia filly out of Many Hearts.

Starry Desert 7-1 (9-7) Led and disputed, headed after 1 1/2f, 2nd halfway, ridden 3f out, no extra in 3rd 1f out, kept on one pace final furlong, 4th of 9, 4 1/2f behind Apples And Bananas (9-7) at Killarney 1m 2yo mdn gd in Jul.

Tennessee Stud Wootton Bassett colt out of In My Dreams.

STARFORM: PUPPET MASTER DANGER: Delta

3.40 BATHSHACK MAIDEN 1m (16 runners) €8,870

1	(5) 0- AUDDSCAR (412) J McConnell 4 9 10..... Siobhan Rutledge (3)	-
2	(9) L- BID UP (272) R O'Sullivan 3 9 8..... N M Cosse	-
3	(11) 54 EL REGALO (12) E Mullins 3 9 8..... S Foley	71
4	(16) 54-2 FLYING BAY (17) A Kirinos 3 9 8..... B M Coen	*81
5	(8) 2 NEWTOWN DUKE (27) D K Weld 3 9 8..... C D Hayes	71
6	(12) 06 REDEMPTIVE POWER (12) G Cromwell 3 9 8..... G F Connor	69
7	(6) 0 TASK AHEAD (24) J McConnell 3 9 8..... D W O'Connell	53
8	(13) LLL THE REAL SCREAMER (12)(T*) P W Flynn 3 9 8..... L F Roche	51
9	(1) LL THE FUTUREISNOW (15) M Hourigan 3 9 8..... J A Heffernan	79
10	(3) 2 THE QUIETMAN (118) J P O'Brien 3 9 8..... D McMonagle	79
11	(4) 40 THOMPSON GUNNER (12) Cian Hughes 3 9 8..... R Colgan	69
12	(7) 0L THREAVENING (24) P Stafford 3 9 8..... J J Ryan (5)	24
13	(16) L- TRIBAL MOON (85)(B)(T) Daniel Murphy 3 9 8..... S T McCullagh (3)	-
14	(2) -432 VADALI (27)(BF)(H) M Halford & T Collins 3 9 8..... C T Keane	77
15	(14) 30 WOOTTONPASSIT (16) M Brassil 3 9 8..... M M Ryan	71
16	(10) L0 MADAM ALKATERINA (14) M Hourigan 3 9 8..... W Joyce (5)	50

Star Betting: 9-4 Newtown Duke, 5-2 Thequietman, 3 Vadali, 6 Flying Bay, 10 El Regalo, 14 Thompson Gunner, Redemptive Power, 16 Woottonpassit, 25 others.

2023: Bottler's secret 3 9 8, Dylan McMonagle 3-1 (Ciaran Murphy), drawn (5), 11 ran.

STARFORM: NEWTON DUKE DANGER: Thequietman

TOP TRAINERS (with runners) W P Mullins 42 winners, (17.4% strike rate), -£10.68, G Elliott 30, (12.7%), -£6.74.

TOP JOCKEYS (with mounts) Paul Townend 21 winners, (21.6% strike rate), -£22.59, Shane Foley 21, (14.8%), +£6.37.

4.15 IRISH EBF NURSERY HANDICAP 2YO 7f (14 runners) €8,870

1	(2) 4312 ELZEM (28)(G) J P O'Brien 10 0..... D McMonagle	76
2	(13) 532 KING THISTLE (15)(BF) J P Murtagh 9 10..... B M Coen	78
3	(11) 134 LADY O (17)(S)(P*) J Harrington 9 7..... S Foley	*80
4	(9) 060L BARTON KEY (13) J P O'Brien 9 6..... H J Hogan (5)	73
5	(10) 0340 GANLETA MIAN (50) K Smith 9 2..... C T Carroll	75
6	(7) 400 ERIC LOCK (71)(P) N Meade 9 11..... C T Keane	79
7	(14) L00 BOUTELLA (24) D Marnane 8 11..... L T McAteer	72
8	(6) 540 SHE'S IDEAL (21) J Davison 8 10..... J M Sheridan	75
9	(4) 050 CHURCHILL GALE (16)(P*,T) T G McCourt 8 8..... J J Ryan (5)	74
10	(3) 0606 JAMES THE SECOND (16) M Mulvany 8 7..... W Joyce (5)	78
11	(12) 560 MOVIN AND GROOVIN (21) A McGuinness 8 7..... R P Cleary	73
12	(8) 0000 SUNRISEONTHEBOYNE (30) M Mulvany 8 7..... C D Hayes	75
13	(5) 000 ABRAHAM ANSWER (8) M C Grassick 8 7..... D E Sheehy	70
14	(1) 0L00 FAIRE LA NOUBA (19) John F O'Neill 8 7..... M W Hasset (5)	74

LONG HANDICAP: Movin And Groovin 8-4, Sunriseontheboyne 8-3, Abraham Answer 8-0, Faire La Nouba 7-1.

Star Betting: 9-4 Elzem, 4 Lady O, 9-2 King Thistle, 8 She's Ideal, 10 Barton Key, 12 Eric Lock, 14 Churchill Gale, Gangsta Man, 16 others.

2023: Portland 9 10, Seamie Heffernan 15-8 (A P O'Brien), drawn (4), 4 ran.

STARFORM: ELZEM DANGER: King Thistle

4.50 ARDILAUN HOTEL HANDICAP (50-75) 7f (19 runners) €8,870

1	(13) -0L1 CLEAR QUARTZ (4)(C2,S) M Fahey 7 10 (7)..... D W O'Connell	74
2	(17) -224 SHAWAAMEKH (74)(D4,G,S)(T) J F Levins 10 10 2..... D M Ryan	77
3	(5) 5-23 IMPOSING SUPREME (4)(CD,C2,G,S) T Gibney 8 10 1 G M Orron	77
4	(1) -600 MILE END (82)(S)(B) Ciaran Murphy 4 10 1..... B M Coen	69
5	(8) 2334 RAMIRO (79)(D4,S)(H) Miss M McLoughlin 8 10 1..... J J Ryan (5)	76
6	(15) 5060 ROYAL PIPPER (4)(D2,S)(P) P Magee 7 10 1..... R P Cleary	76
7	(11) 0013 EXPOUND (18)(G)(R) T Hogan 5 10 0..... J M Sheridan	78
8	(18) L005 LOINGSEOR (89)(S)(T) M C Grassick 10 0..... D E Sheehy	70
9	(12) 0542 MOUNT RUAPHEU (24)(A,G)(T) Slatery 4 10 0..... A J Tierney	75
10	(7) 0504 DRAGON OF MALTA (14)(CD2,D2,G,S)(B,T) P F O'Donnell 7 9 11..... S Foley	*79
11	(16) L005 DROP THE DIP (4)(G,S) T Gibney 4 9 11..... R Whearty (5)	67
12	(9) -6L1 LADY ARWEN (10)(D2,G) C O'Dwyer 5 9 11..... C Horgan (7)	72
13	(3) -011 STORMIE OUTLOOK (17)(G)(T) E J O'Grady 5 9 11..... J A Heffernan	74
14	(19) -504 RACING ROYALTY (66)(BF,D2,S)(B) G Scott 5 10..... N M Cosse	75
15	(10) 6553 LOUESCALL (5)(P) D H Kelly 3 9 5..... M W Hasset (5)	72
16	(8) 0L65 RAMRO (79)(D4,S)(H) Miss M McLoughlin 8 10 1..... C T Keane	70
17	(15) 011 EDDIE G (204)(A) McGuinness 3 9 4..... RESERVE	72
18	(14) 4210 BLACKCASTLE STORM (4)(D,A,G)(T) M Smith 7 9 9..... RESERVE	74
19	(12) 0130 RIVER DERWENT (4)(D4,A,G)(B) Thomas Coyle 6 9 9..... RESERVE	76

Star Betting: 11-2 Clear Quartz, 6 Imposing Supreme, Expound, 13-2 Mount Ruapheu, 7 Ramiro, 8 Dragon Of Malta, 10 Stormie Outlook, Shawaamekh, Louiescall, Racing Royalty, 14 others.

2023: Dragon Of Malta 6 9 11, Colin Keane 4-1 Fav (P F O'Donnell), drawn (5), 16 ran.

STARFORM: CLEAR QUARTZ DANGER: Imposing Supreme

5.25 MCDONOGH HANDICAP (50-80) 1m 4f (21 runners) €8,870

1	(12) 302/ NAPPER TANDY (44)(D) M J Smith 6 10 2..... D McMonagle	-
2	(19) 2112 SIXPACK (24)(BF,D,G)(B) J P Murtagh 4 10 2..... B M Coen	79
3	(17) 510- MISTER WILSON (41)(C2,S)(H) G Cromwell 5 10 1..... G F Carroll	-
4	(16) 0015 MOONLIT MIST (40)(G) D H Kelly 4 10 1..... Amy Jo Hayes (7)	78
5	(3) 0-45 ORIOLE (21)(G)(P) N Lupini 5 10 0..... D McMonagle	79
6	(9) -036 COMPLETE FICTION (50)(C,G)(P) J P Fahey 7 9 12..... S T McCullagh (3)	80
7	(11) 054- PEARL OF AUSTRALIA (288)(P*) N Meade 4 9 12..... Jamie Powell (3)	80
8	(18) 166- DREAM ESCAPE (J29)(S) T Mullins 5 9 11..... J A Heffernan	76
9	(5) 25-0 NAKASSAMA (3) N C Kelly 4 9 11..... Kilian Leonard	79
10	(11) 010 ALPHA CAPTURE (4)(H,S)(H) W P Mullins 4 9 10..... C T Keane</	

StarForm NUMBER ONE FOR RACING



NEWMARKET ITV: 2.05 & 2.40 Racing TV

JASON HEAVEY STAR TIP

Dolce Vitta	2.05	Ghost Run
Place Of Safety	2.40	Fairy Glen
Desert Flower	3.15	Desert Flower
Monkey Island	3.50	Cracking Gold
Charging Thunder	4.25	Fighter Command
Marching Mac	5.00	Captain Dandy

GOING: GOOD-TO-FIRM, GOOD IN PLACES

TRACKFACTS July course is an undulating galloping track of 2m. All races upto a mile are on the straight course. Stalls today Centre.

2.05 BRITISH STALLION STUDS EBF FILLIES' NURSERY

1	101420	(9) IT AIN'T TWO (14)(BF,D,G,S)	H Palmer 9 9.....A Keeley (3)	94
2	301	(7) MAGIC MILD (23)(CD,G)	C Cox 9 5.....S Osborne	92
3	251	(1) MISS FASCINATOR (8)(D,G)	R Varian 9 4.....S De Sousa	90
4	414	(5) ARDEUR (33)(BF,D,G)	R Beckett 9 2.....E Greatrex	90
5	400111	(3) GRISELDA (8)(D3,F,G)	G Scott 9 2.....Liam Wright (5)	92
6	561	(4) GHOST RUN (15)(D,G)	A Balding 9 0.....H Davies	91
7	43110	(12) MISS COLLADA (14)(A,G)	R Hannon 8 12Alec Volkhansky (3)	89
8	3151	(6) DOLCE VITTA (24)(D2,F,S)	G Boughy 8 11 Billy Loughnane	90
9	012	(11) COUNTESS CIARA (12)(D,G)	A Watson 8 10Laura Coughlan (3)	93
10	0301	(8) NAINA (25)(S)	J Ryan 8 6.....Laura Pearson	87
11	3542	(2) PATSY SNUGFIT (22)(B*)	E J-Houghton 8 5 Georgia Dobie	93

(10) ART DESIGN (17)

Star Betting: 9-2 Magic Mild, 5 Miss Fascinator, 11-2 It Ain't Two, 6 Griselda, 13-2 Ardeur, 8 Ghost Run, 10 Dolce Vitta, 14 others. 2023: Flaccianello 9 0, Kevin Stott 5-1 (R Fahey), drawn (10), 6 ran.

2.40 EBF CHALICE STAKES (FILLIES & MARES' LISTED)

1	5-6020	(9) CHING SHIH (14)(S)(H)	D M Simcock 5 9 9.....S Osborne	99
2	0034L-	(4) LIMATE FRIENDLY (302)(D,G)	James Owen 4 9 9.....N Callan	101
3	2-3435	(3) DIVINA GRACE (14)(C,D2,F)	R Guest 4 9 9.....Billy Loughnane	97
4	1224-L	(8) DUBAI CRYSTAL (132)(BF,S)	G Boughy 4 9 9.....E Greatrex	52
5	534-02	(2) LMA Y (46)(D,F)(H)	J & T Gosden 4 9 9.....R Havlin*	104
6	6400-5	(5) PERSIST (17)(F,G)	G Boughy 5 9 9.....J P Spencer	102
7	L-0453	(6) AMBIENTE AMIGO (14)(A,S)	James Owen 3 8 13..S De Sousa	95
8	0-11	(1) FAIRY GLEN (18)(D,A)	S & E Crisford 3 8 13.....H Davies	87
9	41	(7) PLACE OF SAFETY (30)(A)	J & T Gosden 3 8 13.....B Sayette	86

Star Betting: 11-4 Place Of Safety, 10-3 Fairy Glen, 9-2 Lmay, 7 Persist, 15-2 Ambiente Amigo, 10 Ching Shih, 12 others. 2023: Sweet Memories 3 8 13, Hollie Doyle 4-1 (J & T Gosden), drawn (2), 10 ran.

STARFORM PERSIST 12-1 (8-13) 5th of 9, 2 3/4l behind Quest The Moon (9-3) at Vichy(FR) 1m 2f Grp 3 sft in Jul.

Lmay 40-1 (9-3) Prominent on outside, took keen hold, led 3f out, ridden over 1f out, headed inside final furlong, just held on to 2nd, 2nd of 16, 1 1/4l behind Bellocchio (9-7) at Royal Ascot 1m 6f hc 0-105 (2) gf in Jun. Place Of Safety 8-11av (9-2) Smartly away, reined back to race in share of third, hung left when winding up with challenge inside 3f out, travelled smoothly when led before 2f out, asserted from 1f out, went clear before final 110 yards, unchallenged when slightly eased near finish, impressive, won at Kempton 1m 3f (5) pol in Jul beating Jubenberry (9-2) by 5l, 10 ran.

STARFORM: PERSIST DANGER: Lmay

PLACEPOT FIRST SIX RACES

3.15 TURNERS EBF FILLIES' NOVICE STAKES

1	(3)	1 DESERT FLOWER (21)(CD,G)	C Appleby 9 9.....Billy Loughnane	94
2	(4)	DASH OF AZURE R Beckett 9 2.....E Greatrex	-	-
3	(1)	00 HOT LIKE ME (23) R Spencer 9 2.....S Osborne	77	-
4	(6)	KAIYA R Hannon 9 2.....Alec Volkhansky (3)	-	-
5	(2)	50 MYSTICAL BRAS (22) Darryll Holland 9 2.....J F Egan	68	-
6	(5)	UNEX FRIENDLY James Owen 9 2.....S De Sousa	-	-

Star Betting: 1-2 Desert Flower, 9-2 Dash Of Azure, 8 Unex Friendly, Kaiya, 25 Hot Like Me, 50 Mystical Queen. STARFORM: DESERT FLOWER DANGER: Dash Of Azure

3.50 TURNERS HANDICAP

1	(7)	1240 CRACKING GOLD (44)(D2,A)	C Cox 9 11.....Billy Loughnane	94
2	(1)	2210 JUNGLE MAC (2)(C,A,G)	J Channon 9 8.....E Greatrex	94
3	(4)	105 MONKEY ISLAND (14)(D,G)	B Meshan 9 8.....H Davies	97
4	(3)	3425 USUARIO AMIGO (63)(BF)	James Owen 9 7.....S De Sousa	92
5	(6)	0023 QUATRE BRAS (14)(D,A)(P)	J Chapple-Hyam 9 6.....N Callan	96
6	(2)	0-20 EMINNY (167)(D2,G)	M Appleby 9 4.....A Rawlinson	95
7	(5)	0202 RUN BOY RUN (22)(A)(P)	R Spencer 9 1.....S Osborne	95

Star Betting: 5-2 Jungle Mac, 4 Run Boy Run, 9-2 Usuario Amigo, 5 Quatre Bras, 6 Cracking Gold, 15-2 others. STARFORM: RUN BOY RUN DANGER: Usuario Amigo

4.25 TURNERS PARK GROUP LTD HANDICAP

1	(1)	455P YOUTHFUL KING (84)(A,G)	L Dace 5 10 2.....Jack Dace (7)	92
2	(4)	3541 ENSURED (105)(D,G,S)(P)	Dr R Newland & J Insole 6 9 12	-
3	(3)	3L44 CHARGING THUNDER (7)(C,D2,A,G)(P)	D O'Meara 6 9 12	-
4	(6)	621 MIGHTY BANDIT (25)(S) W Greatrex 4 9 9.....E Greatrex	91	-
5	(5)	1225 LUDO'S LANDING (9)(G)	C Johnston 4 9 6.....Billy Loughnane	90
6	(2)	310 FIGHTER COMMAND (77)(S) J & T Gosden 3 9 1	-	-

Star Betting: 9-4 Mighty Bandit, 11-4 Ensured, 10-3 Fighter Command, 13-2 Ludo's Landing, 8 Charging Thunder, 12 others. 2023: Reina Del Mar 5 9 4, Saffie Osborne 10-11 Fav (E Walker), drawn (4), 5 ran.

5.00 TURNERS OF SOHAM HANDICAP

1	(1)	1320 SCOOPS AHoy (8)(D3,A,G,S)	R D O'Meara 3 9 13.....N Callan	71
2	(5)	1020 MISS ANYA (42)(D2,A)(B*)	R Hughes 3 9 13.....G Rooke	75
3	(8)	1200 CATCH CUNNINGHAM (9)(D3,A,G)(H)	M Harrington 5 9 12	-
4	(7)	LL00 WORLD OF DARCY (56)(D,G,S)(B)	J Ryan 3 9 11 Laura Pearson	66
5	(2)	AGOSTINO (24)(A)(V) R Cowell 4 9 10	-	-
6	(4)	6204 THISWYDREAM (22)(D2,A)(P)	M Atwater 5 9 5.....R Havlin	76
7	(4)	0253 MARCHING MAC (25)(BF)(B*)	T G Boughy 3 9 9.....Billy Loughnane	74
8	(3)	1342 CAPTAIN DANDY (37)(A,S)(T*)	S C Williams 4 9 1.....S De Sousa	77

Star Betting: 9-4 Captain Dandy, 7-2 Marching Mac, 4 Scoops Ahoy, 8 Miss Anya, Catch Cunningham, 10 Agostino, 25 others. STARFORM: CAPTAIN DANDY DANGER: Catch Cunningham

WINDSOR sky sports racing

JASON HEAVEY STAR TIP

Heartwarmer	5.45	Moe's Legacy
Yakfeek	6.20	Bow Street
Force And Valour	6.55	Queen All Star
Sarah's Verse	7.25	Moulin Booj
Run Joy Run	7.55	The Conqueror
Bonaventure	8.25	Iffraaj Queen

GOING: GOOD-TO-FIRM

PLACEPOT FIRST SIX RACES

5.45 THAMES ALFA ROMEO SLOUGH FILLIES' HCAP

1	(6)	1005 CINQUE VERDE (6)(D2,A,G)	A Carroll 4 10 0.....Jack Doughty (5)	81
2	(2)	425L CAGE RATTLER (21)(S)(BF,A)	C Cox 4 10 0.....J Fahy	80
3	(7)	2634 WAR BRIDE (14)(D,A)(P)	Miss A Murphy 3 9 9.....R Dawson	80
4	(1)	3303 HEARTWARMER (24)(D,A)(H,T*)	G Boughy 3 9 9.....K Stott	77
5	(3)	2-22 COTAI VISION (189)(D2,A,G)(H*)	P Atwater 3 9 8.....S W Kelly	79
6	(5)	00L REDREDOBIN (23)(D3,F,G,S)	M Saunders 7 9 7.....Gina Mangan (3)	68
7	(4)	1346 MOE'S LEGACY (7)(D2,A,G)	R Harris 3 8 9.....J Haynes	82

Star Betting: 5-2 Cotai Vision, 4 Heartwarmer, 5 Crimion Angel, Cinque Verde, 6 Moe's Legacy, 7 War Bride, 16 Redredobin. 2023: Topo Chico 3 9 3, Laura Pearson 7-2 (D Loughnane), drawn (3), 9 ran.

STARFORM: MOE'S LEGACY DANGER: Cinque Verde

6.20 BRITISH EBF MAIDEN STAKES (GBB RACE)

1	(6)	00 BOW STREET (62) K P De Foy 9 7.....P Bradley	67
2	(3)	1 LEXINGTON BLITZ (12) R Cowell 9 7.....R Dawson	69
3	(7)	MASTER ZACK Martin Dunne 9 7.....J Gilligan	-
4	(10)	RESERVARD 3 & E Crisford 9 7.....K Stott	-
5	(8)	L0 SOLAR EDGE (19) C Mason 9 7.....Gin Mangan (3)	53
6	(1)	L SPACEGAME LOVE SONG (14) M Bell 9 7.....S W Kelly	41
7	(2)	LL THE LAST TIME (17) R Spencer 9 7.....G Wood	31
8	(4)	5L YAKFEEK (10) R Hannon 9 7.....S Hitchcott	76
9	(5)	45 SUMMER OF LIGHT (10) M Wigham 9 2.....R Clutterbuck	77
10	(9)	00 THE FEMININE URGE (8) G Scott 9 2.....D Keenan	74

Star Betting: 11-4 Yakfeek, 3 Reservardo, 4 Summer Of Light, 5 The Feminine Urge, 7 Lexington Blitz, 12 Bow Street, 25 Master Zack, Spacex Love Song, 50 others. 2023: Tan Rapido 9 7, Shane W Kelly 9-2 (C Fellowes), drawn (2), 8 ran.

6.55 BRITISH EBF NOVICE STAKES (GBB RACE)

1	(6)	0 CREST OF ESTEEM (23) K P De Foy 9 7.....P Bradley	60
2	(2)	EXCELLENT ECHO D F Davis 9 7.....L Keniry	-
3	(1)	FORCE AND VALOUR G Scott 9 7.....D Keenan	-
4	(3)	L4 MARRAKESH EXPRESS (15)(H) E J-Houghton 9 7	-
5	(7)	MAYDAY MALONE M Bell 9 7.....S W Kelly	-
6	(4)	SIXTEENGEESBABY(T) Tom Clower 9 7.....R Dawson	-
7	(5)	QUEEN ALL STAR J Channon 9 2.....K Stott	-

Star Betting: 9-4 Marrakesh Express, 3 Queen All Star, 7-2 Force And Valour, 6 Mayday Malone, 8 Sixtygeesbaby, 16 Excellent Echo, 20 Crest Of Esteem. 2023: Sonmarg 9 4, Robert Havlin 14-1 (S Woods), drawn (4), 10 ran.

STARFORM: MARRAKESH EXPRESS DANGER: Force And Valour

7.25 GET RACEDAY READY HANDICAP

1	(2)	L432 MOULIN BOOJ (9)(D3,A,G)	G Scott 4 9 9.....D Keenan	80
2	(3)	2130 ALMATY STAR (22)(D2,A)(P)	R Cowell 4 9 8.....R Dawson	99
3	(4)	3414 THE COFFEE POD (8)(BF,D,G,S)(P)	R Hannon 3 9 6.....S Hitchcott	87
4	(1)	5314 SARAH'S VERSE (8)(CD,D2,A,G,S)	R Harris 7 9 4.....K Stott	89

Star Betting: 5-4 Moulin Booj, 2 The Coffee Pod, 9-2 Sarah's Verse, 7 Almaty Star. STARFORM: MOULIN BOOJ DANGER: Sarah's Verse

7.55 RACEDAY READY HANDICAP

1	(4)	5L4 LAWN RANGER (23)(C5,A,G,S)	M Atwater 9 10 0.....P Bradley	59
2	(2)	6-06 MANOR PARK (9)(CD,G,T,V)	Daisy Hitchens 9 9 12.....N Currie	61
3	(5)	55-1 BOY GEORGE (17)(CD,A,G)	D F Boyle 7 9 11.....L Keniry	59
4	(3)	1024 THE CONQUEROR (31)(A,G,S)(P)	J Davy 6 9 9.....Ethan Jones (5)	63
5	(8)	302L ESCOBEDO (J130)(H,T)	S Kirk 6 9 7.....S Hitchcott	64
6	(7)	6055 SURREY FORCE (28) K P De Foy 3 9 6.....R Dawson	61	-
7	(6)	050 JALEA'S QUEST (H) W Stone 3 9 4.....J Gilligan	58	-
8	(9)	00-0 ELWING (17) I Williams 5 9 2.....R Kavanagh (7)	29	-
9	(1)	3604 RUN JOY RUN (16)(A)(P)	A West 3 8 9.....J Haynes	50

Star Betting: 2 Boy George, 4 Surrey Force, 9-2 The Conqueror, 7 Run Joy Run, 8 Lawn Ranger, 12 Manor Park, 14 others. STARFORM: ESCOBEDO DANGER: Boy George

8.25 GLOBAL QA ISO & BRC CONSULTANTS HCAP

1	(2)	1366 NEW KINGS ROAD (15)(D,G)	R Hannon 9 11.....L Keniry	76
2	(3)	6-06 HAPPY CHANDLER (30) M Carroll 9 8.....R Dawson	69	-
3	(5)	00L IFFRAAJ QUEEN (24)(P) A Earle 9 4.....Jack Doughty (5)	66	-
4	(1)	4054 BONAVENTURE (30)(T) S C Williams 9 8.....K Stott	72	-
5	(4)	0-00 GREYCEE BELL (8)(T) M Atwater 8 3.....Ethan Jones (5)	68	-

Star Betting: 11-8 Bonaventure, 5-2 New Kings Road, 3 Happy Chandler, 12 Iffraaj Queen, 14 Greycee Bell. STARFORM: BONAVENTURE DANGER: New Kings Road

HAMILTON Racing TV

JASON HEAVEY STAR TIP

Temper Trap	6.10	Temper Trap
Shahnaz	6.40	Lunario
Classy Al	7.10	Night On Earth
Jordan Electrics	7.40	Digital
Maso Bastie	8.10	Faylaq
Humble Spark	8.40	Bristol Hill

GOING: GOOD-TO-FIRM, GOOD IN PLACES

PLACEPOT FIRST SIX RACES

6.10 JORDAN ELECTRICS HANDICAP

1	(4)	0064 TEMPER TRAP (13)(BF,CD5,G,S)(T)	T Easterby 7 9 9.....JP Sullivan	60
2	(1)	1004 CAGE RATTLER (21)(S)(P)	S Forster 4 10 0.....D Nolan	62
3	(5)	03L4 CHINESE SPIRIT (11)(CD,C,D4,G,S)	Miss L Perratt 10 9 3.....T Jakes (5)	59
4	(6)	L525 CARVALHAL (13)(V) M Dods 3 9 2.....P Mulrennan	58	-
5	(3)	0034 SOVERAINE (11)(V) C Johnston 3 9 2.....A Mullen	59	-
6	(7)	0-6 LADY PHOEBE (24)(H) A Nicol 3 9 1.....P J McDonald	58	-
7	(2)	00L GROOVE INN (10)(V) M Walford 3 8 10.....Shay Farmer (7)	42	-

Star Betting: 2 Temper Trap, 3 Carvalhal, 9-2 Chinese Spirit, 11-2 Sovereign, 13-2 Cage Rattler, 20 Lady Phoebe, Groove Inn. 2023: Temper Trap 6 9 13, Phil Dennis 15-8 (T Easterby), drawn (7), 8 ran.

STARFORM: TEMPER TRAP DANGER: Cage Rattler

6.40 LORNE BAR OBAN HANDICAP

1	(1)	2231 LUNARIO (36)(D2,G)(B,T)	Alice Haynes 4 10 2.....R Scott	72
2	(5)	1134 ARKENSTAAR (21)(CD3,C2,G,S)(P)	M Dods 4 9 13.....D Nolan	74
3	(3)	0521 ROBY (11)(A,G,S)	J Goldie 6 9 12.....P Mulrennan	74
4	(7)	0502 BELTANE (10)(D2,S) M Walford 5 9 10.....Shay Farmer (7)	76	-
5	(6)	0605 TRAIS FLOORS (12)(D6,A,G,S)	Miss L Perratt 10 9 7.....T Jakes (5)	74
6	(2)	0055 ANGEL OF ENGLAND (1)(S)	E Bethell 3 9 7.....P J McDonald	69
7	(4)	511 SHAHNAZ (28)(CD3,D,G,S)(P)	D Bourke 5 9 4.....A Mullen	75

Star Betting: 9-4 Lunario, 10-3 Rony, 5 Shahnaz, 11-2 Beltane, 6 Arkenstaar, 10 Angel Of England, 16 Trais Floors. STARFORM: ROBY DANGER: Shahnaz

7.10 PDM BUILDBASE SCOTLAND HANDICAP

1	(4)	0451 NIGHT ON EARTH (7)(D11,A,G)	Williams 6 9 13.....D Nolan	86
2	(3)	4510 CAVALIER APPROACH (25)(BF,CD,C,D2,A,G,S)(B)	E Bethell 4 9 4	-
3	(1)	6240 REIGNING PROFIT (7)(D5,A,G,S)(V)	R Carr 5 9 2.....JP Sullivan	88
4	(2)	1344 CLASSY AL (11)(D,G,S)(P)	J Goldie 6 9 11.....P Mulrennan	87
5	(5)	LL5L BOROUGH (5)(CD,D,S)(P)	J Jardine 4 8 5.....A Jary (5)	75

Star Betting: 11-10 Night On Earth, 11-4 Classy Al, 4 Cavalier Approach, 10 Reigning Profit, 12 Borough. STARFORM: NIGHT ON EARTH DANGER: Classy Al

7.40 CUBE GLASS 'SOBA' HANDICAP

1	(1)	2111 JORDAN ELECTRICS (15)(CD2,C6,D4,G,S)	J Goldie 8 9 12.....P Mulrennan	100
2	(5)	0000 BADRI (7)(D4,A,G,S)	M Harrington 7 9 8.....P J McDonald	100
3	(3)	6360 DARK VINTAGE (23)(D,G)(V)	R Fahey 3 9 6.....D Nolan	100
4	(6)	2300 LOOKING FOR LYNDIA (29)(D3,G)(P)	K R Burke 4 9 0.....S Feilden (7)	104
5	(4)	L231 DIGITAL (15)(CD2,D3,A,G,S)	R Carr 6 8 11.....JP Sullivan	100
6	(2)	1002 NEVER DARK (2)(CD,D7,A,G,S)	Jardine 7 8 9.....A Jary (5)*	107

Star Betting: 6-4 Jordan Electrics, 3 Digital, 6 Looking For Lynda, Dark Vintage, 7 Badri, 14 Never Dark.

STARFORM DIGITAL 4-1 (9-11) Pressed leader, pressed new leader entering final furlong, strong challenge inside final furlong, ridden to lead final strides, won at Hamilton 5f hcp 0-80 (4) gd in Jul beating Wee Fat Mac (8-4) by hd, 8 ran.

Jordan Electrics 5-11av (9-7) Quickly away, made all, ridden and ran on gamely inside final furlong, always doing enough, won at Hamilton 6f hcp 0-100 (2) gd in Jul beating Silky Wilkie (9-12) by 1/2l, 9 ran.

Dark Vintage 12-1 (9-4) Raced towards far side, chased leaders, ridden over 2f out, weakened inside final furlong, 10th of 13, 5l behind Sergeant Wilko (8-10) at Newmarket 6f hcp 0-105 (2) gs in Jul.

STARFORM: DIGITAL DANGER: Jordan Electrics

8.10 APEX TRAFFIC MANAGEMENT LTD HANDICAP

1	(4)	5-24 QUANTUM LEAP (15)(BFA,S)(H,T)	E Bethell 5 10 4.....P J McDonald	83
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FINAL DAY OF GLORIOUS GOODWOOD

ITV: 1.50-3

StarForm

Best bets for today's TV action from our experts

DARK THIRTY (3.35) can light up the final day of Glorious Goodwood with victory in the Coral Stewards' Cup.

Richard Hannon's runner is unexposed at today's 6f but posted a career best over the trip at the Craven meeting when beating a decent field of handicappers. He has largely disappointed since over further but the drop back to six could make all the difference - he's only had four tries at the distance yet two of his four wins in a 22-race career have come over it.

Hannon (*above*) has had an eye on this target

all season and seems to have saved the trip drop for the big day.

If this prominent racer is up there late on he won't be lacking stamina, so snap up the big odds on offer (28-1 at time of writing).

TRUE LEGEND (2.25)

has been super consistent this year without winning and looks value to gain a deserved victory in the Coral Summer Handicap.

Mark Prescott's colt endured a nightmare passage when just failing to get up over today's C&D before another choppy journey when an eye-catching fifth in the Northumberland Plate.

He again showed his turn was near when narrowly beaten by a pair of classy three-year-olds in Tactician and Atilla The Honey last time and is handicapped to go close.

FREE WIND (3.00, nap) looked a good thing in last year's Lillie Langtry before downpours turned Goodwood into a bog.

In the event she was thrashed by today's rival Sumo Sam but bounced back on faster ground when pipped by the top-class Warm Heart in the Yorkshire Oaks.

There was no disgrace in her six-length second to King George runner-up Bluestocking on her return 79 days ago, she goes well fresh and conditions should be perfect for her.



1.50 CORAL GLORIOUS STAKES (GROUP 3)

- 1 (5) **AIMERIC (35)(D4,F,G)**
L1-122 R Varian 5 9 3 James Doyle 119
- 2 (4) **AL AASY (14)(D4,G,S)**
1125-2 W Haggas 7 9 3 J Crowley*122
- 3 (3) **LION'S PRIDE (29)(BF,D,A)**
331-33 J & T Gosden 4 9 3 K Shoemark 120
- 4 (2) **PHANTOM FLIGHT (14)(F,G,H)**
3425-1 G Scott 5 9 3 C Shepherd 121
- 5 (1) **RELENTLESS VOYAGER (49)(BF,D2,A,G)(T)**
3L-313 A Balding 4 9 3 O Murphy 119

Star Betting: 15-8 Al Aasy, 7-2 Aimeric, Phantom Flight, 11-2 Relentless Voyager, Lion's Pride.
2023: Hamish 7 9 6, Tom Marquand 5-6 Fav (W Haggas), drawn (3), 7 ran.
STARFORM: AL AASY DANGER: Phantom Flight

2.25 CORAL SUMMER HANDICAP

- 1 (11) **CALLING THE WIND (365)(C,D,A,G)(P)**
46210- R Hughes 8 9 12 F Marsh 90
- 2 (9) **FAIRBANKS (22)(C,D,A,F,G)(B)**
-61261 A Balding 4 9 10 O Murphy 104
- 3 (6) **INTINSO (46)(A)**
6-133L J & T Gosden 4 9 8 H Doyle 105
- 4 (2) **TRUE LEGEND (8)(A,G)(P)**
5-2253 Sir M Prescott 4 9 3 L Morris 106
- 5 (1) **SHERADANN (21)(G,S)(T*)**
6111-L I Williams 4 9 2 H Crouch 84
- 6 (12) **EUCHEN GLEN (21)(D,F,G,S)**
LL2416 J Goldie 11 9 2 Rossa Ryan*108
- 7 (4) **AYYAB (41)(C,A,G)**
0-2316 S Woods 4 8 13 T Marquand 104
- 8 (14) **TIDES OF WAR (22)(CD,G,S)(H)**
-00016 D M Simcock 6 8 13 H Turner 105
- 9 (8) **GREAT BEDWYN (15)(C,A,G)**
61-241 R Hannon 4 8 12 P Dobbs 105
- 10 (10) **ALIGN THE STARS (28)(D,G)**
-22311 C Johnston 3 8 12 J Fanning 100
- 11 (3) **KNIGHTSWOOD (22)(F,G)**
203244 C Johnston 5 8 12 J Hart 107
- 12 (5) **FORZA ORTA (35)(F,G)(P*)**
0-0066 K Ryan 6 8 10 T Eaves 106
- 13 (13) **MR FREEDOM (8)(C,D,A,F,G)(P)**
113-11 Miss S West 5 8 9 T Whelan 105
- 14 (7) **DANCING IN PARIS (14)(BF,D,G)**
021214 I Williams 4 8 9 D Probert 106

Star Betting: 11-4 Fairbanks, 4 Align The Stars, 8 True Legend, Dancing In Paris, 10 Great Bedwyn, 12 Knightswood, Intinso, 14 Ayyab, 16 others.
2023: Sweet William 4 9 6, Robert Havlin 9-4 Fav (J & T Gosden), drawn (2), 11 ran.
STARFORM: TRUE LEGEND DANGER: Fairbanks

3.00 QATAR LILLIE LANGTRY STAKES (FILLIES' & MARES' GRP 2)

- 1 (4) **CAIUS CHORISTER (44)(C,D,F,G)**
31-226 D Menuisier 5 9 9 H Bentley 114
- 2 (2) **DANCING TANGO (14)(A,G,S)(T)**
1-4225 J P O'Brien (IRE) 5 9 9 S M Levey 109
- 3 (5) **DIVINE COMEDY (46)(D3,A,F,G,S)**
13-312 Harry Eustace 6 9 9 R Kingscote 108
- 4 (9) **FREE WIND (79)(BF,C,F,G,S)**
4205-2 J & T Gosden 6 9 9 K Shoemark 116
- 5 (6) **MELO MELO (75)(D,G,S)**
120-23 F Graffard (FR) 5 9 9 James Doyle*117
- 6 (7) **NIGHT SPARKLE (29)(D3,F,G)**
10-202 A Balding 5 9 9 O Murphy 106
- 7 (1) **RIVER OF STARS (41)(D2,A,F,G)**
224-31 R Beckett 5 9 9 Rossa Ryan 108
- 8 (8) **SUMO SAM (91)(BF,CD,G,S)(T)**
511L-L P & O Cole 4 9 9 T Marquand 111
- 9 (3) **SWEET MEMORIES (28)(G,S)(P)**
1120-4 J & T Gosden 4 9 9 DOUBTFUL 106
- 10 (10) **TERM OF ENDEARMENT (70)(D,G)(H)**
5210-1 H De Bromhead (IRE) 5 9 9 W J Lee 109
- 11 (11) **GRATEFUL (24)(D,G)**
0-161 A P O'Brien (IRE) 3 8 12 J Crowley 97
- 12 (12) **OXFORD COMMA (48)(G,S)**
3-11 R Beckett 3 8 12 H Crouch 91

Star Betting: 5-2 Free Wind, 4 Caius Chorister, 9-2 Melo Melo, 10 Term Of Endearment, River Of Stars, Sumo Sam, 12 Grateful, 16 Dancing Tango, 20 others.
2023: Sumo Sam 3 8 11, Tom Marquand 25-1 (P & O Cole), drawn (1), 8 ran.

STARFORM FREE WIND 15-8fav (9-2) Slowly into stride, held up in 5th, ridden far side of group and unable to quicken 2f out, stayed on into 2nd towards finish, never any chance with impressive winner, 2nd of 5, 6l behind Bluestocking (9-2) at York 1m 2f fil Grp 2 stks (1) gd in May.

Caius Chorister 20-1 (9-1) Took keen hold, close up, wide and headway to press leader 8f out until pushed along 3f out, weakened over 1f out, 6th of 9, 21l behind Kyrios (9-4) at Royal Ascot 2m 4f Grp 1 (1) gd in Jun.

Melo Melo 11-4 (8-13) 3rd of 7, 3 1/2l behind Pensee Du Jour (8-13) at Saint-Cloud(FR) 1m 2f Grp 2 gs in May.

River Of Stars 1-1fav (9-2) Tracked leaders out wide, went 2nd 10f out, pushed along over 2f out, ridden to lead over 1f out, held on gamely, all out, won at Pontefract 1m 4f fil 1st stks (1) gd in Jun beating Ching Shih (9-2) by ns, 11 ran.

Sumo Sam 2-1fav (9-9) Led, ridden and headed over 3f out, soon lost position, weakened over 1f out, last of 7, 18l behind Gather Ye Rosebuds (9-2) at Goodwood 1m 4f fil 1st stks (1) sft in Jul.

Term Of Endearment 4-1 (9-2) Chased leaders, pushed along well over 2f out, headway 2f out, lugged left and bumped rival when leading over 1f out, tried to hang left throughout final furlong, kept on and always doing enough, won at York 1m 6f fil Grp 3 (1) gs in May beating Night Sparkle (9-2) by 3/4l, 10 ran.

Grateful 12-1 (8-9) In touch, 4th halfway, improved to 3rd over 3f out, travelled well to lead entering straight, stayed on well final furlong, reduced lead close home, won at Fairyhouse 1m 6f fil Grp 3 stks (1) gd in Jul beating Dancing Tango (9-9) by 1/2l, 10 ran.

Dancing Tango 25-1 (9-8) Dwelt, soon mid-division, progress into moderate 5th 4f out, ridden and no impression over 2f out, kept on one pace, 5th of 10, 10l behind Tower Of London (9-11) at Curragh 1m 6f Grp 2 (1) gd in Jul.

Night Sparkle 11-4 (8-11) Tracked leaders, ridden to chase winner over 1f out, kept on one pace, 2nd of 6, 2l behind Trueshan (9-2) at Sandown 2m Listed stks (1) gd in Jul.

Sweet Memories 8-1 (9-7) Slowly into stride, held up in last pair, some late minor headway, never going pace to get involved, 4th of 8, 7l behind Queen Of The Pride (9-7) at Haydock 1m 4f Grp 2 fil (1) gd in Jul.

Divine Comedy 8-1 (9-4) Held up in mid-division, headway over 2f out, chased winner over 1f out, every chance entering final furlong, held final 75 yards, stayed on, 2nd of 20, 1/2l behind Pledgeofallegiance (8-13) at Royal Ascot 2m 4f Lincoln hcap (2) gf in Jun.

Oxford Comma 7-2 (9-4) Front mid-division, pushed along over 2f out, ridden over 1f out and stayed on strongly, led over 110 yards out and drew away, won at Doncaster 1m 4f nov mdn stks (5) gs in Jun beating Hosaam (9-9) by 3l, 12 ran.

3.35 CORAL STEWARDS' CUP (HERITAGE HANDICAP)

- 1 (13) **RAMAZAN (35)(D,F,G,S)**
2-2200 R Fahey 4 9 12 Brandon Wilkie (5) 113
- 2 (23) **DARK TROOPER (42)(BF,D5,A,F,G,S)**
-56412 A De Mieuille (FR) 4 9 12 James Doyle 110
- 3 (6) **FIVETHOUSANDTOONE (7)(CD,D3,A,G)(V)**
110040 A Balding 6 9 11 C Hutchinson (3) 106
- 4 (21) **ALBASHEER (7)(D2,A,F)(B)**
000021 A Watson (6lb ex) 6 9 11 H Doyle 109
- 5 (16) **RUMSTAR (42)(CD,F,G)**
00-L20 J Portman 4 9 10 R Hornby 111
- 6 (5) **SEVEN QUESTIONS (46)(D2,F,G,S)(P)**
300130 G Scott 3 9 9 C Shepherd 106
- 7 (27) **APOLLO ONE (28)(D2,A,F,S)**
30-236 P Charalambous & J Clutterbuck 6 9 9 R Kingscote111
- 8 (10) **ROHAAN (14)(D9,A,F,G,S)(V*)**
545L00 P Evans 6 9 9 T P Queally 107
- 9 (24) **MOSTABSHIR (21)(A,F)(B)**
5-3040 J & T Gosden 4 9 8 J Crowley 111
- 10 (26) **COVER UP (42)(D,A,G)**
1-1100 J & T Gosden 4 9 6 K Shoemark 110
- 11 (8) **LETHAL LEVI (21)(D7,F,G)(B)**
-00142 K R Burke 5 9 5 C Lee 112
- 12 (28) **GET IT (21)(D3,A,F,G)**
036110 G Baker (6lb ex) 6 9 5 P Cosgrave 107
- 13 (22) **ALEEZDANCER (63)(D5,G,S)(B)**
6-3010 K Ryan 5 9 4 T Eaves 110
- 14 (14) **PUROSANGUE (28)(D,F,S)**
1-3502 A Balding 3 9 4 O Murphy*114
- 15 (12) **FERROUS (7)(C,D3,A,F,S)**
-11300 J Channon 4 9 4 D Probert 112
- 16 (3) **ROCKET RODNEY (15)(C,D,G)**
-D0000 G Scott 4 9 4 D Muscutt 105
- 17 (19) **DARK THIRTY (21)(D2,G)**
-13000 R Hannon 4 9 2 S M Levey 109
- 18 (11) **GLENFINNAN (22)(D,G)**
-01356 M Dods 4 9 2 C Beasley 108
- 19 (2) **WODAO (35)(G)(T)**
6000-0 J Osborne 4 9 2 H Crouch 104
- 20 (4) **BILLYJOH (3)(BF,D4,A,G)(P*)**
224202 M Appleby 4 9 2 Rossa Ryan 110
- 21 (17) **THE X O (44)(D2,A)**
400530 J Ryan 4 9 1 J Mitchell 111
- 22 (20) **STRIKE RED (35)(D7,A,G,S)**
1-0505 R Fahey 6 9 1 B Garrity 108
- 23 (15) **DREAM COMPOSER (21)(CD,C,D,A,F,G)(P)**
302154 H Evans 6 9 1 T Marquand 112
- 24 (7) **MR WAGYU (14)(CD,D14,F,G,S)(V)**
262320 J & S Quinn 9 8 13 J Hart 110
- 25 (25) **ROMAN DRAGON (42)(D6,F,G,S)(P)**
-12400 H Palmer 5 8 13 H Turner 111
- 26 (18) **SUMMERGHAND (7)(CD,D16,A,F,G,S)(V)**
L00330 D O'Meara 10 8 12 Jason Watson 112
- 27 (9) **DARE TO HOPE (7)(D,G,S)**
102304 R Fahey 4 8 11 Vincent C Y Ho 110
- 28 (1) **RHYTHM N HOOVES (2)(D,A,F,G)(B)**
51523L A Watson 4 8 11 L Morris 110

Star Betting: 9-2 Dark Trooper, 5 Albasheer, 13-2 Purosangue, 10 Billyjoh, Lethal Levi, 14 Apollo One, Strike Red, 16 Seven Questions, Ramazan, Dream Composer, 20 others.

2023: Aberama Gold 6 8 13, Andrea Atzeni 18-1 (D O'Meara), drawn (15), 27 ran.
STARFORM DARK THIRTY 16-1 (9-6) Raced towards far side, prominent, weakened final furlong, 13th of 20, 8l behind Aalto (8-12) at Newmarket 7f hcap (2) gd in Jul.

Purosangue 9-1 (9-0) Dwelt, raced wide in touch, pushed along and headway approaching final furlong, ridden and ran on to go 2nd close home, 2nd of 8, 3/4l behind Makarova (9-2) at Sandown 5f Grp 3 (1) sft in Jul.

Dark Trooper 4-1fav (9-7) Held up towards rear, ridden and headway over 1f out, ran on, 2nd of 25, 1/2l behind Unequal Love (9-7) at Royal Ascot 6f her hcp 0-110 (2) gf in Jun.

Albasheer 10-3 (9-12) Held up towards rear, going well when not clear run 2f out, gap opened over 1f out, ridden and ran on between horses inside final furlong, led final strides, won at Ascot 5f hcp (2) gf in Jul beating Emperor Spirit (9-1) by hd, 13 ran.

Billyjoh 4-1fav (10-2) Dwelt, towards rear, ridden and headway entering final furlong, ran on, nearest finish, 2nd of 18, 1 1/4l behind Blue Prince (9-3) at Goodwood 7f hcp 0-95 (3) gf in Jul.

Lethal Levi 18-1 (9-7) Raced towards near side, overall leader, ridden over 1f out, headed and not pace of winner inside final furlong, 2nd of 20, 2l behind Aalto (8-12) at Newmarket 7f hcap (2) gd in Jul.

Apollo One 9-1 (9-5) Keen tracked leaders, ridden over 1f out, weakened inside final furlong, 6th of 8, 5l behind Makarova (9-2) at Sandown 5f Grp 3 (1) sft in Jul.

Strike Red 10-1 (9-11) Mid-division, headway over 1f out, ridden and stayed on same pace when not much room inside final furlong, no impression, 5th of 14, 3 1/2l behind Wiltshire (9-11) at Newcastle 6f 3yo hcp 0-105 (2) in Jun.

Dream Composer 14-1 (9-6) Tracked leaders, pushed along over 2f out, kept on, not quite pace to challenge, 4th of 17, 3/4l behind Fair Wind (9-3) at Ascot 5f hcap (2) gd in Jul.

Ramazan 18-1 (9-5) Prominent, lost place over 1f out, weakened inside final furlong, 7th of 11, 5l behind Montassib (9-5) at Newcastle 6f Group 3 stks (3yo+)(1) in Jun.

STARFORM: DARK THIRTY DANGER: Purosangue

Glorious Goodwood

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3.35 AND EVERY RACE ON



TELLY VERDICTS



LOVE THIRTY: Dark Thirty can take the Stewards' Cup at decent odds

JASON HEAVEY

Phantom Flight	1.50
Align The Stars	2.25
Caius Chorister (nap)	3.00
Lethal Levi	3.35
Mission To Moon (nb)	4.10
Angelo Buonarroti	4.45
Native Warrior (treble)	5.20

STAR TIP

Al Aasy
Intinso
Caius Chorister
Albasheer (nb)
Mister Sketch
Spell Master
Native Warrior (nap)

GOING: GOOD-TO-FIRM

JACKPOT AND PLACEPOT FIRST SIX RACES

TRACKFACTS A tricky right-handed undulating switchback track with two bends. There is a straight 5f track. Stalls today 6f & 7f Centre; 1m4f Outside; Remainder Inside.

4.10 WHISPERING ANGEL HANDICAP
Class 2 3YO 7f (14 runners) £30,924

1	(14) INDIAN RUN (42)(D,F,G)	11L-L0	E J-Houghton 9 9	T Marquand 104
2	(6) BALLYMOUNT BOY (35)(G,S)	201-L6	A Keatley 9 9	James Doyle 105
3	(10) MISTER SKETCH (70)(G)(P)	12-6L3	E J-Houghton 9 5	C Bishop 104
4	(8) JEHANGEEER (31)(G)	103-31	K Ryan 9 4	T Eaves 108
5	(3) WITNESS STAND (49)(D,G)(P*)	22-L2L	Tom Clover 9 4	K Shoemark 109
6	(4) MISSION TO MOON (44)(CD2,S)	10-124	R Varian 9 0	J Mitchell 110
7	(2) CUBAN TIGER (21)(A)	210L05	K R Burke 9 0	C Lee★112
8	(9) QIRAT (21)(BF,CD,D,A,G)	12-165	R Beckett 8 13	H Crouch 107
9	(7) SERRIED RANKS (49)(C,G,S)(B*)	510-50	R Beckett 8 12	Rossa Ryan 107
10	(11) ARCTIC THUNDER (44)(D2,A,G)	5-1410	A Balding 8 12	O Murphy 105
11	(12) ZABRISKIE POINT (23)(D,F,S)	3410-0	C Hills 8 12	R Kingscote 107
12	(1) COGITATE (44)(D,G)	15-20	C Hills 8 11	H Doyle 105
13	(13) SPANISH BLAZE (2)(D2,G)	0-6123	M Tregoning 8 6	Vincent C Y Ho 111
14	(5) PIZ NAIR (48)(A,G)(P*)	-14324	G Scott 8 5	David Egan 109

Star Betting: 5 Mission To Moon, 6 Spanish Blaze, Jehangeeer, 15-2 Cuban Tiger, 8 Piz Nair, 10 Qirat, Ballymount Boy, 12 Mister Sketch, 14 others.
2023: Race abandoned.

STARFORM QIRAT 7-2fav (9-2) Tracked leaders, pushed along over 2f out, weakened inside final furlong, 5th of 13, 4 1/2l behind First Conquest (9-1) at Newmarket 1m 3yo hcp 0-100 (2) gd in Jul. Ballymount Boy 33-1 (8-12) Slowly into stride, in rear, pushed along 3f out, switched right inside final furlong, ran on final 100 yards, nearest finish, 6th of 11, 3 1/2l behind Montassib (9-5) at Newcastle 6f Group 3 stks (3yo+) (1) in Jun.

Mission To Moon 25-1 (8-13) Close up near side, ridden to lead this group entering final furlong, soon headed, stayed on, 4th of 29, 4l behind Mickley (8-11) at Royal Ascot 1m her hcp 0-105 (2) gf in Jun.

Jehangeeer 13-2 (9-9) Ridden away from stalls, towards rear, pushed along to close 3f out, ran on from over 1f out, led inside final furlong, clear towards finish, won at Thirk 6f hcp 0-95 (3) gs in Jul beating Manila Scouse (9-7) by 1 1/4l, 9 ran.

Spanish Blaze 11-1 (9-4) Took keen hold, chased leaders, edged left 2f out, ridden and carried right over 1f out, every chance final furlong, lost second final strides, 3rd of 14, 1 1/2l behind Great Chieftain (8-9) at Goodwood 1m 3yo hcp 0-90 (3) gf.

STARFORM: QIRAT DANGER: Ballymount Boy

4.45 BRITISH STALLION STUDS EBF MAIDEN STAKES
Class 2 2YO 7f (12 runners) £30,924

1	(4) ANGELO BUONARROTI (46)	0	R Beckett 9 2	David Egan ★99
2	(3) ANTELOPE	0	R Hannon 9 2	S M Levey -
3	(8) CAMERON CAN	0	C Johnston 9 2	J Fanning -
4	(7) CASPIAN KING (50)	0	D Menuisier 9 2	T Marquand 78
5	(10) CLASSIC CAUSE (17)	0	C Hills 9 2	R Kingscote 60

FULL MOON RISING: Mission To Moon is fancied to score in the 4.10

6	(6) CONSOLIDATION (36)	62	R Beckett 9 2	James Doyle 93
7	(2) HOTT SHOTT (66)	3	R Hughes 9 2	Rossa Ryan 82
8	(5) METHGAL (14)	4	K R Burke 9 2	C Lee 84
9	(1) MOONJID (78)	0	M Tregoning 9 2	J Crowley 60
10	(12) SIR PETER FOSSICK (31)	2	C Johnston 9 2	J Hart 86
11	(11) SPELL MASTER (16)	62	A Balding 9 2	O Murphy 89
12	(9) TOO SOON	0	G & J Moore 9 2	T P Queally -

Star Betting: 11-4 Angelo Buonarroti, 4 Consolidation, 11-2 Spell Master, Sir Peter Fossick, 8 Hott Shott, Methgal, 14 Caspian King, Antelope, 20 others.
2023: Race abandoned.

STARFORM ANGELO BUONARROTI 16-1 (9-3) Raced stands side, mid-division, headway and hung right over 1f out, stayed on same pace inside final furlong, 9th of 22, 3l behind Rashabar (9-3) at Royal Ascot 6f 2yo Grp 2 (1) gf in Jun.

Consolidation 3-1 (9-7) Led, ridden over 1f out, headed inside final furlong, kept on, 2nd of 6, 2 1/4l behind New Century (9-7) at Doncaster 7f 2yo nov stk (4) gf in Jun.

Sir Peter Fossick 7-2 (9-7) Tracked leader, led inside final 2f, joined inside final furlong, headed final 100 yards, kept on, 2nd of 7, 2 1/2l behind Hot Cash (9-5) at Epsom Downs 7f 2yo mdn (4) gd in Jul.

Spell Master 4-1 (9-7) Chased leaders, went second over 3f out, pressed leader 2f out, edged right over 1f out, led and hung left inside final furlong, headed final 50yds, 2nd of 10, 1 1/2l behind Attack (9-7) at Epsom Downs 7f 2yo mdn (4) gd in Jul.

Hott Shott 7-2 (9-7) Chased leaders on inside, ridden over 1f out, soon not quicken, 3rd and no impression final furlong, 3rd of 7, 2 1/4l behind Wimbledon Hawkeye (9-7) at Kempton 7f nov stks (4) pol in May.

Methgal 9-1 (9-7) Towards rear, ran wide into straight, ridden and headway over 1f out, kept on, 4th of 6, 4l behind Archie's Angel (9-7) at Haydock 7f 2yo nov stk (3) gd in Jul.

Antelope Lope De Vega colt out of Anna Nerium.

STARFORM: ANGELO BUONARROTI DANGER: Consolidation

5.20 CORAL WE'RE HERE FOR IT HANDICAP
Class 3 1m 1f (16 runners) £18,039

1	(4) PARADIAS (21)(D,G)	450-20	A King 5 10 2	Rossa Ryan 96
2	(11) GLOUCESTERSHIRE (76)(A)	/342-3	M Meade 6 9 12	DOUBTFUL 91
3	(8) SIMPLY SONDEHEIM (30)(C,D,A,G,S)	53-604	G Baker 5 9 12	P Cosgrave 95
4	(5) ROWAYEH (27)(F,G)	36-040	Owen Burrows 4 9 9	J Crowley 96
5	(15) PISANELLO (16)(BF,D,G,S)	000133	O'Meara 7 9 9	Jason Watson 94
6	(6) SANITISER (J46)(A,G)(B*,T*)	210/L-	G & J Moore 5 9 9	S M Levey 22
7	(13) DUTCH DECOY (14)(BF,A,F,G)	200053	C Johnston 7 9 9	J Fanning 94
8	(3) SWEET REWARD (28)(CD,C,D,G,S)	204053	J Portman 7 9 8	R Hornby 97
9	(1) NATIVE WARRIOR (44)(G)	32-413	K R Burke 3 9 7	James Doyle 91
10	(2) ALPHA CRUCIS (68)(C,S)(P*)	6-4035	G & J Moore 4 9 5	R Kingscote 94
11	(9) MAGIC MEMORIES (28)(BF,S)(T)	-50214	G & J Moore 4 9 5	T P Queally 96
12	(10) GRAIGNES (30)(A,G)(H)	00-50L	G Baker 8 9 5	C Bishop 90
13	(12) BLUELIGHT BAY (9)(F)(P)	-600L0	E J-Houghton 4 9 0	David Egan 85
14	(16) DESFONDADO (22)(D,A,G)	614014	S Dow 4 8 13	H Doyle 96
15	(14) TAHITIAN PRINCE (30)(A,G)(P)	31-006	G Baker 7 8 13	C Shepherd ★98
16	(7) CELTIC WARRIOR (21)(A)(P*)	215620	A Balding 3 8 9	O Murphy 93
17	(17) GREAT CHIEFTAIN (2)(C,F)(B)	523121	P & O Cole (6lb ex) 3 8 10	DOUBTFUL 88
18	(14) VERSATILE (47)	4-650	M Attwater 3 8 3	T Heard 84

Star Betting: 3 Native Warrior, 7 Magic Memories, 8 Paradias, Rowayeh, 10 Dutch Decoy, 12 Celtic Warrior, Alpha Crucis, 14 others.
2023: Race abandoned.

STARFORM: SWEET REWARD DANGER: Native Warrior



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StarForm NUMBER ONE FOR RACING



PUNTER POINTERS

WHO'S HOT, WHO'S NOT

TERRIFIC TRAINERS: (Most wins last 14 days) Oisin Murphy 11; B Loughnane 11; W Haggas 10; R Beckett 10; D O'Meara 10; A Balding 9; H Palmer 9; R Fahey 8; M Dods 8; K R Burke 8

HOT JOCKS: (Most wins last 14 days) Oisin Murphy 11; B Loughnane 11; Callum Rodriguez 11; Rossa Ryan 9; Hollie Doyle 8; Luke Morris 8; Paul Mullrennan 8

RIGHT OUT OF LUCK: (Rides since last win) Laura Pearson 93; Ben Robinson 59; Jack Garrity 46; Nicola Currie 41; Cameron Noble 39; Sean Levy 33; Ethan Jones 30

HEAVEY'S NAP

CAIUS HORISER (3.00 Goodwood) has a nice opportunity to regain the winning thread against her own sex. She has good form at the track and is as tough as they come.

STARFORM TREBLE

NAP: FREE WIND (3.00 Goodwood)
NB: PIRANHA RAMA (2.15 Doncaster)
TREBLE: RORY (6.40 Hamilton)

MAGIC COMBINATIONS

DONCASTER: None.
GOODWOOD: Tom Marquand rides 3.00 Sumo Sam for P & O Cole, previous combinations 4 wins from 10 mounts 40% strike rate at course.
HAMILTON: Andrew Mullen rides 6.40 Shahnaz for D Bourke, previous combinations 2 wins from 2 mounts 100% strike rate at course.
NEWMARKET: Georgia Doble rides 2.05 Patsy Snuggitt for E J-Houghton, previous combinations 4 wins from 13 mounts 31% strike rate at course.
THIRSK: Daniel Tudhope rides 4.30 Thunder Run for K R Burke, previous combinations 2 wins from 4 mounts 50% strike rate at course.

NEW QUARTERS

DONCASTER: 4.00 Straya (J Davison to K Scott).
GOODWOOD: 4.45 Angelo Buonarroti (Raphael Frere to R Beckett), 5.20 Gloucestershire (R Hannon to M Meade), 5.20 Versatile (J Hamilton to M Attwater).
HAMILTON: 7.40 Badri (J Camacho to M Herrington).
NEWMARKET: 2.40 Climate Friendly (J Chapple-Hyam to James Owen).
THIRSK: 2.45 Monsieur Fudge (R Hannon to G Scott).
WINDSOR: 5.45 Cotai Vision (D Loughnane to P Attwater).

WIND SURGERY

DONCASTER: Magic Glen (3.25).
GOODWOOD: Sumo Sam (3.00).

DONCASTER sky sports racing

JASON HEAVEY STAR TIP

Piranha Rama	2.15	Piranha Rama
Ingleby Archie	2.50	Fidelius
Winston's Tittle	3.25	Radwan
Warriors Dream	4.00	Waleefy
The Ridler	4.35	Golden Duke
Create	5.10	Create

GOING: GOOD-TO-FIRM, GOOD IN PLACES

PLACEPOST FIRST SIX RACES

TRACKFACTS Left-handed, galloping pear-shaped track. Almost 2m round with 4 1/2f run-in. Round and straight miles. Stalls today Straight Centre; Round Inside.

2.15 UNISON NURSERY

1 (2) 006 MONOMYTH (19) Ollie Sangster 9 10..... C Fallon 69
2 (4) 2L5 TOWER OF AFRICA (21) G Tutty 9 9..... H Shaw 71
3 (5) 4361 ALMANJOR (15)(*) R Fahey 9 6..... C Murtagh 69
4 (6) 655 INNOCENT SMILE (18) N Tinkler 9 3..... F McManoman 66
5 (3) L65 ELLADORA BLACK (25) C Johnston 9 6..... F Norton 64
6 (1) 0621 PIRANHA RAMA (4)(D,G) P Evans 8 13(Gex) G Downing 70

2.50 CLIFF WILLIAMS MEMORIAL HANDICAP

1 (9) -520 LOVE WARS (15)(D,G) J S Quinn 9 11..... M Ghiani 84
2 (2) 4241 BAILEYS POLKA DOT (9)(D2,S)(B) Miss A Murphy 9 8..... L Edmunds 87
3 (1) 3165 BOADICIA (8)(D,G) Harry Eustace 9 8..... P-L Jamin 83
4 (3) 0403 MIDNIGHT LIR (17)(D2,G,S) M Dods 9 8..... S B Kirrane 81
5 (6) 3141 FIDELIUS (34)(D2,A) R Cowell 9 8..... G Downing 83
6 (5) 3L11 INGLEBY ARCHIE (17)(D2,G,S) Adrian Nicholls 9 7..... C Murtagh 81
7 (8) -002 CLASSY CLARETS (12) R Fahey 9 1..... Ryan Sexton 83
8 (4) 2300 WILLOLORUPI (15) D Carroll 8 13..... Z Wheatley (3) 86
9 (7) -L60 SILKY ROBIN (8) P Midgley 8 11..... K O'Neill 85

STARFORM CLASSY CLARETS 15-2 (9-11) Chased leaders, going best well over 1f out, pushed along over 1f out, kept on, ridden over 110 yards out, went 2nd towards finish, not trouble winner, 2nd of 8, 1 1/2l behind Taygar (9-6) at Ayr 5f 3yo hcp 0-65 (6) gd in Jul.

Midnight Lir 11-2 (9-9) Slowly into stride and pushed along early, held up in last trio, headway and hung left over 1f out, kept on inside final furlong, not pace to challenge, 3rd of 8, 1l behind Ingleby Archie (9-4) at Thirsk 5f 3yo hcp 0-75 (5) gs in Jul.
Fidelius 8-11 fav (9-8) Made all, pushed clear over 1f out, ran on well, unchallenged, won at Wolverhampton 5f hcp (5) in Jun beating Smooth Silesie (8-9) by 2 1/2l, 6f.
STARFORM: CLASSY CLARETS DANGER: Midnight Lir

THIRSK Racing TV

JASON HEAVEY STAR TIP

Ziggy's Triton	2.10	Pancake
Barefoot Warrior	2.45	Distinct Spirit
Alligator Alley	3.20	Le Beau Garcon
Cerulean Bay	3.55	Diamondonthehill
Brunch	4.30	Thunder Run
Night Breeze	5.05	Natzor

GOING: GOOD

PLACEPOST FIRST SIX RACES

1 (8) BEERWAL J & S Quinn 9 7..... D Allan -
2 (5) BLUE FORCE ONE K R Burke 9 7..... S James -
3 (3) 2 ZIGGY'S TRITON (14) D O'Meara 9 7..... D Tudhope 75
4 (6) 23 BELLA LOVE (31) Craig Lidster 9 2..... S Gray 81
5 (9) 00 DRIFTER (14) D & N Barron 9 2..... B Robinson 44
6 (2) 2043 MADEMOISELLE (11) G Scott 9 2..... C Rodriguez 85
7 (1) 30 MISREAVOUS (24) O Peers 9 2..... C Hardie 72
8 (4) 4 PANCAKE (28) M Dods 9 2..... Joanna Mason 59
9 (7) SHE'S GOT SPIRIT R Fahey 9 2..... Oisin Orr -

STARFORM ZIGGY'S TRITON DANGER: Bella Love

2.45 BRITISH STALLION STUDS EBF NOVICE STKS

1 (3) 1 DISTINCT SPIRIT (21)(G) D & C Kubler 4 10 3..... R Coakley 72
2 (2) 4 HARTUR D'OUADAIRES (6) B Ellison 7 9 11..... B Robinson 62
3 (7) 03 APPEAL TO GLORY (31) E Walker 3 9 4..... Joanna Mason 68
4 (10) 3 BAREFOOT WARRIOR (17) D O'Meara 3 9 4..... D Tudhope 84
5 (6) 4 BLETCHELY PRIDE (13) T Easterby 3 9 4..... D Allan 59
6 (1) 6 DANGEROUS PURSUIT (36) J Camacho 3 9 4..... O McSweeney (3) 23
7 (4) 0 DEGALE (17) D & N Barron 3 9 4..... D Tudhope 87
8 (5) 522 KING'S CORONATION (15) K R Burke 3 9 4..... S James 86
9 (5) 3 MONSIEUR FUDGE (35)(H) G Scott 3 9 4..... C Rodriguez 81
10 (8) 42-4 REGIMENTAL CODE (21)(BF)(H) R Varian 3 9 4..... C Noble 78
11 (11) THATS MY BOY LUKE T Easterby 3 9 4..... C Hardie -

STARFORM MONSIEUR FUDGE 8-1 (9-7) Led, ridden and challenged 2f out, maintained lead narrowly inside final furlong, headed close home, ran on, 3rd of 11, 1 3/4l behind Macduff (9-7) at Newmarket 7f 2yo mdn (4) gd in Aug '23.

Barefoot Warrior 18-1 (9-4) Off the pace in mid-division, pushed along halfway, headway chasing leaders over 1f out, switched left and stayed on well inside final furlong, just held, one to note, 3rd of 9, 1/2l behind Bobby Benu (9-11) at Thirsk 7f nov mdn stks (5) gs in Jul.
King's Coronation 11-2 (9-4) In touch in mid-division, raced keenly, headway over 2f out, went 2nd over 1f out, no chance with winner, kept on, 2nd of 9, 3l behind Arabian Light (9-4) at Newmarket 1m nov mdn stks (4) gd in Jul.
STARFORM: MONSIEUR FUDGE DANGER: Barefoot Warrior

3.25 UNISON SUPPORTING YOUR NHS NOVICE STKS

1 (4) 0 DIDAAR (24) I Mohammed 3 9 7..... M Ghiani 67
2 (1) MAGIC GLEN K Scott 3 9 7..... S B Kirrane -
3 (3) RADWAN(P) J & T Gosden 3 9 7..... K O'Neill -
4 (5) 33 ROYAL COLLEGE (12) C Johnston 3 9 7..... F Norton 75
5 (2) 3-2 WINSTON'S TITTLE (16) A Balding 3 9 7..... W Carver (3) 93

STARFORM WINSTON'S TITTLE 13-2 (9-4) Led, driven over 1f out, headed inside final furlong, no impression on winner, kept on, 2nd of 13, 1l behind Ombudsman (9-11) at Leicester 1m 2f nov mdn stks (5) gs in Jul.

Royal College 9-1 (9-7) Handy, pushed along and out-paced by front pair well over 2f out, stayed on same pace, 3rd of 8, 10l behind Houghton (9-7) at Windsor 1m 2f 3yo & 4yo mdn (5) gs in Jul.
Radwan Too Darn Hot out of basket.
Didaar 22-1 (9-4) Behind, some headway inside final furlong, no chance, 8th of 12, 8l behind Arolla (9-2) at Fros Las 1m mdn stks (5) gs in Jul.
Magic Glen Glances held out of Island Magic.
STARFORM: WINSTON'S TITTLE DANGER: Royal College

4.00 UNISON HANDICAP

1 (3) -L50 LEXINGTON BELLE (38)(D,A,G,S)(P) Alice Haynes 9 11..... K O'Neill 84
2 (4) 3L06 HEDGE FUND (22)(A,G,S) W Muir & C Grassick 9 9..... L Edmunds 95
3 (5) 3103 BURDETT (21)(D2,S) C Channon 9 7..... G Bass (3) 94
4 (9) -L1L ROBBO (36)(D,A)(B) C Hills 9 6..... W Cox 88
5 (2) 2412 WALEEFY (14)(BF,G)(T) W Haggas 9 3..... C Fallon 92
6 (6) L031 SMART VISION (35)(D,D,A,G)(P) Jessica Macey 9 3..... H Shaw 93
7 (7) 0050 STRAYA (67) K Scott 9 3..... S B Kirrane 83
8 (8) 0513 WARRIORS DREAM (9)(BF,G)(H) S Woods 8 13..... B Sanderson (9) 94
9 (1) -L66 OLLIGOPOLY (31)(T) T Easterby 8 9..... D Fentiman 71

STARFORM SMART VISION 8-1 (9-9) Led, edged left over 1f out, headed inside final furlong, soon led again, held on, won at Doncaster 7f 3yo hcp 0-75 (5) gf in Jun beating Marmaduke Lemon (9-8) by hd, 14 ran.

Burdett 9-1 (9-10) Settled on rails in mid-division, waiting for gap from well over 2f out, switched markedly right from well over 1f out and pushed along, pressed leaders just over 1f out, ridden and every chance inside last, always held, 3rd of 16, 1 3/4l behind Kodi Lion (9-4) at Ascot 7f hcp 0-80 (4) gd in Jul.
Waleefy 15-8 fav (9-8) Held up near side, ridden almost upsides 2f out, soon outpaced by winner, stayed on well, 2nd of 9, 1 1/2l behind Dashing Dick (9-7) at Newmarket 6f hcp 0-80 (4) gf in Jul.
Warriors Dream 11-4 fav (9-9) Towards rear, headway on outer well over 2f out, pushed along 2f out, ridden in 4th over 1f out, switched right inside last, no telling impression on front pair, 3rd of 8, 1 3/4l behind Von Baer (9-11) at Sandown 7f 3yo hcp 0-75 (5) gd in Jul.
Hedge Fund 13-2 (9-6) Led, pushed along and headed approaching final furlong, weakened inside final furlong, 6th of 9, 9l behind No Half Measures (9-9) at Newmarket 5f hcp 0-90 (3) gd in Jul.
STARFORM: SMART VISION DANGER: Burdett

3.20 RUDDING PARK HANDICAP

1 (6) 0306 ALLIGATOR ALLEY (9)(D2,D,A,G)(T,V) D O'Meara 7 9 12..... D Tudhope 89
2 (4) L003 ROCK OF ENGLAND (26)(C,G)(B) P Midgley 4 9 11..... Mark Winn (3) 88
3 (7) -312 LE BEAU GARCON (11)(BF,CD,D2,G) M & D Easterby 5 9 8..... Joanna Mason 86
4 (8) 5253 KHABIB (11)(D,G,A,G)(P) R Craigs 6 9 8..... C Hardie 86
5 (9) 4403 NORTHERN SPIRIT (75)(A,S)(P) B Ellison 4 9 6..... B Robinson 85
6 (2) 1150 HE'S AN ANGEL (15)(D,A)(T) T Collier 4 9 4..... Oisin Orr 86
7 (1) 0305 NELSON GAY (10)(D,A,G)(P) M Dods 6 9 4..... C Rodriguez 86
8 (5) 2506 ALBEGONE (11)(D7,G,S)(P) T Easterby 6 9 1..... D Allan 87
9 (1) 4-60 DRAFTED (26)(A) D Brooke 4 8 11..... A James 81

STARFORM KHABIB 8-1 (9-11) Chased leaders, not clear run briefly over 1f out, soon pushed along, ridden and stayed on, always held, 3rd of 10, 1 1/2l behind Profitable Edge (9-11) at Musselburgh 5f hcp 0-75 (5) gd in Jul.

Rock Of England 18-1 (9-11) Raced near side, rail held up in mid-division on rail, headway inside final 2f, ran on under pressure inside final furlong, just missed 2nd, 3rd of 13, hd behind Woodbay (9-0) at Ripon 5f hcp (4) gd in Jul.
Le Beau Garcon 7-2 fav (9-11) Chased leaders, pushed along over 2f out, ridden and went 2nd 1f out, ran on, no impression on winner, 2nd of 10, 1 1/4l behind Profitable Edge (9-11) at Musselburgh 5f hcp 0-75 (5) gd in Jul.
Alligator Alley 8-1 (10-1) Dwelt start, towards rear, ridden and some headway on outer over 1f out, kept on same pace inside final furlong, 6th of 8, 3 1/2l behind Lil Guff (9-12) at Sandown 5f hcp 0-80 (4) gd in Jul.
STARFORM: KHABIB DANGER: Rock Of England

3.55 WILLIAM HILL OFFERS PROPER PRICES HCAP

1 (8) L130 DIAMONDONTHEHILL (14)(D,C,D,G) M Dods 6 10 0..... S Gray 91
2 (9) 0024 QUEST FOR FUN (22)(BF,C,D2,G,S)(T) T Easterby 6 10 0..... D Allan 92
3 (3) 2026 PERSUASION (14)(D2,G) D & N Barron 7 10 0..... O McSweeney (3) 93
4 (6) 4521 CERULEAN BAY (14)(D2,G,S) D O'Meara 3 9 13..... D Tudhope 87
5 (7) 045- LONWON (29)(BF,D,A,S)(B) E Bethell 4 9 13..... C Rodriguez 88
6 (4) 64-6 SCOTTISH SUMMIT (14)(D,C,G,S) G Harker 11 9 10..... S James 89
7 (2) -0L0 YERMANTHER (21)(D2,S) T Easterby 6 9 10..... C Hardie 89
8 (1) 2-64 SAILTHISHPALONE (21)(D2,G) R Fahey 3 9 9..... Oisin Orr 91
9 (5) 4615 AMERICAN STAR (15)(BF,D2,S)(P) R Carr 5 9 11..... Joanna Mason 91

STARFORM PERSUASION 14-1 (9-9) Mid-division, headway chasing leaders over 1f out, ran on inside final furlong, led towards finish, caught final strides, 2nd of 12, hd behind Akkadian Thunder (9-8) at Doncaster 7f hcp 0-90 (3) gd in Jul.

Sailthishpalone 25-1 (8-7) In touch, pushed along and headway 3f out, ridden to lead inside final furlong, soon headed, stayed on, 4th of 14, 1 3/4l behind Blue For You (9-9) at York 1m hcp 105 (2) gs in Jul.
Cerulean Bay 5-2 fav (9-11) Tracked leaders, pushed along to lead over 1f out, ran on, won at Haydock 7f 3yo hcp 0-85 (4) sft in Jul beating Vicario (9-7) by 2l, 5 ran.
Quest For Fun 9-2 fav (9-1) Held up in mid-division, headway chasing leaders over 3f out, ridden to challenge over 1f out, 4th and one pace inside final furlong, 4th of 18, 3 1/2l behind Tolstoy (8-2) at York 7f hcp 0-95 (3) gs in Jul.
STARFORM: PERSUASION DANGER: Sailthishpalone

4.35 ERIC ROBERTS MEMORIAL HANDICAP

1 (8) 0020 SPARKLING RED (14)(G)(P) M Dods 4 10 0..... S B Kirrane 77
2 (1) 0063 THE RIDLER (14)(G) R Fahey 4 9 13..... C Murtagh 73
3 (5) 5-00 HEROISM (8)(D,G)(T) D & N Barron 4 9 13..... L Edmunds 77
4 (3) 20-L GOLDEN DUKE (28)(D2,G,S) N Tinkler 5 9 12..... F McManoman 79
5 (6) 0005 ULTRAMARINE (16)(D,A) P Evans 5 9 10..... G Downing 74
6 (4) 5L00 ANOTHER BAAR (7)(D2,G,S) A Keatley 4 9 9..... Z Wheatley (3) 73
7 (7) 0560 A PINT OF BEAR (5)(D2,G,S)(P) S Dixon 6 9 7..... K O'Neill 75
8 (2) 20L0 EAST BANK (31)(A,S)(P) Craig Lidster 3 9 4..... H Shaw 78

STARFORM GOLDEN DUKE 10-1 (9-11) Held up in rear, headway over 2f out, outpaced over 1f out, well beaten final furlong, last of 6, 7l behind Runinwild (9-2) at Carlisle 6f app hcp 0-70 (5) gf in Jul.

A Pint Of Bear 22-1 (8-13) Chased leader who went clear halfway, pushed along soon after, ridden and lost 2nd over 1f out, weakened final furlong, 9th of 14, 8l behind Daytona Lady (9-0) at Southwell 6f hcp 0-75 (5) in Jul.
The Ridler 14-1 (9-6) Held up behind leaders center, going well 2f out, soon pushed along and outpaced, kept on well final 100 yards, 3rd of 9, 1 1/2l behind Dashing Dick (9-7) at Newmarket 6f hcp 0-80 (4) gf in Jul.
Another Bear 25-1 (11-0) In rear, ridden and headway over 1f out, stayed on one pace, 7th of 18, 3l behind Night On Earth (11-10) at York 5f hcp 0-80 (4) gf in Jul.
STARFORM: GOLDEN DUKE DANGER: A Pint Of Bear

5.10 UNISON SUPPORTING LGBT+ WORKERS HCAP

1 (2) 6334 FLYING STAR (31)(P) J Barry 4 10 0..... F McManoman 65
2 (7) 0014 CREATE (14)(D,A,G)(P) S Dixon 4 10 0..... Dale Swift 68
3 (12) 60L4 MIGHTY POWER (19)(A) Mrs Stella Barclay 6 9 11..... C Fallon 64
4 (8) 0141 KODEBREAKER (14)(D2,G,S)(P) M Herrington 5 9 11..... L Edmunds 65
5 (4) 0600 RWENEARLYTHEREDAD (63)(C,D,G) D Carroll 4 9 10..... Z Wheatley (3) 50
6 (1) 10-0 BOUIE GOLD (22)(A) A Carroll 5 9 7..... W Carson 65
7 (9) 46L0 BEECHWOOD STAR (10) R Fahey 3 9 5..... J Garrity 59
8 (10) L00- SASSY GLORY (32) M Walford 3 9 3..... Kalya Fraser (5) 54
9 (6) 0231 QUEENS ROAD REVUE (16)(D,S)(B) T Easterby 3 9 3..... S B Kirrane 67
10 (13) L060 POLLY THE ROCKET (13)(D,A) Craig Lidster 3 9 2..... H Shaw 61
11 (5) 0-00 SPEAR FIR (14)(H) S Whittaker 5 9 1..... B Sanderson (3) 63
12 (3) 0-00 LUMENBOURG (48)(V) J Camacho 3 8 12..... Ryan Sexton 61
13 (11) L00- TIMELY CHANCE (12) Steph Hollishead 3 8 11..... D Fentiman 65

STARFORM CREATE 12-1 (9-11) Chased leaders, went 2nd and ran on inside final furlong, led post, won at Doncaster 7f hcp 0-65 (6) gd in Jul beating Biplane (9-12) by shd, 14 ran.

Kodebreaker 4-1 (9-7) Held up in last pair, good headway out wide over 1f out, ran on inside final furlong, led towards finish, won at Doncaster 1m hcp 0-60 (6) gd in Jul beating Finn Ironside (9-6) by 3/4l, 9 ran.
Queens Road Revue 13-2 (9-9) Tracked leaders, led over 4f out, ridden and hung left over 1f out, edged left inside final furlong, stayed on, won at Leicester 7f 3yo hcp 0-55 (6) gs in Jul beating Monkey Miss (9-9) by 3/4l, 12 ran.
STARFORM: CREATE DANGER: Kodebreaker

WILLIAM HILL SUMMER CUP HANDICAP

1 (12) 30-0 AWAAL (21)(D2,A,S)(T) S & E Crisford 5 10 2..... S D Bowen (3) 104
2 (5) 06L0 PADISHAKH (45)(D,S)(H,T) D O'Meara 4 9 13..... Oisin Orr 103
3 (6) 05L0 LA TRINIDAD (21)(D,G) R Fell & S Murray 7 9 12..... J Peate (3) 101
4 (9) -030 EMPIRESTATEFORMIND (21)(D2,D,G,S)(P) J & S Quinn 6 9 9..... B Robinson 103
5 (4) -152 JAMES MCHENRY (32)(D2,G,S) E Bethell 4 9 8..... C Rodriguez 99
6 (1) -460 BRUNCH (21)(D3,A,G) M Dods 7 9 6..... Joanna Mason 103
7 (11) 211 THUNDER RUN (16)(D,G,S) K R Burke 3 9 5..... D Tudhope 95
8 (5) 0050 ELDRICKJONES (14)(D,G) R Fell & S Murray 5 9 4..... Mark Winn (3) 96
9 (10) 1-060 MUDAMER (43)(D,G)(P) G Harker 5 9 1..... S James 101
10 (2) -036 AUSTRIAN THEORY (21)(D,G) T Easterby 5 9 1..... D Allan 105
11 (3) 0330 CRUFFY TURN (14)(D3,G,S) T Easterby 7 9 1..... C Hardie 102
12 (8) 0041 ON THE RIVER (14)(D2,G,S) H Bethell 5 8 12..... O McSweeney (3) 101

STARFORM ON THE RIVER 9-2 (9-4) Prominent, travelling well over 2f out, ridden over 1f out, kept on strongly inside final furlong, led final stride, won at Ripon 1m hcp 0-85 (4) gd in Jul beating Garden Oasis (9-0) by hd, 11 ran.

Thunder Run 2-9 fav (9-11) Chased leaders, took keen hold, headway going well over 4f out, pushed along over 2f out, soon joined leader, led over 1f out, ran on well, well in command when eased towards finish, impressive, won at Hamilton 1m nov mdn stks (5) gd in Jul beating Terre De Vega (9-11) by 1 3/4l, 7 ran.
Awaal 11-2 (9-12) Raced towards far side, mid-division, headway tracking leaders over 2f out, went 2nd inside final 2f until over 1f out, weakened inside final furlong, 7th of 20, 5l behind Aalto (8-12) at Newmarket 7f hcp (2) gd in Jul.
James McHenry 9-1 (10-2) Close up, tracked leaders over 4f out, pushed along over 2f out, ridden to chase winner over 1f out, kept on one pace, 2nd of 9, 2 1/4l behind Aragon Castle (9-1) at Hamilton 1m hcp 0-100 (2) gd in Jul.
Austrian Theory 25-1 (9-1) Close up, ridden over 2f out, kept on same pace final furlong, 6th of 14, 4l behind Blue For You (9-9) at York 1m hcp 105 (2) gs in Jul.
La Trinidad 16-1 (9-10) Towards rear, ridden and headway over 1f out, kept on, nearest finish, 7th of 14, 7l behind Blue For You (9-9) at York 1m hcp 105 (2) gs in Jul.
Brunch 20-1 (9-6) Tracked leaders, ridden over 1f out, weakened inside final furlong, 8th of 14, 8l behind Blue For You (9-9) at York 1m hcp 105 (2) gs in Jul.
Mudamer 9-1 (9-13) Close up, pushed along and weakened final furlong, 10th of 14, 8l behind La Trinidad (10-4) at Redcar 1m hcp 0-90 (3) gf in Jun.
STARFORM: ON THE RIVER DANGER: Thunder Run

5.05 WILLIAM HILL PROPER BETTING HANDICAP

1 (3) 1LL2 ANIMATO (18)(D,G,S)(T,V) D O'Meara 5 10 1..... Mark Winn (3) 75
2 (1) 6404 NATZOR (25)(A) D O'Meara 4 10 0..... D Tudhope 77
3 (4) 1263 TURNER GIRL (35)(D,A,G,S)(P) E Dunlop 5 10 0..... Joanna Mason 78
4 (2) 5000 BILLY NO MATES (22)(C,D,G,S) M Dods 8 10 0..... S James 79
5 (8) L3L0 SOUTHERN VOYAGE (15)(D2,D3,A,G,S) R Fahey 6 9 11..... O

StarForm

NUMBER ONE FOR RACING

IN ASSOCIATION WITH
William HILL

HAYDOCK (TOMORROW) ALL RACES ITV4 & Racing TV



3.45 SKY BET BUILD A BET APPRENTICE HCAP

Class 4 1m 2f (9 runners) £10,360

- 1 (8) 0105 LISEO (74)(D,A)(T) S & E Cristof 5 10 2..... F Daly (5) 84
 - 2 (5) LL33 ZEALOT (28)(D3,A)(V) M Appleby 6 10 2..... Tom Kieley-Marshall (3) 86
 - 3 (4) 1450 FIRST OFFICER (16)(D3,G,S) J Chapple-Hyam 5 9 11..... Sorin Moldoveanu (3) 85
 - 4 (1) 2130 SOLOMON (23)(A)(H) W Haggas 3 9 9..... Ethan Jones 84
 - 5 (9) 2624 SOOWAIH (6)(A) J Goldie 4 9 6..... Lauren Young (7) 85
 - 6 (3) 105- THE NU FORM WAY (400)(D3,G,S) Mrs Stella Barclay 6 9 6..... Sharif Mohd -
 - 7 (2) 3-02 TEMPLE CITY (53) K R Burke 3 9 4..... S Feilden 81
 - 8 (7) 4L44 WHERE'S JEFF (13)(D3,A,G,S) M & D Easterby 9 9 2..... Lewis Chalkley (5) *87
 - 9 (6) 2231 NIGHT BREEZE (18)(S) I Williams 4 9 0..... R Kavanagh (5) 83
- Star Betting: 4 Night Breeze, 5 Zealot, Temple City, 11-2 Solomon, 6 Soowaih, 8 The Nu Form Way, 10 First Officer, 12 Liseo, Where's Jeff.

2023: No corresponding meeting.
STARFORM: WHERE'S JEFF DANGER: Solomon

4.15 SKY BET EXTRA PLACES EVERY DAY NURSERY

Class 4 2YO 6f (6 runners) £10,360

- 1 (2) 211 EDUCATING RITA (16)(D,G,S) M Dods 9 9..... C Beasley 79
 - 2 (3) 341 AIRSPEED (22)(S) K R Burke 9 8..... D Tudhope *84
 - 3 (1) 240 NAD ALSHIBA SNOW (44) M Appleby 9 8..... T Marquand 79
 - 4 (4) 034 MAXIMUS ALEXIOS (18) R Hannan 9 4..... David Egan 82
 - 5 (5) 022 QASEEM (23) K R Burke 9 7..... C Lee 83
 - 6 (5) 2104 KISS ME MY LOVE (17)(D,G) C Johnston 9 1..... J Fanning 82
- Star Betting: 5-2 Educating Rita, 3 Airspeed, 4 Qaseem, 6 Maximus Alexios, 13-2 Nad Alshiba Snow, 7 Kiss Me My Love.
STARFORM: QASEEM DANGER: Educating Rita

4.45 CURE LEUKAEMIA RESTRICTED MAIDEN STKS

Class 3 2YO 6f (12 runners) £11,340

- 1 (9) 34 ANGEL HUNTER (22) R Hannan 9 7..... D Tudhope *87
 - 2 (11) 4 BAATHER (18)(H) C Cox 9 7..... J Crowley 65
 - 3 (5) BADGE OF HONOR S & E Cristof 9 7..... C Shepherd -
 - 4 (10) 2 BOWEN ISLAND (38) K Ryan 9 7..... T Eaves 84
 - 5 (8) 44 CAPTAIN PICKLES (22) Mrs Stella Barclay 9 7..... P Mulrennan 78
 - 6 (4) 034 MAXIMUS ALEXIOS (18) R Hannan 9 4..... C Lee 84
 - 7 (3) 4 LEONARDO DAX (62) P Owens 9 7..... H Crouch 83
 - 8 (4) 44 PENINSULA POWER (20) R Fahey 9 7..... J Garrity 70
 - 9 (12) THE VITAL SPARK K Ryan 9 7..... S Gray -
 - 10 (2) 2 ZAYER (18) A Watson 9 7..... J Bryan 85
 - 11 (1) 1 MALDEVIUS(H) H Palmer 9 0..... H Davies -
 - 12 (7) SAMUJANA W Haggas 9 0..... T Marquand -
- Star Betting: 9-2 Angel Hunter, 5 Bowen Island, Zayer, 7 Leonardo Dax, 8 Samujana, 10 Badge Of Honor, 12 others.
STARFORM: BOWEN ISLAND DANGER: Zayer

5.15 SKY BET REQUEST A BET FILLIES' HANDICAP

Class 3 7f (10 runners) £18,039

- 1 (9) 250-54 ZOUKY (15)(C,D,F,G)(T*) P McBride 4 9 12..... D Tudhope 94
- 2 (3) 166-00 BACK SEE DAA (28)(G) K R Burke 4 9 10..... C Lee 91
- 3 (6) 52-212 KEY TO COTAI (39)(D,G,S) E Walker 3 9 10..... P Mulrennan 87
- 4 (10) 2134 NOT REAL (22)(S) R Varian 3 9 3..... J Mitchell 87
- 5 (5) 1-6121 MERESIDE DIVA (49)(C,D,F,G,S) D & N Barron 4 9 3..... C Rodriguez 95
- 6 (8) 32-213 FAIR POINT (22)(BF,D,G) R Beckett 3 9 2..... H Crouch 94
- 7 (1) 6-4240 FLACCIANELLO (15)(F,G,S) R Fahey 3 9 1..... David Egan *98
- 8 (2) 11400 MY MARGIE (16)(A) R Hughes 3 8 13..... F Marsh 94
- 9 (4) 1-10133 SUNFALL (15)(D2,A,F) W Haggas 3 8 12..... T Marquand 94

JASON HEAVEY STAR TIP

- Zealot 3.45 Where's Jeff
- Qaseem 4.15 Airspeed
- Badge Of Honor 4.45 Zayer
- Key To Cotai 5.15 Sunfall
- Letsbefrank (nap) 5.45 Letsbefrank
- Squealer 6.15 American Affair
- Baba Reza (nb) 6.45 Be Proud

GOING: GOOD-TO-SOFT, GOOD IN PLACES

JACKPOT AND PLACEPOT FIRST SIX RACES

- 10 (7) ROCK MELODY (12)(D2,A,G)(P) 044540 J Goldie 5 8 11..... Amie Waugh (5) 94

LONG HANDICAP: Rock Melody 8-8.
Star Betting: 7-2 Mereside Diva, 4 Sunfall, Fair Point, 5 Key To Cotai, 8 Not Real, 10 Zouky, Back See Daa, 20 Flaccianello, Rock Melody, 25 My Margie.
STARFORM: MERESIDE DIVA DANGER: Key To Cotai

5.45 SKY BET ACCA FREEZE HANDICAP

Class 3 2m (10 runners) £18,039

- 1 (6) LL-300 LAW OF THE SEA (47)(A,F) I Williams 6 10 2..... J Crowley 89
- 2 (10) L00200 SOLENT GATEWAY (23)(CD,D,A,F,G)(P,T) H Palmer 6 10 1..... C Planas (3) 89
- 3 (4) 031-02 WIND YOUR NECK IN (50)(S) P Evans 5 9 13..... T Marquand 89
- 4 (1) 6L6035 PERCY SHELLEY (16)(G)(P) D O'Meara 5 9 12..... D Tudhope 89
- 5 (3) 2-0402 ARRANGE (16)(F,G,S) M Todhunter 6 9 11..... D Nolan 90
- 6 (7) 604113 LETSBEFRANK (22)(BF,G) J Goldie 4 9 2..... P Mulrennan 86
- 7 (5) 05-4L4 ARCTIC FOX (18)(C2,F,G,S) M Todhunter 8 8 11..... Mark Winn (3) *91
- 8 (8) 12-3210 DIAMOND DE VINDECY (50)(CD,G,S) R Bevis 8 8 11..... Jack Doughty (5) 88
- 9 (9) 12-LL0 PEACE WALK (28)(S)(V) C Johnston 3 8 8..... J Fanning 85
- 10 (2) 261230 FILIBUSTERING (29)(S) T Easterby 3 8 3..... D Fentiman 89

Star Betting: 5-2 Letsbefrank, 7-2 Arrange, 5 Wind Your Neck In, 8 Percy Shelley, 10 Solent Gateway, Law Of The Sea, 14 Diamond De Vindecy, Filibustering, 16 others.
STARFORM: LETSBEFRANK 6-4fav (9-0) Held up towards rear, pushed along and headway 3f out, ridden over 1f out, slightly hampered inside final furlong, stayed on, 3rd of 14, 3/4f behind Zimmerman (9-5) at York 2m hcp 0-80 (4) gs in Jul.

Law Of The Sea 20-1 (9-1) In touch in mid-division, out-paced over 2f out, hung right and well beaten over 1f out, 15th of 20, 28f behind Pledgeofallegiance (8-13) at Royal Ascot 2m 4f Lincoln hcp (2) gf in Jun.
Arrange 11-2 (9-3) Held up in 5th, dropped to last par 5f out, ridden and headway out wide over 1f out, went 2nd and stayed on inside final furlong not quite pace to challenge, 2nd of 8, 1/2f behind Story Horse (9-3) at Haydock 1m 6f hcp 0-85 (4) gd in Jul.
STARFORM: LETSBEFRANK DANGER: Law Of The Sea

6.15 SKY BET, FOR THE FANS HANDICAP

Class 2 5f (11 runners) £38,655

- 1 (9) -20022 SQUEALER (30)(D3,G) N Tinkler 4 9 12..... R Scott *105
- 2 (11) 62-242 EMPEROR SPIRIT (8)(A)(P,T) R Cowell 6 9 7..... T Marquand 101
- 3 (3) 0-2044 EXISTENT (8)(D2,A,S) S C Williams 6 9 5..... C Planas (3) 101
- 4 (6) 104166 WOOLHAMPTON (8)(D3,A,F,G)(B) B Millman 4 9 5..... O Searle (5) 102
- 5 (10) 13-121 AMERICAN AFFAIR (49)(D2,F,G) J Goldie 4 9 5..... P Mulrennan 100
- 6 (7) 120-43 JER BATT (49)(D2,A,G) D & N Barron 4 9 4..... C Rodriguez 101
- 7 (4) -42051 HARVANNA (30)(D3,F,G) K R Burke 3 9 2..... C Lee 99
- 8 (5) 030636 INTERVENTION (3)(A0,F)(P) M Appleby 7 9 1..... A Rawlinson 102
- 9 (1) 020205 ZARZYNI (8)(D,F,G)(E*) D & N Barron 7 8 10..... C Beasley 104
- 10 (8) 0L3636 REBEL PATH (10)(G) S C Williams 5 8 6 Jack Doughty (5) 103
- 11 (2) -01113 RHYTHMIC ACCLAIM (52)(BF,F,G,S) P McBride 4 8 2..... A Elliott 101

LONG HANDICAP: Rhythmic Acclaim 8-1.
Star Betting: 7-2 American Affair, 9-2 Emperor Spirit, 5 Squealer, 8 Jer Batt, Existent, 10 Harvanna, Woolhampton, 12 Intervention, 14 others.
STARFORM: ZARZYNI 8-1 (11-11) Towards rear, pushed along and headway inside final furlong, nearest finish, 5th of 18, 1 1/4f behind Night On Earth (11-10) at York 5f hcp 0-80 (4) gf in Jul.

American Affair 6-1 (8-5) Chased leaders, went 2nd inside final 2f, led over 1f out, ridden and ran on well, won at Thirsk 5f hcp 105 (2) gs in Jun beating Lethal Nymph (8-12) by 11, 16 ran.
Emperor Spirit 33-1 (9-1) Led, ridden over 1f out, kept on well inside final furlong, headed final strides, 2nd of 13, hd behind Albashear (9-12) at Ascot 5f hcp (2) gf in Jul.
Squealer 5-1 (9-10) Chased leaders, ridden near side of group and ran on to lead final 110 yards, headed post, 2nd of 9, ns behind Brave Nation (8-9) at Doncaster 5f hcp 0-100 (2) gd in Jul.
STARFORM: ZARZYNI DANGER: American Affair

6.45 SKY BET CLUB HANDICAP

Class 4 6f (15 runners) £10,360

- 1 (9) 2145 KNEBWORTH (107)(CD,D2,A,S)(P) R Hughes 4 10 2..... Ethan Jones (5) 87
 - 2 (3) 0250 ADMIRAL D (145)(D3,A,S) R Fahey 5 10 0..... J Garrity *91
 - 3 (12) 4301 SERGEANT PEP (31)(CD,D2,A,G,S) C Cox 4 9 11..... C Lee 88
 - 4 (6) 0013 GRANT WOOD (31)(CD,D,A,G) P Midgley 5 9 10..... D Nolan 89
 - 5 (2) 6L13 BE PROUD (7)(D4,A,G,S)(P) J Goldie 8 9 9..... P Mulrennan 89
 - 6 (1) 1241 ROBERTO CARO (18)(D,A,S) A Keatley 3 9 8..... T Marquand 87
 - 7 (13) 04-1 BABA REZA (16)(CD,D2,A,G) J Camacho 6 9 7..... C Rodriguez 90
 - 8 (10) 50L1 ROUGH DIAMOND (23)(D4,A,S) T Davidson 7 9 5..... R Scott 87
 - 9 (14) 4362 THANKUAPPRECIATE (23)(D,G) D Carroll 4 9 4..... Z Wheatley (3) 88
 - 10 (15) 6LLO CALL ME GINGER (8)(D7,G,S) J Goldie 8 9 2..... Amie Waugh (5) 75
 - 11 (4) 6864 TRILBY (22)(CD,D,S) S England 4 9 1..... J Fanning 88
 - 12 (11) 6605 SPIRIT OF APPLAUSE (10)(CD,D,G)(P) T Easterby 4 8 12..... S Mirrans 88
 - 13 (8) 4026 LIHOU (31)(D2,A,G,S) P Evans 8 8 12..... J Crowley 89
 - 14 (7) 02-1 AL SHABAB (9) Williams 3 8 11..... David Egan 85
 - 15 (5) 6L16 ROGUE THUNDER (8)(A) P Morris 4 8 8..... Jack Doughty (5) 84
- Star Betting: 11-2 Baba Reza, 6 Sergeant Pep, 13-2 Roberto Caro, 7 Thankuappreciate, 8 Grant Wood, Knebworth, 10 others.
STARFORM: TRILBY DANGER: Call Me Ginger



TRACK ACE: Jordan Electrics loves Hamilton

ELECTRICS TO SURGE AGAIN

A BUSY few days lie ahead with some lovely rides booked. I'll take a spin through the pick of them.

HAMILTON TONIGHT JORDAN ELECTRICS (7.40) adores Hamilton. He has won six times so far this year, including on each of his last four visits to the Lanarkshire venue. I'm really looking forward to riding him again, and as I said on Racing TV after winning the Scottish Stewards' Cup, I'm just booked to do the steering.

RORY (6.40) has been in fine form, getting the 7f well when successful at Musselburgh. He tackles a new trip - his first run beyond a mile - so we'll see how that goes from this 4lb higher mark.

FAYLAQ (8.10) hasn't been easy to win with but usually runs a good solid race at Hamilton, so there's no reason why he shouldn't go close. My other rides on the card are **CARVALHAL (6.10)**, **CLASSY AL (7.10)** and **HUMBLE SPARK (8.40)** and it isn't difficult to make a case for any of those three.

HAYDOCK TOMORROW Northern Express took the International Stakes at Ascot last weekend and I chase further valuable prize money in the Sky Bet Sunday Series at Haydock. Northern Express is a credit to Michael Dods and his staff, but it is for Jim Goldie that **LETSBEFRANK (5.45)** and **AMERICAN AFFAIR (6.15)** go bonus-seeking.



PAUL MULRENNAN COLUMN

The owners of both horses have been incredibly supportive of Jim (and me) over many years. It'll be fantastic if we can bag the £100,000 offered by the sponsors to the connections of any horse who can win three races in the series.

ALICE PROCTER The recent stable staff charity race at Thirsk raised £20,000 in support of Graham Lee and the Injured Jockeys' Fund, but unfortunately racing must draw together again to support another rider. Alice Procter (left), who was injured in a fall at Cartmel, left intensive care earlier this week after suffering a serious spinal cord injury. Speaking on behalf of everyone from the Flat weighing room, we would like to pass on our thoughts, prayers and support to Alice and her family. A GoFundMe page has been set up for Alice, so please (if able to do so) consider donating.

Paul Mulrennan was talking to Mark Rowntree. Paul is an ambassador for Racing TV. Enjoy a free one month trial of Racing TV and watch over 100 British and Irish meetings for free-trial-monthly for more.



YESTERDAY'S RESULTS

BATH
5.50: 1, DARYSINA GOLD (Georgia Dobbie evns); 2, Take A Pull (10-1 fav); 3, Boudica Warrior (50-1); 4, 2/1, 5 ran. E J-Houghton. Tote: £2.00; pl £1.10, £1.10. Exacta: £2.20. Trifecta: £3.70. CSF: £2.14.

6.25: 1, LADYSPACKPUNCH (C Hutchinson 15-2); 2, Iconique (15-2); 3, Blue Hero (5-2 fav); 2/1, 2/1, 9 ran. G Harris. Tote: £8.50; pl £2.10, £2.20, £1.60. Exacta: £59.80. Trifecta: £181.14. Trifecta: £280.80. CSF: £62.71.

7.00: 1, LOVESTRUCK ROMEO (N Currie 2-1 fav); 2, Power Of Twins (11-4); 3, Galette (25-1). nk, 2/1, 9 ran. Ollie Sangster. Tote: £3.00; pl £1.20, £4.30, £1.20. Exacta: £8.70. Trifecta: £77.10. CSF: £7.33.

7.35: 1, TIME PATROL (Jack Doughty 11-4); 2, Vaunted (2-1 fav); 3, We're Reunited (7-2). 11, 5/1, 7 ran. A Carroll. Tote: £3.75; pl £1.80, £1.60. Exacta: £9.00. Trifecta: £27.50. CSF: £8.46. NR: Pannonica.

8.05: 1, SYMBOL OF HOPE (Taylor Fisher 4-1); 2, Sisters In The Sky (10-1); 3, Some Nightmare (9-1). 7-2 fav Flying Secret; 2/1, hd, 8 ran. J & R Flint. Tote: £5.00; pl £1.70, £2.40, £2.80. Exacta: £42.10. Trifecta: £334.92. Trifecta: £255.90. CSF: £41.43.

8.35: 1, DARKENED EDGE (Gina Mangan 11-4); 2, Under Curfew (7-5 fav); 3, Wedgewood (6-4). 2/1, 1/1, 3 ran. C Mason. Tote: £3.75; Exacta: £6.10. Trifecta: £6.60. CSF: £6.69. NR: Exceed, Lid Wade.

QUADPOT: £27.60
PLACEPOT: £73.80

GOODWOOD
1.50: 1, MASTER MILLNER (C Bishop 25-1); 2, Premiere Ligne (18-1); 3, Single (50-1); 4, Kyle Of Lochalsh (9-2 jtfav). 9-2 jtfav Tempestrate; 1/1, 2/1, nk, 18 ran. E Lavelle. Tote: £28.50; pl £4.60, £3.70, £9.80, £1.80. Exacta: £682.80. Trifecta: £2006.55. Trifecta: £17691.30. CSF: £407.58. NR: Zelandia.

2.25: 1, LEAD ARTIST (K Shoemark 9-2); 2, King's Gamble (15-2); 3, Task Force (9-2). 3-1 fav Al Musmak; 1/1, 1/1, 9 ran. J & T Gosden. Tote: £5.50; pl £1.80, £2.30, £1.80. Exacta: £35.30. Trifecta: £158.92. Trifecta: £156.50. CSF: £36.54. NR: Ice Max.

3.00: 1, TOMY SON (O Murphy

12-1); 2, Dutch Decoy (20-1); 3, Holloway Boy (5-1 jtfav); 4, Darkness (8-1). 5-1 jtfav Perotto; 2l, 1/1, 1/1, 16 ran. D Muenisier. Tote: £15.50; pl £2.10, £3.60, £4.40, £2.20. Exacta: £345.80. Trifecta: £947.35. Trifecta: £2885.60. CSF: £247.83. NR: Mirsky, Native Warrior, New Image, Pisanello, Rebel Territory.

3.35: 1, BIG EVS (T Marquand 13-8 fav); 2, Astoora (11-4); 3, Believing (7-1). shd, 1/1, 10 ran. M Appleby. Tote: £2.63; pl £1.40, £1.50, £2.30. Exacta: £7.20. Trifecta: £23.36. Trifecta: £31.00. CSF: £5.87. NR: Jasour, Moss Tucker, Makarova.

4.10: 1, HAUNTED DREAM (James Doyle 18-5); 2, Cairo (16-1); 3, My Prospero (6-4 fav). 1/1, shd, 7 ran. H Al Jehani. Tote: £4.60; pl £5.10, £2.00. Exacta: £61.50. Trifecta: £123.60. CSF: £54.42. NR: Liberty Lane.

4.45: 1, ARTAGNAN (David Egan 16-1); 2, Cayman Tai (11-1); 3, Rare Change (4-1 fav); 4, Ardennes (15-2). 1/1, 1/1, nk, 16 ran. K R Burke. Tote: £19.40; pl £3.40, £2.50, £2.00, £2.40. Exacta: £221.70. Trifecta: £892.68. Trifecta: £1919.50. CSF: £181.02. NR: Zabeel Road.

5.20: 1, ASSAILANT (O Murphy 16-5); 2, Wafai (7-4 fav); 3, Mainrod (20-1). 1/1, 1/1, 7 ran. J & T Gosden. Tote: £4.20; pl £2.00, £1.70. Exacta: £10.20. Trifecta: £88.95. Trifecta: £71.80. CSF: £89.91. NR: Blake, Champagne Prince, Dambuster, Huxley, Kambo, Master Builder, Midnight Rumble.

JACKPOT: Not won, pool of £24,081.67 carried over.
QUADPOT: £33.90
PLACEPOT: £273.50

NEWCASTLE
2.10: 1, CYCLONITE (T Eaves 7-2); 2, Mr Cool (9-1); 3, Sea Of Diamonds (7-1). 7-4 fav East Tyrone. nk, 4/1, 6 ran. J Ferguson. Tote: £4.50; pl £1.80, £3.50. Exacta: £22.40. Trifecta: £107.00. CSF: £31.83.

2.45: 1, NORTHERN TICKER (P Mulrennan 11-8 jtfav); 2, Lord Roxby (16-1); 3, Glitterati (11-8 jtfav). 5l, 1l, 8 ran. M Dods. Tote: £2.38; pl £1.10, £3.50, £1.10. Exacta: £27.20. Trifecta: £53.40. CSF: £29.18. NR: Callout.

3.20: 1, OOLONG POOBONG (P J

McDonald 6-4 fav); 2, Farandaway (12-1); 3, Silver Arrow (6-1). 1l, 1/1, 9 ran. E Bethell. Tote: £2.50; pl £1.10, £3.00, £1.60. Exacta: £15.00. Trifecta: £86.30. CSF: £20.29.

3.55: 1, ZIVANIYA (L Edmunds 10-1); 2, Haveyoumissmede (10-3); 3, Solid Silver (15-8 fav). 1/1, 1l, 7 ran. H Palmer. Tote: £11.00; pl £4.30, £2.00. Exacta: £50.60. Trifecta: £140.80. CSF: £42.31.

4.40: 1, STAND FREE (T Eaves 33-1); 2, Visitant (8-1); 3, Tiberio Force (7-2). 5-4 fav Top Flight Century; 1/1, 1/1, 10 ran. I Furtado. Tote: £40.30; pl £6.00, £1.90, £1.40. Exacta: £410.90. Trifecta: £1492.80. CSF: £272.58.

5.05: 1, DC FLYER (T Eaves 11-2); 2, Exponential (14-1); 3, Lady Of The Garr (20-1). 7-2 fav Musical Diva; 1/1, nk, 12 ran. K Ryan. Tote: £6.50; pl £2.30, £4.00, £4.80. Exacta: £92.00. Trifecta: £1468.03. Trifecta: £1426.10. CSF: £76.82.

5.35: 1, PROFIT STREET (R Scott 10-3 fav); 2, Novak (20-1); 3, Saisons D'Or (14-1). 1/1, nk, 14 ran. N Tinkler. Tote: £4.34; pl £1.70, £5.80, £4.70. Exacta: £82.90. Trifecta: £874.11. Trifecta: £732.80. CSF: £79.36.

6.05: 1, FLAVIUS TITUS (R Scott 2-1 fav); 1, ARLINGTON (A Breslin 14-1); 3, Missimimi (12-1). dht, nk, 13 ran. D Brooke. B Smart. Tote: Flavius Titus £1.50, Arlington £7.50; pl Flavius Titus £1.40, Arlington £5.20, Missimimi £2.00. Exacta: Flavius Titus, Arlington £19.40. Trifecta: Flavius Titus, Arlington, Missimimi £262.80, Arlington, Flavius Titus, Missimimi £379.20. CSF: Flavius Titus, Arlington £16.45, Arlington, Flavius Titus £20.91. NR: Sassy Soprano.

QUADPOT: £237.60
PLACEPOT: £721.60

NEWMARKET
5.43: 1, INFINITY BLUE (Ryan Sexton 4-1); 2, Nogo's Dream (13-8 fav); 3, Arnaz (10-3). 1/1, nk, 10 ran. J Camacho. Tote: £5.00; pl £1.30, £2.10, £1.60. Exacta: £14.00. Trifecta: £24.10. Trifecta: £44.70. CSF: £10.53.

6.18: 1, WAITING ALL NIGHT (R Havlin 7-2); 2, Al Muqdad (85-40 fav); 3, Tactical (10-1). 1/1, 1/1, 8 ran. R Spencer. Tote: £4.50; pl £1.60, £1.30,

£2.80. Exacta: £13.70. Trifecta: £66.46. Trifecta: £87.50. CSF: £11.54.

6.53: 1, SHADOW OF LIGHT (H Bentley 8-11 fav); 2, Realign (3-1); 3, War Howl (50-1). 2l, 1/1, 10 ran. C Appleby. Tote: £1.73; pl £1.10, £1.30, £7.00. Exacta: £3.60. Trifecta: £59.20. CSF: £3.07.

7.28: 1, NOISY JAZZ (H Bentley 25-1); 2, Charlotte's Web (6-4 fav); 3, Get Jiggy With It (7-2). 5l, 1/1, 8 ran. James Owen. Tote: £26.80; pl £5.20, £1.20, £1.30. Exacta: £109.90. Trifecta: £353.20. CSF: £62.05. NR: Inversion, Samra Star.

7.58: 1, KING OF SCOTIA (S Osborne 4-1 cofav); 2, Pipes And Drums (4-1 cofav); 3, Bella Bisbee (12-1). 4-1 cofav Born A Rebel, 4-1 cofav Speriamo; 1/1, 1/1, 9 ran. J Osborne. Tote: £5.00; pl £1.70, £2.00, £2.00. Exacta: £18.50. Trifecta: £177.71. Trifecta: £181.30. CSF: £19.42.

8.28: 1, ALLONSY (E Greatrex 4-5 fav); 2, Orchard Keeper (3-1); 3, Polar Princess (22-1). 1/1, 2/1, 7 ran. R Beckett. Tote: £1.80; pl £1.30, £1.80. Exacta: £3.40. Trifecta: £25.09. Trifecta: £24.80. CSF: £3.35. NR: Cherry Burton, Dancingwithmyself, Maritime Lady.

QUADPOT: £2.40
PLACEPOT: £41.10

SOUTHWELL
2.00: 1, THE GREY LASS (Joanna Mason 9-2); 2, Enchanted Night (16-1); 3, Lotus Of Freedom (25-1). 13-8 fav Colours Rose; 1/1, 1/1, 8 ran. M & D Easterby. Tote: £5.50; pl £1.30, £3.90, £5.10. Exacta: £81.20. Trifecta: £1604.60. Trifecta: £965.00. CSF: £71.02.

2.35: 1, NORTHERN CHOICE (T Heard 8-1); 2, Hajara (11-4); 3, Pagan Sun (16-1). 10-11 fav Gulf Legend; 1l, 1/1, 12 ran. H Palmer. Tote: £10.50; pl £1.70, £1.40, £2.80. Exacta: £39.40. Trifecta: £303.10. CSF: £31.21. NR: Catch The Light.

3.10: 1, VICTORIOUS STREET (R Coakley 5-2); 2, Skipper (11-8 fav); 3, Baraq (6-1). nk, 11l, 14 ran. S & E Cristoford. Tote: £3.70; pl £1.50, £1.10, £1.60. Exacta: £7.70. Trifecta: £27.40. CSF: £6.16.

3.45: 1, KING OF ITHACA (H Turner 10-1); 2, Chola Empire (9-2); 3, Shaw Park (7-1). 4-1 fav Dumfries

StarForm

NUMBER ONE FOR RACING

IN ASSOCIATION WITH
William HILL

ODDS & SODS

FINAL DAY OF THE GALWAY FESTIVAL (TOMORROW) ITV4: 5.00 Racing TV

NEIL RANDON		STAR TIP	
Bythesmetoken	1.50	Son Of Hypnos	
Dorans Law	2.20	Sea Music	
Easy Game	2.55	Hurricane Georgie	
Fighting Fit	3.30	Barnacullia	
No More Porter	4.00	Grey Leader	
Saint Brandon	4.30	Kitty Bear	
Tachos	5.00	Iseult Of Ireland	
Portcammon	5.30	Delta Force	

GOING: FLAT - YIELDING; JUMPS - GOOD

1.50 ADARE MANOR OPPORTUNITY HCAP HURDLE (9 flights) 2m 1f (23 runners) €8,870

PLACEPOST FIRST SIX RACES	
1	0301 SON OF HYPNOS (F3)(CD2,G)(B,T) K Smith 7 12 0. K Callaghan (2) 119
2	5-P6 NEVERADULLMOMENT (79)(CD,S)(P,T) J P Dempsey 7 11 12
3	130- TOLL STONE (125)(S) E Mullins 4 11 12
4	0-34 BYTHESMETOKEN (33)(S)(P,T) R O'Sullivan 10 11 11
5	11-5 MORRICONE (96)(S)(P) R Hackett 7 11 11
6	55-0 PARADISE LOST (17)(P) C O'Brien 5 11 11
7	60L- WAJAJAH (F23)(S)(P) P J McKenna 9 11 11
8	-223 PAHLAVI (27) J J Hanlon 7 11 10
9	5-14 HURCULANEUM (28)(B) N C Kelly 7 11 9
10	-235 PHOENIX COWBOY (17)(B*) J J Hanlon 7 11 9
11	44-3 VISCHIO (6)(D,G)(P) R Donohoe 7 11 8
12	-002 CLONBURY BRIDGE (6)(C,G)(B,T) J P Dempsey 8 11 5
13	0/0- NO TROUBLE (F18)(T) J McConnell 8 11 3
14	7314 LA HACIENDA (F6)(BF,G) M J Smith 7 11 2
15	0-13 THE TRUANT (27)(S)(T) P W Flynn 7 11 2
16	6228 AUSSIE WARRIOR (6)(G) R Hughes (UK) 5 11 1
17	5-25 RIYAMI (F4) D Hogan 5 11 1
18	P132 SEASET (17)(BF,S)(J) J Hanlon 6 11 1
19	60-0 IRON ALLEN (79)(S) Ciaran Murphy 6 11 0
20	L-F1 HEY WHATEVER (20)(G) G Elliott 4 10 12
21	00-5 BELGORINCE (F36)(T) C O'Leary 7 10 13
22	F-4 WEE CHARLIE (B1)(S) T Gibney 7 10 13
23	600- YOUNG LUCY (F75)(T) C O'Leary 5 10 12

2.20 KENNY GALWAY HCAP HURDLE (14 flights) 3m (23 runners) €9,130

1	U456 STREETS OF DOYEN (16)(D5,G,S)(T,V) J McConnell 10 12 0
2	4F-P PEACHES AND CREAM (92)(G) G Cromwell 9 11 10
3	U-41 TOPGUN SIMMY (56) J J Hanlon 5 11 10
4	5000 PARTY BUSINESS (27)(S)(P) I Williams (UK) 8 11 9
5	-32P DONKEY YEARS (29)(S)(P,T) E McNamara 10 11 8
6	3-12 LITTLEBIGGIE (63)(BF,G)(H) R Hackett 7 11 7
7	1-45 ANOTHER CHOICE (41)(B,G) M J Smith 7 11 5
8	51-1 NT FIELD MINNESOTA (48)(G,S)(T) W P Mullins 6 11 5
9	-012 SEA MUSIC (4)(BF,G) E Mullins 6 11 4
10	4011 I AM SPIDER MAN (29)(G,S) C Byrnes 7 11 3
11	03-5 WELLINGTON HILL (79)(BF)(P) Mags Mullins 8 11 1
12	4-65 GINNETS GIRL (43) G Elliott 6 10 13
13	-P20 KARACOLE (B1) J Barcoe 6 10 13
14	0-0 MEYO (29)(D) T Gibney 6 10 11
15	P-3P ARABIAN KING (F18)(G) T Collins 8 10 10
16	2-12 DREAM DREAM (21)(BF,D,G) T Christian Williams (UK) 6 10 10
17	-110 FLICKER OF HOPE (6)(D) M Fahey 5 10 10
18	3243 DORANS LAW (31)(BF)(P) P J Rothwell 6 10 9
19	3-13 SOLLY ATTWELL (35)(D) C Collins 6 10 9
20	040P LA VEGA MOON (23)(S)(B) J J Hanlon 6 10 5
21	-03L INTERSKY SENTRY (50)(S) D Queally 7 10 0
22	-040 MUSTAHEET SECRET (28)(G)(P) H Finegan 7 10 0
23	22-5 BALLAGH STAR (19)(P,T) Mrc Y Dunne 6 10 0

Star Betting: 9-2 Sea Music, 6/1 Am Spider Man, 7 Topgun Simmy, 8 Peaches And Cream, 10 Littlebiggie, Fever Dream, 12 others.
STARFORM: I AM SPIDER MAN DANGER: Peaches And Cream

CHESTER (TOMORROW) ITV4: 4.05 & 4.35 sky sports racing

JASON HEAVEY		STAR TIP	
Princess Niyla	2.30	Princess Niyla (nap)	
Anthropologist	3.05	Dollyana	
Condotti	3.35	Captain Harry	
Al Shabab Storm (trb)	4.05	Emaraty Ana (nb)	
Topanga	4.35	Telemark	
Dreams Adozen	5.05	Dunstan	

GOING: GOOD

2.30 JOHN LENNON AIRPORT SPRINTER HCAP Class 4 1m 2f (10 runners) £7,644

1	5355 WOODSTOCK CITY (34)(D,A,S) I Williams 4 9 13
2	23-6 BOSQ GIRL (40) R Fahey 4 9 11
3	3224 EVOCATIVE SPARK (8)(BF,C,G,S) Darryll Holland 5 9 10
4	7-6-00 INNSE GALL (162)(D3,G,S) Craig Lidster 6 9 10
5	0133 ROYAL DREAM (17)(D3,A,T) T Dunlop 4 9 9
6	4-45 ORDER OF MALTA (50)(D,G)(H) H Palmer 4 9 6
7	5541 FLATLEY (10)(D,A,G)(P) A Wintle 7 9 6
8	60LL GOLDEN MELODY (4)(C,D,G,S)(B) T Easterby 6 9 6
9	03L0 TOBETSO (8)(G) D Carroll 4 9 4
10	5212 PRINCESS NIYLA (4)(C,D,G) A Brown 4 9 4

Star Betting: 3 Evocative Spark, 9-2 Flatley, 6 Princess Niyla, 7 Bosc Girl, Royal Dream, 8 Woodstock City, 10 Order Of Malta, 14 InNSE Gall, 16 others.
2023: First Impression 6 10 4, Jason Hart 9-4 Fav (J & S Quinn), drawn (1), 5 ran.

3.05 ARTHUR MAY MEMORIAL NURSERY Class 5 2YO 7f (9 runners) £7,644

1	6) 4022 TACTICAL PLAN (11)(BF) E Dunlop 9 9
2	0610 DOLLYANA (10)(D,G) W Muir & C Grassick 9 9
3	3404 ANTHROPOLOGIST (23) C Johnston 9 6
4	5505 TUSCAN POINT (22) R Fahey 9 5
5	3010 EIGHTEEN FOURTEEN (22)(G) O Pears 9 4
6	5053 ATOMIC MASS (22) M D Easterby 9 2
7	060 NEW BOMBAY (15)(H) A Balding 9 2
8	4051 LAW DEGREE (19)(D,S)(P) T Easterby 8 13
9	060 HEROCOMESTHEBEAR (22) H Palmer 8 10

Star Betting: 7-2 Law Degree, 4 Tactical Plan, 9-2 Atomic Mass, 7 Anthropologist, Tuscan Point, 8 Dollyana, 10 New Bombay, 12 Herocomesthebear, 20 Eighteen Fourteen.
2023: Making Dreams 9 11, Brandon Wilkie(7) 4-1 (K R Burke), drawn (1), 9 ran.
STARFORM: LAW DEGREE DANGER: Tactical Plan

2.55 KINLAY HOSTEL CHASE (14 fences) 2m 6f 111yds (8 run) €13,043

1	4-1L EASY GAME (4)(G,S)(P) W P Mullins 10 11 10
2	P4-0 BALKITO (23)(S) John F O'Neill 9 11 3
3	0044 FINAL ORDERS (F18)(D,G,S)(P) G Cromwell 8 11 3
4	0P-F JANIDL (4)(S)(P,T) W P Mullins 10 11 3
5	01L- ST DENIS'S WELL (125)(S)(P,T) Ian Donoghue 6 11 3
6	-530 TULLYBEG (4)(D,G)(T) G Elliott 9 11 3
7	-051 MONBEG PARK (22)(G)(P,T) S Doyle 7 10 13
8	1F60 HURRICANE GEORGIE (4)(G) G Elliott 7 10 10

3.30 LORD HEMPHILL MEMORIAL HCAP CHASE (12 fences) 2m 2f (12 runners) €15,652

1	2-20 SAINT ROI (4)(G,S)(T) W P Mullins 9 11 12
2	204- FIGHTING FIT (155)(CD,S)(T) J P Dempsey 9 10 13
3	20-0 THE BIG CHAP (23)(CD,G,S) P W Flynn 7 10 6
4	6LL- GRANGE WALK (204)(D,G,S) J P Ryan 9 10 5
5	24L- BARNACULLIA (F4)(CD,G,S) M Mulvaney 7 10 4
6	2456 DEAD DEAL (16)(G,S)(T) J McConnell 9 10 4
7	-521 RAILWAY HURRICANE (22)(G,S)(B,T) G Cromwell 9 10 4
8	P-12 MAGIC TRICKS (78)(BF,G,S) G Elliott 8 10 3
9	0123 THE DASHER CONWAY (16)(G,S) Mrs G Callaghan 9 10 0
10	0P-0 THE FOLKES TIARA (84)(T) H De Bromhead 8 10 0
11	55-6 FOLKES CHOICE (94)(G,S)(P) G Elliott 7 10 0
12	-FSU VARNA GOLD (37)(G)(T) P Gilligan 7 10 0

Star Betting: 5-2 Railway Hurricane, 5 Barnacullia, 6 Magic Tricks, 13-2 The Dasher Conway, 10 The Big Chap, 12 others.
STARFORM: RAILWAY HURRICANE DANGER: Barnacullia

4.00 EBF AHONOORA HANDICAP (PREMIER) 7f (19 runners) €57,391

1	14) 0106 THUNDERBEAR (23)(G,S) J Davison 4 10 0
2	1) L-66 DUNUM (35)(CD,G,S) N Lupini 6 9 11
3	1) L-66 I AM SUPERMAN (14)(D5,A,G,S)(T) M O'Callaghan 8 9 9
4	17) 13L0 LAUGH A MINUTE (36)(D2,G,S) J Davison 9 9 7
5	11) 11-0 TITANIUM (5)(A,S) Ciaran Murphy 9 9 5
6	5) 611-01 HURRICANE IVOR (15)(D,G,S)(P) J Harrington 7 9 3
7	15) 1-13 THIS SONGISFORYOU (5)(G) E Mullins 6 9 3
8	10) 5351 GREY LEADER (3)(C,D,G,S)(H) Joseph G Murphy 4 9 2
9	1050 EARLS (5)(D4,G,S)(B,T) G Cromwell 7 9 1
10	-530 FAST TRAX (35)(S)(T) J P O'Brien 4 8 13
11	118) L150 CURRENT OPTION (5)(CD3,D5,G,S) A McGuinness 8 8 12
12	19) 0046 APACHE OUTLAW (36)(D,A,G) A McGuinness 4 8 11
13	7) 0400 CASANOVA (3)(C,A,G) A McGuinness 8 8 11
14	14) 26-2 NO MORE PORTER (35)(T) A McGuinness 6 8 10
15	3) 3022 PHYSIQUE (11)(BF,D,S)(H) Fenton 4 8 10
16	210) BID FOR CHESTER (77)(S)(T) M Mulvaney 3 8 8
17	4) 5-65 SAN AER (3)(C,D,G,S)(P) T Mullins 6 8 9
18	18) 21.0 INDEPENDENT EXPERT (3)(D3,A,G,S) A Slattery 5 8 9
19	1) 6015 ORANDI (83)(D3,A,S)(T) C O'Leary 6 8 8

Star Betting: 4 This Songisforyou, 11-2 No More Porter, 7 Physique, 8 Dunum, Grey Leader, 10 I Am Superman, 12 Thunderbear, Apache Outlaw, 14 others.

STARFORM: HURRICANE IVOR 16-1 (9-7) Mid-division on outer, ridden and no impression 2f out, no extra over 1f out, weakened final furlong, last of 15, 10l behind Big Gossey (9-5) at Curragh 6f prem hcp gd in Jul.

This Songisforyou 16-1 (9-4) Tracked leaders, 4th halfway, ridden 2f out, stayed on to dispute 1f out and soon led briefly, headed final 150 yards, kept on same pace closing stages, 3rd of 18, 1 3/4l behind Mexicali Rose (8-10) at Galway 1m 1f prem hcp in Jul.

No More Porter 16-1 (8-10) In touch, stayed on in 4th over 1f out, soon slightly hampered, improved to 2nd and kept on closing stages, held, 2nd of 15, 3/4l behind Booyea (9-2) at Curragh 1m prem hcp gd in Jul.

Physique 6-4fav (10-0) Soon led, increased lead after 1f, reduced lead 2f out, kept on final furlong, headed final 50 yards, 2nd of 6, hd behind Facethepuckout (9-10) at Naas 7f hcp in Jul.

STARFORM: HURRICANE IVOR DANGER: This Songisforyou

3.35 EBF NEWCOMERS' RESTRICTED MAIDEN STKS Class 4 2YO 1m (5 runners) £7,644

1	1) CAPTAIN HARRY A Balding 9 7
2	4) CHELSEA OLD CHURCH M Bell 9 7
3	2) HOT DANCER C Johnston 9 7
4	3) NEARDOWN J Osborne 9 7
5	5) CONDOTTI H Palmer 9 5

Star Betting: 2 Captain Harry, 5-2 Hot Dancer, 10-3 Condotti, 5 Chelsea Old Church, 10 Neardown.
2023: No corresponding race.
STARFORM: CAPTAIN HARRY DANGER: Hot Dancer

4.05 QUEENSFERRY STAKES (LISTED) Class 1 6f (9 runners) £28,010

1	5) EMARAATY ANA (47)(D4,F,G)(P,T) J Osborne 8 9 5
2	00-00L H Palmer 5 9 5
3	1) HARRY THREE (43)(D5,A,F,G) C Cox 5 9 5
4	2) QUINAULT (15)(D5,A,F,G)(H,T) S C Williams 4 9 5
5	0-060L S C Williams 4 9 5
6	20-300 R Varian 4 9 5
7	6-2211 A Balding 3 9 4
8	3) FUNNY STORY (23)(D4,A,F,S) R Beckett 4 9 0
9	130146 P Evans 4 9 0
10	1-231L M Bell 3 8 10

Star Betting: 6-4 Al Shabab Storm, 4 Emaraty Ana, 5 Funny Story, 8 Harry Three, 10 Quinault, 12 Flaming Rib, 20 Radio Goo Goo, Russet Gold, Queen's Guard.
2023: Mithaahy 4 9 5, Ray Dawson 10-1 (R Varian), drawn (3), 6 ran.

STARFORM: AL SHABAB STORM 6-4fav (8-13) Tracked leaders, smooth headway to lead 3f out, ridden to go clear over 1f out, kept on, won at Chester 7f Listed stks (1) gs in Jul beating Breege (9-7) by 1 1/2l, 6 ran.

4.30 IRISH EBF AUCTION SERIES MAIDEN 2YO 7f (17 runners) €12,522

1	6) RIGHT AND TRUE (90) A P O'Brien 9 9
2	4) OTTOMAN (45) E & P Hartly 9 7
3	6) DUPONT LAW Ciaran Murphy 9 5
4	13) G SHOW YOUR WORKINGS (36) Sean Davis 9 5
5	12) ADMIRAL HALSEY (22) N Meade 9 1
6	6) CALCIFER (44) G Cromwell 9 1
7	0) INVINCIBLETOMORROW (22) G Cromwell 9 1
8	0) MASEGO (17) Mags Mullins 8 13
9	5) SAINT BRANDON (51) N Lupini 8 13
10	17) L UNDEFEATABLE (83) K Smith 8 13
11	9) WHYWHYWHY DELIAH D Marnane 8 10
12	13) 0 KITTY BEAR (8) A Slattery 8 8
13	0 KURRAWA (52) J Harrington 8 8
14	00 RUN MAGGIE RUN (18) C Collins 8 8
15	16) 11 WUNDERFULWONDERFUL J McConnell 8 8
16	0 SIGH NO MORE (8) J P O'Brien 9 2

Star Betting: 5-2 Green Brothers, 4 Right And True, 5 Kitty Bear, 11-2 Saint Brandon, 6 Califcer, 12 Invincibletomorrow, Kurrawa, 20 Wonderfulwonderful, 25 others.

STARFORM: GREEN BROTHERS 12-1 (9-7) Tracked leaders, 5th halfway, pushed along under 2f out, ridden and no impression over 1f out, kept on one pace into 4th final 100 yards, 4th of 17, 8l behind Va Vroom (9-2) at Leopardstown 7f 2yo mdn aut gd in Jul.

Right And True 9-2 (9-2) Tracked leaders, took keen hold, pushed along in 7th 2f out, soon ridden and no impression, 6th of 15, 8l behind Barnavara (8-13) at Curragh 6f 2yo mdn sft in May.

Kitty Bear 80-1 (8-3) Rear of mid division, 11th halfway, pushed along on outer over 2f out, soon ridden and kept on one pace inside final furlong, 9th of 16, 5l behind An Chorr Dubh (8-5) at Gowran Park 7f 2yo flds mdn aut stks gd in Jul.

Saint Brandon 9-1 (9-1) Tracked leaders on outer, 7th entering straight, pushed along in 5th 2f out, soon ridden and no impression, kept on one pace, 5th of 17, 6l behind Fiery Lucy (9-2) at Fairyhouse 6f 2yo mdn aut gd in Jun.

STARFORM: GREEN BROTHERS DANGER: Right And True

5.00 VILLAGE SALTHILL HANDICAP (50-80) 3YO 1m (21 runners) €8,870

1	19) 2451 ARTFUL APPROACH (6)(C) Davison 10 2
2	17) -331 TACHOS (49)(G) D K Weld 9 13
3	20) -43L SINBAD MY DAD (41)(P) S Fahey 9 12
4	1) -0-23 ISEULT OF IRELAND (8)(P) A P O'Brien 9 10
5	16) 5043 CORNHILL SOLDIER (4)(G)(B,T) K Smith 9 9
6	14) 4441 PRESENCE (13) J Harrington 9 8
7	21) -100 REBELSONTHERUN (23)(A)(B,T) M O'Callaghan 9 8
8	18) 0-56 BLADON (17)(T) J P O'Brien 9 8
9	045- S1 SENIOR (314)(BF,S)(T) P Mceaney 9 8
10	02-1 EDDIE G (203)(A) A McGuinness 9 8
11	1) L-L THE CRAFTY GIRL (13) Alan McIntyre 9 4
12	4) 5011 ALTO SAX (66)(G)(B) Peter Fahey 9 3
13	12) 4000 POMERIGIO (22)(A)(B) Peter Fahey 9 3
14	6) 4002 APOLLO PRINCE (28)(T) E & P Hartly 9 0
15	16) 6050 GALICIAN GIRL (19)(D,A) A McGuinness 9 0
16	16) 5000 MOUTARDE (16)(G) Cromwell 8 12
17	3) 5044 SAXON KINGDOM (J16)(B) P Rothwell 8 11
18	15) 00-0 SAITH SEREN (28) Andrew Lee 8 10
19	5) 60L OF ATLANTIS (52) T Gibney 8 10
20	10) 3054 SYLVIE (32)(P) D Howard 8 10
21	1) LLL BLDG THE GAP (60)(T) Daniel Murphy 8 7

Star Betting: 4 Tachos, 5 Artful Approach, 5 Iseult Of Ireland, 7 Presence, 8 Cornhill Soldier, Eddie G, 10 Apollo Prince, 12 Bladon, Alt Sax, 16 others.

STARFORM: ARTFUL APPROACH DANGER: Presence

5.30 FR. BREEN MEMORIAL (PRO/AM) FLAT RACE 2m (10 runners) €8,870

1	2-31F THE PASSING WIFE (29)(G,S) G Cromwell 5 12 3
2	10- LUCKINTHECITY (219)(D) W P Mullins 5 12 0
3	1- PORTCAMMON (362) W P Mullins 5 12 0
4	2-41F DELTA FORCE (6)(C,G) C Byrnes 4 11 11
5	5-00 DREAM SHAPER (48) Madden 5 11 7
6	125F FILLISIN (16)(D) G Elliott 5 11 7
7	01F EAGLEWOOD (31)(D) Leonard Flynn 4 11 4
8	1) LIVE AID E Mullins 4 11 4
9	22) PURE LOGIC (31)(BF) J Hanlon 4 10 11

Star Betting: 3 Portcammon, 7-2 The Passing Wife, 4 Delta Force, 6 Pure Logic, 7 Fillisin, 8 Live Aid, 10 Eaglewood, 12 others.
STARFORM: THE PASSING WIFE DANGER: Portcammon

Quinault 9-



HOT ROD:
Rocket
Rodney

Rocket ready for blast-off

THE final day of Glorious Goodwood plays host to today's Tote Placepot, so let's try to close the meeting with a winning perm.

In the opening Glorious Stakes, **Phantom Flight** held **Al Aasy** by a length last time and can confirm the form, while **Aimeric** also looks set to go close at least.

In leg two, **Align The Stars** has form figures in handicaps of 223411 so is solid Placepot material while **True Legend** was a close third at Ascot last time and should be on the premises.

Caius Chorister will be suited by the drop to 1m6f in the Lillie Langtry and won at this meeting two years ago.

River Of Stars took her record to 3221151122431 when scoring at Pontefract and makes the perm.

We'll take four in the Stewards' Cup. **Billyjoh** flew at the finish to grab second in a big-field 7f handicap here three days ago.

Summerghand has figures in August of 1214212414521 and won this race back in 2020. **Ramazan** failed to settle at Newcastle last time

by **ANDREW MOUNT**
+o+e

and better can be expected in this bigger field. **Rocket Rodney**, seventh in the Wokingham, could benefit from the removal of headgear.

Ralph Beckett has a fine record with first-time blinkers and **Serried Ranks** could improve for the headgear in leg five. Stablemate **Qirat** will appreciate the cut back to 7f after his defeats over 1m at Royal Ascot and Newmarket.

In the Placepot finale, seven-figure breeze-up purchase **Angelo Buonarroti** was only beaten by three lengths in the Coventry Stakes on his racecourse debut and looks well drawn in stall four now up in trip to 7f. Banker.

+o+e scoop6
Placepot

- 1.50 Goodwood Aimeric, Phantom Flight
- 2.25 Goodwood True Legend, Align The Stars
- 3.00 Goodwood Caius Chorister, River Of Stars
- 3.35 Goodwood Ramazan, Rocket Rodney, Billyjoh, Summerghand
- 4.10 Goodwood Qirat, Serried Ranks
- 4.45 Goodwood Angelo Buonarroti

2 x 2 x 2 x 4 x 2 x 1 = 64 lines

BREWING UP A 14-1 LATTE

Boro ace full of beans while crown suits Leeds



NET ASSET:
Boro striker
Emmanuel
Latte Lath
will take
some
stopping

WAKE up and smell the Latte - football's finally coming home!

The largely pointless minutes between the end of the Euros and the start of the new season are very nearly over.

The EFL kicks off on Friday, and Middlesbrough's Emmanuel Latte Lath can give us a double-figure shot of perk-me-up in the Championship.

After a decent scoring year in Switzerland, the Ivorian striker had a strong debut season for Michael Carrick's Boro last term, finishing at full gallop, with 11 goals in his last 12 games.

The pre-season vibes coming out of Boro right now are all sunshine, with creative links blooming, and Latte Lath has been hailed by insiders as "a gamble that paid off".

Carrick could well be developing into something special, too - an eighth-place finish last time came off a shocking start, and his football philosophy produces plenty of goals.

The 14-1 (Bet365; 1/4 odds, four places) Latte Lath lands the second-tier Golden Boot looks fun.

The serious matter of the title itself is all about Leeds.

Points forecasts based on the analysis of expected-goals boffins footballxg.com say they performed well enough to finish top last season, in theory.

In reality, they bungled the job, taking just four points from the last 18 available to finish seven points behind champions Leicester.

Their play-off scratchcard revealed two crocks of gold and a crock of something else, but it's hard to pick a more able boss for the bounceback mission than Daniel Farke. The great unknown is what will he have left to work with?

by **ALEX HANKIN**

The exit door has been flapping away all summer at Elland Road.

If Premier League targets like the outstanding Crysencio Summerville - he is talks with West Ham - depart, the 7-2 (Bet365) about Leeds being champions would look less clear-cut.

On the flip side the development potential in a youngish group feels stronger than most, favourites have won five of the past 10 runnings, and Leeds' more likely challengers face the same transfer anxiety and/or are in transition.

They could stroll it or flub it... and 7-2 is not bad for a coin-flip.

On paper, the League One title race should really be a case of 'how far?' for Birmingham.

They aren't doing things by halves at St Andrew's since a US hedge fund got its mitts on the club last summer. Including interims and caretakers, they've had seven different managers since.

If it ain't fixed, break it. Whether rookie gaffer Chris Davies makes it to Halloween is the question haunting any punts on the 2-1 Blues. New striker Alfie May - who won the League One Boot with Charlton last season and is a machine at this level - might be the better way of getting with Brum. Take some 5-1 (Ladbrokes, Coral) that May is the third-tier's top scorer this term.

On their stats, there's very few runners you'd fancy to even get near the likely two-dozen-goals minimum, but Rotherham's Jonson Clarke-Harris is one.

Now reunited with former boss Steve Evans, the feelgood factor is strong after his unsettled season at Peterborough, and we should get a run out of the 12-1 (Bet365).

Another season of dominance by Glasgow giants

DOMESTIC football is back on our screens with the SPL season in Scotland kicking off this weekend and both Celtic and Rangers live on TV.

Celtic claimed a 10th title in 11 seasons last time, and they went on to seal the double by landing the FA Cup at the expense of Rangers a fortnight later.

It was a closely run title race with Philippe Clement turning around Rangers'

by **MARK PEARSON**
BETFRED

fortunes when arriving in October and their fans will hope a full pre-season under the Belgian may pave the way to end Celtic's run of titles.

It is 7-4 that the trophy does head to Ibrox and 2-5 that Celtic's sequence continues under Brendan Rodgers, who may well also

have an eye on a much better run in Europe.

Hearts were the best of the rest last season and although title talk at 6-1 may be a little far-fetched, they are 7-4 to be the top team outside of the Glasgow giants.

A lot may depend on them keeping hold of the Tartan boot holder and player of the year Lawrence Shankland (right), linked with a move to one of the Old Firm sides.

PEARSON'S TOP PICK
ALIGN THE STARS
2.25 Goodwood

Rangers head to Tynecastle for the season's first match at lunchtime today.

Shankland is 5-1 to open the scoring and rated a 13-8 shot to open his tally for the season, with Hearts 4-1 to win the match.

Rangers are favourites at 4-7 for the three points and

the draw is 100-30. Celtic are in action at 4pm tomorrow when they host Kilmarnock, who finished fourth under Derek McInnes' leadership last season.

With the benefit of two Europa League matches behind them, punters may look at the 7-2 Kilmarnock Double Chance or 11-1 Draw No Bet market for an interest, but ultimately Celtic are 1-6 to win.



StarForm

NUMBER ONE FOR GREYHOUNDS

IN ASSOCIATION WITH



STAYING POWER: New Destiny can show his class once again at Monmore

Destiny looks set

NEW DESTINY (7.22) can lay down a marker for the upcoming Ladbroke's Summer Stayers' Classic by following up a blistering run last week in the top division of the six-bend contests on a brilliant card at Monmore, live on Premier Greyhound Racing.

The Ladbroke's Summer Stayers Classic and Ladbroke's Gold Cup make for the next major double-header in the sport with heats next week – and a number of likely contenders for the £10,000-to-the-winner Category One prizes have prep races tonight at the Wolverhampton venue.

Having clocked one of the fastest times for the trip seven days ago – just half a length of the long-standing clock – it is difficult to see beyond Mark Wallis' Coronation Cup winner, albeit against quality opponents including Derby final night winner Gary The Arb and well-drawn Burj Khalifa.

DROOPYS CLUE (7.56) ran-up in the Summer Stayers Classic last year on his way to lifting the Greyhound of the Year title and, after an unlucky-in-running third in last week's Coral Sussex Cup at Hove, steps back up in distance and looks tough to oppose.

Seamus Cahill's champion has huge speed and ability and connections have options over both four and six bends, with the JenningsBet Select Stakes also a possible route. An Irish Derby tilt later in the year is also being considered.

BetGoodwin Pall Mall champion



by **JONATHAN HOBBS**

AERO SACUNDAI (7.06) is another of the star names on show at Monmore as Richie Taberner's dog builds up to a crack at the Gold Cup.

Set to pace up, the local star's speed can see him deny Stonepark Champ at the turn before kicking on.

In other contests, Maxine Locke's **COOLIOGOLD (7.39, inset)** might just get first run on Derby third Whyaye Man in their clash, albeit the latter deserves huge respect.

Doncaster and Oxford also stage a batch of open races live on SIS today, with Barry Denby's **LEIGHAS DREAM (7.58)** standing out over 483m at the South Yorkshire track after her fine efforts at Newcastle recently.

Meanwhile, the confident pick at the Cowley venue is Matt Dartnall's **LIVELY LAUREN (9.01)**.

NATIONAL GREYHOUND WEEK will take place at tracks across the UK from Bank Holiday Monday (August 26) to September 1.

Co-ordinated by the GBGB, a whole host of special events are planned with a number of venues offering free entry in a drive towards celebrating British greyhound racing.



MONMORE (PREMIER GREYHOUND RACING)

6.31 Liberty Port (ri ro) 29.09	1 3334 Bramble Elvis (ri ro) 00.00	8.13 (Open) 480m	1 3535 Highcourt Ruby (ri ro) 17.85	7.42 (A1) 483m
2 2133 SIGNET MERYL (md ep) 29.23	2 2251 VIXONS FILOFAX (sa ep) 28.22	2 2441 Aero Arran (sa ro) 28.39	2 2435 Shes A Problem (md ro) 17.76	1 2113 ELMS CUP (wd ro) 29.71
3 4244 Swift Zappy (md ep) 29.28	3 45 Gun Slinger (sa ro) 00.00	3 3643 Noduff Sahara (ri ro) 00.00	3 2312 LONGRANGE DAVY (ri ep) 17.63	2 3443 Obladi Oblada (md ro) 29.83
4 3254 Beatties Slippy (md ep) 29.11	4 1533 Maevus Boy (fw md) 28.67	4 5341 Clona Curly (wd sa) 00.00	4 3243 Highcourt Isabel (ri ro) 17.77	3 4321 Flying Ada (ri ro) 29.60
5 3664 Some Occasion (md ep) 00.00	5 3626 Doodlebug Lad (wd ro) 00.00	5 5246 Lightfoot Clark (wd ep) 00.00	5 1452 Romantic Bernie (wd ep) 17.92	4 5233 Sportsmans Flash (fw md) 29.73
6 3642 Rusty Buick (sa ro) 28.89	6 3425 Clona Kody (wd ro) 00.00	6 3111 NOIRS NEWS (nb) (wd ro) 00.00	6 1311 Leighas Elsa (wd ro) 29.99	5 3112 LEIGHAS DREAM (nb) (wd ep) 29.58
Star betting: 10-3 Beatties Slippy, Some Occasion	Star betting: 5-4 Vixons Filofax, 5-2 Clona Kody, 11-4 Doodlebug Lad, 8 Maevus Boy, Bramble Elvis, Gun Slinger.	Star betting: 7-4 Aero Arran, 3 Trickys Matilda, Lightfoot Clark, 4 Noduff Sahara, 8 Clona Curly, Noirs News.	Star betting: 13-8 Longrange Davy, 9-4 Highcourt Isabel, 4 Shes A Problem, 9-2 Highcourt Ruby, 5 Romantic Bernie.	Star betting: 7-4 Flying Ada, 9-4 Elms Cup, Explosive Elsa, 5 Sportsmans Flash, 8 Obladi Oblada.
7-2 Liberty Port, Rusty Buick, 4 Signet Meryl, 6 Swift Zappy.	7.06 (Open) 480m	8.47 (Open) 480m	6.11 (D5) 275m	7.58 (Open) 483m
1 6613 Ballymac John (ri ro) 27.92	1 5232 Trickys Matilda (ri ro) 38.31	1 1541 Droopys Request (sa ro) 28.41	1 5344 Off The Fence (ri ro) 18.00	1 6122 Killieford Hanna (ri ep) 00.00
2 1211 AERO SACUNDAI (ri ro) 00.00	2 2441 Aero Arran (sa ro) 28.39	2 2142 Nowitsmyturn (sa ro) 28.46	2 5231 SEDRINA (ep ri) 17.71	2 5442 Caseys Lee Elena (ri ro) 30.24
3 2231 Bockos Thunder (md ro) 27.89	3 3643 Noduff Sahara (ri ro) 00.00	3 1121 AERO PATTIKA (md ro) 28.16	3 4422 GREENBANKS DOLLY (wd ro) 17.24	3 4113 Droopys Historic (fw md) 29.63
4 4215 Getup Me Boy (md ep) 28.81	4 5341 Clona Curly (wd sa) 00.00	4 5565 Farnes Harry (wd ro) 28.66	4 3354 Blitz Billie (md ro) 17.23	4 5535 Romeo Havok (md ro) 00.00
5 4114 Stonepark Champ (wd ro) 00.00	5 5 5 Getup Me Son (wd ro) 28.62	5 5 5 Getup Me Son (wd ro) 28.62	5 1225 Move Over Tommie (sa ro) 17.19	5 3112 LEIGHAS DREAM (nb) (wd ep) 29.58
6 2311 Inca Gerry (sa wd) 00.00	6 4311 Dannels Gem (ep wd) 00.00	6 4311 Dannels Gem (ep wd) 00.00	6	6
Star betting: 11-4 Ballymac John, Bockos Thunder, 4 Aero Sacundai, Inca Gerry, 5 Stonepark Champ, 6 Getup Me Boy.	Star betting: 9-4 Droopys Request, 5-2 Aero Pattika, 3 Nowitsmyturn, 11-2 Getup Me Son, 6 Farnes Harry, Dannels Gem.	Star betting: 9-4 Droopys Request, 5-2 Aero Pattika, 3 Nowitsmyturn, 11-2 Getup Me Son, 6 Farnes Harry, Dannels Gem.	Star betting: 7-4 Dutch Bijou, 3 Sedrina, 10-3 Tiktok Express, 4 Jims Star, 9-2 Off The Fence.	Star betting: 7-4 Droopys Historic, 11-8 Leighas Dream, 6 Romeo Havok, Killieford Hanna, 8 Caseys Lee Elena.
7.22 (Open) 630m	9.04 (Open) 630m	9.23 (Open) 480m	6.46 (D2) 275m	8.16 (Open) 483m
1 4342 Greenwell Overt (ri ep) 00.00	1 5124 Ballymac Nova (ep ri) 38.13	1 6236 Beechcroft Buggy (ri ro) 28.86	1 6144 Westfield Bullet (ri ro) 17.31	1 63 Stonepark Wes (ri ro) 00.00
2 1143 Gary The Arb (ri fw) 00.00	2 2232 Ballymac Lineout (sa ro) 00.00	2 1423 Ravenswell Aero (ri ro) 28.52	2 Cashen Primetime (i) 00.00	2 3121 ANNAGH SASSY (ri ro) 29.71
3 1411 New Destiny (md ro) 37.11	3 2231 Magical Luna (ri ro) 00.00	3 3444 Headford Genius (md ep) 00.00	3 5533 Westfield Weasel (ri ro) 00.00	3 1321 Crouchs Honey (md ep) 29.81
4 1453 Charlie Knows (md ep) 00.00	4 3414 Savana Jackpot (md ro) 00.00	4 2524 Winaway Pest (wd ep) 00.00	4 1215 SKYWALKER TINO (wd ep) 16.63	4 2243 Aghaburru Fuse (md ro) 00.00
5 1311 MINGLERS DIPPER (md ep) 00.00	5 3361 Hawk (ro wd) 38.26	5 5255 Mohican Richie (sa wd) 00.00	5 2163 Cloran Razz (wd ro) 00.00	5 6443 Crafty Elmo (wd ro) 00.00
6 5232 Burj Khalifa (wd ro) 00.00	6 1111 SWIFT DEPOT (wd ro) 00.00	6 114 FINE THANKS (md ro) 28.20	6	6
Star betting: 4-5 New Destiny, 4-1 Charlie Knows, Gary The Arb, 8 Greenwell Overt, Minglers Dipper, Burj Khalifa.	Star betting: 9-4 Ballymac Nova, 11-4 Swift Depot, Hawk, 9-2 Ballymac Lineout, 11-2 Magical Luna, 6 Savana Jackpot.	Star betting: 2 Fine Thanks, 9-4 Beechcroft Buggy, 7-2 Winaway Pest, 4 Ravenswell Aero, 5 Headford Genius, 8 Mohican Richie.	Star betting: 4 Westfield Weasel, 5 Westfield Bullet, 6 Cloran Razz, 8 Cashen Primetime.	Star betting: 1 Diego Spittfire, 11-4 Daleroad Tess, 4 Colliers Bucholz, 5 Tromora Meg, 6 Westfield Sniper.
7.39 (Open) 480m	9.39 (Open) 264m	9.39 (Open) 264m	7.04 (Open) 275m	8.34 (Open) 450m
1 2232 CoolioGold (sa ro) 00.00	1 1516 Knock Beeswing (ri ro) 15.39	1 1516 Knock Beeswing (ri ro) 15.39	1 6144 Westfield Bullet (ri ro) 17.31	1 1441 Westfield Sniper (wd ep) 00.00
2 2231 Whyaye Man (ri ro) 28.25	2 2451 Glavin Keshia (ep ro) 00.00	2 2451 Glavin Keshia (ep ro) 00.00	2 Cashen Primetime (i) 00.00	2 2242 Diego Spittfire (md ro) 27.75
3 2231 Icemans Girl (md ro) 28.37	3 2532 Crossfield Larry (ri ep) 15.35	3 2532 Crossfield Larry (ri ep) 15.35	3 5533 Westfield Weasel (ri ro) 00.00	3 32 Tromora Meg (md ro) 00.00
4 2231 Tylough White (sa ro) 28.83	4 1211 MAGICAL BLUEBEAR (wd ep) 15.17	4 1211 MAGICAL BLUEBEAR (wd ep) 15.17	4 1215 SKYWALKER TINO (wd ep) 16.63	4 2211 COLLIERS BUCHOLZ (ri ro) 27.67
5 2442 Kilara Roberto (md ro) 28.15	5	5	5 2163 Cloran Razz (wd ro) 00.00	5 4442 Daleroad Tess (ri ro) 29.92
6 5111 VELVET MIKEY (NAP) (fw md) 00.00	6	6	6	6
Star betting: 9-4 Tylough White, 3 Whyaye Man, 10-3 Kilara Roberto, 7-2 Icemans Girl, 9-2 CoolioGold, 6 Velvet Mikey.	Star betting: 9-4 Droopys Clue, 3 Cochise, Riverside Shari, 4 Savana Jazz, 9-2 Droopys Service, 8 Whyaye Man.	Star betting: 9-4 Droopys Clue, 3 Cochise, Riverside Shari, 4 Savana Jazz, 9-2 Droopys Service, 8 Whyaye Man.	Star betting: 13-8 Brynhall Bocko, 3 Busy Cailin, 10-3 Britbul Cruiser, 6 Westfield Sonic, 8 Graces Star, Cascade Electra.	Star betting: 1 Clonkeen Syd, 9-4 Bellmore Ozzy, 9-2 Bombay Puzzle, 11-2 Colliers Brynner, 6 Caseys Tommy.
7.56 (Open) 630m	9.39 (Open) 264m	9.39 (Open) 264m	7.24 (Open) 661m	8.52 (Open) 450m
1 3422 Cochise (sa ro) 37.90	1 1516 Knock Beeswing (ri ro) 15.39	1 1516 Knock Beeswing (ri ro) 15.39	1 2311 BRYNHALL BOCKO (ri ro) 00.00	1 5124 Bombay Puzzle (ri ro) 28.39
2 3114 Whyaye Man (ri ro) 28.25	2 2451 Glavin Keshia (ep ro) 00.00	2 2451 Glavin Keshia (ep ro) 00.00	2 Cashen Primetime (i) 00.00	2 5423 Clonkeen Syd (ri ro) 00.00
3 2231 Icemans Girl (md ro) 28.37	3 2532 Crossfield Larry (ri ep) 15.35	3 2532 Crossfield Larry (ri ep) 15.35	3 5533 Westfield Weasel (ri ro) 00.00	3 32 Tromora Meg (md ro) 00.00
4 2231 Tylough White (sa ro) 28.83	4 1211 MAGICAL BLUEBEAR (wd ep) 15.17	4 1211 MAGICAL BLUEBEAR (wd ep) 15.17	4 1215 SKYWALKER TINO (wd ep) 16.63	4 2211 COLLIERS BUCHOLZ (ri ro) 27.67
5 2442 Kilara Roberto (md ro) 28.15	5	5	5 2163 Cloran Razz (wd ro) 00.00	5 4442 Daleroad Tess (ri ro) 29.92
6 5111 VELVET MIKEY (NAP) (fw md) 00.00	6	6	6	6
Star betting: 9-4 Droopys Clue, 3 Cochise, Riverside Shari, 4 Savana Jazz, 9-2 Droopys Service, 8 Whyaye Man.	Star betting: 9-4 Droopys Clue, 3 Cochise, Riverside Shari, 4 Savana Jazz, 9-2 Droopys Service, 8 Whyaye Man.	Star betting: 9-4 Droopys Clue, 3 Cochise, Riverside Shari, 4 Savana Jazz, 9-2 Droopys Service, 8 Whyaye Man.	Star betting: 13-8 Brynhall Bocko, 3 Busy Cailin, 10-3 Britbul Cruiser, 6 Westfield Sonic, 8 Graces Star, Cascade Electra.	Star betting: 1 Clonkeen Syd, 9-4 Bellmore Ozzy, 9-2 Bombay Puzzle, 11-2 Colliers Brynner, 6 Caseys Tommy.

DONCASTER (SIS)

6.11 (D5) 275m	7.42 (A1) 483m
1 5344 Off The Fence (ri ro) 18.00	1 2113 ELMS CUP (wd ro) 29.71
2 5231 SEDRINA (ep ri) 17.71	2 3443 Obladi Oblada (md ro) 29.83
3 4422 GREENBANKS DOLLY (wd ro) 17.24	3
4 3354 Blitz Billie (md ro) 17.23	4 4321 Flying Ada (ri ro) 29.60
5 1225 Move Over Tommie (sa ro) 17.19	5 5233 Sportsmans Flash (fw md) 29.73
6	6 1311 Leighas Elsa (wd ro) 29.99
Star betting: 7-4 Dutch Bijou, 3 Sedrina, 10-3 Tiktok Express, 4 Jims Star, 9-2 Off The Fence.	Star betting: 7-4 Flying Ada, 9-4 Elms Cup, Explosive Elsa, 5 Sportsmans Flash, 8 Obladi Oblada.
6.29 (D4) 275m	7.58 (Open) 483m
1 5344 Off The Fence (ri ro) 18.00	1 6122 Killieford Hanna (ri ep) 00.00
2 5231 SEDRINA (ep ri) 17.71	2 5442 Caseys Lee Elena (ri ro) 30.24
3 4422 GREENBANKS DOLLY (wd ro) 17.24	3 4113 Droopys Historic (fw md) 29.63
4 3354 Blitz Billie (md ro) 17.23	4 5535 Romeo Havok (md ro) 00.00
5 1225 Move Over Tommie (sa ro) 17.19	5 3112 LEIGHAS DREAM (nb) (wd ep) 29.58
6	6
Star betting: 7-4 Dutch Bijou, 3 Sedrina, 10-3 Tiktok Express, 4 Jims Star, 9-2 Off The Fence.	Star betting: 5-4 Droopys Historic, 11-8 Leighas Dream, 6 Romeo Havok, Killieford Hanna, 8 Caseys Lee Elena.
6.46 (D2) 275m	8.16 (Open) 483m
1 6144 Westfield Bullet (ri ro) 17.31	1 63 Stonepark Wes (ri ro) 00.00
2 Cashen Primetime (i) 00.00	2 3121 ANNAGH SASSY (ri ro) 29.71
3 5533 Westfield Weasel (ri ro) 00.00	3 1321 Crouchs Honey (md ep) 29.81
4 1215 SKYWALKER TINO (wd ep) 16.63	4 2243 Aghaburru Fuse (md ro) 00.00
5 2163 Cloran Razz (wd ro) 00.00	5 6443 Crafty Elmo (wd ro) 00.00
6	6
Star betting: 7-4 Greenbanks Dolly, 2 Ballymac Brett, 11-4 Move Over Tommie, 5 Ballymac Nephew, 6 Blitz Billie.	Star betting: 7-4 Aghaburru Fuse, 2 Crafty Elmo, 5-2 Stonepark Wes, 6 Annagh Sassy, Crouchs Honey.
7.04 (Open) 275m	8.34 (Open) 450m
1 6144 Westfield Bullet (ri ro) 17.31	1 1441 Westfield Sniper (wd ep) 00.00
2 Cashen Primetime (i) 00.00	2 2242 Diego Spittfire (md ro) 27.75
3 5533 Westfield Weasel (ri ro) 00.00	3 32 Tromora Meg (md ro) 00.00
4 1215 SKYWALKER TINO (wd ep) 16.63	4 2211 COLLIERS BUCHOLZ (ri ro) 27.67
5 2163 Cloran Razz (wd ro) 00.00	5 4442 Daleroad Tess (ri ro) 29.92
6	6
Star betting: 4 Westfield Weasel, 5 Westfield Bullet, 6 Cloran Razz, 8 Cashen Primetime.	Star betting: 1 Diego Spittfire, 11-4 Daleroad Tess, 4 Colliers Bucholz, 5 Tromora Meg, 6 Westfield Sniper.
7.24 (Open) 661m	8.52 (Open) 450m
1 2311 BRYNHALL BOCKO (ri ro) 00.00	1 5124 Bombay Puzzle (ri ro) 28.39
2 1445 Britbul Cruiser (md ep) 00.00	2 5423 Clonkeen Syd (ri ro) 00.00
3 4124 Graces Star (ri ro) 42.14	3 3235 Caseys Tommy (sa ro) 00.00
4 3232 Cascade Electra (md ro) 42.32	4 5243 Colliers Brynner (md ro) 27.52
5 1312 Busy Cailin (wd ep) 42.06	5 1111 BELLMORE OZZY (NAP) (wd ro) 27.48
6 3514 Westfield Sonic (ep wd) 00.00	6
Star betting: 13-8 Brynhall Bocko, 3 Busy Cailin, 10-3 Britbul Cruiser, 6 Westfield Sonic, 8 Graces Star, Cascade Electra.	Star betting: 1 Clonkeen Syd, 9-4 Bellmore Ozzy, 9-2 Bombay Puzzle, 11-2 Colliers Brynner, 6 Caseys Tommy.

ROMFORD

11.09 PIEMANS FAIRY (2) Sparkling Peanut (1)	11.27 LAST DANCE LYDIA (4) Abbeyside Bono (1)	11.43 KILARA MINI (6) Milrose Minnie (1)	12.01 JANDAURANAN (2) Avas Secret (1)	12.18 ANNADOWN PADDY (4) Another Simba (2)	12.34 FANTASY PETE (nap) (4) Leahia Patie (2)	12.51 SURROUNDING (3) Young Pestana (6)	1.08 JEOPARDY BLAZE (3) Peace Is Tough (1)	1.26 TIP TOP GHOST (3) Marinas Vermont (1)	1.42 CLONCUNNY SYDNEY (1) Lazios Babe (3)	1.59 BRINDLE MOON (nb) (2) Bobbdatorito (4)	2.14 SELKER BAY BERNY (2) Chillii Pepper (1)
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YESTERDAY'S RESULTS ROUND-UP

CRAYFORD 2.23: Choices Panther (3) 9-4 Ambitious Avicii (4) 7-1, bf: £19.84, tri: (5-4-3) £0.00. 2.41: Moaning McCabe (3) 5-4 fav, Proud Mercurial (2) 5-2, bf: £5.39, tri: (3-2-4) £0.00. 3.01: Minella Wildcat (4) 6-4 jt-fav, Kellsboro Roly (3) 4-1, bf: £8.83, tri: (4-3-6) £0.00. 3.19: Sing Yellow Rose (4) 13-8 jt-fav, Aguileras Dream (2) 13-8 jt-fav, bf: £4.83, tri: (4-2-6) £0.00. 3.38: Kira (2) 5-1, Rummy Egg (1) 13-8 fav, bf: £17.94, tri: (2-1-4) £0.00. 3.57: Sportsmans Rosa (3) 4-1, Seals Beauty (1) 9-4, bf: £16.18, tri: (3-1-4) £0.00. 4.16: Two Sovereigns (3) 4-1, Noduff Grand (2) 11-8 fav, bf: £13.41, tri: (3-2-4) £0.00. 4.34: Nissels Folly (4) 8-1, Itsalcalmaddie (3) 11-4, bf: £39.05, tri: (4-3-5) £0.00. 4.53: Shesomethings (2) 15-8, Airport Star (1) 5-1, bf: £11.56, tri: (2-1-6) £0.00. 5.12: Outback Laura (1) 11-4, Trapstyle Henrik (6) 5-2, bf: £12.07, tri: (1-6-4) £0.00. 5.31: Forest Bett (3) 7-4, Distant Tiger (1) 3-1, bf: £8.02, tri: (3-1-4) £0.00. 5.49: Caramel Betty (2) 6-4, Loughy Lass (1) 5-1, NR: Choices Pat (res), bf: £10.58, tri: (2-1-3) £0.00.	HOVE 11.01: Fleadh Cailin (4) 3-1, The Hill (3) 6-1, bf: £22.76, tri: (4-3-2) £0.00. 11.18: Droopys Mamba (6) 9-2, Kilara Show (2) 10-3, bf: £24.64, tri: (6-2-3) £0.00. 11.34: Biomaran (6) 4-1, Links Hard Deck (3) 7-4, bf: £16.41, tri: (6-3-4) £0.00. 11.52: Smurfever (2) 6-4 fav, Swift Kenzo (4) 2-1, bf: £5.39, tri: (2-4-3) £0.00. 12.09: Annies Lucy (3) 9-2, Antigua Chip (1) 3-1, bf: £22.34, tri: (3-1-5) £64.07. 12.26: Insane Marshall (1) 6-4 fav, Insane Liam (3) 4-1, bf: £9.15, tri: (1-3-2) £0.00. 12.42: Candolin Cracker (4) 8-1, Deelish Saka (5) 10-11 fav, bf: £24.00, tri: (4-5-3) £0.00. 12.59: Shinobi Gail (1) 2-1, Smooth As Satin (2) 7-2, bf: £10.23, tri: (1-2-4) £0.00. 1.17: Harlequin Rose (3) 7-1, Bluestar Pilot (5) 10-3, bf: £40.25, tri: (3-5-1) £0.00. 1.33: Typhoon Bombay (1) 11-4, Cinders (6) 11-8 fav, bf: £9.24, tri: (1-6-5) £0.00. 1.51: Greenys Magic (4) 13-8 fav, Touchdown Baby (2) 5-2, bf: £6.94, tri: (4-2-3) £0.00. 2.07: Trilby Betty (2) 7-4 fav, Insane Mistress (5) 9-2, bf: £11.38, tri: (2-5-1) £0.00.	KINSLEY 2.29: Grandads Snow (5) 4-1, Madam Tiger (4) 6-1, bf: £36.64, tri: (5-4-1) £103.08. 2.48: A Lucky Honda (3) 10-3, Cloncumny Shell (2) 4-1, bf: £19.38, tri: (3-2-4) £32.98. 3.07: Rectors Reprieve (6) 3-1, Step To Line (3) 3-1, bf: £15.85, tri: (6-3-2) £57.20. 3.26: De Girl Pippa (5) 7-2, Popular Rosin (2) 7-1, bf: £37.92, tri: (5-2-6) £87.67. 3.44: Magna Silver (3) 7-1, Killieford Kayla (5) 9-4 fav, bf: £33.04, tri: (3-5-1) £113.67. 4.03: Wentworth (3) 4-1, Echos Maid (4) 5-1, bf: £26.61, tri: (3-4-5) £127.19. 4.22: Say Grace (2) 11-4, Splashdash Ernie (1) 7-1, bf: £21.91, tri: (2-1-6) £77.68. 4.41: Da Man Joey (5) 11-4, Lunasiun (2) 9-4 fav, bf: £12.66, tri: (5-2-1) £39.13. 4.59: Shrewd Knobs (4) 5-2 fav, Chamberlain Jet (3) 5-1, NR: Grumpy Frankie (res), bf: £17.33, tri: (4-3-6) £52.49. 5.18: Magical Liz (3) 3-1, Rural Surprise (6) 15-8 fav, bf: £11.80, tri: (3-6-2) £22.89. 5.37: Shrewd Amiee (6) 4-1, Grumpy Mabel (5) 11-4, bf: £17.52, tri: (6-5-3) £58.66. 5.56: Hes A Rebel (5) 7-2, Highview Thor (4) 4-1, bf: £23.25, tri: (5-4-6) £65.53.	NEWCASTLE 2.36: Alnwick Arrwyn (1) 5-1, Blue Banana (3) 8-11 fav, bf: £12.10, tri: (1-3-6) £26.49. 2.54: Newline Rosie (1) 2-1 fav, Wraystbury Silver (3) 10-3, bf: £10.08, tri: (1-3-5) £0.00. 3.13: Over To Clover (4) 5-1, Allowdale Icon (6) 11-4, bf: £25.65, tri: (4-6-1) £116.44. 3.32: Sergeant Pepper (6) 6-1, On Command (4) 4-1, bf: £42.74, tri: (6-4-5) £115.86. 3.51: Golden City (4) 11-4, Emers Peaches (2) 5-1, bf: £19.28, tri: (4-2-1) £0.00. 4.09: Chelms Rodger (5) 4-1, Adamant Ava (4) 11-4, bf: £20.73, tri: (5-4-3) £51.05. 4.28: Alnwick Gers (4) 11-4, Mango Jet (3) 5-2 fav, bf: £12.45, tri: (4-3-6) £31.35. 4.47: Fabulous News (2) 7-1, Doonanes Tic Toc (3) 5-2, bf: £35.38, tri: (2-3-4) £64.94. 5.06: Hetton Lass (2) 11-10 fav, Solway Margo (3) 2-1, bf: £4.25
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Hot TV

THIS WEEK'S UNMISSABLE SOAPS, DRAMAS & MOVIES

LOVE IS BLIND: UK

BLIND DATE

Matt and Emma Willis host the UK version of the hit reality show



LUCY LETBY: DID SHE REALLY DO IT?

This documentary examines the crimes of Britain's worst child serial killer



A NEW LIFE IN THE SUN: WHERE ARE THEY NOW?

Catching up with the expats who left our shores for sunnier climes abroad



THE UMBRELLA ACADEMY

The fourth and final series of the show about a dysfunctional superhero family

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REIGN CHECK

Will the siblings regain their powers in this final series?

THE UMBRELLA ACADEMY From Thursday, Netflix

The fourth and final season of the quirky superhero series has the Hargreeves siblings separated from each other and stripped of their powers as a new timeline has been created. Meanwhile, their father

Reginald (Colm Feore), who was dead in the original timeline, has stepped out of the shadows to oversee a powerful business empire. Based on the *Dark Horse* comic series, the show also stars Robert Sheehan and Elliot Page.



THE INSTIGATORS From Friday, Apple TV+

Matt Damon teams up again with *The Bourne Identity* director Doug Liman for this action-comedy movie that also stars Casey Affleck and *Mr Bates Vs The Post Office*'s Toby Jones.

After a heist goes wrong, reluctant robbers Rory and Cobby go on the run. Soon, the pair have crime bosses and corrupt politicians on their tail, so they convince Rory's therapist to assist their getaway, which only adds to the chaos.

A NEW LIFE IN THE SUN: WHERE ARE THEY NOW? Monday to Friday, 5pm, Channel 4

We all dream of leaving the damp weather in Blighty for a life in the glorious sunshine, but for many Brits, things don't go quite as smoothly as planned.

This new series catches up with some of the intrepid

expats who have made that leap of faith, including Adam and Alicia, who run a busy cocktail bar in the Costa del Sol, and coach tour operator Lesley, who has decided to offer Spanish culinary experiences to all.



LUCY LETBY: DID SHE REALLY DO IT? Monday, 9pm, Channel 5

In August 2023, neonatal nurse Lucy Letby went down in history as Britain's worst child serial killer, being found guilty of murdering seven babies and attempting to kill six more.

But with a growing number of medical practitioners, forensic experts and journalists revisiting her case, this documentary raises the key questions around her crimes and unpacks the evidence that led to her whole-life sentence.

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A SHOT IN THE DARK

Married couple Emma and Matt Willis play cupid in the British edition of the hit Netflix dating show

LOVE IS BLIND: UK
From Wednesday, Netflix

American dating series *Love Is Blind* has already been a huge hit for Netflix, and now there's a new British version hosted by Emma and Matt Willis.

The format is the same – a group of 30 single men and women have blind dates that take place in soundproofed pods where the couples can't see each other. They can only talk to each other to find out if they are compatible.

After a few speed dates, they can choose to only date one or two people, and their blind date chats can go on for as long as they like. If a couple falls in love, the next step is for them to get engaged and finally meet in real life, before heading to the outside world to test whether their relationship will survive, and to discover if love really can be blind.

Husband and wife Matt, 41, and Emma, 48, who have been married for 16 years and have three children, tried out the pods when they were invited to host the show. "Me and Emma went into the pods to film a clip and I understood it, there's no sound and you're cut off," Matt explains.

"You're just in this warm bubble," Emma adds.

"You just hear this voice, and luckily I love that voice that I heard so that was quite nice, but I can imagine how you would fall in love with a voice because you are in

WORDS: JO BERRY



Matt tries out a pod with wife Emma

there sometimes for all day and all night together, so it's beautiful," says Matt.

Emma is sure that had she met Matt on the show in that way, she would definitely have been attracted to him. "I would have totally gone for it," she says. "Because he's very charming, very charismatic and he's quite funny. OK, he's very funny."

In the series, some of the male daters show their more sensitive sides by declaring their love with raps or poems, which is often cringey to watch, but seems to delight their blind dates. "I was quite surprised because men don't usually do things like that, but these are declarations of love and it's quite sweet," says Matt.

The series was filmed last summer, so Emma and Matt already know which couples split up after they spent time together in real life and which are still together now.



Emma says the pod is like a "warm bubble"

"It's been proven in the other series of *Love Is Blind* around the world, we've got marriages, we've got kids, so it definitely does work, and we've watched love happen," says Matt. "I can't give much away but it's incredible when you see the successes."

While Matt found that all his early predictions about the singletons were wrong, Emma fancies herself as something of a matchmaker and isn't afraid of setting up

her friends in real life, either.

"I don't really have many single friends now but I love matchmaking. I'm much better on the show than I am in real life. I want to see people who want to settle down and to meet someone. I want to see them succeed and be happy."

Emma believes one of the reasons the show is such a success worldwide is that people have had enough of online dating, where

everyone is judged by their appearance. "I think people are just sick of the dating world, so why not do this?"

"Or they've been burned by it so they've come to the show with a real openness to explore this experiment," says Matt. "I think it's really good for British men to watch it because the men on the show are talking about stuff. They are able to be emotional and I think that is really great to see."



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SOAP WEEK

EMMERDALE

Victoria accompanies Pollard to the funeral of an old friend. At the church, Victoria puts her foot in it with a bereaved son at his mum's funeral – and is stunned that his name is John Sugden. Pollard confirms John could actually be her half-brother – her dad's son. It's not long before, back in the village, Mackenzie receives a call at the garage about a breakdown nearby. When Pollard and Victoria return to the village they are surprised to find John, who has broken down. Victoria is delighted to see him again. Before long John is certainly ruffling a few feathers.

With Rose missing, Dawn suggests they hire a private investigator to find her. Kim proposes she and Will send a message from Rose's phone to put Dawn off the scent. But Will is more preoccupied with how Kim got Rose's phone.

Moira still can't hide her contempt for Samson. Sam and Lydia are horrified when Samson gets arrested for assault on Josh. Cain wonders if Moira was involved.



CORONATION STREET

Fiz is floored when she bumps into Alina in Freshco's car park, who explains she's been called as a witness in a trial. Considering Alina's history with Tyrone, will Fiz tell him that his ex is back?

With Alina trying to steer clear of the cobbles, Cassie can't believe it when she sees Alina's name on an airport booking. Taking Steve's cab, she helps Alina into the car before driving her straight to Coronation Street to see Tyrone. Alina's furious to realise she's been duped.

Lauren's scared as her prematurely born son lies in an incubator, meanwhile DS Swain arrives at the hospital hoping to ask Lauren some

questions. And Joel lands himself in hot water when Betsy tells him he owes her after throwing her out of his car. When Betsy demands £100 or she'll blab about him picking up young girls, Joel loses his temper and drags her into the ginnel.

Stu offers Mason a place to stay after seeing him stealing food, but Mason doesn't take him up on his offer. However, Stu then asks Mason if he wants a job as a pot washer – which doesn't go down well with the other employees. Betsy warns Dylan he'd better not mess with Mason, as working in a restaurant he has access to some very sharp knives, leaving Dylan terrified.



EASTENDERS

Suki and Vinny have lunch at Walford East, but are interrupted when Nish arrives with a guest – Ayesha, the widow of Hardeep who Nish killed 20 years ago. Suki is stunned to see Ayesha after all this time, but it's not a happy reunion. Later on, Ayesha and Suki go to The Vic for a drink and Nish plants a seed of doubt in Eve's head

about their close bond. After another run-in in the café with Nish, Eve makes a decision to propose to Suki in front of Ayesha, Stacey and the Panesars.

Linda is rocked when Fraser, a friend of Dean, accosts her in The Vic and offers her a deal. Elaine intervenes and orders Fraser to leave, but once alone with Johnny, it's clear

Linda is tempted to take the deal. With a big decision to make, Linda turns to the bottle.

With Mo miserable after Stevie's departure from Walford, Freddie takes Mo bird-watching in the Square to cheer her up. Anna joins them having been stood up by Bobby who is busy at Beale's Eels. Mo notices a spark between Anna and Freddie.

HOLLYOAKS

Kitty admits to Abe that she's living under the false identity of a woman she met at a refuge. Abe admits he was in love with the "real Kitty". Kitty puts the pieces together realising Abe is dangerous and tells Cleo.

Ste and James share a heartfelt moment.



NEIGHBOURS

Nell struggles to contain her emotions when she sees her mum's rundown nursery and Toadie starts seeing a counsellor.

Plus, Holly is completely smitten with Heath, and Nicolette's relationship with Aaron is strained when he makes a confession.



HOME AND AWAY

Mali receives a call from Dean, who asks him to meet with the River Boys. Not realising what he's getting into, Mali ends up at war with the Allens. Luckily, before anyone is seriously hurt, the police arrive, but Rose is disappointed in Mali.

And Cash tells Eden he's decided to rejoin the police force.

KICK-OFF

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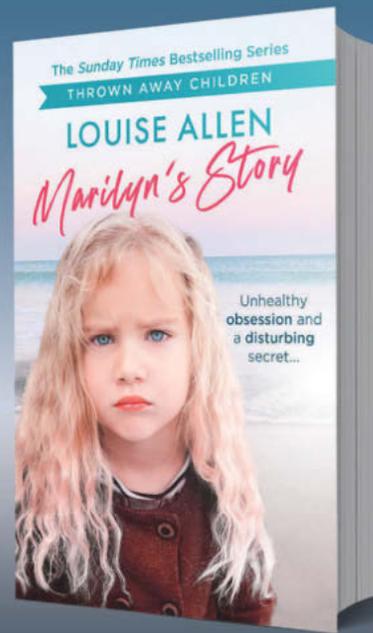
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LIVE SPORT

ALL THE ACTION ON SATELLITE

Saturday

SKY SPORTS ACTION 2.55-5.00pm Super League Hull FC v St Helens (Kick-off 3.30pm). **5.25 Super League** Salford Red Devils v Leeds Rhinos (Kick-off 5.30pm). **7.30-11.30pm Fight Night** Zak Chelli v Callum Simpson. **SKY SPORTS CRICKET 2.00pm The Hundred Live** Birmingham Phoenix Men v Southern Brave Men (Start time 2.30pm). **5.30-9.00pm The Hundred Live** Trent Rockets Men v Welsh Fire Men (Start time 6.00pm). **SKY SPORTS TENNIS 7.30pm-4.00am Tennis** The Mubadala Citi DC Open. **SKY SPORTS FOOTBALL 11.30am-3.00pm SPFL** Hearts v Rangers (Kick-off 12.30pm). **SKY SPORTS MAIN EVENT 11.30am SPFL** Hearts v Rangers (Kick-off 12.30pm). **3.00-5.00pm Super League** Hull FC v St Helens (Kick-off 3.30pm). **5.30 Super League** Salford Red Devils v Leeds Rhinos (Kick-off 5.30pm). **7.30 The Hundred Live** Trent Rockets Men v Welsh Fire Men (Start time 6.00pm). **9.00 Fight Night** Zak Chelli v Callum Simpson. **11.30-4.00am Tennis** The Mubadala Citi DC Open. **TNT SPORTS 1 8.00-11.00pm UFC** Cory Sandhagen v Umar Nurmagomedov. **EUROSPORT 1 Summer Olympic Games: 8.00am Judo** Coverage of the mixed team events. **8.30 Shooting** The women's 25m pistol final. **9.30 Athletics** Coverage of the third day of athletics. **11.35 Equestrianism** The Grand Prix Special dressage competition. **2.35pm Artistic Gymnastics** Coverage of day seven. **5.05 Canoeing** The men's and women's kayak cross competitions. **6.00-9.00pm Athletics** The evening session the third day of athletics.

Sunday

SKY SPORTS ACTION 2.30-5.00pm Super League London Broncos v Catalans Dragons (Kick-off 3.00pm). **SKY SPORTS CRICKET 2.00pm The Hundred Live** London Spirit Men v Oval Invincibles Men (Start time 2.30pm). **5.30-9.00pm The Hundred Live** Northern Superchargers Men v Manchester Originals Men (Start time 6.00pm). **SKY SPORTS TENNIS 7.30pm-12.00m't Tennis** The Mubadala Citi DC Open ATP final. **SKY SPORTS FOOTBALL 12.30pm SPFL** Dundee United v Dundee (Kick-off 1.30pm). **4.00-7.30pm SPFL** Celtic v Kilmarnock (Kick-off 4.30pm). **SKY SPORTS MAIN EVENT 12.30pm SPFL** Dundee United v Dundee (Kick-off 1.30pm). **4.00 SPFL** Celtic v Kilmarnock (Kick-off 4.30pm). **7.00 The Hundred Live** Northern Superchargers Men v Manchester Originals Men (Start time 6.00pm). **9.00-12.00m't Tennis** The Mubadala Citi DC Open ATP final. **TNT SPORTS 1 9.45am-6.30pm One Day International Cricket** Sri Lanka v India. **EUROSPORT 1 Summer Olympic Games: 8.00am Badminton** The women's singles semi-finals. **9.00 Athletics** The fourth day of athletics. **12.15pm Archery** The men's individual competition. **2.00 Artistic Gymnastics** Coverage of day eight. **4.15 Beach Volleyball** Matches in the men's and women's last 16. **5.45-9.00pm Athletics** The men's 100m final.



Lamont Marcell Jacobs aims to defend his title on Sunday, Eurosport 1, 5.45pm



Celtic begin the defence of their title against Kilmarnock on Sunday, Sky Sports Main Event, 4pm

Monday

SKY SPORTS CRICKET 6.00-9.30pm The Hundred Live Welsh Fire Men v Southern Brave Men (Start time 6.30pm). **SKY SPORTS FOOTBALL 7.30-10.30pm SPFL** St Johnstone v Aberdeen (Kick-off 8.00pm). **SKY SPORTS MAIN EVENT 2.30pm The Hundred Live** Welsh Fire Women v Southern Brave Women (Start time 3.00pm). **6.00 The Hundred Live** Welsh Fire Men v Southern Brave Men (Start time 6.30pm). **7.30-10.30pm SPFL** St Johnstone v Aberdeen. **EUROSPORT 1 Summer Olympic Games: 8.00am Triathlon** Coverage of the mixed relay. **9.15 Athletics** Coverage of the morning session. **10.40 Artistic Gymnastics** Coverage of day nine. **2.30pm Canoeing** The men's and women's kayak cross competitions. **4.30 Basketball 3x3** Coverage of the men's and women's semi-finals. **5.45-9.00pm Athletics** The evening session.

Tuesday

SKY SPORTS ACTION 7.55-10.00pm Super League Wigan Warriors v Leigh Leopards (Kick-off 8.00pm). **SKY SPORTS CRICKET 2.30pm The Hundred Live** Manchester Originals Men v Oval Invincibles Men (Start time 3.00pm). **6.00-9.30pm The Hundred Live** Birmingham Phoenix Men v Northern Superchargers Men (Start time 6.30pm). **SKY SPORTS MAIN EVENT 11.00am The Hundred Live** Manchester Originals Women v Oval Invincibles Women (Start time 11.30am). **2.30pm The Hundred Live** Manchester Originals Men v Oval Invincibles Men (Start time 3.00pm).

6.00-9.30pm The Hundred Live Birmingham Phoenix Men v Northern Superchargers Men (Start time 6.30pm). **EUROSPORT 1 8.00am Volleyball** The first women's quarter-final. **9.00 Athletics** The morning session. **12.00noon Skateboarding** The women's park preliminary rounds. **12.25pm Canoeing** From Vaires-sur-Marne Nautical Stadium. **1.50 Diving** The women's 10m platform final. **3.30 Sailing** Day 10. **4.25-5.35 Skateboarding** The final of the women's park competition. **6.15-9.00pm Athletics** Coverage of the evening session.

Wednesday

SKY SPORTS CRICKET 6.00-9.30pm The Hundred Live Trent Rockets Men v London Spirit Men (Start time 6.30pm). **SKY SPORTS TENNIS 4.00pm-4.00am Tennis** Coverage of the day's action on the WTA and ATP Tours. **SKY SPORTS MAIN EVENT 2.30pm The Hundred Live** Trent Rockets Women v London Spirit Women (Start time 3.00pm). **6.00-9.30pm The Hundred Live** Trent Rockets Men v London Spirit Men (Start time 6.30pm). **TNT SPORTS 1 2.30-11.00pm Test Cricket** West Indies v South Africa. **TNT SPORTS 2 9.45am-6.30pm One Day International Cricket** Sri Lanka v India. **EUROSPORT 1 Summer Olympic Games: 8.00am Athletics** The mixed team 35km race walk. **9.00 Athletics** Coverage of the seventh day of athletics. **11.45 Cycling Track** Coverage of the third day. **2.15pm Weightlifting** The men's 61kg event. **4.15 Skateboarding** The men's park final. **5.45-9.00pm Athletics** Coverage of the seventh evening.

Thursday

SKY SPORTS + 7.30pm Super League St Helens v Salford Red Devils (Kick-off 8.00pm). **10.15-4.00am Tennis** Coverage of the day's action on the WTA and ATP Tours. **SKY SPORTS CRICKET 2.30pm The Hundred Live** Welsh Fire Men v Northern Superchargers Men (Start time 3.00pm). **6.00-9.30pm The Hundred Live** Oval Invincibles Men v Southern Brave Men (Start time 6.30pm). **SKY SPORTS TENNIS 4.00pm-4.00am Tennis** Coverage of the day's action on the WTA and ATP Tours. **SKY SPORTS GOLF 11.45am-11.00pm PGA Tour Golf** The Wyndham Championship. **SKY SPORTS MAIN EVENT 2.30-6.00pm The Hundred Live** Welsh Fire Men v Northern Superchargers Men (Start time 3.00pm). **7.30 The Hundred Live** Oval Invincibles Men v Southern Brave Men (Start time 6.30pm). **9.30 PGA Tour Golf** The Wyndham Championship. **11.00-4.00am Tennis** Coverage of the day's action on the WTA and ATP Tours. **TNT SPORTS 1 2.30-11.00pm Test Cricket** West Indies v South Africa. **EUROSPORT 1 Summer Olympic Games: 8.00am Open Water Swimming** The women's 10km open water swimming event. **9.00 Athletics** Coverage of day eight. **12.00noon Canoeing** Coverage from Vaires-sur-Marne Nautical Stadium. **1.00pm Golf** The second round of the women's tournament. **1.45 Diving** Coverage of the men's 3m springboard final. **3.45 Sailing** The men's and women's kiteboarding finals. **4.15 Football** The men's bronze medal match. **6.00-9.00pm Athletics** Coverage of the evening session on day eight.

Friday

SKY SPORTS + 12.00noon PGA Tour Golf The Wyndham Championship. **7.00-10.00pm EFL** Preston North End v Sheffield United (Kick-off 8.00pm). **SKY SPORTS CRICKET 6.00-9.30pm The Hundred Live** London Spirit Men v Manchester Originals Men (Start time 6.30pm). **SKY SPORTS FOOTBALL 7.00-10.30pm EFL** Blackburn Rovers v Derby County (Kick-off 8.00pm). **SKY SPORTS GOLF 11.45am-11.00pm PGA Tour Golf** The Wyndham Championship. **SKY SPORTS MAIN EVENT 12.00noon PGA Tour Golf** The Wyndham Championship. **2.30-6.00pm The Hundred Live** London Spirit Women v Manchester Originals Women (Start time 3.00pm). **7.00-10.30pm EFL** Blackburn Rovers v Derby County (Kick-off 8.00pm). **TNT SPORTS 1 2.30-10.45pm Test Cricket** West Indies v South Africa. **EUROSPORT 1 Summer Olympic Games: 8.00am Open Water Swimming** The men's 10km event. **9.00 Athletics** Coverage of the morning session. **12.15pm Canoeing** Sprint coverage from Vaires-sur-Marne Nautical Stadium. **1.00 Modern Pentathlon** Coverage of day two of the men's event. **1.30 Rhythmic Gymnastics** The women's all-around final. **3.50 Weightlifting** The men's 89kg competition. **4.15 Modern Pentathlon** Coverage of day two of the men's event. **6.00-9.00pm Athletics** Coverage of the evening session.

Sammie Szmodics and Blackburn Rovers take on Derby County on Friday, Sky Sports Main Event, 7pm



film ratings

- ★★★★★ Brilliant
- ★★★★ Very Good
- ★★★ Good
- ★★ Average
- ★ Bad
- (R) Repeat

BBC ONE

6.00am Breakfast News headlines.
8.00 LIVE Olympics: Paris 2024 JJ Chalmers and Jeanette Kwakye host a busy morning of Olympic action, with Team GB in the hunt for medals across multiple sports on day eight, including rowing and equestrian. The women's and men's eight will be going for gold at 9.50 and 10.10 respectively, while Team GB's dressage team will attempt to manoeuvre their way to yet more silverware from 9.00.
1.00pm BBC News; Weather
1.15 LIVE Olympics: Paris 2024 Hazel Irvine presents as action continues with the men's and women's artistic gymnastics, and the conclusion of the men's cycling road race. Three gold medals will be decided in the men's floor at 2.30, the women's vault at 3.20 and the men's pommel horse at 4.15. Plus, it's the conclusion of the cycling as the men's road race snakes through Paris.
6.00 BBC News Headlines.
6.10 Regional News; Weather

BBC TWO

6.25am Children's TV
9.00 Gardeners' World (R)
10.00 Saturday Kitchen: Funniest Moments A selection of light-hearted clips from the show.
11.30 The Hairy Bikers' Chicken and Egg In Morocco. (R)
12.30pm FILM The Great Caruso (1951, U) Biopic of renowned Italian opera singer Enrico Caruso, who rose from humble beginnings to become one of the world's most acclaimed tenors. Starring Mario Lanza and Ann Blyth. ★★★★★
2.15 LIVE The Hundred Birmingham Phoenix Men v Southern Brave Men (start time 2.30pm). Coverage of the match from Edgbaston.
5.30 Flog It! At London Zoo. (R)
6.00 LIVE Olympics: Paris 2024 Further coverage from France as day eight continues, with a look back at today's events so far and a preview of what to expect this evening on the track and in the pool.
6.20 Celebrity Antiques Road Trip Nikki Fox and Matt Allwright hunt for antiques. (R)

ITV1

6.00am Love Your Weekend with Alan Titchmarsh (R)
7.35 Cooking with the Stars (R)
8.25 The Chris McCausland Show Featuring Rob Beckett, Jenny Ryan and Kid Kapichi.
9.25 ITV News Headlines.
9.30 James Martin's Saturday Morning Chat show. (R)
11.40 NEW Jason Atherton's Dubai Dishes The chef showcases Dubai's cuisine.
12.40pm James Martin's French Adventure (R)
1.10 ITV News; Weather
1.30 LIVE ITV Racing: Glorious Goodwood Coverage of day five of the festival, which is headlined by the Coral Stewards' Cup, plus racing from Newmarket.
4.00 Tipping Point: Best Ever Finals A compilation. (R)
4.25 FILM Harry Potter and the Prisoner of Azkaban (2004, PG) The third film in the fantasy adventure series, starring Daniel Radcliffe and Gary Oldman. ★★★★★
6.55 ITV News; Weather

CHANNEL 4

6.05am Paris 2024 Paralympics: Meet the Athletes (R)
6.10 Frasier Double bill. (R)
7.00 Everybody Loves Raymond Triple bill. (R)
8.15 FILM Wedding March 4: Something Old, Something New (2018, PG) Romantic drama, with Jack Wagner and Josie Bissett. ★★★
9.55 The Simpsons (R)
12.50pm Couples Come Dine with Me Contestants from Nottingham compete for the cash prize of £1,000. (R)
1.50 Four in a Bed Five episodes of the B&B competition. (R)
4.20 A Place in the Sun Property expert Danni Menzies helps house-hunter Frances secure a suitable holiday home in the beautiful coastal town of Nerja in southern Spain. (R)
5.25 Channel 4 News
5.55 Paris 2024 Paralympics: Meet the Athletes (R)
6.00 New Zealand by Train Part two of two. Train journeys along the length of New Zealand's North Island. (R)

CHANNEL 5

6.00am Milkshake! Children's TV.
8.50 SpongeBob SquarePants Underwater adventures. (R)
9.05 Entertainment News on 5
9.15 Bargain Loving Brits by the Sea Triple bill. (R)
12.00noon Dogs Behaving (Very) Badly Triple bill. Graeme trains three different dogs, including a Doberman who enjoys homewrecking; Graeme Hall helps dogs with problems, including hating public transport; featuring a noisy Jack Russell cross. (R)
3.00 Cumbria: The Lakes & the Coast Harriett plans to turn the milk she collects from her goats into cheese. (R)
4.00 Norfolk and Suffolk: Country & Coast Members of the Women's Institute take to the air with a gliding club. (R)
5.00 One Foot in the Grave: Funniest Moments & More Celebrating David Renwick's classic sitcom, with interviews with cast members Richard Wilson, Angus Deayton and Doreen Mantle. (R)
6.25 5 News Weekend



6.20pm, OLYMPICS: PARIS 2024: Clare Balding



9pm, HIGH COUNTRY: Leah Purcell



10pm, PIGLETS: Jamie Bisping and Kiruna Stamell



7pm, WW2: WOMEN ON THE FRONTLINE: Selma van de Perre



10pm, DIANA & THE CURSE OF THE SPENCERS: Princess Diana

7

6.20 LIVE Olympics: Paris 2024 Clare Balding and Gabby Logan introduce live coverage of the penultimate evening of swimming finals at La Defense Arena and the second night of athletics finals at the Stade de France. Much of the focus on the track will be on the final of the women's 100m, where Britain's Dina Asher-Smith will be hoping to be in contention at 8.20. The session will also feature the men's shot put final from 6.35, the women's triple jump final from 7.20, the 4x400m mixed relay final at 7.55 and the decathlon 1500m at 8.45. There are also four golds to be decided in the pool, with the mixed 4x100m medley relay at 8.33, the men's 100m butterfly at 7.30, the women's 800m freestyle at 8.09, and the women's 200m individual medley final at 8.00.

7.20 Pointless Celebrities David Seaman, Frankie Seaman, Dr Alex George, Dr Sara Kayat, Eddie Kadi, Slim, Chemmy Alcott and Sarah Lindsay compete in a star-studded version of the general knowledge quiz. (R)

7.15 Regional News; Weather
7.30 The Chase Celebrity Special Jon Sopel, Maisie Summers-Newton, Perri Shakes-Drayton and Brian Conley work as a team to take on a ruthless Chaser and try to secure a charity prize. (R)

7.00 NEW WW2: Women on the Frontline The unknown histories of female pilots, journalists, guerrillas and spies in the Second World War. This first episode tells the stories of women who fought the Nazi invaders in occupied Europe.

6.30 The King's Guard: Serving the Crown In Edinburgh, the Household Cavalry prepare for a service of thanksgiving to celebrate the accession of King Charles to the throne. (R)
7.30 Inside the Tower of London Documentary going behind the scenes at the castle and exploring its history. This time, it follows the preparations for Elizabeth II's Diamond Jubilee in 2022, including turning the moat into a meadow of wild flowers, as well as the solemn business of proclaiming a new king later the same year.

8

8.10 Casualty Hospital drama with the staff of Holby's accident and emergency department. Dylan is faced with a painful decision, while Cam drives himself to isolation, making Siobhan take matters into her own hands. Last in series.

8.10 Casualty Hospital drama with the staff of Holby's accident and emergency department. Dylan is faced with a painful decision, while Cam drives himself to isolation, making Siobhan take matters into her own hands. Last in series.

8.30 The 1% Club Quiz gameshow hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning up to £100,000. (R)

8.00 NEW Britain's Most Beautiful Road The highs and lows of Scotland's North Coast-500 route during its busiest season yet, with exclusive access to the Highland Council and its new ranger team.

9.00 Sandringham: A Royal Residence with Nigel Havers The actor looks at how the house was passed to Edward VII's wife Alexandra after his death in 1910 instead of going automatically to the new king George V.

9

10.00 BBC News; Weather
10.20 Olympics: Paris 2024 - Tonight at the Games Isa Guha and Mark Chapman present the key moments from the busiest day so far, with a plethora of star names in action as 27 gold medals were decided. The women's athletics 100m final was the day's showpiece event, while some of cycling's most familiar faces were in action for the men's road race on the streets of Paris.
11.50 FILM Point Break (1991, 18) An undercover FBI agent infiltrates a Californian surfing gang to investigate a spate of armed robberies. Kathryn Bigelow's action thriller, starring Keanu Reeves and Patrick Swayze. ★★★★★

9.00 High Country Double bill. An old foe's new information leads to a breakthrough, while an indiscreet picture causes a break-up. Andie visits her elderly mother who makes a shocking confession linking the detective to the criminal conspiracy she has been investigating; Andie identifies the mastermind behind the murders and disappearances that have rocked the region, only to realise Helen and Kirra are in danger. Last in series.
10.30 Dionne Warwick: Don't Make Me Over Profile of the singer whose career has spanned more than four decades with hits such as Alfie, and Walk On By. With contributions from Burt Bacharach, Tom Jones, Stevie Wonder, Gloria Estefan and Michael Caine. (R)

9.30 Changing Ends With the stress of Northampton Town trying to stay top of the league taking its toll, Christine pressures Graham into having a caravan mini-break in Great Yarmouth. Comedy, with Oliver Savell.

9.00 FILM Jack Reacher (2012, 15) A former army sniper is arrested following a random shooting that leaves five people dead, but protests his innocence. An elusive former military police investigator is called in to examine the case, and soon becomes convinced that a conspiracy is at work. Director Christopher McQuarrie's action thriller based on Lee Child's best-selling series of novels, with Tom Cruise, Rosamund Pike, Werner Herzog and Robert Duvall. ★★★★★

10.00 Diana & the Curse of the Spencers Documentary examining the difficult upbringing of Diana, Princess of Wales, exploring how her parents' explosive relationship shaped the child who would become a global icon.

10

11.50 FILM Point Break (1991, 18) An undercover FBI agent infiltrates a Californian surfing gang to investigate a spate of armed robberies. Kathryn Bigelow's action thriller, starring Keanu Reeves and Patrick Swayze. ★★★★★
1.45am Weather for the Week Ahead
1.50-6.00am BBC News. Headlines.

12.00m't Dionne Warwick at the BBC. Performances by the singer, featuring That's What Friends Are For with Elton John. (R) **1.30** Fern Britton Meets Dionne Warwick. The singer looks back on her long career, which began with the release in 1962 of her first single. (R) **2.30-6.35am** This Is BBC Two

10.00 Piglets The recruits get to wear their uniforms for the first time, while Dev reveals a deeply personal issue that Steph offers to help with.
10.30 Love & Death A sense of normality returns after Candy is forced to take stock of her marriage, but Pat soon makes a discovery that leads him to seek answers from Sherry.

11.30 FILM Hunter Killer (2018, 15) Unconventional submarine skipper Joe Glass is sent to investigate the torpedoing of both US and Russian vessels. Action thriller, with Gerard Butler, Gary Oldman and Common. ★★★★★

11.20 Greatest TV Moments of the 70s Matthew Kelly takes a look back at the most popular TV from 1978, where hits included The Sweeney, All Creatures Great and Small, Grange Hill, and Sale of the Century. (R)

12

midnight

12.40am Shop on TV **3.00** Long Lost Family. Paula Beer goes in search of the son she gave up for adoption 57 years ago, while Sharon Thomas looks for the younger brother she didn't know existed until she was in her twenties. (R) **3.50** Unwind with ITV **5.05-6.00am** Deal or No Deal (R)

1.40am Ramsay's Hotel Hell. Gordon Ramsay visits the Keating in San Diego, California. (R) **2.30** Untold: The Secret World of Boy Racers. Ben Zand investigates the secretive world. (R) **3.00** Car S.O.S (R) **3.50** Hollyoaks Omnibus (R) **5.55-6.00am** Paris 2024 Paralympics: Meet the Athletes (R)

1.20am PlayOJO Live Casino Show **3.20** Carol Klein's Great British Gardens. The Beth Chatto Gardens in Essex. (R) **4.10** The Dambusters: Attack! Attack! Attack! (R) **5.00** House Doctor (R) **5.25** Entertainment News on 5 **5.35** Fireman Sam (R) **5.45-6.00am** Paw Patrol (R)

ITV2 Freeview 6

6.00am CITV **9.00** Totally Bonkers Guinness World Records **9.30** Love Bites **10.30** Dress to Impress **1.30pm** American Ninja Warrior **2.30** In for a Penny **3.00** In with a Shout **4.05** **FILM** Spy Kids (2001, U) Family adventure, starring Antonio Banderas. ★★★★★ **5.55** Celebrity Wheel of Fortune

7.00 **Celebrity Catchphrase** Stephen Mulhern hosts, as Antony Cotton, Matt Dawson and Stacey Dooley take part.

8.00 **FILM** **Pitch Perfect** (2012, 12) A new student joins an a cappella singing group made up of social misfits to compete in campus competitions. Comedy, starring Anna Kendrick and Rebel Wilson. ★★★★★

10.15 **Family Guy** Animated triple bill.

11.45 **American Dad!** Steve and his friends take a road trip to Snot's father's funeral.

12.10am **American Dad!** **12.40** **CelebAbility** **1.25** All American **2.25** Totally Bonkers Guinness World Records **2.50** Unwind with ITV **3.00-6.00am** Teleshopping

U&DAVE Freeview 19

7.10am Whose Line Is It Anyway? USA **8.00** Storage Hunters UK **9.00** World's Most Dangerous Roads **11.00** Red Bull Soapbox Race **1.00pm** Road To Riches **3.00** Extreme Fishing with Robson Green **5.00** Mediterranean with Simon Reeve

6.00 **Would I Lie to You?** Double bill.

7.20 **Gavin & Stacey** Double bill.

8.40 **Not Going Out** Triple bill. Lucy plans an anniversary party for her parents; the friends jet off on a summer holiday; Lee spends time in the bar with Toby.

10.40 **QI XL** Stephen Fry is joined by Jack Dee, Chris Addison, Rich Hall and regular panellist Alan Davies on an extended edition of the quiz with a difference.

11.40 **Have I Got a Bit More News for You** Jack Dee hosts an extended edition, with former MP Dehenna Davison and comedian Emmanuel Sonubi.

12.40am **Have I Got a Bit More News for You** **1.40** Room 101: four episodes **4.00-6.00am** Teleshopping

E4 Freeview 13

6.00am Lego Masters Australia **7.15** **FILM** A Dog's Purpose (2017, PG) Comedy drama, starring Dennis Quaid. ★★★★★ **9.05** Don't Tell the Bride **10.05** Ramsay's Kitchen Nightmares USA: four episodes **2.05pm** Modern Family: five episodes **4.40** The Big Bang Theory: triple bill

6.05 **The Big Bang Theory** Double bill.

7.05 **FILM** **Men in Black** (1997, PG) A cop joins a secret force policing aliens on Earth, and teams up with a veteran partner to track down a giant insect. Sci-fi comedy, starring Will Smith and Tommy Lee Jones. ★★★★★

9.00 **Celebrity Gogglebox** Some of Britain's best-loved personalities watch Blue Planet II, Unsolved Mysteries, It Chapter Two and Basic Instinct.

10.00 **Gogglebox** Double bill. Watching Big Brother; from October 2023.

12.05am First Dates. Dating show. **2.20** Gogglebox **4.10** The Big Bang Theory **5.00-6.00am** Modern Family

VARIATIONS

YTV As **ITV1** except: **7.15-7.30pm** ITV News Calendar. A round-up of the latest headlines.

BBC SCOTLAND **4.30-5.30pm** SportsScene Results. Football news and results. **7.00** The Seven **7.15** SportsScene: Premiership Highlights. Highlights of recent events. **8.00** Inside Central Station. Staff help to arrange a marriage proposal. **9.00** Rab C Nesbitt. Jamesie and Rab are accused of murder. **9.30** **FILM** What We Did on Our Holiday (2014, 12) Comedy drama, with Rosamund Pike. ★★★★★ **11.00pm-12.00m**t Rip It Up

SCOTLAND As **BBC1** except: **6.10-6.15pm** Reporting Scotland; Weather **11.50** SportsScene **12.35am** **FILM** Point Break (1991, 18) Action thriller. ★★★★★ **2.35-6.00am** BBC News

WALES As **BBC1** except: **6.10-6.15pm** BBC Wales Today. Headlines; Weather

WALES As **BBC2** except: **5.30-6.00pm** Iolo: A Wild Life **6.20** Weatherman Walking: The Welsh Coast. Derek Brockway walks from Porthcawl to Southerndown, Vale of Glamorgan. Last in series. **6.50-7.20pm** Wynne's Welsh 70s. Inside the BBC Wales archive of 1978.

ITVBe Freeview 28

6.00am Teleshopping **7.00** Unwind with ITV **7.15** Be Beautiful **7.30** The Mummy Diaries **8.35** Drama Queens **9.35** The Real Housewives of Orange County **12.15pm** The Real Housewives of Miami: five episodes **5.00** The Real Housewives Ultimate Girls' Trip

6.00 **Dinner Date** Double bill. Personal assistant Nina is given five menus to choose from; James from Wilmslow picks three blind dates from five menus.

8.00 **Celebrity Dinner Date** TV personality and business owner Jack Fincham is given five menus to choose dates from.

9.00 **Botched** Double bill. A pop star impersonator seeks help; a woman needs a miracle after destroying her nose.

10.55 **The TOWIE Years** A look back at the memorable moments from 2014.

11.55 **Ibiza Weekender** A determined El Jefe plans to get tough on the team.

1.00am Teleshopping **2.00-6.00am** Unwind with ITV. Daily escape.

U&DRAMA Freeview 20

6.00am Teleshopping **7.05** Birds of a Feather **10.10** Lovejoy **1.10pm** Pie in the Sky **4.10** The Brokenwood Mysteries

6.10 **The Brokenwood Mysteries** An avid cyclist suffers a massive coronary at the top of a mountain, but with astronomical levels of caffeine in his system, there is more to his death than meets the eye.

8.10 **Rebus** An asylum seeker is murdered on a notorious Edinburgh housing estate in what appears to be a race-hate crime – but Rebus begins to suspect there is something else behind it. Ken Stott stars.

9.40 **Ragdoll** Rose's behaviour raises questions for Edmunds, but Baxter won't listen. With the killer one step ahead, her plans to protect the third victim go awry.

10.40 **Case Histories** Crime drama, starring Jason Isaacs. Brodie investigates police corruption dating back 35 years.

12.40am **Whitstable Pearl** **1.40** Darby and Joan **2.40** Hope Street **3.25** Birds of a Feather **4.00-6.00am** Teleshopping

MORE4 Freeview 18

8.55am Food Unwrapped Gets Chocolatey **9.30** A Place in the Sun **12.30pm** Location, Location, Location **2.35** Come Dine with Me: five episodes **5.15** Four in a Bed: five episodes

8.00 **24 Hours in A&E** Triple bill. A 51-year-old builder is rushed into A&E after falling 18 feet onto concrete; a rugby player is scanned for spinal damage following a collision during a match; an on-call stroke doctor recalls his experiences during the first week of the pandemic.

11.05 **8 Out of 10 Cats Does Countdown** Jimmy Carr hosts the comedy words-and-numbers quiz, with Kathy Burke and Roisin Conaty taking on Johnny Vegas and Bob Mortimer. John Cooper Clarke joins Susie Dent in Dictionary Corner.

12.10am **8 Out of 10 Cats Does Countdown**. Jon Richardson and Sara Pascoe take on Sean Lock and Vic Reeves. **1.15** 24 Hours in A&E **3.20-3.50am** Food Unwrapped



Sandringham: A Royal Residence With Nigel Havers

9pm, Channel 5

In 1910, Sandringham's staff were rocked by King Edward VII's death. As Nigel reveals, instead of it passing to George V, the house was inherited by Edward's wife, Alexandra.

This meant the new monarch and his family were relegated to a small cottage in the grounds, while the ageing Alexandra rattled around the huge 364-room house with just her unmarried daughter for company.

But these two ladies didn't exactly live alone – they were looked after by an astonishing 50 servants, and JJ Chalmers discovers what a typical day at Sandringham looked like for this army of helpers.

Meanwhile, Raksha Dave discovers what went on at York Cottage, with the King starting each day by stepping outside to check the weather – with a parrot on his arm.



Steve Martin And The Steep Canyon Rangers With Edie Brickell

9pm, Sky Arts

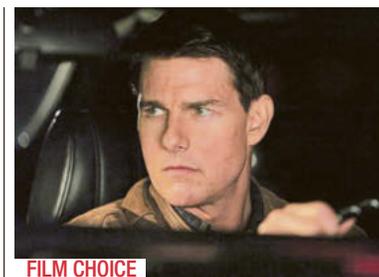
Music and comedy from the historic Fox Performing Arts Center in California. Filmed in 2013, the show features material from Martin and Brickell's album *Love Has Come For You*, as well as Martin's collaboration with The Steep Canyon Rangers, and *The Crow: New Songs For The Five-String Banjo*.



Changing Ends

9.30pm, ITV1

The stress of trying to keep Northampton at the top of the league is taking its toll on poor Graham, so Christine persuades him to accompany her on a caravan mini break to Great Yarmouth. But with the Carrs unreachable in the depths of Suffolk, Watford FC tries to poach the Cobblers' leading striker. On a more positive front, Alan makes a new friend in the gift shop.



Jack Reacher

9pm, Channel 4

Tom Cruise makes his first outing as the ex-military cop from Lee Child's novels. It sees Reacher team up with Rosamund Pike's hotshot lawyer Helen Rodin after a sniper guns down five victims in Pittsburgh. Although the police are convinced they have the culprit in custody, Reacher suspects a cover-up and leaves a trail of destruction as he searches for the truth.

BBC3 Freeview 23

7.00pm **EastEnders** Double bill.

8.00 **Top Gear** Damian Lewis is the Star in a Reasonably Priced Car.

9.00 **Canada's Drag Race: Canada vs the World** The queens put their design skills to the test in this AI-themed ball challenge.

10.00 **Two Pints of Lager and a Packet of Crisps** Double bill.

10.55 **NEW** **The Vivienne Takes On Hollywood** Triple bill. The Vivienne arrives in Hollywood to meet singer Marissa Jaret Winokur; actor Daniel Franzese helps the Viv with a music video; Viv meets Bruce Vilanch.

11.45 **Stacey Dooley Sleeps Over** Stacey joins former glamour model Carla Bellucci for her 40th birthday.

12.30am **Stacey Dooley Sleeps Over** **1.10** Top Gear **2.10** Two Pints of Lager and a Packet of Crisps: double bill **3.05-3.55am** The Vivienne Takes On Hollywood

BBC4 Freeview 9

7.00pm **Noel's House Party** Noel Edmonds is joined by Bob Monkhouse for this 1994 edition.

8.00 **Larry Grayson's Generation Game** Larry Grayson presents the family gameshow. From 1981.

9.00 **Blankety Blank with Les Dawson** Comedy gameshow.

9.35 **Bob's Full House** Bingo-based game. Bob Monkhouse presents.

10.10 **What We Were Watching: Summer TV Classics** Grace Dent explores the sights and schedules.

11.10 **Parkinson with Barbara Castle, Les Dawson and Cleo Laine** With guests Barbara Castle, Les Dawson and Cleo Laine.

12.20am Les Dawson: Talking Comedy **12.50** The Many Faces of Les Dawson **1.50** Keeping Up Appearances **2.20** Butterflies **2.50-3.50am** What We Were Watching: Summer TV Classics

5 USA F'view 21

9.00am Entertainment News on 5 **9.10** Blue Bloods **11.10** NCIS

6.00pm **Entertainment News on 5**

6.05 **NCIS** Part one of two. An aircraft carrying dead US marines crashes.

7.05 **FILM** **Jesse Stone: Death in Paradise** (2006, 15) Third in the crime drama series, starring Tom Selleck and Edward Edwards. ★★

9.00 **Criminal Minds** Double bill. The BAU investigates a string of suburban murders; the agents investigate a series of murders in which all the victims are women.

11.00 **Law & Order: Special Victims Unit** Double bill. A baby goes missing, allegedly taken unwittingly by car thieves; a music student is raped at gunpoint in her apartment.

12.55am **Law & Order: Special Victims Unit**: double bill **2.50** **Law & Order** **3.35** 999: Criminals Caught on Camera **4.00-6.00am** Teleshopping

film ratings

- ★★★★★ Brilliant
- ★★★★ Very Good
- ★★★ Good
- ★★ Average
- ★ Bad

(R) Repeat

BBC ONE

6.00am Breakfast News headlines.
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 tennis, equestrian, golf and athletics.
1.00pm BBC News; Weather
1.15 **LIVE Olympics: Paris 2024** Hazel Irvine introduces what promises to be a medal-laden day nine in the French capital, with champions set to be crowned in artistic gymnastics, golf, tennis and cycling. There are three gold medals on offer in artistic gymnastics at the Bercy Arena, with Team GB's reigning world champion Jake Jarman seeking to spring his way onto the Olympic podium in the men's vault final. The men's singles champion will also be crowned in the tennis at Roland Garros, while the men's golf event at Le Golf National and the women's cycling road race on the streets of Paris both reach their conclusion.
5.00 BBC News
5.15 Regional News; Weather

BBC TWO

6.35am Glorious Gardens from Above (R)
7.20 Countryfile Anita Rani and Matt Baker visit the Fens. (R)
8.15 The Lake District: A Wild Year (R)
9.15 Beechgrove Garden (R)
9.45 Saturday Kitchen Best Bites Highlights.
11.15 Coast to Coast Food Festival Sean Fletcher and Edith Bowman visit the York Food Festival. (R)
11.45 **FILM Pride and Prejudice** (1940, U) Period drama based on Jane Austen's novel, starring Laurence Olivier and Greer Garson. ★★★★★
1.40pm Songs of Praise
2.15 **LIVE The Hundred** London Spirit Men v Oval Invincibles Men (Start-time 2.30pm). Live coverage of the match at Lord's.
5.30 Flog It! From Herstmonceux Castle in East Sussex. (R)
6.00 Cornwall with Simon Reeve The explorer travels through Cornwall as the county emerged from lockdown. (R)

ITV1

6.00am James Martin's French Adventure The chef meets one of his culinary heroes in Bresse. (R)
6.30 James Martin's Saturday Morning James is joined by author the Rev Richard Coles, serving him up a dish of tuna and shrimp. (R)
8.25 Jimmy & Shivi's Farmhouse Breakfast With Nina Wadia.
9.25 ITV News Headlines.
9.30 Love Your Weekend with Alan Titchmarsh (R)
11.30 Tom Kerridge Cooks Britain The chef heads to the east coast of Scotland. (R)
12.00noon ITV News; Weather
12.15 **LIVE MotoGP** The British Grand Prix MotoGP and Moto2 races (Start times 1.00pm and 2.30pm). Coverage of the 10th round of the season, which comes from Silverstone.
3.30 You've Been Framed! (R)
4.00 Tipping Point: Best Ever Finals (R)
4.35 ITV News; Weather
4.55 Regional News; Weather

CHANNEL 4

6.00am Frasier Triple bill. (R)
7.40 Everybody Loves Raymond four episodes. (R)
9.30 Sunday Brunch With Paul Feig, Yungblud, Taj Atwal, Phil Dunster and Tom Hughes.
12.30pm The Simpsons Four episodes. Bart discovers a passion for American history; Homer gets a new assistant; Homer is recruited as a World Cup referee in Brazil; Lisa starts dating a layabout. (R)
2.30 Four in a Bed Five episodes. The George Inn in Barton-upon-Humber, the rivals stay in the New Valron Hotel in Blackpool; Guest house owners visit the Spinney Homestay in Warwickshire; the hosts meet one last time to discover what they've been paid. (R)
5.15 Channel 4 News
5.45 Paris 2024 Paralympics: Meet the Athletes Table-tennis player Bly Twomey gives an insight into her life. (R)

CHANNEL 5

6.00am Milkshake! Children's TV.
8.50 SpongeBob SquarePants (R)
9.05 Entertainment News on 5
9.10 Eggheads The Upper Eden Chancers take part. (R)
9.30 Cruising with Susan Calman triple bill. (R)
12.15pm Cruising with Susan Calman The comedian embarks on an epic cruise to Antarctica. (R)
1.10 The Hotel Inspector Double bill. Alex Polizzi tackles the Grant Arms Hotel in Ramsbottom, Manchester; Alex Polizzi visits the Little Thatch Inn in Gloucester. (R)
3.05 Coastal Devon & Cornwall with Michael Portillo Double bill. Michael explores the South West Coast Path; Michael heads for his final stretch in Cornwall. (R)
5.05 When Holidays Go Horribly Wrong Tales of package holiday disasters, including a family whose Benidorm hotel room looked like a horror film set, and a man who found a huge lizard in the toilet during a Thai tour. (R)



5.25pm, OLYMPICS: PARIS 2024: Gabby Logan



7pm, COUNTRYFILE: Joe Crowley



8pm, MCDONALD & DODDS: Jason Watkins and Tala Gouveia



9pm, BRITAIN BEHIND BARS: A SECRET HISTORY: Rob Rinder



9pm, MUMS ON STRIKE: Sam

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5.25 **LIVE Olympics: Paris 2024** Clare Balding and Gabby Logan introduces one of the most eagerly awaited evenings, 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. America's global superstar Noah Lyles is the reigning world champion and the man to beat, but British hopeful Zharnel Hughes will seek to exorcise the memory of his disqualification at Tokyo 2020. Other races scheduled are the opening round of the men's 400m from 6.05, the women's high jump final from 6.50, the men's 100m semi-finals at 7.00, the men's hammer final from 7.30, the women's 800m semi-final at 7.40 and the semi-finals of the men's 1500m at 8.15.

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.

5.10 **FILM Harry Potter and the Goblet of Fire** (2005, 12) The teenage wizard is chosen to represent Hogwarts School in a dangerous magical tournament. Fourth instalment of the fantasy saga, starring Daniel Radcliffe. ★★★★★

5.50 **FILM The Italian Job** (2003, 12) A crook double-crosses his partners, who devise a daring plan to exact revenge and reclaim their ill-gotten gains. Crime thriller remake, starring Mark Wahlberg and Charlize Theron. ★★★★★

6.30 5 News Weekend
6.35 Bradley Walsh's Greatest Double Acts The actor unpacks what it takes to make it as a comedy duo, and celebrates his favourite double acts of all time including the Two Ronnies. (R)

8

8.00 Antiques Roadshow Fiona Bruce heads to the waterfront beside the V&A Dundee design museum, on the east coast of Scotland. She explores the fascinating story behind the landmark museum and the treasures it houses. (R)

8.00 Antiques Roadshow Fiona Bruce heads to the waterfront beside the V&A Dundee design museum, on the east coast of Scotland. She explores the fascinating story behind the landmark museum and the treasures it houses. (R)

8.00 McDonald & Dodds It's wedding season in Bath and there's a race against time as a spate of deaths affect ceremonies across the city. One 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 as all of them had a close relationship with the deceased. But when she and Dodds make an arrest, a second murder takes place. Detective drama, starring Jason Watkins. Last in series.

8.00 Titanic in Colour Part one of two. Documentary about the doomed ship, featuring photographs and film footage that have been specially coloured for this series. This first episode follows the Titanic's construction in Belfast.

8.00 22 Kids & Counting Chloe arranges a girls' trip away with Sue and Katie for Sophie's 30th birthday, with the four women heading to the party city of Amsterdam. Meanwhile, Noel plans to get James and Josh off their computers.

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10.00 BBC News; Weather
10.25 Regional News; Weather
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. The star attraction on the track was American Noah Lyles, while British record holder Zharnel Hughes was hoping to add an Olympic medal to his World Championship bronze.

9.00 Vienna Blood Oskar is baffled when the director of security agrees to a secret rendezvous with a notorious recently captured criminal. Return of the crime drama, starring Juergen Maurer and Matthew Beard.

10.00 ITV News; Weather
10.15 **FILM Mission: Impossible** (1996, PG) Secret agents suspect there is a traitor in their organisation when their latest assignment ends in disaster. The sole survivor is accused of being the mole, forcing him to go on the run to clear his name. However, in the process, he discovers a former Russian spy is selling information about the world's leading undercover operatives. Action thriller, starring Tom Cruise, Jon Voight and Ving Rhames. ★★★★★

9.00 Britain Behind Bars: A Secret History Rob Rinder concludes his investigation in Somerset and Shepton Mallet, one of the country's oldest prisons and once home to the notorious Kray twins. Last in series.

9.00 Mums on Strike Two more couples swap who does the household chores, with Gary taking over from his partner Sam, who works full-time, but also does the housework, and Michael tackling the jobs his other half Simone usually does.

10

11.50 **FILM Booksmart** (2019, 15) On the eve of their high-school graduation, two academic superstars realise they should have worked less and played more. Comedy directed by Olivia Wilde and starring Kaitlyn Dever, Beanie Feldstein and Jessica Williams. ★★★★★
1.25 Weather for the Week Ahead
1.30-6.00am BBC News

10.30 **FILM All the President's Men** (1976, 15) The true story of Washington Post reporters Bob Woodward and Carl Bernstein, who persevered in their investigation of the links between the Watergate break-in and the White House, a scandal that eventually forced the resignation of President Nixon. Alan J Pakula's drama, starring Robert Redford, Dustin Hoffman, Martin Balsam, Jason Robards and Hal Holbrook. ★★★★★

12.30am Piglets. The recruits get to wear their uniforms for the first time, while Dev reveals a personal issue that Steph offers to help with, and Paul gets a second shot at his mission. (R) **12.50** Shop on TV **3.00** Motorsport UK (R) **3.50** Unwind with ITV **5.05-6.00am** Ainsley's National Trust Cook Off (R)

10.00 Saucy! Secrets of the British Sex Comedy Part two of two. How X-rated movies entered the mainstream.
10.55 The Man with a Penis on His Arm The story of a man who, had a new penis constructed on his arm. (R)

10.00 The World's Most Luxurious Cruise The Seven Seas Splendor is sailing around the Mediterranean, but the crew are on tenterhooks as one of the industry's most influential travel writers is on board and a good review is vital.

12

midnight

11.55 **FILM Fire Island** (2022, 18) Friends gather for their annual week of love and laughter, but a change of events might make this their last summer in paradise. Comedy romance, starring Joel Kim Booster. ★★★★★
1.40am Ramsay's Kitchen Nightmares USA. A look at what happened after Gordon Ramsay tried to save a bistro in Arizona. (R) **2.25** Come Dine with Me (R) **3.20** Paris 2024 Paralympics: Meet the Athletes (R) **3.25** Grand Designs (R) **4.20** Food Unwrapped (R) **4.50** Frasier (R) **5.40-6.20am** Countdown (R)

11.00 1988: Most Shocking Moments Controversies, scandals and surprises in TV, film, music and politics, including Salman Rushdie's book The Satanic Verses igniting a literary and religious firestorm. (R)
1.00am PlayOJO Live Casino Show
3.00 Carol Klein's Great British Gardens (R) **3.50** Secrets of the Royals on Tour. Documentary. (R) **4.40** Wildlife SOS (R) **5.05** House Doctor (R) **5.30** Entertainment News on 5 **5.35** Fireman Sam (R) **5.45-6.00am** Paw Patrol (R)

ITV2 Freeview 6

6.00am CITV **9.00** World's Funniest Videos
9.30 Love Bites **11.30** Dress to Impress
1.30pm Family Fortunes **2.35** In with a Shout **3.35** In for a Penny **4.10** **FILM** Johnny English (2003, PG) Spy comedy, starring Rowan Atkinson. ★★★★★
6.00 **Wheel of Fortune** Becca, Kurt and Soraya compete on the gameshow.
7.00 **Celebrity Catchphrase** Stephen Mulhern hosts another charity edition of the game show, with Sarah Millican, Vernon Kay and Joel Dommett trying to guess the familiar phrases.
8.00 **FILM** **Tomb Raider** (2018, 12) A kickboxing heiress risks her life to save her missing father when she discovers a clue to his location. Action adventure, starring Alicia Vikander. ★★★★★
10.25 **Family Guy** Double bill.
11.25 **American Dad!** Double bill.
12.25am Iain Stirling's CelebAbility **1.10** All American **2.05** Totally Bonkers Guinness World Records **3.00-6.00am** Teleshopping

ITVBe Freeview 28

6.00am Teleshopping **7.00** Unwind with ITV **7.15** Be Beautiful **7.30** The Mummy Diaries **8.35** The Real Housewives of Orange County **10.20** Buying and Selling **12.20pm** The Real Housewives of Potomac **5.00** Extreme Makeover: Home Edition
6.00 **Dinner Date** Sharon Gaffka is given five menus put together by potential dates.
7.00 **Ainsley's Mediterranean Cookbook** Ainsley Harriott learns about the food of the Italian island of Sardinia.
8.00 **Gino's Italy: Like Mamma Used to Make** Double bill.
9.00 **Botched** Terry Dubrow and Paul Nassif take on a patient who nearly died after a 'mommy makeover' went wrong.
10.00 **The Real Housewives Ultimate Girls' Trip** Santa comes early when Dorinda throws a Christmas party.
11.15 **Vanderpump Rules** Scheana and Brock marry in a lavish ceremony.
12.25am Unwind **1.00** Teleshopping **2.00-6.00am** Unwind with ITV

U&DAVE Freeview 19

6.00am Teleshopping **7.10** Whose Line Is It Anyway? USA **8.00** Storage Hunters UK **9.00** Abandoned Engineering **11.00** Top Gear **1.00pm** 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** Part two of two. Simon travels into the mountainous north of the country.
7.00 **Special Ops: Crime Squad UK** Double bill. Police in Surrey track a violent gang who steal jewellery; the NCA tackle people-smuggling.
9.00 **Have I Got a Bit More News for You** Jack Dee hosts the satirical quiz.
10.00 **QI** Phill Jupitus, Sara Pascoe and Mark Watson take part in the quiz.
10.40 **Mock the Week** Double bill.
12.00m't Live at the Apollo: Christmas Special **1.00** Hate Thy Neighbour **2.00** Room 101: four episodes **4.00-6.00am** Teleshopping

U&DRAMA Freeview 20

6.00am Teleshopping **7.10** Birds of a Feather **7.40** The Bill: five episodes **12.40pm** Emma **3.20** Catherine Cookson's The Girl. Drama.
6.40 **Last Tango in Halifax** Light-hearted drama about two old friends falling in love again when they are reunited over the internet after 60 years. Derek Jacobi and Anne Reid star.
8.00 **Sister Boniface Mysteries** At the Great Slaughter Mangold Wurzel Festival, the body of a woman is discovered stuffed in the Aunt Sally. Crime drama, starring Lorna Watson.
9.00 **Silent Witness** Feature-length episode. The Lyell Centre has a new boss in the shape of pathologist Thomas Chamberlain (Richard Lintern), who helps examine a woman's disfigured body.
11.20 **Taggart** The detective tries to defend a childhood friend.
2.20am Whitstable Pearl **3.10** Kingdom **4.00-6.00am** Teleshopping

E4 Freeview 13

6.00am Hollyoaks Omnibus **8.25** Rude(ish) Tube Shorts **8.45** **FILM** Dora and the Lost City of Gold (2019, PG) Live-action family adventure, starring Isabela Merced. ★★ **10.50** Ramsay's Kitchen Nightmares USA **1.50pm** The Big Bang Theory: five episodes **4.20** Junior Bake Off **5.55** **FILM** Men in Black II (2002, PG) Sci-fi comedy sequel, starring Will Smith and Tommy Lee Jones. ★★
7.35 **Young Sheldon** Double bill.
8.30 **Animal Control** Shred and Frank respond when dispatch radios the team about a sighting of a cougar, while Amit squares off against a kangaroo.
9.00 **FILM** **Bad Boys for Life** (2020, 15) Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. Action sequel, starring Will Smith. ★★
11.30 **Gogglebox** TV opinions.
12.35am Naked Attraction **1.40** First Dates **2.45** Animal Control **3.10** Modern Family **3.35-6.00am** Hollyoaks Omnibus

MORE4 Freeview 18

8.55am Ugly House to Lovely House with George Clarke **9.55** George Clarke's Amazing Spaces **11.00** George Clarke's Old House, New Home **12.00noon** Four in a Bed **2.40** Come Dine with Me: five episodes **5.20** Four in a Bed: double bill
6.25 **Four in a Bed** Triple bill.
8.00 **Emergency Helicopter Medics** In Lanchester, heli-medics struggle to free a man trapped in his mangled car.
9.00 **999: On the Front Line** Looking at how paramedics adapt to rapidly changing situations.
10.00 **Surgeons: Life in Their Hands** A 44-year-old mum from Orange is confronted with a life-changing diagnosis.
11.00 **Emergency Helicopter Medics** An appearance at a charity event is cut short by an emergency.
12.05am 999: On the Front Line **1.05** Surgeons: Life in Their Hands **2.05** Emergency Helicopter Medics **3.10-3.45am** Food Unwrapped

VARIATIONS

YTV As ITV1 except: 4.55-5.10pm ITV News Calendar. A round-up of the latest headlines.
BBC SCOTLAND 7.00pm The Seven **7.15** SportsScene: Premiership Highlights. Action from the opening round. **8.30** Icons of Football. A profile of John Robertson. **9.00** Island Crossings. Colonsay's sole GP Dr Simon Willetts makes his rounds. **10.00** Still Game **10.30** The Karen Dunbar Show **10.55** Paramedics on Scene. Lesley and Stuart attend a man who has been fished out of a canal. **11.55pm-12.00m't** Loop
SCOTLAND As BBC1 except: 5.15-5.20pm Reporting Scotland; Weather **10.25-10.30** Reporting Scotland; Weather **11.50** SportsScene: Premiership Highlights. Action from the opening round of fixtures. **1.05am** **FILM** Booksmart (2019, 15) ★★★★★ **2.45-6.00am** BBC News
WALES As BBC1 except: 5.15-5.20pm BBC Wales Today. The latest headlines; Weather **10.25-10.30pm** BBC Wales Today; Weather
WALES As BBC2 except: 5.30pm Wynne's Welsh 70s **6.00** Weatherman Walking: The Welsh Coast. A trek from Harlech to Barmouth. **6.30-7.00pm** SOS: Extreme Rescues

STV As ITV1 except: 4.55-5.10pm STV News **12.30-3.00am** Shop on TV **3.50-5.05am** Unwind with STV. Daily escape for the mind.
ITV WALES As ITV1 except: 4.55-5.10pm ITV News Cymru Wales. The latest headlines.
S4C 6.00am Cyw **8.50** Penblwyddi Cyw **9.00** Eisteddfod Genedlaethol Cymru 2024 **12.00noon** Eisteddfod Genedlaethol Cymru 2024 **2.00pm** Eisteddfod Genedlaethol Cymru 2024 **7.15** Adre. Nia Parry visits the home of musician and composer Robat Arwyn in Rhuthun, Denbighshire. **7.45** Newyddion a Chwaraeon **8.00** Y Gymanfa Ganu. A night of congregational singing at the Gymanfa Ganu in the RCT 2024 National Eisteddfod. **9.30** Eisteddfod Genedlaethol Cymru 2024. Trystan Ellis-Morris and Heledd Cynwal look back on the main events of the day. With performances from several stages. **10.30** Pobol y Cwm Omnibws. Omnibus edition looking back at events in the fictional village of Cwmderi over the past week. With on-screen English subtitles. **11.35pm-12.40am** Eisteddfod Genedlaethol Cymru 2024. Trystan Ellis-Morris and Heledd Cynwal look back on the main events of the day.



Vienna Blood

9pm, BBC Two
 Following a bit of a delay after the end of the third season, the haunting period crime drama finally returns for a new run. And we're straight back into the action after the double murder of an arms dealer in police custody and the Director of Security shakes early 20th-century Vienna to its core. Although Dr Max Liebermann (Matthew Beard) has only just returned from a tour of

America, Inspector Rheinhardt (Juergen Maurer) asks him for help, suspecting this could be the biggest case of their careers so far. They eventually discover a conspiracy that leads to the heart of government – but can the Freudian psychiatrist and the detective do enough to stop a seditious mole known as 'Mephisto' bringing the Austro-Hungarian Empire to destruction?



Titanic In Colour

8pm, Channel 4
 The 'unsinkable' vessel is revealed in its true colours, with photographs and specially restored film footage bringing those who built and sailed on the famous ship to life. We begin with the Titanic's construction in Belfast and the days before she set sail, with personal stories from passengers' relatives capturing the excitement.



Hate Thy Neighbour

1am, U&Dave
 With far-right extremism on the rise globally, comedian Jamali Maddix spends time with key figures in communities on the fringes of the mainstream to find out why they inspire devotion among their followers. He begins by talking to members of the National Socialist Movement, the largest neo-Nazi group in America who openly idolise Adolf Hitler.



FILM CHOICE

The Italian Job

5.50pm, Channel 4
 Although not a patch on the classic 1969 crime caper, this thriller is good fun in its own right. A gang run by Charlie Croker (Mark Wahlberg) pulls off a gold bullion robbery in Venice. However, one of the crooks, Steve (Edward Norton), runs off with the loot and leaves veteran thief John Bridger (Donald Sutherland) dead. Tracking Steve down in LA, Croker looks to get even.

BBC3 Freeview 23

7.00pm Rapman: Back of the Bus With Michael Ward, Stephen, Kadeem, Junior and Karla.
7.10 **EastEnders** Double bill.
8.10 **Shark Tank: Dragons' Den US** Double bill. Products include a feeding tool for hummingbirds; products include a cheese and charcuterie board delivery business.
9.30 **Stacey Dooley Sleeps Over** Stacey spends a weekend with the Saccone Jolys – one of Britain's most popular YouTube families.
10.15 **FILM** **Pride** (2014, 15) A group of gay rights activists in 1980s Britain travels to Wales to lend support to the striking miners. Fact-based drama, with Ben Schnetzer. ★★★★★
12.10am Corey Baker's Dance Race **12.15** Stacey Dooley Sleeps Over **1.00** High: Confessions of an Ibiza Drug Mule **2.15** Drugs Map of Britain **3.10-3.55am** Wagspiracy

BBC4 Freeview 9

7.00pm Discovering: Rhapsody in Blue – George Gershwin A performance of the Gershwin classic.
8.00 **John Wilson's American Greats at the Proms** Music includes Gershwin's Rhapsody in Blue and Barber's Adagio for Strings.
9.40 **Gershwin's Summertime: The Song That Conquered the World** How the song Summertime became a standard around the world.
10.40 **Bill Viola: The Road to St Paul's – Imagine** A profile of the American video artist.
11.45 **Kill Your TV: Jim Moir's Weird World of Video Art** The comedian explores video art.
12.45am 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

5 USA F'view 21

6.00am Home Shopping **9.00** Entertainment News on 5 **9.10** Blue Bloods **11.10** NCIS
6.05pm **NCIS** Gibbs and the team seek advice from a psychologist when a Navy reservist is found dead.
7.05 **FILM** **Jesse Stone: Sea Change** (2007, 15) The New England police chief investigates an unsolved case involving a bank teller who was shot dead. Thriller, with Tom Selleck. ★★
9.00 **NCIS: Hawai'i** A Japanese sailor is killed and evidence links the case to the murder of the victim's girlfriend.
10.00 **Law & Order: Special Victims Unit** Double bill. The detectives investigate a mail-order bride business; a man claims to have witnessed a rape in a hospital.
12.00m't **Law & Order: Special Victims Unit**: double bill **1.55** **Law & Order** **3.35** 999: Criminals Caught on Camera **4.00-6.00am** Teleshopping

film ratings
 ★★★★★ Brilliant
 ★★★★ Very Good
 ★★★ Good
 ★★ Average
 ★ Bad
 (R) Repeat

BBC ONE

6.00am Breakfast A round-up of national and international news.
6.45 LIVE Olympics: Paris 2024 JJ Chalmers and Jeanette Kwakye introduce the start of day 10 at the Games, including the triathlon mixed relay, badminton and individual artistic gymnastics finals.
11.00 LIVE Olympics: Paris 2024 JJ Chalmers and Jeanette Kwakye introduce further artistic gymnastics coverage on day 10, featuring the women's beam at 11.36 and men's horizontal bar at 12.31 at the Bercy Arena.
1.00pm BBC News; Weather
1.45 LIVE Olympics: Paris 2024 Hazel Irvine introduces 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.
6.00 BBC News at Six; Weather The latest headlines.
6.30 Regional News; Weather

BBC TWO

6.45am Breakfast News headlines.
9.00 Dom Does America (R)
9.30 Wanted Down Under Revisited In New Zealand. (R)
10.15 A Countryside Summer (R)
10.45 The Farmers' Country Showdown (R)
11.15 Homes Under the Hammer Properties in Barry, Nuneaton and the Isle of Wight. (R)
12.15pm Bargain Hunt (R)
1.00 LIVE Olympics: Paris 2024 The artistic gymnastics schedule reaches a conclusion.
1.45 Make Me a Dealer (R)
2.30 The Customer Is Always Right (R)
3.00 Escape to the Country (R)
3.45 Ricky & Ralf's Very Northern Road Trip (R)
4.30 The Repair Shop (R)
5.15 Flog It! From Haddon Hall in Derbyshire. (R)
6.00 LIVE Olympics: Paris 2024 Further coverage of day 10, featuring the men's pole vault final and the first track cycling medals of the Games to be decided, in the women's team sprint.

ITV1

6.00am Good Morning Britain A lively mix of news, current affairs and lifestyle features.
9.00 Lorraine Entertainment and the latest fashion news.
10.00 This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion. Including Local Weather.
12.30pm Loose Women Celebrity interviews and topical debate.
1.30 ITV News; Weather
1.55 Regional News; Weather
2.00 Dickinson's Real Deal David Dickinson and the experts visit Preston. (R)
3.00 Tenable Five cousins from Essex take on a series of top 10 list questions. (R)
3.59 Regional Weather
4.00 Tipping Point Quiz, hosted by Ben Shephard. (R)
5.00 The Chase Bradley Walsh presents as contestants Darran, Sam, Lily and James work as a team to take on one of the ruthless Chasers and secure a cash prize. (R)
6.00 Regional News; Weather

CHANNEL 4

6.20am Cheers Double bill. (R)
7.10 Everybody Loves Raymond Four episodes. (R)
9.00 Frasier Four episodes. (R)
11.00 The Simpsons Double bill. (R)
12.00noon Channel 4 News
12.05 Paris 2024 Paralympics: Meet the Athletes Cycling couple Neil and Lora Fachie explain how they balance training with family life. (R)
12.10 A New Life in the Sun (R)
1.10 Car S.O.S (R)
2.10 Countdown
3.00 A Place in the Sun A holiday home in Portugal. (R)
4.00 The Great House Giveaway An old stone terrace in Queensbury is restored.
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.
6.00 Come Dine with Me The first of five dinner parties thrown in Sheffield. (R)
6.30 The Simpsons Lisa joins the Capitol City Philharmonic youth orchestra. (R)

CHANNEL 5

6.00am Milkshake! Children's TV.
9.15 Jeremy Vine Discussion.
11.30 Storm Huntley Debate on the day's talking points continues.
12.45pm Friends Double bill. Chandler meets an old flame; Monica applies for a job. (R)
1.40 5 News at Lunchtime
1.45 Home and Away Mackenzie struggles to forgive Mali. (R)
2.15 FILM Mummy's Deadly Son (2022, 12) A woman is in a desperate battle to save her only son and must fight for his life to prove his innocence. Thriller, starring Rene Ashton and Noah Fearnley. ★★★
4.00 The Cruise: Fun-Loving Brits at Sea Documentary following three groups of British holiday-makers around the Mediterranean, who start by exploring Rome before boarding the Regal Princess for the cruise. (R)
5.00 5 News at 5
6.00 Amazing Railway Journeys with Nick Knowles Nick explores Prague, Bratislava and Budapest. (R); 5 News



7pm, OLYMPICS: PARIS 2024: Keely Hodgkinson



7.30pm, EASTENDERS: Linda Davina and Nicky



9pm, LONG LOST FAMILY...: Davina and Nicky



11.40pm, THE GREAT: Elle Fanning



9pm, LUCY LETBY: DID SHE REALLY DO IT?: Lucy Letby

7

7.00 LIVE Olympics: Paris 2024 An evening of athletics at the Stade de France, 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 at 8.45, as she seeks to end her run of global 800m silver medals and become Great Britain's first Olympic champion in the event for 20 years. Hodgkinson announced herself on the world stage with Olympic silver three years ago, but has been left frustrated by finishing in the same position at the two subsequent World Championships and the Commonwealth Games. She lost two of those finals to Kenya's Mary Moraa, who is again expected to be her main rival tonight.

7.00 Richard Osman's House of Games Myra DuBois, Charlie Hedges, Bonnie Langford and Tyler West test their skills. (R)
7.30 EastEnders Reiss panics when Phil demands a return on his fake investment, and an interesting deal rocks Linda.

6.30 ITV Evening News A round-up of the day's news headlines and weather reports.
7.30 Emmerdale Will and Kim mistrust each other, Samson finally finds the bravery to stand up to Josh, and Brenda is horrified by Pollard's actions.

7.00 Channel 4 News A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.

7.00 Traffic Cops Jamie Theakston returns with a focus on officers on patrol in North Yorkshire, beginning as they clamp down on young drivers causing danger on the county's roads. (R); 5 News Update

8

8.00 Grand Tours of Scotland's Rivers Paul Murton explores the Annan in Dumfries and Galloway, from where it rises above the Devil's Beef Tub all the way to the Solway Firth. He then turns his attention to the Esk. (R)

8.00 Coronation Street Lauren fears for the life of her baby, Hope dumps Sam and turns her attention to Jack, Craig and Kit intercept Beth's delivery of counterfeit T-shirts, and Mason rejects Stu's invitation to stay at Number Six.

8.00 NEW Yorkshire By the Sea Series following the lives of locals living along Yorkshire's coastline. The first episode features the Robson family from Bridlington, who've been fishing the North Sea for generations.

8.00 Motorway Cops: Catching Britain's Speeders Sgt Dave Roberts races to the scene when a child is knocked off his bike by a car outside a school in Gateshead, but the wait time for an ambulance is three hours.

9

9.00 Forensics: The Real CSI When an armed gang of jewellery thieves robs £300,000 worth of gold from a Birmingham jewellery store, police need to use forensic evidence to track down the gold. (R)

9.00 Long Lost Family: False Identities Special Davina and Nicky present the stories of two men born in Ireland to unmarried mothers at a time when having children outside of marriage was seen as sinful. (R)

9.00 24 Hours in A&E Pedestrian Jane is rushed to Queen's Medical Centre in Nottingham with multiple injuries after being severely injured in a hit-and-run. The major trauma team work hard to stabilise Jane, who has a fractured pelvis.

9.00 Lucy Letby: Did She Really Do It? A look at the case against the former neonatal nurse, who was found guilty of murdering seven babies and attempting to kill six more between June 2015 and June 2016.

10

10.00 BBC News at Ten
10.30 Regional News; Weather
10.40 Olympics: Paris 2024 - Tonight at the Games Isa Guha and Mark Chapman look back at day 10 from the French capital, as 17 gold medals were awarded across a number of sports. There were chances of silverware all over France today, with four finals apiece in artistic gymnastics and athletics, while champions were also crowned in sports such as badminton, basketball and shooting.

10.00 Spent Mia reluctantly steps up as guardian for Ella when Chrissy is taken ill, but inadvertently promises her a birthday party, one that will double up as a reunion with her birth mother.
10.30 Newsnight Headline analysis.

10.00 ITV News at Ten; Weather
10.30 Regional News; Weather
10.45 TikTok: Murder Gone Viral After surviving an attempt on her life, TikTok star Sania Khan went viral campaigning for South Asian women's rights. (R)

10.00 NEW On the Edge: Wet Look The first in an anthology of one-off films on the importance of care and caring.
10.35 On the Edge: Letting Go A foster father cannot bear to give up the teenage girl he has raised. Anthony Welsh stars.

10.00 999: Police Hour of Duty A man phones 999 to report his housemate for threatening to kill him and his partner, but when officers arrive the suspect denies the allegations. He claims that it's actually he who is the victim. (R)

11

11.05 FILM The Piano (1993, 15) A mute Scottish widow travels to New Zealand for an arranged marriage, and embarks on a passionate affair with a gruff settler. Period drama, starring Oscar-winners Holly Hunter and Anna Paquin. ★★★

11.40 Piglets The excited recruits get to wear their uniforms for the first time, while Dev reveals a deeply personal issue that Steph offers to help with, and Paul gets a second shot at his mission. Comedy, starring Sarah Parish. (R)

11.10 On the Edge: The Final Countdown An old man refuses to accept his wife's dementia. Last in series.
11.40 The Great Double bill. Catherine plays a dangerous game; a scientist announces that a comet is about to pass.

11.05 Police 999: Clear & Present Danger Hampshire police break into a house to free a woman from a knife-wielding intruder - only to be confronted by a fire. A road traffic collision leads to an escape on foot. (R)

12

12.00m't Kin. Double bill. A Turkish cartel informs the Kinsellas that they are obliged to pay a debt owed to them by Eamon Cunningham; all hell breaks loose with the unexpected arrival of a family member. (R) **1.40 Weather for the Week Ahead** **1.45-6.00am BBC News.** The latest headlines.

1.00am Sign Zone: Countryfile. Anita Rani and Matt Baker visit the Fens, an area of eastern England containing the lowest point in the UK, exploring the way wildlife and people coexist at or just below sea level. (R)
1.55 Sign Zone: The Bidding Room (R)
2.40-6.30am This Is BBC Two

12.00m't Shop on TV **3.00 Family Fortunes.** Gino D'Acampo hosts as the Collards of Barry Island go up against the Mitchell family of Croydon. (R) **3.50 Unwind with ITV** **5.05-6.00am** Jimmy's Taste of Florida. Jimmy Doherty visits St Pete and Tampa on the west coast of Florida. (R)

1.40 FILM Proxima (2019, 12) Drama, starring Eva Green and Matt Dillon. ★★★ **3.25** Becoming Elizabeth. Edward plans to marry off his sisters. (R) **4.20 Paris 2024 Paralympics: Meet the Athletes** (R) **4.25 Food Unwrapped** (R) **4.50 Frasier:** double bill. (R) **5.40-6.20am** Countdown (R)

12.05am Traffic Cops. A woman crashes her car into a farmer's wall. (R) **1.00 PlayOJO Live Casino Show.** Interactive gambling. **3.00** The Royals in Wartime: double bill (R) **4.40 Wildlife SOS** (R) **5.05** House Doctor (R) **5.30** Entertainment News on 5 **5.35-6.00am** Paw Patrol (R)

ITV2 Freeview 6

6.00am CITV **9.00** World's Funniest Videos **9.30** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** 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. Dating series.

6.00 **Celebrity Catchphrase** A charity edition of the gameshow, with Kadeena Cox, Adam James and Ellie Taylor trying to guess the familiar phrases.

7.00 **In with a Shout** The Wheatleys from Dunstable and the Parry family from Abergavenny compete.

8.00 **Bob's Burgers** Double bill. The Belchers tell their own versions of an infamous tree incident; Louise hides a house spider in her room.

9.00 **Family Guy** Five episodes.

11.30 **American Dad!** Animation.

12.00m't American Dad! **12.30** Bob's Burgers **1.30** Deal or No Deal **2.35** Unwind with ITV **3.00-6.00am** Teleshopping

U&DAVE Freeview 19

6.00am Teleshopping **7.10** Whose Line Is It Anyway? USA **8.00** Border Force: America's Gatekeepers **10.00** Rick Stein's Mediterranean Escapes **11.00** Rick Stein's Cornwall **12.00noon** Storage Hunters UK **2.00** Extreme Fishing with Robson Green **3.00** Top Gear **5.00** Rick Stein's Mediterranean Escapes

6.00 **Rick Stein's Cornwall** Double bill.

7.00 **Would I Lie to You?** With Miles Jupp, Heston Blumenthal and Emilia Fox.

7.40 **Richard Osman's House of Games** Double bill. With Jen Brister, Kelvin Fletcher, Ian Moore and Zoe Williams; with Jessie Cave and Ayesha Hazarika.

9.00 **QI XL** With panellists Jo Brand, Ben Goldacre and Andy Hamilton.

10.00 **Have I Got a Bit More News for You**

11.00 **Taskmaster** Gameshow.

12.00m't Mock the Week **12.40** Would I Lie to You? **1.20** Room 101 **2.00** Whose Line Is It Anyway? USA: four episodes **4.00-6.00am** Teleshopping

E4 Freeview 13

6.00am Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **9.00** The Goldbergs **10.00** Young Sheldon **11.00** Modern Family **12.00noon** The Big Bang Theory: four episodes **2.00** The Goldbergs **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big Bang Theory: double bill

6.00 **The Big Bang Theory** Double bill.

7.00 **Hollyoaks** A revelation makes Kitty realise that Abe is dangerous.

7.30 **Come Dine with Me**

8.00 **Below Deck** Tyler wrestles with the idea of coming out to his mum.

9.00 **Gogglebox** The households' opinions on Michael McIntyre's The Wheel and Jamie's £1 Wonders.

10.00 **Naked Attraction**

11.05 **First Dates** Dating series.

12.05am The Big Bang Theory **1.05** Brooklyn Nine-Nine **2.05** Modern Family **2.55** Below Deck **3.45** Ramsay's Kitchen Nightmares USA **4.35** The Neighborhood **5.25-6.00am** Brooklyn Nine-Nine

VARIATIONS

YTV As ITV1 except: 1.55-2.00pm ITV News Calendar **6.00-6.30** ITV News Calendar **10.30-10.45pm** ITV News Calendar

BBC SCOTLAND 2.00pm Sign Zone: Beechgrove Garden **2.30** Sign Zone: Scotland's Home of the Year **3.00-4.00** Sign Zone: Scotland's Sacred Islands with Ben Fogle **7.00** Paramedics on Scene. Lesley and Stuart attend a man who has been fished out of a canal. **8.00** Life on the Bay. A permanent job is up for grabs at the caravan park. **8.30** Janey and Ashley Get a Real Job. Janey Godley and Ashley Storrer work at an airport. Last in series. **9.00** The Nine **10.00** River City. Alex grows concerned about Lenny. **10.30** Alan Carr's Picture Slam **11.15** Martin Compston's Norwegian Fling. Martin and Phil MacHugh enjoy a drive to Trondheim. **11.45pm-12.00m't** Rewind 2000s

SCOTLAND As BBC1 except: 1.30-1.35pm Reporting Scotland; Weather **6.30-7.00** Reporting Scotland. Headlines; Weather **10.30-10.40pm** Reporting Scotland; Weather

WALES As BBC1 except: 1.30-1.35pm BBC Wales Today **6.30-7.00** BBC Wales Today **10.30-10.40pm** BBC Wales Today; Weather

ITVBe Freeview 28

6.00am Teleshopping **7.00** Unwind with ITV **7.15** Be Beautiful **7.35** The Real Housewives of Cheshire **8.35** Making It Home with Kortney & Kenny **9.35** Buying and Selling **10.35** The Real Housewives of Cheshire **11.35** The Real Housewives of New Jersey **12.30pm** The Real Housewives of Orange County **1.20** The Only Way Is Essex **2.05** Dinner Date **3.05** Million Dollar Listing: NYC **4.05** The Real Housewives of New Jersey **5.00** The Real Housewives of Potomac

6.00 **Making It Home with Kortney & Kenny** Matt and Meghan enlist help to make over their brand new suburban home.

7.00 **Million Dollar Listing: NYC**

8.00 **Dinner Date** A woman from Wokingham appraises five menus.

9.00 **Emergency Nurses: A&E Stories**

10.00 **NEW Love Island USA**

12.05am The Only Way Is Essex **12.50** Unwind with ITV **1.00** Teleshopping **2.00-6.00am** Unwind with ITV

U&DRAMA Freeview 20

6.00am Teleshopping **7.10** London's Burning **8.00** Doctors **9.15** Classic Holby City **10.35** Classic Casualty **11.40** The Bill **12.40pm** Classic EastEnders **2.00** London's Burning **3.00** Born and Bred **4.10** Howards' Way **5.25** Birds of a Feather. The boys are released.

6.05 **Desmond's** Shirley's older sister visits from Jamaica. Norman Beaton stars.

6.40 **Are You Being Served?** Mr Humphries catches a disease.

7.20 **Last of the Summer Wine**

8.00 **The Brokenwood Mysteries** Following Brokenwood's first drum and bass festival, a band's van explodes.

10.00 **New Tricks** Ucos is threatened with closure, just as the team is getting somewhere with an investigation.

11.00 **Silent Witness** Nikki struggles to come to terms with life back home.

1.05am Footballers' Wives **2.05** Classic Holby City **3.20** Birds of a Feather **4.00-6.00am** Teleshopping

MORE4 Freeview 18

8.55am Food Unwrapped **9.30** A Place in the Sun **10.25** A New Life in the Sun **11.25** Find It, Fix It, Flog It **12.30pm** Come Dine with Me: five episodes **3.10** Four in a Bed **5.50** Chateau DIY

6.55 **Car S.O.S** Tim and Fuzz get help from James Nesbitt.

7.55 **Grand Designs** Kevin McCloud returns to Devon to meet Kevin McCabe.

9.00 **Help! We Bought a Hotel** A dad-and-daughter team take on an abandoned hotel on the Costa Blanca.

10.00 **Trains from Hell: Caught on Camera** Documentary featuring real-life footage showing what can go wrong both on and off the train tracks.

11.05 **24 Hours in A&E** A 76-year-old man sustains a head injury after a fall.

12.10am 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



How Disney Built America

9pm, Sky History

Walt Disney started with nothing but a dream. So how did this shy and insecure struggling animator in Kansas City achieve so much success during and after his lifetime while inspiring a juggernaut company that is now estimated to be worth \$160billion?

This new series takes fans on a nostalgia-filled ride that paints a vivid picture of Walt's world and the empire he built with his brother

Roy. The opening edition chronicles the birth of Mickey Mouse and how the character began as a simple pencil sketch before rocketing to lasting fame, and becoming one of the most recognisable faces in the world. Before that though, during Walt's early days in Hollywood, he lost his first successful cartoon character – Oswald the Lucky Rabbit – to a powerful middleman.



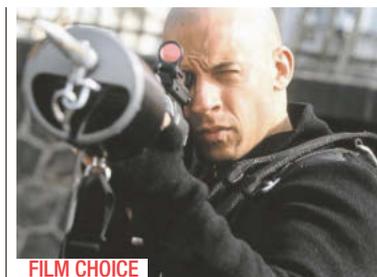
Yorkshire By The Sea

8pm, Channel 4
The 100-mile stretch of Yorkshire coastline is home to some of Britain's most popular tourist destinations. But beyond the beaches, buckets and spades, there are colourful locals striving to earn an honest crust. We meet some of those in this new series, including the Robsons from Bridlington, who've been fishing the North Sea for generations.



On The Edge: Wet Look

10pm, Channel 4
The drama anthology which aims to unearth new writers and directors returns for a fourth run. This year's theme is care and caring, and first short film, *Wet Look*, tells the story of young couple Gwynn (Tanya Reynolds) and Rob (Iwan Rheon) as they navigate their burgeoning relationship. But there's a twist: while Rob is a human millennial, Gwynn is a mermaid.



FILM CHOICE

xXx

9pm, Film4
Vin Diesel plays Xander Cage, an extreme-sports daredevil dubbed 'a new breed of secret agent'. After falling foul of the law, he is coerced by the US government into infiltrating a Prague-based terrorist organisation called Anarchy 99. Samuel L Jackson co-stars as NSA spymaster Augustus Gibbons (clearly inspired by Bond's M), with Asia Argento as love interest Yelena.

BBC3 Freeview 23

7.00pm **Top Gear** Three front-engined supercars are taken on a road trip.

8.00 **Shark Tank: Dragons' Den US** Dragons' Den's Peter Jones joins his American counterparts.

8.45 **Becoming... Furiosa** Anya Taylor-Joy reveals all to Ali about Mad Max prequel Furiosa.

9.00 **Stacey Dooley Sleeps Over** Stacey spends a time with Brighton couple Matt and Adele, who believe their three children do not need rules.

9.50 **High: Confessions of an Ibiza Drug Mule** Michaela spends the first of what would be many days behind bars.

10.25 **Him & Her** Double bill.

11.15 **Drugs Map of Britain**

12.15am **Stacey Dooley Sleeps Over** **1.00** Top Gear **2.00** High: Confessions of an Ibiza Drug Mule **2.35** My Mate's a Bad Date **3.00-4.00am** Him & Her

BBC4 Freeview 9

7.00pm **Great British Railway Journeys** In Northumbria.

7.30 **Gareth Edwards' Great Welsh Adventure** The rugby legend and wife Maureen take charge of a narrowboat on the Llangollen Canal.

8.00 **Art of France** Andrew Graham-Dixon examines the development of Impressionism. Last in series.

9.00 **Rebuilding Notre-Dame: The Next Chapter** Lucy Worsley is given access to the cathedral in Paris at a critical point in the restoration.

10.00 **Paris** Underground movements that have defined the city.

11.00 **Becoming Matisse** The story of the revolutionary 20th-century artist.

12.00m't 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 **3.00-4.00am** Art of France

5 USA F'view 21

6.00am Home Shopping **9.00** NCIS **10.55** Entertainment News on 5 **11.00** NCIS **12.00noon** Law & Order: Criminal Intent

6.00 **NCIS** Triple bill. Gibbs is injured in an explosion; Gibbs emerges from his coma with amnesia; Ziva witnesses an assassination.

9.00 **NCIS: Hawai'i** The wife of a naval weapons Officer disappears. The team investigates and find the man who took her, dead. She left the vicinity around the time the man was killed. They look into her background but Whistler tells them to back off.

10.00 **Law & Order: Special Victims Unit** Double bill. A Romany boy goes missing; the detectives learn a 14-year-old is working as a prostitute.

12.00m't Law & Order: Special Victims Unit; double bill **1.50** Law & Order **3.35** 999: Criminals Caught on Camera **4.00-6.00am** Teleshopping

film ratings

- ★★★★★ Brilliant
- ★★★★ Very Good
- ★★★ Good
- ★★ Average
- ★ Bad

(R) Repeat

BBC ONE

6.00am Breakfast News headlines.
8.00 **LIVE Olympics: Paris 2024** JJ Chalmers and Jeanette Kwakye present live coverage as the women's 1500m, the men's javelin and men's 400m hurdles all get under way. There's also coverage from the Chateau de Versailles, with the individual equestrian jumping final to be decided. Britain's Ben Maher is bidding to become the first rider to retain the individual Olympic crown since the event began 124 years ago in Paris.
1.00pm BBC News; Weather
1.45 **LIVE Olympics: Paris 2024** 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. The diving final at 2.00 will hopefully feature Britain's Andrea Spendolini-Sirieix, while Team GB's Sky Brown is vying for another skateboarding medal at 4.30.
6.00 BBC News at Six; Weather
6.30 Regional News; Weather

BBC TWO

6.30am A to Z of TV Gardening (R)
7.15 Sign Zone: The Bidding Room With Nigel Havers. (R)
8.00 Breakfast News headlines.
9.00 Dom Does America (R)
9.30 Wanted Down Under Revisited (R)
10.15 A Countryside Summer (R)
10.45 The Farmers' Country Showdown In Powburn. (R)
11.15 Homes Under the Hammer More property auctions. (R)
12.15pm Bargain Hunt (R)
1.00 **LIVE Olympics: Paris 2024** Continued coverage from day 11, with sailing and hockey.
1.45 Make Me a Dealer (R)
2.30 The Customer Is Always Right A family card game. (R)
3.00 Escape to the Country (R)
3.45 Ricky & Ralf's Very Northern Road Trip (R)
4.30 The Repair Shop (R)
5.15 Flog It! In Somerset. (R)
6.00 **LIVE Olympics: Paris 2024** The men's team sprint track cycling final begins at 6.55. Plus, it's the first round of the men's team pursuit from 6.14.

ITV1

6.00am Good Morning Britain A lively mix of news, current affairs and lifestyle features.
9.00 Lorraine Entertainment and the latest fashion news.
10.00 This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion. Including Local Weather.
12.30pm Loose Women Celebrity interviews and topical debate.
1.30 ITV News; Weather
1.55 Regional News; Weather
2.00 Dickinson's Real Deal David and his team of dealers, Mark Stevens, Karen Dalmeny, Stewart Hofgartner and Tim Hogarth, are in Leeds. (R)
3.00 Tenable A family team from Lincolnshire take on a series of top 10 list questions. (R)
3.59 Regional Weather
4.00 Tipping Point Quiz, hosted by Ben Shephard. (R)
5.00 The Chase Contestants Robert, Nina, Jack and Helen work as a team to take on one of the ruthless Chasers. (R)
6.00 Regional News; Weather

CHANNEL 4

6.20am Cheers Double bill. (R)
7.10 Everybody Loves Raymond Four episodes. (R)
9.00 Frasier Four episodes. (R)
11.00 The Simpsons Double bill. (R)
12.00noon Channel 4 News Summary Headlines.
12.05 Paris 2024 Paralympics: Meet the Athletes (R)
12.10 A New Life in the Sun (R)
1.10 Car S.O.S A 1993 Toyota Supra Mk4 owned by a former motorcycle racer. (R)
2.10 Countdown Clara Amfo is in Dictionary Corner.
3.00 A Place in the Sun (R)
4.00 The Great House Giveaway Electrician Dan and carpenter Gareth transform a detached four-bedroom stone cottage.
5.00 A New Life in the Sun: Where Are They Now? Simon and Monica expand their painting holiday company into a new continent in France.
6.00 Come Dine with Me Bike enthusiast Nathan plans a night of motoring mayhem. (R)
6.30 The Simpsons Marge puts on a play written by Lisa. (R)

CHANNEL 5

6.00am Milkshake! Children's TV.
9.15 Jeremy Vine Discussion.
11.30 Storm Huntley Debate on the day's talking points continues.
12.45pm Friends Double bill. (R)
1.40 5 News at Lunchtime
1.45 Home and Away Levi is in danger at the hospital. (R)
2.15 **FLM Who Killed Our Father?** (2023, PG) After her father's death, a woman goes on a journey to find the sister she never knew. Thriller, starring Kirsten Comerford and Devin Cecchetto. ★★
4.00 The Cruise: Fun-Loving Brits at Sea The cruise ship Regal Princess arrives in the Italian city of Naples. (R)
5.00 5 News at 5 Headlines.
6.00 Amazing Railway Journeys with Nick Knowles The presenter travels from Mount Vesuvius to Mount Etna on a journey from Naples to Sicily. He hears how both Pompeii and nearby Herculaneum were buried in ash in AD 79, and learns about a million-dollar reward (R); 5 News Update



7pm, **OLYMPICS: PARIS 2024:** Gabby Logan



7pm, **RICHARD OSMAN'S HOUSE OF GAMES:** Richard



9pm, **VERA:** Brenda Blethyn



10pm, **FIRST DATES:** Sarah and Dan



7pm, **OUR GREAT YORKSHIRE LIFE:** Rob and Dave Nicholson

7

7.00 **LIVE Olympics: Paris 2024** The conclusion of the men's track cycling team sprint at the Saint-Quentin-en-Yvelines Velodrome is followed by an evening of athletics, as the women's 200m champion is crowned. Gabby Logan introduces the action, with some of the biggest names in the mix for a spot on the podium – Jamaica's Shericka Jackson was a pre-event favourite in the 200m, as was all-conquering Greek Miltiadis Tentoglou in the men's long jump. The schedule features the women's 400m hurdles semi-finals at 7.07, men's long jump final from 7.15, men's 1500m final at 7.50, women's 3,000m steeplechase final at 8.10 and the women's 200m final at 8.40, while the women's hammer final takes place throughout the evening.

7.00 Richard Osman's House of Games Myra DuBois, Charlie Hedges, Bonnie Langford and Tyler West take part. (R)
7.30 EastEnders Eve decides to propose to Suki in front of everyone in the Vic. Reiss lies to Sonia to get out of trouble.

6.30 ITV Evening News A round-up of the headlines; Weather
7.30 Emmerdale Drama from the Dales. Lydia arrives with news from Samson's plea hearing, Pollard has a confession to make, and Kim admits that her marriage is crumbling.

7.00 Channel 4 News A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.

7.00 Our Great Yorkshire Life Barnsley farmers Rob and Dave Nicholson head to Halifax to find out more about their mum's side of the family, and in Horsforth, local chef Matt Healy looks to extend his menu; 5 News Update

8

8.00 Inside the Factory Gregg Wallace learns the secrets of rice pudding on a visit to the Ambrosia factory in Lifton, Devon, where up to 360,000 tins are produced every day. Meanwhile, Ruth Goodman explores school dinners. (R)

8.00 Cooking with the Stars Emma Willis and Tom Allen host as Katherine Ryan, Christopher Biggins, Linford Christie and Ellie Simmonds produce gourmet dishes using only tinned, frozen and pantry ingredients.

8.00 Worst House on the Street Luke and Shurel completely overhaul their dated, single-glazed, decor-clashing house. Can they turn it into the home they crave without breaking the bank? Scarlett and Stuart Douglas offer the pair advice.

8.00 The Yorkshire Vet: At Home with the Greens Peter Wright takes a look at the Greens' 10-year-old collie-cross-whippet, and Steve and Jean explore the world of glamping with the help of Rob and Dave Nicholson.

9

9.00 Murder Trial: The Disappearance of Renee and Andrew MacRae First of a two-part programme. The trial of William MacDowell for the murders of Renee MacRae and her three-year-old son Andrew in 1976. (R)

9.00 Vera Murder mystery, starring Brenda Blethyn as DCI Vera Stanhope, leading her team as they face a series of murder mysteries set against the Northumberland landscape. The detective investigates a daring robbery at a port and uncovers a web of intrigue when it turns out to be an inside job. However the insider's motivation isn't just money, as his son has been kidnapped to make sure everyone sticks to the plan, which soon goes wrong. (R)
10.45 ITV News; Weather

9.00 The Body Detectives Ex-detective Dave Grimstead travels to Germany after a forensic garment analyst, an oceanographer and a forensic psychologist help to identify a man who was found dead in the North Sea 30 years ago.

9.00 Your Kitchen: 60 Years of Fads & Gadgets The story of Britain's kitchens from the 1980s to the present day, with a look at the microwave and how the population began cooking foreign food at home. Last in series.

10

10.00 BBC News; Weather
10.30 Regional News; Weather
10.40 Olympics: Paris 2024 – Tonight at the Games Isa Guha and Mark Chapman recap the day from the French capital, as 15 events reached their conclusion. The women's 200m promised to be tonight's highlight on the athletics track, while there were British medal hopes in track cycling and diving. Elsewhere, Ireland's Kellie Harrington was also looking for a fairytale end to her career in the boxing ring.

10.00 Bad Education First episode of the comedy, written by and starring Jack Whitehall. Unconventional teacher Alfie is distracted from his work by the news that colleague Miss Gulliver is now single. (R)
10.30 Newsnight Headline analysis.

11.20 Regional News; Weather
11.35 British Touring Car Championship Highlights Action from the sixth round of the season at Croft Circuit in North Yorkshire, where the 16th, 17th, and 18th races of the season took place.

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. Plus, fire performer Hayley sits down with business owner Glen.

10.00 A Killer Makes a Call Yoga teacher Dawn Lewis calls 999 and says that she has stabbed her lodger Glenn Richards in self-defence. Richards had a history of violence, so Lewis' story seems believable, but some details don't add up.

11

11.05 Atomic People Documentary exploring the human cost from the first and last atomic bombs used in an act of war, when the United States dropped atomic bombs on two Japanese cities in 1945 – Hiroshima and Nagasaki. (R)

11.05 Love in the Limelight: UNTOLD In the latest episode of the documentary series, former Love Island star Chloe Burrows explores what life is really like for some well-known reality couples living out their romances in the public eye.

11.05 Killer at the Crime Scene Factual crime documentary series. Police find the bodies of two young women in a freezer, possibly lured to their death by the same murderer, and hope forensic analysis will help identify the killer. (R)

12

12.00m't Kin. Double bill. Family loyalties are tested as Bren's influence seeps into each member of the Kinsella clan, while Viking receives unsettling news; Amanda is feeling the pressure as Bren continues to undermine her power. (R) **1.40 Weather for the Week Ahead** **1.45-6.00am** BBC News

12.35am Sign Zone: The Turkish Detective. Double bill. Suleyman and Ayse are sent to investigate a fire; the team finally learns the truth about Kayra Khan, but bringing someone to justice will be tough. Last in series. (R)
2.10 Sign Zone: Dom Does America (R) **2.40-6.30am** This Is BBC Two

12.50am Shop on TV **3.00 On Assignment.** James Mates, Barnaby Papadopoulos and Faye Barker report on current affairs in Santorini, Cyprus and rural Spain. (R) **3.30 Big Zuu's 12 Dishes in 12 Hours** (R) **4.05 Unwind with ITV** **5.10-6.00am** Ainsley's Taste of Malta. On Gozo. Last in series. (R)

12.05am Women on Death Row **1.00 The Rise and Fall of Boris Johnson** (R) **2.25 Ramsay's Kitchen Nightmares USA** (R) **3.15 Love It or List It Australia** (R) **4.10 Find It, Fix It, Flog It** (R) **4.20 Food Unwrapped** (R) **4.50 Frasier** (R) **5.40-6.20am** Countdown. Clara Amfo guests in Dictionary Corner. (R)

12.05am Motorway Cops: Catching Britain's Speeders. A child is knocked off his bike by a car. (R) **1.05 PlayOJO Live Casino Show** **3.05** Secrets of the Royals on Tour (R) **3.50** Ketchup vs HP Sauce (R) **4.40** House Busters (R) **5.05** House Doctor (R) **5.30** Entertainment News **5.35-6.00am** Paw Patrol (R)

ITV2 Freeview 6

6.00am CITV **9.00** World's Funniest Videos
9.30 Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** 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. Dating fashion challenge.
6.00 **Celebrity Catchphrase** Stephen Mulhern hosts the gameshow, with Dion Dublin, Rachel Riley and Tim Vine.
7.00 **In with a Shout** Families from Cambridgeshire and Carlisle compete, shouting out their answers to questions hidden within a montage of images.
8.00 **Bob's Burgers** Double bill. Linda plans a big day for her friend Ginger's visit; Bob helps Gene with a project.
9.00 **Family Guy** Five episodes.
11.30 **American Dad!** The family takes a disastrous trip to a theme park.
12.00m't American Dad! **12.30** Bob's Burgers: double bill **1.30** Deal or No Deal **2.35-3.00am** Unwind with ITV

U&DAVE Freeview 19

7.10am Whose Line Is It Anyway? USA **8.00** Border Force: America's Gatekeepers **10.00** Rick Stein's Mediterranean Escapes **11.00** Rick Stein's Cornwall **12.00noon** Storage Hunters UK **2.00** Extreme Fishing with Robson Green **3.00** Top Gear **5.00** Rick Stein's Mediterranean Escapes
6.00 **Rick Stein's Cornwall** Double bill.
7.00 **Would I Lie to You?** Rhod Gilbert, Kelly Hoppen, Carol Vorderman and Hal Cruttenden join the regular captains.
7.40 **Richard Osman's House of Games**
9.00 **Battle in the Box** Jimmy Carr hosts as Jamie Laing and Nabil Abdulrashid face Ellie Taylor and Jess Knappett.
10.00 **Have I Got a Bit More News for You** David Tennant hosts the panel quiz.
11.00 **Taskmaster** The contestants fell rubber ducks and destroy a cake.
12.00m't Mock the Week **12.40** Would I Lie to You? **1.20** Room 101 **2.00-4.00am** Whose Line Is It Anyway? USA

E4 Freeview 13

6.00am Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **9.00** The Goldbergs **10.00** Young Sheldon **11.00** Modern Family **12.00noon** The Big Bang Theory: four episodes **2.00** The Goldbergs **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big Bang Theory: four episodes
7.00 **Hollyoaks** A discarded gift leads to Dilly discovering the truth.
7.30 **Come Dine with Me** The second host in Essex is bridal-shop owner Alison.
8.00 **Below Deck** Fraser learns a lesson about not judging a book by its cover.
9.00 **Gogglebox** Watching Hollyoaks.
10.00 **Naked Attraction** Couple Abbie and Charlie are looking for another woman.
11.05 **First Dates: Valentine's Special 2020** Singletons hope to find love.
12.10am 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** The Neighborhood **5.20-6.00am** Brooklyn Nine-Nine

VARIATIONS

YTV As ITV1 except: 1.55-2.00pm ITV News Calendar **6.00-6.30** ITV News Calendar **11.20-11.35pm** ITV News Calendar
BBC SCOTLAND 7.00pm River City. Alex grows concerned about Lenny. **7.30** Pink Dreams – Our Lives. The life of a tribute act to the American pop star Pink. **8.00** Island Crossings. Colonsay's sole GP Dr Simon Willetts makes his rounds. **9P** The Nine. The latest Scottish, UK and international news. **10.00** Rip It Up. How Scotland experienced a pop resurgence in the 1980s. **11.00pm-12.00m't** Darren McGarvey's Class Wars
SCOTLAND As BBC1 except: 1.30-1.35pm Reporting Scotland; Weather **6.30-7.00** Reporting Scotland; Weather **10.30-10.40pm** Reporting Scotland. Headlines; Weather
WALES As BBC1 except: 1.30-1.35pm BBC Wales Today; Weather **6.30-7.00** BBC Wales Today. The latest headlines; Weather **10.30-10.40pm** BBC Wales Today; Weather
WALES As BBC2 except: 8.00pm Weatherman Walking: The Welsh Coast. Derek Brockway walks from Little Haven to Solva.

ITVBe Freeview 28

7.15am Be Beautiful **7.35** The Real Housewives of Cheshire **8.35** Making It Home with Kortney & Kenny **9.35** Buying and Selling **10.35** The Real Housewives of Cheshire **11.35** The Real Housewives of New Jersey **12.30pm** The Real Housewives of Atlanta **1.20** The Only Way Is Essex **2.05** Dinner Date **3.05** Million Dollar Listing: NYC **4.05** The Real Housewives of New Jersey **5.00** The Real Housewives of Potomac
6.00 **Making It Home with Kortney & Kenny** Renovating a bungalow.
7.00 **Million Dollar Listing: NYC**
8.00 **Dinner Date** Richard from Wimbledon chooses dinner dates based on menus.
9.00 **Emergency Nurses: A&E Stories** Ben and Chloe treat a patient having a seizure and a teenage drink-driver.
10.00 **Love Island USA** It's day two.
11.10 **Loaded in Paradise** The contestants island hop on Greece's Aegean Islands.
12.10-12.55am Unwind with ITV

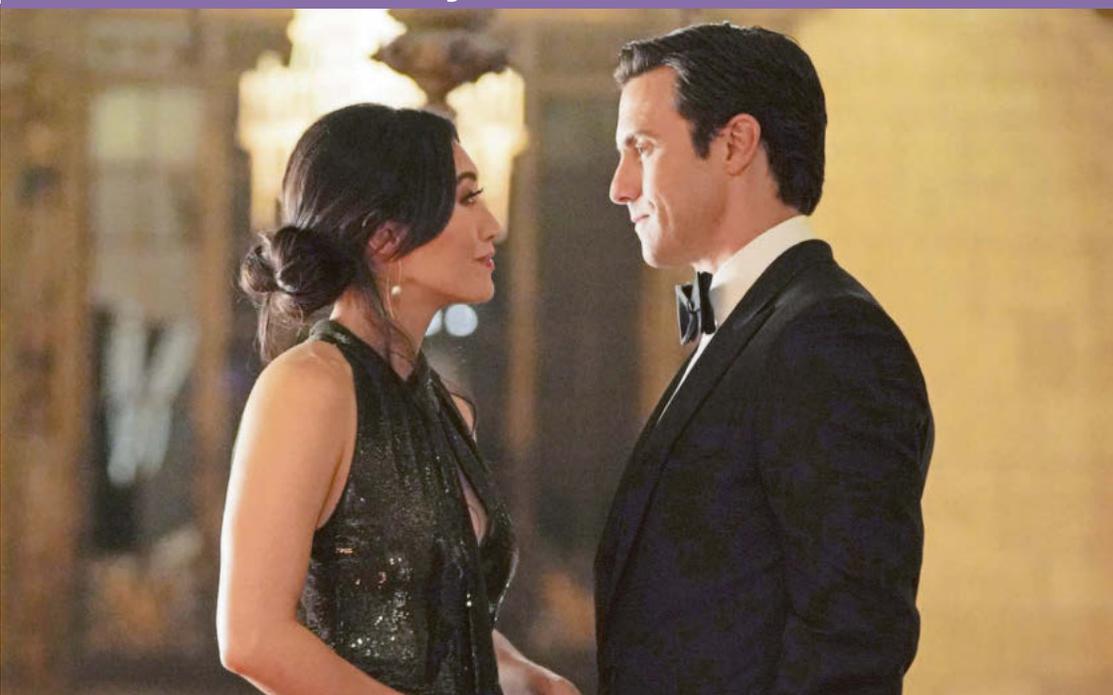
U&DRAMA Freeview 20

6.00am Teleshopping **7.10** London's Burning **8.05** Doctors: double bill **9.15** Classic Holby City **10.35** Classic Casualty **11.40** The Bill **12.40pm** Classic EastEnders: double bill **2.00** London's Burning **3.00** Born and Bred **4.10** Howards' Way **5.20** Birds of a Feather
6.05 **Desmond's** Porkpie feels left out.
6.40 **Are You Being Served?** Captain Peacock has suspicions about his wife.
7.20 **Last of the Summer Wine** The gang are enlightened in the wisdom of the East by an electrical handyman from Hull.
8.00 **Mrs Sidhu Investigates** Mrs Sidhu is asked to be an in-house caterer for a software company, but their reputation is threatened when the CEO is found dead.
10.00 **New Tricks** Pilot episode of the crime drama, starring Amanda Redman as a rising star of the Met who is sidelined after a failed hostage rescue. From 2003.
12.00m't Silent Witness **2.05** Classic Holby City **3.15-4.00am** Birds of a Feather

MORE4 Freeview 18

8.55am Food Unwrapped **9.30** A Place in the Sun **10.25** A New Life in the Sun **11.25** Find It, Fix It, Flog It **12.30pm** Come Dine with Me **3.10** Four in a Bed: five episodes **5.50** Chateau DIY
6.55 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a 1965 German classic car.
7.55 **Grand Designs** Colin and Marta take on an ambitious project to build a bespoke metal home next to an airfield runway, but plans are hit by bad weather.
9.00 **NEW Country House Auction** Documentary following antiques as they are restored for sale at Castle Durrrow. Expert jeweller Frances appraises a beautiful five-diamond platinum sparkler.
10.00 **Millionaire Hoarders** Homes crammed with potential treasure.
11.05 **24 Hours in A&E** A man is rushed in after collapsing on a tennis court.
12.10am Country House Auction **1.15** Millionaire Hoarders **2.20** 24 Hours in A&E **3.25-3.50am** Food Unwrapped

8.30 SOS: Extreme Rescues **9.00** Firebombers. Part one of two. Arson attacks on holiday homes in Wales in the 1980s. **10.00-10.30pm** Rewind: 60 Years of Welsh Pop. Welsh number one hits.
STV As ITV1 except: 1.55-2.00pm STV News; Weather **6.00-6.30** STV News at Six; Weather **11.20** STV News **11.35** All Elite Wrestling: Dynamite **12.50-3.00am** Shop on TV **4.05-5.10am** Unwind with STV
ITV WALES As ITV1 except: 1.55-2.00pm ITV News Cymru Wales **6.00-6.30** ITV News Wales at Six **11.20-11.35pm** ITV News Cymru Wales
S4C 6.00am Cyw **10.00** Sali Mali **10.05** Fferm Fach **10.20** Pentre Papur Pop **10.30** Eisteddfod Genedlaethol Cymru 2024 **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Eisteddfod Genedlaethol Cymru 2024 **2.00** 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. The competition continues with folk dancing and youth choirs. **10.30-11.35pm** Y Babell Len 2024



The Company You Keep

9pm, Alibi
 Based on the popular South Korean series *My Fellow Citizens!*, this 10-part romantic drama stars Milo Ventimiglia (*Heroes*) as Charlie Nicoletti, a charismatic con man who finds himself owing a crime syndicate \$10million after his fiancée secretly absconded with the profits from a job.
 After meeting Emma Hill (Catherine Haena Kim) in a hotel bar, the pair spend the night

together and fall in love. However, Charlie is unaware that she is actually an undercover CIA officer. And when the FBI begins investigating the \$10million job, Emma catches a glimpse of a familiar-looking man in the footage. Later, at Charlie's family bar in Baltimore, members of the drug syndicate who were fleeced during the con job show up. They want to collect their debt – in blood.



Cooking With The Stars

8pm, ITV1
 The second quartet into the kitchen are comedian Katherine Ryan, actor Christopher Biggins, athlete Linford Christie and swimmer Ellie Simmonds. Helped by their mentors, they are challenged to produce gourmet dishes using only tinned, frozen and pantry ingredients. The pair that fails to impress will face the dreaded cook-off.



Corridors Of Power: Should America Police The World?

10pm, BBC Four
 While the US became the dominant global superpower following the Soviet Union's collapse, Russia appears to have gained ground recently. This series examines America's responsibilities, with the first edition focusing on the country's relationship with Iraq, looking at the Iran-Iraq war, followed by Saddam Hussein's invasion of Kuwait.



Tropic Thunder

10.50pm, Film4
 Spoofing almost every war movie cliché there is, director/star/co-writer Ben Stiller's comedy follows a group of pampered actors who find themselves fighting for their lives while filming a war movie in the jungle. Oscar-nominated Robert Downey Jr steals the show as the white Method actor so committed to his craft that he's had his skin dyed to portray an African-American.

BBC3 Freeview 23

7.00pm **Top Gear** Jeremy Clarkson races Richard Hammond and James May from London to Milan.
8.00 **Shark Tank: Dragons' Den US** Featuring a twist on a classic game and a home decor delivery service.
8.45 **Becoming – Dumbledore** Jude Law talks about how he took on the role of Professor Albus Dumbledore.
9.00 **Stacey Dooley Sleeps Over** Stacey spends time with a Mormon family from Ashton-under-Lyne.
9.45 **High: Confessions of an Ibiza Drug Mule** Michaela has to choose between coming clean or facing 15 years behind bars.
10.20 **This Country** Double bill.
11.20 **Brickies** Double bill. Emotions run high; a big inspection looms.
12.20am **Top Gear** **1.20** **High: Confessions of an Ibiza Drug Mule** **1.55** **This Country**: double bill **2.55-3.55am** **Brickies**

BBC4 Freeview 9

7.00pm **Great British Railway Journeys** Michael Portillo reaches the Westerglen Transmitting Station.
7.30 **Gareth Edwards' Great Welsh Adventure** Gareth and his wife trade their canal boat engine for a horse on the Montgomery Canal.
8.00 **Keeping Up Appearances**
8.30 **Butterflies** Romantic comedy.
9.00 **Ardal O'Hanlon: Tomb Raider** Exploring Irish archaeological finds.
10.00 **NEW** **Corridors of Power: Should America Police the World?** The US's relationship with Iraq.
11.00 **The Mysterious Career of Lee Harvey Oswald: Timewatch**
12.45am **Great British Railway Journeys**. Michael Portillo reaches Falkirk. **1.15** **Gareth Edwards' Great Welsh Adventure** **1.45** **Corridors of Power: Should America Police the World?** **2.45-3.45am** **Rebuilding Notre-Dame: The Next Chapter**

5 USA F'view 21

9.00am NCIS **10.55** Entertainment News on 5 **11.00** NCIS **12.00noon** Law & Order: Criminal Intent
6.00 **NCIS** Triple bill. Fornell and his daughter are threatened; a missing US Navy lieutenant's car is found covered in blood; a Russian man becomes the prime suspect when a petty officer is found dead.
9.00 **Law & Order** Cosgrove and Shaw suspect that an art dealer was murdered, but can't make an arrest until they locate her body. Plus, Price and Maroun must go to trial with a circumstantial case.
10.00 **Law & Order: Special Victims Unit** Double bill. An actress is raped during a theatre production; the CEO of a military contractor is assaulted.
12.00m't **Law & Order: Special Victims Unit**: double bill **1.55** **Law & Order** **3.30** **Criminals: Caught on Camera** **4.00-6.00am** Teleshopping

film ratings

- ★★★★★ Brilliant
- ★★★★ Very Good
- ★★★ Good
- ★★ Average
- ★ Bad

(R) Repeat

BBC ONE

6.00am Breakfast News headlines.
8.00 **LIVE Olympics: Paris 2024** JJ Chalmers and Jeanette Kwakye present the opening coverage on day 12, including action from athletics heats, sailing, track cycling and sport climbing's speed event.
1.00pm BBC News; Weather
1.45 **LIVE Olympics: Paris 2024** Hazel Irvine introduces another afternoon of Olympic coverage, with hockey, weightlifting and track cycling taking centre stage in the French capital. The first women's hockey semi-final continues at the Yves-du-Manoir Stadium, before the action moves to the South Paris Arena for the men's 61kg discipline. Over at the Saint-Quentin-en-Yvelines Velodrome, the men's sprint and women's keirin continue in the early stages, plus the men's and women's team pursuit will both be crowning their champions.
6.00 BBC News at Six; Weather
6.30 Regional News; Weather

BBC TWO

6.30am Sign Zone: Great Coastal Railway Journeys (R)
7.30 Sign Zone: See Hear
8.00 Breakfast News headlines.
9.00 Dom Does America (R)
9.30 Wanted Down Under Revisited (R)
10.15 A Countryside Summer (R)
10.45 The Farmers' Country Showdown (R)
11.15 Homes Under the Hammer Properties in Powys, the West Midlands and Norfolk. (R)
12.15pm Bargain Hunt (R)
1.00 **LIVE Olympics: Paris 2024** Coverage of the first of the women's hockey semi-finals.
1.45 Make Me a Dealer (R)
2.30 The Customer Is Always Right (R)
3.00 Escape to the Country (R)
3.45 Kangaroo Dundee & Other Animals: Natural World (R)
4.30 The Repair Shop (R)
5.15 Flog It! At Leicester's De Montfort Hall. (R)
6.00 **LIVE Olympics: Paris 2024** The women's team pursuit track cycling final concludes.

ITV1

6.00am Good Morning Britain A lively mix of news, current affairs and lifestyle features.
9.00 Lorraine Early morning chat show with showbiz stories, presented by Lorraine Kelly.
10.00 This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion. Including Local Weather.
12.30pm Loose Women Celebrity interviews and topical debate.
1.30 ITV News; Weather
1.55 Regional News; Weather
2.00 Dickinson's Real Deal David Dickinson and his team are in Wolverhampton. (R)
3.00 Tenable A team of five friends take on a series of top 10 list questions. (R)
3.59 Regional Weather
4.00 Tipping Point Quiz, hosted by Ben Shephard. (R)
5.00 The Chase Bradley Walsh presents as contestants Romzan, Mapaseka, Sophie and Martin work as a team to take on a ruthless Chaser. (R)
6.00 Regional News; Weather

CHANNEL 4

6.20am Cheers Double bill. (R)
7.10 Everybody Loves Raymond Four episodes. (R)
9.00 Frasier Four episodes. (R)
11.00 The Simpsons Double bill. (R)
12.00noon Channel 4 News
12.05 Paris 2024 Paralympics: Meet the Athletes Taekwondo talent Beth Munro offers an insight into her life. (R)
12.10 A New Life in the Sun (R)
1.10 Car S.O.S Tim Shaw and Fuzz Townsend rescue a 1973 Dennis fire engine. (R)
2.10 Countdown With Clara Amfo.
3.00 A Place in the Sun (R)
4.00 The Great House Giveaway Spray painter Andrew and electrician Chris take on a house in Chester.
5.00 A New Life in the Sun: Where Are They Now? Villa owners Paul and Helen host a group of tennis players.
6.00 Come Dine with Me Family man Ali plans to stun his guests with an international fusion menu. (R)
6.30 The Simpsons Lisa's college fund goes missing. (R)

CHANNEL 5

6.00am Milkshake! Children's TV.
9.15 Jeremy Vine Discussion.
11.30 Storm Huntley Debate on the day's talking points continues.
12.45pm Friends Double bill. Rachel and Monica lose to Chandler and Joey at poker; Rachel loses Ross's monkey. (R)
1.40 5 News at Lunchtime
1.45 Home and Away Tane cannot understand why Harper wants to withdraw from the youth programme. (R)
2.15 **FILM My Killer Reunion** (2023, 12) Premiere. Married couple Claire and James attend a reunion, where they reconnect with a woman who is obsessed with James. Thriller, starring Brittney Q Hill and Carrie Schroeder. ★★
4.00 The Cruise: Fun-Loving Brits at Sea The cruise ship Regal Princess arrives in the Port of Heraklion. (R)
5.00 5 News at 5 Headlines.
6.00 Amazing Railway Journeys with Nick Knowles Nick visits Bran Castle on a tour of Romania (R); 5 News Update



7pm, **OLYMPICS: PARIS 2024:** Matt Hudson-Smith



8pm, **THE REPAIR SHOP:** Brenton West



5pm, **THE CHASE:** Bradley Walsh



9pm, **TRUMP VS HARRIS: THE BATTLE FOR...:** Kamala Harris



9pm, **CAUSE OF DEATH:** Dr James Adeley (centre)

7

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. Lithuania's Mykolas Alekna has the possibility of making Olympic history in the discus from 7.25. In the boxing ring, Sofiane Oumiha, Lasha Guruli and Ireland's Dean Clancy headline the men's 63.5kg category, while Arlen Lopez of Cuba was aiming for a gold in the men's 80kg weight.

7.00 Richard Osman's House of Games With Myra DuBois, Charlie Hedges, Bonnie Langford and Tyler West. (R)
7.30 EastEnders Bobby struggles in his new managerial position at Beale's Eels, while Freddie attempts to cheer up Mo.

6.30 ITV Evening News A round-up of the headlines; Weather
7.30 Emmerdale Drama from the village in the Yorkshire Dales. Mandy's financial worries are acute, Tracy is nearly overcharged at the salon, and Will's feelings get hurt.

7.00 Channel 4 News A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.

7.00 Reuben & Clive: Beyond the Yorkshire Farm Clive Owen and his son Reuben travel beyond their remote hill farm in the Yorkshire Dales to embark on an exciting digging business venture together (R); 5 News Update

8

8.00 The Repair Shop Quentin and stepson Tim are hoping metal marvel Brenton West can work his magic on their bee garden ornament that was gifted to Quentin by his grandson. Plus, Pierro Pozella is brought in a camera. (R)

8.00 The Repair Shop Quentin and stepson Tim are hoping metal marvel Brenton West can work his magic on their bee garden ornament that was gifted to Quentin by his grandson. Plus, Pierro Pozella is brought in a camera. (R)

8.00 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 out shopping.

8.00 Kirstie and Phil's Love It or List It: Brilliant Builds Kirstie Allsopp and Phil Spencer look back at renovations where the homeowners had to alter their plans due to rising costs and a threat to their land. Last in series.

8.00 Cumbria: The Lakes & the Coast Newest manager of Muncaster Castle Ewan Frost Pennington has a plan to diversify by opening the doors to rooms that were previously shut to the public and offering exclusive stays.

9

9.00 Murder Trial: The Disappearance of Renee and Andrew MacRae The trial of William MacDowell continues as the jury hear the testimony of Renee's friend, and a final witness is called as the case nears conclusion. (R)

9.00 Murder Trial: The Disappearance of Renee and Andrew MacRae The trial of William MacDowell continues as the jury hear the testimony of Renee's friend, and a final witness is called as the case nears conclusion. (R)

9.00 **NEW Irvine Welsh's Crime** When an ex-colleague is assaulted, Lennox suspects the incident is linked to another attack but he is warned off the case by a senior Whitehall Official. Return of the drama, starring Dougray Scott.

9.00 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 withdrawal impact the race?

9.00 Cause of Death Paramedics are called to the home of an elderly couple, only to find the wife dead and the husband injured at the bottom of the stairs. Also, an 83-year-old is found fighting for life, collapsed in his bathroom. Last in series.

10

10.00 BBC News at Ten
10.30 Regional News; Weather
10.40 Olympics: Paris 2024 - Tonight at the Games Isa Guha and Mark Chapman look back on day 12, as four Olympic champions were crowned in athletics - in the men's discus, 400m and 3,000m steeplechase, and women's pole vault. Boxing topped off a high-octane day of Olympic activity, with skateboarding, track cycling and weightlifting all seeing medals decided.

10.00 Man Like Mobeen Reformed drug dealer Mobeen receives a visit from the police. The first episode of the comedy, with Guz Khan and Duaa Karim. (R)
10.20 Jobless One-off comedy. (R)
10.30 Newsnight Headline analysis, presented by Adam Fleming.

10.00 ITV News at Ten; Weather
10.30 Regional News; Weather
10.45 McDonald & Dodds It's wedding season in Bath and there's a race against time as a spate of deaths affect ceremonies across the city. One ends in tragedy when the vicar is found murdered, and McDonald's suspicions focus on the bride, her father and her sisters as all of them knew the deceased. But when she and Dodds make an arrest, a second murder takes place. Last in series. (R)

10.00 Gogglebox Omnibus of the two part-special for Stand Up To Cancer. Famous faces join the armchair critics to share their opinions on what they have been watching during the week, with cameras capturing their instant reactions. (R)

10.00 Casualty 24/7: Every Second Counts At Barnsley Hospital, Sister Jane helps a man who has been arrested for being drunk and disorderly. Meanwhile, volunteer Jane cares for a man who is showing signs of drug misuse. (R)

11

11.05 Miriam Margolyes: A New Australian Adventure The actress returns to one of her favourite countries. Her first stop is Perth, the capital of Western Australia, where she meets the locals and gets out of her comfort zone. (R)

11.05 Miriam Margolyes: A New Australian Adventure The actress returns to one of her favourite countries. Her first stop is Perth, the capital of Western Australia, where she meets the locals and gets out of her comfort zone. (R)

11.05 First Dates Hayley goes on a date with business owner Glen, while heavily tattooed Sarah, a 36-year-old from Wales, is looking for a man to take her bins out and hopes to find that quality in the equally inked Dan. (R)

11.05 Lucy Letby: Did She Really Do It? A look at the case against the former neonatal nurse, who was found guilty of murdering seven babies and attempting to kill six more between June 2015 and June 2016. (R)

11.05 Lucy Letby: Did She Really Do It? A look at the case against the former neonatal nurse, who was found guilty of murdering seven babies and attempting to kill six more between June 2015 and June 2016. (R)

12

midnight

12.00m't Kin. Double bill. Viking is put in an impossible position, the police move closer to the Kinsellas, and Amanda loses trust in part of the family; Bren openly seeks out Anna against Michael's wishes. (R) **1.40 Weather for the Week Ahead** **1.45-6.00am** BBC News. The headlines.

12.05am Sign Zone: See Hear. The need to accomplish equitable access for deaf people to NHS treatment. (R) **12.35 Sign Zone: Ambulance.** On a busy night shift, 82 patients are left waiting for an ambulance. (R) **1.35 Sign Zone: Atomic People** (R) **3.05-6.30am** This Is BBC Two

12.25am Shop on TV 3.00 Champions: Full Gallop. Documentary following the drama on and off the racetrack, beginning with a Boxing Day race at Kempton, the prestigious King George VI chase. (R) **3.50 Unwind** with ITV **5.05-6.00am** Wheel of Fortune. Quiz hosted by Graham Norton. (R)

12.05am 24 Hours in A&E (R) **1.05 The Rise and Fall of Boris Johnson** (R) **2.00 Ramsay's Kitchen Nightmares USA** (R) **2.45 **FILM** Honey Boy** (2019, 15) Drama, starring Shia LaBeouf. ★★★★★ **4.20 Food Unwrapped** (R) **4.50 Frasier:** double bill (R) **5.40-6.20am** Countdown (R)

12.05am Police Interceptors: Pursuit and Capture (R) **1.00 PlayOJO Live Casino Show** **3.00 Tyrant: The Rise of Adolf Hitler** (R) **3.50 Britain's Great Cathedrals** with Tony Robinson (R) **4.40 House Busters** (R) **5.05 House Doctor:** double bill (R) **5.55-6.00am** Entertainment News on 5

ITV2 Freeview 6

6.00am CITV **9.00** World's Funniest Videos **9.30** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** 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. Dating series.

6.00 **Celebrity Catchphrase** A celebrity edition of the gameshow, with James Jordan, Fiona Wade and Louis Walsh.

7.00 **In with a Shout for Soccer Aid** Joel Dommett hosts an edition in aid of Unicef.

8.00 **Bob's Burgers** Double bill. Tina writes about a futuristic world where she is a robot; Tina embarks on a risky mission.

9.00 **Family Guy** Animated double bill.

10.00 **Plebs** Double bill. Marcus swaps roles with Grumio; Cynthia rescues a cat.

11.00 **Family Guy** Peter and Quagmire form a singer-songwriter partnership.

11.30 American Dad! **12.30am** Bob's Burgers **1.30** Deal or No Deal **2.35** Unwind with ITV **3.00-6.00am** Teleshopping

U&DAVE Freeview 19

6.00am Teleshopping **7.10** Whose Line Is It Anyway? USA **8.00** Border Force: America's Gatekeepers **10.00** Rick Stein's Mediterranean Escapes **11.00** Rick Stein's Cornwall **12.00noon** Storage Hunters UK **2.00** Extreme Fishing with Robson Green **3.00** Top Gear **5.00** Rick Stein's Mediterranean Escapes

6.00 **Rick Stein's Cornwall** Double bill.

7.00 **Would I Lie to You?** With guests Gareth Malone, Amanda Abbington, Richard Osman and Phill Jupitus.

7.40 **Richard Osman's House of Games**

9.00 **Battle in the Box** With Jamie Laing, Nabil Abdulrashid, Ellie Taylor and Jess Knappett. Last in series.

10.00 **Have I Got a Bit More News for You**

11.00 **Taskmaster** Greg Davies hosts more surreal celebrity challenges.

12.00m't Mock the Week **12.40** Would I Lie to You? **1.20** Room 101 **2.00** Whose Line Is It Anyway? USA: four episodes **4.00-6.00am** Teleshopping

E4 Freeview 13

6.00am Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **9.00** The Goldbergs **10.00** Young Sheldon **11.00** Modern Family **12.00noon** The Big Bang Theory: four episodes **2.00** The Goldbergs **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big Bang Theory: four episodes

7.00 **Hollyoaks** A resident is out for revenge, no matter what the cost.

7.30 **Come Dine with Me** Amarinder hosts the third dinner party of the week in Essex.

8.00 **The Great Celebrity Bake Off for Stand Up to Cancer** Contestants include James Blunt and Alison Hammond.

9.00 **Gogglebox** I'm a Celebrity and The Crown are appraised by the regulars.

10.00 **First Dates** Dating series.

11.05 **Naked Attraction** Dating show.

12.05am The Big Bang Theory **1.05** Brooklyn Nine-Nine **2.05** Modern Family **3.00** Gogglebox **3.55** Ramsay's Kitchen Nightmares USA **4.45-6.00am** The Neighborhood

VARIATIONS

YTV As ITV1 except: 1.55-2.00pm ITV News Calendar **6.00-6.30** ITV News Calendar **10.30-10.45pm** ITV News Calendar

BBC SCOTLAND 7.00pm The Mart **7.30** Martin Compston's Norwegian Fling **8.00** Great Escapes with Colin and Justin **8.25** Beechgrove Repotted **8.30** Wild Cameraman at Work **9.00** The Nine. The latest Scottish, UK and international news. **10.00** River City **10.30** Two Doors Down **11.00** Rab C Nesbitt **11.30pm-12.00m't** Best of Chevin' the Fat

SCOTLAND As BBC1 except: 1.30-1.35pm Reporting Scotland; Weather **6.30-7.00** Reporting Scotland; Weather **10.30-10.40pm** Reporting Scotland. Headlines; Weather

WALES As BBC1 except: 1.30-1.35pm BBC Wales Today **6.30-7.00** BBC Wales Today **10.30-10.40pm** BBC Wales Today; Weather

WALES As BBC2 except: 8.00pm Weatherman Walking: The Welsh Coast **8.30** SOS: Extreme Rescues **9.00-10.00** Firebombers. Part two of two. How the 1980s arson attacks extended into England. **11.05** New Voices from Wales: No Planes, No Trains, No Automobiles

ITVBe Freeview 28

6.00am Teleshopping **7.00** Unwind with ITV **7.15** Be Beautiful **7.35** The Real Housewives of Cheshire **8.35** Making It Home with Kortney & Kenny **9.35** Buying and Selling **10.35** The Real Housewives of Cheshire **11.35** The Real Housewives of New Jersey **12.30pm** The Real Housewives of Atlanta **1.20** The Only Way Is Essex **2.15** Dinner Date **3.15** Million Dollar Listing: NYC **4.05** The Real Housewives of New Jersey **5.00** The Real Housewives of Potomac

6.00 **Making It Home with Kortney & Kenny** Transforming a big colonial house.

7.00 **Million Dollar Listing: NYC**

8.00 **Dinner Date** A woman from Yorkshire chooses three blind dates from menus.

9.00 **Botched** A social media influencer seeks vitamin B12 shots at a med spa.

10.00 **Love Island USA** Reality series.

11.10 **Loaded in Paradise** Challenge.

12.15am Unwind **12.55** Teleshopping **1.55-6.00am** Unwind with ITV

U&DRAMA Freeview 20

6.00am Teleshopping **7.00** London's Burning **7.50** Doctors **9.00** Classic Holby City **10.20** Classic Casualty **11.40** The Bill **12.40pm** Classic EastEnders **2.00** London's Burning **3.00** Born and Bred **4.10** Howards' Way **5.20** Birds of a Feather. Dorian has a problem.

6.00 **Desmond's** The barber receives bad news about his friend Sweetsticks.

6.35 **Are You Being Served?** Comedy.

7.20 **Last of the Summer Wine**

8.00 **Hope Street** An arson investigation uncovers a much more insidious crime.

9.00 **Shakespeare & Hathaway: Private Investigators** Frank and Lu investigate death threats made against a soap star.

10.00 **New Tricks** The team reinvestigates the murder of a policewoman.

11.15 **Silent Witness** American diplomat Ryan Reed is shot dead.

1.20am Footballers' Wives **2.30** Classic Holby City **3.30** Birds of a Feather **4.00-6.00am** Teleshopping

MORE4 Freeview 18

8.55am Food Unwrapped **9.30** A Place in the Sun **10.25** A New Life in the Sun **11.25** Find It, Fix It, Flog It **12.30pm** Come Dine with Me: five episodes **3.10** Four in a Bed **5.50** Chateau DIY

6.55 **Car S.O.S** Tragedy strikes while Tim and Fuzz are fixing up a rally car.

7.55 **The Dog House** A saluki puppy called Harry meets Charlie and Ali.

9.00 **Great British Home Restoration** Louisa and John attempt to restore a church hall in the remote coastal Cumbrian village of Seascale.

10.00 **999: On the Front Line** Looking at how paramedics adapt to rapidly changing situations.

11.05 **24 Hours in A&E** A woman is rushed in following a suspected stroke.

12.10am Paris 2024 Paralympics: Meet the Athletes **12.15** Emergency Helicopter Medics. Documentary. **1.20** 999: On the Front Line **2.20** 24 Hours in A&E **3.25-3.55am** Food Unwrapped

11.20 Miriam Margolyes: A New Australian Adventure **12.20-12.35am** Coast

STV As ITV1 except: 1.55-2.00pm STV News; Weather **6.00-6.30** STV News at Six; Weather **10.30-10.45** STV News **12.25-3.00am** Shop on TV **3.50-5.05am** Unwind with STV

ITV WALES As ITV1 except: 1.55-2.00pm ITV News Cymru Wales **6.00-6.30** ITV News Wales at Six **10.30-10.45pm** ITV News Cymru Wales

S4C 6.00am Cyw **10.00** Olobobs **10.05** Blero yn Mynd i Ocido **10.20** Ein Byd Bach Ni **10.30** Eisteddfod Genedlaethol Cymru 2024 **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Eisteddfod Genedlaethol Cymru 2024 **2.00** Newyddion S4C a'r Tywydd **2.05** Eisteddfod Genedlaethol Cymru 2024 **4.00** Eisteddfod Genedlaethol Cymru 2024 **5.45** Eisteddfod Genedlaethol Cymru 2024. A night of competition including the Instrumental Group and the first part of the Open Choir competition. **7.30** Newyddion S4C a'r Tywydd **7.50** Eisteddfod Genedlaethol Cymru 2024. More from the Open Choir competition. **9.30** Pawb a'i Farn. Topical issues discussion. **10.30-11.35pm** Y Babell Len 2024



Irvine Welsh's Crime

9pm, ITV1
At long last, the second series of the nail-biting crime drama, created by the author of *Trainspotting*, is here. Dougray Scott returns as DI Ray Lennox, who is about to go back to work after supposedly recovering from the breakdown caused by the stress surrounding the capture of child killer Mr Confectioner in the first run. But it soon becomes clear he hasn't fully

dealt with all his demons, and there are more revelations concerning his troubled childhood and relationships with his family ahead. Perhaps the job will provide a distraction. Almost as soon as he rejoins the Edinburgh Serious Crimes Unit, a juicy case drops into his lap. It involves an assault on a former colleague, an incident that appears to be linked to a conspiracy involving VIPs.



Kirstie And Phil's Love It Or List It: Brilliant Builds

8pm, Channel 4
In the series' final episode, Kirstie Allsopp and Phil Spencer revisit couples who had to make quick changes to their original plans. First, Nottingham's Lexie and Ed discuss their revamp's compromises. Then, in Scotland, Heather and Tim – and Kirstie – reveal how they dealt with a shocking turn of events.



Cumbria: The Lakes & The Coast

8pm, Channel 5
Muncaster Castle has been in Ewan Frost Pennington's family since 1208, but no members of the public have been paying guests there during that time – until now. He's the property's new custodian, and hopes that diversifying into the holiday business will help raise money. Meanwhile, in Kendal, a local deli is in need of butter for its flakey croissants.



Booksmart

9.55pm, BBC Three
Olivia Wilde's directorial debut is a smash-hit comedy starring Kaitlyn Dever and Beanie Feldstein. They play straight-A students and best friends who decide to finally let their hair down before going off to college. However, their evening of fun doesn't exactly go as planned thanks to a variety of crazy encounters, as well as a revelation about their headteacher.

BBC3 Freeview 23

7.00pm **Top Gear** Jeremy Clarkson and Richard Hammond design a vehicle for elderly people.

8.00 **Shark Tank: Dragons' Den US** Pitches include a healthier version of a breakfast favourite and a drink cooler.

8.45 **Becoming – Nathan Drake** Tom Holland reveals all about taking on the iconic character in Uncharted.

9.00 **The TikTok Effect** Evidence that unusual behaviour on TikTok has started spilling out into the real world.

9.55 **FILM Booksmart** (2019, 15) On the eve of their high-school graduation, two academic superstars and best friends realise they should have worked less and played more. Comedy, with Kaitlyn Dever. ★★★★★

11.30 **Fleabag** Double bill.

12.25am **Drugs Map of Britain** **12.55** The TikTok Effect. Documentary. **1.50** Top Gear **2.50** Fleabag **3.45-3.55am** Press X to Continue

BBC4 Freeview 9

7.00pm **Great British Railway Journeys** Michael Portillo travels from Dundee to Aberdeen.

7.30 **Gareth Edwards' Great Welsh Adventure** The rugby legend and his wife explore the Brecon Beacons.

8.00 **Pole to Pole** Michael Palin and crew set off across Sudan.

8.50 **Glacier Mountain Goats** The life-saving secrets of goats inhabiting America's Glacier National Park.

9.00 **Catching Britain's Killers: The Crimes That Changed Us** How a 1970s miscarriage of justice led to new methods of police interrogation.

10.00 **Jonathan Creek** First episode of the series, starring Alan Davies.

11.30 **Ruby with Alan Davies** **12.15am** 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

5 USA F'view 21

6.00am Home Shopping **9.00** NCIS **10.55** Entertainment News on 5 **11.00** NCIS **12.00noon** Law & Order: Criminal Intent

6.00 **NCIS** Triple bill. The team investigates the death of a lance corporal, whose body has been found in an empty house; kidnappers strike on Halloween; a marine colonel is killed in an explosion.

9.00 **Criminal Minds** Morgan visits a mental-health facility to question a witness from an unsolved case.

10.00 **Law & Order: Special Victims Unit** Double bill. A reality show producer is jailed for sexually assaulting an actress; the detectives investigate why a gunman opened fire inside a family's home.

12.00m't Law & Order: Special Victims Unit: double bill **1.55** Law & Order **3.35** 999: Criminals Caught on Camera **4.00-6.00am** Teleshopping

film ratings

- ★★★★★ Brilliant
- ★★★★ Very Good
- ★★★ Good
- ★★ Average
- ★ Bad

(R) Repeat

BBC ONE

6.00am Breakfast News headlines.
8.00 **LIVE Olympics: Paris 2024**
 The opening coverage on day 13, with much of the British focus on the start of Katarina Johnson-Thompson's quest for heptathlon gold. The first of the day's medals will be decided in the women's 10km marathon swimming, before attention switches to the 100m hurdles and high jump disciplines of the heptathlon from 9.05 and 10.05. Plus, it's the finals of the men's canoe double and the men's and women's kayak four, while the women's kite sailing gold is decided at Marseille Marina.
1.00pm BBC News; Weather
1.45 **LIVE Olympics: Paris 2024**
 Diving and track cycling take centre stage, with the men's 3m springboard final from 2.00 at the Aquatics Centre. Elsewhere, the track cycling features the early stages of the men's omnium and individual sprint, and the women's keirin.
6.00 BBC News at Six; Weather
6.30 Regional News; Weather

BBC TWO

6.30am Sign Zone: Great Coastal Railway Journeys (R)
7.00 Sign Zone: Gardeners' World With Monty Don. (R)
8.00 Breakfast News headlines.
9.00 Dom Does America (R)
9.30 Wanted Down Under Revisited (R)
10.15 A Countryside Summer (R)
10.45 The Farmers' Country Showdown In Bath. (R)
11.15 Homes Under the Hammer More property auctions. (R)
12.15pm Bargain Hunt (R)
1.00 **LIVE Olympics: Paris 2024**
 Continued live coverage, with the conclusion of the women's kite sailing, and the men's bronze-medal hockey match.
1.45 Make Me a Dealer (R)
2.30 Beechgrove Repotted (R)
2.45 **LIVE The Hundred**
 Welsh Fire Men v Northern Superchargers Men (start time 3.00pm). At Sophia Gardens.
6.00 **LIVE Olympics: Paris 2024**
 Emma Finucane will hope to be involved in the six-lap kieran final at 6.01, followed at 6.27 by the omnium points race.

ITV1

6.00am Good Morning Britain
 A lively mix of news, current affairs and lifestyle features.
9.00 Lorraine Entertainment and the latest fashion news.
10.00 This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion. Including Local Weather.
12.30pm Loose Women Celebrity interviews and topical debate.
1.30 ITV News; Weather
1.55 Regional News; Weather
2.00 Dickinson's Real Deal
 David Dickinson is joined in Swindon by his dealers. (R)
3.00 Tenable A family of five get their chance to win a bumper cash prize. (R)
3.59 Regional Weather
4.00 Tipping Point Quiz, hosted by Ben Shephard. (R)
5.00 The Chase Miriam from Wigan, Fintan originally from Northumberland, Ewan from Aylesbury and Caroline from Cardiff take part in Bradley Walsh's quiz show. (R)
6.00 Regional News; Weather

CHANNEL 4

6.20am Cheers Double bill. (R)
7.10 Everybody Loves Raymond Four episodes. (R)
9.00 Frasier Four episodes. (R)
11.00 The Simpsons Double bill. (R)
12.00noon Channel 4 News Summary Headlines.
12.05 Paris 2024 Paralympics: Meet the Athletes (R)
12.10 A New Life in the Sun (R)
1.10 Car S.O.S The boys take on a 1963 Citroen HY Van. (R)
2.10 Countdown Clara Amfo is in Dictionary Corner.
3.00 A Place in the Sun
 Christine and Howard seek the perfect holiday home in Spain's Almeria region. (R)
4.00 The Great House Giveaway
 Sales manager Shantelle and telecommunications engineer Kieran team up to renovate a four-bedroom house.
5.00 A New Life in the Sun: Where Are They Now?
 A couple who swapped life in Surrey to run an Algarve B&B.
6.00 Come Dine with Me (R)
6.30 The Simpsons Marge uses healing crystals. (R)

CHANNEL 5

6.00am Milkshake! Children's TV.
9.15 Jeremy Vine Discussion.
11.30 Storm Huntley Debate on the day's talking points continues.
12.45pm Friends Double bill. (R)
1.40 5 News at Lunchtime
1.45 Home and Away Mali calls in big sister Elandra to help track down their missing brother. (R)
2.15 **FILM Murder and Matrimony** (2021, 12)
 A wedding planner takes on her estranged brother's upcoming nuptials, only to be drawn into a dangerous web of potentially deadly deceit. Thriller, starring Kristen Vaganos. ★★
4.00 The Cruise: Fun-Loving Brits at Sea
 The cruise ship Regal Princess arrives at the resort town of Kusadasi, on Turkey's Aegean coast. (R)
5.00 5 News at 5 Headlines.
6.00 Amazing Railway Journeys with Nick Knowles
 Nick tours Morocco, travelling from Tangier to Marrakesh. His adventure ends with a balloon flight. (R); 5 News Update



7pm, OLYMPICS: PARIS 2024: Jade Jones



6pm, OLYMPICS: PARIS 2024: Emma Finucane



8.30pm, TOM KERRIDGE COOKS BRITAIN: Tom Kerridge



8pm, THE SUPERVET: NOEL FITZPATRICK: Noel Fitzpatrick



8pm, FRESH VS FROZEN: WHICH IS BETTER?

7

7.00 **LIVE Olympics: Paris 2024**
 Taekwondo and athletics coverage, with five champions set to be crowned in the track and field events. A showdown between the women's 400m hurdles world record holder Sydney McLaughlin-Levrone and world champion Femke Bol should be among the highlights, while Noah Lyles starts as favourite in the men's 200m. The schedule for this evening's finals features the women's long jump from 7.00, men's javelin from 7.25, men's 200m at 7.30, women's 400m hurdles at 8.25 and men's 110m hurdles at 8.45, along with the heptathlon 200m at 7.55. Plus, the men's -68kg Taekwondo final takes place at 8.19 and the women's -57kg at 8.37, with Brits Bradley Sinden and Jade Jones both hoping to be involved.

7.00 Richard Osman's House of Games With Bonnie Langford, Myra DuBois, Charlie Hedges and Tyler West taking part. (R)
7.30 EastEnders Johnny and Linda investigate when she receives a blackmail letter, while Bobby follows Cindy.

6.30 ITV Evening News A round-up of the headlines; Weather
7.30 Emmerdale Drama from the Dales. Victoria meets a relative stranger, and Mandy is determined to resolve her debts when Gail gives her an idea. Jimmy is concerned.

7.00 Channel 4 News
 A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.

7.00 Bank Scams: Don't Get Caught Out
 Alexis Conran and his team look into the banking app infiltrated by criminals, a delivery scam and a woman tricked out of the sale of her new Spanish home. (R); 5 News Update

8

8.00 Why Bridges Collapse: The Genoa Disaster
 An investigation into the Ponte Morandi disaster in August 2018, telling the stories of the people on the bridge that day and a look at what caused it to fail catastrophically. (R)

8.30 Tom Kerridge Cooks Britain
 The chef heads up the border between England and Wales starting in Powys, where he looks for free-range chicken. Later, he heads to Lancashire to discover how mushrooms are grown commercially.

8.00 The Suprvet: Noel Fitzpatrick
 A Labrador puppy is rushed in after being hit by a car, while a four-year-old bull mastiff is referred to Noel with a painful and suspicious lump near its ankle. Last in series. (R)

8.00 Fresh vs Frozen: Which Is Better?
 A look at how inventor Clarence Birdseye's groundbreaking fast-freezing process revolutionised the food industry, and how teatime favourite the potato waffle still uses that system today.

9

9.00 Interview with the Vampire
 In post-war Paris, a visit to the revelatory Theatre des Vampires disrupts Louis's quiet life. Drama, with Jacob Anderson and Sam Reid.
9.50 Live at the Apollo Bites
 Stand-up comedy highlights.

9.00 Irvine Welsh's Crime
 With the discovery of another body, Lennox's suspicions that he is dealing with a serial attacker are confirmed when the perpetrator makes contact with him. Drama, starring Dougray Scott.

9.00 George Clarke's Amazing Spaces
 The architect meets a pair converting a rusty ship's wheelhouse into head-turning accommodation for their Welsh glampsite, then shows off his own amazing space. Last in series.

9.00 Susan Calman's Grand Day Out
 The comedian visits Eastbourne, beginning at the beautiful golden pier. She's then off to Sovereign Harbour for a boat trip to the iconic chalk sea cliff of Beachy Head, the highest in the UK.

10

10.00 BBC News; Weather
10.30 Regional News; Weather
10.40 Olympics: Paris 2024 - Tonight at the Games
 Isa Guha and Mark Chapman introduce highlights from day 13 in the French capital. There were strong British medal hopes in track cycling, with world champions Emma Finucane and Ethan Hayter competing in the keirin and omnium respectively, while Jade Jones and Bradley Sinden were vying to punch and kick their way to taekwondo glory.

10.00 Not Going Out
 Lucy and Lee try to discover the truth about whether it is possible to retain memories of a heavy night of drinking. Comedy, starring Lee Mack and Sally Bretton. (R)
10.30 Newsnight
 Headline analysis, presented by Katie Razzall.

10.00 ITV News at Ten; Weather
10.35 Regional News; Weather
10.45 **FILM Mission: Impossible** (1996, PG)
 Secret agents suspect there is a traitor in their organisation when their latest assignment ends in disaster. The sole survivor is accused of being the mole, forcing him to go on the run to clear his name. However, in the process, he discovers a former Russian spy is selling information. Action thriller based on the 1960s TV series, starring Tom Cruise. ★★★★★

10.00 Ramsay's Kitchen Nightmares USA
 The acerbic chef tries to transform six-month-old New Jersey gastropub Bask 46, which is in jeopardy due to the antics of its equally fiery head chef. Can Gordon turn things around?
11.00 8 Out of 10 Cats Does Countdown
 Jimmy Carr hosts a combination of the comedy panel show and the words and numbers quiz, with Alan Carr and Munya Chawawa taking on Sarah Millican and Gary Delaney. (R)

10.00 The Child Snatcher: Manhunt
 Documentary about the investigation into serial killer Robert Black, who abducted and murdered Jennifer Cardy, Susan Maxwell, Caroline Hogg and Sarah Harper in the 1980s. (R)
11.55 Cold Case Killers
 Factual crime documentary series. Investigating the murder cases of Samo Paul and Tracey Turner from the 1990s, which became linked together and revealed that a serial sexual predator was at large. (R)

12
 midnight

12.00m't Kin. Double bill. The chaos created by Bren reaches its peak and the Kinsellas are driven to mayhem, while Michael and Viking both suffer heartbreak; Michael and Jimmy find common ground. Last in series. (R)
1.40 Weather for the Week Ahead
1.45-6.00am BBC News. Headlines.

1.40am Sign Zone: Miriam Margolyes: A New Australian Adventure.
 The actress returns to one of her favourite countries, and explores Perth, the capital of Western Australia, in search of fun and her own identity. (R)
2.40 Sign Zone: Dom Does America (R)
3.10-6.15am This Is BBC Two

12.35am Shop on TV 3.00 Big Zuu's 12 Dishes in 12 Hours.
 The rapper takes Anna Maxwell Martin on culinary tour of Amsterdam. (R)
3.35 Unwind with ITV 5.05 In for a Penny.
 Stephen Mulhern invites members of the public to play more games. (R)
5.30-6.00am Gino's Italian Express. Lake Iseo. (R)

12.00m't Gogglebox (R)
1.00 Ramsay's Kitchen Nightmares USA (R)
1.50 **FILM Primal** (2019, 15)
 Action thriller, starring Nicolas Cage, Famke Janssen and Kevin Durand. ★★
3.25 Love It or List It Australia (R)
4.20 Food Unwrapped (R)
4.50 Frasier (R)
5.40-6.20am Countdown (R)

12.55am Entertainment News on 5
1.00 PlayOJO Live Casino Show
3.00 Tyrant: The Rise of Adolf Hitler (R)
3.50 Britain's Great Cathedrals with Tony Robinson (R)
4.40 House Busters (R)
5.05 House Doctor. Compilation of makeover tips. (R)
5.30 Entertainment News
5.35-6.00am Paw Patrol (R)

ITV2 Freeview 6

6.00am CITV **9.00** World's Funniest Videos **9.30** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** 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. Dating show.

6.00 **Celebrity Catchphrase** Stephen Mulhern hosts a celebrity special of the classic gameshow, with Kelvin Fletcher, Chris Ramsey and Heather Small.

7.00 **Ant & Dec's Limitless Win** The duo host the quiz show, with married NHS workers Will and Kathryn the first team.

8.00 **Bob's Burgers** Double bill. Louise, Gene and Tina try to find a long lost family recipe; Mr Fischeoder enlists the family to get his brother to admit to theft.

9.00 **Family Guy** Five episodes.

11.30 **American Dad!** Roger forms an elaborate plan to help Steve get a date.

12.00m't American Dad! **12.30** Bob's Burgers **1.30-2.35am** Deal or No Deal

U&DAVE Freeview 19

6.00am Teleshopping **7.10** Whose Line Is It Anyway? USA **8.00** Border Force: America's Gatekeepers **10.00** Rick Stein's Mediterranean Escapes **11.00** Rick Stein's Cornwall: double bill **12.00noon** Storage Hunters UK: four episodes **2.00** Extreme Fishing with Robson Green **3.00** Top Gear **5.00** Rick Stein's Mediterranean Escapes

6.00 **Rick Stein's Cornwall** Double bill.

7.00 **Would I Lie to You?** With Jo Brand, Roisin Conaty, Paul Foot and Ray Mears.

7.40 **Richard Osman's House of Games**

9.00 **QI XL** With Sandi Toksvig, Al Murray and Dara O Briain joining the panel.

10.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts.

11.00 **Battle in the Box** Jamie Laing and Nabil Abdulrashid face Ellie Taylor and Jess Knappett in a series of challenges.

12.00m't Mock the Week **12.40** Would I Lie to You? **1.20** Room 101 **2.00-4.00am** Whose Line Is It Anyway? USA

E4 Freeview 13

6.00am Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **9.00** The Goldbergs **10.00** Young Sheldon **11.00** Modern Family **12.00noon** The Big Bang Theory: four episodes **2.00** The Goldbergs **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big Bang Theory: four episodes

7.00 **Hollyoaks** Two unlikely residents form a friendship, and a couple start over.

7.30 **Come Dine with Me** Donia opts for an Egyptian-themed evening in Essex.

8.00 **The Great Celebrity Bake Off for Stand Up to Cancer** Contestants include Kelly Brook and Rob Rinder.

9.00 **Gogglebox** Watching The Crown.

10.05 **Naked Attraction** Dating show.

11.05 **First Dates** Two divorcees arrive.

12.10am The Big Bang Theory **1.10** Rick and Morty **1.40** My Adventures with Superman **2.10** Brooklyn Nine-Nine **3.00** Modern Family **3.50** Ramsay's Kitchen Nightmares USA **4.40** The Neighborhood **5.30-6.00am** Brooklyn Nine-Nine

VARIATIONS

YTV As ITV1 except: 1.55-2.00pm ITV News Calendar **6.00-6.30** ITV News Calendar **10.35-10.45pm** ITV News Calendar

BBC SCOTLAND 7.00pm River City. Kim is desperate to make contact with her donor's family. **7.30** The Island That Saved My Life. Sarah Moore's life on North Ronaldsay in the Orkneys. **8.00** Beechgrove Garden. Lizzie Schofield and Ruth Vichos look at the different varieties of bamboo. **8.30** Return to Uist. A move from London to the Outer Hebrides. **9.00** The Nine. Scottish, UK and international news. **10.00** **NEW** Edinburgh Unlocked 2024. Mark Nelson presents a selection of the best of the Edinburgh Festival. **10.30** The Karen Dunbar Show **11.00** The Agency: Unfiltered **11.30pm-12.00m't** The Agency: Unfiltered

SCOTLAND As BBC1 except: 1.30-1.35pm Reporting Scotland; Weather **6.30-7.00** Reporting Scotland; Weather **10.30-10.40pm** Reporting Scotland. Headlines; Weather

WALES As BBC1 except: 1.30-1.35pm BBC Wales Today; Weather **6.30-7.00** BBC Wales Today. The latest headlines; Weather **10.30-10.40pm** BBC Wales Today; Weather

ITVBe Freeview 28

7.15am Be Beautiful **7.35** The Real Housewives of Cheshire **8.35** Making It Home with Kortney & Kenny **9.35** Buying and Selling **10.35** The Real Housewives of Cheshire **11.35** The Real Housewives of New Jersey **12.30pm** The Real Housewives of Atlanta **1.20** The Only Way Is Essex **2.15** Dinner Date **3.15** Million Dollar Listing: NYC **4.05** The Real Housewives of New Jersey **5.00** The Real Housewives of Potomac

6.00 **Making It Home with Kortney & Kenny** An old historic craftsman home.

7.00 **Million Dollar Listing: NYC** Steve's brokerage shuts down without warning.

8.00 **Dinner Date** James from Nuneaton chooses three blind dates from menus.

9.00 **Botched** A young nurse hopes that Dr Dubrow can improve her arm scars.

10.00 **Love Island USA** Reality show.

11.10 **The Only Way Is Essex** Reality.

11.55 **Loaded in Paradise** Challenge.

12.55-1.00am Unwind with ITV

U&DRAMA Freeview 20

7.10am London's Burning **8.00** Doctors **9.10** Classic Holby City **10.35** Classic Casualty **11.40** The Bill **12.40pm** Classic EastEnders **2.00** London's Burning **3.00** Born and Bred **4.10** Howards' Way **5.20** Birds of a Feather

6.05 **Desmond's** The barber is taken ill.

6.40 **Are You Being Served?** The staff decide to hold a rooftop demonstration.

7.20 **Last of the Summer Wine** Clegg's plans for a quiet birthday go awry.

8.00 **Annika** When a scientist's body is found in Loch Katrine, the case soon reminds Annika of a play by Ibsen.

9.00 **Whitstable Pearl** Molly Stratton asks Pearl for help when she receives anonymous threats after selling a pub.

10.00 **New Tricks** A painting in the Queen's private collection is found to be a fake.

11.20 **Silent Witness** Nikki and Jack attend the scene of a fatal car crash.

1.25am Footballers' Wives **2.35** Classic Holby City **4.00-6.00am** Teleshopping

MORE4 Freeview 18

8.55am Food Unwrapped **9.30** A Place in the Sun **10.25** A New Life in the Sun **11.25** Find It, Fix It, Flog It **12.30pm** Come Dine with Me **3.10** Four in a Bed: five episodes **5.50** Chateau DIY

6.55 **Car S.O.S** Tim and Fuzz team up with race legend Paddy Hopkirk to fix up their first rally car, aiming to give owner and former driver Jeremy a day to remember.

7.55 **Grand Designs** Transforming a dilapidated 1920s cinema into a home.

9.00 **Bill Bailey's Australian Adventure** In Perth, Bill jams with a heavy metal prog rock band who won the hearts and minds of Eurovision fans. He also explores the tunnels of a convicts' gaol.

10.00 **24 Hours in A&E** The doctors treat a 15-year-old stabbing victim.

11.05 **Surgeons: Life in Their Hands**

12.00m't 999: On the Front Line. Medical documentary series. **1.05** Bill Bailey's Australian Adventure **2.10** 24 Hours in A&E **3.15-3.45am** Food Unwrapped



Slip

ITVX

Dakota Johnson is among the executive producers of this seven-part series, having backed the project via her company, TeaTime Pictures. She is not, however, its creator, writer, director or star.

Those roles are all filled by Zoe Lister-Jones, who has added a dash of sci-fi to the central premise, which involves thirty-something woman Mae Canon who can

travel through parallel universes, experiencing lives she may have lived if things had worked out differently. The problem is, she'd rather not – what she really wants is to find her way back home to her partner.

If you were a fan of *Quantum Leap* back in the day, or even of the more recent revamp, then *Slip* is a little like that, but we're promised far more laughs per minute.



Classic Movies: The Story Of Brief Encounter

8pm, Sky Arts

Ian Nathan returns for a new run of the series that takes a deep dive into some of the world's most beloved movies. He and a team of experts begin with an insight into David Lean's classic romance, which is based on a story by Noël Coward and stars Celia Johnson and Trevor Howard as characters embroiled in a doomed affair.



Interview With The Vampire

9pm, BBC Two

The second run of the chilling series inspired by Anne Rice's books continues. Louis (Jacob Anderson) and Claudia (Delainey Hayles) are now in post-war Paris, but any hopes he had of living a quiet life are quickly dashed by a visit to the revelatory Théâtre des Vampires. Claudia is particularly taken with the place, despite its link to Lestat (Sam Reid).



All The President's Men

9pm, BBC Four

The highlight during an evening dedicated to the Watergate scandal is this Oscar-winning political thriller. Robert Redford and Dustin Hoffman play Bob Woodward and Carl Bernstein, the *Washington Post* journalists who investigated the story that led to then-US President Richard Nixon's resignation. Jason Robards and Martin Balsam also appear.

BBC3 Freeview 23

7.00pm **Top Gear** Richard Hammond test drives the Mastretta MXT.

8.00 **Dragons' Den US – Shark Tank** DoorDash CEO Tony Xu makes his first appearance in the Tank.

8.45 **Becoming – The Batman** Robert Pattinson talks to Ali Plumb about taking on the comic-book role.

9.00 **Who Stole Tamara Ecclestone's Diamonds?** The 2019 burglary of Tamara Ecclestone and Jay Rutland's London home.

10.00 **Sneakerhead** Mulenga gets into a scuffle with a customer.

10.30 **Man Like Mobeen** Triple bill.

11.45 **Who Stole Tamara Ecclestone's Diamonds?**

12.40am **Top Gear** **1.40** Man Like Mobeen **2.55** It's What She Would Have Wanted. Short comedy film written by and starring Holly Hall.

3.05-4.00am **Who Stole Tamara Ecclestone's Diamonds?**

BBC4 Freeview 9

7.00pm **Great British Railway Journeys** Michael Portillo visits Llossiemouth and Inverness.

7.30 **Gareth Edwards' Great Welsh Adventure** The rugby legend rediscovers the lost canals that he knew as a child. Last in series.

8.00 **Eyewitness to History: Norma Percy on Watergate** The filmmaker Norma Percy looks back on her Watergate documentary.

8.10 **Watergate** The break-in at the Democrat headquarters.

9.00 **FILM All the President's Men** (1976, 15) Political drama. ★★★★★

11.15 **Watergate to Trump: Amol Rajan Interviews** An interview with Bob Woodward and Carl Bernstein.

12.00m't Paris **1.00** Great British Railway Journeys **1.30** Gareth Edwards' Great Welsh Adventure **2.00** Watergate **2.50-3.50am** Ardal O'Hanlon: Tomb Raider

5 USA F'view 21

9.00am NCIS **11.55** Entertainment News on 5 **12.00noon** Law & Order: Criminal Intent **3.00** Law & Order **4.55** Entertainment News on 5 **5.00** Law & Order. Police drama.

6.00 **NCIS** Triple bill. A former marine falls to his death from a hotel balcony; McGee's sister believes she has killed someone; FBI agents try to seize control of an investigation.

9.00 **Blue Bloods** Danny and Baez struggle to protect an informant.

10.00 **Law & Order: Special Victims Unit** Double bill. Benson and Haden discover that several women have disappeared after placing ads on the same website; Benson is forced to help her estranged half-brother.

12.00m't Law & Order: Special Victims Unit: double bill **1.55** Criminal Minds **2.50** Law & Order **3.35** 999: Criminals Caught on Camera **4.00-6.00am** Teleshopping

film ratings

- ★★★★★ Brilliant
- ★★★★ Very Good
- ★★★ Good
- ★★ Average
- ★ Bad
- (R) Repeat

BBC ONE

6.00am Breakfast News headlines.
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 the Stade de France at 9.05 and 10.20 respectively. Britain's world champion Katarina Johnson-Thompson will be hoping to stay in contention.
1.00pm BBC News; Weather
1.45 **LIVE Olympics: Paris 2024** Action continues with diving at the Aquatics Centre and track cycling at the Saint-Quentin-en-Yvelines Velodrome. The women's 3m springboard final is at 2.00, with British divers Yasmin Harper and Grace Reid among those taking part. Over at the cycling, the new British talisman is Emma Finucane, who is in action this afternoon in the early rounds of the individual sprint. The men's individual sprint finals start at 5.00, with the final of the women's madison at 5.09.
6.00 BBC News at Six; Weather
6.30 Regional News; Weather



8am, OLYMPICS: PARIS 2024: Katarina Johnson-Thompson

BBC TWO

6.15am A to Z of TV Gardening (R)
7.00 Sign Zone: Dr Xand's Con or Cure (R)
7.30 Sign Zone: Big Little Crimes (R)
8.00 Breakfast News headlines.
9.00 Dom Does America (R)
9.30 Wanted Down Under Revisited (R)
10.15 A Countryside Summer (R)
10.45 The Farmers' Country Showdown (R)
11.15 Homes Under the Hammer In the West Midlands, south Wales and Norwich. (R)
12.15pm Bargain Hunt (R)
1.00 **LIVE Olympics: Paris 2024** With the men's and women's individual sprint track cycling.
1.45 Make Me a Dealer (R)
2.30 The Customer Is Always Right (R)
3.00 Escape to the Country (R)
3.45 Kangaroo Dundee & Other Animals: Natural World (R)
4.30 The Repair Shop (R)
5.15 Flog It! From Dover Castle. (R)
6.00 **LIVE Olympics: Paris 2024** The opening athletics finals.



8pm, GARDENERS' WORLD: Adam Frost

ITV1

6.00am Good Morning Britain A lively mix of news, current affairs and lifestyle features.
9.00 Lorraine Entertainment and the latest fashion news.
10.00 This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion. Including Local Weather.
12.30pm Loose Women Celebrity interviews and topical debate.
1.30 ITV News; Weather
1.55 Regional News; Weather
2.00 Dickinson's Real Deal David Dickinson and his dealers are in Burton. (R)
3.00 Tenable A team of five roller derby pals from Perth in Scotland take part. (R)
3.59 Regional Weather
4.00 Tipping Point Quiz, hosted by Ben Shephard. (R)
5.00 The Chase Rich from Wigan, Ella from Minehead, Lucy from St Neots and Neil from London take on a Chaser, while Bradley Walsh asks the questions. (R)
6.00 Regional News; Weather



4pm, TIPPING POINT: Ben Shephard

CHANNEL 4

6.20am Cheers Double bill. (R)
7.10 Everybody Loves Raymond Four episodes. (R)
9.00 Frasier Four episodes. (R)
11.00 The Simpsons Double bill. (R)
12.00noon Channel 4 News
12.05 Paris 2024 Paralympics: Meet the Athletes (R)
12.10 A New Life in the Sun (R)
1.10 Car S.O.S Tim Shaw and Fuzz Townshend take on a neglected Fiat Uno Turbo.
2.10 Countdown With Clara Amfo.
3.00 A Place in the Sun Laura Hamilton helps Doc and Lucia find their dream home. (R)
4.00 The Great House Giveaway Plasterer Stuart and student Reece renovate a house.
5.00 A New Life in the Sun: Where Are They Now? In northern Italy, Kevin and Laura await the arrival of their first retreat guests.
6.00 Come Dine with Me Operations manager Mizzy provides an evening of Afro-Caribbean food. (R)
6.30 The Simpsons Marge is forced to replace the car. (R)



8pm, CELEBRITY POPMASTER TV: Ken Bruce

CHANNEL 5

6.00am Milkshake! Children's TV.
9.15 Jeremy Vine Discussion.
11.30 Storm Huntley
12.45pm Friends Double bill. Monica dates a high-school senior; Carol gives birth. (R)
1.40 5 News at Lunchtime
1.45 Home and Away Bree checks over a badly beaten Iluka. (R)
2.15 **FILM Murder By Design** (2022, PG) Premiere. An up-and-coming interior designer hires the young woman who saved her life as an assistant. Thriller, starring Sarah Armstrong and Chelsea Gilson. ★★
4.00 The Cruise: Fun-Loving Brits at Sea It's the final day of the cruise for the travellers, but before heading home they explore the holiday hot-spot for the rich and famous – the Greek party capital of Mykonos. (R)
5.00 5 News at 5 Headlines.
6.00 Amazing Railway Journeys with Nick Knowles Nick travels through Slovenia and Croatia (R); 5 News Update



6pm, AMAZING RAILWAY JOURNEYS...: Nick Knowles

7

7.00 **LIVE Olympics: Paris 2024** Gabby Logan introduces a packed schedule of athletics as day 14 concludes, including the heptathlon 800m at 7.15. This is a fourth Olympics for Liverpudlian Katarina Johnson-Thompson, and the second in a row in which she is competing as the reigning world champion. Her bid for an elusive Olympic medal ended in agony three years ago when she collapsed on the track with an injury and was unable to continue, and the 800m will decide the medal placings. The men's 400m hurdles at 8.45, featuring Norway's Karsten Warholm, promises to be another highlight, and there are also finals taking place in the women's 400m at 7.00, men's triple jump at 7.10 and women's 10,000m at 7.55.

7.00 Richard Osman's House of Games Myra DuBois, Charlie Hedges, Bonnie Langford and Tyler West test their general knowledge skills. (R)
7.30 Beechgrove Garden Lizzie Schofield and Ruth Vichos look at different varieties of bamboo.

6.30 ITV Evening News A round-up of the latest news headlines; Weather
7.30 Emmerdale A stranded John is ruffling feathers, Mandy sets up her online profile, and Jimmy is left unsettled when an inspector arrives.

7.00 Channel 4 News A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.

7.00 Motorway Cops: Catching Britain's Speeders PCs Niax Waddington and Andy Doran hunt for a wanted Range Rover and Andy takes up the chase on foot when one suspect makes a run for it. (R); 5 News Update

8

8.00 Gardeners' World Adam Frost shares tips on how to build a green roof on a log store. Meanwhile, Joe Swift meets a garden designer in Derbyshire who has converted a derelict space into a test bed for her planting schemes.

8.00 Coronation Street Drama from the famous cobbled street. Cassie kidnaps Alina to contrive a meeting with Tyrone, Rowan bestows extra responsibility on Leanne, and Mason is annoyed at Betsy for stirring up trouble with Dylan.

8.00 Celebrity PopMaster TV Ken Bruce quizzes Toyah Willcox, Richard Blackwood, Sally Lindsay, MistaJam and Kimberly Wyatt on their musical knowledge, as the tv adaptation of the radio quiz returns for a second run. (R)

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. Plus, the van and car veering across a busy carriageway as they try to take each other out.

9

9.00 Miriam Margolyes: A New Australian Adventure Continuing her quest to better herself, Miriam scouts out the freedom hotspot of Byron Bay on the easternmost point of Australia, where individualism and influencers thrive.

9.00 Champions: Full Gallop 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. Can Irish horse Galopin Des Champs defend his crown?

9.00 8 Out of 10 Cats Does Countdown Jimmy Carr hosts a hybrid of the comedy panel show and the words-and-numbers quiz, as Jon Richardson and Katherine Ryan take on rivals Richard Ayoade and Laura Smyth.

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 engines. The flight diverts to East Midlands for an emergency landing.

10

10.00 BBC News at Ten
10.30 Regional News; Weather
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. Eight more athletics gold medals were decided, including in the heptathlon and 4x100m relays. In cycling, the women's madison and men's sprint reached a dramatic conclusion, while it was all to play for in the men's football.

10.00 Gavin & Stacey First episode of the comedy. After flirting for months on the phone, Stacey travels from Wales to London to meet Gavin in person. Mathew Horne and Joanna Page star. (R)
10.30 Newsnight Headline analysis.

10.00 ITV News at Ten; Weather
10.30 Regional News; Weather
10.45 **FILM Mission: Impossible 2** (2000, 15) Secret agent Ethan Hunt is sent to find and destroy the only sample of a deadly man-made virus. However, he faces tough opposition in a former spy-turned-criminal mastermind who has already acquired the cure and now wants the pathogen itself. Director John Woo's action sequel, starring Tom Cruise and Dougray Scott. ★★★

10.00 Jimmy Carr's I Literally Just Told You Jimmy Carr hosts the quiz show in which contestants Karl, Riuying, Lateef, Charlotte and Sonny answer questions based on things that are said as the game progresses.

10.00 When TV Stunts Go Horribly Wrong Jonathan Pearce narrates a selection of edge-of-the-seat stunts from around the globe, including terrifying car smashes, stomach-churning base jumps and weird and wonderful world record attempts. Those featured include Jackass star Steve-O, whose attempt at jumping over a moving car on a skateboard left him hospitalised, and inventor Colin Furze, who recalls the time his Wall of Death ended in disaster. (R)

11

11.05 **FILM Children of Men** (2006, 15) In a future stricken by mass infertility, a former activist tries to protect the only pregnant woman in the world. Thriller, starring Clive Owen, Michael Caine and Julianne Moore. ★★★★★

12.45am Shop on TV **3.00 Love & Death.** A sense of normality returns after Candy is forced to take stock of her marriage, but Pat soon makes a discovery that leads him to seek answers from Sherry. (R) **4.00** Unwind with ITV **5.10-6.00am** Jimmy & Shivi's Farmhouse Breakfast (R)

11.05 Gogglebox The armchair critics share their opinions on Banged Up; Stars Behind Bars, Planet Earth, Culprits, The Curse of Robert the Doll and Little Trains and Big Names with Pete Waterman. From November 2023. (R)

1.00am PlayOJO Live Casino Show. Interactive gambling. **3.00 Tyrant: The Rise of Adolf Hitler** (R) **3.50** Nightmare New Builds. Documentary. (R) **4.40 House Busters** (R) **5.05** House Doctor (R) **5.30** Entertainment News on 5 **5.35** Fireman Sam (R) **5.45-6.00am** Paw Patrol (R)

12

12.00m't **FILM Green Book** (2018, 12) In the 1960s, a working-class Italian-American bouncer becomes the driver of an African-American classical pianist. Comedy drama, starring Viggo Mortensen and Mahershala Ali. ★★★★★ **2.00** Weather for the Week Ahead **2.05-6.00am** BBC News

12.45am Sign Zone: Ambulance. Staff notice a rise in mental health calls over Easter bank holiday and first responders are stretched thin as over 300 people are left waiting. (R) **1.45** Sign Zone: Linford. Linford Christie looks back on his career. (R) **3.15-6.45am** This Is BBC Two

12.10am Ramsay's Kitchen Nightmares USA (R) **1.00 **FILM** The Kid Detective** (2020, 15) Comedy drama, starring Adam Brody and Sophie Nelisse. ★★★★★ **2.40** Ramsay's Kitchen Nightmares USA (R) **3.30** Come Dine with Me (R) **5.45-6.10am** Everybody Loves Raymond (R)

1.00am PlayOJO Live Casino Show. Interactive gambling. **3.00 Tyrant: The Rise of Adolf Hitler** (R) **3.50** Nightmare New Builds. Documentary. (R) **4.40** House Busters (R) **5.05** House Doctor (R) **5.30** Entertainment News on 5 **5.35** Fireman Sam (R) **5.45-6.00am** Paw Patrol (R)

midnight

ITV2 Freeview 6

6.00am CITV **9.00** World's Funniest Videos **9.30** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** 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. Dating series.

6.00 **Celebrity Catchphrase** With Richard Ayoade, Katie McGlynn and Joe Swash.

7.00 **Ant & Dec's Limitless Win** The duo host the quiz, with Zee and his dad Tony returning for a chance to win the biggest cash prize in British TV history.

8.00 **Bob's Burgers** Double bill.

9.00 **FILM Pitch Perfect** (2012, 12) A new student joins an a cappella singing group made up of social misfits to compete in competitions. Comedy, with Anna Kendrick. ★★★★★

11.15 **Family Guy** Animated double bill.

12.15am American Dad! **1.15** Bob's Burgers **1.45** Deal or No Deal **2.45** Unwind with ITV **3.00-6.00am** Teleshopping

U&DAVE Freeview 19

6.00am Teleshopping **7.10** Whose Line Is It Anyway? USA **8.00** Border Force: America's Gatekeepers **10.00** Rick Stein's Mediterranean Escapes **11.00** Rick Stein's Cornwall **12.00noon** Storage Hunters UK **2.00** Robson's Extreme Fishing Challenge **3.00** Top Gear **5.00** Rick Stein's Mediterranean Escapes

6.00 **Rick Stein's Cornwall** Double bill.

7.00 **Would I Lie to You? At Christmas** With Ray Winstone, Josh Widdicombe, Rachel Riley and Ricky Tomlinson.

7.40 **Richard Osman's House of Games**

9.00 **QI XL** With Ronni Ancona, Dave Gorman and Lee Mack on the panel.

10.00 **Have I Got a Bit More News for You**

11.00 **Battle in the Box** Gameshow, with Jamie Laing, Nabil Abdulrashid, Ellie Taylor and Jess Knappett.

12.00m't Mock the Week **12.40** Would I Lie to You? At Christmas **1.20** Room 101 **2.00** Whose Line Is It Anyway? USA: four episodes **4.00-6.00am** Teleshopping

E4 Freeview 13

6.00am Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **9.00** The Goldbergs **10.00** Young Sheldon **11.00** Modern Family **12.00noon** The Big Bang Theory: four episodes **2.00** The Goldbergs **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big Bang Theory: double bill

6.00 **The Big Bang Theory** Double bill.

7.00 **Hollyoaks** One couple face heartbreak.

7.30 **Come Dine with Me** Fish salesman Dean is last to host in and around Essex.

8.00 **The Great Celebrity Bake Off for Stand Up to Cancer** Daisy Ridley, Tom Allen, Rob Beckett and Alexandra Burke tackle three baking challenges.

9.00 **Celebrity Gogglebox 2022**

10.05 **FILM Bad Boys for Life** (2020, 15) Action sequel, starring Will Smith. ★★★

12.35am **FILM** What Men Want (2019, 15) Romantic comedy, starring Taraji P Henson. ★★★ **2.50** The Big Bang Theory **3.40** Brooklyn Nine-Nine **4.30** Modern Family **5.20-6.00am** The Neighborhood

VARIATIONS

YTV As ITV1 except: 1.55-2.00pm ITV News Calendar **6.00-6.30** ITV News Calendar **10.30-10.45pm** ITV News Calendar

BBC SCOTLAND 7.00pm The Seven **7.30** **LIVE** SportsScene: Championship. Ayr United v Airdrieonians (kick-off 7.45pm). **10.00** Still Game. An old pal turns up after 35 years. **10.30** Two Doors Down. Eric is recuperating after a slightly bungled medical procedure. **11.00pm-12.00m't** TRNSMT 2024. With the Snuts, Sugababes, Example and Liam Gallagher.

SCOTLAND As BBC1 except: 1.30-1.35pm Reporting Scotland; Weather **6.30-7.00** Reporting Scotland; Weather **10.30-10.40pm** Reporting Scotland. Headlines; Weather

WALES As BBC1 except: 1.30-1.35pm BBC Wales Today; Weather **6.30-7.00** BBC Wales Today; Weather **10.30-10.40pm** BBC Wales Today. Headlines; Weather

WALES As BBC2 except: 7.30-8.00pm SOS: Extreme Rescues. A thrill-seeker fears he has led his fiancée to her death on an icy mountain.

STV As ITV1 except: 1.55-2.00pm STV News; Weather **6.00-6.30** STV News at Six; Weather

ITVBe Freeview 28

7.15am Be Beautiful **7.35** The Real Housewives of Cheshire **8.35** Making It Home with Kortney & Kenny **9.35** Buying and Selling **10.35** The Real Housewives of Cheshire **11.35** The Real Housewives of New Jersey **12.30pm** The Real Housewives of Atlanta **1.20** The Only Way Is Essex **2.05** Dinner Date **3.05** Million Dollar Listing: NYC **4.05** The Real Housewives of New Jersey **5.00** The Real Housewives of Potomac

6.00 **Making It Home with Kortney & Kenny** Carla finally gets things moving with the renovation of her outdated house.

7.00 **Million Dollar Listing: NYC**

8.00 **Dinner Date** Dating series.

9.00 **Botched** A woman who had a double mastectomy to beat cancer.

10.00 **Love Island USA** Reality series.

11.10 **The Only Way Is Essex**

11.55 **Loaded in Paradise** Challenge.

12.55am Unwind **1.00** Teleshopping **2.00-6.00am** Unwind with ITV

U&DRAMA Freeview 20

6.00am Teleshopping **7.10** London's Burning **8.00** Doctors **9.10** Classic Holby City **10.35** Classic Casualty **11.40** The Bill **12.40pm** Classic EastEnders **2.00** London's Burning **3.00** Born and Bred **4.10** Howards' Way **5.25** Birds of a Feather. Dorian returns from holiday.

6.05 **Desmond's** Part one of two. The police are outside the barbershop.

6.40 **Are You Being Served?**

7.20 **Last of the Summer Wine** The pals encounter an old friend.

8.00 **Father Brown** Double bill. Tensions mount in Kempleford when the father of a writer is found dead; the priest and his friends find themselves stranded with a group of hedonists.

10.00 **New Tricks** The team investigates a peace protester's murder.

11.20 **Silent Witness** The team is called out on Christmas Day.

1.25am Footballers' Wives **2.30** Classic Holby City **4.00-6.00am** Teleshopping

MORE4 Freeview 18

8.55am Food Unwrapped **9.30** A Place in the Sun **10.25** A New Life in the Sun **11.25** Find It, Fix It, Flog It **12.30pm** Come Dine with Me **3.10** Four in a Bed: five episodes **5.50** Chateau DIY

6.55 **Car S.O.S** Fuzz and Tim go to France to find a war veteran's old car, restore it, and return it to its previous owner.

7.55 **Grand Designs** The progress of a house that resembles a giant snake.

9.00 **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** A nurse shares her story of finding a career she loves.

11.55 **Paris 2024 Paralympics: Meet the Athletes** Table-tennis player Bly Twomey gives an insight into her life.

12.00m't 24 Hours in A&E **1.00** Emergency Helicopter Medics **2.10** 24 Hours in A&E **3.15-3.45am** Food Unwrapped



Miriam Margolyes: A New Australian Adventure

9pm, BBC Two

The beloved actress and national treasure continues her therapeutic tour of the country she describes as her second home in Byron Bay, on Australia's easternmost point. It's long been a place where creative types have gathered, and where others seeking freedom of expression have made their home. These days, many of the nation's influencers and innovators have moved in,

ensuring the area maintains its bohemian and inspirational atmosphere. But is it still a place where anything goes? Miriam hopes the answer to that is yes – she's keen to push herself, and thinks this may be the region in which to do it. She also wants to know if it's changed in recent times, and whether the notion of freedom has impacted on the locals in a positive manner.



A Kanneh-Mason Playlist At The Proms

8pm, BBC Four

Cellist Sheku Kanneh-Mason and his brother, violinist Braimah, have collaborated with Brazilian guitarist Plínio Fernandes and the Fantasia Orchestra for this concert, recorded at the Royal Albert Hall on Sunday. It features an eclectic playlist including *Redemption Song*, *I Say A Little Prayer* and Brahms's *Hungarian Dances*.



Champions: Full Gallop

9pm, ITV1

We continue to follow the fortunes of runners, riders and trainers at the Cheltenham Festival. Among them are Paul Nicholls and his former assistant, Dan Skelton, who are about to lock horns. Meanwhile, Willie Mullins is hoping an Irish horse in his stables, Galopin Des Champs, has what it takes to win the Gold Cup, but there are plenty of others in with a shout.



Point Break

9pm, BBC Three

Kathryn Bigelow's heist movie is a cult classic, and features eye-catching performances from Patrick Swayze and Keanu Reeves. The latter plays a rookie undercover FBI agent trying to infiltrate a gang of surfers who have been carrying out bank robberies. However, he becomes rather too enamoured with their lifestyle after befriending their charismatic leader (Swayze).

BBC3 Freeview 23

7.00pm **FILM** **The Book of Life** (2014, U) Animated adventure, with the voice of Diego Luna. ★★★

8.25 **The Catch Up** The day's news.

8.30 **The Fast and the Farmer-ish** Teams from Northern Ireland and Scotland compete in this semi-final.

9.00 **FILM** **Point Break** (1991, 18) Kathryn Bigelow's thriller, starring Keanu Reeves, Gary Busey and Patrick Swayze. ★★★★★

10.55 **Virgil Abloh: How to Be Both** Documentary exploring the life of legendary designer Virgil Abloh.

11.50 **Body on the Beach: What Happened to Annie?** Journalist Hazel Martin investigates the death of Annie Borjesson.

12.20am **Body on the Beach: What Happened to Annie?:** triple bill **1.50** The TikTok Effect **2.45** Becoming – The Batman **3.00-3.55am** Virgil Abloh: How to Be Both

BBC4 Freeview 9

7.00pm **Top of the Pops** Double bill.

8.00 **A Kanneh-Mason Playlist at the Proms** Superstar siblings Sheku and Braimah Kanneh-Mason perform with the Fantasia Orchestra.

9.20 **Top of the Pops** Featuring New Order, Sinitta, Wet Wet Wet, Motley Crue, Def Leppard and Los Lobos.

9.50 **Joe Jackson: Sight and Sound in Concert** The singer on stage at the Regal Theatre, Hitchin in 1983.

10.30 **Joe Jackson: Rock Goes to College** The singer live at Hatfield Polytechnic in 1979.

11.15 **TOTP2** Hits by Boney M, Ringo Starr and Craig David.

11.40 **Joe Jackson: That Was Then, This Is Now** A profile.

12.10am **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

5 USA F'view 21

6.00am Home Shopping **9.00** NCIS **11.55** Entertainment News on 5 **12.00noon** Law & Order: Criminal Intent **3.00** Law & Order: Crime drama. **4.55** Entertainment News on 5 **5.00** Law & Order

6.00 **NCIS** Four episodes. The team tries to find out who was responsible for sabotaging a vehicle that caused the death of a Navy lieutenant; a marine intelligence officer is murdered; a terrorist threatens to unleash a chemical attack; an arms dealer steals secret launch codes.

10.00 **Law & Order: Special Victims Unit** Double bill. Benson is accused of putting an innocent man in prison; a businessman's wife is raped and abducted from her home.

12.00m't Law & Order: Special Victims Unit: double bill **1.55** Criminal Minds **3.35** Criminals: Caught on Camera **4.00-6.00am** Teleshopping

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Aquarius

January 21 – February 19

Be attentive, listen to conversations and watch what is going on around you. You will learn about what motivates someone. Don't presume you have all the answers. Make an effort to ask questions.

0905 789 3651



Pisces

February 20 – March 20

You have a lot of work ahead, but remember it's OK if some tasks don't get done. Putting your health at risk is not worth it. Take time to talk to someone you wouldn't normally have time for.

0905 789 3652



Aries

March 21 – April 20

Make important financial and personal decisions without delay. Take a decisive stance in a situation requiring joint effort. Leave no room for hesitation. Your focus shifts towards matters of the heart.

0905 789 3641



Taurus

April 21 – May 21

Take most of what friends and neighbours say with a pinch of salt. In the workplace, stay ahead of the game by updating your skills. It's best to keep your more innovative ideas to yourself.

0905 789 3642



Gemini

May 22 – June 22

A housemate will backtrack on their promise to take on more responsibility. They aren't paying their share and others are having to shoulder the burden. Start protecting your own interests.

0905 789 3643



Cancer

June 23 – July 23

Transportation delays can mess up your plans. Instead of getting frustrated, try to see them as minor inconveniences. Missing a flight or a train might actually turn out to be a blessing in disguise.

0905 789 3644



Leo

July 24 – August 23

Friends and relatives will unite whenever teamwork is required. A joint effort will achieve good results. There are opportunities on the horizon to savour the joys of love and companionship.

0905 789 3645



Virgo

August 24 – September 23

A colleague's refusal to answer probing questions is having a negative effect on performance. Disagreements disrupt workplace harmony and plans are delayed. The result is that progress is slow.

0905 789 3646



Libra

September 24 – October 23

Social connections will bring benefits and enjoyment. You will learn something valuable through idle chit-chat. While you're naturally generous, splashing out on an extravagant gift right now might backfire.

0905 789 3647



Scorpio

October 24 – November 22

Commitments are keeping you busy. A big event is being arranged and, as the intensity increases, you could start feeling drained. Sneaking off to a place that nourishes your soul is advised.

0905 789 3648



Sagittarius

November 23 – December 21

Exploring new areas of your professional life leads to great opportunities. You won't have to make your mind up there and then when someone makes an exciting offer. Take time to think it over.

0905 789 3649



Capricorn

December 22 – January 20

You will be pleasantly surprised to receive benefits that are rightfully yours that you were unaware of. Progress will be made at home as everyone agrees to devote time to a tricky DIY project.

0905 789 3650



**Calls cost 80p per minute plus your telephone company's network access charge – maximum of five minutes' duration. You must be over 18 and have the bill payer's permission. Service provider: Spoke. Helpline: 0333 202 3390 (9am-5.30pm).



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