Daily Mail

THURSDAY, AUGUST 8, 2024

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FEMAIL MAGAZINE STARTS PAGE 29

As shops are boarded up across UK, far-Right protests thwarted

NIGHT ANTI-HATE MARCHERS FACED DOWN THE THUGS



Mass show of unity: Placard-waving anti-racist protesters last night crammed into a street in Walthamstow, one of the areas targeted by far-Right thugs

THOUSANDS of protesters took to the streets across the country last night to stare down feared far-Right rioters.

By **Andy Jehring** and **David Barrett**

Threats of disorder across the UK saw shops boarded up, restaurants shuttered and immigration law firms in lockdown.

But several rallies were thwarted yesterday with powerful images showing crowds of anti-fascist marchers massing around areas thugs had threatened to target.

In major locations, counter-protesters vastly outnumbered those who had turned up to protest against migration. More than 5,000 demonstrators flooded the streets in Walthamstow, east London, to stave off a far-Right rally outside an immigration centre.

In Brighton, a wall of police was seen shielding just a handful of men – one of

Turn to Page 6

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How Star Wars' Daisy nursed herself back to health with infrared saunas



Pictures: VOGUE AUSTRALIA / Dan Jackson

ACTRESS Daisy Ridley has opened up about being diagnosed with Graves' disease – and the lengths she goes to to manage the condition.

The 32-year-old was diagnosed last year after initially blamed her symptoms on a 'really stressful' film role.

But the Star Wars actress is already fighting back – with the help of infrared saunas and cryotherapy.

Ms Ridley revealed she began to suffer from hot flushes and fatigue after By **Niomi Harris**

filming psychological thriller Magpie. Despite believing it was due to the pressure of the role, she was urged to speak to an endocrinologist – a doctor who specialises in hormone-related conditions.

There she was diagnosed with Graves' disease, an autoimmune condition that over-stimulates the thyroid gland. The cause of it is unknown, but the disease mostly affects young women and often runs in families.

Saying the condition made her 'tired but wired', Ms Ridley told Women's Health magazine: 'It was funny, I was like, "Oh, I just thought I was annoyed at the world," but turns out everything is functioning so quickly, you can't chill out.'

Although there is no known cure for Graves' disease, Ms Ridley said she is learning to manage the condition.

As well as quirkier lifestyle changes, she has also cut out gluten from her vegan diet.

Calling on women to listen to their bodies, she said: 'We all read the stats about women being undiagnosed or underdiagnosed and sort of coming to terms with saying, "I really, actually don't feel good" and not going, "I'm fine, I'm fine, I'm fine, I'm fine." It's just normalised to not feel good...

'If there's a problem, you shouldn't have to just [suffer through it].'

Fancy spreading your wings? Airline seeks over-50s for crew

Daily Mail Reporter

IF the lure of retirement isn't quite taking flight, then rest assured. For easyJet could have another opportunity waiting in the wings.

The British airline is hoping to recruit an army of over-50s to join its cabin crew.

The carrier has launched a new 'Returnship' scheme after research showed middle-aged people crave a new challenge.

The initiative will offer free online career information sessions and will lead taster courses at its training centre in Gatwick.

It follows an easyJet survey of 2,000 over-50s, which found that 46 per cent had considered a new career. However many said they viewed being a cabin crew member as a job for younger people, with three-quarters saying they believed their age would prevent them from getting the job.

Nearly two in ten said they thought they could not even apply to be a steward if they were over the age of 30.

Michael Brown, director of cabin services, said: 'Being cabin crew can be a job for anyone with the skills, no matter their age.

'Which is why it's important that through our initiatives like our "Returnship" campaign, we tackle misconceptions about the job and broaden horizons for even more talented people looking for a new opportunity who can bring their wealth of life experience to the industry.

'So, if you're passionate about working with people and want a job that's different every day, then we would absolutely encourage you to apply and can't wait to welcome you on board as part of the team.'

EasyJet has significantly boosted the number of middle-aged employees in recent years.

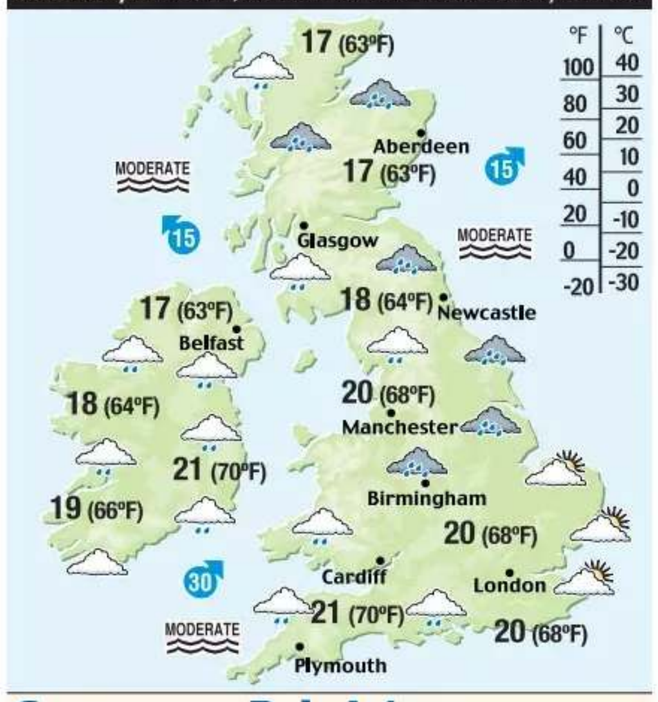
The airline employs twice the number of over-50s than it did two years ago, and four times the number of over-60s.



'Do we want to sit near the back of the plane or in the cockpit?'

Weather

Go to: **dailymail.co.uk/weather** for UK and world 5 day forecast



Summary: Rain later

UK TODAY: Early spells of sunshine but clouds will build in from the west bringing a threat of showers. Heavy and persistent rain will push across northern Britain during the afternoon and evening. Max 23c.

Today's weather

	9am	12noon	3pm	6pm	9pm
London	18c	20c	21c	20c	20c
Plymouth	17c	19c	19c	18c	18c
Cardiff	17c	19c	21c	20c	19c
B'ham	16c	19c	19c	19c	19c
M'chester	17c	18c	18c	19c	19c
Newcastle	17c	19c	19c	18c	18c
Glasgow	15c	17c	17c	17c	17c
Aberdeen	15c	18c	19c	15c	15c
Belfast	15c	16c	17c	18c	17c

5 day forecast

	Fri	Sat	Sun	Mon	Tue
London	26c	26c	30c	29c	25c
Plymouth	21c	21c	24c	23c	20c
Cardiff	20c	22c	27c	24c	21c
B'ham	23c	22c	27c	24c	22c
M'chester	20c	21c	25c	22c	20c
Newcastle	20c	21c	21c	20c	20c
Glasgow	18c	18c	19c	18c	18c
Aberdeen	20c	20c	17c	18c	18c
Belfast	19c	20c	20c	18c	18c

Europe forecast

	today	c	f	tomorrow	c	f
Amsterdam	sun	23	73	showers	22	72
Brussels	fair	24	75	fair	24	75
Frankfurt	fair	26	79	fair	27	81
Geneva	sun	30	86	sun	31	88
Lisbon	sun	29	84	sun	33	91
Madrid	sun	39	102	sun	40	104
Paris	fair	27	81	fair	28	82
Rome	sun	33	91	sun	34	93

Around the world yesterday

Noon local time

	weather	c	f
Algiers	Sunny	38	100
Amsterdam	Sunny	22	72
Athens	Sunny	36	97
Auckland	Sunny	11	52
Bahrain	Sunny	42	108
Barcelona	Sunny	30	86
Basra	Sunny	46	115
Beijing	Fair	29	84
Beirut	Sunny	31	88
Belfast	Showers	14	57
Belgrade	Sunny	28	82
Berlin	Sunny	26	79
Biarritz	Cloudy	23	73
Brisbane	Showers	21	70
Brussels	Cloudy	20	68
Bucharest	Fair	27	81
Budapest	Sunny	28	82
Cairo	Sunny	34	93
Cape Town	Sunny	15	59
Casablanca	Sunny	26	79
Copenhagen	Sunny	23	73
Corfu	Sunny	32	90
Dubai	Sunny	39	102
Dublin	Cloudy	18	64
Dubrovnik	Sunny	29	84
Faro	Sunny	29	84
Florence	Sunny	33	91
Geneva	Fair	25	77
Gibraltar	Sunny	27	81
Guernsey	Fair	20	68
Helsinki	Cloudy	19	66
Hong Kong	Showers	31	88
Innsbruck	Thunder	28	82
Istanbul	Sunny	28	82
Jersey	Fair	20	68
Larnaca	Sunny	32	90
Las Palmas	Sunny	27	81
Lisbon	Sunny	29	84
London	Cloudy	21	70
Los Angeles	Sunny	26	79
Luxor	Sunny	40	104
Madrid	Sunny	34	93
Malaga	Sunny	30	86
Malta	Sunny	31	88
Melbourne	Fair	17	63
Mexico City	Thunder	22	72
Miami	Thunder	27	81
Milan	Sunny	31	88
Montreal	Fair	21	70
Moscow	Fair	21	70
Mumbai	Thunder	29	84
Nairobi	Sunny	21	70
New Delhi	Showers	29	84
New York	Showers	32	90
Nice	Sunny	29	84
Oslo	Cloudy	22	72
Palma	Sunny	36	97
Paris	Fair	21	70
Perth	Thunder	17	63
Prague	Fair	27	81
Rhodes	Sunny	32	90
Riga	Sunny	22	72
Rome	Sunny	31	88
Singapore	Thunder	31	88
Stockholm	Fair	23	73
Strasbourg	Fair	25	77
Sydney	Sunny	16	61
Tangier	Sunny	25	77
Tel Aviv	Sunny	32	90
Tenerife	Sunny	28	82
Tokyo	Fair	31	88
Toronto	Rain	19	66
Tunis	Sunny	33	91
Vancouver	Sunny	20	68
Venice	Sunny	30	86
Vienna	Sunny	27	81
Warsaw	Fair	26	79
Wellington	Sunny	12	54

Moon and Sun

MOON rises: 9.47am, sets: 9.59pm
Sun rises London: 5.35am, sets: 8.35pm
Manchester rises: 5.37am, sets: 8.50pm
HIGH TIDE London Bridge: 5.15pm
Liverpool: 2.21pm

Extremes (24 hrs to 6pm y'day)

Warmest: Manston, Kent, 23c (73f).
Coldest: Cavendish, Suffolk, 7c (45f).
Wettest: Stornoway, Western Isles, 0.94ins. **Sunniest:** St. Catherine's Point, Isle of Wight, 8.2hrs.

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Patients at risk as more doctors reduce hours to improve their work-life balance

By **Shaun Wooller**
Health Editor

DOCTORS are increasingly cutting their hours and refusing overtime as they try to improve their work-life balance, the medical regulator has revealed.

The General Medical Council warns the resulting staffing shortages will put patients at risk unless there is urgent action to tackle the trend.

It blames burnout and years of falling job satisfaction, with doctors choosing to 'take matters into their own hands'.

The GMC's annual report into the workplace experiences of doctors in the UK shows 19 per cent reduced their hours last year, compared with 8 per cent in 2021.

Furthermore, some 41 per cent refused to take on additional work in 2023, up from 23 per cent in 2021.

It says it can be better for patient safety if exhausted doctors opt out of extra hours. But it adds: 'If the trend continues unaddressed, the capacity of already stretched health services could be reduced even more, putting patients at risk.'

The news could be a blow to ministers after Labour vowed to ramp up evening and weekend work to try to reduce the backlog of care in the NHS.

According to the latest data, one in three doctors (33 per cent) were found to be 'struggling', meaning they are regularly working beyond their rostered hours and feeling unable to cope with their workload. Almost a quarter of doctors (23 per cent) took a leave of absence due to stress in 2023.

The GMC expressed concerns about the high proportion of doctors who say they

'A high risk of burnout'

are 'struggling', admitting it presents risks to patients and the rest of the workforce.

In 2023, 53 per cent of doctors reported being satisfied with their day-to-day work – a sharp fall from 70 per cent in 2021. Particular concerns have been raised about those in training who are 'more likely to be at high risk of burnout compared to any other group'. They are also the group most likely to be considering taking their skills overseas.

And nearly half (48 per cent) of GPs are said to be struggling. Fed up family doctors in England are already engaged in industrial action over their new contracts. Some have threatened to cut the number of appointments they offer by up to half.

Charlie Massey, chief executive of the GMC, said: 'We know that when doctors are overworked and under-supported there is a risk not only to doctors themselves, but also to patient care.

'These data show that more doctors are now taking matters into their own hands, not just to protect their own health and wellbeing, but that of their patients as well.'

The report says employers should develop more compassionate leadership; create more supportive environments, which are built on providing inductions for new joiners; and demonstrate that all healthcare professionals are properly valued.

Mr Massey added: 'Employers and healthcare bodies must respond urgently to the needs of their workforce.'

An NHS England spokesman said: 'We have been working to improve the training and working lives of doctors and we know there is more work needed, particularly recognising the risk of burnout.'

Defence suppliers given 36 hours to come up with cash-saving ideas

By **Mark Nicol** Defence Editor

HARD-UP defence chiefs have sent a letter to suppliers calling on them to help with money-saving initiatives.

It seems the need to reduce spending is so desperate companies have been given 36 hours to provide suggestions.

The move comes as top brass are in a race to cut costs due to a £16.9billion 'black hole' in defence finances.

That figure, calculated by the National Audit Office, compares projected spending and projected budgets over the next decade.

Chancellor Rachel Reeves has ordered all government departments to cut costs by more than £3billion.

The Ministry of Defence must also find savings of £406million this financial year to pay for a record rise in troops' pay.

Defence Secretary John Healey confirmed to Parliament the 6 per cent rise for all ranks, and 7.5 per cent for recruits, must come from existing budgets.

Daily Mail CAMPAIGN
DON'T LEAVE BRITAIN DEFENCELESS

These factors have contributed to the urgent need for MoD officials to tear up existing spending plans – triggering the SOS to defence contractors.

The letter requested 'high-level, headline ideas' to reduce spending. It expressed regret over the 'hard choices' required and the rapid turnaround.

But Admiral Lord West, former head of the Royal Navy, warned that savings could compromise capability and that additional investment was a necessity.

He added: 'They can make a small cut here and there, we know there is waste, but reducing back-office costs is not going to achieve a lot.

'Contractors tend to delay projects when asked to make savings. That may improve the balance sheet for the next year, but a delayed project usually ends up costing more, not less.

'With the state of the world, and with Russia and China to contend with, there is no substitute for a significant increase in capital investment in defence.'

Shadow defence secretary James Cartlidge said: 'We urgently need clarity from Labour whether these reports of major defence spending cuts are true.'

The Daily Mail's influential Don't Leave Britain Defenceless campaign has called for our armed forces to be adequately funded. The MoD said: 'As the Chancellor has said, the Government has inherited public finances much worse than expected. The NAO has confirmed the largest ever deficit in the defence equipment plan.

'The Government will secure Britain's defences for the future and increase defence spending to 2.5 per cent of GDP as soon as possible.'

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Taylor Swift cancels her Vienna shows after police foil bomb plot

By **Eve Buckland**

TAYLOR Swift has cancelled her concerts in Austria after two suspects were arrested for allegedly plotting a terror attack.

The star, 34, was due to perform at the Ernst Happel Stadium in Vienna today, tomorrow and on Saturday as part of her Eras Tour.

But Austria's ministry of defence last night said two individuals – who allegedly radicalised themselves online – were arrested after planning to target the nation's capital.

One of the suspects, who is 19, had a particular focus on Swift's Vienna shows, said Franz Ruf, director-general for public safety.

Mr Ruf said authorities were aware of 'preparatory actions' for a possible attack.

In response, concert organisers Barracuda Music said in an Instagram post: 'Due to confirmation by government officials of a planned terrorist attack at the Ernst Happel Stadium, we have no choice but to cancel the three planned shows for everyone's safety.'

'Alert level remains high'

The cancellation comes days before Ms Swift is set to perform five sold-out nights at Wembley Stadium from August 15 to 20. She has already performed at Edinburgh, Liverpool, Cardiff and in London.

The teenage suspect had pledged an oath of allegiance to the Islamic State group in early July, police said.

A bomb squad reportedly found chemical substances after raiding a property, and the 19-year-old is suspected of possessing an explosive device. His name and that of the other suspect have not been released yet. Police said the terror alert level in Austria remained high.



Terror target: The Ernst Happel Stadium in Vienna

Swift's sold-out shows were expected to be attended by 65,000 concertgoers on each night, with an additional 10,000 to 15,000 fans outside of the arena.

All tickets will be automatically refunded within the next ten business days, according to the organisers.

The Mail has contacted Taylor Swift's representative for comment. The record-breaking Eras Tour will end in Vancouver, Canada, on December 8. The 152-date series, in which Swift runs through hits from her 17-year career, is expected to surpass $2billion (£1.5billion) by the end of its run in December.

In 2020, a convicted IS sympathiser went on a shooting rampage in Vienna, killing four and wounding 23 others before police shot him dead, marking the country's first lethal jihadist attack.



Safety fears: Taylor Swift on tour

The children who want to do more exercise

Daily Mail Reporter

TWO out of five children say they want to be more physically active – but many spend six hours a day glued to screens, a study reveals.

More than a third (35 per cent) of those aged seven to 14 say they do just half an hour or less of exercise each day outside school.

Meanwhile, one in ten (12 per cent) are active for only a few minutes, despite the UK Chief Medical Officers' guidelines recommending at least an hour.

More than half (53 per cent) are using screens for more than three hours each day when not in school, with almost a quarter (24 per cent) staring at gadgets for six hours.

This is despite only 26 per cent of children saying they prefer to be in front of a screen than exercising, according to a survey of 1,000 seven to 14-year-olds by fitness trade body ukactive.

'Happy and healthy'

Furthermore, 40 per cent say they want to be more physically active than they are. Research shows that, on top of the health benefits, active children are more confident, less anxious, have better social skills and perform better academically.

Ukactive is publishing a strategy aimed at getting a million more children exercising by 2030 by helping leisure centres to encourage greater participation.

A spokesman said: 'The Government must take a new policy approach if it is to help create a generation of happy, healthy children, focusing on the essential role of our nation's gyms, pools and leisure centres.'

Payout for council worker who kicked up stink over his colleague's flatulence

A COUNCIL has been marred by a flatulence scandal after one of its managers was rapped for breaking wind on a junior colleague as he ate his lunch.

While Lee Marsh thought the incident 'amusing', an employment judge ruled it amounted to age discrimination.

He also concluded that the estate caretaker, in his late-50s, had a problem with his 'ambitious' junior colleague potentially having authority over him.

The panel was told Mr Marsh had threatened the trainee caretaker when he objected to the 'disgusting behaviour'. The younger worker told the tribunal: 'He said to me, "Be careful how you speak to me… you are only a trainee, I can get rid of you like I have the others in the past".'

By **Andy Dolan**

It was accepted that Mr Marsh had warned him about going for a more senior role because he 'will not be told by youngsters'.

In a somewhat unfortunate turn of phrase, the younger colleague told the tribunal: 'Once Lee got wind of my progression plan is when I first felt uncomfortable around him.

'It would be comments like "these babies coming in and trying to take over", "you are only a pup", "I have got kids your age".'

At the time of the pair's conflict, bosses at Labour-run Birmingham City Council – Europe's largest local authority – were grappling with a financial black hole which would ultimately see it effectively declare itself bankrupt.

The tribunal heard the younger colleague – who is in his mid-30s and was granted anonymity – joined the council in October 2020. Two months into his employment, it became apparent the housing worker was ambitious in his career – and Mr Marsh broke wind as the trainee ate on December 8.

'Disgusting behaviour'

The hearing in Birmingham was told that in November 2021 Mr Marsh threatened the trainee with violence, including the use of a chair. Both were subjected to gross misconduct allegations over that incident, leading to the junior housing worker going off sick and subsequently resigning. The council admitted he was constructively dismissed as he should not have faced the allegations.

Judge Christopher Camp found that the 'breaking wind incident' amounted to age discrimination.

He said there was 'strong evidence Mr Marsh had a problem with somebody of [the housing worker's] age potentially being in authority over him'.

Although the judge ruled that the housing worker did suffer age discrimination and age-related harassment, the claims ultimately failed because he raised them too late. However, the trainee is in line for compensation relating to his unfair dismissal claim.

Why a holiday can leave us feeling tired

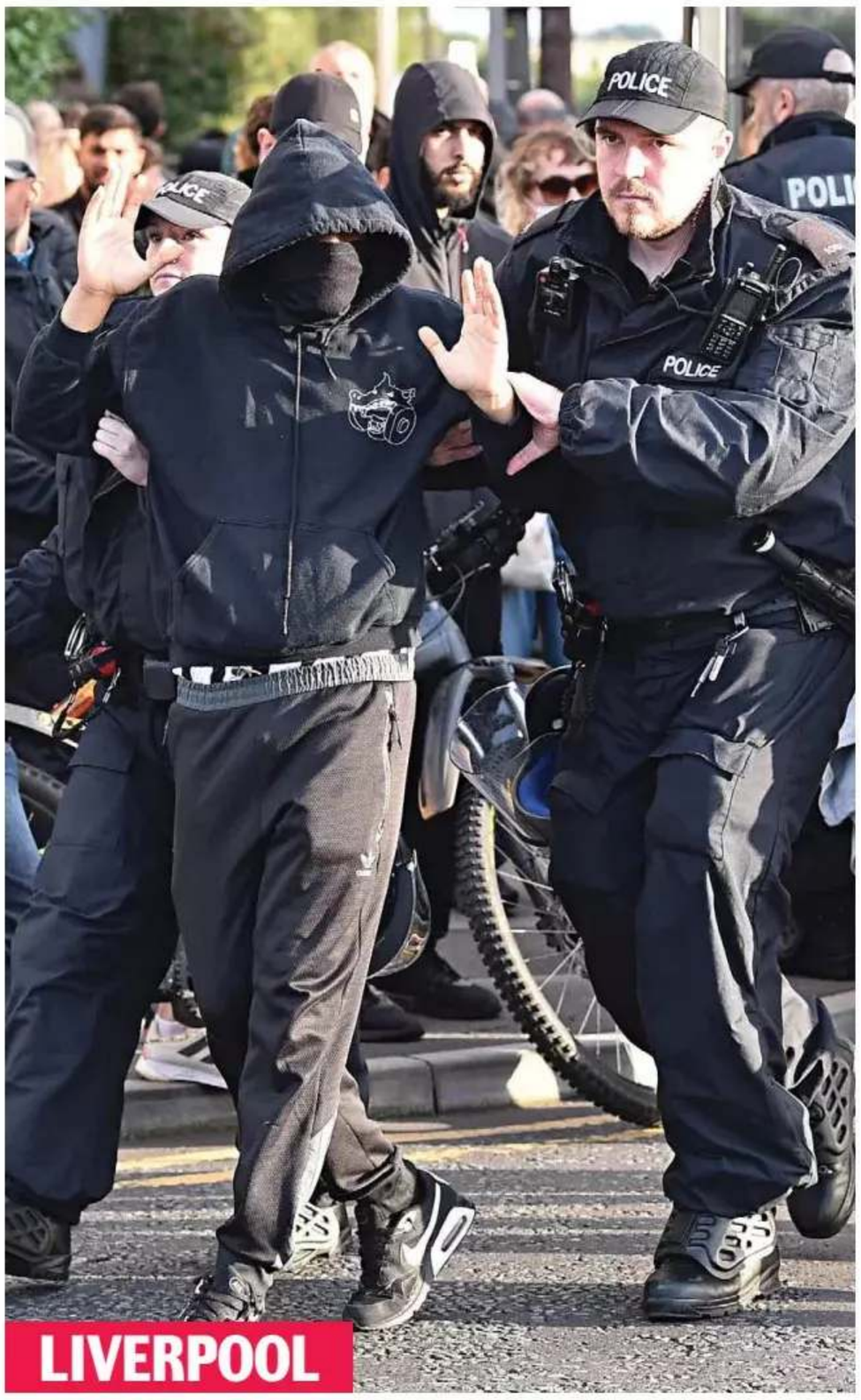
SUN, sand and some well-earned sleep on holiday are supposed to relieve stress.

But the pressure to make a getaway 'perfect' leaves nearly half of us feeling as if we need another break as soon as we get home.

A survey of 2,000 people found 45 per cent returned feeling as drained as when they left.

The poll also found one in ten struggle to sleep while they're away – contributing to their failure to feel rested. The main reasons for lack of quality slumber are room temperature (51 per cent), noise level (48 per cent) and an uncomfortable bed (40 per cent).

Masato Arai, director at households chain store Muji, which commissioned the survey, said: 'Assessing the climate and environment of our location should be as automatic as readying euros for a European city break.'



Stepping in: Police seize a masked suspect outside a refugee centre



Tensions flare: A far-Right demonstrator hiding behind officers gesticulates at counter-protesters. Below, three men face a throng of anti-fascists





Continued from Page One

whom was draped in a Union Jack – from a crowd of protesters shouting: 'Nazi scum, off our streets.'

Fireworks were let off in Bristol amid a protest which was largely peaceful and anti-hate protesters also gathered in Southampton, Liverpool and Aldershot.

However clashes broke out in Accrington, Lancashire, as tensions flared across the country.

It came after the Home Secretary urged the public not to mount counter-demonstrations.

Yvette Cooper had told communities to 'let the police do their jobs... to make clear that we collectively reject this criminality and disorder'.

The police operation deployed across the country last night was the biggest since the 2011 riots, with 41 out of 43 police forces in England and Wales braced for possible clashes.

Before the protests started at 8pm last night, the chairman of the National Police Chiefs' Council warned rioters they were taking a 'hard line' on yobs with more than 400 already arrested.

Chief Constable Gavin Stephens said some are 'facing years behind bars' and that even those with no prior convictions 'will be remanded into custody' after arrest.

He warned: 'You won't be going home to see your family and friends. If you carry out this thuggish behaviour, then you need to know the personal consequences that come with it and that will directly affect you.'

The police were ready for the riots as intelligence officers had identified more than 100 protests



and 30 counter-demonstrations. In parts of the country there was a party atmosphere last night with counter-protesters dancing to brass bands.

In Birmingham a group of masked men – including one with a balaclava and MMA gloves – gathered outside a refugee and migrant centre. Several hundred gathered holding 'free Palestine' signs and chanted: 'Fascist scum out of Brum.'

More than 2,000 counter-protesters came out in Bristol with some activists seen letting off fireworks. Police deployed 250 officers but those gathered said it was a 'carnival atmosphere'.

Thousands more were also seen taking to the streets of Liverpool to protect an asylum centre.

A police van blocked the road with mounted police patrolling as crowds held signs reading 'Nans Against Nazis' and 'Merseyside Pensioners Fight Back'.

In Accrington, pubgoers were seen embracing a group of Muslims walking past shortly before dusk fell. But the tension soon mounted as protesters holding 'Stand Up To Racism' placards faced off with a group chanting 'stop the boats'.

Dozens of police rushed in to stop them getting close as they marched towards each other.

Meanwhile in Portsmouth, dozens of far-Right protesters gathered outside a UK Border Agency office shouting: 'Save our kids.'

Smaller groups of anti-racism protesters were gathered in backstreets in Sheffield, away from the main counter-demo.

One woman, whose face was obscured, said: 'We've done a good job of scaring them away.'

In Northampton around 250 counter-protesters congregated at a junction where an immigration law firm had been identified in a post circulated by far-Right agitators online.

Earlier Metropolitan Police Commissioner Sir Mark Rowley warned those inflaming tensions on social media they too would face consequences.

'If you're a keyboard warrior, you're not safe from the law if you incite violence,' he said. He also dismissed those who accused his force of 'two-tier policing' as speaking 'complete nonsense'.

It came after Elon Musk started a bitter war of words with Sir Keir Starmer suggesting police were treating far-Right protesters more harshly than Muslims.



Sinister: A skull balaclava at the demo in Walthamstow

While Sir Mark took aim at the 'serious voices [who echo] crazy views', he refused to be drawn on naming anyone specific.

However former chief inspector of constabulary Sir Thomas Winsor did not mince his words, telling X owner Mr Musk to 'stick to batteries, cars and rockets'.

More than 140 people have already been charged and police are considering using terror charges for some rioters. Stephen Parkinson, the director of public prosecutions, said he was already aware of 'at least one instance' where this was happening.

Earlier yesterday far-Right thugs published a list of 39 locations for



BRISTOL

Rallying cry: Crowds with flags and placards fill the city's streets and massively outnumber far-Right protesters



ALDERSHOT

United we stand: A group of activists use cardboard signs to make their feelings clear

gatherings in a group on encrypted messaging app Telegram.

Yobs said they would target immigration centres, refugee shelters and visa lawyers' homes with some joking about killing anti-racism campaigners.

They were seen using sick slurs and sharing tips on how to 'hood up' so they weren't identified by the police.

Andy Mariner, of Essex Police, warned them: 'If you're planning on coming here intent on disorder, we will be waiting for you, and you will be arrested.

'There is information going around on the internet highlighting specific locations around the country and some of those details of locations are just plain false, including here in Essex.'

Many of the immigration centres and lawyers firms named on the hit-list had boarded up their premises yesterday.

Other visa specialists told staff to work from home with one employee saying: 'I'm really worried it will flare up.

'It's a really frightening time for many vulnerable asylum seekers and also immigration firms.'

Another law firm in Westcliff-on-Sea, Essex, was boarded up while one lawyer in Bristol said this is the most threatened he had felt in over a decade.

Aziz Deen said: 'I haven't felt fear like this for probably 10 to 15 years when the [British National Party] were in force.'

Workers were seen putting up boarding at shops in North Finchley, London, with local restaurants putting their shutters down.

Medical clinics were shut down in Middlesbrough and Hartlepool where rioters set cars on fire and attacked police earlier in the week. In Sunderland, Italian restaurant Sambuca said: 'Although we have faith in Northumbria Police we cannot take the risk to be caught up in violent riots like the ones that happened a few days ago.'

'This is the swift action we're taking'

Businesses in Northampton were also boarded up as Sheffield United Football Club announced that the area around its ground would be shut.

An office worker in the City of London said he and his colleagues had been told to leave their office near Liverpool Street because of 'planned riots' in the area.

Employees were urged to work from home for the rest of the week. Sir Lindsay Hoyle, House of Commons Speaker, also wrote to MPs asking them to also consider remote working.

A House of Commons spokesman said: 'The ability for Members and their staff to perform their Parliamentary duties safely, both on and off the estate, is fundamental to our democracy.

'Abuse and intimidation is completely unacceptable.'

Meanwhile Thailand was the latest country to warn citizens about the dangers of travelling to the UK. It came after similar alerts from Nigeria, Malaysia, India, Australia and Indonesia.

Sir Keir pointed to the jailing of three men in Liverpool yesterday as an example of what would happen to other rioters.

He said: 'This is the swift action we're taking. If you provoke violent disorder on our streets or online, you will face the full force of the law.'

The Met police said last night that 50 people had gathered in Croydon with an 'intention to cause disruption and fuel disorder'. The force said they had thrown objects down the road and thrown bottles at police in what appeared to be 'pure anti-social behaviour'.

The force said eight people had been arrested .

In Blackpool a man was arrested near the site of the planned protest while in Middlesbrough another male detained for not removing his face covering.

There were three arrests for public order offences in Northampton while two men were briefly detained in Walthamstow.

You won't get bail,

Chief constable warns yobs to 'think twice' about violence

By **Richard Marsden**

ARRESTED rioters will be denied bail and face lengthy jail sentences under a hard-line response to the violent chaos sweeping Britain, police chiefs have warned.

Suspects have been threatened with immediate custody while awaiting court proceedings and five years in prison in a speeded-up judicial process.

The warning from police chiefs and prosecutors comes as the number of arrests linked to the disorder, which followed the stabbings last week in Southport, grew to 428 – with 140 people charged.

These figures are set to increase 'significantly' in the coming days, authorities said, as a night of tension spread across the country.

Police will get suspects behind bars and in court immediately, the National Police Chiefs' Council (NPCC) said, where they face being remanded in custody even if they have no previous convictions.

Chief Constable Ben-Julian Harrington,

STEPHEN GLOVER PAGE 14

the NPCC's lead for public order, urged would-be rioters to 'think twice' before getting involved.

'Our message has been plain and simple from the beginning of this unrest – if you are causing violence on our streets you will face the full force of the law,' he said.

Mr Harrington described the rioting, which first broke out in Southport last Tuesday – a day after the stabbings when three young girls were killed and ten other people were injured – and spread to towns and cities across the country, fuelled by far-Right troublemakers online, as 'plain criminality'.

He said: It's dividing our communities, injuring our officers and it needs to stop.

'Forces continue to make arrests so be warned: if you have played a role, you can expect a knock at the door.

'Violent disorder carries a maximum sentence of five years and this week a number of suspects with no previous convictions have already been remanded in prison after their first appearance at the magistrates' court for violent disorder.'

He said police had the 'full support' of prosecutors and would seek to 'minimise bail and maximise remand and custodial sentences' for culprits.

The Crown Prosecution Service (CPS) has put additional prosecutors on standby, who are 'ready to assist forces round the clock', it said. More prison space is also being made available.

Kris Venkatasami, Chief Crown Prosecutor for the CPS, added: 'Charges, including the first charge of intending to stir up racial hatred, are accelerating and we are already seeing swift justice as convictions continue to rise. There is no doubt, what we have seen in the past week is sheer criminality.

'We have always been clear: the law applies equally to anyone engaging in criminal activity, and those who do will be brought to justice.' The CPS and police have also warned that those arrested and charged will be 'named and shamed', with officers taking the unusual step of issuing mugshots prior to conviction.

Yesterday saw riot suspects appear in court in Birmingham, Chester, Liverpool, Manchester, Plymouth, Sheffield, Warrington and Wolverhampton. Most were charged with violent disorder and offences linked to the rioting.

At least one was charged with publishing hateful material online in relation to a mosque. At Warrington Magistrates' Court, Julie Sweeney, 53, was remanded in custody after being charged with publishing written material to stir up racial hatred.

At the sentencing of three rioters, a community impact statement from Merseyside Police's Chief Constable, Serena Kennedy, was read out at Liverpool Crown Court.

Describing the riots in Liverpool on Friday and Saturday, Ms Kennedy said 93 officers had been injured in an 'unprecedented level of aggression'. She added that 'more injuries [were] being assessed daily'. These include an officer who had both legs fractured, one whose teeth were knocked out and another who suffered a broken jaw.

'It has been shocking to hear the impact the events of the last week have had,' she said. 'Some have been waking up having panic attacks. Officers have expressed a disbelief that officers have not been killed.

'Due to some social media posts and hate crimes that have occurred, some officers and staff and their families fear for their safety. This is impacting on their abilities to serve the communities of Merseyside.'



Jailed: first group of thugs handed hefty sentences

By **Richard Marsden** and **Jack Hardy**

THE first tranche of rioters sentenced over the violence sweeping Britain received hefty sentences yesterday as thugs were accused of 'hijacking' the grief of families devastated by the Southport stabbings.

The lengthiest jail terms were handed to a trio of men involved in violence in Southport and Liverpool.

PUNCHED A POLICE OFFICER

DEREK Drummond, 58, shouted 's***houses' at police then punched an officer outside a mosque in Southport. He was jailed for three years after handing himself in to police after an appeal, telling them he 'had been an idiot' and a 'fool'.

'I'm absolutely ashamed of the way I acted. I've let Southport down, I've let the kids down, I've let my family down and I'm not here to deny anything,' he told detectives.

Drummond, of Southport, broke down a wall before hurling bricks during the violence, which also included chants of 'This is our f****** country' and 'I'm England till I die'.

Judge Andrew Menary KC, sitting at Liverpool Crown Court, said: 'The genuine collective grief of Southport was effectively hijacked by this callous behaviour.'

He said the mob in Southport, who used 'the most foul and racist abuse', left over 50 police officers injured.

TRIED TO TORCH VAN

A THUG who tried to set fire to a Merseyside Police van was described as 'not clever' by his lawyer.

Declan Geiran, 29, of Kensington, Liverpool, was jailed for 30 months after he pleaded guilty to arson and violent disorder.

Brendan Carville, defending, told the court that Geiran had an emotionally unstable personality disorder and was 'not a clever man'.

He added: 'He doesn't understand what far Right and far Left means. He simply went along with the flow.'

Liverpool Crown Court heard Geiran, who has a neck tattoo, has 18 previous convictions, mostly for dishonesty but who was also given a community order last September for sending threatening messages to a woman.



Rioters: Derek Drummond, Declan Geiran and Liam Riley have all received jail terms

RACIST DRAPED IN FLAG

LIAM Riley was jailed for 20 months after he draped himself in a St George's flag and drunkenly abused police. Riley, of Liverpool, admitted violent disorder and racially aggravated threatening behaviour. The 41-year-old,

Huge rise

BRITISH Jews have suffered record levels of vile anti-Semitic incidents in the first half of this year, a shocking report reveals today.

Figures from the Community Security Trust recorded 1,978 anti-Jewish hate incidents from January to June, up 105 per cent on the same period

police tell rioters


Under attack: A police van burns during the riot in Southport

who also appeared at Liverpool Crown Court, was said to have joined a 'large crowd' of around 100 people.

After being taken to the ground, Riley continued to shout at PCs calling them 'traitors' and 'Muslim lovers'.

WOMAN SHOVED POLICE

A WOMAN who pushed police while carrying pepper spray during a violent confrontation in Nottingham was given a six-month suspended jail term and fined £200.

Victoria Gray, 42, of West Hallam, Derbyshire, was sentenced at Nottingham Magistrates' Court after she admitted two charges of assaulting an emergency worker, possession of a weapon and using threatening words or behaviour to stir up racial hatred.

'HAD SHARPENED BAT'

A MAN filmed by Sky News allegedly carrying a sharpened bat at a counter-protest in Birmingham on Monday denied possession of an offensive weapon. Shehraz Sarwar, 46, pleaded not guilty at Birmingham Magistrates' Court to possessing the 'wooden stick with a cord wrapped around it'. He told the court it was a 'religious staff'. Mr Sarwar faces trial on September 23.

RACIST LIVE STREAMER

AARON Johnson, 32, admitted using racist language on a live stream he broadcast to 'millions' outside a hotel in Stockport thought to contain asylum seekers. He was remanded in custody for sentencing.

CONE-THROWING TEEN

IN PLYMOUTH, five people appeared in court charged with violent disorder following a protest on Monday.

Among them was a boy, 17, who admitted throwing a traffic cone and a rock.

The others were Daniel McGuire, 45, who admitted 'spitting on officers and shields'; Michael Williams, 51, who was seen kicking a man; and Lucas Ormond Skeaping, 29, who pushed a 17-year-old off his bike and was caught on his own GoPro camera throwing a full bottle of coke and a rock. Michael Williams and Lucas Ormond Skeaping both pleaded guilty at Plymouth Magistrates' Court.

'MAIN INSTIGATOR'

CHARLIE Bullock, 21, was described as 'the main instigator' of a large group pushing against a police line during riots in Middlesbrough. He appeared at Teesside Magistrates' Court.

'CELEBRATED' ATTACK

COLE Stewart, 18, who was seen 'celebrating' after throwing an object that hit a police officer in Darlington, Co Durham, pleaded guilty to violent disorder.

in anti-Semitic hate

last year. Just over half were linked to, or referenced, the Hamas atrocities of October 7, Israel, the Palestinian territories or subsequent war.

They included an alleged arson attack on a home, with cases of assault up 41 per cent from 86 to 121. There were 25 instances of people being punched or kicked, one of a vehicle being used to 'physically endanger pedestrians', and 162 incidents at Jewish schools or against Jewish pupils – up 119 per cent.

Home Secretary Yvette Cooper said the report's findings were 'truly appalling'.

Comment – Page 14

The only way to reclaim our streets is to root out the true causes of far Right extremism



COMMENTARY
By **Dan Hodges**

LET'S start with the facts. Keir Starmer is right. The overwhelming majority of the violence and disorder we have seen on Britain's streets is being perpetrated, organised and provoked by the far-Right.

Yesterday, I spoke to politicians from both the present and previous government. They had been in contact with senior police officers in the front line of dealing with the current disturbances. And they were in agreement.

'The thing that has alarmed the police is the scale of coordination over the disorder,' a Home Office minister told me. 'These aren't just spontaneous outbreaks of violence. It's Right-wing extremists, and it's very highly organised.'

'What's caught everyone by surprise is the speed with which it's being spread on social media,' a Conservative former minister revealed, 'especially the disinformation.

'The police are really alarmed by it. It's unprecedented in this country.'

Home Office officials believe that as hundreds of the perpetrators are processed through the courts over the coming days, the links between the rioters and far-Right extremist groups will be even more firmly established.

To see the evidence of this, however, you need look no further than the footage of the fire-scarred Holiday Inn in Tamworth, Staffordshire. And in particular the "Get out", "F**k P**is" and "England" graffiti daubed on the wall.

But if we're going to face up squarely to who is perpetrating the racist violence disfiguring our nation, we also have to confront another reality. Which is that racist extremism does not emerge from, or flourish within, a vacuum.

One factor is clearly social deprivation

To adapt Tony Blair's famous phrase, being tough on far-Right extremism is not enough. We also have to be tough on the causes of far-Right extremism.

And that has to start by looking at the purchase the far-Right now has among some elements of the white, working class. We have all seen the footage of the burly man walking proudly through the streets of Sunderland, his swastika tattoo on show. Over the past week he has not been walking alone.

The vast majority of working people will have no truck with violence. My family came from Birkenhead on Merseyside. My grandmother was a barmaid, and my grandfather a brickie who served in the Navy during the Second World War. Any man who had tried walking down their street with a swastika wouldn't have made it to the end of it.

But today, on many similar streets to the one they lived on, the far-Right are able to operate and agitate freely. And we need to understand why.

One factor is clearly social deprivation. Poverty gives no one an excuse to torch police stations, or attack a migrant. But if you look at where the riots are taking place, there is geographic synergy.

During the election I visited Jeremy Hunt's constituency in Godalming, and went canvassing with him. The single biggest issue to arise on the doorstep was the small boats.

But we will not see widespread rioting in Surrey. Or any of Britain's other more affluent areas. Because social injustice is the food upon which the far-Right feeds.

Though the far-Right are voracious. So their hunger is also sated by another issue: immigration.

We can put in place whatever proscriptions we like. But there is no way of effectively confronting the racist extremists if we cannot finally bring into alignment our mainstream politicians' promises on immigration, the policies they actually deliver and the wishes of the British people.

Many constantly opine 'we need an open and honest debate about immigration'. We don't. We've been debating immigration ad nauseum since the 1950s.

The view of the majority is clear. They want legal immigration controlled and reduced, and they want illegal immigration eradicated. That's it. The responsibility of politicians is to stop talking about it, and deliver it.

There are other issues. The use and abuse of social media. Senior politicians like Nigel Farage have, in my view, stoked unrest in the wake of Southport, and acted as the far-Right's unwitting recruiting sergeants. The way our police have been neutered to the extent they are no longer capable of asserting their authority.

We must call out the racist extremists

But the sterile debate we have seen over the past few days — in which some have sought to deflect from and minimise the role of the far-Right, and others have attempted to overlook the conditions and factors that allow it to flourish — must end.

This isn't hard. When people carrying swastikas are burning migrants out of hotels we don't scratch our chins and say 'hmmm, it's a bit complicated'. We call them out for what they are: far-Right, racist extremists.

But condemnation is not enough. In the days to come we are going to have to burrow deep, and dig that racism and extremism out by its roots.

Tough on far-Right extremists. Tough on the causes of far-Right extremism. That is the way — the only way — to reclaim our streets, our communities and our country.

Tory leadership hopeful Jenrick faces backlash for suggesting shouting 'Allahu Akbar' should lead to an arrest

By **Kumail Jaffer**
Political Correspondent

TORY leadership hopeful Robert Jenrick has been accused of Islamophobia after suggesting Muslims who shout 'Allahu Akbar' in public should be immediately arrested.

The former immigration minister, speaking about the way pro-Palestinian marches have been policed, said it was 'quite wrong' that protesters using the phrase – God is great in Arabic – were not being apprehended.

Mr Jenrick, appearing on Sky News, had been discussing accusations that the police have been harsher in their reaction to the past week's far-Right marches than the protests held since October 7 against Israel's war in Gaza.

However, his comments sparked uproar from Muslim politicians – both Conservative and Labour – who called on him to apologise.

The phrase 'Allahu Akbar' – which has become commonplace during demonstrations where Muslims are present – is used in daily Islamic prayer as well as by the Arabic-speaking Christian community in the Middle East.

In his interview, Mr Jenrick said: 'I have been very critical of police in the past, particularly around the attitude to the protests we

'Stirring up problems'

saw since [the Hamas attack on Israel on] October 7.

'I thought it was quite wrong that somebody could shout "Allahu Akbar" on the streets of London and not be immediately arrested; project genocidal chants on to Big Ben and not be immediately arrested. That attitude is wrong and I'll always call out the police for it.'

Although Mr Jenrick later acknowledged Allahu Akbar were used 'peacefully and spiritually by millions', he said they are also 'routinely abused' by extremists using them in an 'intimidatory and threatening' manner.

Labour's deputy leader Angela Rayner accused Mr Jenrick of 'stirring up some of the problems' with community tensions, adding: 'What we want to see is communities coming together, and the vast majority of the public want to see that.'

Naz Shah, a Labour MP and vice-chairman of the All-Party Parliamentary Group on British Muslims, said: 'This is complete ignorance and textbook Islamophobia from Robert Jenrick. It literally equates every Muslim in the world with extremism.'



Chants: A pro-Palestine march in London at the weekend

Manchester Rusholme Labour MP Afzal Khan said: 'Jenrick's confidence in going on national TV to say that people should be arrested for saying Allahu Akbar exposes his deep-seated prejudice against Muslims.'

Following the backlash, Mr Jenrick said he had been referring to 'aggressive chanting' of the phrase that could qualify as an offence under the Public Order Act. He added: 'Extremists routinely abuse common expressions for their own shameful ends. All violence must end. All violence must be called out.'

Fellow Tory leadership candidate Mel Stride said the 'wholesale criminalisation' of the phrase Allahu Akbar was 'unwise and insensitive'. He added: 'Any threat in the use of these words can only ever be implied in the very rarest of circumstances. Context clearly matters hugely here.'

Lord Ahmad, who served as a minister under five Conservative prime ministers, said: 'Robert Jenrick, your comments [come] at a time when communal tensions are high and fuel Islamophobia – don't try to qualify your comments, just apologise.'

And former Home Secretary Baroness Warsi added: 'Robert needs to learn the difference between good, decent, political discussion and populist rabble-rousing. If you genuinely feel your comments were inappropriate, offensive, incendiary and anti Muslim – which they were – then start by apologising. Then you can go back to pretending you are a responsible candidate for the leadership of our party.'

In response, Mr Jenrick told Times Radio: 'I fundamentally disagree with Sayeeda Warsi. If a politician cannot speak out about the undoubted problem we have for fear of being falsely labelled as a racist, that is a very troubling situation. If we shut down that debate it leads to millions of our fellow citizens feeling ignored.'

Coroner's sombre tribute to Elsie, Bebe and Alice

By **Richard Marsden**

INQUESTS were opened yesterday into the three girls killed in the Southport stabbings – as a coroner said it was 'impossible to adequately articulate the devastating, lifelong effects' of what had happened.

Bebe King, six; Alice Dasilva Aguiar, nine; and Elsie Dot Stancombe, seven, died at a Taylor Swift-themed dance class in Southport, Merseyside, last Monday. The killings were followed by riots in Southport that then spread across the country.

The inquests were formally opened by the senior coroner for Sefton, St Helens and Knowsley, Julie Goulding, at Bootle Town Hall. She said this was a 'short, sombre, formal process'.

Adjourning proceedings to allow the trial of suspect Axel Rudakubana, Ms Goulding added: 'It is impossible to adequately articulate the devastating, lifelong effects the truly tragic events of Monday, July 29, 2024, have had, and will continue to have, on the parents, families and friends of Elsie, Bebe and Alice, who cruelly lost their young lives in such horrific

'Missed beyond any description'

circumstances. The three young children were full of life and energy and will be missed beyond any description my woefully inadequate words may attempt to describe.'

Coroner's officer James Martindale told the hearing: 'On July 29, shortly before 10am, a group of 26 children... attended a dance yoga studio for an organised dance party.

'At some time between 11.40am and 11.50am a male, now been identified as Axel Rudakubana... is then alleged to have started attacking those present.

'Three children tragically died and others, children and adults, were injured, some critically.'

He said Elsie's death was pronounced at 1.53pm at the Hart Space studio, and she was identified by a police officer from her clothing and a photograph.

The hearing was told Bebe was pronounced dead at 1.03pm, further down the street from the dance studio, and was also identified by a police officer. Alice, identified by her father, Sergio Aguiar, was pronounced dead at 1.20am on Tuesday, July 30, at Alder Hey Children's Hospital, Liverpool.

On Tuesday, Merseyside Police said one child remained in hospital. All other patients injured in the stabbings had been discharged.

THE REACTION: RIOTS SPECIAL

With Sarah Vine & Andrew Pierce

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Online rant: Lucie Connolly posted after the attack in Southport

Childminder wife of Tory councillor arrested after she called for rioters to set fire to migrant hotels

By **Iwan Stone**

THE wife of a Tory councillor has been arrested for inciting racial hatred after she called for hotels with asylum seekers to be set on fire.

Lucie Connolly, who works as a childminder, concluded her tweet with the phrase: 'If that makes me racist, so be it.'

She has since deleted her post, blaming it on 'a moment of extreme outrage and emotion' when she was acting on 'false and malicious' information.

Her husband Raymond, who is vice chairman of the committee on adult social care at West Northamptonshire Council, told the BBC his wife is not racist – because she looks after 'Somalian and Bangladeshi kids'.

Northamptonshire Police confirmed that a woman, 41, has been arrested on suspicion of inciting racial hatred after reports of a hate crime regarding a social media post.

Writing on X, Connolly said: 'Mass deportation now, set fire to all the f****** hotels full of the b******* for all I care, while you're at it take the treacherous government and politicians with them.

'I feel physically sick knowing what these families will now have to endure. If that makes me racist, so be it.'

The message was posted just hours after the death of three girls, aged six, seven and nine, at a Taylor Swift-themed holiday club in Southport.



Husband: Raymond Connolly

The knife attack sparked a slew of misinformation that spread online fuelled by Russian-linked fake news.

Online community Childcare.co.uk has since said they have suspended Connolly after allegations emerged that she had an advert on their platform.

Several posts remain on Connolly's account, including one where she says she has 'seen no one trying to organise or spread any kind of hate or discrimination'.

She continues: 'Imagine if two-tier Keir told me I had to stay in my home due to riots. That threat is very real right now.' It comes after violent riots have erupted across the UK following the fatal Southport stabbings.

Just days ago masked thugs descended on hotels believed to be housing asylum seekers, with many starting fires to the buildings.

Councillor Connolly said that his wife had made one 'stupid, spur of the moment tweet out of frustration, and quickly deleted it'. He added: 'She's a good person and she's not racist. She's got Somalian and Bangladeshi kids she looks after and she loves them like they're her own.'

Responding on social media yesterday, Connolly said: 'I regret and apologise for a recent post that I made. Acting on information that I now know to be false and malicious, and in a moment of extreme outrage and emotion, I posted words that I realise were wrong in every way.

'I am someone who cares enormously about children, and the similarity between those beautiful children who were so brutally attacked and my own daughter overwhelmed me with horror but I should not have expressed that horror in the way that I did.

'This has been a valuable lesson for me, in realising how wrong and inaccurate things appearing on social media can be, and I will never ever react in this way again.'

King's concern for areas hit by the national unrest

By **Rebecca English**
Royal Editor

THE King has asked for 'daily updates' on the UK riots and could visit affected communities in the future.

It is understood that Charles, who is in Scotland, has asked to be kept updated on the rapidly evolving situation.

He is also engaging 'privately' around issues that the national unrest and violence has generated. Buckingham Palace last night declined to go into detail of what form that engagement is taking.

But sources stressed that His Majesty has spent much of his life, both as monarch and Prince of Wales, working to encourage community cohesion and interfaith dialogue.

It comes amid calls by some for the Royal Family to take a lead amid the national crisis.

Mail columnist Sarah Vine wrote yesterday that the late Queen Elizabeth might have had the capacity to calm tensions.

She claimed the King 'for all his virtues' did not 'command the same level of reverence' and has been 'conspicuously silent on the recent clashes'.

However, others have pointed out that Charles must be seen to be impartial, particularly given the divisive level of political discourse around the rioting.

Queen Elizabeth, notably, did not intervene by issuing any public message during the equally explosive summer 2011 riots, sparked by the killing of Mark Duggan by the Metropolitan Police.

She would also have refrained from speaking publicly around the issue on official advice. Constitutional expert Craig Prescott said on X: 'I think (intervention) is problematic. In general, the monarchy does not comment on current political events. It chiefly acts through its "work", i.e. Charles visited Tottenham several times after the 2011 riots (and was praised for that).

'In a slightly different way, the Queen visited those injured in the Manchester Arena bombing, describing the bomber "as very wicked". The King supports and has spoken extensively about community relations.'

Sources have stressed that His Majesty is acutely conscious any immediate reaction to the trouble should be led by the Government. He did issue a public message in the aftermath of the Southport attacks last week and is likely to visit flashpoint areas in the future.

However, given the security requirements around a royal visit – and with policing stretched to the limit in affected areas – it would only happen at a time when it does not place any additional burden on frontline emergency services or risk inflaming the situation on the ground.

Although in Scotland on holiday, the King, who is also continuing to undergo weekly cancer treatment, is still undertaking public duties.

Tech bosses told to remove hate videos

SOCIAL media bosses were yesterday told to 'act now' by removing videos that could fuel more riots.

Regulator Ofcom wrote an open letter to tech chiefs warning them that they have a duty to protect users from 'videos likely to incite violence or hatred'.

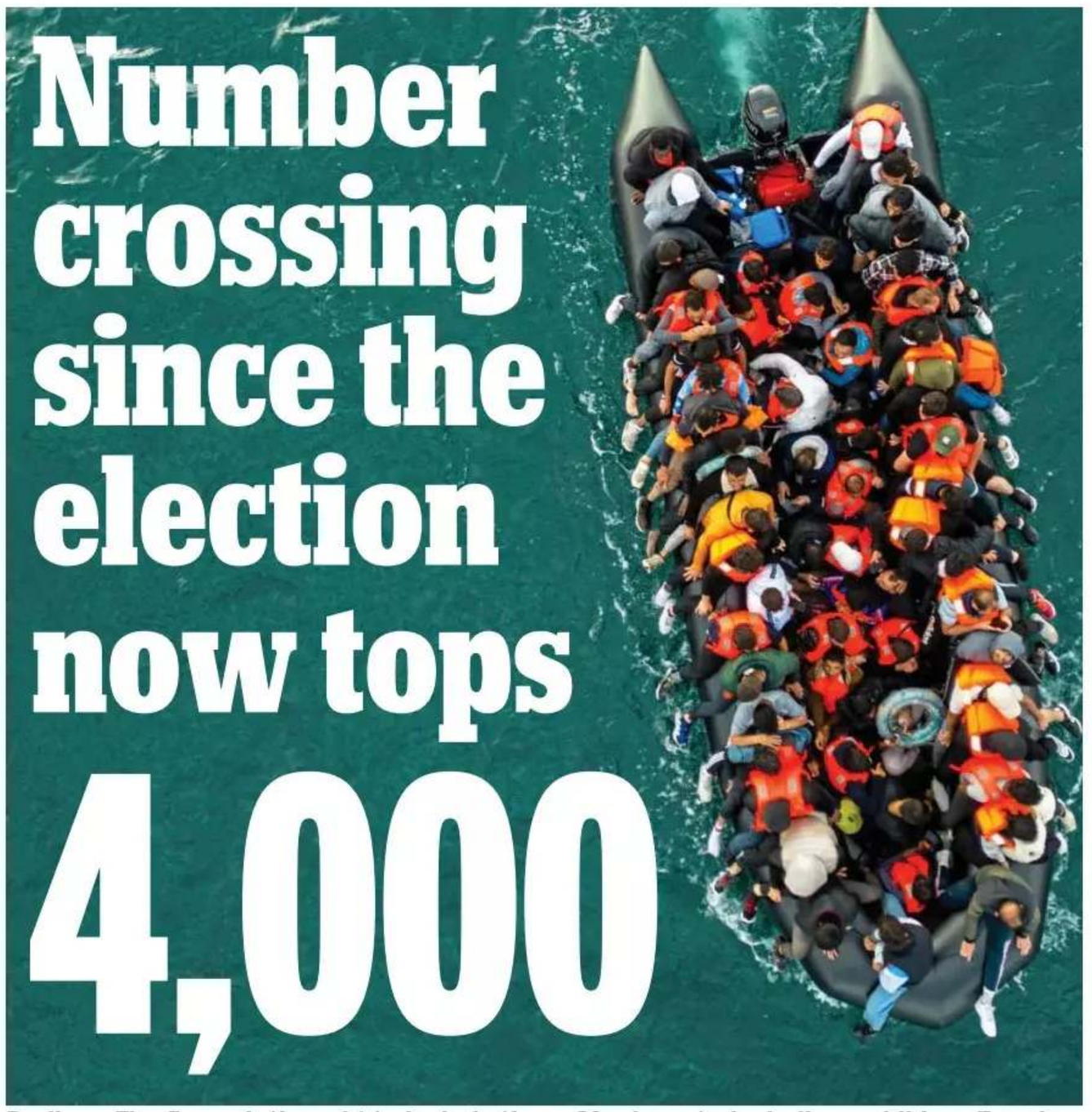
Deputy Prime Minister Angela Rayner meanwhile hit out at 'fake news' and 'hate' that has been widely circulated online in recent days.

By **David Churchill**
Chief Political Correspondent

She was speaking during a visit to a hotel in Rotherham used to house asylum seekers that was stormed by far-Right rioters last week.

Labour MP Andrew Lewin accused X owner Elon Musk of 'fanning the flames of hate' on the platform following the billionaire's comments about 'inevitable civil war' in Britain.

Number crossing since the election now tops 4,000



Perilous: The figure is thought to include these 60 migrants, including a child, on Tuesday

By **David Barrett**
Home Affairs Editor

MORE than 4,000 small-boat migrants have reached Britain since Labour came to power.

Home Office figures showed 355 people crossed the Channel illegally on Tuesday, bringing the total since the General Election to 4,065.

The third consecutive day of arrivals also brought this year's running total to 17,639, it was confirmed yesterday.

Shadow home secretary James Cleverly called on the Government to 'get a grip'. He said migrants on the French side of the Channel had been waiting until the Rwanda asylum scheme was scrapped.

Cancelling the Conservatives' plan to remove irregular migrants – including those who arrive by small boat – was one of Prime Minister Sir Keir Starmer's first acts in office.

The Rwanda scheme had been designed to remove migrants' ability to stay in the UK and deter them from making the crossing in the first place.

Last September it was reported that the National Crime Agency (NCA) – dubbed 'Britain's FBI' – had assessed that ministers would struggle to stop

'They need to get a grip – and fast'

the boats without a scheme to remove and deter migrants.

So far this year 23 people have died attempting to make the perilous crossing from continental Europe.

Tuesday's arrivals are thought to include about 60 people, including at least one young child, who were photographed by drone aboard an overladen dinghy.

Mr Cleverly said: 'We knew that there were people waiting until the Rwanda partnership was scrapped to cross the Channel, and it has come to pass.

'Labour got rid of the deterrent the NCA said we needed, they can't find someone to run their phantom border command, and the people smugglers can see that. Now they are taking advantage, 4,000 migrants have taken the potentially lethal journey across the Channel since Labour came to power.'

Calling on Sir Keir and Home Secretary Yvette Cooper, Mr Cleverly added: '[They] need to get a grip – and fast.'

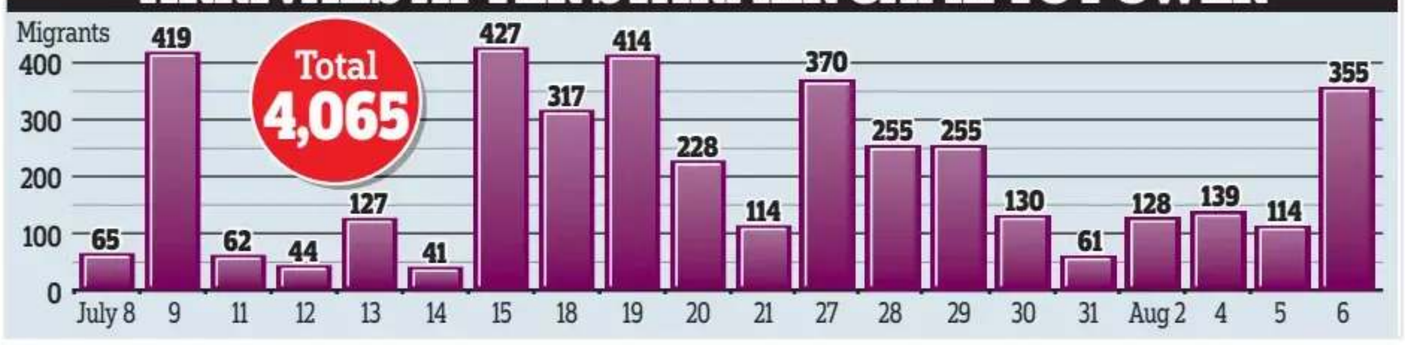
A Home Office spokesman said: 'We all want to see an end to dangerous small-boat crossings, which are undermining border security and putting lives at risk. The new Government is taking steps to boost our border security, setting up a new Border Security Command which will bring together our intelligence and enforcement agencies, equipped with new counter-terror-style powers and hundreds of personnel stationed in the UK and overseas, to smash the criminal smuggling gangs making millions in profit.'

The latest figures come days after it emerged that the Home Office's top civil servant was given a £30,000 pay bump – despite presiding over the crossings. Sir Matthew Rycroft, the permanent secretary, has faced accusations of being 'rewarded for failure' after he was given the increase on top of his £180,000-£190,000 salary.

UK Border Force boss Phil Douglas was also awarded a bonus of £15,000-£20,000 last year.

Comment – Page 14

ARRIVALS AFTER STARMER CAME TO POWER



Homes in the South 'must pay more to keep lights on'

By Colin Fernandez

POWER blackouts could hit the South East unless householders in the region pay more for their supply than other parts of the UK, a report claimed.

The warning was allegedly made in private conversations by officials from National Grid's Electricity System Operator (ESO). Executives are said to have claimed the network was becoming so congested that 'there will be blackouts in the South East by 2028', according to an industry source.

This comes amid concerns the switch to wind and solar power plus outdated market rules are leading to 'grid congestion'.

A second energy industry insider reportedly said the ESO is 'very worried about keeping the lights on' in the region and

'Grid becoming congested'

added that the chance of blackouts was 'credible' without action to address the issue.

The move to 'net zero' will increase the amount of solar and wind power but this is often produced in areas far from where it is needed.

Meanwhile, the ESO is campaigning to introduce zonal pricing, which would allow power suppliers to charge more in the South East than elsewhere if demand is higher.

The ESO stated officially that its 'analysis does not show there will be blackouts' while declining to comment on the private remarks.

A spokesman said: 'We regularly assess the future challenges to decarbonising Great Britain's electricity system while maintaining security of supply and managing cost.'

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At 51, a new Eddie the Eagle (on a skateboard) is born...



From **David Jones**

IN PARIS

WOULD he skate into the arena on his board or be wheeled in, sitting in a bathchair? When he got down with the kids would he ever be able to get up again?

Well, if he did fall and break an arthritic bone when attempting a flip, at least he would be in the right place – he could have it set in plaster of Paris.

As we awaited the entrance of Team GB's Andy Macdonald, at 51 the oldest person ever to compete in Olympic skateboarding – a sport usually associated with teenagers wearing backwards baseball caps – the jokes flew thick and fast.

And by the end of the competition, during which the French crowd took the so-called Rad Dad to their hearts, booing the judges when they awarded him low marks and cheering as he bowed out with a lap of honour, the new Eddie the Eagle was born. It might be unfair to compare him with Eddie, the ham Gloucestershire ski-jumper whose comical ineptitude at the 1988 Winter Olympics made his name synonymous with glorious British failure.

'Competitors are younger than his son'

After all, old Macdonald was once a fine exponent of his craft.

In a career spanning more than three decades, his street cred grew as he won a string of competitions, and he even performed a skateboarding demo at the White House.

Yet time has clearly taken its toll, and so much about his unlikely intervention in these Games yesterday smacked of the plucky but out-of-his-depth Eddie.

One didn't need to look at his date of birth on the competition start sheet – 1973 – to see he was competing against skateboarders younger than his watching 18-year-old son.

You just had to contrast his middle-age physique with those of his rivals, whose T-shirts hung off their lithesome frames.

And from Macdonald's first 'flip' it was poignantly evident that the springs in his knees were going rusty. He simply couldn't leap as high as the others.

He fell for the first time when practising. A heavier crash came on the first of his three competition runs, after which he was inevitably eliminated.

Yet you had to doff your cap to him for his bravery – and unlike Eddie, he didn't trail miles behind the field but finished 18th out of 22 competitors.

He was still beaming with the joy of it all when he spoke to waiting journalists – so numerous that one would have thought he had won the gold medal.

Did he think the judges might have discriminated against him on age grounds, I asked him.

No, he replied graciously, he'd heard the crowd booing when his low scores came in but skateboarding was more of an art form than a sport and marking was subjective. 'I was like, this is fun no matter what age you are,' he grinned. 'This is the coolest, funnest, most inclusive thing that you can do. It's like the fountain of youth! I've been doing it since I was 12 years old, and I'm 51 and still enjoying every minute of it.'

Although he represents Great Britain, Macdonald has an American accent and lives in California. His ties to this country are tenuous.

His father, Roderick, who emigrated to the US, was born in Luton, and he also has Scottish ancestry. Oh, and he recently discovered a third cousin in Kent.

Before the pandemic, he made his living as a skateboarder but when Covid struck, events were suspended, and his sponsorship deals ended. It was then that his quest for Paris began.

As he had no chance of qualifying for the US team, he obtained a British passport through his father's nationality, but only scraped the result he needed in a competition in Budapest in June.

When he broke the news to his wife Rebecca, who once lived in Paris, and whom he had promised to take back there, she was thrilled. He has relished every minute of the Olympics, but as a scruffy skateboarder dude he was taken aback when he was issued with the team's smart suit, and asked why he needed one.

'In case the King asks you to tea,' he was told. 'And, I said, "Oh! good idea!"'

Before he left, I asked whether we might see him in Los Angeles four years hence. 'Do they need 59-year-olds at the Olympics?' he laughed, getting his maths wrong. Well, no, probably not.

For one marvellous day, though, the Eddie the Eagle of skateboarding reminded grandads such as me that age really is just a number.

Comment – Page 14



'We'll join you later grandpa – we're just watching the news'





Roar of joy: Andy Macdonald in action yesterday

Smoking golfer who's been told to putt out the ciggies

From **Claire Duffin** in Paris

OF ALL the countries to have hosted the Olympics, France could reasonably be expected to have the most lax approach to smoking.

Unfortunately for golfer Charley Hull, modern times have caught up with the Paris Games and there is a smoking ban at all venues.

The 28-year-old world number 11, who has ADHD, says she smokes while she plays to help her relax.

The ban may have put her at a disadvantage – her bid for Olympic glory got off to a nightmare start yesterday as she hit her first tee shot into the water and ended the first round nine over par to finish 58th out of 60.

But speaking after her round yesterday, Ms Hull blamed a shoulder injury, which she sustained in a fall as she got out of the shower.

'It's been five weeks since I last played properly so I feel a bit rusty... I feel so frustrated,' she said. 'It wasn't the start I wanted and I wanted a few less. But I'm playing pretty well though and it only takes one low round for me to be back in it.'

Ms Hull, from Kettering, sparked controversy in June thanks to viral footage of her signing autographs at the US Women's Open with a cigarette hanging from her mouth.

She previously revealed that her dad Dave, a retired plasterer, has smoked '40 a day since he was 12 and now he's 75'.

Ms Hull has three more days to prove herself in the 72-hole tournament. Britain's other golfer, Georgia Hall, fared better yesterday, finishing two over par in joint 30th.



Lucky strike? Golfer Charley Hull

Our all-time medal tally hits 1,000

TEAM GB secured its 1,000th medal in sporting competition at the Olympic Games yesterday.

Ethan Hayter, Daniel Bigham, Charlie Tanfield and Ethan Vernon secured a silver medal in the cycling men's team pursuit, which saw the team reach the milestone.

British and Northern Irish athletes have competed at every Olympics since 1896, when the modern Games first took place in Athens. Just 34 medals were at the winter games.



Daily Mail
COMMENT

So where's the plan to stop the boats?

IN its election manifesto, Labour claimed to have a 'practical plan' ready and waiting to tackle the small boats crisis. So where is it?

More than 4,000 illegal migrants have crossed the Channel since this Government came to power, bringing the year's running total to 17,639, with no sign of abating.

Home Secretary Yvette Cooper's much-vaunted new Border Security Command is no nearer becoming a reality, not least because no credible candidate will accept the poisoned chalice of heading an organisation so doomed to failure.

And her solution to ending the backlog of asylum claims appears to be giving up to 90,000 migrants the automatic right to remain here, sending out the message to would-be Channel migrants that if they can reach the UK they are here to stay.

Meanwhile, she has scrapped the Rwanda scheme without having any alternative deterrent. Not so much a practical plan as an abject surrender of our borders.

It is this insouciance towards uncontrolled mass migration that has spread the anger and disaffection on which extremism feeds.

Many of the areas experiencing upheaval voted for Brexit in the belief it would enable Britain to take back control. Instead, they have seen legal and illegal migration spiral.

Apart from the severe pressure this places on housing and public services, many feel their communities are changing in character and culture without any consultation.

This can't excuse the appalling disorder we have seen in the past nine days, but it is a contributing factor. Until Ms Cooper and Sir Keir Starmer understand this and seek to get a grip on migration numbers, resentment will continue to simmer.

They were critical enough of Tory failings while in opposition. It's their problem now.

Speak out on all hate

THE Prime Minister has rightly given assurances to Muslim communities that he will take 'every step possible' to keep them safe. But they are not the only minority that needs protection.

British Jews suffered record levels of anti-Semitic incidents in the first half of 2024, with offences ranging from verbal abuse to vandalism and assault.

Shockingly, more than 250 of the nearly 2,000 incidents were directed against schoolchildren, students and university academics, many referencing Hamas and the October 7 massacre.

Sir Keir claims to have purged Labour of the vile anti-Semitism it harboured under Jeremy Corbyn. He must prove it by being as vocal about attacks on Jews and synagogues as on Muslims and mosques.

The best of British

WHILE the rioters bringing fear and chaos to our streets sadly represent the worst of Britain, our lion-hearted Olympians epitomise the very best.

Aged between 16 and 51 and drawn from across the social, economic and ethnic spectrum, their dedication, skill and courage have been truly inspiring.

On the track and the water, in the pool and the gymnastics arena, at the skatepark and the velodrome, on horseback and mountain bike they have excelled themselves.

Our youngest medallist, 16-year-old Sky Brown, showed astonishing grit in winning a skateboarding bronze despite having dislocated her shoulder.

Asked whether she considered pulling out because of the pain, she said it hadn't crossed her mind. 'When you fall, you've just got to get back up again,' she said. A lesson for sport and for life.

In a spirit of calmness, let us admit the police are sometimes guilty of double standards – and race relations can suffer



by Stephen Glover

TECH billionaire Elon Musk says civil war in Britain is 'inevitable'. He's talking out of the top of his hat.

It's difficult to know whether this spate of riots will fizzle out in a week or so or persist until autumn. Although there is no prospect of imminent civil war, it must be admitted that we are a deeply divided and increasingly polarised society.

People look at the same events and come to diametrically opposite conclusions, having seemingly made up their minds in advance. This is evident in heated discussions about whether there is 'two-tier policing' in Britain.

The Government, police bosses and most progressive people vehemently deny that it exists. The alignment of progressives with the boys in blue is striking since such people are often keen to find fault with the police.

Petulant

On the other side of the argument, Mr Musk, Nigel Farage and sundry Tory MPs all assert that there's ample proof of two-tier policing. The nub of their allegations is that the police are more indulgent of non-white protesters than of white ones.

Is this true? It shouldn't be too difficult to examine recent events in a spirit of fairness and calm, and come at least to a tentative conclusion.

Such calmness was regrettably absent on Monday when Metropolitan Police Commissioner Sir Mark Rowley knocked to the floor the microphone of a Sky News reporter who had asked him: 'Are we going to end two-tier policing, sir?' It was a petulant, unbefitting reaction, for which he has rightly apologised.

I fear many of the concerns about two-tier policing are valid. I don't say that courageous bobbies on the front line are deliberate practitioners. Nor do I believe that among police bosses it is necessarily an instrument of policy. They may simply be softer on non-white protesters out of a terror of being accused of racism.

The danger, of course, is that social cohesion and good race relations will suffer if white people reasonably believe that they are subject to a form of discrimination.

Where to start? A good place is a video taken at the weekend in which a police officer addressed a Muslim crowd outside a mosque in Stoke-on-Trent. He said: 'If there are any weapons, get rid of them. We're not going to make any arrests.'

It may not be conclusive proof of two-tier policing. Perhaps the officer, confronted by a large and potentially violent crowd, was being prudently emollient. Yet I ask — clinging to my precepts of calmness and fairness — whether we can easily imagine a policeman addressing a crowd of possibly armed white people in such mild tones.

Item two is the events in the Bordesley Green area of Birmingham, where large groups of men, some waving Palestinian flags and carrying weapons, gathered on Monday evening. They were reportedly expecting a 'far-Right' demo, which didn't materialise.

This didn't stop the mob attacking passing cars, forcing journalists to withdraw, and smashing up a pub. A white man was punched and kicked, sustaining quite serious injuries. There were no police visible and no arrests were made.

Were they taken by surprise? No. A senior officer in West Midlands Police said they were aware of the planned demonstration, and had met local community leaders, with whom they have 'really strong relations', to discuss 'the style of policing we needed to deliver'. That amounted to none at all.

In other words, community leaders were allowed to shape the police response, which turned out to be woefully inadequate. A man was assaulted and serious damage done. The police were remarkably laid back, as, subsequently, was Home Office minister and Birmingham MP Jess Phillips, who declined to condemn the miscreants.

Still rooted in a spirit of fairness, I ask whether a riot by far-Right hooligans would have been handled by police in a similar way. I very much doubt it. Sir Mark Rowley has warned rioters that 'we will come after you'. Will the police now come after the Muslim thugs who rampaged through Bordesley Green?

I accept that, if a mosque is threatened by a mob, local Muslims have a right to defend it, as they did with commendable restraint last week in Southport. (At a Liverpool mosque they went one better, handing out food to antagonistic demonstrators.) But the mayhem in Bordesley Green was vigilantism run wild.

Nonetheless, Sir Mark stuck to his guns yesterday, and rejected accusations of two-tier policing as 'complete nonsense'. He even said those making the claims were putting officers at risk.

Some of the accusations against the police *are* probably misplaced. For example, Nigel Farage and others have suggested that the authorities soft-peddled last month when there were disturbances in Harehills, Leeds, after children from a Roma family had been taken into care. Vehicles were set on fire and a police car overturned.

Chaos

The police certainly took a softer approach in Harehills than in more recent confrontations with far-Right thugs, but they may have lacked the manpower, or wished to avoid an escalation. They have made 27 arrests and charged four people since the disorder.

The police's intermittent tolerance of anti-Semitic chants during marches in London can't be defended. In June, pro-Gaza activists created chaos on Tower Bridge by blocking traffic and setting off flares. Police restored order without making arrests. There have, though, been numerous arrests since the marches began last autumn, and some police injuries.

Nor is it possible to banish the memory of several police officers 'taking the knee' during a Black Lives Matter protest outside Downing Street in June 2020. That really was a political statement. The officers concerned suffered no disciplinary action.

What makes the police sometimes indulge minority groups? It is a fear of being accused of racism, or of being blamed for exacerbating racial tensions.

Accused

This was evident in the police's reluctance to pursue gangs, largely composed of Asian and especially Muslim men, which groomed young girls in several northern towns. A 2013 report by the Commons Home Affairs Committee judged that the fear of being seen as racist may have hindered the authorities in detecting and preventing abuse.

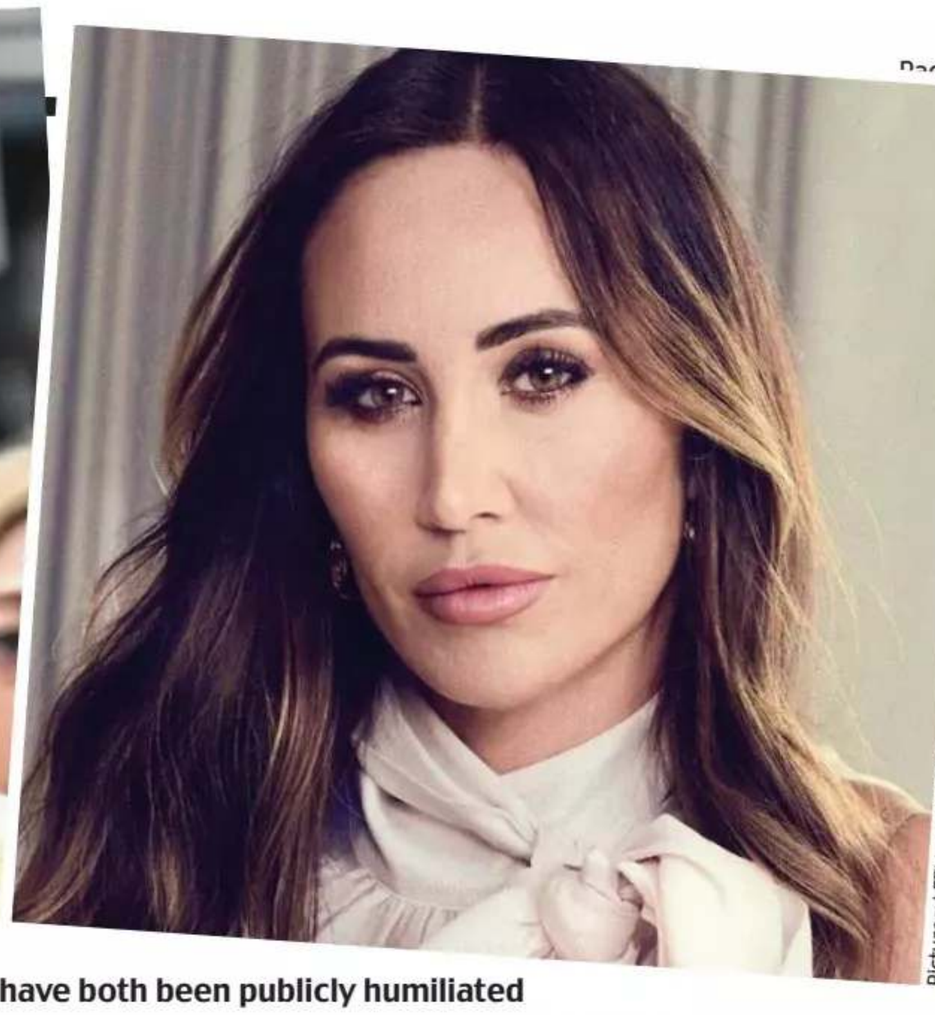
The secretary to a 2022 report by the Independent Inquiry into Child Sexual Abuse told a newspaper: 'We need to break the culture where people are worried that they might be accused of being racist just because they record factual information.'

It goes without saying that the vast majority of Muslims had nothing to do with these vile practices, just as they are overwhelmingly law-abiding. The mob in Bordesley Green is no more representative of Muslims than the thugs who smashed their way into a Rotherham hotel housing asylum seekers are representative of whites.

But the police should beware of the self-righteous defence trotted out by the likes of Sir Mark Rowley. So too must the Government, which shouldn't let its political self-interest in not alienating traditional Labour Muslim voters stand in the way of what's right for the country.

In a spirit of calmness and fairness, let us admit that the police are sometimes guilty of double standards. Unless this ceases, race relations are bound to suffer.





Pictures: LEZLI + ROSE / WIREIMAGE / ANADOLU AGENCY VIA GETTY IMAGES

Bonding: Rebekah Vardy, left, and Lauryn Goodman have both been publicly humiliated

EXCLUSIVE



By **Katie Hind**

CONSULTANT EDITOR SHOWBUSINESS

They've forged a bond after both enduring courtroom humiliations. Now Rebekah Vardy is consoling and advising Lauryn Goodman as they team up to form...

Disgraced WAGS United!

IF EVER anyone needed a shoulder to cry on it was Lauryn Goodman after she realised that the jaw-dropping details of her humiliating courtroom showdown were to be made public.

For months, she had believed that the colourful list of financial demands she'd made of her former lover, the Premier League footballer Kyle Walker, would remain legally confidential.

But when it became clear that the details of Ms Goodman's extraordinary requirements — including a seven-bedroom mansion, a £28-per-hour gardener and a car worth up to £70,000 every three years — would be published around the world, the 33-year-old influencer knew exactly where to turn.

Step forward Rebekah Vardy, the fellow WAG who suffered an even more embarrassing defeat at the High Court two years ago when she sued Coleen Rooney for libel.

The so-called 'Wagatha Christie' trial gripped the nation — and turned Ms Vardy into a laughing stock.

Now, the Mail can reveal that Ms Goodman — Walker's former mistress and mother of two of his children — has become so close to Ms Vardy that the latter is reportedly advising her on how to write social media posts in the wake of the case.

The women have been talking daily and Ms Vardy, a mother of five, has been supporting Ms Goodman, who is bringing up her two young children as a single mum. (Ms Vardy had herself been a single mother before she met Leicester City and England striker Jamie in 2014.)

She has also introduced Ms Goodman to her publicist, who is known to have good tabloid connections.

A FRIEND of Ms Goodman tells me: 'There is the most fascinating friendship behind the scenes. Lauryn and Becky have so much in common.

'Becky has been advising Lauryn, introducing her to people who she has worked with, guiding her over what to post online and how to behave in public. Becky has also been supporting her as she brings up her children alone. She knows exactly what that is like.

'Lauryn has been glad of the advice, of course, and there haven't been many people rushing to support her, so it was appreciated.'

Last weekend, Ms Vardy left a supportive post on Ms Goodman's Instagram account, writing: 'Keep fighting as I know you always will. Truth will prevail.' Ms Goodman's full list of demands from Walker, 34, was laid bare at the end of last month after reporting restrictions were lifted following an application to the courts by newspapers including the Mail.

According to the list, she wanted Walker to pay maintenance worth the equivalent of a £350,000 annual salary and provide £31,000 for an artificial lawn because she believes her one-year-old daughter, who is not yet walking, will one day become a Lioness — a star of the England women's football team.

She asked for a £70,000 Mercedes and another £30,000 car for her nanny, even though the nanny couldn't drive. Ms Goodman argued that she needed £500 a month to maintain a hot tub solely for the children's use, another £500 a month for a gardener and £1,440 a month for a cleaner. Those close to Ms Goodman fear that it will take some time for her to recover from the humiliation of being told by Judge Edward Hess that she has treated Walker, who earns £160,000 a week playing for Manchester City, like an 'open-ended chequebook' since giving birth to his children, Kairo, four, and one-year-old Kinara.

Friends say she is quieter since the case and less keen for attention — and 'very, very down'.

One says: 'Lauryn has always been very forthright, very sure that she is in the right, but this has hit her like a ton of bricks. She was deeply worried about the scathing public reaction. It all feels very unfair to her.'

Ms Vardy had a similar experience after her own court battle, in which the judge described her as an 'untrustworthy witness'. She was ordered to pay more than £2million in legal costs after the nine-day hearing, including £1.5million towards Ms Rooney's costs.

The scandal kicked off when Ms Rooney accused Ms Vardy of leaking stories to The Sun in October 2019.

Ms Rooney, wife of former Manchester United and England striker Wayne, announced on social media that she had spent months posting false stories on her private Instagram account to work out who had been leaking information about her. She then revealed the source of the leaks was 'Rebekah Vardy's account'.

The following year, Ms Vardy sued Ms Rooney for libel and the case came to trial in London in May 2022. Two months later, the judge dismissed the claim on the basis that Ms Rooney's statements had been substantially true.

Ms Vardy was said to have been 'devastated and horrified' at the outcome.

She has since appeared in a documentary about the case in which she spoke about her difficult upbringing with Jehovah's Witnesses. Otherwise, she has stayed largely away from the limelight.

Close observers of the situation say that while Ms Vardy has befriended Ms Goodman, her former antagonist Ms Rooney has supported Kyle Walker's wife Annie Kilner, ever since last December's explosive news that Walker had fathered a second child with Lauryn.



Instagram sleuth: Coleen Rooney was vindicated in 2022

The Walkers have also employed the legal and PR teams that helped Ms Rooney win her fight with Ms Vardy, including lawyer Paul Lunt of Liverpool-based Brabners and public relations expert Rachel Monk.

Ms Goodman, meanwhile, has hired Rebekah's PR man, Ian Edmondson, a former news editor at The News Of The World, who left the newspaper amid its phone-hacking scandal.

Ms Goodman is also friendly with Caroline Watt, Ms Vardy's former agent whose phone — and various messages on it — famously went missing from a boat in the North Sea in 2021.

There are further parallels, as both women have lavish tastes.

Lauryn lives in a spacious home with a hot tub while Ms Vardy and her husband Jamie live in a sprawling £3million farmhouse in Lincolnshire, with a bar, a gym, a football pitch and a rainbow-decorated play park, with a slide, swings and a climbing frame.

Lauryn drives a top-of-the-range Mercedes, while Rebekah has a customised Range Rover.

As one of Lauryn's friends put it: 'At least they have plenty to talk about.'



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Pulling down my TV aerial has made me realise how much television once shaped my life – and question why I'm still coughing up for the licence fee



by Peter Hitchens

THE other day I had my TV aerial removed. The builders were on the roof anyway. So, as I have often wondered if some violent wind would one day rip the wobbly antenna down, taking the chimney with it, I asked them to do this simple job.

It crossed my mind that none of my TV signals came into the house through this array of grey metal any more, so what was the point of leaving it there?

Many of my neighbours in our Neville Chamberlain-era road have done the same. The houses all look far better without aerials and an amazing thing happens as soon as you remove them. Albanian scrap merchants appear, within half an hour, as if they have smelt the newly downed apparatus from afar, begging to be allowed to take it away for nothing. Perhaps, like catalytic converters, they contain some precious metal.

Anyway, they are gone, and it symbolises the end of an important part of my life and of the life of the nation. TV watching, once universal and communal, is fading away, supplanted by phone and laptop.

I am a child of the age of TV. While my boarding schools took a stern view of the device, my parents quickly discovered they could leave my brother and me gaping in front of it while they got on with whatever it was they wanted to do.

In fact, my brother made it his domestic duty, after supper, to 'warm up' our small Murphy receiver with its bulbous works and tiny screen. Gullibly, I accepted this for ages – until I worked out that he was just using it as yet another of his excuses to get out of drying the dishes.

Shortly before I was born, the mighty poet and publisher T.S. Eliot, one of the few prominent British figures who was also at home in the US, had warned of what this sort of thing would lead to.

Nobody cared. In a letter to The Times on December 20, 1950, the revered author of The Waste Land and – it should be said – also of Old Possum's Book Of Practical Cats, noted that the BBC was just about to spend millions on developing a TV service.

HE HAD just returned from a visit to America where TV was far more widely watched. He said: 'I find only anxiety and apprehension about the social effects of this pastime and especially about its effects (mentally, morally and physically) upon small children.'

He urged research on these effects. And he anticipated the standard defence of childish TV watching – the wonderful nature programmes, the serialisations of classic books, etc.

He noted: 'The fears expressed by my American friends were not such as could be allayed by the provision of only superior and harmless programmes. They were concerned with the television habit, whatever the programme might be.'

I think this is more or less right. From the moment I began watching, my imagination and concentration began to shrivel. The books in the school library, by authors such as G.A. Henty or Alexandre Dumas, which I had once read, came to seem far too long.

The effort was no longer necessary. I didn't have to produce my own pictures in my head. Someone else could do it for me. And so it all came drivelling past. Police dramas and thrillers: No Hiding Place, Dragnet, The Saint, obscure American crime dramas, bought by the crateload by British stations, with names such as Glencannon.

'You can bet your bottom dollar...', ran the theme song, 'that Glencannon will be there', though I cannot for the life of me remember why he would be there. Plus plentiful western series such as Gunsmoke, from which I recall only the much-repeated line: 'Chester! This coffee tastes like hogwash!'

And, as the years went by, advertisements arrived, often more entertaining than the programmes. I still know that '1001 cleans a big, big carpet for less than half a crown' and I will never forget the carpet commercials that ended with the proclamation 'This is luxury you can afford – by Cyril Lord'.

Cyril Lord, whose factory in Northern Ireland was famous for turning out five yards of carpet a minute, later went bust, just as spectacularly as he had lived and advertised. I was amazed to discover recently that Mackeson Stout (incessantly promoted by that distinguished actor Bernard Miles) and Maxwell House instant coffee, which seemed to be advertised every half hour in my childhood, are still available.

I once tracked down and drank a bottle of Mackeson, when I was old enough to do so, to check Miles's repeated claim that it 'Looks good, tastes good and, by golly, it does you good'. I have never had a second bottle.

Strangely, the cigarette commercials had no effect on me at all. Did I watch Steptoe And Son? I did. Not to mention all those worthy 1960s industrial dramas full of boardroom struggles, and heaven knows what else.

One unintended consequence of all this is that, as I hit my troublesome teens, I began to feel scorn for it all. I associated family TV watching with the cramped, stilted world I thought I was rejecting, and went off pretentiously to watch rude films in London art house cinemas instead, preferably ones that had been banned by my local council.

I do remember being rather excited in the mid-1960s as the huge hilltop transmitting mast at Beckley, just outside Oxford, was raised still higher so that it could transmit UHF signals and (perhaps one day) colour. But 625-line TV was not much more appealing than 405 lines had been.

YET in the 1980s, I came back to TV, overpowered by the original series of Tinker Tailor Soldier Spy, which I still rate highly – and easily amused by Minder and The Professionals (I can't bear them now. I tried). I had to give up my anti-TV snobbery when it became embarrassing to ask friends if I could come round to watch the latest episode of Tinker Tailor.

Above all, I was enthralled by TV news, the two main bulletins at nine and ten, followed by BBC2's Newsnight. I have never felt so in touch with the world, then passing through an economic, moral and political convulsion from which it has still not recovered.

ITV's News At Ten, with its magical pairing of the superbrain and cool beauty Anna Ford, and raffish boozer Reginald Bosanquet, was unmissable. Would tonight be the night when it finally went disastrously wrong? Yet it never did.

When I began to spend long periods abroad in the 1980s, I lost touch. By the time I came back in the mid-1990s, there was less to be in touch with and the new programmes seemed trite and full of canned laughter, which I hate. Even the big programmes were small. The vast shared audiences of the 1960s were gone.

I realised on Monday, when I tuned into a documentary about Lucy Letby, that it was the first time in months, possibly years, that I had watched a live current affairs programme. I hardly ever watch TV news, and groan when I do. It reminds me of Soviet Vremya bulletins from my Moscow days. By far the best TV dramas now come from Israel, France and the US.

I still cough up the licence fee, but I really can't see why I should, most of the time. We watched our neighbours' daughter taking part in the Olympic hockey contest (alas, no medal) on our computer and had to pay.

I sense that the BBC is heading for the same scrapheap where those Albanians dumped the unusable bits of my aerial. What will happen to the valuable parts? I just don't know.

Ephraim Hardcastle

CHIROPTEROLOGISTS at Balmoral report that the pipistrelle bats, resident in the rafters for decades, are enjoying life. The Queen wasn't too keen helping staff remove them with butterfly nets. Alas, because she had them released in the surrounding countryside they soon found their way back to their royal colony. Her Majesty refused to believe they were capable of 'homing'. But the King, rather prouder of his family links to Vlad the Impaler and a frequent visitor to Transylvania, leaves the bats in peace.

NOW proving a considerable thorn in the side of Sir Keir Starmer – he's angered No10 after announcing 'civil war is inevitable' in the UK and labelled the PM 'two-tier Keir' on policing – billionaire X boss Elon Musk had a notably cosier relationship with his predecessor. Musk and Rishi Sunak enjoyed what was described as a 'love-in' during a public discussion about artificial intelligence at Lancaster House last November. Don't expect Elon and Keir to be following suit any time soon!



SEX symbol Gillian Anderson, pictured, editing Want – a book of women's sexual fantasies for Bloomsbury – has included one of her own. Declining to elaborate, Gillian wonders if any readers will be able to guess which of the anonymous erotic daydreams is hers. 'I'd be really bad at pretending it wasn't mine,' she says. 'I'm a really bad liar.'

LISA Nandy has selected Stephanie Peacock as the minister for sport. Handily she supported Nandy's bid to become Labour leader in 2020 – which she lost to Sir Keir Starmer. Peacock loves her football – a bit too much. In 2018 she and some female colleagues were reprimanded by John Bercow for using the Commons chamber for an impromptu game to publicise the women's parliamentary football team. On me head, Squeaker!

BRITAIN'S gold medallists at the Paris Olympics have done the nation proud by belting out the national anthem on the podium. A source reports that 'guidance' issued to Team GB in Paris is for them to learn the words and to sing with 'gusto'. No one seemed to notice that trampolinist Bryony Page sang 'God Save the Queen' when collecting her gold last week. And golden girl Keely Hodgkinson was simply too overcome with emotion when her moment came. His Majesty wouldn't have minded.

REFUSING 'to sit up straighter' to hide her 'belly rolls' during a bikini scene Kate Winslet is no stranger to weight-related jibes. When filming her famous role in Titanic, curvaceous Kate was rudely referred to as 'Kate Weighs-a-Lot' by director James Cameron.

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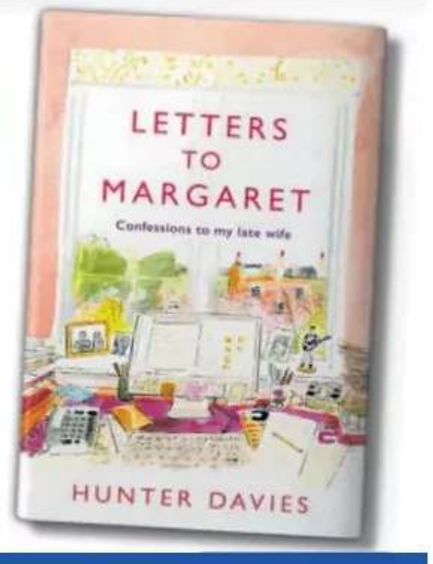
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SCAN ME

Craig Brown



Look out! The US election's just got even more weird

THEY say Kamala Harris chose Tim Walz as her vice presidential running mate after being impressed by his description of her rival, Donald Trump, as 'weird'.

For some reason, the insult had taken off, and had clearly rankled the one person it was meant to rankle: Trump himself.

Interviewed by the radio host Clay Travis, Trump was still smouldering. 'Nobody's ever called me weird.' Weirdly, he then repeated the same sentence: 'Nobody's ever called me weird.' He then added: 'I'm a lot of things, but weird I'm not.'

Walz, the governor of Midwest state Minnesota, also described the Republican vice presidential nominee, J.D. Vance, as 'weird', and this also upset Trump. 'I will tell you. J.D. is not at all. They are. We're not weird people. We're actually just the opposite.'

It's strange – weird, even – that everyone seems to have forgotten the first time the word 'weird' was publicly applied to Trump. It was seven years ago, on January 20, 2017, and it happened outside the Capitol Building in Washington DC. President Trump had taken his oath of office, and many imagined he would go on to deliver an inaugural address that was dignified and statesmanlike.



Annoyed: Donald Trump

Instead, he launched into a tirade, portraying America as broken, with 'rusted-out factories scattered like tombstones across the landscape of our nation'. He blamed it on previous presidents, before announcing: 'The American carnage stops right here, right now… From this moment on, it's going to be America First."

When Trump's rant came to an end, former President George W. Bush turned to the defeated candidate, Hillary Clinton, and said the immortal words: 'Well, that was some weird s***t.'

Appropriately enough, the word 'weird' is itself weird. Just look at the way it is spelt: if it were a conventional word, we would spell it 'wierd'. But no: it is one of those odd-bod words, like 'beige' or 'heist' that refuses to obey the rule every schoolchild knows – 'i before e except after c'.

The word 'weird' has gone in and out of fashion. Around 1400, it was spelt 'wierd', developed from the Old English 'wyrd', and meant 'having the power to control the fate of men', which certainly qualifies Donald Trump as wierd or wyrd, if not weird.

It then fell from favour until 1606, when various characters in Macbeth referred to the three witches as the 'Weird Sisters'. Alas, Shakespeare neglected to pen a speech in which a witch hits back, saying: 'Nobody's ever called me weird. I'm a lot of things, but weird I'm not.'

Ever since its revival in Macbeth, people have used the adjective 'weird' to mean strange. Is it purely coincidental that Trump was born in 1946, which, according to the Oxford English Dictionary, was just three years before the adjective became the noun 'weirdie'? By 1955, 'weirdie' had become 'weirdo', which is still popular today.

Until recently, weirdos were easily identifiable as people who talked to themselves in public. If you spotted someone coming towards you talking gibberish at the top of their voice, you would swerve away and avert your eyes.

But since the advent of the mobile phone, the weirdos have taken over. These days, every other person in the street is chatting at full volume, even though no one is walking alongside them.

Donald Trump's speeches have increasingly become unstructured rambles around the interior of his skull, addressed to everyone and no one. 'I've got to be the cleanest – I think I'm the most honest human being, perhaps, that God has ever created,' he told a rally in North Carolina in 2022.

LAST year, for no discernible reason, he rambled on about sharks to a rally in Iowa: 'If I'm sitting down and that boat is going down and I'm on top of a battery and the water starts flooding in, I'm getting concerned.

'But then I look ten yards to my left and there's a shark over there, so I have a choice of electrocution or a shark. You know what I'm going to take? Electrocution. I will take electrocution every single time. Do we agree? Yeah, I will take electrocution.;

Perhaps this is why Tim Walz's observation hit its target: because if anyone in your neighbourhood started speaking like that, you would definitely think 'weirdo', before walking swiftly on.



Cool summer: Cat Deeley in St Tropez

Deeley's the Cat that got the sun cream

By **Lily Jobson**

AFTER a brilliant start hosting This Morning, Cat Deeley has certainly earned herself a bit of a break.

The 47-year-old, who joined the ITV show in March, enjoyed some time off with a beach day on the French Riviera.

The presenter kept her cool in a green bikini before joining her husband Patrick Kielty for a swim in the Mediterranean.

Last week Ms Deeley posted a video montage of her holiday in St Tropez, which showed her playing in a swimming pool, eating ice cream and doing yoga. Another clip showed her laughing as her son peeled off a face mask and shouted: 'Yuk!'

Referencing the viral 'brat summer' social media trend, the mother of two wrote: 'So tell me... how does one become "brat"? Asking for a friend.'

Ms Deeley and her co-host Ben Shephard will return to This Morning on September 2 after a seven-week break.

A series of guest presenters will front the show until then including Friday hosts Alison Hammond and Dermot O'Leary.



Husband: With Patrick Kielty

Nurse accused of baby kidnap plot 'had told husband she was pregnant'

By **Andy Dolan**

A STUDENT nurse accused of attempting to kidnap a premature baby had duped her husband into believing she had given birth to twins weeks earlier, a court heard.

After allegedly faking the pregnancy, Safia Ihmadei was then said to have claimed that one of the infants had died, but became 'increasingly desperate' as she still 'needed to produce a baby'.

She repeatedly entered the neonatal unit at a hospital where she was working on a placement and then befriended a baby's mum, jurors were told.

Ihmadei, 36, then attempted to snatch the newborn after entering the ward at New Cross Hospital in Wolverhampton in her student nurse's uniform which was covered by a coat, the court heard.

Seamran Sidhu, prosecuting, said the defendant had separated from her first husband and went on to marry again but the couple struggled to conceive.

Ihmadei told her second husband she was pregnant with twins and was due to give birth in December last year, it is alleged.

Ms Sidhu said: 'December came and no babies arrived. That's because she was not pregnant.'

The Wolverhampton University student then lied to her husband, saying she had given birth in mid to late January but she claimed one twin had died as it had been starved of oxygen, it is claimed. Ihmadei had allegedly 'scouted out' babies during multiple trips to the neonatal ward while wearing her student nurse's uniform, Wolverhampton Crown Court was told.

She plotted to kidnap the newborn after taking a particular interest in the baby and quizzing the mother on their racial heritage, jurors heard.

'Couple struggled to conceive'

As part of her placement, Ihmadei was not working at the maternity ward. Nurses on the unit repeatedly warned her not to visit after confronting her, prosecutors said.

The defendant told one nurse she was 'just passing by' after visiting the resources department. But Ms Sidhu said: 'That department was on the other side of the hospital so she would not have been just passing by.'

Ihmadei was suspended by her university and told not to go to the hospital once concerns were raised with police, the court was told. However, just hours later, she returned to the ward and was arrested.

When police searched her, they found she was carrying baby clothes and a comforter. More baby clothes – still with their shopping tags on – a passport and £1,500 cash were found in her car.

Ms Sidhu said: 'The prosecution say she was not just being friendly to the baby's mum. She was not just visiting the baby to bring blankets and be kind.

'She may have wanted to dupe her husband and others into believing she was pregnant. She needed to produce a baby somehow.'

In a police interview, Ihmadei, from Wolverhampton, confirmed she had spoken to the baby's mother for about 30 minutes, discussing their backgrounds and family.

But she said the mother had complained that her baby was cold so she wanted to give her a 'gift' containing blankets.

She said she had no intention of kidnapping the baby and was just being friendly.

Ihmadei denies attempting to kidnap a child between February 12 and 14. The trial continues.

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Died young: Margaret Middleton



Focus on family: Kate's snapshot of Charlotte, William, Louis and George taken in Norfolk this year

Revealed: The tragic ancestor who inspired Kate's love of capturing life through a lens

Margaret Middleton was just 19 and destined for Oxford when she was swept to her death taking photographs on the Yorkshire coast. But her legacy has touched every generation since

EXCLUSIVE

by Claudia Joseph

IT WAS a tragedy that made national newspaper headlines. At 3pm on April 17, in the year 1900, a 19-year-old holidaymaker was swept from the rocks off the coast of Filey, a North Yorkshire seaside town popular for its sandy beaches and rugged cliffs. Despite the frantic efforts of friends, the teenager, Margaret Middleton, drowned in the roiling sea and her body was never found.

What did wash up on the shore a few days later was her camera. A keen photographer, Margaret had been standing on the edge of the long narrow peninsula known as Filey Brigg taking a snap of the breakers when she was hit by a sudden groundswell of water. It was an early equivalent of taking a selfie on a cliff edge. The make of camera wasn't reported at the time, but Eastman Kodak had only unveiled the Box Brownie earlier that year.

Margaret's death devastated her family, but it did not deter them from the art of photography. Her brothers, Noel and William, and her nephew, Peter, were all keen amateurs. Today, so too is her great-nephew Michael Middleton...and Michael's daughter Kate, the Princess of Wales.

For Margaret is Kate's great-great aunt, whose own photographic skills are regularly on display today in the official pictures of her children, Princes George and Louis, and Princess Charlotte.

Until now, the manner of Margaret's death has been lost to the mists of time. No one remembered the quirk of fate that led to her tragically young loss, nor the link with her great-great niece that so resonates today.

HER story can now be revealed thanks to the work of historian Michael Reed, a high school teacher in Melbourne, Australia, who began researching Kate's family tree with his students after she married Prince William in 2011. Over the years his interest has grown, and he has carried on digging through the archives remotely.

'It is extraordinary that so many generations of the Middleton family were keen photographers,' he says now. 'It is obviously in their blood. But it is tragic to discover that her great-great aunt paid for her love of photography with her life. Her family must have been devastated. She was so young and had such a promising future in front of her.'

Indeed Margaret was clearly an unusual and determined young woman, devoted to her artistic hobby and bright enough to be on her way to Oxford University — until that fateful day on the Yorkshire rocks.

The holiday had been a happy one until then. It was the Easter break and Filey was a favourite destination of the Middleton family. On this occasion, Margaret had assembled a group of young friends to accompany her, including her cousin Henry Middleton and friend Rachel Dodgson, daughter of the renowned Egyptologist Aquila Dodgson.

Two days after Easter Day, on the afternoon of April 17, the friends decided to stroll along the coast to the Brigg – a long headland about a mile north of the town, with fossil-rich cliffs of limestone and sandstone up to 20 metres high on either side, sandy beaches below, and at the end a ledge of flatter rock.

'Miss Middleton proceeded with her friends to the Brigg for the purpose of taking some photographs of the waves breaking over the rocks,' stated a news report in the Yorkshire Evening Post.

'It was about an hour from high water at the time. In order to get a better view of the waves breaking on the furthest point of the Brigg, Miss Middleton advanced on to the ledge of the rock, and the next moment a tremendous wave broke in her vicinity.' The sea was rough and now Margaret was in trouble. 'Her sister called to her to come back, but the water surged over the surface of rock and surrounded Miss Middleton up to the knees. The next second she was swept off into about ten feet of water.'

You can only imagine the chaos and fear in that instant, as Margaret struggled to the surface, only to be pulled back down again and again. 'Three times she was seen battling in the sea but there was no means of effecting a rescue, there being an entire absence of life-saving appliances on the Brigg,' continued the news report.

'Her cousin Mr Henry D Middleton broke open a refreshment hut on the Brigg near the spot but found nothing inside with which to make an effort at rescue. After she was seen the third time, she disappeared and was not seen again. Her friends were only a few yards from her at the time of the accident.'

The friends must have then rushed back to Filey bay to get help – but in vain. 'It was impossible for a coble [a flat-bottomed fishing boat] to have reached the spot where Miss Middleton

Pictures: CHRIS JACKSON/POOL/AFP VIA GETTY IMAGES/ LEEDS LIBRARIES/ PRINCESS OF WALES/KENSINGTON PALACE/PA WIRE/ ANCESTRY CANADA RECORDS



Behind the camera: The Princess of Wales is a natural photographer with passion and talent

disappeared owing to the heavy ground swell and the rocks,' said the Yorkshire Evening Post. 'Had they made an attempt, the fishermen declare that their craft would have been dashed to pieces.'

Later, several cobles searched the sea at low tide – but her body was never recovered.

It seems the Middleton family's love of photography goes back even further than Margaret, for though she was just six when her father died, it's highly likely she inherited her hobby from him.

Born in 1839 – the year that Louis Daguerre developed the daguerreotype, the earliest form of publicly available camera – John was a solicitor by profession and worked at the law firm Messrs Middleton & Sons, founded five years before his birth by his father William. He and his wife Mary, the daughter of a cloth finisher, married in 1863 and had eight children from 1865 to 1880 – Gilbert, Olive, Ellen, William, twins Caroline and Gertrude, Noel on Christmas Day 1878 and, finally, Margaret.

THE family split their time between their four-storey bow-fronted townhouse in Hyde Terrace, Leeds, near the family firm, and their country home, Fairfield, in Far Headingley. Both houses were crammed full of antiques, oil paintings, silver and crystal, and contained at least one camera, for we know John dabbled in photography in his spare time.

John handled all the legal work for Leeds Permanent Benefit Building Society, was president of the Leeds Law Society, and also founded the Leeds and County Conservative Club, acting as an election agent for Tory parliamentary candidate Richard Dawson in 1885 and 1886.

Perhaps it was overwork that caused his heart disease. By 1887, he was suffering from angina, and after returning to Yorkshire on a Friday after acting for a Leeds businessman in a case at London's Chancery Court, he suffered a heart attack. John died at the age of 48, at home in Far Headingley on July 16 1887, a month after Queen Victoria's Golden Jubilee.

It is in his obituary in the Leeds Times, published a week after his death, that we learn of his artistic hobby. A brief line records: 'He was an adept in photography, and an active member of the Leeds Philosophical Society.'

After John's death, his widow and children lived in Hyde Terrace, but there was more heartache to come. Just two years later, Mary died of typhoid fever and a pulmonary embolism while on holiday in that same favourite seaside town, Filey.

Fortunately, she left £13,627 in her will – worth more than £2 million today – meaning the children would still live a privileged lifestyle, with those of school age remaining at private school. The girls all went to Leeds Girls' High School while Margaret and Gertrude would later board at St Leonards School, in St Andrews, Fife, an exclusive ladies' school modelled on Eton.

The family had three servants, a nurse, cook and housemaid, to help care for the children. But that was no compensation for the loss of both their parents at such a desperately young age – or the tragedy which was yet to come.

By the time of Margaret's death in 1900, the oldest child Gilbert, then 34, had qualified as a solicitor and was married with two children while younger brother William, 25, was an engineer, recently married to Agnes.

Kate's great-grandfather Noel was 22, and after graduating from Leeds University, followed in the family tradition by becoming an articled clerk. He lived at Hyde Terrace with his five unmarried sisters, though both Margaret and Gertrude were due to join their cousin Henry at Oxford later that year – a rare privilege for women at the time. Of course Margaret never made it; Gertrude went up alone.

After her death, her siblings donated a 'beautifully carved prayer desk' to Leeds Girls, bought with the remains of her pocket money. It bore a brass plaque with the inscription 'The sea is His and He made it'.

All of the sisters were deeply religious and philanthropic, volunteering for girls and women's charities, including the Women's University Settlement, which was co-founded by social reformer Helen Gladstone, daughter of the late Liberal Prime Minister, to 'live among the poor, visit them, and get to know them' in order to help them 'help themselves'.

In a sermon shortly after Margaret's death, Reverend A H Pete, senior curate at St George's Church in Leeds, recognised 'one of the brightest and youngest of those worshipping among them had in a moment passed into the immediate presence of her Lord'.

While she is the only one of the girls known to have inherited their father's photographic ambitions, the boys took up the hobby too.



Help and inspiration: Kate's grandfather Peter Middleton

Her older brother William moved to Lymington in Hampshire and in his spare time photographed churches for the Photographic Section of the Hampshire Field Club.

Kate's great-grandfather Noel was another keen amateur, perhaps even by way of tribute to the sister he was so close to. In turn, he passed that interest to the youngest of his three sons Peter, the Princess of Wales' grandfather and the man she credits with teaching her how to use a camera.

Peter was an RAF pilot, who flew in peace time for British European Airways and was First Officer to the late Duke of Edinburgh when he piloted himself on a flying tour of South America in 1962. When Kate was a child, he showed her his slides, perhaps of his travels, to pique her interest.

And it certainly worked. Both Peter's son Michael Middleton, who took the first official photograph of his grandson Prince George after he was born, and of course Kate, are keen photographers.

WHEN Kate went to St Andrews University to read history of art, she also studied photography and wrote her final dissertation on the photographs of Lewis Carroll.

Kate is also rumoured to have flown to New York for a couple of lessons with Mario Testino, a favourite of Princess Diana, who memorably photographed the princess shortly before her death.

She took the cover photograph of Queen Camilla for her profile in Country Life magazine to celebrate her landmark 75th birthday two years ago. Country Life's managing editor Paula Lester described her as 'incredibly professional' about the job, taking it 'very seriously' and creating a set of 'beautifully shot images'. Today Kate is also a patron of the Royal Photographic Society.

Of course, Kate's pictures have not always earned praise. On Mother's Day this year, she suffered a backlash when the photograph she posted of her three children, reportedly taken by Prince William, was digitally altered and multiple picture agencies issued 'kill notices' on the image.

Kate, who was recovering from abdominal surgery at the time – and had yet to reveal her cancer diagnosis – immediately apologised, although she had actually done nothing wrong.

Kate has also contributed two images to the Imperial War Museum's 2023 exhibition Generations: Portraits of Holocaust Survivors.

In 2007 she put on an exhibition of work by the celebrity portrait photographer Alistair Morrison, whom she met as a history of art student at St Andrews, to raise money for the United Nations children's fund Unicef.

'She is very, very good, and it shows,' said Morrison. 'She takes very beautiful, detailed photographs. She has a huge talent and a great eye.'

It's a talent, and a passion, that clearly runs in the family. Tragic Margaret Middleton did not live to enjoy her art, but you feel she'd be very proud to know how successful and renowned her great-great niece turned out to be.

Despatched! Stamps to honour royals executed in the Tower

Daily Mail Reporter

THEY passed through the forbidding gates of the Tower of London and were either executed or murdered within its walls.

Anne Boleyn, Lady Jane Grey and the boy Princes Edward and Richard were all victims in the castle's long history.

And now a set stamps is being issued marking their place in the story of the mighty fortress by the Thames.



Bloody past: The stamps featuring four royals who all died violently in the Tower

Prince Edward and his brother Richard – who were 12 and nine years old when they were supposedly murdered on the order of their uncle Richard III in 1483 – feature on one stamp. Three more feature Anne Boleyn, Henry VIII's second wife executed in 1536, Lady Jane Grey, the 'Nine Days' Queen' executed at the age of 17 in 1554, and explorer and statesman Sir Walter Raleigh, imprisoned in the Tower and executed at Westminster in 1618 after falling out of favour with James I.

Four other stamps show different parts of the building – The White Tower, Tower Green and The King's House, St John's Chapel and Traitors' Gate, while two more feature Yeoman Warders and one of the Tower's ravens.

Royal Mail has partnered with Historic Royal Palaces to produce the ten stamps, which are released next week. David Gold of Royal Mail said: 'Over the centuries the Tower has played many different roles – from impenetrable fortress to royal residence, menagerie of exotic animals to place of execution, Royal Mint to home of the Crown Jewels.

'These stamps celebrate the myth and legend, ceremony and tradition of one of the most famous buildings in the world.'

The release of the stamps is timely – the Mail has launched its history podcast series Queens, Kings and Dastardly Things.

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Cate-lery Blanchett

Star forks out on a top made of old bent spoons for premiere



Out of this world: Cate Blanchett with co-stars Jamie Lee Curtis and Jack Black, above. Right, modelling her outlandish top

NO need for Oscar statuettes or Bafta awards, there's only one kind of metal object that interests Cate Blanchett these days.

And that, apparently, is spoons.

For the Australian actress, 55, clinked her way down the red carpet in a top made with 102 pieces of cutlery.

But for those hoping the outfit was a first foray into fashion from spoon-bending psychic Uri Geller – you may be disappointed.

The kitchen couture was, in fact, custom-made by Swedish designer Ellen Hodakova Larsson, at an undisclosed price.

By **Molly Clayton**
Showbusiness Correspondent

Ms Blanchett was joined by co-stars Jamie Lee Curtis, 65, and Jack Black, 54, at the LA premiere for their new film Borderlands.

The action-adventure, which follows a team of intergalactic misfits on a mission to save a missing girl, will be in cinemas tomorrow.



Puberty blockers for children back on NHS

... but trials risk 'grave physical harm', warn critics

YOUNGSTERS with gender dysphoria could get puberty blockers on the NHS again from as early as January, health officials revealed yesterday.

The controversial drugs will be made available to those who enrol in a new clinical trial, with children asked if they would like to take part when referred to a gender clinic.

NHS England said six new centres will join the existing two – in London and Liverpool – by 2026 and there will be no minimum age for referrals.

But critics last night called on health chiefs to think again.

Naomi Cunningham, of human rights charity Sex Matters, said: 'The commitment to collecting comprehensive and standardised data marks a radical improvement on the opaque and substandard practices of the past.

By **Shaun Wooller** and **Alex Ward**

'We understand why the NHS and Dr Hilary Cass believe that clinical trials of puberty blockers are necessary but we would urge them to reconsider.

'Such trials are ethically unjustifiable, given the risks of permanent damage to fertility, sexual functioning and general health.

'While well-meaning, these trials pose the very real risk of the NHS sacrificing the otherwise good health of vulnerable children and causing them grave physical harm in the name of research.'

The details emerged as NHS England set out how it plans to 'transform' gender healthcare services for children and young people in line with the Cass Review. Leading paediatrician Dr Cass made more than 30 recommendations to overhaul services to improve care for trans-children.

Her report, published in April, found children 'caught in the middle' of a toxic row over treatment have been set on a path to irreversible change. She warned evidence for the use of puberty blockers and hormones relied heavily on 'shaky foundations' and associated guidelines were not supported by science.

'This is ethically unjustifiable'

It led then-health secretary Victoria Atkins to implement a ban on the prescribing of the drugs to transgender children. Under the new plans, children newly referred for gender care must have been seen by a GP and mental health specialist or paediatrician.

The NHS document states: 'The primary objective for children under seven will be to provide support and guidance to the parents/carers rather than initiate clinical interactions with the child.'

The NHS will also launch its first service for trans patients wanting to return to the gender in which they were born. Health officials said the next step is to 'define a pathway for those who choose to detransition'.

Dr Cass is 'pleased' NHSE is planning to 'fully implement' her recommendations but said the process could be 'challenging'.

Some 5,769 under-18s were on the national waiting list for gender care as at the end of May with an average delay of 100 weeks.

1 in 3 taking painkillers 'are addicted'

By **Kate Pickles**
Health Editor

ONE in three people who take prescription painkillers show signs of addiction, a major analysis has found.

The study – involving more than 4.3million adults with chronic pain – found nearly one in ten prescribed opioids became dependent.

Experts said it suggests the scale of the problem is far greater than feared and called for tighter prescription guidelines.

Opioids – such as codeine, morphine, oxycodone and tramadol – can provide effective pain relief when used in the short term.

However when used for longer periods they can cause physical and mental health issues, or death from accidental overdoses or heart conditions.

Published in the journal Addiction, Bristol University researchers found almost one in ten patients had a formal diagnosis of dependence and opioid use disorder, while almost one in three showed symptoms such as craving, tolerance, or withdrawal.

An NHS England spokesman said it was important that patients be alert to the risks, and 'get support when a medicine is no longer providing its intended benefit'.

Two killed in hotel collapse

TWO people died and eight outhers were left trapped in the rubble after a hotel collapsed.

One floor of the Reichsschenke Zum Ritter Götz in Kroev, 68 miles west of Frankfurt, caved in at 11pm on Tuesday.

Among the 14 trapped were a couple and their two-year-old child from the Netherlands, who were eventually rescued.

Footage showed the building's gable roof slanted backwards and parts of the ground floor crushed. The hotel is in Germany's Moselle valley – a popular tourist destination famed for its vineyards and picturesque old towns.

Sewer search for separatist

SEWERS were being searched by Spanish police yesterday after exiled separatist leader Carles Puigdemont threatened to sneak back into the country.

A door linking the Catalan Parliament to Barcelona Zoo was also sealed ahead of today's vote to prevent any elaborate attempts to breach the premises.

Mr Puigdemont has spent seven years in self-imposed exile in Belgium after his arrest was ordered following an illegal independence referendum in 2017.

But he boasted of his return in a video on X yesterday, in which he warned: 'I have started the return journey from exile.'

Mr Puigdemont would most likely appear in a street near parliament to be welcomed by supporters and capitalise on the drama of his arrest in front of bystanders and reporters.

Jihadi bride loses her latest citizenship bid

Now she sets her sights on Strasbourg



Court challenges: Shamima Begum

SHAMIMA Begum intends to take her case to European judges after losing a bid to bring an appeal in the UK's highest court.

The jihadi bride was refused permission yesterday to make

By **David Barrett**
Home Affairs Editor

a challenge in the Supreme Court against being stripped of her British citizenship.

But her lawyers said they would take 'every possible step' on her behalf including applying to the European Court of Human Rights in Strasbourg.

Legal challenges on Begum's behalf are thought to have cost the British taxpayer about £5million already – and any further appeal bids will see the total climb yet further. The Londoner was found in a Syrian refugee camp in 2019, four years after she travelled, as a 15-year-old, to territory controlled by the terror group Islamic State.

Then-home secretary Sajid Javid stripped her of citizenship on security grounds.

A spokesman for Birnberg Peirce Solicitors, representing Begum, 24, yesterday added: 'It is a matter of the gravest concern that British women and children have been arbitrarily imprisoned in a Syrian camp for five years without any pros-

'No arguable point of law'

pect of a trial. All other countries in the UK's position have intervened and achieved the return of their citizens.'

Begum has been living in a Kurdish-run refugee camp in north-east Syria since the fall of the Isis caliphate in 2019.

Supreme Court justices Lords Reed, Hodge and Lloyd-Jones said Begum's lawyers' proposed appeal grounds 'do not raise an arguable point of law'.

A Home Office spokesman said: 'It would be inappropriate to comment further.'



4 Sweet Chilli Chicken Burgers 454g, £6.59 per kg. Specially Selected 20 Honey & Mustard Pork Chipolatas 625g, £5.58 per kg. Slow Cooked Salt & Chilli Pork Belly 410g, £9.00 per kg. 6 Turkish-Inspired Beef Kebabs 480g, £8.31 per kg. Chinese Style Pork Loin Steaks 880g, £5.67 per kg. Louisiana Style Beef Sizzle Steaks 500g, £10.58 per kg. Available from Thursday 8 August - Wednesday 14 August 2024 while stocks last. Products and prices correct at time of going to print. Products and prices may vary in store, Scotland and Aldi Local. Photography shows serving suggestion.

KUROSU

	X	X			
			X	O	
O		X			O
				X	
			O	O	
O					O

Today's difficulty rating ★★★

EVERY day in the Mail you can play Kurosu, the most addictive brainteaser since Sudoku. There are two rules:

1: Fill in each space with either a nought or a cross so there are no more than two consecutive noughts or crosses in any row or column. Important note: diagonals don't count.

2: Each row and column must contain three noughts and three crosses.

Solution on Mail Puzzles back page

PLAY Kurosu and 47 puzzles like them every day on your tablet or smartphone with the Mail Digital Edition, your Mail newspaper on your screen. Get a trial offer at mailpuzzles.co.uk

■ *Daily Mail Kurosu Volume 1 is £8.99 at mailshop.co.uk/3for20 or call 020 3176 2937. Buy 3 or more Daily Mail puzzle books and save 20 per cent. Free UK delivery on orders over £25.*



August 8, 2024
ON THIS DAY

FROM THE DAILY MAIL ARCHIVE

AUGUST 8, 1994

MARLON BRANDO has been on a strict diet since doctors warned that the alternative was death. The superstar, who binged on ice cream and peanut butter and jam sandwiches, was given the warning after his weight ballooned to more than 30 stone.

AUGUST 8, 2005

ROBIN COOK died suddenly on Saturday. His widow, Gaynor Cook, was with him when he collapsed as they neared the summit of a Scottish mountain. For 49 agonising minutes, she and another walker fought desperately to revive him.

HAPPY BIRTHDAY



ROGER FEDERER, 43. The Swiss former tennis star holds the record for most Wimbledon men's singles wins – eight; he retired aged 41 with 20 grand slam titles. He won £100m prize money across his career, but that was dwarfed by a £230m, ten-year deal he signed with Japanese clothing brand Uniqlo in 2018.

DUSTIN HOFFMAN, 87. The U.S. actor won Oscars for Kramer vs. Kramer and Rain Man. He was 30 when she starred in The Graduate – Anne Bancroft, who played Mrs Robinson, the older woman who seduces his character, was only 36.

BORN ON THIS DAY



SYLVIA SIDNEY (1910-1999). The U.S. actress, starred in Beetlejuice and Mars Attacks. Often typecast, she said: 'I'd be the gangster's girl, then the sister bringing up the gangster, then the mother of the gangster. And they always had me ironing somebody's shirt.'

RONNIE BIGGS (1929-2013). The London-born criminal helped plan and carry out the Great Train Robber of 1963. He escaped from Wandsworth prison with a homemade rope ladder in 1965 and, after plastic surgery, he went on the run, living in Australia and Brazil. He returned to the UK in 2001 and was arrested.

ON AUGUST 8...

IN 1974, Richard Nixon became the first U.S. president to resign.

IN 1975, the term 'global warming' appeared for the first time in print with the publication of a paper in the journal Science.

WORD WIZARDRY

GUESS THE DEFINITION

Bronco (coined 1980s)

A) Financially bust. B) Drunk and deluded. B) Moving from handstand to feet in one go. *Answer below*

PHRASE EXPLAINED

What the Dickens?: an 1590s exclamation, a euphemism for the Devil; in Shakespeare's The Merry Wives Of Windsor, there's the line, 'I cannot tell what the dickens his name is'; 'dickens', was used instead of 'devil', as it was considered impolite.

QUOTE FOR TODAY

'If you just don't want to read novels about writers, or women, or Irish people, whatever, that's OK, don't read my novels. I won't mind.'

Sally Rooney, Irish novelist

JOKE OF THE DAY

WHAT'S a robot's favourite food? *Microchips.*

Guess The Definition answer: C.

Compiled by ETAN SMALLMAN and ADAM JACOT DE BOINOD



Spotted: The harmless 10ft basking shark in St Ives harbour

Hold my pasty, it's a shark in St Ives!

WHEN the fin of a 10ft shark cut through the water in a Cornish harbour, all hell broke loose.

Thirty screaming children fled the sea – but their terror was short-lived thanks to a local expert, who identified it as a harmless young basking shark.

The huge fish – the world's second biggest after whale sharks – only eats plankton.

It had swum next to the harbour wall in St Ives where the youngsters were having a dip at 9pm on Tuesday. Andy Narbett, of Tiger Lilly boat trips, said: 'It was incredible, and very rare – we haven't seen any basking sharks for some years in the bay. The poor kids who were in the water must have only been 20ft from it. They started screaming and got straight out.

'I joked afterwards that Jaws had entered the harbour!'

The sighting comes a week after a huge 32ft basking shark was spotted off Ayrshire.

By **Shannon McGuigan**



Giant: 32ft shark in Ayrshire

'Motherhood penalty' that stops women having babies

WOMEN are put off having children because of a 'motherhood penalty' at work, according to a study.

While figures show just 1.49 children were born per woman in 2022, research has suggested that on average women would like two or three.

The study, carried out by think-tank Onward, found factors such as lack of financial support for new mothers and high childcare costs meant families were unable to afford more children.

Onward called on the Government to double the length of time that new mothers receive a higher rate of statutory maternity pay, as well as more access for fathers to paternity leave. It said evidence showed that becoming a mother was associated with earning less each month and saving less in later life, The Times reported.

'Priced out of parenthood'

While data shows women between 18 and 21 earn 0.2 per cent more than their male peers, by the ages of 40 to 49 they earn 10 per cent less. Women have average pension savings of £69,000 by the age of 67 compared with £205,000 for men.

Onward called on the Government to copy countries such as Sweden, which has higher rates of maternity and paternity pay, as well as a higher birth rate.

Phoebe Arslanagic-Little, from Onward, told The Times: 'Many people delay having children or are not able to have as many as they wish, because they feel priced out of parenthood.

'But instead of smoothing the way for parents and prospective parents, our tax, benefit and employment rights systems are letting them down: children are our future.

'New mums and dads need more certainty and financial stability to allow them to have the families they want.'

Figures for England and Wales show a record low number of children being born each year – the last time enough children were born to prevent population decline was in the 1970s. The report added that when the Bank of England lowered interest rates during the financial crisis of 2008 there was a rise in birth rates.

An estimated 14,500 additional babies were born in 2009 with the British birth rate increasing by 7.5 per cent over the next three years.

The research was backed by advice forum Mumsnet, with founder Justine Roberts saying the report laid bare the challenges faced by millions of parents.

She said: 'This report is an important contribution to the conversation about how we tackle the financial barriers to parenthood, and reflects much of what we hear from our nine million users, particularly around low rates of statutory maternity and paternity pay and the importance of tackling the motherhood penalty in the workplace.'



British Chicken Fillets 1kg, £5.49 per kg. British Beef Smashed Burgers 340g, £5.85 per kg. Available from Thursday 8 August - Wednesday 21 August 2024 while stocks last. Products and prices correct at time of going to print. Products and prices may vary in store, Scotland and Aldi Local. Which? endorsement based on approximately 40 branded and non-branded items compared monthly in 2023. Photography shows serving suggestion.

Kamala's running mate brands rivals 'creepy and weird as hell'



Jibes: Vance and Trump

KAMALA Harris's running mate Tim Walz unleashed a volley of cutting jibes at Donald Trump and JD Vance during a fiery debut on the national stage.

At a rally where he was formally introduced as the Democrats' vice-presidential candidate he said of his Republican rivals: 'You know it, you feel it – these guys are creepy and just weird as hell.'

Mr Walz, who grew up in a tiny Midwest town, accused Mr Trump's running mate Mr Vance of exaggerating his working-class roots.

He said: 'JD studied at Yale, had his career funded by Silicon Valley billionaires, and then wrote a bestseller trashing that community. Come on! That's not what middle America is.'

By **Chris Pollard**

In front of 12,000 supporters in Philadelphia on Tuesday night, Mr Walz warned that Mr Trump would 'damn sure take us backwards'.

Mr Trump hit back, saying: 'It's a shocking pick and I could not be more thrilled. This is a ticket that wants the country to go communist immediately, if not sooner.'



Soaking up the applause: Tim Walz with Kamala Harris

FREE INSIDE THIS SATURDAY'S

Daily Mail

FREE PREMIER LEAGUE FIXTURES WALLCHART

GIANT GLOSSY DOUBLE SIDED

Team fixtures on one side

Month-by-month matches on the other



NHS jab to cut risk of bone breaks after menopause

By **Kate Pickles**
Health Editor

THOUSANDS of women in England who have gone through the menopause could benefit from a new drug that reduces the risk of bone fractures.

Abaloparatide, sold as Eladynos and made by Theramex, has been given the green light for NHS use by the National Institute for Health and Care Excellence (Nice).

A pre-filled pen is used for injections into the skin at home once a day, stimulating the cells that bolster bone growth.

Bone density starts to decline in the lead up to the menopause because of a decrease in the levels of the female sex hormone oestrogen. The drug has been recommended for patients at a high risk of fractures with regulator Nice estimating that it could benefit more than 14,000 women who have gone through the menopause.

'This will change thousands of lives'

Professor Jonathan Benger, deputy chief executive of Nice, said: 'The independent committee heard how debilitating osteoporosis impacts all aspects of day-to-day life, such as not going out for a walk because they are fearful of falling and having a fracture.

'This can impair mental and physical health.

'Our focus is on enabling access to care that improves quality of life while offering value to taxpayers.'

It is understood abaloparatide will be available to eligible patients on the NHS within three months.

Cure hope for blood disease

SUFFERERS of the severe blood disorder beta-thalassaemia have been given hope of a cure as 'life-changing' gene therapy is set to be made available on the NHS.

Experts say Casgevy fixes a faulty gene in bone marrow stem cells, stopping the need for constant transfusions and improving life expectancy.

At £1.65million per treatment, it will be used when no bone marrow transplant is available. Some 2,300 people have the disorder in the UK, the first country in Europe to offer the drug. Those with it typically do not live beyond their 50s.

Craig Jones, chief executive at the Royal Osteoporosis Society, said: 'Considering half of women over 50 will suffer broken bones due to osteoporosis, and the extent of disability these breaks cause, the paucity of new treatments over the last decade and a half has been a huge cause for concern.

'This will change many thousands of lives for the better.'

Dr Louise Newson, founder of Newson Health clinics, said hormone replacement therapy (HRT) should 'still be the first line of treatment' for most women. She added: 'In addition to strengthening bones, HRT also reduces risk of other chronic diseases including heart disease, type 2 diabetes, osteoarthritis, clinical depression and dementia.'

Eden Confidential



TV chef Gizzi's 'brutal' debt as house sale falls through

HER father, the late 2nd Baron Erskine of Rerrick, was declared bankrupt after a business venture went wrong, and now television chef Gizzi Erskine has been left 'broken' having suffered her own financial calamity.

Gizzi, 44, is distraught after the prospective buyer of her London home withdrew from the deal at the last minute.

She had hoped the sale would help clear her extensive debts.

'It has been brutal,' she admits. 'The buyer pulled out three days before I was meant to move, after pushing back exchange for the last four to five weeks and a move date being agreed.

'The house was on the market for a whole year and was "sold" in March.'

The two-bedroom warehouse conversion in Hackney, East London, was on the market for offers over £900,000.

She says: 'I've spent so much money I haven't got, trying to get to the finishing line as a consequence of the worst business decision I've ever made.'

She has invested in a string of failed businesses, the most recent being the Love Cafe in Margate, Kent, which she ran with former Libertines singer Carl Barat. The author of books including Cook Yourself Thin had been planning to split her time between a place in South London and Brighton, home of her rocker boyfriend, Matthew Turner, singer of punk band Luxury Apartments.

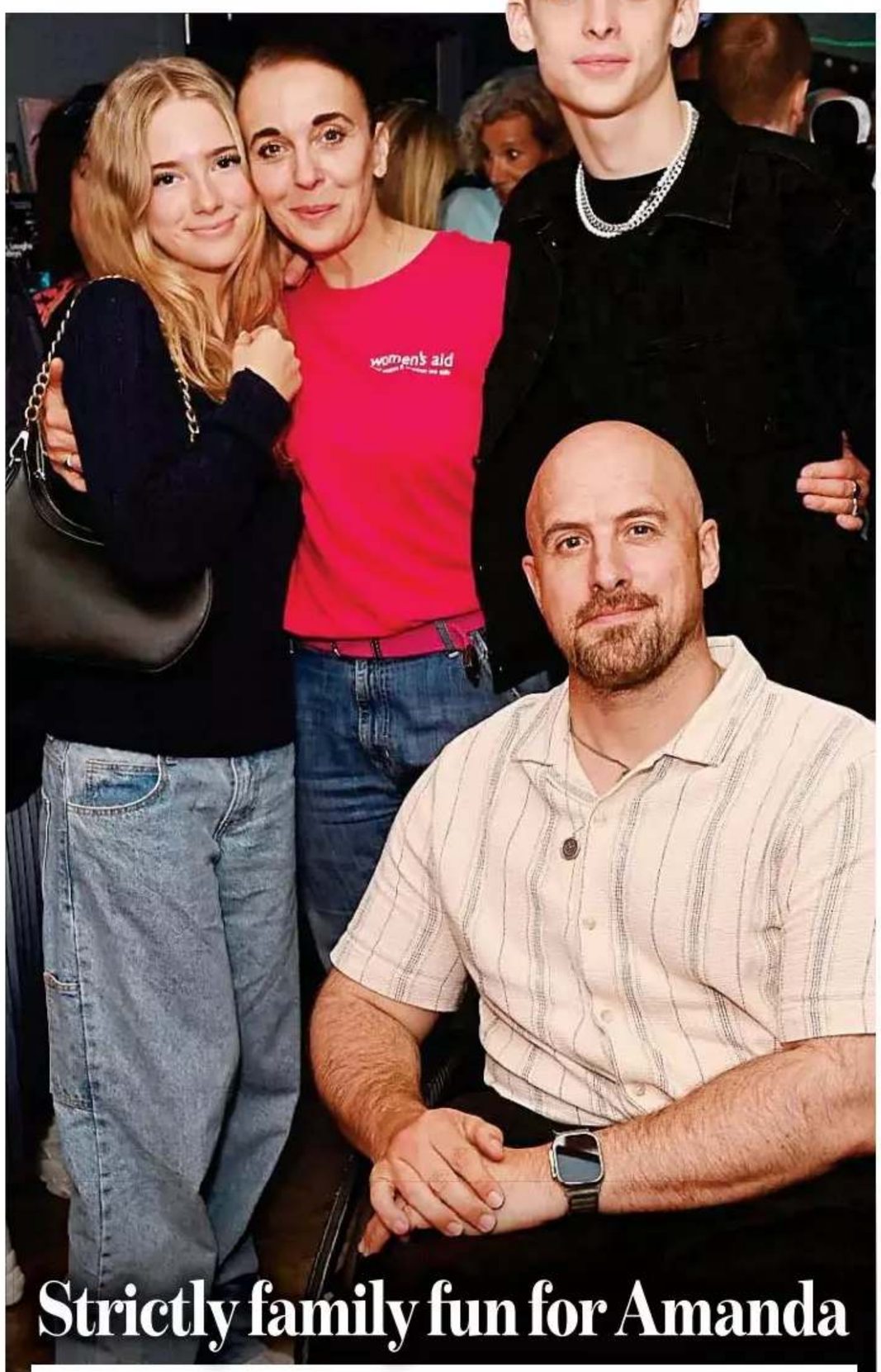


'Distraught': Gizzi Erskine

'I've worked so hard on removing all the chaos from my life,' she says, adding of her planned house sale: 'I've worked so hard on healing myself and this was my point of full exit. It's been my impending salvation.

'I was three days away from being able to pay my debts; three days away from having financial freedom; three days away from not living hand-to-mouth for the first time in almost three years.

'I am really broken.'



Strictly family fun for Amanda

AMANDA Abbington's life sometimes seems more riddled with incident than a soap opera, so it must be a relief for her to return to the gentle drama of the stage – and the love of her family.

At the first night of When It Happens To You, a new play at the Park Theatre in North London, she was joined by Joe, 18, and Grace, 16, her children by ex-boyfriend and one-time Sherlock co-star Martin Freeman. Also there in support was her fiancé, Jonathan Goodwin, 41, whose career as an escapologist ended in an accident which nearly cost him his life, just five weeks after they'd got engaged, when he suffered a severed spinal cord.

The actress, 50, awaits the outcome of a BBC investigation into her claims that her Strictly Come Dancing partner, Giovanni Pernice, was 'abusive, cruel and mean' – which he denies.

Jack laughs all the way to the bank

■ JACK WHITEHALL'S girlfriend, Roxy Horner, told me last month that she had acquired a taste for opera.

And Jack shouldn't have any trouble buying the model the best seats at Covent Garden.

For the private company the stand-up comedian uses to channel his earnings, Jackpot Productions, has just filed accounts reporting a £1.8million profit last year. His takings – which amount to £35,000 per week – increase accumulated earnings held by him in the business to a whopping £11.4million.

That's almost £2million up on the previous year. Roxy, 33, gave birth to their first child, Elsie, last September, so their babysitter can expect a generous tip!

■ NOT that Kate Beckinsale needs the money, of course, but she will be touched to be named in the will of her stepfather, Roy Battersby, who died in January aged 87.

The television director, who worked on hit dramas including A Touch of Frost, Cracker and Inspector Morse, left just £83,000.

According to newly published probate documents, he left specific instructions on how the money should be divided. He had five children and one stepdaughter, Beckinsale.

All six are to receive a 15th share, which works out at about £5,600 each. His eight grandchildren, including Kate's daughter, Lily, also an actress, will receive £2,800.

Dua's mansion extension goes down a bomb

■ DUA LIPA was warned to look out for unexploded Luftwaffe bombs during building works on her £6.75million home.

The Levitating singer, 28, had to shell out on a survey which pinpointed bombs dropped close to her pad during the Second World War.

Her architects have found that several streets surrounding the mansion in North London were struck by Hitler's planes during the Blitz.

And, after receiving the UXO – unexploded ordnance – report, her team were given the green light to proceed with creating an extension to the property complete with an underground pool and home studio.



Jodie: 'I'm making a model comeback'

■ IT'S a joyous moment for Jodie Kidd. No, not a date for her wedding to former Royal Marine Joseph Bates, to whom she's been snugly engaged since 2021, but a stellar return to the modelling career which she began, precociously, aged just 16.

Describing it as an 'unbelievable honour' to front the new Burberry campaign, Jodie, 45, gushes: 'I had no idea my comeback would be to work with the iconic British fashion house and hugely talented team.' In recent years Jodie, who's been twice married and has a son, Indio, by former boyfriend Argentinian polo player Andrea Vianini, has been landlady of the award-winning Half Moon pub in Kirdford, West Sussex.

Trebles all round!

Read my view of the big royal stories. Sign up to my weekly newsletter

mailplus.co.uk/palacenewsletter

Mail Shop | Sleep

Aspire Olivier Divan Bed Set in Plush Velvet with Free Hybrid Pocket Sprung Mattress



Wrapped in a sumptuous plush velvet fabric in a choice of five colours, this divan base is a testament to luxury and practicality. Available in configurations with no drawers, two drawers or four drawers, all thoughtfully equipped with metal runners and ball-bearing glide movement, the Olivier Divan offers an array of storage options to suit your needs.

Supplied with a free hybrid memory pocket-sprung mattress with a sumptuous soft top later and a medium-firm supportive core. The individually nested 1,000 pocket springs provide comfort and support while preventing motion transfer. It also helps to protect against asthma and allergies and features an air-flow top panel for temperature control.

- Optional 0, 2 or 4 drawers for storage
- Divan depth 38cm
- Hand-upholstered in plush velvet fabrics
- Made in the UK
- Pocket-sprung memory hybrid mattress – 22cm depth

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Single	£549	~~£769~~	£619	~~£869~~	-	-
Small Double	£659	~~£919~~	£739	~~£1,029~~	£809	~~£1,129~~
Double	£699	~~£979~~	£779	~~£1,098~~	£849	~~£1,189~~
King	£779	~~£1,089~~	£859	~~£1,199~~	£939	~~£1,309~~
Super King	£999	~~£1,399~~	£1,019	~~£1,449~~	£1,089	~~£1,519~~



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Experience a perfect night's sleep with this new eco-conscious mattress, designed to offer unparalleled comfort and support without breaking the bank. Memory foam mattresses are renowned for their ability to provide superior comfort and support. The viscoelastic material conforms to your body shape, distributing weight evenly and reducing the strain on pressure points like your hips and shoulders – resulting in reduced tossing and turning, allowing you to enjoy uninterrupted sleep.

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Single	£94.99	~~£159~~
Small Double	£99.99	~~£179~~
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King	£119.99	~~£219~~

Aspire 5000 Duo Breathe Airflow Pocket+ Mattress

A premium, dual-sided mattress with two different levels of firmness providing an optimum sleeping surface. The pocket-sprung core is a unique design with a high quality wire encased in our exclusive eco support layer, this section of the mattress ensures support for your spine and muscles for a pain-free wake.

- Breathable fillings for improved temperature regulation
- 22cm deep

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Single	£179	~~£459~~
Small Double	£229	~~£579~~
Double	£249	~~£639~~
King	£279	~~£719~~

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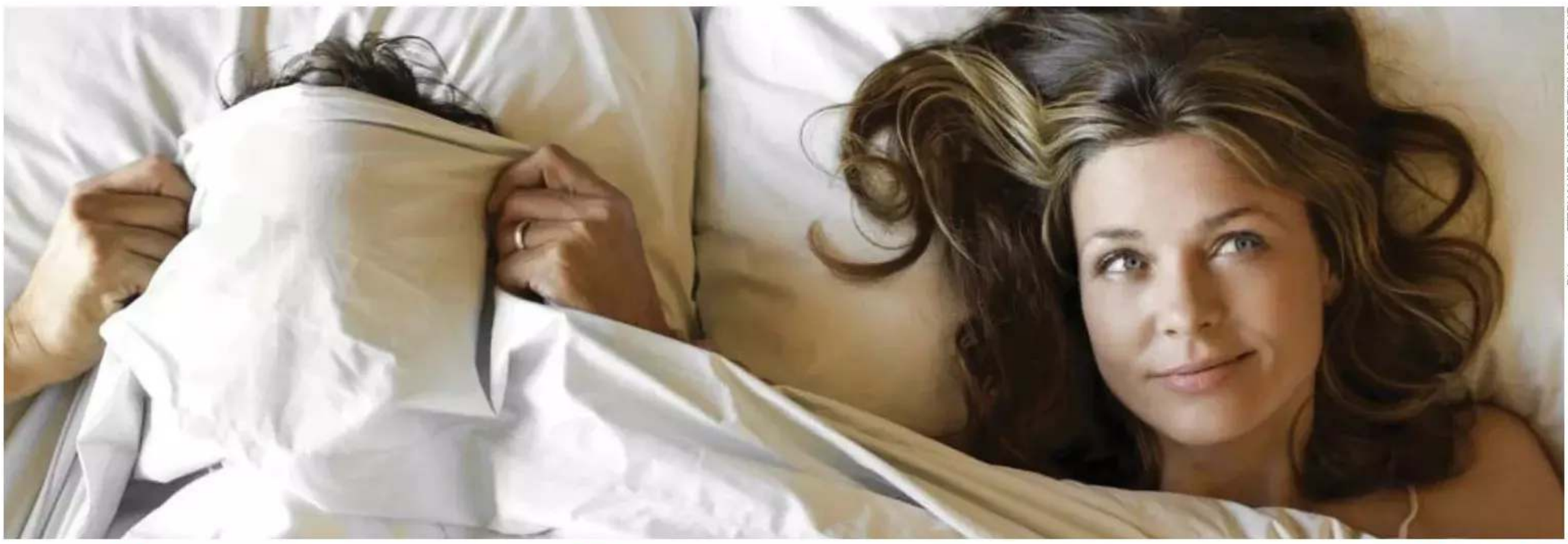
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femail MAGAZINE

JENNI MURRAY
No parent should send a child of 5 to a gender clinic
PAGE 33



Testosterone brought my menopausal libido roaring back to life...



Picture: STEPHANIE RAUSSER/TRUNK ARCHIVE

The truth? It was awful – I'd rather be celibate!

by Anonymous

LAST summer my libido, having made a dignified exit two years earlier, roared back into startling action. Suddenly my mind was filled with thoughts of sex – with my husband, with the bloke who casually wished me 'good morning' at the station earlier.

A daily dab of testosterone cream on my thigh proved alarmingly effective at revving up an engine that had been resting in idle. If you buy into the popular view that every menopausal woman who loses her sexual mojo longs to get it back, then you're probably thinking: 'Lucky old you.'

Well, think again, because it was awful.

I'd be so het up by lunchtime that I was convinced only two things would calm me back down: a stiff drink and some frenetic sexual action.

Not too long ago, I could take either in my stride. In fact, until recently, my husband James and I shared a perfectly matched, ridiculously high sex drive, and fancied each other rotten. In the early days we'd have sex at least once a day, and even with young children this only reduced to four or five times a week.

But in my early 50s, due to the menopause, that side of our relationship began to dampen, and surprisingly quickly, completely died. James was 53 at that point, and we'd been together for 27 years. Fortunately his libido seemed to die down at the same time.

He'd never pestered me for sex – there was no need, as we'd always been in sync. Thankfully, that remained the case when it came to losing interest in sex, too.

In fact, for the past two years, we haven't done anything remotely sexual together at all.

So when at 53, testosterone set my libido raging again, it felt like more trouble than it was worth. My HRT

TURN TO NEXT PAGE

FROM PREVIOUS PAGE

doctor had prescribed testosterone to lift hormone-related brain fog. She warned me it can take days, weeks or even months to have an effect – every woman is different.

Well, on day one my brain definitely seemed sharper. On day two, even more so – I was whizzing through my work.

But day three, oh boy, my focus suddenly became both erratic and erotic. Like I'd imagine a teenage boy might feel when he's just discovered what feels like his *raison d'etre* but has no idea what to do about it.

Having enjoyed peace for three years, this was all deeply frustrating, especially because my husband, James, was away on business at the time.

My head ached constantly (along with various other parts of me). I'd forgotten just how distracting it feels to be full of unspent sexual energy all the time. It turns out, this is a common side-effect, and one many women embrace. Indeed, this newspaper's new columnist, Bryony Gordon, recently wrote how she started taking testosterone after she suffered a stress fracture.

Testosterone isn't just for men – women produce it, too, and in menopause it can go off kilter in the same way your oestrogen and progesterone levels do.

Replacing it can help with bone density and muscle mass. It can lift a woman's mood and give a welcome cognitive boost, which is why I wanted to try it. But it can also, as Bryony cheerfully attested, set your loins on fire.

For me, it was like stepping back in time to my younger, ever-ready self.

My sexual journey began when I was 17 and my best friend's cousin, three years older, took my virginity and gave me my first orgasm on the same blissful afternoon.

After a start like that, I was never going to be a wallflower in the bedroom. If the earth didn't move, despite clear directions, then I quickly moved on.

I've never shared this with James – it would have only made him jealous. And for the same reason, I'm glad he's never shared the details of his previous encounters. Still, I'm aware that, by the time we got together in 1994, when I was 24 and he was 26, there were plenty of notches on his bedpost.

We met through mutual friends. He was good looking, he made me laugh and, shallow as this sounds, he was the first man who could match my libido.

And, he told me, I was the first woman to match his.

In those early, heady days we had sex two, three times a day. We'd spend whole nights making love. It was fun but exhausting.

For some unfathomable reason, the urge would routinely strike as we were heading out the front door – which meant we were never on time for anything.

People would look at us, as we tipped up half an hour late looking sated and pleased with ourselves, and roll their eyes.

Over the years, marriage, two kids and long-term familiarity didn't particularly dampen our ardour. Even when the children were little we always had time for sex.

It remained a defining feature of the bond we shared.

It helped us heal after arguments and was a balm when one of us was going through difficulties. It kept us close and grounded.

Admittedly though, our passion also created problems.

For starters, our great sex life caused endless rows, particularly in the early days. When you are that enamoured by your other half, you convince yourself everyone else fancies the pants off them, too.

So, as well as arriving at parties late, we'd often leave early, one of us getting it into their head that another guest was making eyes at their beloved.

Causing a jealousy-fuelled row that could only be resolved back at home with, you guessed it, more passionate sex.

And when it came to the inevitable arguments about life in general, there were times when sex made matters worse.

We disagreed on how we should parent our twin sons, born in 1998 – I wanted to be their friend, while James leaned towards a much stricter approach.

We also had mismatched spending habits, with James a spendthrift while I was a saver. And our politics – he's Left, I'm Right – led to countless heated debates.

Sometimes sex did help us move on after a row. But often, I'd agree to park a problem, when emotionally I wasn't ready to, all because I had an itch that needed scratching and James could do that so well.

I'd carry resentment around with me for days, which would eventually erupt into another row, because the issue hadn't been properly resolved.

We also weaponised sex to keep hostilities going. James would simply turn away from me in bed. I'd be cruel – dressing sexily and letting him think I might be interested, only to push him away if he made a move. Today, I can see how toxic that was.

Our sex life went into a decline when I was 49. We went on our first holiday alone together and I remember suddenly realising the week was nearly over and we hadn't had sex.

We did it that evening, and it dawned on me how normal it now felt to go a week, often more, without sex. By the time I turned 50, a whole month could easily go by without any action. This didn't worry me. I knew I was menopausal, and that reduced libido can be a side-effect. And I wasn't craving it. James didn't seem to be either, so I didn't give it much thought.

It was like we'd spent so long enjoying ourselves at the well of sexual fulfilment, we'd ended up cheerfully drinking it dry.

This isn't something we have ever openly discussed – not then, or even now. At first it didn't seem necessary, and as time went on, it became increasingly clear we were both comfortable with the status quo.

We still kissed, hugged and cuddled, but without the heat. Our embraces were warm and loving, just not sexual.

Perhaps it should have surprised me or worried me that James's libido had vanished, too.

No-one ever talks about men going off sex – it's always portrayed as a female thing.

But I wasn't concerned. If I was losing interest, why wouldn't he?

As time passed, however, it felt harder to bring it up. I sometimes felt scared I might have got it wrong and James was actually upset.

Selfish as this sounds, I preferred not to know – after all, if he was suffering deep sexual frustration, I might feel obliged to start having sex with him again, which I didn't want.

The fact we'd always relied on sex instead of talking things through probably has a lot to do with my inability to raise the issue with him now. We got used to expressing our feelings in the bedroom rather than sitting down to discuss things.

I have wondered whether James is experiencing a version of 'male menopause'. After all, low libido affects one in five men, too. Hence the huge market for over-the-counter medications to help them have an erection.

No one talks about men going off sex, it's just a 'female' thing

Again, I haven't discussed this with him in case suggesting that somehow makes him feel less of a man.

Society's only just got round to de-stigmatising female menopause – it hasn't really touched on men.

I'm 54 now and I also worry that the physical impact of menopause – my spreading waistline, matronly-looking boobs and generally older appearance – might have become a turn off for him.

If that's the case, then it doesn't hurt me (although, if he told me so to my face, I might feel differently).

After all, the truth is – although I'd never, ever, tell James this – I don't fancy him any more either.

I've never fancied a man as much as I did James. But now his hair's thinning and he looks his age, which makes me think that the strong sexual attraction we had to each other was predominantly physical.

Older men never did it for me in the past, so why would I find one sexy now, even if I am married to one?

Of course, some will read this and smirk, convinced James's sex drive is fully functioning and he's just getting satisfaction elsewhere.

If so, then I really don't know him, despite all our years together.

Surely, if he missed sex, he'd have mentioned it by now. If he was betraying me – and I do still feel him having sex with someone else, even though I don't want it any more, would be a terrible betrayal – I feel sure I'd know.

I think, like me, he's happy with things as they are. But no, I'm not tempted to ask, in case I've got that wrong, and I am then left with the emotional fallout of that revelation

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'Although I'd never tell my husband this, I don't fancy him now his hair is thinning and he looks his age...'



Picture: RUBBERBALL/GETTY IMAGES posed by models

to deal with. The problem is, so much shame is attached to this entirely natural part of ageing that people don't talk about it.

Society sells us this idea that going off sex means there's something wrong with you.

Maybe that's another reason why I don't talk to James about it; despite being happily celibate, I still feel some shame about it.

Admitting you don't have sex, or even want to, despite being in a loving relationship, seems a ridiculous taboo.

And yet men and women are urged to see a waning sex life as a problem to fix – be that through therapy, medication or a combination of both. Instead of being encouraged to consider that relationships go through phases, and one without sex can be as emotionally fulfilling as any other.

Many will assume for a couple like James and me, for whom sex was particularly important, that a lack of it would spell disaster for our marriage.

And yet, I feel it's had the opposite effect. Our marriage, while different now, seems stronger now than ever – and I put that down to the fact it's no longer ruled by our libidos.

With sex finally off the table, we're getting to know each other in a different way, as friends committed to spending the rest of our lives together, sharing a more solid form of love because it no longer has anything to do with passion and desire.

Who's to say my libido won't resurface on its own?

Arguments have less heat and bring meaningful resolution; we can disagree without it feeling personal and actually enjoy some feisty debate, which is intellectually stimulating.

We were able to discuss the recent election in a more measured way than any previous campaigns.

I often find myself surprised by how clever my husband is – his knowledge of world politics and his emotional insight into what it must feel like for our boys to be young men right now, has me gripped.

Sometimes I regret not appreciating that sooner. But then again, it wasn't his brain that used to interest me.

I also used to be a terrible flirt. The idea of that makes me cringe now, meaning I get to interact with men on a much more meaningful basis.

Older women often complain they feel invisible. I agree that once we lose our sexual allure, men tend to look right through us. But when I start talking, I feel far more 'seen' than I did when men fancied me, because instead of ogling they actually listen to what I have to say.

Losing my libido – and then being so horrified when it was suddenly handed back to me on a plate – has made me realise that good sex really does start in a woman's head. However willing my body was, psychologically I simply didn't want to go back there.

And, if the frank conversations I have with girlfriends are anything to go by, I am far from alone in feeling this way. One pal told me the other day that she thinks any woman who claims to still be enjoying regular sex with her partner at our age is lying.

'Like any of us could be bothered,' she added.

We're all in our 50s now, and while some of us do enjoy it occasionally, sex is not the driving force in any of our marriages.

But would James have welcomed a drastic change, thanks to my testosterone cream? I haven't dared to find out.

His eyes glaze over when I mention HRT, so I didn't tell him I was planning to try the new treatment while he was away on his business trip. And by the time he came home, I'd binned the cream and cancelled my repeat prescription, so we'll never know.

Meanwhile, my doctor advised an extra daily pump of oestrogen, which has got rid of the brain fog just fine.

These days there's such an unhelpful narrative surrounding menopause, and sex in later life: one that suggests if the former impacts the latter then you've been robbed of something vital and that you need to get it back, even if, in all honesty, you feel like you filled your boots for quite long enough.

Even more infuriating is the idea that, as women, we owe it to our husbands to keep sexual love alive, whether or not we still desire it – or them.

It's not as though sex is an uncomfortable subject for James and me. We often joke about the fact we couldn't keep our hands off each other when we were younger. We openly sigh at the happy memories.

And I'll never say never. Who's to say my libido won't ever resurface? If it does, great – as long as James's does, too. But I'm not going to worry about it.

Losing your libido needn't be the tragedy people try to present it as. It was great while it lasted, but it's OK to let it go and move on.

■ *NAMES have been changed*



PODCAST PICK

THE BEST AUDIO SHOW TO LISTEN TO NOW

HOW THEY MADE US DOUBT EVERYTHING

IF YOU open your make-up bag and look at the ingredients of the face powder or eyeshadow, there's a chance they will include talcum powder. This new BBC series investigates how women's make-up that contains talc came to be contaminated with asbestos and how much the talc industry knew about the potential dangers.

■ *AVAILABLE on BBC Sounds*



From matchy matchy cushions to ghastly grey walls...

The tired trends making YOUR home look dated







by Michelle Ogundehin

FORMER EDITOR OF ELLE DECORATION

I BELIEVE true interior style comes when you make your home your own, which means ditching the magazine 'must-haves' and 'latest' trends to follow your gut instead.

What makes *your* heart sing? If candy stripes and glitter are your thing, then go for it; it's your little corner of the world, no one else's.

But there are a few design details I've come across in my work as head judge on the BBC's Interior Design Masters, and as the former editor of Elle Decoration, that I simply have to veto as they make a home look seriously dated.

And yet I see all these tired trends again and again, which means you probably have no idea of the bad impression they send out. So whether you're trying to sell your house or simply hoping to impress at your next drinks party, here are 11 interior features that belong in the decor rubbish dump...

A 'POP' OF COLOUR

I HATE this phrase to the point that it makes my hair curl. I don't know when it started but I hear it a lot today, as if it's the salve to all decorative problems. It's not. You shouldn't have a 'pop' of anything in your home. This implies shock, not subtlety.

Instead, colour should flow from room to room like a soothing balm that takes you on a restful journey. One wall in a single bright is like wearing a button badge on your lapel that says: 'I'm quirky!' No, just odd. The one exception would be a downstairs loo where you're allowed to open the door onto something decidedly 'other'. It works here because it is contained.

FEATURE ALCOVES

SEVERAL years ago, 'feature' walls and alcoves were all the rage. But today, it's all about drenching a room, not half-hearted runs of personality. Whether colour or paper, whatever you choose has to cover more than one wall, preferably a minimum of three.

Mural scenes are the hot ticket now when it comes to prints, and painting the ceiling is the top of the decorative tree — it's the fifth wall, make use of it.

The point is, if you're going to invest in wallpaper, you need to choose the full-fat option.

Running a tentative half roll down either side of a fireplace does not a commitment to decoration make. If you love it, flaunt it! Only want to use a little bit? You do not like it enough.

WALL-TO-WALL CARPET

THERE was a time in the 1960s when carpeting in every room was the height of modern luxury. Whereas now, it's fine for bedrooms (the thicker and plusher the better) and up a set of stairs (cushions the sound), but completely *verboten* anywhere else.

To walk in off the street and straight onto a soft floor covering is to invite all manner of bacteria into your home. You can ask all and sundry to ditch their shoes the moment they step over the threshold, but good luck training pets to wipe their paws, too. Much better to have a hallway finish you can easily mop, then go for wood, stone or ceramic elsewhere.

GOING FOR GREY

IT'S just one step up from magnolia yet somehow, in the past decade, grey has taken over as the purportedly 'stylish' choice for homes. Nope. It's just a newer version of bland. A non-colour. OK for school jumpers, and hair, but definitely not homes, as it's wildly unflattering.

On walls, it drains the energy from a room. On carpets, it recalls a Holiday Inn.

UNFRAMED ARTWORKS

ABSOLUTELY any picture, from an Athena poster to something your kid scrawled, via an original Picasso sketch, looks better properly framed. Add a border and you're cooking. Unframed pictures are like crop tops and backless shoes — you've been ripped off because half of the item is missing.

Maybe it was cool in your student dorm to Blu-Tack a poster of The Smiths to the wall, but we've moved on from then.

So, find a local framing shop or pick your faves from the high street, but frame your treasures you must. Wood or metal frames only though please.

OPEN-PLAN LAYOUTS

URGH, these are draughty, dusty and tricky to decorate, especially the ubiquitous (and utterly anti-cosy) glass box kitchen extension.

Where once we clamoured after the 'sense of spaciousness' and multi-functionality that open-plan living promised, now we understand the beauty of rooms, aka individual spaces for individual pursuits.

With walls and doors that block sound and provide privacy. No noise-cancelling headphones required, no constant view of the kitchen sink. Genius.

FUSSY PELMETS

A PELMET is a wooden frame or fabric border that sits above a window.

Historically, they were installed to hide curtain rails and prevent draughts. Today they are seeing a resurgence, but I maintain that a curtain track (rather than a rail from which drapes are hung) and pencil-pleated curtains (tight, narrow gathers that cover the track by default) are the way to go. Neat, streamlined and without any unnecessary (read: naff) bother or fabric.

True, a draught could still escape and you won't achieve total darkness. But for style points, go without, and buy a decent sleep mask instead.

RUBBISH RADIATORS

RADIATOR companies have long been on a quest to make these inefficient beasts trendy.

You can buy flat ones, refurbished Victorian ones (more expensive than modern ones), brightly coloured ones, and even curly-whirly ones. All of which is a distraction from the truth: radiators are rubbish at keeping British houses warm.

Sure, they pump out heat, but most of it will disappear out of the wall behind, if not the window under which most are inexplicably placed, while the rest dehydrates you to a hoarse, demotivated crisp.

The solution? Underfloor heating. Better for you, more efficient, lower bills, and clear walls. You'll have to find somewhere else to dry your knickers, though.

IDENTIKIT CUSHIONS

BY THIS, I mean a set of covers with the same material, colour and texture, and woe betide you if you karate chop them in the middle like a fabric fortune cookie.

Cushions are a chance to indulge in the wonder of print and pattern, texture and tactility. Use everything from a wool bouclé to embroidered velvets, trim with tassels and ribbons and mix and match linen, satins and silks.

Caveat: as long as you stick to one palette of shades (I'd say four core colours max) and vary these only by intensity of hue. In other words, if one of your colours is pink, you could use pale rose through to fuchsia, whether patterned or plain.

THREE-PIECE SUITES

NO ONE does this any more because it's boringly matchy-matchy. You can have a pair of matching sofas though.

And as many different chairs as you might have room for; albeit one is usually enough if you have multiple sofas. Otherwise, have a pair of chairs, but feel no compulsion to match them.

Or match the shape but upholster them in different fabrics, and sprinkle liberally with cushions.

BLACK BASINS AND TAPS

IT WAS cool for about a minute, and then people realised that black basins, loos and taps were impossible to keep clean and a pain to repair, especially as manufacturers discontinued their ranges.

Some things just have to be white — sanitary ware is number one, with towels, toilet paper, and crockery also on that list. Never bedsheets though, as there is nothing intrinsically posh about white sheets.

Hotel bedlinen is only white so they can bung it as one load into industrial washing machines – when it comes to your own home, it's time to have fun.

Jenni Murray



No parent should send their child to a gender clinic aged just five

WHEN I was around six years old, I went through an extended period of thinking life would be easier if I were a boy. I'd get away with more mischief, I reasoned, and no one would think it odd that I liked climbing trees.

I only wanted to wear trousers and preferred cars and trains to dolls. What a relief my mum and dad raised no objection to it. Of course I grew out of wanting to be a boy and became a proud woman – although I'm still fond of trousers and cars. But had I grown up in the current climate of parents who've bought into the 'we can change her sex' cult, what would have become of me?

I was reminded of this when I read this week's news that a child under the age of five is on a waiting list for one of the new gender clinics set up in place of the disgraced and now closed Tavistock centre. What does a child of such youth and innocence know of sex and gender? Nothing. The parents of the child should have more sense.

The two new clinics, one at Great Ormond Street Hospital in London, the other at Alder Hey Children's Hospital in Liverpool, have been designed to offer 'holistic' care to children struggling with their gender identity. They will include expertise in mental health, hormone and autism services.

The Tavistock was closed after a review by Dr Hilary Cass expressed concerns that the care it gave was unsafe.

Children had been given untested and potentially dangerous treatments, including puberty blockers which are now the subject of an emergency government ban that's in place for the NHS until September 3. There was also evidence teenagers had been prescribed cross sex hormones and been rushed into medical transition.

The waiting list for the new clinics is huge. New figures show more than 5,700 under-18s are waiting for an appointment to get help with their decision that they want to change gender.

The number of children being referred has risen exponentially in recent years, from fewer than 50 per year in 2009 to about 5,000 in 2021-22.

I have nothing but sympathy for a teenager who genuinely believes he or she wants to change sex, but what kind of GP rushes to refer a child under the age of five for medical treatment to change gender? Are there really parents who would find themselves in a panic because their son likes to pretend to cook supper on his sister's toy cooker and never misses an opportunity to put on her pretty frock?

Are there parents who can't bear the thought their daughter prefers diggers to dollies and wants to get her plaits cut off?

HOPEFULLY since the Cass report has presented thorough evidence that much of the trend-led thinking around sex and gender needed to be carefully examined, things will change for the better.

Cass noted that it was common for autism to be a factor for children who sought help. Practitioners must have no fear they'll be accused of conversion therapy if they talk to a child and examine their motives.

There's no doubt the huge rise in numbers on the waiting list needs close examination, too.

Ashley Grossman, an endocrinologist with more than 40 years' experience in the field, described the figures as 'deeply depressing' and pointed to the lack of resources for mental health care for children.

The Emeritus Professor of Endocrinology at Oxford University added: 'There seems to have been a large rise in demand for these services, especially since the isolation and loss of schooling during the pandemic, so I suspect this is a much wider problem than for children with gender dysphoria alone.'

Where have kids learned about gender and the possibility of being born in the wrong body?

The pressure group Stonewall has been effective at pushing the trans agenda. And in schools teachers have been too afraid to challenge the inclusion of gender identity issues in lessons for fear of being branded transphobic.

It's hard now for a parent to accept that a young girl can think they would rather be a boy and that you could just go along with it until they move on to something else.

Since I first wrote in 2018 about my concerns over the rising power of Stonewall's transgender push, I've been called a Terf, had speaking invitations cancelled and faced death threats.

But I refuse to be threatened into silence because I have two great concerns. The protection of women's rights has been at the front of my mind, but even more important for me has been ensuring children don't get caught up in something that could damage them. I will never forget the astonishing courage of Keira Bell, who aged 15 persuaded her father to take her to the Tavistock. She wanted to be a boy. She was given puberty blockers and cross-sex hormones.

She had a double mastectomy. In her early 20s she realised she'd made a terrible mistake and took her case to court. The damage done to her cannot be undone, but we can prevent it happening to others.

Dr Cass spent four years doing her research and began the reinstatement of good sense in the gender debate. With the new clinics hopefully working within the Cass recommendations, the thousands of children on the waiting list should be safe.

And to the parents of the five-year-old I say: 'Just let him or her get on with being whatever or whoever he or she wants to be. Pretending is what kids do and it does no harm.'



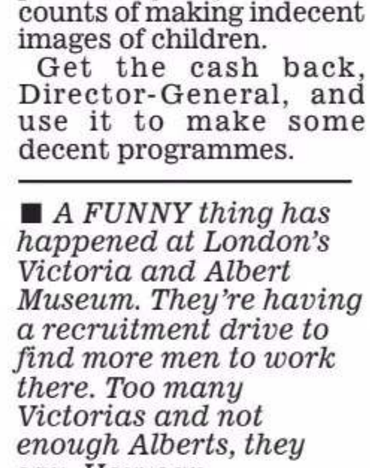
Picture: HARPER'S BAZAAR UK/ALEXI LUBOMIRSKI

Kate shames the fat-shamers

BLESS you Kate Winslet. Filming the story of the photographer and war correspondent Lee Miller, she had to appear, seated, in a bikini.

Kate was advised to sit up straight and hide any rolls of fat around her belly. She refused. She has no shame about her plump bits, nor about the increasing number of wrinkles on her face.

She's proud of her body as it ages, as we all should be, and she's brave enough to tell those who would shame her to get lost. I couldn't love her more!



Picture: DAN KITWOOD/GETTY IMAGES

What was the BBC thinking?

WHAT was the BBC thinking when it kept paying Huw Edwards his vast salary for months.

He was given £200,000 after his arrest, even though they knew what he was accused of. I'm appalled that even one penny of my licence fee has gone into the pocket of a man who's pleaded guilty to three counts of making indecent images of children.

Get the cash back, Director-General, and use it to make some decent programmes.

■ *A FUNNY thing has happened at London's Victoria and Albert Museum. They're having a recruitment drive to find more men to work there. Too many Victorias and not enough Alberts, they say. How can it be considered a problem to have more women than men working there? Sounds like the way things should be to me.*



DOLCE & Gabbana has launched a pet perfume called Fefe, named after Domenico Dolce's dog. I asked Frieda, Madge and Minnie (left) if they'd like some. 'No way,' said they. 'We're dogs. We like to smell of dog.' Thanks, girls, that saves me 85 quid.



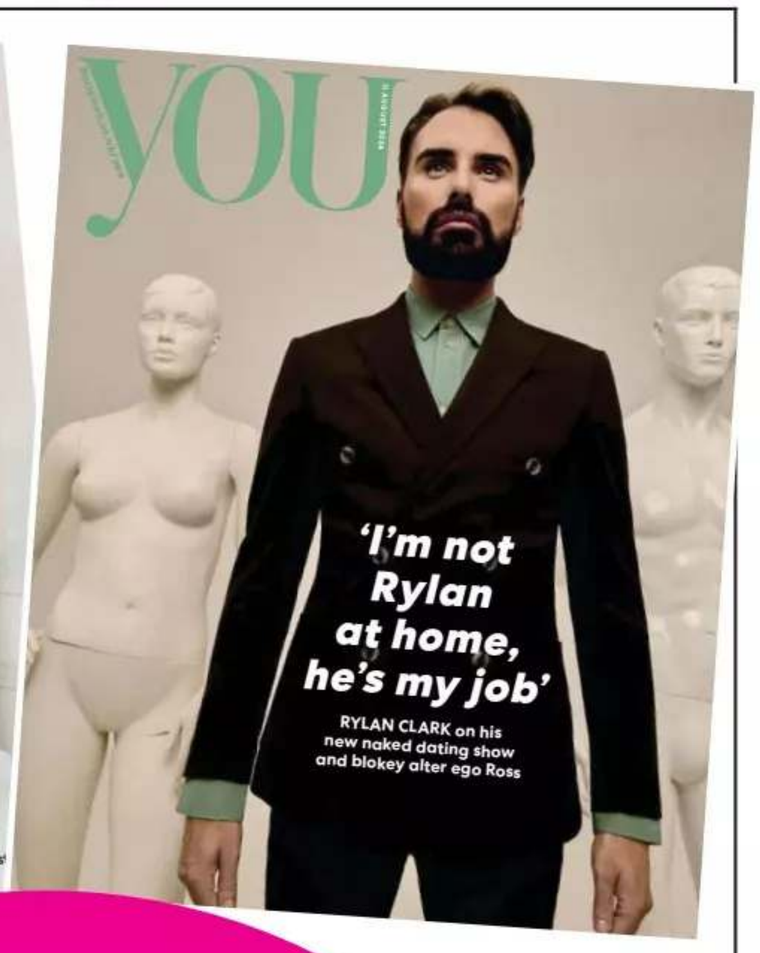
THE FIRST LOOK

Our edit of what hits stores TODAY



EMMA MESQUITA





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Boring: Amanda's 'helmet hair'

WHAT woman in her 60s, or for that matter of any age, does not sometimes gaze in the bathroom mirror while performing her morning ritual of moisturiser, make-up and hair, and think: 'I'm sick to death of the sight of you!'

Bored with the same old look, the same old life. Your greatest adventure changing your mascara from black to brown as it's more flattering, or breaking loose with a new nude lipstick.

Certainly that's how I felt, going through the same tedious ceremony many women perform every morning, staring bare-faced into their own eyes and thinking, where did it all go? Do I really look like this?

Twice a week I also tamed and straightened my curly hair with a half-hour blow-dry and curlers, shaping it into the same look I've had for 20 years, which one friend uncharitably calls my 'helmet hair'.

And yet I can barely remember the younger woman who chose the 'look' that has defined me for decades. Now 66, I longed for a change. I asked myself, what can I do about it? Get a new boyfriend? Complicated. Move house? I love my battered old cottage. Quit work, a new job? Unthinkable. Go blonde? Not with my complexion.

Then suddenly, looking in the mirror at my same old face and helmet hair, I had an epiphany – I could get a fringe.

Before any males with their receding hairlines smirk, in that faintly condescending way, at the idea of equating cutting a fringe with buying a new house or changing career, let me tell you that there's no doubt whatsoever that for a woman, changing her hair can change her life. OK, it's hardly earth-shattering, but it was about taking control, even if in a small way. It's harder to make drastic changes as you get older. Sparkly eyeshadow just emphasises your wrinkles. Coquettish eyeliner looks like desperation.

I am no stranger to Botox and have spent thousands on it in my time, but there's no denying the signs of ageing. I've also noticed that my forehead has started to looked ginormous in selfies.

I turned to Google for reassurance and discovered that a fringe can work at any age.

It's even good for your hair. Hormonal changes, along with a lifetime of colouring and blow-drying, mean hair gets dryer and more brittle over 50.

Cutting it short at the front can keep it looking healthy and hide telltale signs of damage linked to ageing, such as split ends.

A bit more Googling and I found literally dozens of different fringes. Glamour magazine says there are at least 15 types of 'bangs' – a word I hate – wispy, curtain, curly, choppy, side, blunt, long and layered to name a few.

Then I viewed pictures of celebrities 'before and after fringe': Taylor Swift, Anne Hathaway, Cameron Diaz, Keira Knightley, Daisy Edgar-Jones. Maybe my headlong enthusiasm was making me biased, but surely they almost always looked better 'after'.

Next, the acid test. I texted my girlfriends to see if they approved. Somewhat to my surprise, they all came back positively, one adding kindly, 'for heaven's sake get rid of your helmet hair, it's so dated'. So, emboldened, I called my stylist Kerry, took a deep breath and said: 'I want a major change in my life. 'A massive change. I can't go on like this. I want a fringe!'

The 'modern Brigitte' is the fringe of the moment

Having known me for 20 helmet-haired years, Kerry first asked if I was really ready. But quickly he warmed to the subject and said: 'I'm thinking Brigitte Bardot.' 'She's 89 years old!' I cried.

No, he meant a young Brigitte: a deep, longer soft-textured fringe with tapered pieces of hair around my face. Apparently this 'modern Brigitte' is the most demanded fringe of the moment, especially for women in their 50s and up.

It softens the face, he explained, sending me picture after picture. The loose bits around your cheekbones taper along the neckline, slimming your jawline and emphasising your cheekbones. The long fringe rests over your eyebrows, to frame and highlight your eyes.

You can wear it resting on the eyebrows or swept to the side. It's also low maintenance, as it doesn't need blow-drying – or so Kerry claimed.

Call me shallow, but the thought of looking like Brigitte Bardot (even in her 60s) won me over.

I'm no stranger to a fringe of course. Surely we've all been there at least once. As a kid my mum cut it with a pudding bowl. I also had

by Amanda Platell

My friends say I look ten years younger. But this time it's not down to Botox – I've just got a fabulous new fringe!



Changed woman: Amanda's new fringe has won compliments from friends, neighbours... and the delivery man

Picture: LEZLI+ROSE

one in my 20s and early 30s when my hair was naturally wavy – before decades of colouring and blow-drying wrecked its texture and left it frizzy.

Back then all my hair needed was a bit of mousse and head down with a diffuser hairdryer for a few minutes to make it messily lovely. I look back on those days of carefree hair with great affection.

Still, by the time Kerry arrived for the cut — he does home visits for long-term clients – I was anxious and already regretting my decision.

What if I hated it? My perfectly blow-dried hair was my armour, I protested. He gently suggested maybe it was time to drop the armour. Who needs a shrink when you have a great hairdresser?

It's worth pointing out that if you are going through internal turmoil, you might want to step away from the scissors.

Fringes are infamously a go-to choice in the wake of a break-up, when many women experiment with a dramatic new look, only to regret it later. And a fringe can take ages to grow out.

Los Angeles stylist Sal Salcedo says: 'Hair is a tool that can mirror societal changes.

'A fringe can also serve as a physical representation of change.' He adds that fringes saw a huge surge in popularity after the pandemic.

Which all sounds like gobbledygook to me. And yet psychologists claim there is such a thing as 'stress bangs' or 'trauma bangs' and warn that a fringe will not cure underlying feelings of anxiety and depression. As Kerry says: 'I've got a pair of scissors and a comb, not a magic wand.'

Well, I wasn't having a life crisis or a break-up, I was just utterly bored with myself and wanted a new look.

To allay my anxiety, Kerry first cut a light fringe, a 'half-Brigitte'. He separated out a triangle of hair about four inches wide and three inches deep, then snipped.

He said the fringe would feel better than my hair had before, as we were cutting off six inches of old, brittle, dead hair. I was not

Who needs a shrink when you have a great stylist?

reassured. So he explained patiently that as we get older the forehead stretches upwards, our noses grow and our eyebrows get thinner. Who among us past 60 does not lament those years of brow plucking that left our eyebrows thin and needing daily redefining or even dying?

A good fringe counterbalances those changes, lifting and softening the face – and for just £150, including some new colour, as well. Kerry suggested we go lighter as it's kinder on a more mature face, so I had the full-foil treatment streaking in honey blonde through my darker hair, focusing around my face to add light and make me look younger.

He blow-dried away and showed me the result: no hard line above my forehead.

I have to admit it was a bit of a shock. I looked so different.

Kerry said to sleep on it – and assured me it wouldn't go crazy and frizzy overnight.

In the morning I combed my fringe out and confronted myself in the mirror. What a difference.

I called Kerry at once and said: 'Call that a fringe? I want it deeper, thicker, more messy, I want "the full Brigitte".' He duly arrived, scissors in hand, to cut a deep V going further back towards my crown, with longer tendrils around my face and neck. I love it.

I've been freed from the tyranny of straightening my helmet hair and I've gained a flattering fringe that conceals the signs of ageing to a remarkable extent.

But don't just take my word for it. The Waitrose delivery guy, who had to check my date of birth as the bags contained wine, said: 'There's clearly a mistake on the invoice as you can't be 66, you look ten years younger.'

A neighbour arriving to hand over a misdirected Amazon parcel said: 'What have you done to yourself, you look so much younger? A new boyfriend?'

Another pal not given to compliments simply asked in astonishment what I'd done. Was it more Botox, or fillers perhaps?

I rather proudly replied: 'No, I just got a fringe.'

by Flora Gill



Picture: NETFLIX/TOM DYMOND

Hosts: Emma and Matt Willis present Love Is Blind

Love Is Blind? It's a new dating show we'll all fall for

I LOVE watching people date — not creepily pressing my nose against the windows of cute French bistros, but by streaming hours and hours of reality TV.

Over the years I've seen every premise imaginable — singles trying to figure out which of a group of the opposite sex an algorithm had determined was their perfect match; people judging the naked bodies of potential suitors before they hear their voice (outrageous when it launched but now Channel 4's Naked Attraction is a national treasure); and even the American women who thought they were competing for Prince Harry's hand (it was a rather poor lookalike).

But a common thread throughout has involved trying to match people by personality, not looks.

My first experience of TV dating shows was Cilla Black's Blind Date. Since then, we've had Dating In The Dark, Married At First Sight, and Netflix's Sexy Beasts, where pairs date disguised as weird creatures.

But of all these shows there's one that does it best — Love Is Blind. Originally a U.S. show, it starts with 15 men and 15 women, kept separately in 'pods' that allow them to hear, but not see, the potential partner. After dozens of dates, you get to meet your match only if you have got down on one knee and proposed — before even laying eyes on them.

At this point, a handful of couples go to a pre-wedding honeymoon followed by a few weeks of living together to see if they can really handle it.

FINALLY, each of the couples heads down the aisle at a real wedding in front of family and friends (and the viewing public).

One of the biggest issues with reality TV is the 'reality' part of it. But Love Is Blind comes across as one of the most genuine of reality programmes.

That's partly because you can only lie for so long, and because the production team have hundreds of hours of dating footage to choose from, with most of the 30 daters never getting more than a few minutes actually on screen.

At least eight of the ten couples that got married on the U.S. show are still together.

In a moment of reality TV magic, on Season 3 of the U.S. Love Is Blind, one contestant who had his proposal rejected paused his straight-to-camera interview to put drops in his eyes to give the impression he'd been crying. The genius editors kept this moment in the finished film.

So, can the UK version match the hype? I've watched the first four episodes and I'm as excited and optimistic as a twentysomething downloading Tinder.

Husband and wife hosts Matt and Emma Willis do a great job. But in reality the show is entirely made by the cast.

I've got my favourites — charming funeral director Freddie, whose job seems to be an aphrodisiac — and there are characters I'm suspicious of, like 'nice guy' Sam, who keeps saying things like 'the sweet guy never wins' and 'I think if you put it [my life] into a book, it would be the best book that someone could ever read'.

The beginning of every season of Love Is Blind is always my favourite and the UK version is no different. Dating is a process that renders people vulnerable and it's fascinating to watch it as a third party. There are the cringe lines and poems and spiritual journeys but some honest conversations (how do you meet in the middle when one person wants kids but the other isn't sure), and sudden sparks when you realise you have something in common (one pair learn they both wear the rings of their deceased grandparents).

THE slightly depressing note is that Love Is Blind pretends to be a 'social experiment', a term so overused that 14-year-old boys now run around filming pranks for TikTok claiming 'it was just a social experiment' when they're just, like, doing horrible things such as tossing ice in the faces of strangers.

The show emphasises that it's simply testing out a theory about whether love is truly blind, as if a group of scientists and psychologists had worked out that an entertaining reality TV programme was the only way to know for sure.

But the truth is the series is better than that, and has all the drama and disappointment needed to keep you hooked. And if you want any more evidence that it's not really about how blind love is, then take a look at the cast — they're all incredibly hot.

Presumably it's easier for love to be blind when you know your prospective other half is at least a nine out of ten. One of the first comments a man makes on seeing his fellow contestants is how tall they all are, which shows just how carefully they're selected.

But then it's nice that the show isn't about some huge 'gotcha' moment where you discover the person you've proposed to looks like Star Wars' Jabba the Hutt.

This is the eighth international version of Love Is Blind and each one offers something different. In Love Is Blind Brazil, they're incredibly open and passionate with lots of drama. Love Is Blind Japan is more heartwarming and wholesome.

No one does a dating show like the UK (known for Love Island's format), and judging by what I've seen so far, this edition of Love Is Blind has the potential to be incredible. That famous British banter mixed with a tested American concept... I've not seen the whole series yet, but I'm ready to say: 'I do.'

■ *THE first four episodes of Love Is Blind are on Netflix now.*

How polka

by Camilla Ridley-Day

POLKA dots are back – but not as you've worn them before. Forget prim and preppy (remember that black and white spotted Zara midi dress that became ubiquitous a few years ago?) and think colourful, enormously oversized or, at the very least, combined with clever cutouts and softly draped fabrics.

Polka dots found favour on the spring/summer 2024 catwalks – at Dolce & Gabbana they were supersize; Stella McCartney spot-adorned tops with gauzy sleeves; while Balmain broke with the traditional monochrome and opted for colour. The high street duly took note and there are now a host of styles which most definitely hit the spot.

But not all dots are created equal, so choose yours carefully for both the event and the image you want to project, using our guide to the five key ways to wear them now...



Soft spots

FOR those who prefer a more understated spot, opt for a draped style as seen on the Stella McCartney catwalk.

Actress Lily James is a fan – she chose a gauzy white fabric with soft green spots by Saint Laurent for her birthday celebrations, while model Lila Moss wore a monochrome style to a Vogue party.

The swathes of fabric make the dots look softer, almost abstract. Perfect for eveningwear and oh-so romantic.

Right: Dress, £265, **kitristudio.com**



Left: Lila Moss in Saint Laurent

Playful pattern

TINY polka dots – no bigger than a five-pence piece – are the most traditional version of this look. Think the Princess of Wales's fabulous and much-copied Alessandra Rich dress with its pristine white collar.

But to make the style feel current, take your cue from the high priestess of fashion, Anna Wintour. Her polka-dot ensemble is rendered modern and playful by the red-and-white colour combination.



Actress Sienna Miller is a fan of small spots, too, as seen on her cream Prada two-piece worn to Wimbledon. She livened up the traditional style by showing off a strip of toned tummy between her top and skirt.

If midriff-baring isn't quite your style, opt for statement accessories like Anna's necklace instead.

Dress, now £44.50, **finerylondon.com**



Anna Wintour in Marc Jacobs

dots got SUPERSIZED

The bigger, the better



Dress, £189, **hobbs.com**



Dress, now £110, **reiss.com**

DOLCE & Gabbana put polka dots firmly on the agenda for summer 2024, and the supersize variety were the real stars of the label's spring/summer catwalk show.

While once fashion arbiters ruled only the tiniest dots were truly chic, this is a fun take on the style – which can look equally elegant.

Just as ditsy florals have transitioned to big blooms this season, these mega polka dots give a modern spin on the trend.

Stick to a few sparsely scattered across the fabric — anything busier will risk looking cartoonish.

Follow D&G's lead with a monochrome print, or inject some colour with this green and white style, right, from Moos Studio.



Dress, £253, by Moos Studio at **wolfandbadger.com**



Margot Robbie in Balmain

Itsy-bitsy fun with colours

WHO says polka dots have to be black, white or navy? Balmain reinvented them by sending fresh colour combinations down the runway. Follow Margot Robbie's lead in a bubblegum pink mini dress from the brand's spring/summer 2024 collection.

The key here is the black dots (the inverse of the usual white), which keeps the look sophisticated rather than overly sugary. Hobbs has a fabulous white dress with big black polka dots, or try Karen Millen's spotted red dress. Dress down with trainers or opt for coordinating heels a la Margot.



Dress, £99, **karen millen.com**

Modern classic



Jennifer Lawrence in Dior Couture at the Oscars

WHEN it comes to polka-dot perfection, the dress Julia Roberts wears to the polo in her film Pretty Woman takes the crown. Her brown outfit was adorned with midsize spots and, if you're after a classic (but never boring) look, you should follow suit.

Pretty Woman was surely the style inspiration behind Marks & Spencer's v-neck brown maxi dress, which sold out this season. Nobody's Child also has a very wearable chocolate-hued dress. Jody Plows, Nobody's Child CEO, says: 'The Felicity dress sold out as soon as it launched. Over 3,500 signed up to find out when it was coming back in stock.'



Dress, £45, **finerylondon.com**

Blind Date

‘He seemed cool... if only I could remember his name’



PAIJ, 32

VITAL STATISTICS

SINGLE for two and a half years, no children.

CURRENT ROLE

ENTREPRENEUR and data coordinator.

WOULD LIKE TO MEET

A CREATIVE, driven man with a positive mindset and good banter. He must have a skincare and workout routine, and great style beyond T-shirt and jeans.

DATING PAST?

I’VE had two serious relationships and previously dated emotionally unavailable men due to my own insecurities. I’d assumed that by 23, I’d have the house, the car, the fabulous job and a child – but life doesn’t flow that way. Now at 32, I’m not sure I actually want children and it hasn’t helped that I’ve met a lot of frogs too.

PRE-DATE NERVES?

NO, I was feeling optimistic. I’ve never been on a blind date before, but I enjoy TV dating shows.

FIRST IMPRESSIONS?

I COULDN’T remember his name! It’s really embarrassing, but I am terrible with names. Physically, he’s not my type. I prefer taller men with a more muscular build. He was a bit too casually dressed for a first date in jeans and a long-sleeved top, too. However, he was friendly and came across as a sociable guy.

EASY TO TALK TO?

WE talked about our favourite TV shows growing up, such as Scooby Doo. While Rahat (thank you for the reminder) didn’t ask me about my previous relationships, I touched on his. All he had to say was his last one didn’t end well so he’s been single for a long time. I wondered if he’s ready for a relationship, as he is a teacher full-time and also works in his spare time. That’s not a red flag for me, though, I respect entrepreneurial people.

EMBARRASSING MOMENTS?

I ORDERED tomato soup but when it came there was no liquid in the bowl. I panicked for a moment, before realising the waiter had it in a separate jug to serve at the table. Rahat and I laughed, agreeing it was the poshest tomato soup we’d ever seen.

DID SPARKS FLY?

EVEN though Rahat is a fan of rom-coms, he wasn’t bringing the romance for me. To be honest, I was put off that he talked with his mouth full. It’s a turn-off for me. If you must do it, at least put your hand over your mouth when chatting.

SEE HIM AGAIN?

NO, AND we didn’t swap numbers either. When we finished our meal, we walked to the station together. I get anxious on public transport when it’s crowded, but I did manage to jump out at his stop to give him a hug goodbye before jumping back on again.

WHAT DO YOU THINK HE THOUGHT OF YOU?

I’VE got no idea. I don’t think he flirted with me, but I do think he’d say we had a good time together.

WOULD YOUR FRIENDS LIKE HIM?

MAYBE, I’m not sure. At a push, they’d say he’s a cool guy and a sociable person but not for me.

PAIJ’S VERDICT: 7/10

LIKED? Rahat’s ambition.
REGRETS? Forgetting Rahat’s name.
COFFEE OR CAB? Cab.

‘I think she liked me giving notes on how to run her business’



RAHAT, 39

VITAL STATISTICS

SINGLE for one year, no children.

CURRENT ROLE

PE teacher.

WOULD LIKE TO MEET

I’M looking for an adventurous lady with a good personality who is very much into going to the gym. My ideal woman is Jennifer Lopez.

Pictures: JEAN-PHILIPPE WOODLAND Hair and make-up: DESMOND GRUNDY

DATING PAST?

I’VE not had a long-term relationship because I’ve been focused on my career, but for the right woman I would make the time. I’d like to settle down, but I won’t use dating apps and prefer to meet people in real life. I’m old school in that respect.

PRE-DATE NERVES?

YES, a bit anxious. I had to postpone the first date due to a family illness so I was looking forward to finally meeting Paij.

FIRST IMPRESSIONS?

PAIJ is very pretty and was well-presented in a fuchsia pink sleeveless dress. You can tell she is a professional individual, and used to dressing to impress. She also came across as focused and motivated from the off, which is a big tick for me. I told her she looked nice and she smiled.

EASY TO TALK TO?

YES, we talked about Paij’s dating life and why she is single. Like me, she is very focused on her career. I gave her advice on her business, emphasising the importance of the customer’s perspective rather than just the end result. I think she appreciated my feedback. She didn’t tell me so, but she did take notes. We both like to exercise which is important. Paij enjoys hot yoga, while I do martial arts. I’d be open to giving hot yoga a try, though.

EMBARRASSING MOMENTS?

I SNEEZED twice – does that count? I suffer from hay fever and don’t like sneezing around people, especially in a restaurant. But Paij was nice and said ‘bless you’.

DID SPARKS FLY?

YES, for me. I liked Paij and tried to flirt with her, but I wasn’t getting anywhere so I stopped. I wasn’t getting the feeling she felt any chemistry – I’m quite clued-up on human psychology and a great reader of body language. As such, I could just tell she wasn’t into me.

SEE HER AGAIN?

I WOULD like to, yes. But I’m not sure Paij feels the same way. We hugged goodbye on the Tube, but I didn’t ask for her number as I sensed she didn’t feel the same spark and didn’t want to seem pushy.

WHAT DO YOU THINK SHE THOUGHT OF YOU?

CONFIDENT, easy-going, laid back? I’m not sure. She did tell me I looked good, though.

WOULD YOUR FRIENDS LIKE HER?

I THINK they would, because Paij is a professional, put-together woman and yet cool at the same time.

RAHAT’S VERDICT: 8/10

LIKED? Spending time with Paij.
REGRETS? Not getting her number.
COFFEE OR CAB? Coffee.

Interviews: SAMANTHA BRICK

WOULD YOU LIKE US TO FIND YOU A DATE?

FANCY a posh meal with an eligible single like you? Or would you like to play cupid for someone else? Email your — or their — details and a photo to *blinddate@dailymail.co.uk*



The secret to a beautiful hedge is regular trimming – Gtech's innovative cordless HT50 makes trimming hedges a pleasure.

No cord, no fuss

Moving around your garden is a joy with the HT50's extended 60 minutes of run time.* There are no cables, or petrol engines to refill, just freedom to roam. A high torque 18V motor, supplies the HT50 with power directly when needed, while the lightweight but strong drive system is precise and quiet to run. But don't be fooled – the laser cut precision blades power through branches up to 25mm thick – encouraging growth of a healthy, luscious hedge.

Extra reach

With an adjustable head that rotates through 135°, the HT50 gives you ultimate control over cutting your hedge. Adjust the head downwards so you can cut the top of your hedge easily, and upwards to slice through thorny branches without scratching your arms. The 50cm blade helps you reach up to 10ft†, cutting flat along the top of hedges for an immaculate finish. Power through foliage, leaving behind clean cut, healthy stems which will bud into a beautiful, rich textured hedge.

Perfectly precise

Weighing only 2.94kg and accompanied by the harness, you can move freely around your garden without feeling anchored down. The HT50 is well balanced giving you a more enjoyable gardening experience without worrying about the weight.

Individual RRP of the HT50 is £249.99 and Branch Cutter is £24.99 which gives a total RRP of £274.98. Offers valid until 30/09/2024 or while stocks last and cannot be used in conjunction with any other offer. 30-day money-back guarantee, excluding £10 collection fee. Limited 2-year warranty. †Depending on the height of the user. Order before 7pm for Next Day Delivery to UK mainland (excludes Scottish Highlands) See website T&Cs for details. *Runtimes quoted may vary depending on condition of branches being cut.

Includes Branch Cutter

Make light work of sawing through branches of up to 60mm thick with this cutting attachment – offering the ultimate in versatility.



Get the **HT50 Long Reach Hedge Trimmer and Branch Cutter bundle** for just **£199.98** (RRP £~~274.98~~) saving **£75** if you order before **30.09.24**.
Order now at **www.gtech.co.uk** call **0800 030 81 19** or scan the QR code:



Inventor & Owner, Nick Grey

"We designed the HT50 with a longer blade, so you cut a bigger area at once. This means you'll spend less time working and have more time to enjoy your garden – ideal."

www.gtech.co.uk

Trustpilot ★★★★★

Gtech's rating is 4.8 out of **5** after **130,000 reviews**

dpd **Free tracked next day delivery and 2-year warranty**

FOOD FACTS

Fresh v Frozen: Which Is Better?, 8pm, Ch5

IS YOUR freezer a 'cabinet of joy', filled with ready-to-go meals, or just the last refuge for potato waffles and half-empty ice-cream tubs? This programme sings the praises of the freezer, showing how, in a cost-of-living crisis, subzero food is your friend. There's a short history of the innovations that made frozen food possible, and a look at whether fresh vegetables really do have more nutrients.

FRESH FROM THE FARM

Tom Kerridge Cooks Britain, 8.30pm, ITV1

THE star ingredient for Tom's final programme celebrating great British produce is the humble mushroom. He visits a grower and lifts the lid on how the fungi are cultivated commercially. Tom (pictured) also visits a chicken farm on the English-Welsh border to show us how to cook chicken thighs with peas. Simple, but lip-smackingly good.



PICK OF TODAY'S TV

SUSAN CALMAN'S GRAND DAY OUT, 9PM, CH5

SUSAN is off to Eastbourne, on England's south coast, a sunny spot that ticks off all the traditional seaside attractions, where she sets off straight for the town's Victorian pier, and tucks into a classic afternoon tea. Nearby lies the iconic Beachy Head, the country's highest chalk cliff, and what better way to appreciate its magnificence than from the sea below? So the comedian heads to the harbour and takes to the waves in an inflatable boat. Back on dry land, there's time for a trip along the front on the Eastbourne Miniature Steam Railway before she heads down to the beach, where she bumps into Aled Jones (pictured with Susan). The singer and presenter reminisces about growing up by the sea (in Wales), and the duo take part in a sundae-making contest at an ice-cream parlour — it's squirty cream and chocolate sauce at dawn. To round off another glorious day beside the sea, Susan bids farewell at the bandstand, listening to the Eastbourne Silver Band playing Sussex By The Sea.



7 PM

BBC1

7.00 **Olympics: Paris 2024** (HD) Gabby Logan introduces live taekwondo and athletics coverage as day 13 concludes, with five champions set to be crowned in the track and field events at the Stade de France.

8 PM

BBC1

A rare and hotly-anticipated showdown between women's 400m hurdles world record holder and reigning champion Sydney McLaughlin-Levrone of the USA and Dutch world champion Femke Bol is expected to be among the highlights.

9 PM

10 PM

BBC1

10.00 **BBC News** (HD) (Followed by Weather)
10.30 **BBC Regional News** (HD) (Followed by Weather)
10.40 **Olympics: Paris 2024 — Tonight at the Games** (HD) Isa Guha and Mark Chapman introduce highlights from day 13 in the French capital, with taekwondo, athletics and track cycling among the sports featuring British hopefuls.

11 PM

12 MNT

BBC1

12.00 **Kin** (AD,R,HD) Bren's chaos reaches a crescendo and the family is driven to mayhem. **12.50** Kin (AD,R,HD) Michael and Jimmy find common ground. Crime drama, starring Aidan Gillen and Clare Dunne. **1.40** Weather for the Week Ahead (HD) **1.45** BBC News (HD)

BBC1

6.00 **Breakfast** (HD) A round-up of news, plus current affairs, arts and entertainment, and weather.
8.00 **Olympics: Paris 2024** (HD) Jeanette Kwakye and JJ Chalmers present the opening coverage on day 13, with much of the British focus on the start of Katarina Johnson-Thompson's quest for heptathlon gold. The first of the day's medals will be decided in the women's 10km marathon swimming at the Pont Alexandre III, before attention switches to the Stade de France and the 100m hurdles and high jump disciplines of the heptathlon from 9.05 and 10.05.
1.00 **BBC News at One;** Weather (HD)
1.30 **BBC Regional News;** Weather (HD)
1.35 **BBC News at One;** Weather (HD)
1.45 **Olympics: Paris 2024** (HD) Diving and track cycling take centre stage as day 13 continues in Paris, featuring the men's 3m springboard final from 2.00 at the Aquatics Centre. Hazel Irvine hosts.
6.00 **BBC News at Six;** Weather (HD)
6.30 **BBC Regional News;** Weather (HD)

BBC2

6.30 **Great Coastal Railway Journeys** (AD,BSL,R,HD) The Norfolk coast.
7.00 **Gardeners' World** (AD,BSL,R,HD)
8.00 **Breakfast** (HD)
9.00 **Dom Does America** (R,HD)
9.30 **Wanted Down Under Revisited** (R,HD) Presented by Nicki Chapman.
10.15 **A Countryside Summer** (AD,R,HD)
10.45 **The Farmers' Country Showdown** (R,HD) Hugh sells cheese in Bath.
11.15 **Homes Under the Hammer** (AD,R,HD) A Shropshire cottage.
12.15 **Bargain Hunt** (AD,R,HD)
1.00 **Olympics: Paris 2024** (HD) Coverage of day 13 of the Games, including the conclusion of the women's kite sailing and the men's bronze-medal hockey match.
1.45 **Make Me a Dealer** (R,HD)
2.30 **Beechgrove Repotted** (R,HD)
2.45 **The Hundred** (HD) Welsh Fire Men v Northern Superchargers Men (Start-time 3pm). Coverage of the match at Sophia Gardens in Cardiff.
6.00 **Olympics: Paris 2024** (HD) Coverage of the conclusion of the women's keirin and men's omnium track cycling events.
7.00 **Richard Osman's House of Games** (R,HD) Bonnie Langford, Myra DuBois, Charlie Hedges and Tyler West test their trivia skills.
7.30 **EastEnders** (AD,HD) Linda is in shock after receiving a blackmail letter.
8.00 **Why Bridges Collapse: The Genoa Disaster** (AD,R,HD) An investigation into the Ponte Morandi disaster in August 2018, telling the stories of people on the bridge that day and looking at what caused it to fail.
9.00 PICK **Interview with the Vampire** (AD,HD) A visit to the revelatory Theatre des Vampires disrupts Louis's quiet life.
9.50 **Live at the Apollo Bites** (HD) Featuring Ardal O'Hanlon, Lou Sanders and Kae Kurd.
10.00 **Not Going Out** (R,HD) Lucy and Lee decide to discover the truth about whether it is possible to retain their memories of a heavy night of drinking.
10.30 **Newsnight** (HD) With Katie Razzall. (Followed by Weather)
11.05 **Colin from Accounts** (AD,R,HD)
11.35 FILM CHOICE **Mud** (2012) (12) ◆ (AD,HD) Two boys find a fugitive hiding out on an island on the Mississippi and help to reunite him with his lost love. Drama, starring Matthew McConaughey.
1.40 **Miriam Margolyes: A New Australian Adventure** (AD,BSL,R,HD) The actress returns to the country she considers her second home, where her first stop is Perth. **2.40** Dom Does America (BSL,R,HD) **3.10** This Is BBC2 (HD)

ITV1

6.00 **Good Morning Britain** (HD)
9.00 **Lorraine** (HD) Entertainment, current affairs and fashion news.
10.00 **This Morning** (HD) Daily magazine, featuring a mix of celebrity chat, showbusiness news, lifestyle features, topical discussion, health and beauty advice and more. Including Local Weather.
12.30 **Loose Women** (HD) The women put the world to rights once more and invite a celebrity guest to chat about what they are up to.
1.30 **News;** Weather (HD)
1.55 **Regional News;** Weather (HD)
2.00 **Dickinson's Real Deal** (AD,R,HD)
3.00 **Tenable** (R,HD) A family of five get their chance to win a bumper cash prize by answering top-10 list questions. Can they take home £125,000 in the quiz show hosted by Warwick Davis?; Regional Weather
4.00 **Tipping Point** (R,HD) Quiz show, hosted by Ben Shephard.
5.00 **The Chase** (R,HD) Quiz show, hosted by Bradley Walsh.
6.00 **Regional News;** Weather (HD)
6.30 **News;** Weather (HD)
7.30 **Emmerdale** (AD,HD) Victoria meets a relative stranger, Mandy is determined to resolve her debts when Gail gives her an idea, and Jimmy is concerned.
8.30 PICK **Tom Kerridge Cooks Britain** (AD,HD) The chef heads up the border between England and Wales, starting in Powys.
9.00 **Irvine Welsh's Crime** (AD,HD) 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. Dougray Scott stars.
10.00 **News** (HD) The headlines. (Followed by Weather)
10.35 **Regional News** (HD) (Followed by Weather)
10.45 FILM **Mission: Impossible** (1996) (PG) ● (AD,HD) A secret agent is accused of betraying his fellow spies, and sets out on a mission to clear his name. Action thriller based on the 1960s TV series, starring Tom Cruise, Jon Voight, Ving Rhames, Paula Patton, Simon Pegg and Jeremy Renner.
12.35 **Shop on TV** (HD) **3.00** Big Zuu's 12 Dishes in 12 Hours (AD,BSL,R,HD) The rapper takes actress Anna Maxwell Martin on culinary tour of Amsterdam. **3.35** Unwind with ITV (HD) **4.50** Unwind with ITV (R,HD) **5.05** In for a Penny (BSL,R,HD) **5.30** Gino's Italian Express (BSL,R,HD)

CHANNEL 4

6.20 **Cheers** (R,HD) Double bill.
7.10 **Everybody Loves Raymond** (AD,R,HD) Four episodes.
9.00 **Frasier** (AD,R,HD)
9.30 **Frasier** (AD,R,HD)
10.00 **Frasier** (AD,R,HD)
10.30 **Frasier** (AD,R,HD)
11.00 **The Simpsons** (AD,R,HD)
11.30 **The Simpsons** (AD,R)
12.00 **Channel 4 News Summary** (HD)
12.05 **Paris 2024 Paralympics: Meet the Athletes** (AD,R,HD)
12.10 **A New Life in the Sun** (R,HD)
1.10 **Car S.O.S** (AD,R,HD) A Citroën HY van.
2.10 **Countdown** (HD) Clara Amfo is in Dictionary Corner.
3.00 **A Place in the Sun** (R,HD)
4.00 **The Great House Giveaway** (HD) Sales manager Shantelle and telecommunications engineer Kieran renovate a four-bedroom house in Melbourne, Derbyshire.
5.00 **A New Life in the Sun: Where Are They Now?** (HD) Catching up with a couple who swapped life in Surrey to run a B&B in the Algarve.
6.00 **Come Dine with Me** (R,HD)
6.30 **The Simpsons** (AD,R,HD)
7.00 **Channel 4 News** (HD)
8.00 **The Supervet: Noel Fitzpatrick** (AD,R,HD) 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 suspicious and painful lump near its ankle. Last in series.
9.00 **George Clarke's Amazing Spaces** (AD,HD) The architect meets a pair converting a rusty ship's wheelhouse into accommodation for their Welsh glampsite. Last in series.
10.00 **Ramsay's Kitchen Nightmares USA** (HD) 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.
11.00 **8 Out of 10 Cats Does Countdown** (R,HD) Jimmy Carr hosts the quiz, with Alan Carr and Munya Chawawa taking on Sarah Millican and Gary Delaney.
12.00 **Gogglebox** (AD,BSL,R,HD) **1.00** Ramsay's Kitchen Nightmares USA (BSL,R,HD) **1.50** FILM: Primal (2019) (15) ◆ (HD) Action thriller, starring Nicolas Cage. **3.25** Love It or List It Australia (R,HD) **4.20** Food Unwrapped (AD,BSL,R,HD) **4.50** Frasier (AD,R,HD) **5.15** Frasier (AD,R,HD) **5.40** Countdown (R,HD)

(R) Repeat. (HD) High Definition. (AD) Audio Description. (b/w) Not in colour. (BSL) British Sign Language.

■ Family viewing ● Generally suitable for all ◆ Caution recommended



GOTHIC DRAMA
Interview With The Vampire, 9pm, BBC2

LOUIS and Claudia are in Paris, where they see vampires flaunting their preternatural nature in front of paying audiences at the Theatre des Vampires. Claudia is instantly smitten, while Louis is more cautious — even when he meets Armand (Assad Zaman, pictured) for the first time. But who's that in a portrait on the theatre's backstage walls? The ghost of Lestat continues to haunt them.

FILM CHOICE
Mud, 11.35pm, BBC2

IN THE kind of role he excels at, Matthew McConaughey is Mud, a strange fellow whose Arkansas hideaway is discovered by two 14-year-old boys (Tye Sheridan and Jacob Lofland). Fascinated by Mud and his story, the boys become embroiled in a tale of honour, murder and revenge.

CHANNEL 5

6.00 Milkshake! Brave Bunnies (R,HD) **6.05** Peppa Pig (AD,R,HD) **6.25** Pip and Posy (R,HD) **6.30** Odo (R,HD) **6.40** Tweedy & Fluff (R,HD) **6.45** Fireman Sam (R,HD) **6.55** Thomas & Friends: All Engines Go! (HD) **7.05** Peppa Pig (AD,R,HD) **7.15** Paw Patrol (R,HD) **7.30** Pip and Posy (R,HD) **7.35** Adventures of Paddington (R,HD) **7.55** Milo (R,HD) **8.10** Rubble & Crew (HD) **8.30** Peppa Pig (AD,R,HD) **8.45** Ben and Holly's Little Kingdom (R) **8.55** Go Green with the Grimwades (R,HD) **9.05** Milkshake! Monkey Top Nanas Rhymes (HD)

9.15 Jeremy Vine (HD)

11.30 Storm Huntley (HD)

12.45 Friends (AD,R,HD) Double bill.

1.40 5 News at Lunchtime (HD)

1.45 Home and Away (AD,R,HD)

2.15 Murder and Matrimony FILM (2021) (12) ● (AD,HD) Thriller, starring Kristen Vaganos.

4.00 The Cruise: Fun-Loving Brits at Sea (R,HD) The Regal Princess arrives at Turkey's Aegean coast.

5.00 5 News (HD)

6.00 Amazing Railway Journeys with Nick Knowles (R,HD) The presenter tours Morocco.

6.55 5 News Update (HD)

7.00 Bank Scams: Don't Get Caught Out (R,HD) The banking app infiltrated by criminals, a delivery scam, and a woman tricked out of the sale of her new Spanish home.

7.55 5 News Update (HD)

8.00 Fresh vs Frozen: Which Is Better? PICK (HD) How Clarence Birdseye's groundbreaking fast-freezing process revolutionised the food industry.

9.00 Susan Calman's Grand Day Out PICK (HD) The comedian visits Eastbourne on the Sussex coast, beginning at the beautiful golden pier, before taking a boat to the famous chalk sea cliff of Beachy Head.

10.00 The Child Snatcher: Manhunt (R,HD) 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.

11.55 Cold Case Killers (R,HD) Investigating the murder cases of Samo Paul and Tracey Turner from the 1990s, which became linked together and revealed that a serial sexual predator is still at large.

12.55 Entertainment News on 5 (HD) **1.00** PlayOJO Live Casino Show (HD) **3.00** Tyrant: The Rise of Adolf Hitler (R,HD) **3.50** Britain's Great Cathedrals with Tony Robinson (BSL,R,HD) **4.40** House Busters (BSL,R) **5.05** House Doctor (BSL,R) **5.30** Entertainment News on 5 (HD) **5.35** Paw Patrol (BSL,R,HD)

▲ Particularly liable to offend

A joyless hour with a trans-friendly, nettle tea-drinking Rebus rip-off...



CHRISTOPHER STEVENS
LAST NIGHT'S TV

Irvine Welsh's Crime (ITV1) ★★☆☆☆

HERE'S a deadly drinking game, for anyone with an asbestos liver and a craving for gritty police thrillers — watch **Irvine Welsh's Crime** and take a slug of cheap whisky every time it rips off Rebus.

Long before the six-part series is over, you'll be pickled like an onion.

The similarities between Welsh's anti-hero DI Ray Lennox (Dougray Scott) and novelist Ian Rankin's DI John Rebus (played on BBC1 earlier this year by Richard Rankin) are not parallels — they're photocopies.

Both are cynical alcoholics, maverick cops hunting killers in Edinburgh. Both are emotionally damaged and single, regarded with a mixture of resentment, reverence and suspicion by their colleagues.

Both rely heavily on a junior, female partner who is rising through the ranks, thanks to their mentorship. Both loathe corruption, and both let their obsession with unsolved cases dominate their lives. They're both football fans, too — though one follows Hibernian, while the other supports their city rivals, Hearts.

LOVE SONG OF THE NIGHT: Female alpacas expect their mate to 'orgle', or bleat loudly during sex. This was explained on Cumbria: The Lakes & The Coast (Ch5) by narrator Jim Carter, in the mildly reproving tones of his alter ego, the Downton Abbey butler. Very good, m'lord.

The more significant difference is that Rebus is ex-forces and working class, while Lennox's family is a bit more Waitrose — his sister is a solicitor, his brother-in-law a restaurateur.

That might explain his woke streak. He drinks nettle tea, a brew Rebus wouldn't use to unblock the drains. And he's ostentatiously supportive of trans rights, careful to use the right pronouns when his nephew sits down to a family dinner in a silk dress.

'In my day, men were men and women were women,' grumbles Gran (Ellie Haddington), a brief piece of dialogue chiefly remarkable for the absence of the F-word.

'Maybe we should all try to be a bit more tolerant towards each other,' Lennox lectures her. 'Things are changing, this is the new world.'

Visiting a five-star hotel to pursue his inquiries, he seethes at the well-heeled guests, calling them 'warthogs with their noses in the trough of privilege'. It must be tough to be so self-righteous and world-weary at the same time.

Speaking of well-heeled guests, a sex worker in five-inch stilettos tottered up the hotel stairs to a suite where a wealthy punter awaited. She proceeded to carve him up with a dagger. When room service arrived with the champagne, the place looked like an abattoir, and a second victim was last seen hanging upside down from a lamppost.

Between the wokery and the gore, it's all quite joyless. The only reason to recommend this drama, which continues tonight, is its cast. Joanna Vanderham is under-used as Lennox's sidekick, DS Drummond, going home to her lonely flat, her cats and her unlimited supply of red wine.

Ken Stott (who once played Rebus) is the chief super, Laura Fraser is Lennox's therapist, and trans actress Rebecca Root is his formerly male police partner, now a college lecturer called Lauren.

But Derek Riddell threatens to steal the show from the lot of them, as an oily politician who believes in using illegal immigrants as slave labour. He clearly hasn't got the woke memo.

WELSH TV VARIATIONS

BBC2: 8.00pm Eisteddfod 2024 with Huw Stephens. **8.30** SOS: Extreme Rescues. **10.00** Rewind: 60 Years of Welsh Pop.

S4C: 6.00am Cyw. **10.00** Eisteddfod Genedlaethol Cymru 2024. Featuring the Osborne Roberts Memorial Award. **12noon** Newyddion S4C a'r Tywydd. **12.05** Eisteddfod Genedlaethol Cymru 2024. The Science and Technology Medal Ceremony. **2.00** Newyddion S4C a'r Tywydd. **2.05** Eisteddfod Genedlaethol Cymru 2024. The Learner Choir competition. **4.00** Eisteddfod Genedlaethol Cymru 2024. The Drama Medal. **5.10** Eisteddfod Genedlaethol Cymru 2024. The Lois Blake Memorial Trophy. **7.30** Newyddion S4C a'r Tywydd. **7.50** Eisteddfod Genedlaethol Cymru 2024. The rest of the evening's performances. **9.30** Am Dro! Four walks around Rhondda Cynon Taf. **10.30** Y Babell Len 2024. The latest from the Literature Tent.

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PICK OF DIGITAL & ON DEMAND TV

THE MALLORCA FILES, AMAZON PRIME VIDEO



THIS sunny crime series is set on the Spanish island popular with Brits, where two foreign police detectives — impulsive German Max Winter and Welsh rule-follower Miranda Blake (Julian Looman and Elen Rhys, pictured) — are paired up to solve cases involving Mallorca's international community. There's a decent batch of mysteries and a splash of retro styling — calling to mind To Catch A Thief and the rest, though Max and Miranda aren't quite Cary Grant and Grace Kelly. They do have nice banter, though, and the series finds fun ways to play with that as it goes on. The Mallorca Files is the creation of Dan Sefton, who was also behind the similarly scenic The Good Karma Hospital on ITV. The first two series were shown on the BBC but the third has made the jump to Amazon, and at one point it features Max and Miranda posing as married victims for a con artist just as a rift starts to deepen in Max's relationship with his girlfriend. Could this be the moment that the duo's 'will they, won't they' chemistry takes a turn, too? Look out for Charlie Higson during this latest eight-episode run.

NEW COMEDY

Slip, ITVX

ZOE LISTER-JONES (Life In Pieces) goes on a mad, multi-dimensional journey in this relationship comedy. Mae (Lister-Jones, pictured) is in a very steady marriage to writer Elijah. After a row about having children, she gets drunk and sleeps with a stranger. She wakes up the next day married to the stranger, in a parallel world where she and Elijah never existed as an item. Over seven episodes, Mae will find herself in even more parallel worlds, and the question of having children crops up regularly, as does Mae's past as a child raised in care. As she experiences what it's like to be married to different people, she is on a voyage of self-discovery, one very much powered by sex, but also about confronting both her past and her future.



CINEMA SPOTLIGHT

Classic Movies: The Story Of..., 8pm, Sky Arts

A NEW run of this insightful show opens on Brief Encounter, the almost impossibly British weepie from 1945, with Trevor Howard and Celia Johnson as the strangers with a connection.

SUPERHEROES RETURN

The Umbrella Academy, Netflix

WHEN we left the dysfunctional superheroes at the end of series three, their adventures had created an alternate timeline that pitted them against another version of themselves — this left them powerless, but surely not for long? Find out in this final, six-part series, which adds real-life married couple Megan Mullally (Will & Grace) and Nick Offerman (Parks & Recreation) to the mix, as an amusingly oddball pair who suspect their timeline is in need of purifying.

TIME	BBC 4	E4	ITV2
	9 (Scot 24)	13	6
7.00pm	**Great British Railway Journeys** Visiting Lossiemouth and Inverness	**Hollyoaks** A couple decide to start over	**Ant & Dec's Limitless Win** The duo host a quiz that gives contestants a chance to win the biggest cash prize in British television history
7.30pm	**Gareth Edwards' Great Welsh Adventure** Last in series	**Come Dine with Me** The fourth day in Essex	
8.00pm	**Eyewitness to History: Norma Percy on Watergate 8.10 Watergate** The break-in at the Democrat headquarters	**The Great Celebrity Bake Off for Stand Up to Cancer** Carol Vorderman, Kelly	**Bob's Burgers** Louise, Gene and Tina try to find a long lost family recipe
8.30pm		Brook, Rob Rinder and Mo Gilligan take part in the culinary challenge	**Bob's Burgers** Animated comedy, with H Jon Benjamin and Kristen Schaal
9.00pm	**All the President's Men (1976,15)** Fact-based political drama about investigative journalists Bob Woodward and Carl Bernstein, who brought the Watergate scandal to light. Starring Robert Redford and Dustin Hoffman	**Gogglebox** The sofa-critics watch programmes including *The Crown*, *I'm a Celebrity... Get Me Out Of Here!*, and *You Won't Believe This*	**Family Guy** Angry baby Stewie finds himself reborn into a British household
9.30pm			**Family Guy** Part one of two. The Griffins find themselves stuck in Springfield
10.00pm		**10.05 Naked Attraction** Anna Richardson hosts the show in which potential dates bare all bit by bit in a bid to prove they are the one	**Family Guy** Part one of two. With the vocie of Seth MacFarlane
10.30pm			**Family Guy** Peter loses his job as a forklift driver
11.00pm	**11.15 Watergate to Trump: Amol Rajan Interviews** An interview with U.S. journalists Bob Woodward and Carl Bernstein (To 12.00)	**11.05 First Dates** A neuroscientist looks for love with an artistic woman who has always put other people's needs first, but now wants something for herself (To 12.10)	**Family Guy** Three fairy tales are retold Quahog-style
11.30pm			**American Dad!** Roger forms a plan to help Steve get a date (To 12.00)

ENTERTAINMENT & FACTUAL

ALIBI
Sky 109 Virgin 114

12noon Father Brown. **1.00** Death in Paradise. **2.00** Murdoch Mysteries. **4.00** Shakespeare & Hathaway: Private Investigators. **5.00** Father Brown. **6.00** Hudson & Rex. **7.00** Elementary. **8.00** Death in Paradise. **9.00** So Help Me Todd. **10.00** The Company You Keep.

ANIMAL PLANET
Sky 162 Virgin 178

12noon Animal Cribs. **1.00** Dodo Heroes. **2.00** Killer Whales. **3.00** Dogs 101. **5.00** Alaska: Homestead Rescue. **6.00** Animal Cribs. **7.00** Dodo Heroes. **8.00** Project Grizzly. **10.00** Alaskan Bush People. **11.00** From Wags to Riches.

BBC THREE
Freeview 23 Sky 115 Virgin 107

7.00pm Top Gear. **8.00** Dragons' Den U.S. — Shark Tank. **8.45** Becoming — The Batman. **9.00** Who Stole Tamara Ecclestone's Diamonds? **10.00** Sneakerhead. **10.30** Man Like Mobeen.

COMEDY CENTRAL
Sky 112 Virgin 132

11.00am New Girl. **1.00pm** Friends. **9.00** Lee Evans: Live in Scotland. **10.30** Kevin Bridges: A Whole Different Story. **11.30** Michael McIntyre: Hello Wembley!

DISCOVERY
Sky 125 Virgin 177

11.00am Wheeler Dealers. **1.00pm** Alaska: Homestead Rescue. **3.00** Mystery at Blind Frog Ranch. **4.00** Flying Wild Alaska. **5.00** Salvage Hunters. **6.00** Iron Resurrection. **7.00** Jeremy Wade's Dark Waters. **8.00** Wheeler Dealers. **9.00** In the Eye of the Storm. **10.00** Naked and Afraid: Last One Standing.

E4 (DAYTIME)
Freeview 13 Sky 135 Virgin 106

11.00am Modern Family. **12noon** The Big Bang Theory. **2.00** The Goldbergs. **3.00** Modern Family. **4.00** Young Sheldon. **5.00** The Big Bang Theory.

5STAR (DAYTIME)
Freeview 32 Sky 128 Virgin 126

11.00am Traffic Cops. **2.00pm** Police Interceptors. **5.00** Car Pound Cops. **6.00** Home and Away.

5 ACTION
Freeview 33 Sky 150

11.35am Police Interceptors. **12.40pm** FILM: Men of the Fighting Lady. (1954) (PG) **2.20** FILM: Seven Men from Now. (1956) (U) **4.00** Outback Truckers. **5.00** Traffic Cops. **6.00** Police Interceptors. **7.00** Motorway Cops: Catching Britain's Speeders. **9.00** Trucking Hell. **10.00** Outback Truckers. **11.00** Extreme Tow Truckers.

5 SELECT
Freeview 46 Sky 153 Virgin 138

11.00am The Yorkshire Vet. **3.00pm** Murder, She Wrote. **4.00** Columbo. **5.35** The Yorkshire Vet. **6.00** Ben Fogle: New Lives in the Wild. **8.00** Queens of Mystery. **9.00** The Madame Blanc Mysteries. **10.00** The Teacher. Jenna receives a suspended sentence.

5 USA (DAYTIME)
Freeview 21 Sky 141 Virgin 120

12noon Law & Order: Criminal Intent. **3.00** Law & Order. **4.55** Entertainment News on 5. **5.00** Law & Order. **6.00** NCIS.

FOOD NETWORK UK
Freeview 43 Sky 140 Virgin 190

11.00am Hairy Bikers' Meals on Wheels. **12noon** The Great British Bake Off. **2.00** James Martin's Champagne. **3.00** Michel Roux's French Country Cooking. **4.00** The Pioneer Woman. **5.00** Girl Meets Farm. **6.00** The Great British Bake Off. **8.00** Michel Roux's French Country Cooking. **9.00** Rick Stein's Food Heroes. **10.00** Marcus in the Med: Mallorca. **10.30** Marcus Wareing's Tales from a Kitchen Garden. **11.00** Diners, Drive-Ins and Dives.

GOLD
Sky 110 Virgin 124

11.20am Last of the Summer Wine. **12.40pm** Keeping Up Appearances. **1.20** Ever Decreasing Circles. **2.00** Porridge. **2.40** Dad's Army. **3.20** Are You Being Served? **4.00** Last of the Summer Wine. **5.20** Porridge. **6.00** Keeping Up Appearances. **6.40** Dad's Army. **8.00** The Thin Blue Line. **8.40** The Vicar of Dibley. **9.20** Harry Enfield and Chums. **10.00** Bottom. **10.35** The Royle Family. **11.15** The Thin Blue Line. **11.55** The Vicar of Dibley.

GREAT! TV
Freeview 50 Sky 157 Virgin 170

12noon Hart to Hart. **2.00** Father Dowling Mysteries. **3.00** Diagnosis Murder. **5.00** Murder, She Wrote. **7.00** M*A*S*H. **9.00** The New Avengers. **10.00** The Avengers.

ITV2 (DAYTIME)
Freeview 6 Sky 118 Virgin 115

10.00am Love Bites. **12noon** Dress to Impress. **1.00** Celebrity Wheel of Fortune. **2.00** Supermarket Sweep. **3.00** Charmed. **4.00** Dawson's Creek. **5.00** Dress to Impress. **6.00** Celebrity Catchphrase.

ITV3 (DAYTIME)
Freeview 10 Sky 119 Virgin 117

10.15am The Royal. **11.20** Heartbeat. **1.30pm** Classic Emmerdale. **2.40** Classic Coronation Street. **3.50** A Touch of Frost. **6.00** Heartbeat.

ITV4 (DAYTIME)
Freeview 26 Sky 120 Virgin 118

10.20am Kojak. **11.20** BattleBots. **12.20pm** Robin of Sherwood. **1.25** The Champions. **2.30** Kojak. **3.35** River Monsters. **4.05** The Professionals. **5.15** ITV Racing: Racing League Live.

MORE4 (DAYTIME)
Freeview 18 Sky 136 Virgin 147

10.25am 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. **5.50** Chateau DIY. **6.55** Car S.O.S.

NAT'L GEOGRAPHIC
Sky 129 Virgin 183

12noon Air Crash Investigation. **2.00** Hitler Youth. **4.00** Spanish Empire: Rise and Fall. **5.00** Car S.O.S. **6.00** Air Crash Investigation. **8.00** Car S.O.S. **9.00** Wicked Tuna. **10.00** Alaska: The Next Generation. **11.00** Air Crash Investigation.

PBS AMERICA
Freeview 84 Sky 174 Virgin 187

11.55am WWII in Color: Road to Victory. **1.00pm** Broken Arrows, the Lost Bombs of the Cold War. **2.05** Vikings: The Rise and Fall. **3.05** Britain's Great Cathedrals with Tony Robinson. **4.00** The First World War: The People's Story. **5.10** WWII in Color: Road to Victory. **6.15** Grand Tours of Scotland. **6.55** Vikings: The Rise and Fall. **7.55** Britain's Great Cathedrals with Tony Robinson. **8.50** The First World War: The People's Story. **10.00** WWII in Color: Road to Victory. **11.00** Britain's Great Cathedrals with Tony Robinson.

REALLY
Freeview 17 Sky 142 Virgin 128

10.00am A Place in the Sun. **12noon** Money for Nothing. **2.00** The Repair Shop. **3.00** Celebrity Antiques Road Trip. **5.00** The Yorkshire Auction House. **7.00** Antiques Road Trip. **9.00** Who Do You Think You Are? **11.00** Help! My House Is Haunted.

SKY ARTS
Freeview 36 Sky 130 Virgin 123

12noon The Joy of Painting. **1.00** Tales of the Unexpected. **2.00** My Greatest Shot: Street. **2.30** My Greatest Shot: Animals. **3.00** Buster Keaton: The Genius Crushed by Hollywood. **4.00** Discovering: Michelle Yeoh. **5.00** The Joy of Painting. **6.00** Tales of the Unexpected. **7.00** Alfred Hitchcock Presents. **8.00** Classic Movies: The Story of Brief Encounter. **9.00** The Directors. **10.00** Kubrick by Kubrick. **11.35** Have You Got It Yet? The Story of Syd Barrett and Pink Floyd.

SKY ATLANTIC
Sky 108

10.20am Britannia. **12.25pm** Game of Thrones. **1.45** The Sopranos. **3.55** Riviera. **5.55** Britannia. **7.55** Game of Thrones. **9.00** House of the Dragon. **10.25** Yellowjackets. **11.30** Succession.

SKY COMEDY
Sky 114 Virgin 112

11.55am Young Rock. **12.55pm** Dice. **2.05** Barry. **3.25** Young Rock. **4.25** Crashing. **5.00** Will & Grace. **6.00** The Office (US). **7.00** The Conners. **8.00** Will & Grace. **9.00** Girls. **10.00** Fantasmas. **11.20** Sex and the City.

SKY DOCUMENTARIES
Sky 121 Virgin 188

12noon Rise of the Superheroes. **2.10** FILM: Man on Wire. (2008) (12) **4.00** The Directors. **5.00** Discovering: Angela Bassett. **5.55** The Vietnam War. **7.00** OJ: Made in America. **9.00** David Holmes: The Boy Who Lived. **10.50** FILM: When We Were Kings. (1996) (PG)

SKY HISTORY
Sky 123 Virgin 131

12noon How to Lose a War. **1.00** Caesar's Doomsday War. **3.00** Mountain Men: Alaska. **4.00** Pawn Stars. **6.00** American Pickers. **7.00** Forged in Fire. **8.00** Swamp People: Serpent Invasion. **9.00** Tricky Dick. **11.00** Dog Patrol.

RADIO

RADIO 4
FM: 92.4-94.6MHZ; LW: 198KHZ

5.30am News Briefing.
5.43 Prayer for the Day.
5.45 Farming Today.
6.00 Today.
9.00 The Briefing Room.
9.30 The Long History of Ignorance — from Confucius to Q-Anon.
10.00 Woman's Hour.
11.00 The Infinite Monkey Cage. Brian Cox and Robin Ince talk hot air with guests incuding Dave Gorman as they explore the world of gasses.
11.45 Battle Grounds: Culture Wars in the Countryside. Anna Jones uncovers an emerging culture war around trees.
12noon News.
12.04 You and Yours.
12.30 Dough. Sam White asks if we'll still iron clothes in the future.
12.57 Weather.
1.00 The World at One.
1.45 How They Made Us Doubt Everything.
2.00 The Archers.
2.15 Drama: Belgrano. By Richard Monks. The true story of civil servant Clive Ponting.
3.00 PICK Open Country.
3.27 Radio 4 Appeal.
3.30 Feedback. Listeners' views, with Andrea Catherwood.
4.00 Across the Red Line. Debating whether obesity is a disease.
4.30 BBC Inside Science.
5.00 PM; Weather.
6.00 Six O'Clock News.
6.30 The Train at Platform 4. American tourists celebrate their 50th wedding anniversary.
7.00 The Archers. Kate takes a walk down memory lane.

PICK OF TODAY'S RADIO

THE DOCUMENTARY: ERASING HONG KONG, 9.30AM/8.06PM, BBC WORLD SERVICE

PAUL FRENCH tells the disturbing story of how the Chinese authorities are erasing and rewriting history in Hong Kong. Museums and libraries are being purged as government officials seek to be rid of memories of the pro-democracy protests in 2019 and 2020 — including even a soft toy associated with them that's seen as seditious — as well as the region's 180-year history as a British colony. The author and journalist also hears from people who are still trying to resist.

ITV3

10

Heartbeat Joe risks his career to help Dawson when she is accused of theft following a raid, and Bernie receives shocking news about a past love

Vera The detective investigates the mysterious death of businessman John Shearwood, found floating in the water under the Gateshead Millennium Bridge when he was supposed to be on a golfing trip to Ireland. The man's wife Stella and brother Luke are baffled to discover he was working as an informant for HM Revenue and Customs

Cracker One Day a Lemming Will Fly — Part Two: Fitz secures a confession of guilt from Cassidy, but later realises the declaration is false

11.05 Cracker To Be a Somebody — Part One: A particularly violent murder leaves the police baffled. Robert Carlyle guest stars (To 12.00)

ITV4

26

5.15 ITV Racing: Racing League Live Luke Harvey presents coverage of the third round of the season from Chepstow, with seven races on the card as the competition approaches the halfway point

8.45 Football Rivalries Featuring Manchester United and Liverpool

Auf Wiedersehen, Pet Thornley Manor turns out to be a listed building and the lads are forced to down tools. Tim Healy and Jimmy Nail star, with Bryan Pringle

10.10 Alien Resurrection (1997,18) A clone of Ripley protects a smuggling crew from a new breed of the extraterrestrial monsters. Sci-fi thriller sequel, starring Sigourney Weaver, Winona Ryder and Ron Perlman. Includes FYI Daily (To 12.15)

MORE4

18

6.55 Car S.O.S Tim and Fuzz team up with Paddy Hopkirk to fix up their first rally car

7.55 Grand Designs Kevin McCloud follows a project to transform a classic 1920s cinema in South Yorkshire into a family home, complete with a hydraulic glass wall that opens up one side of the house

24 Hours in A&E A 15-year-old is rushed in after going over the handlebars of his bike and a 73-year-old is in extreme pain having dislocated her shoulder months ago

24 Hours in A&E The doctors treat a teenage stabbing victim, an 11-year-old has fallen in the playground and a sport commentator with an unusual inflamed ankle

11.05 Surgeons: Life in Their Hands A 44-year-old mum from Orange is confronted with a life-changing diagnosis (To 12.00)

SKY MIX

11

Star Trek: Voyager A runaway toxic waste freighter threatens to pollute the quadrant, forcing Janeway to risk crew members' lives in a dangerous damage-limitation operation

Hawaii Five-0 The team's fear that Kono is corrupt grows when a women's volleyball coach is murdered. Crime drama, guest starring Reiko Aylesworth (*24*)

Strike Back: Retribution Section 20 start to close in on terrorist Omair Idrisi and his wife Jane Lowry. With Trevor Eve

The Twilight Zone A man dazzles a woman with his seemingly miraculous abilities, but the encounter takes a dark turn when the source of his charisma is revealed

Killer in My Village A look at the shocking murder of a nanny and how it led to the first mass blood screening to be used in an investigation (To 12.00)

QUEST

12

Salvage Hunters: Classic Cars Drew visits Britain's oldest number plate maker. Plus, Paul and Drew disagree about adding a mega engine onto a tiny Italian classic

Salvage Hunters: The Restorers Alex restores a 1930s rocking horse. Nick rescues a mid-century piece and Craig attempts to restore a classic Victorian chair

Wheeler Dealers Mike and Elvis tackle a classic Toyota Landcruiser. Mike takes a gamble and imports an original 1970s one from Japan

Downey's Dream Cars Robert Downey Jr. restores his mum's rare Benz to a French-fry-powered classic, with the help of his son, Exton, and a crack crew of diesel experts

The Repair Shop The experts take on a dented trumpet, a belt awarded to a Victorian sporting hero and a metal roundabout. Presented by Jay Blades (To 12.00)

U&DAVE

19

Would I Lie to You? With Jo Brand, Roisin Conaty, Paul Foot and Ray Mears

7.40 Richard Osman's House of Games Jen Brister and Kelvin Fletcher take part

8.20 Richard Osman's House of Games Jessie Cave, Ayesha Hazarika, Simon Hickson and AJ Pritchard keep their eyes on the prize ahead of Friday's final

QI XL An extended edition of the quiz, with host Stephen Fry asking Sandi Toksvig, Al Murray, Dara O'Briain and Alan Davies questions on the topic of the Inland Revenue

Have I Got a Bit More News for You Victoria Coren Mitchell hosts the satirical quiz, with Josh Widdicombe and Emma Dabiri joining team captains Ian Hislop and Paul Merton

Battle in the Box Jimmy Carr hosts as Jamie Laing and Nabil Abdulrashid take on Ellie Taylor and Jess Knappett (To 12.00)

U&DRAMA

20

7.20 Last of the Summer Wine In the hope of avoiding a fuss, Clegg plans a quiet birthday lunch at a nice hotel — but his pals are sure to throw a few spanners in the works

Annika A scientist's body is found in Loch Katrine — and it soon turns out the victim had many enemies. Crime drama, starring Nicola Walker

Whitstable Pearl Molly Stratton asks Pearl for help when she receives anonymous threats after inheriting a beloved local pub and putting it up for sale

New Tricks A painting in the Queen's private collection is found to be a fake, and Standing has to sell his car to buy his pregnant daughter a pushchair

11.20 Silent Witness A woman is killed in a car crash and the forensic evidence suggests foul play and that the victim's son could be involved in the death (To 1.25)

5STAR

32

GPs: Behind Closed Doors A patient visits the surgery for some medication to help with her anxiety

Casualty 24/7: Every Second Counts Sister Benita must prepare the department for evacuation after a fire alarm goes off

A&E After Dark A windfarm worker is flown in by the coastguard from a ship in the North Sea

Trauma Room One The work of staff at the Walton Centre in Liverpool. A stroke victim's brain is swelling and scans reveal a tumour

Ambulance: Code Red Paramedic Fay Pollock is dispatched to a serious motorbike crash where a rider was thrown 15 feet by a collision with a car (To 12.00)

5USA

21

NCIS McGee tries to help his sister, who believes she may have murdered someone — but is too traumatised and disorientated to remember exactly what happened

NCIS Two FBI agents try to seize control of the team's investigation into the discovery of a perfectly preserved body hidden in a chimney at a marine base

Blue Bloods Frank faces a public backlash after an officer's body camera malfunctions during an altercation with a civilian

Law & Order: Special Victims Unit A child prostitute is reported missing, leading Benson and Haden to discover that several other women have also disappeared

Law & Order: Special Victims Unit Benson's half-brother shows up asking for her help because Child Services is threatening to take his children away from him (To 12.00)



■ HAVING left the hurly-burly of the Today programme, Martha Kearney (pictured) is now focusing on the great outdoors. Her new series, This Natural Life, is due soon, and in the first of a new run of **(OPEN COUNTRY, 3PM, RADIO 4)**, she's out exploring the Fenland landscape that was written about 200 years ago by John Clare, known as 'the peasant poet'. She visits his home village of Helpston and then Swaddywell, an area that inspired Clare, and has had a chequered past since.

7.15 Front Row. Arts news.
8.00 The Media Show.
9.00 Loose Ends. With Ewan Mitchell, Jon Holmes, Kym Marsh and Julia Fordham.
9.45 Empire of Tea. Sathnam Sanghera learns about tea supplies during World War II
9.59 Weather.
10.00 The World Tonight.
10.45 Book at Bedtime: Enlightenment.
11.00 The Today Podcast.
11.30 Lights Out. Homelessness in London's queer communities.
12midnight News; Weather.
12.30 Battle Grounds: Culture Wars in the Countryside.
12.48 Shipping Forecast.
1.00 As World Service.

RADIO 2 FM: 88-90.2MHZ

6.30am Zoe Ball. **9.30** Vernon Kay. **12noon** Jeremy Vine. **2.00pm** Scott Mills. **4.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30** Jo Whiley. **9.00** The Country Show with Bob Harris. **10.00** Trevor Nelson's Rhythm Nation. **12midnight** Ellie Brennan.

RADIO 3 FM: 90.2-92.4MHZ

6.30am Breakfast. **9.30** Essential Classics. **1.00pm** Classical Live. **4.00** Composer of the Week: Musical Olympians — Joseph Bologne. **5.00** In Tune. **7.00** Classical Mixtape. **7.30** BBC Proms 2024. The BBC Philharmonic and Anja Bihlmaier in music by Brahms and Gibson. **10.15** Night Tracks. **11.30** 'Round Midnight. **12.30am** Through the Night.

RADIO 5 LIVE MW: 693/909KHZ

5.00am Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **10.00** Adrian Chiles. **1.00pm** 5 Live Olympics. **3.30** 5 Live Olympics. Track cycling. **6.30** 5 Live Olympics. Athletics and taekwondo. **10.00** Gordon Smart. **1.00am** Dotun Adebayo.

SPORT

EUROSPORT 1
Sky 413 Virgin 521

9.00am Live Athletics: Olympic Games. **12noon** Live Canoeing: Olympic Games. **1.00** Live Golf: Olympic Games. **1.45** Live Diving: Olympic Games. **3.45** Live Sailing: Olympic Games. **4.15** Live Football: Olympic Games. **6.00** Live Athletics: Olympic Games. **9.00** Bonsoir Paris. **10.30** Diving: Olympic Games.

SKY MAIN EVENT
Sky 401 Virgin 501

11.00am The Hundred Live. Welsh Fire Women v Northern Superchargers Women. **2.30pm** The Hundred Live. Welsh Fire Men v Northern Superchargers Men. **6.00** EFL: Start of Season Launch. **7.30** The Transfer Show. **5.30** Gary Neville's Soccerbox. **6.00** PL 100: Peter Schmeichel. **6.30** PL 100 Club. **7.00** PL Icons. **7.30** Premier League Stories. **8.00** Gary Neville's Soccerbox. **9.00** PL Icons. **9.30** Premier League Stories. **10.00** PL Icons. **11.00** Premier League Years.

SKY CRICKET
Sky 404 Virgin 504

11.00am The Hundred Live. Welsh Fire Women v Northern Superchargers Women. **2.30pm** The Hundred Live. Welsh Fire Men v Northern Superchargers Men. **6.00** The Hundred Live. Oval Invincibles Men v Southern Brave Men. **9.30** The Hundred Bitesize. **10.30** The Hundred.

SKY MIX
Sky 416 Virgin 510

2.25pm The Hundred Bitesize. **2.55** The Hundred Live. Oval Invincibles Women v Southern Brave Women. **6.00** The Hundred Bitesize. **7.00** Tennis. **8.00** Formula 1. **9.00** Tennis. **11.00** The Players Championship Official Film.

SKY PREMIER LEAGUE
Sky 402 Virgin 502

12noon Transfer Talk. **1.00** Premier League Years. **3.00** PL Retro. **5.00** The Hundred Live. Oval Invincibles Men v Southern Brave Men. **9.30** Live PGA Tour Golf. The Wyndham Championship. **11.00** Live Tennis. The day's WTA and ATP action.

TNT SPORTS 1
Sky 410 Virgin 527

9.00am Classic Premier League. **12.30pm** One Day International Cricket. **1.30** Test Cricket Highlights. **2.30** Live Test Cricket. West Indies v South Africa. **11.00** One Day International Cricket.

TNT SPORTS 2
Sky 411 Virgin 528

12.30pm TNT Sports Reload. **12.45** Badminton Weekly. **1.00** Fight Night Live. **3.00** Badminton Unlimited. **3.30** MLB Plays of the Week. **4.00** MLB Highlights. **5.00** Live MLB. Atlanta Braves v Milwaukee Brewers. **8.15** MLB: Off the Bat. **8.45** MLB Plays of the Week. **9.15** MotoGP Rewind. **9.30** TNT Sports Reload. **10.00** UFC: The Ultimate Fighter. **11.00** UFC.

TNT SPORTS 3
Sky 417 Virgin 529

9.30am Badminton. **1.30pm** Classic Premier League. **5.00** WWE Friday Night SmackDown. **6.30** WWE Monday Night Raw. **9.00** Classic Premier League.

MOVIES

FILM4
Freeview 14 Sky 313 Virgin 428

11.00am Stardust. (2007) (PG) **1.35pm** Percy Jackson & the Lightning Thief. (2010) (PG) **3.55** The Legend of Zorro. (2005) (PG) **6.30** Mortal Engines. (2018) (12) **8.55** Film4 Interview Programmes: Talking Film. **9.00** Old. (2021) (15) **11.10** The Running Man. (1987) (18) **1.10am** Cube. (1997) (15)

GREAT! ACTION
Freeview 42 Sky 323 Virgin 426

11.50am War Machines. **1.00pm** The Walking Hills. (1949) (PG) **2.45** McLintock! (1963) (U) **5.30** Wild West Chronicles. **6.00** Cops Uncut. **6.30** Air Rescue. **7.00** Coast Guard Alaska. **9.00** Silverado. (1985) (PG) **11.50** Bronson. (2008) (18)

GREAT! MOVIES
Freeview 34 Sky 321 Virgin 425

12.50pm A Date with Murder. (2008) (15) **2.35** Asteroid-a-geddon. (2020) (PG) **4.30** Asteroid: Final Impact. (2015) (12) **6.25** Match Point. (2005) (12) **9.00** Lucky Number Slevin. (2006) (18) **11.20** Bunraku. (2010) (15) Action adventure, starring Josh Hartnett and Demi Moore.

GREAT! ROMANCE
Freeview 52 Sky 319 Virgin 424

10.00am A Dash of Love. (2017) (PG) **12noon** Love on Repeat. (2019) (PG) **2.00** Love, of Course. (2018) (PG) **4.00** One of a Kind Love. (2021) (PG) **6.00** Can't Buy My Love. (2017) (PG) **8.00** Love in the Sun. (2019) (PG) **9.50** Love on Trend. (2021) (PG)

SKY DRAMA
Sky 310 Virgin 410

11.50am Lady Bird. (2017) (15) **1.30pm** Catch Me If You Can. (2002) (12) **3.50** Philadelphia. (1993) (12) **6.00** Dallas Buyers Club. (2013) (15) **9.40** Dear John. (2010) (12) **11.30** Spotlight. (2015) (15)

SKY PREMIERE
Sky 301 Virgin 401

11.25am Trolls Band Together. (2023) (U) **1.00pm** Robin and the Hoods. (2024) (PG) **2.50** Parallel. (2024) (15) **4.30** Trolls Band Together. (2023) (U) **6.05** Mean Girls. (2024) (12) **8.00** Jericho Ridge. (2023) (15) Trapped and alone, a small-town cop must fight for her life when her remote office is targeted by lethal enemies. Thriller, starring Nikki Amuka-Bird. **9.45** Parallel. (2024) (15) Grief-stricken after the loss of her child, a woman meets a version of herself from a parallel universe. Fantasy thriller, starring Danielle Deadwyler. **11.30** Concrete Utopia. (2023) (15)

TALKING PICTURES TV
Freeview 82 Sky 328 Virgin 445

11.05am Doctor in the House. (1954) (PG) **12.55pm** Knock on Any Door. (1949) (PG) **3.00** Crown Court. **4.30** Enemy at the Door. **5.35** 36 Hours. (1953) (PG) **7.20** The Spare Tyres. (1967) (U) **7.55** Cinebox Memories. **8.00** The Brothers. Jennifer accuses Barbara and Mary of ruining any chance she had at happiness. **9.05** Van der Valk. **10.05** A Month of Sundays. (1989) (PG)

SKY MAX
Sky 113 Virgin 111

12noon Supergirl. **1.00** MacGyver. **3.00** Hawaii Five-0. **4.00** S.W.A.T.. **5.00** SEAL Team. **6.00** Stargate SG-1. **8.00** Rob & Romesh vs Team GB: Part 2. **9.00** The Walking Dead: Daryl Dixon. **10.10** Never Mind the Buzzcocks. With Gregory Porter, Amy Gledhill and Chesney Hawkes. **10.55** The Walking Dead. **11.50** Last King of the Cross.

SKY SCI-FI
Sky 139 Virgin 122

11.00am Merlin. **12noon** Star Trek: Voyager. **1.00** Star Trek: Deep Space Nine. **2.00** Merlin. **3.00** Stargate SG-1. **4.00** Star Trek: Enterprise. **5.00** Star Trek: Voyager. **6.00** Merlin. **7.00** Star Trek: Deep Space Nine. **8.00** Stargate SG-1. **9.00** Reginald the Vampire. **11.00** Wynonna Earp.

SKY WITNESS
Sky 107 Virgin 110

12noon The Rookie. **1.00** Chicago Fire. **2.00** FBI: Most Wanted. **3.00** Caught on Dashcam. **4.00** Nothing to Declare. **9.00** The Rookie. **10.00** The Good Doctor. Shaun's limitations put lives at risk during a robbery. **11.00** Chicago Fire.

U&DAVE (DAYTIME)
Freeview 19 Sky 111 Virgin 127

12noon 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.

U&DRAMA (DAYTIME)
Freeview 20 Sky 143 Virgin 116

10.35am 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. **6.40** Are You Being Served?

U&W
Freeview 25 Sky 132 Virgin 125

11.00am DIY SOS: The Big Build. **1.00pm** Tipping Point. **4.00** My Dream Home. **6.00** Tipping Point: Lucky Stars. **8.00** Nick Knowles' Better Homes. **9.00** The Gentle Art of Swedish Death Cleaning. **10.00** DIY SOS: The Big Build. **11.00** Nurses on the Ward.

U&YESTERDAY
Freeview 27 Sky 155 Virgin 129

11.00am Nazi Hunters. **12noon** Find It, Fix It, Flog It. **1.00** Antiques Roadshow. **2.00** Bangers & Cash. **4.00** World War Two from Above. **5.00** Nazi Hunters. **6.00** Antiques Roadshow. **7.00** Find It, Fix It, Flog It. **8.00** Bangers & Cash. **9.00** Dream Car Fixers. **10.00** Bangers & Cash. **11.00** Abandoned Engineering.

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IF YOU can't say something nice, say nothing at all. Yet although there's never an excuse for being needlessly confrontational, there's nothing wrong with having a moan — especially with someone who shares our grievances! As retrograde Mercury and Venus converge, the cosmos encourages us to tell it like it is. By being honest, we can find ways to improve tricky situations.

ARIES Mar 21 - Apr 20 **JUST because new information is arriving, there's no need to start questioning a recent decision. You might need to adapt your plans, but this new intel will provide you with greater clarity about what you need to do to make faster progress. You've set your standards high... but remember, there's no such thing as a perfect plan. And just because you couldn't foresee what's unfolding doesn't mean you should doubt yourself. Today's insight will help you work out a way to adjust. You're on the right track.** *For news on the positive progress you can make this week, call your latest four-minute forecast: 0906 751 5601.*

TAURUS Apr 21 - May 21 YOU want to be effective. You're trying to assess a situation, figure out why it's not working, and come up with a plan that will set everything right. Then, you'll be able to move on to your next project. So the pressure is on. You don't have much time. And people have high expectations of you. Well... if only it was that simple! Annoyingly, you seem to be dealing with more criticism than support. Be patient with anyone who doesn't understand your idea. And keep explaining. You'll win them round to your way of thinking soon. *Creative, inspiring times lie ahead for you. Make the most of your astrological opportunity. Call 0906 751 5602.*

GEMINI May 22 - June 22 **IF WE close our eyes and ears, we can't see or hear. We've all got situations we don't want to deal with, facts we don't want to face, memories we want to keep stored away, and issues we don't want to talk about. But if we stop ourselves dealing with reality, it's inevitable we'll run into communication difficulties; we dance around sensitive topics and emotional issues. Today, your retrograde ruler's link with Venus brings the confidence to share an important issue with someone who can relate and understand.** *There's so much more to tell you. Your four-minute forecast could change your life. Call 0906 751 5603.*

CANCER June 23 - July 23 AS RETROGRADE Mercury links to Venus, pay close attention to what you hear today. Someone is trying to tell you something important. And if you don't pay close attention, you might miss it. But listen too to a voice with a similar message coming from your heart. It's easy to look at what's happening and think you've understood; it seems to follow a familiar pattern. But if you're attentive, you'll see it fits a different pattern too. It's by staying open-minded that you'll get the clarity to make a perfectly timed decision. *Need advice to guide you through the twists and turns of the coming week? Call your week-ahead forecast: 0906 751 5604.*

LEO July 24 - Aug 23 **TRUTH is relative. We might both witness the same event, but our accounts of it will differ. Factors such as our role in the proceedings, our view of what happened, even how we were feeling at the time, have an effect on what we perceive. So, since no one knows what the full truth is, the best we can do is be true to our own sense of it. The dilemma you face would be simpler if everyone agreed on what's good. If you know it's impossible to arrive at a 'true' picture, you can encourage a good compromise.** *How can you stay focused and happy in this crazy world? Your forecast has advice you need. Call 0906 751 5605.*

VIRGO Aug 24 - Sep 23 SCI-FI writers use literary techniques which enable creatures from different parts of the cosmos to communicate. They might not speak the same language, but they find ways to understand one another. When human beings find themselves in unfamiliar territory, unless we find someone to talk to, we feel unsettled. With your ruler, Mercury, retrograde in your sign, you're having some communication issues. As it links to Venus today, you can find someone to share with. And that will have a big effect on how you're feeling. *Even if you don't usually call your in-depth prediction, you should hear the inspiring news. Call 0906 751 5606.*

LIBRA Sep 24 - Oct 23 **WE TALKED yesterday about the dangers of sticking to a successful formula; that sometimes our tried, tested, comfortingly familiar methods get in the way of us experimenting with new ideas. These entrenched behaviour patterns exist in all areas of our lives. Remember the game kids play when they won't walk on cracks in the pavement because the monster will get them? When the monster doesn't appear, it seems to prove their plan works! You can banish an imaginary monster today. Be bold and playful.** *For great news on the positive progress you can make this week, call your latest four-minute forecast: 0906 751 5607.*

SCORPIO Oct 24 - Nov 22 SOCIAL media, TV and movies idealise people's lives. We want our world to be like the world we see on screen. When we compare ourselves to people who appear to be leading a charmed existence, we come up short. Not only that, but we create our own narratives; sometimes we ignore our problems and pretend things are better than they are. But if we refuse to see a problem, how can we fix it? Today's Mercury/Venus link encourages you to take a reality check. A tricky situation is easier to solve than you think. *Capture the powerful energy of the positively star-filled skies. Call your in-depth, four-minute forecast: 0906 751 5608.*

SAGITTARIUS Nov 23 - Dec 21 **THINK about someone who rubs you up the wrong way. What do you find irritating about them? Now, turn the tables and think about someone who feels that way about you. Are they basing judgment on facts? Are they fair? Today's link between retrograde Mercury and Venus brings a chance to change a relationship dynamic. By giving someone a chance to tell their side of the story you'll be able to reassess your feelings about them. You might be surprised by how much you have in common.** *Powerful changes are possible as planets positively combine. Make the most of their influence. Call 0906 751 5609.*

CAPRICORN Dec 22 - Jan 20 WHEN you ask people for their opinion and receive different advice, how are you supposed to work out which guidance to follow? They all seem to know what they're talking about. And they all seem to know what you should do. But communication is a complex process. It's about sensitivity as much as certainty. Think about who listened most closely to what you said. With retrograde Mercury linking to Venus, take time to digest the info you've received. This decision is yours to make. Don't respond to pressure. *You can use the celestial energy to create positive change. For valuable insight and news, call 0906 751 5610.*

AQUARIUS Jan 21 - Feb 19 **SOMEONE'S got the wrong end of the stick. No matter what you say, you can't make them see the truth of what's going on. What's more, they're so convinced that what they know is 'right' that you're starting to doubt yourself. Yet their inability to grasp the reality might end up working in your favour. Don't lose sight of what you know. Suppose you try seeing this as a blessing in disguise? Somehow, in the process of having to check your approach, something positive you haven't considered will unfold.** *Take advantage of the inspiring cosmic climate; solve your problems and find solutions! Call 0906 751 5611.*

PISCES Feb 20 - Mar 20 SOMETIMES an inability to communicate arises because we're too tired to listen. Or we're too busy to explain properly what's going on. And if life's so hectic that we can't find time to say that we've got no time to talk, we can seem rude. Today's Mercury/Venus link brings a chance to explain your behaviour to someone you've been struggling to talk to. Somehow, with so much going on, you've been less sensitive than usual. By showing them understanding, and daring to be vulnerable, you'll find a good way forwards. *You've got lots to look forward to! Find inspiration in your latest four-minute forecast. Call 0906 751 5612.*

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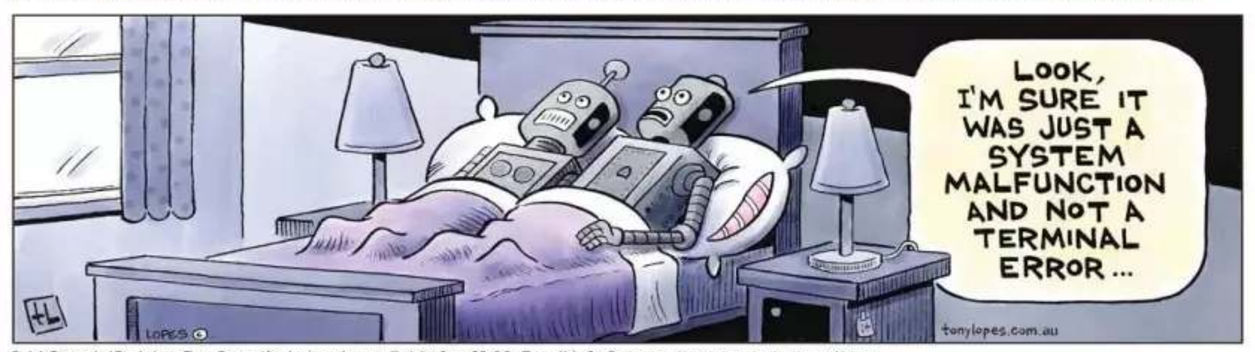
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PETERBOROUGH

email: pboro@dailymail.co.uk

Something's ticking in my aftershave box

I HAVE been in the jewellery trade all my life. Over 60 years I've made and sold many items. So some years ago, when my daughter Ruth asked me to supply a work colleague of hers with a gentleman's gold bracelet watch for her husband's birthday, I was happy to oblige.

While I was at my suppliers in Hatton Garden, I rang my daughter, having found two suitable items I thought would suit her needs, and described the two options. Once she had told her work colleague, she in turn asked my daughter to ask me — as a male of the species — to pick the watch I thought was best. I gave it a little thought and made my expert decision. I was duly paid and thanked profusely for my help; another satisfied customer.



The following month it was my birthday, and my main present from my wife Mary (whose birthday happens to be on the same day, plus it's also our wedding anniversary) was a large bottle of my favourite aftershave. On opening the box, I found a beautiful gentleman's gold bracelet watch!

I had in fact chosen my own birthday present without knowing it. An enormous surprise indeed.

Adrian Bell, Hornchurch, Essex

Sign Language



STUMBLING BLOCKS: *These steps look like an accident waiting to happen. If so, they're in the right place!*

Steve Salter, Crowborough, East Sussex

Out Of The Mouths Of Babes

SOME years ago, we were having shepherd's pie for dinner when our young daughter suddenly started crying. When we asked her what was wrong, she replied: 'I haven't got any shepherds in my pie.'

Mrs Kate Astley, Colwyn Bay, Conwy

Wordy wise

BOTTLE OF THE BULGE — high-calorie beverage.
MY FAR LADY — long-distance romance.
TRAIN MAN — rail enthusiast.
MEET MEN IN ST LOUIS — dating app for Missouri residents.
CHOWBOAT — floating diner.
ON THE TOON — night out in Newcastle.
ZIEGFELD FILLIES — impresario swaps Broadway for horse ownership.

Chris Eaton, Ilkeston, Derbyshire

Nursery Rhyme Of Our Times

Joe and Jill, from
Capitol Hill,
Took on the Opposition,
But for Joe and Don,
The day's long gone...
They need a good magician.

Bethan Morgan, Swansea

Picture that!



GLUM GIRL: *My daughter took my granddaughter to have her passport photograph taken and told her she wasn't allowed to smile. This is the grumpy result!*

Bernard Stone, Worthing, West Sussex

Today's poem

PROS AND CONS

I've never been a fan
Of gadgets and
inventions,
They just don't seem
to like me,
Despite my good
intentions!
Can't work the TV
any more,
The video has become
a chore,
Five remotes are more
than enough,
Oh for the days of
Call My Bluff!
There's pins and codes
I must remember,
Was I born in June or
September?
Paper shredder jams
up on me,
Hubby says you don't
feed it properly!
Then Alexa pipes up
so excited,
Even when she's not
been invited!
As for the air fryer, a
real poser,
A challenge for any
brand new user!
So I tried to ring a friend
last night
To tell her about my
awful plight,
Only to find my
mobile was dead —
Had to use the
landline instead!
But really I must
go on no more,
Someone is knocking
at the door,
It's my weekly shop, as
always, on time —
Just so handy to order
it all online!

Mrs O. M. Palmer, Rugby, Warks

■ SEND your contributions to Peterborough, Daily Mail Letters, 9 Derry Street, London W8 5HY

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Sharia questions

ISLAMOPHOBIA is a word that needs careful unpacking, as several contemporary philosophers have done.

There is no getting away from the fact that some manifestations of Sharia, or Islamic Law, are unspeakably brutal, medieval and barbaric.

In Saudi Arabia, where Muslims strive to go for the Hajj and Umrah pilgrimages, I would face execution as a gay man; the deplorable lack of women's rights is also legendary. To say that Islam has a problem here is not prejudice or Islamophobia but entirely reasonable.

When I ask my Muslim friends about the barbarities of Sharia, I am usually answered with silence or responses that fudge the issue.

Freedom of religion is a fundamental British value that has been challenged of late by criminals who are rightly condemned. This freedom, however, should not stop us respectfully but robustly challenging each other and questioning what each of us brings to our shared British multiculture.

Dr DANIEL EMLYN-JONES, Oxford

Labour's three Ls

THE Labour bourgeoisie have been in power for just over a month and the country is on fire.

With many others, I held my nose and voted for them in the election, as they seemed the least appalling. Now we face a five-year dictatorship of luvvies, lecturers and lawyers.

CLIFF BARBER, Carhampton, Somerset

Subs are crucial

THERE is no doubt the year-on-year squeeze on the defence budget over the past few years has resulted in the hollowing out of our Armed Forces.

The nuclear attack submarines are a crucial part of our Navy's ability to fight and win in a war with Putin. Action must be taken now to start rectifying problems of submarine availability — identified by the Mail a year ago — and that will involve money. Awaiting the outcome of the new defence review is not an option.

ADMIRAL LORD WEST of SPITHEAD, House of Lords

Chosen team

IN REPLY to Douglas Davies (Letters), many Northern Irish sportspeople choose to compete at the Olympics for Team Ireland, rather than Team GB. At Rio in 2016, 21 of the 29 athletes from Northern Ireland did so.

To give them their due, BBC commentators are careful to refer to Team GB and Northern Ireland where it is appropriate to the event.

DAVID ESSEX, Aylesbury, Bucks

School champions

IS THERE any other ordinary secondary school in Britain that has produced both an England women's footballer (Ella Toone) and an Olympic gold medallist (Keely Hodgkinson), who both attended Fred Longworth High School in Tyldesley?

LEN MARSH, Tyldesley, Lancs

Twickers for ever

UNLESS the RFU has plans to dismantle and re-erect its stadium in the Borough of 'Allianz', to rugby fans the world over, the edifice on the corner of Rugby and Whitton roads will always be Twickenham.

GRAHAM HUMPHREY, Bexhill-on-Sea, E. Sussex

Falling by degrees

I AM pleased applications for university places are declining. We have too many students enrolled on questionable courses already; they would be better advised to get real jobs that contribute to the nation's GDP.

More young people in the workplace would reduce the need for immigrant workers, and fewer students living away from home would mean less demand for rented property, so increasing the availability of starter homes and ensuring the Government has no need to despoil quite so much of our countryside with new housing.

MIKE HORGAN, Heswall, Wirral

Narky Mark

AS A former Metropolitan Police officer, I was appalled by the behaviour of the current Commissioner, Sir Mark Rowley, who deliberately grabbed and seemingly broke a TV reporter's microphone.

Such petulant, juvenile behaviour would not be tolerated from any of the junior officers under his command.

KEITH HARBER, address supplied

Cold comfort

THE following extract is from a speech by Rachel Reeves at the Labour conference in 2022, when she was Shadow Chancellor.

'Last April, on a cold spring evening, I knocked on the door of a pensioner in my constituency. When I reached out to shake her hand, it was purple and freezing cold.

'Already, back then, she was afraid to put the heating on, struggling to get by on the small pension she had built up through a lifetime of work.

'As energy bills and inflation rise even higher, I often think of her. That is the stark reality facing people all around our country today.'

One has to hope that pensioner is on Pension Credit.

B. K. NICOLSON, Bracknell, Berks

True virtues

READING the 'words of wisdom' from an autograph book in 1914 (Letters) reminded me of a contribution from my own grandma, born in 1880, which reads, 'Be good sweet maid, and let who will, be clever.'

Along with 'Handsome is as handsome does', this saying illustrates what Grandma's generation correctly believed made a good citizen. It evokes a gentler age, lost for ever.

HEATHER SPINK, Dallington, E. Sussex

Class hatred

TOMMY ROBINSON is not responsible for broken Britain. He is a response to it and it seems he has struck a chord with the English working class.

What we see is a breakdown of democracy after an unrepresentative election result. We need common sense and calm judgment, not vilification of working-class people. I didn't think Britain could sink so low.

GERALD MORGAN, Dublin

Unthinking thugs

IN WHAT way did the Rotherham rioters imagine South Yorkshire Police could be to blame for migrants crossing the Straits of Dover to land on the Kent shore? Is geography an

Was Elon Musk so far off the mark?

WITH Elon Musk interfering in the UK's social and racial affairs, there are only two responses we should give that hopefully he will understand.
First, GCHQ should 'jam' Twitter. Failing that, everybody, starting with celebrities, should boycott it. And the Government should impose a 40 per cent import tax on Tesla cars. Then perhaps Musk might appreciate that he shouldn't interfere in our nation's affairs that are nothing to do with him.
R. FRENCH, Brentwood, Essex

EDWARD LUCAS (Mail) writes of Elon Musk: 'When did we vote to entrust our future to an eccentric foreign billionaire?'
A more relevant question might be: 'When did we vote to entrust our future to uncontrolled mass immigration?' We all know the answer to that one.
J. KIDD, Chichester, W. Sussex

THESE riots are not the result of race hatred but of a broken, imbalanced system. Young working people have no hope of buying a home. Government employees have above-average salaries, gold-plated pensions and continue to erode the living conditions of those who pay their wages. Utility charges keep rising,



Flashpoint: Rioters throw a flaming bin at a Rotherham migrant hotel

working-class people are fined and taxed for using their cars, illegal migrants are given more than our own people. I fear Elon Musk is correct.
BRIAN AYLING, Southend-on-Sea, Essex

IF ELON MUSK was trying to show he is intellectually superior with his one-sentence response to our country's problems, he succeeded only in proving he isn't.
MARTIN WAINSCOTT, Bagshot, Surrey

I AGREE with Elon Musk that civil war is inevitable, and if no one else saw it they had better wake up. Years of soft-touch government wokeness led to this. And to make matters worse, I have to live in Scotland.
Name and address supplied

I DON'T know why the Government is annoyed with Elon Musk for his comment. It's what a lot of us have been saying for the past two years.
BERYL CARTHEW, Whitegate, Cheshire

alien concept to them? This is not peaceful protest; it is opportunist thuggery and must be tackled as such.
COLIN MacDONALD, Bottesford, Notts

WE WERE told the prisons were full, yet now there are 500 spaces. Which is correct?
J. SIMSON, Hemel Hempstead, Herts

Snail hurlers

WHAT makes T. Bailey (Letters) so sure the snails thrown over a neighbour's fence overnight had a homing instinct? The neighbour may just have been throwing them back.
PAULINE TANNER, Hitcham, Suffolk

Bible truth

I WAS reading in the Mail on Monday about the riots, then I arrived at Thought For The Week: Train up a child in the way he should go, and when he is old he will not depart from it (Proverbs 22:6).
JEAN COMBEN, Truro, Cornwall

Some mistake

A RECENT Facebook posting by an anti-immigration fanatic hostile to mosques in fact showed a picture of Brighton Pavilion.
PHILIPPA GODFREY, Keyworth, Notts

Yo-yo joys

IN A charity shop the other day, I bought a yo-yo for 50p. Then I looked in the cupboard at home for my yo-yo from 70 years ago. Outspan oranges at that time came in a tissue-type wrapper and if you collected enough wrappers, you could claim a Lumar championship yo-yo.
I was really fond of mine and could 'walk the dog' and other moves now long forgotten. I wonder if other readers remember doing the same?
B. ALLEYN, Chatham, Kent

Cowpat cut

THE current men's hair fashion for deep-shaven sides and what resembles a cowpat on top is to be applauded. It bodes well for the future of the dung beetle.
DAVID LANGTON, Saltash, Cornwall

LETTER OF THE WEEK

WIN our Letter Of The Week Magic Mug, courtesy of Printer Pix. These reveal our Daily Mail Letter Of The Week design when hot. To create personalised photo gifts (see example, right), visit printerpix.co.uk. The Letters Editor will announce the Letter Of The Week each Friday. Write to: Daily Mail, Letters, 9 Derry Street, London W8 5HY or email letters@dailymail.co.uk, including your full postal address and telephone number.

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Straight to the POINT

■ **AMBER RUTTER didn't lose gold, she held it in her arms. That's more precious than any medal.**
ENID EVERTON, Enfield, Middx

■ **THE PM of Bangladesh has fled the country following riots. Anyone seen Keir this morning?**
DAVID TAYLOR, Stourport, Worcs

■ **I WONDER if Starmer and Rayner have given any thought to why we need to build 1.5 million new homes so urgently.**
TONY THOMPSON, Banbury, Oxon

■ **ANGELA RAYNER may have no plans to build on the non-existent rolling hills of Suffolk, but the rest of the county is fair game.**
KEITH BIRD, Nazeing, Essex

■ **RACHEL REEVES is to economics what Cyril Smith was to hang-gliding.**
RAY H. DOVER, Ingatestone, Essex

■ **I HEARD a voice from the past. It sounded just like Enoch Powell.**
T. HOOKER, Staverton, Devon

■ **BORIS wasn't wrong about everything. Time we got a few water cannons.**
PETE TERRY, Lancing, W. Sussex

■ **WHY has no Reform MP spoken out against the rioters?**
PETER SMITH, Kettering, Northants

■ **CAN someone please press the reset button.**
ANNA WALLACE, Over Stratton, Somerset

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DEBATE: Mums shouldn't resent their children

**ANONYMOUS (Mail), who hates being a mother, should count her blessings. She has four lovely children and should appreciate both them and her hardworking husband. She chose to marry and have four children but has made a doormat of herself.
She should have got the children to help with tasks and not been such a martyr. She sounds as if she needs counselling.**
Mrs MARY FRENCH, Chelmsford, Essex

I WAS brought up in the 1950s and 1960s as the eldest daughter in a family of nine children. Life was tougher then, but did our mother resent us or express any regrets? Absolutely not. She and Dad loved every one of us and made sacrifices today's parents cannot understand, in an era when even to own a washing machine was a luxury.
K. HUGHES, Sutton Coldfield, W. Mids

**I DON'T think I have ever read such an arrogant, self-indulgent article. Every mother faces challenges: it could be poverty, illness, behavioural or mental health challenges, but none of these is mentioned by this writer. Single mothers balance working long days with very little support, some have no car to take their kids anywhere.
Fortunately the writer remains anonymous, so her children, husband and sisters will hopefully never know her true feelings. Imagine the hurt they would feel. If I could speak to Anonymous as a friend, I would tell her to get over herself, stop acting like a spoilt child and enjoy life as it is right now. You are as young and as whole as you will ever be.**
LUCY WOFFENDEN, Leeds

ANONYMOUS yearns to get her life back when her children leave home. Sorry to burst your bubble but you never will, as my dearly missed mother told me when I married. Children are not just for a few years, they are for life. And your life will never be the same again.
HELEN MORGAN, Hednesford, Staffs

ANSWERS TO CORRESPONDENTS
Compiled by Charles Legge

Living world's few true Brits

QUESTION What animals or plants are unique to Britain?

ENDEMIC animals and plants, which are uniquely vulnerable because of their scarcity, are a key barometer for measuring the health of an ecosystem.

The Scottish crossbill (*Loxia scotica*), a small bird in the finch family *Fringillidae*, is found only in the Caledonian Forest of Scotland. It is the only terrestrial vertebrate species endemic to Britain.

A species consists of a population that cannot interbreed successfully with another species. A subspecies consists of a group within a species that is physically and genetically different from the rest of the group, yet can still interbreed. The Orkney vole, the Skomer vole and the St Kilda field mouse are endemic mammal subspecies.

Regarding fish endemic to Britain, a freshwater fish called the vendace has particularly suffered population loss. At one time there were four native populations of vendace known in the UK: two in the Lake District (at Bassenthwaite Lake and Derwentwater) and two near Lochmaben in south-west Scotland (Castle Loch and Mill Loch).

Water pollution, rising temperatures and the introduction of non-native fish are the likely causes for the Scottish populations dying out during the 20th century. This has left the Lake District as the last natural refuge of the fish.

The powan, known as 'schelly' in England and 'gwyniad' in Wales, are more widespread than vendace and are found in several sites across Scotland, England and Wales. The torgoch (Welsh for 'red belly') is found in seven lakes in north Wales.



Unique: A Scottish crossbill

Other endemic species include the Shetland char, Orkney char and Loch Killin char.

As for insects, there is the endemic beetle the bronze Lundy cabbage flea beetle. There is also the Scilly bee, Northern February red stonefly, the Caledonian planthopper and Fonseca's seed fly.

The British cave shrimp and the Horrid Ground-weaver — a spider — are other invertebrates that are exclusive to the UK.

A 2020 article in British & Irish Botany, by Tim Rich, recorded 804 plants endemic to Britain, Ireland and the Channel Islands.

Some of Britain's endemic plants include Lundy cabbage, Scottish primrose, Cheddar whitebeam and the Great Orme berry.

Paul Walters, Wolverhampton

QUESTIONS

Q: Does anyone remember Elmo stores? Are there other defunct supermarkets?
Lynn Pearce, Weymouth, Dorset

Q: Why do the crows in my garden frequently leave stones in the bird bath?
Tracey Hudson, Worcester

Q: What 'trendy' words had already become obsolete by the time they were included in major dictionaries?
Robin Cross, Maidstone, Kent

QUESTION How did Sandy Balls Holiday Park in the New Forest get its name?

SANDY Balls Holiday Park, near Fordingbridge, was created after the land was bought in 1919 by Ernest Westlake. It was intended as a campsite for members of the Order of Woodcraft Chivalry, of which Westlake was the founder.

Sandy Balls is so named because of the large, sandy hillocks that occur throughout the area.

At Fordingbridge, the largely Norman church of St Mary the Virgin has in its porch a 17th-century wooden notice commemorating the establishment of the 'Sandy Balls Charity'.

Sandy Balls — along with the likes of Shitterton in Dorset, Twatt in Orkney, and Cockshutt in Shropshire — is somewhere that often finds itself the butt of jokes.

James Hardwicke, Lyndhurst, Hants

QUESTION What is considered the first British opera?

A RECITATIVE — a sung narrative — was first heard in Britain in 1617, when composer Nicholas Lanier used it in the music for a masque by writer Ben Jonson.

A masque was a ceremonial form of entertainment for the aristocracy comprising a combination of poetry, vocal and instrumental music, dancing, acting, costume pageantry and scenic decoration, applied in a most expensive and lavish style.

However, after the Lanier and Jonson work, nothing was heard of recitatives for the next 40 years.

Meanwhile, in Italy, opera had been developing since the beginning of the 17th century.

Then, in 1656, poet and playwright Sir William Davenant appeared to resurrect recitative. He produced a work in London, accompanied by music, in which there were speeches by people portraying the Ancient Greeks Diogenes and Aristophanes, as well as ones representing a Parisian and a Londoner, who were commenting on the cities.

The best-known early British opera is Dido And Aeneas (1689) by Henry Purcell, which is still heard today.

In the 19th and 20th centuries, the likes of Gustav Holst, Ralph Vaughan Williams, William Walton and Benjamin Britten wrote memorable operas. But famous Italian, German and French works are more commonly performed.

Tony Beard, Billericay, Essex

■ IS THERE a question to which you want to know the answer? Or do you know the answer to a question here? Write to: Charles Legge, Answers To Correspondents, Daily Mail, 9 Derry Street, London W8 5HY; or email charles.legge@dailymail.co.uk. A selection is published, but we're unable to enter into individual correspondence.

TODAY'S RECIPE: Gigantes plaki



Satisfying and super-healthy. Serves 4

Ingredients

- 400g dried butter beans
- 3 tbsp extra virgin olive oil, plus extra to serve
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 tbsp tomato purée
- 800g ripe tomatoes, skins removed, roughly chopped
- 1 tsp sugar
- 1 tsp dried oregano
- Pinch ground cinnamon
- 2 tbsp chopped flat-leaf parsley, plus extra to serve

Method

1 Soak beans overnight in water. Drain, rinse, then place in a pan, covered with water. Bring to the boil, reduce the heat, then simmer for around 50 mins until slightly tender but not soft. Drain, then set aside.

2 Heat oven to 180c/160c fan/gas 4. Heat oil in pan over a medium heat, then tip in the onion and garlic and cook for 10 mins until softened but not browned. Add tomato purée, cook for a minute, add remaining ingredients and simmer for 2-3 mins. Season, then stir in beans. Tip into a large ovenproof dish, then bake for 1 hr, uncovered and without stirring, until the beans are tender. Leave to cool, then scatter with parsley and drizzle with olive oil.

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Picture: EA MOBILITY

Your bathroom can be a stress-free sanctuary

IMAGINE the difference a mobility bathroom can make. For someone who has faced daily challenges with traditional bathroom set-ups, the transition to one can be life-changing.

It's about turning a space that once posed risks into a sanctuary of relaxation and independence. From the joy of a stress-free shower with barrier-free access to the comfort of a bath that's easy to enter and exit, these bathrooms are making safety and comfort accessible to all.

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The importance of mobility bathrooms extends beyond their functional benefits, touching on aspects of wellbeing, autonomy, and increased home value.

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Home value: As more people recognise the importance of comfortable, accessible living spaces, homes with mobility bathrooms are becoming increasingly desirable.

With EA Mobility, the right mobility bathroom starts with understanding the user's needs and the available space. Whether it's a compact wet room or a spacious walk-in bath, the focus is on creating a safe, accessible environment that will become a cherished part of your home.

Better dentistry in Budapest

Mary had dental implants expertly done for less

THERE is little doubt that the emphasis on customer care and professionalism at Kreativ Dental in Budapest has ensured a steady flow of patients from the UK looking for great long-term results.

Typical of the Brits who have turned to Kreativ Dental, which founded dental tourism from Britain more than two decades ago, is former nurse and NHS manager Mary Render (pictured), 69, from Cheshire.

Mary needed dental implants, but felt local dentists 'were not specialist enough'.

Her husband Christopher's dental implants had been fitted in the UK — and had come out four times.

So, after much research by the couple, Mary decided to head for Kreativ Dental — which has fitted more than 100,000 implants to 85,000-plus patients and is rated the leading clinic in dental tourism.

'It is an international clinic and you know dental implants are their bread and butter as it does them every day. It was also a lot cheaper — less than half the price I would pay here,' says Mary. 'Altogether it was a wonderful experience, as it is so well organised and professional.'

Mary has recently returned for a check-up and was delighted to go back to Budapest, which she says is 'the most beautiful city in the world'.



Picture: KREATIV DENTAL

Retired builder Les Cooper, from Yorkshire, has had all of his teeth done — a major reconstruction job for Kreativ Dental — and also paid a fraction of what it would have cost him back home. 'I chose Kreativ not just as it was cheap, but because it was better,' he says. 'Everything is still perfect after nine years.'

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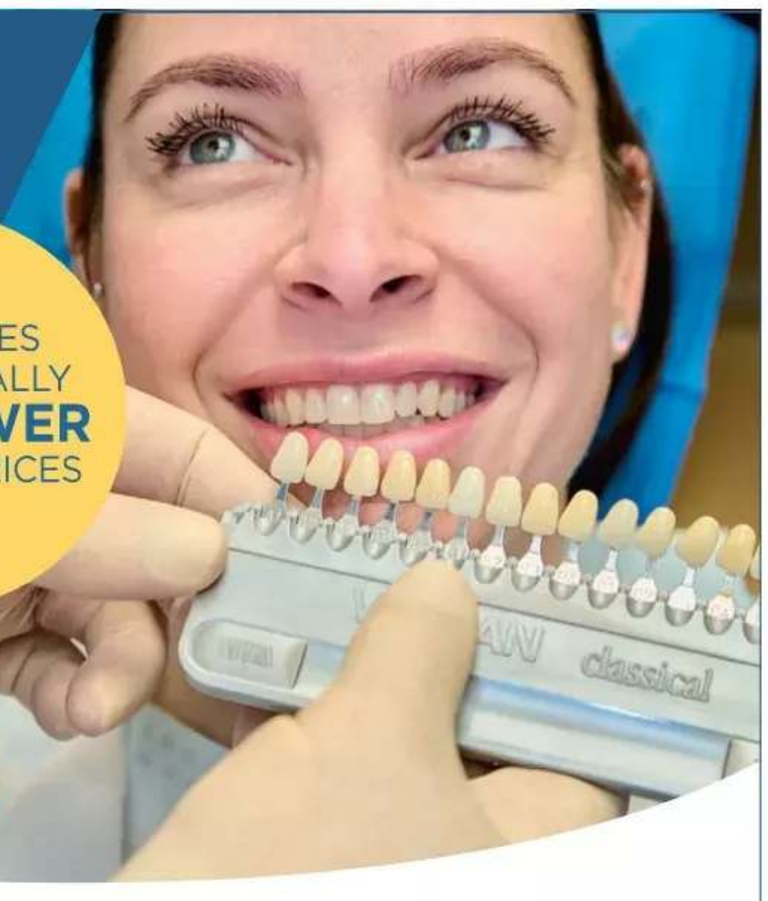
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Mr Tomlinson, Alderley Edge, Feb 2024

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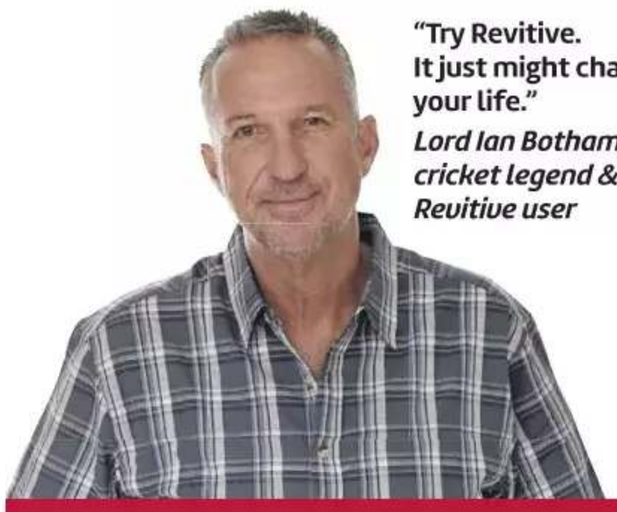
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City & Finance

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Scandal-hit H2O to pay out £215m



*By **Leah Montebello***

A ONCE high-flying asset manager will pay out £215m to investors who have cash trapped in illiquid funds linked to German financier Lars Windhorst.

The Financial Conduct Authority (FCA) has said H2O Asset Management must return money to shareholders after it failed to carry out proper due diligence on hard-to-sell securities tied to Tennor, a group founded by Windhorst *(pictured with girlfriend Christine Barner)*.

It also found H2O lacked adequate procedures to manage conflicts of interest. That included over 50 instances where hospitality had been received but was not properly declared, including the use of a superyacht and private jet.

Founded in 2010, H2O was a star of European investment under chief executive Bruno Crastes, overseeing more than £26bn of assets. But it suffered an investor exodus in 2019 after its exposure to Windhorst firms was revealed.

Withdrawals prompted the group to freeze £1.4bn of funds the following year, effectively trapping investors.

The group was fined a record £64m by French authorities in 2023.

But instead of a hefty fine, the FCA has imposed an order on H2O to repay investors whose funds had been trapped.

Aside from due diligence and conflict of interest failings, H2O provided regulators with 'false and misleading statements and documentation' including 'fabricated records and minutes of meetings', the FCA said. 'H2O's job was to manage funds properly and protect investors. It failed to do this and, to make matters worse, repeatedly provided misleading information to the FCA,' said Steve Smart, FCA director of enforcement and market oversight.

Windhorst shot to fame in the 1990s but the dotcom crash hit his ventures and he filed for personal bankruptcy in 2003. He later rebuilt his fortune but in 2010 received a suspended prison sentence for 'breach of trust' in Germany.

H2O's chief Loic Guilloux said: 'We have significantly improved and consolidated our organisation and strengthened risk management and compliance teams, governance and internal procedures. These changes ensure that lessons from this period are embedded in our culture.'

Slimming profits at Novo Nordisk as supply issues bite

*By **Emily Hawkins***



APPETITE for weight loss drugs is proving insatiable but pharma giant Novo Nordisk is having difficulties fulfilling the demand.

The Ozempic maker has been the winner of the 'miracle drug' boom so far but yesterday the Danish firm warned profits for the year would be lower than initially expected as it tries to ramp up production.

Last year Novo Nordisk – now worth £210bn – outstripped fashion giant LVMH as Europe's biggest company.

Shares, which trade on the Copenhagen stock market, have risen 51pc per cent over the past year.

But it has struggled to keep up with soaring demand as interest in both Wegovy and Ozempic gains pace across the world.

Wegovy is a weekly injection and tricks the body into thinking it is full. The drug is available on the NHS, while sister drug Ozempic's popularity has taken off in the US. Celebrity fans include Tesla billionaire Elon Musk and actress Rebel Wilson.

British pharmacies have had shortages of Wegovy in recent months, fuelling concerns about unlicensed versions being sold to vulnerable consumers online.

Novo put slimmer profit expectations down to 'expected, continued periodic supply constraints' with producing the drugs. 'Unprecedented levels of demand are creating significant supply issues,' AJ Bell investment director Russ Mould said, adding that it was 'in a sense is a nice problem to have'.

The group has factories in nine countries including Algeria, Brazil, China, Denmark, France, Iran, Japan, Russia and the US.

Novo is investing heavily in increasing production, including last month putting £3.2bn into a new factory in North Carolina in the US.

President and chief executive, Lars Fruergaard Jorgensen *(pictured)*, attempted to downplay worries, saying it had pumped lots of money into increasing supply. But it has been forced to cap doses for new patients in the US to make sure existing users can complete their courses.

Novo has now pencilled in an annual profits rise by between 20pc and 28pc this year, compared to a previous steer for 22pc and 30pc.

This was also down to a charge relating to experimental blood pressure drug Ocedurenone failing a clinical trial. The rare underperformance spooked investors, with shares falling 6.7pc yesterday.

Sales of its flagship Wegovy drug rose 53pc to £1.34bn between April and June.

But analysts had thought they would reach £1.56bn. Ozempic sales also missed expectations.

The company still saw its total sales increase by 25pc to £15.4bn over the first six months of the year.

FTSE rallies by 140 points in reprieve for investors

*By **John Abiona***

THE FTSE 100 rallied as global markets bounced back after a sharp sell-off earlier this week sparked by fears over a US recession and tensions in the Middle East.

The blue-chip index rose 1.75pc, or 140.19 points, to 8166.88, as the Bank of Japan dampened talk over further interest rate rises. Last week the central bank raised rates for the second time in 17 years.

'As we're seeing sharp volatility in domestic and overseas financial markets, it's necessary to maintain current levels of monetary easing,' said Shinichi Uchida, Bank deputy governor. 'We won't raise interest rates when markets are unstable.'

'An upward trend through the year'

Elsewhere, revised figures showed the UK economy recovered from the pandemic faster than thought.

GDP growth was upgraded in 2022 from 4.3pc to 4.8pc by the Office for National Statistics. That came alongside improved forecasts for transport, professional and business support services that year while manufacturing and healthcare headed in the other direction.

And data from Halifax showed house prices rose 0.8pc in July after three fairly flat months. The average price is £291,268 – up more than £2,200 on the previous month.

Amanda Bryden, Halifax head of mortgages, said the Bank of England's interest rate cut last week is 'encouraging for those looking to remortgage, purchase a first home or move along the housing ladder'.

The Bank last week lowered interest rates from 5.25pc to 5pc for the first time in four years. Bryden said: 'We anticipate prices to continue a modest upward trend throughout the remainder of this year.'

As Chancellor sits down with Canada's biggest pension funds...

What UK can learn from the Maple 8 to unleash growth

By ***Jessica Clark***

RACHEL Reeves yesterday met with the so-called 'Maple 8' pension funds as she urged UK schemes to learn from the Canadians.

The Chancellor held a round table of Canada's biggest retirement fund bosses in Toronto *(pictured)* – launching a push for British funds to follow their example and use their pension pots to 'fire up the UK economy'.

Canada's top schemes, known as the Maple 8, collectively manage around £1.1tn worth of taxpayer-backed pension schemes for the likes of teachers, municipal employees and healthcare workers. The eight schemes, among the largest pension funds in the world, have invested billions in the UK.

They include the giant Ontario Teachers Pension Plan, worth C$250bn (£143bn) and whose chief executive is Jo Taylor, and the Canada Pension Plan at C$630bn (£361bn) – run by John Graham.

They own stakes in British infrastructure including utility companies, the gas network, airports and ports as well as offices and shopping centres.

Reeves is hoping to pick up tips such as consolidating the £360bn local government pension scheme, which is made up of 86 individual funds in England and Wales. As a mega-fund, the scheme, which has more than six million members, would be among the top ten biggest in the world.

Reeves wants to copy the Canadians and have the retirement funds invest in listed and unlisted companies, and back big infrastructure projects.

Many of the Maple 8 are long-term investors. As Britain's major infrastructure is open to private funds, the Canadian giants have had a chance to take a slice of the pie. And the size of the funds means they can invest in huge projects.

'I want British schemes to learn lessons from the Canadian model and fire up the UK economy, which would deliver better returns for savers and unlock billions of pounds of investment,' the Chancellor said. An alignment could deliver £16bn of investment into UK infrastructure projects, according to analysts by Local Pensions Partnership Investments.

Richard J Tomlinson, its chief investment officer, believes looking at the Maple 8 is 'a strong starting point'.

And Helen Morrissey, head of retirement analysis at Hargreaves Lansdown, said embracing that blueprint could transform the local government pension scheme into 'an international pension giant'.

Jon Greer, head of retirement policy at Quilter, said it could also boost London's stock market.

'Deliver better returns for savers'

'Historically, UK pension funds and insurers held a significant portion of shares listed on the London Stock Exchange – 39pc at the turn of the century,' he said. 'However, this plummeted to just 4pc by 2020. Reeves' vision is to reverse this trend.' But he warned that 'any shift in asset allocation must be executed carefully to avoid harming savers' interests'.

Recent events showed investing in Britain's infrastructure is a strategy that does not always pay off.

The Ontario Municipal Employees Retirement Scheme, known as OMERS, invests the pensions of government employees in its namesake Canadian province.

It hit the headlines in the UK this year when it was forced to write down its stake in embattled utility firm Thames Water, effectively saying that its investment in Britain's largest water company is worthless. Another Canadian pension fund – British Columbia Investment Management Corporation – has also become entangled in the fortunes of Thames Water as a major investor.

A huge 14.4pc of its total assets under management are based in the UK, including its stake in Britain's gas transmission network, which it owns with Australian investment bank Macquarie.

And CPP, which is Canada's state pension, has invested in the UK's troubled water industry, owning 32pc of Anglian Water, which serves 7m customers.

In CPP's portfolio is also Associated British Ports, which owns 21 ports in the UK. However, the retirement fund is reportedly seeking to offload its 34pc stake.

Some 12pc of the UK's largest airport, Heathrow, is owned by Caisse de depot et placement du Quebec, which has more than £14bn of assets under management in the UK. The fund, which manages public pensions in Quebec, also has a stake in London Array, which operates a wind farm off the Kent coast.

In 2019, CPP helped take Merlin Entertainments – behind Alton Towers and Madame Tussauds – private in a £4.8bn deal. And it is a backer of some of Britain's biggest shopping centres such as Westfield Stratford in east London.

The jewel in the crown of Ontario Teachers' Pension Plan's UK holdings was Camelot, which operated the National Lottery since its launch in 1994. It was dealt a blow when the Gambling Commission handed the licence to Allwyn Entertainment from this year.

The pension fund sold Camelot to its rival in 2022, in a deal thought to be worth around £100m.

And the scheme hit the headlines in 2022 after it emerged that it was a significant backer of the now-disgraced cryptocurrency tycoon Sam Bankman-Fried. Among its existing British investments are Bristol and Birmingham airports, and the energy firm SSE.

Alberta Investment Management Corporation (AIMco) was behind the redevelopment of west London's BBC Television Centre. It is also one of five owners of Porterbrook, one of the UK's three main train leasing companies.

Healthcare of Ontario Pension Plan teamed up with the Crown Estate to develop the St James's Gateway, a huge property deal in London. And PSP Investments holds stakes in Forth Ports, a life sciences campus in Cambridge, and Hoxton Campus, an east London development.



Pension plan	Assets under management	UK investments
CPP Investments	£362.3bn	Anglian Water Associated British Ports Merlin Entertainments Bullring Shopping Centre Westfield Stratford
CDPQ	£248.7bn	Heathrow Airport London Array
PSP Investments	£151.8bn	Forth Ports Capital Park Cambridge Hoxton Campus
BCI	£143.5bn	Thames Water Britain's gas transmission network
Ontario Teachers' Pension Plan	£141.9bn	Bristol Airport Birmingham Airport SSE
AIMCo	£92bn	Porterbrook
OMERS	£73.7bn	Thames Water
HOOPP	£64.5bn	St James' Gateway



Lessons: Reeves wants British pension funds to invest in UK

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Time to mend defective funds



Alex Brummer

CITY EDITOR

THE City enforcer has done a good job in extracting €250m (£215.5m) for British investors in funds managed by H2O investment management.

The London-based fund manager found itself in deep water in 2019 after it was over-exposed to illiquid securities connected to controversial German financier Lars Windhorst.

The Financial Conduct Authority (FCA) opted to demand compensation for investors, rather than hitting H2O with fines, on the grounds that European regulators were better placed to deliver penalties.

The outcome illustrates the efforts of FCA chief executive Nikhil Rathi to deliver results for consumers rather than get hung up on bureaucracy.

It shows how investors need to be wise about asset managers who enjoy the high life. It found evidence of conflict of interest and more than 50 examples of H2O colleagues failing properly to declare hospitality, including the use of superyachts and private jets.

That would appear to put some lavish hospitality provided by, or offered to, some UK money managers in the shade.

The FCA's probe and settlement on behalf of UK investors in H2O is a reminder that it has unfinished business with errant investment guru Neil Woodford.

He, too, enjoyed the good things in life, with showjumping among his passions.

In March this year the FCA secured up to £185.7m in compensation for investors in the closed Woodford Equity Income fund from authorised corporate director Link after five years of work.

As helpful as that has been to savers in Woodford funds, it left unfinished business. My own investment in Woodford Patient Capital, now rebadged by Schroders, shows an 80pc loss in a period when markets (this week's hiccough notwithstanding) soared.

The regulator put Neil Woodford on a 'warning notice' in April, recognising a 'defective' approach to managing the funds. Woodford disagrees with the FCA findings, describes the verdict as misconceived and is challenging the finding.

As presently constituted, there are layers of legal protections for alleged wrongdoers. None of this is satisfying for Woodford investors who are seeking further redress through the courts and would like nothing better than to see the person they trusted with hard-earned savings brought to justice. It doesn't end there.

Investment platform Hargreaves Lansdown (HL) exposed up to 300,000 clients to Woodford-managed assets either directly or through its own-label funds.

HL is inclined to accept a £5.4bn takeover from a consortium of private equity firms led by CVC.

One trusts that, if there are to be new owners, they will understand the need to repair the reputational and financial damage done to clients.

Growth spurt

THE habit of markets, the media and politicians to latch on to bits of economic data and over-interpret knows no bounds.

During the election campaign the Resolution Foundation (whose former chief executive Torsten Bell is now a Labour MP) was remarkably successful in propagating the idea that, on a per capita basis, Britons had become much poorer under the Tories.

One is never quite sure what is really happening to per capita output because there are so many moving parts, including the sharp rise in net legal immigration.

The size of the economic cake also is a moving feast. Recently, the Office for National Statistics said it underestimated growth in 2022 – up 4.8pc, not 4.3pc.

That might seem a small adjustment but when Bank of England forecasts are so modest for 2024 and 2025 the half a percentage point change makes a big difference. Upgrades also are expected for 2023 and beyond.

Worst economy since the Second World War? Hooey!

King coal

GLENCORE has had its governance issues, but one cannot but admire its willingness to swim against the tide.

Splitting off the coal and carbon steel holdings, which generate cash, makes no sense and could fund investment in copper, among other things.

Not only that it, but it is ready if opportunities arise to double down on coal.

Why not? Someone needs to make weapons-grade virgin steel.

MELONI TARGETS EXPATS AND DOUBLES FOREIGN WEALTH TAX



THE government of Giorgia Meloni (*pictured*) is to double a levy on foreign residents.

The £86,000-a-year payment, which exempts people moving to the country from tax on overseas earnings, gifts and inheritance for 15 years, will rise to £172,000.

Billionaires have flocked to the country to take advantage of the tax system, after the levy was introduced in 2017, amid hope it would benefit the economy.

It allows about 4,000 people to save money on foreign income – but not income earned in Italy – and has led to Milan becoming a hotspot for the private equity executives fleeing London.

Milan has lured major investment firms, including Capstone Investment Advisors, Eisler Capital, and billionaire Steve Cohen's Point72 Asset Management. But locals have called it the 'billionaires' tax' or 'the footballers' scheme'.

Italy wants to raise money amid a squeeze on public finances.

Glencore snubs green agenda as it keeps coal arm

*By **Leah Montebello***

GLENCORE has scrapped plans to spin off its coal business, labelling the move 'common sense'.

The decision comes after an overwhelming majority of its shareholders voted to keep hold of the highly profitable, but heavily polluting, division.

Glencore first announced plans to spin off the unit last November, bowing to pressure from green investors.

The move would have seen the unit merge with the steelmaking/coal division of recent acquisition, Canada's Teck Resources. That combined group would have then been listed on the New York stock exchange as a separate business, which bosses said would boost shareholder returns.

But in a dramatic U-turn, the Swiss mining giant will now abandon plans 95pc of investors called for it to keep the coal unit, saying that would increase 'cash-generating capacity' and 'accelerate and optimise the return of excess cashflows to shareholders'.

Chief executive Gary Nagle said: 'Common sense has prevailed. The shareholders recognise that cash is king.'

Nagle said the industry was now a 'dynamic space' in which views on environmental, social and governance (ESG) issues had shifted. He said: 'The pendulum has swung back over the last nine to 12 months. The world has recognised the need for coal as we decarbonise.'

'Common sense has prevailed'

Glencore's board said it still preserved the option to consider demergers. But the move will probably anger environmental groups who have been pushing against coal as a big polluting fossil fuel. Fossil fuel firms are feeling the push to cut their emissions but also keep profits high.

Matt Britzman, analyst at Hargreaves Lansdown, said that although green investors may be disappointed, the decision 'makes sense'. 'The coal portfolio is a cash cow, and it's not all about thermal coal with steelmaking coal making up a large part too,' he said.

Glencore's coal business has cashed in from the crisis after Russia invaded Ukraine.

It is also one of the biggest miners and traders of copper, nickel and cobalt. Glencore said first-half profits fell 33pc year-on-year to £5bn. Revenues climbed 9pc to £92bn.

Glencore shares rose 2.8pc, or 11.05p, to 404.2p.

But it's not only Glencore that's scrapping a green agenda. Last week BP said it will drill a new oilfield in the Gulf of Mexico in a focus on returning cash to investors.

Thames Water scrutiny ramped up

THE water regulator will hire an independent monitor to oversee Thames Water amid attempts for a clean start.

Watchdog Ofwat said Thames must agree to this move after poor performance.

The monitor will be able to access Britain's largest water firm's financial information – after its credit rating was downgraded twice by ratings agencies in July.

This meant the group had breached its operating licence. Ofwat chief executive David Black said: 'Thames Water needs to remedy its licence breach, turn around its operational performance, and secure backing from investors to restore its loss of investment grade credit rating.'

Thames faces a £15bn debt pile and has said it only has enough money to continue trading until May 31. Thames needs a major cash injection to secure its future.

Bridge collapse claims to cost £22m

LLOYD'S of London insurer Hiscox has set aside £22m to cover claims linked to collapse of the Baltimore bridge in the US.

The disaster in March, when a cargo ship smashed into the a bridge and killed six people, was the prelude to a difficult summer for insurers.

An early start to the hurricane season wreaked havoc, alongside last month's global IT meltdown – neither affected Hiscox however.

The update came as the company, which was last month touted as a takeover target amid reports that rivals in Japan and Italy were poised to swoop, said profits rose 7.1pc to £223m in the first half, lower than analysts expected.

Shares fell 1.8pc, or 21p, to 1148p.

FTSE 100	FTSE 250	FTSE All Share	DOW	NIKKEI	HANG SENG	DAX	Brent Spot	Gold
8166.88	20576.03	4462.58	38763.45	35089.62	16877.86	17609.69	78.84	2400.28
140.19 1.75%	208.33 1.02%	71.81 1.64%	234.21 0.60%	414.16 1.19%	230.52 1.38%	255.37 1.47%	2.10 2.74%	5.74 0.24%
H:8445.80 L:7257.82	H:21600.71 L:16783.09	H:4596.71 L:3933.17	H: 41376.00 L: 32327.20	H:42224.02 L:30526.88	H:19636.22 L:14961.18	H:18869.36 L:14687.41	H:87.43 L:76.30	H:2483.37 L:2284.98

£/$ 1.2715 ▲ 0.0021 H:1.3000 L:1.2065 £/€ 1.1639 ▲ 0.0021 H:1.1910 L:1.1424

Tourist Rates WWW.TRAVELEX.CO.UK £1 Buys

Aus$	1.84	Den Kr	8.27	Jpn Y	177.66	SAR	21.96
Can$	1.67	Euro €	1.11	NZ$	1.97	Sw Fr	1.04
Turk l	40.48	US$	1.21				

FOR INDICATION USE ONLY

Brickmaker's stock builds as Labour promises homes

WITH the Labour Government committed to building a substantial number of homes, investors looked beyond a poor first-half performance from brickmaker **Ibstock** and bought stock on hopes for a windfall.

Ibstock had a tough first half as elevated mortgage rates kept the housing market challenging.

Half-year profits plunged by more than 60pc, as revenue declined 20pc.

This led Ibstock to more than halve its interim dividend. But management remain confident its construction products will benefit from growing demand, and shares rose 4.3pc, or 7.4p, to 179.6p.

Housebuilders were also in demand on the building boost hopes, helped by data showing UK house prices rose by the most in six months in July.

Persimmon added 2.5pc, or 37p, to 1538.5p, and **Barratt Developments** climbed by 1.7pc, or 8.8p, to 521p.

MARKET REPORT



By Jon Hopkins

As the recovery from the recent global mini-crash continued, the **FTSE 100** rose 1.75pc, or 140.19 points, higher to 8168.24. while the **FTSE 250** was ahead 1.02pc, or 208.33 points, at 20,576.03.

Banks were among the top gainers as global markets recovered, with **Standard Chartered** up 2.8pc, or 19.2p, to 706.2p, **NatWest** ahead 3.6pc, or 11.6p, to 334.6p, and **Lloyds** up 3.3pc, or 1.84p, at 57p.

Staying with financial services, **Legal & General** added 1.3pc, or 2.8p, to 219.5p as the life and pensions group posted interim profits that beat analyst forecasts, its results driven by higher annuity sales.

Wealth manager **Quilter** rose 4.6pc, or 5.9p, to 133.4p after its half-year earnings also beat forecasts and it posted stronger net inflows of cash.

And the inter-dealer broker **TP ICAP** put on 7.8pc, or 16.5p, to close at 227.5p after a rise in first-half profit as it considers a US listing for its data and analytics business.

Away from financials, **Tullow Oil** rose 0.9pc, or 0.24p, to 27.68p as the oil and gas explorer saw its first half profits rise even though revenue declined.

And **Tritax Big Box REIT** added 1.6pc, or 2.6p, to 162.1p as it revealed plans to sell its controlling stake in marketing firm FGS Global to KKR.

Soft drinks bottler **Coca-Cola HBC** fell 1.5pc, or 42p, to 2698p after higher financing costs outweighed an increase to its full year forecasts after posting increased first-half revenue.

And **4imprint** shed 2.3pc, or 130p, to 5490p as the marketer and distributor of promotional products' first-half demand fell short of expectations.

Among the small caps, **Mast Energy** surged 31pc, or 0.05p, higher to 0.19p as its first refurbished generator set achieved revenue in the first month of operation.

And **Samuel Heath** gained 12.1pc, or 35p, to 325p after the shower and bathroom accessory maker said that its half-year revenue had risen.

But **Botswana Diamonds** dropped 18.8pc, or 0.07p, to 0.33p as the African-focused explorer raised £250,000 through a placing – the money will be used to fund exploration activities.

STOCK WATCH



■ **SIMEC Atlantis Energy gained 15.6c, or 0.35p, to 2.6p as it looks to turn the Uskmouth site in Wales into a sustainable energy park.**

It has taken full ownership of the 120MW battery energy storage system project on the site of a decommissioned power station's old cooling towers, which have been demolished.

Uskmouth will house one of the UK's largest battery energy storage projects. The target grid connection date is October.

TOP RISERS

	CLOSING PRICE	DAILY CHANGE	REASON
TP ICAP	227.5p	+7.82%	Mulls US listing
Quilter	133.4p	+4.63%	Record profits
CMC Markets	304p	+4.47%	Bargain hunting
Ibstock	179.6p	+4.30%	Recovery hopes
Hollywood Bowl	317p	+4.11%	Looking cheap

TOP FALLERS

	CLOSING PRICE	DAILY CHANGE	REASON
Abrdn	151.5p	-4.54%	Sell-off continues
WH Smith	1216p	-2.64%	Volatile trading
4imprint	5490p	-2.31%	Slower sales growth
WPP	703p	-1.95%	Lowers forecast
IHG	7274p	-1.84%	Demand woes

	52-week	High	Low
Aerospace & Defence			
Aston Martin	134⅛ -1½	356⅛	132⅛
BAE Systems	1293 +22	1400	955¼
Chemring Gp	399½ +8	414	259
QinetiQ	464¼xd +6¼	483¼	292¼
Rolls-Royce	479¼ +11¼	485½	199
Senior	155 +3¼	180⅛	147⅛
TI Fluid Systems	112 -1⅛	169¼	112
Banks			
Banco Santander	345½ +10½	414	289
Bank of Georgia	3975 -5	5420	3170
Barclays	214¼ +6½	234	129¼
HSBC Hldgs	640⅛ +12⅛	720¼	575¼
Lloyds Banking	57xd +1⅛	61⅛	39¼
NatWest Group	334⅛ +11⅛	371⅛	176⅛
Stan Chartered	706¼ +19¼	785¼	573¼
TBC Bank	2810 +45	3465	2350
Virgin Money UK	214¼ +⅛	216¼	142¼
Beverages			
Barr (AG)	619	644	472½
Britvic	1264 +1	1269	785½
C&C Group	152¼xd -1⅛	176⅛	130
Coca-Cola HBC	2698 -42	2852	2065
Diageo	2406 +38	3406½	2359
Chemicals			
Croda Intnal	3900 +38	5640	3862
Elementis	148⅛ -1⅛	159¼	107¼
Johnson Matt	1585xd +29	1870	1446½
Victrex	1040 +10	1566	1
Construction & Materials			
Balfour Beatty	395¼ +2⅛	426¼	295⅝
Breedon	401 +7	431½	304½
CRH	6142 +150	6898	4272
Genuit Group	472½ +1½	512	261½
Grafton Gp	1024 +23¼	1080	751
Ibstock	179⅛ +7⅛	196¼	120⅜
Keller Group	1584 +46	1625	673
Kier Group	149⅛ +2⅛	161¼	81⅛
Marshalls	332½ +2	358½	198
Volution	508 +7	547	336⅜
Electricity			
Drax Gp	645½ +15	650¼	401½
SSE	1874xd +28	1908	1508
Electronic & Electrical Equipment			
Halma	2513xd +54	2721	1810½
Morgan Advanced	312½ +3	341½	218½
Oxford Instruments	2285xd -10	2660	1712
Renishaw	3465 +25	4370	2950
Spectris	2914 +24	3807	2762
Equity Investment Instruments			
3i Infrastructure	338½ +3	350	291
Aberforth Smlr Cos	1580 +6	1680	1126
AJ Bell	431½ +10	459	249
Alliance Trust	1186 +16	1264	990
Allianz Tech	351½ +8½	410½	246
Apax Global	146 -⅝	170⅛	139
Asia Dragon	393 +3	423	325
AVI Global Trust	226 +4	248	187¼
Baillie Giff Japan	695 +21	767	641
Bankers InvTst	110½xd +1	117¼	92¼
BBGI Global	134⅛ +1¼	143	122
Bellevue Hlthcare	147¼xd -1⅛	157⅛	120¼
BH Macro	383 +10½	387¼	328
BlackRock Smlr	1504 +4	1608	1146
BlkRckWldMining	527 +2	631	492½
Bluefield Solar	108⅛ +⅛	122	97⅛
BR Greater Eur	580 +5	650	466
Caledonia Inv	3545 -55	3665	3135
City of London IT	429½xd +7½	446½	371½
Edin Inv Trust	750 +9	781	632
Edin Wwide	152¼ +1¼	163⅜	122⅛
Euro Sml Co.	178⅛ +1	188⅛	136
European Opp	855	915	752
F&C Inv Trust	1024 +20	1056	831
Fidelity China	187¼ +¼	243	182⅛
Fidelity Emg	683⅛ +5⅛	724⅛	569
Fidelity Eur	386 +1½	411	311½
Fidelity Spec Val	319 +3	334	252½
Finsbury G&I Tst	826 +13	894	792
Foresight Solar	84½xd +¼	102¼	81⅛
GCP Infra Inv	80⅛ +¼	84¼	60
Global Smaller	161¼xd +1⅛	171⅛	129
Greencoat UK	142¼ +¼	151¼	127¼
Harbourvest	2485 -10	2690	2120
Henderson Sml Co	893 +6	973	629
Herald Inv Trust	2090 +20	2285	1596
HG Capital Trust	508 +4	548	357½
HICL Infr	125xd +⅛	139⅛	117¼
ICG Enterprise	1238 -22	1340	1046
Impax Enviro Mkts	386 +1	405½	334½
JPM American	969xd +13	1018	748
JPM Emerg Mkt	107¼ +1¼	110⅜	96⅛
JPM Euro Disc	454½ +2½	485	354½
JPM Indian IT	1014 +6	1042	822
JPM Japan IT	523 +11	560	438½
Jupiter Fund	79 +½	106¼	73½
Law Debenture	881 +15	917	721
M&G	200⅛ +4½	238¼	20
Mercantile IT	242 +1½	264½	177¼
Merchants Trust	581xd +9	600	477½
Molten Ventures	352½ +7½	424½	208¼
Monks Inv Tst	1130 +10	1198	890
Morgan Sindall	2775 +75	2860	1520½
Murray Inc Tst	865 +10	899	770
Murray Intl Tst	249xd +3½	261	219
NB Private Equity	1614xd -4	1740	819
Next Energy Solar	81¼ +½	93⅛	70¼
Ninety One	165½xd +4¼	186¼	156¼
Pacific Horizon	581 +9	657	512
Pantheon Intl	303	334	273
Patria Private	544 +17	580	418
Pershing Square	3618 +130	4322	2870
Personal Assets Tr	488 +1½	492	458
Polar Cap Tech	2940 +45	3445	2105
Renewables Infra	100	114¼	94⅛
RIT Cap Partners	1848	2010	1718
Schroder Asia	519 +9	550	456
Schroder Oriental	267 +3½	288	234½
Scot American Inv	508 +3	536	452
Scottish Mortgage	825 +19	904¼	640⅛
Sequoia Econ Infra	78½xd -⅛	85½	75½
Smithson Inv	1410 +26	1478	1170
Syncona	115¼ +⅛	151¼	106¼
Templeton Em	159¼ +4¼	168	141
Twentyfour	102⅛ -⅛	107⅛	95¼
Vietnam Enter	553	636	518
VinaCapital Vietna	468 +3½	505	426
Witan Invest	263½ +4	276	210½
Wwide Healthcare	356 -1½	371	288
Food Producers			
Assoc Brit Foods	2446 +19	2738	1929½
Bakkavor	146½ +3	156	81
Cranswick	4580xd	4765	3170
Hilton Food Gp	909 +35	942	637
Premier Foods	169⅛ -2¼	180	113¼
Tate & Lyle	645 +12½	727½	591
Unilever	4845 +53	4846	3694
General Financial			
3i Group	2985 +31	3160	1884½
Alpha Group	2280	2520	1480
Ashmore Gp	165⅛ +¼	232⅛	161⅛
BR Throgmorton	633xd +4	676	507
Bridgepoint Group	276¼ +5⅛	293	166⅛
Capital Gearing	4740 +5	4815	4370
Close Brothers	471⅛ -8¼	899½	299¼
CMC Markets	304xd +13	339½	89¼
Coats Group	96⅛ +1⅛	101	66
Foresight Group	487 +15	522	330
Hargrvs Lansdwn	1058½ +18½	1153	690⅛
IG Gp	915 +34½	939½	611
Integrafin	358 +9	387	211⅜
Intermediate Cap	1992 +26	2394	1255½
Intl Public Prtnshps	125⅜	139¼	115⅜
Investec	573 +5	615½	439
IP Group	36⅛ -⅛	60⅜	36
JTC	1042 +22	1072	627½
London Stock Ex	9688 +172	9852	8038
Man Group	217⅜ +⅜	277¼	202
Nth Atlantic Smlr	3940 +60	4400	3420
OSB Group	487⅜ +5¼	527½	280¼
Paragon	749 +10½	807½	443⅜
Petershill Partners	220½ +4	222½	143
Plus500	2364 +64	2378	1286
Quilter	133⅜ +5⅜	134½	76¼
Rathbone Grp	1844 +20	1984	1458
Ruffer Investment	287½ +2	291½	261
Schroders	343 +6	443⅜	335⅜
SDCL Energy	63½ +1	75¼	51¼
Temple Bar	265 +3	283½	222½
TP ICAP	227½ +16½	231½	156¼
XPS Pensions	309 +3	329	197
Health Care Equipment & Services			
Convatec	230 +4	293⅜	196¼
Smith & Neph	1179½ +14	1199	896¼
Spire Health	251½ +2½	266	210
Housebuilders			
Barratt Devel	521 +8¼	566⅜	392¼
Bellway	2704 +26	2866	2008
Berkeley Grp	4978 +26	5320	3860
Crest Nicholson	256⅜ +7⅜	266⅜	155⅜
Persimmon	1538½ +37	1588½	960⅜
Redrow	736 +10	754½	445⅜
Taylor Wimpey	154 +2	159⅜	104½
Vistry Group	1289 +19	1384	682
Industrial Transportation			
Clarkson	3750 -55	4570	2550
Intl Dist Serv	337 +¼	347	213
Zigup	398 +½	438	311½
Industrials			
Bodycote	626 +4	768	555
Hill & Smith	2160 +15	2300	1608
IMI	1758 +24	1901	1445
Melrose Ind	493½ +11⅛	677⅜	446¼
RHI Magnesita	3550 +60	3785	2492
Rotork	324⅜ -3⅜	361¼	281
Smith (DS)	446 +⅜	456⅜	263¼
Smiths Gp	1721 +21	1786	1526
Spirax Group	8535 +130	10735	8058
Vesuvius	407 -3	504	394¼
Weir Gp	1907 +39	2200	1675½
Leisure Goods			
Games Workshp	10090 +150	11490	9125
ME Group	189⅜ +2¼	194⅜	119⅜
Watches of Switz	375⅜ +6	744½	325
Life Insurance			
abrdn	151½ -7¼	193½	136¼
Aviva	478¼ +12½	500¼	369¼
Just Group	112⅜ +1⅛	120¼	68¼
Legal & General	219½ +2¼	256¼	205¼
Phoenix Gp	535 +15½	555½	441⅛
Prudential	643¼ +15	1038½	628¼
St James Place	688½ +6	914¼	402
Media			
4imprint	5490 -130	6540	4255
Ascential	568 +½	581½	192⅜
Auto Trader Gp	789⅛ +1¼	829⅜	587
Future	1055 +18	1145	577
Informa	810¼ +11¼	878¼	685¼
ITV	78½ +1⅛	84½	55¼
Mony Group	214½xd +2¼	283¼	208
Pearson	1044 +4½	1062	812
RELX	3512xd +62	3688	2473
Rightmove Group	518⅜ -5¼	594¼	462⅜
WPP	703 -14	855	681¼
Mining			
Anglo American	2201 +8	2773½	1670¼
Antofagasta	1816½ -4½	2410	1293
Centamin	118⅛ +½	133¼	78⅛
Endeavour Mining	1562 +3	1891	1250
Fresnillo	545 +12	639½	440¼
Glencore	404¼ +11	501½	369
Hochschild Mining	166⅜ +1	193¼	76½
Rio Tinto	4923 +10	5891	4559
Nonlife Insurance			
Admiral Gp	2674 +47	2837	2199
Beazley	637 +9	708	503
Direct Line Ins	177¼ +3⅜	225¼	150⅛
Hiscox	1148 -21	1271	938
Lancashire Hldgs	600 +12	689	540½
Oil & Gas Producers			
BP	437¼ +6½	558	430¼
Diversified Energy	1101 +35	1920	9
Energean	921 +16½	1204	808
Harbour Energy	284¼ +4¼	330	218¼
Ithaca Energy	122⅜ +2¼	184¼	112
Shell	2770½ +62	2946	2353
Oil Equipment & Services			
Wood Gp(J)	133¼ +4⅜	211⅜	127⅜
Pharmaceuticals & Biotechnology			
AstraZeneca	12690 +282	12690	9501
Genus	1730 -18	2372	1630
GSK	1535 +13½	1812½	1347⅜
Haleon	374 +5¼	374	312
Hikma Pharma	1840 +19	2200	1722
Puretech	166⅜ +1⅜	237½	140⅜
PZ Cussons	101 +1¼	167⅜	82⅜
Reckitt Benckiser	4223xd +86	5960	4093
Real Estate			
Assura	42 +⅛	48⅜	39⅜
Balanced Comm	86¼ +1⅜	87	61
Big Yellow Gp	1184 +10	1264	910
British Land	393 -⅜	444⅜	291¼
Derwent London	2276 +42	2402	1779
Empiric Student Prp	96 +1¼	97⅜	83¼
Grainger	237½ +3½	274¼	218⅜
Grt Portland Est	344½ +9	445¼	332
Hammerson	27¼ +¼	30½	20⅜
Land Securities	627 +8	725¼	559⅜
LondonMetric Prop	199⅜ +2½	210¼	156⅜
Primary Hlth Prop	93xd +1⅜	106¼	85½
Safestore Hldgs	807½xd +3½	913	653
Savills	1242 +18	1276	763½
SEGRO	900⅜ +11⅜	946¼	679¼
Shaftesbury	146¼ +3¼	152¼	102½
Sirius Real Estate	94¼ +1½	101¼	78⅜
Supermarket Inc	75⅜xd +⅜	88½	70¼
Target Healthcare	83¼ +3¼	88	66½
TR Property IT	333 +1½	345	255
Tritax Big Box	162⅜ +2⅜	170¼	130½
Tritax Eurobox	66¼ +⅜	69	44
Unite Group	944½ +14½	1057	851
Urban Logistics	121¼ -¼	128¼	100
Workspace Gp	606 +16	645	458
Retailers			
AO World	112	119	78
B&M	460¼ +5	612⅜	434½
Burberry Gp	692 -4	2257	692
Currys	77¼ +¼	82⅜	43⅜
Dr. Martens	68¼ +1½	159¼	67
Dunelm Gp	1171 -7	1241	967
Frasers Group	857½ +16	938	776
Greggs	3064 +34	3258	2282
Howden Joinery	881 +22½	947½	624
Inchcape	811½ +4	859½	624½
JD Sports Fashion	126 +2½	175⅛	104
Kingfisher	270½ +2¼	281⅜	201¼
Marks & Spencer	320½ +7⅜	331¼	202¼
Moonpig	208 +2½	219	149¼
Next	9476 +116	9830	6750
Ocado Gp	390¼ +9¼	878¼	281
Pets at Home Gp	292⅜ +2⅜	380	254⅜
Sainsbury(J)	271⅜ +5¼	310⅜	245¼
SSP Group	164¼ +1¼	244⅜	144½
Tesco	329¼ +9⅛	331¼	246½
WH Smith	1216 -33	1680	1083
Software & Computer Services			
Auction Tech	455 -8	735	448
Baltic Classifieds	265½ +1½	277	183⅜
Bytes Technology	483⅜ +6¼	657	454
Computacenter	2582 +32	2962	2026
Darktrace	595¼ -¼	603⅜	321¼
Kainos Gp	1036 +24	1294	914
Playtech	518 -1	565	370
Sage Group	1014½ -3½	1282	938⅛
Softcat	1552 +24	1855	1212
Trustpilot	193¼ -¼	235½	78⅛
Support Services			
Ashtead Gp	5262 +160	6104	4667
Babcock Intl	521 +13	565½	368⅛
Bunzl	3190 +40	3306	2687
DCC	5145 +105	6035	4171
Diploma	4102 +102	4448	2804
Essentra	160⅜ +5¼	190	143⅜
Experian	3488 +83	3779	2390
Hays	91½ +¼	110⅜	88½
Intertek Gp	4644 +44	5075	3755
Intl Workplace Gp	172⅛ +5⅛	207	127⅜
Mitie Group	118½xd +2	124¼	91⅛
Network Int	388 -1	395¼	382⅜
Pagegroup	406⅜ +2⅜	498⅜	365
Rentokil Initial	465½ +12⅜	621⅜	392½
RS Group	774 +19	839⅜	660⅜
Serco	169¼ +2	194	139
Sthree	384 +3½	442½	300
Travis Perkins	894 +17½	959½	692¼
W.A.G	64 +2	96¼	61
Technology Hardware & Equipment			
discoverIE Gp	626 +13	790	593
Spirent Comms	175 +2	200	90⅛
Telecoms			
Airtel Africa	109⅜ +1	131⅛	90¼
BT Gp	135⅜ +1¼	145	102¼
Helios Towers	122¼ +3⅜	131	59
Telecom Plus	1760xd +22	1900	1362
Vodafone Gp	73¼ +2¼	81	63
Tobacco			
Br Am Tob	2784 +70	2797	2267
Imperial Brands	2126 +26	2161	1580
Travel & Leisure			
Carnival	1041½ -14	1377	811⅛
Compass Gp	2340 +4	2396	1945½
Dominos Pizza	282⅜ -4⅜	409⅜	282⅜
easyJet	418⅞ -5¼	577¼	359⅜
Entain	523⅜ +19¼	1380	503⅜
FirstGroup	158xd -2¼	187¼	140¼
Flutter Ent	14345 +65	17475	12155
Intercontl Htls	7274 -136	8752	5746
Intl Cons Airl	164½ -⅜	186½	138
Mitchells & Butlers	303½ +8	317	199¼
PPHE Hotel Gp	1345	1495	1005
Trainline	317 +3⅜	386⅜	216⅜
Wetherspoon (JD)	728½ +6½	847½	613
Whitbread	2823 -7	3678	2799
Wizz Air Hldgs	1423 -26	2536	1414
Utilities			
Centrica	125¼ +1⅛	172½	121¼
National Grid	976 +9¼	1142½	838⅛
Pennon	611xd +3	767	551
Renewi	668 +18	734	450
Severn Trent	2530 +55	2728	2265
United Utilities	1012 +½	1125	900¼

*Ex-Dividend
Source: The Press Association

BRIGHTON SSR

ROBIN GOODFELLOW	GIMCRACK
2.30 Local Bay	2.30 Little Boy Blue
3.00 Praetorian	3.00 Praetorian
3.30 Marsh Benham	3.30 Marsh Benham
4.00 Bletchley Storm	4.00 Open Secret
4.30 Temur Khan	4.30 Temur Khan
5.00 River Wharfe	5.00 Heer's Sadie

NORTHERNER – 4.00 Open Secret (nb)

2.30 –STAR PROPERTY GROUP APPRENTICE HANDICAP (4) £9,500 added (£4,972) 6f 210yds (5)

1 (3) 9508-14 **LITTLE BOY BLUE 21 (P) (C&D2C2D2) (GS)** W G M Turner 9-10-3 F Daly (7)
2 (4) 311613 **LOCAL BAY 13 (CD3) (GS)** A Carroll 6-9-6 ..... Jack Doughty (3)
3 (1) 75-5465 **MACS DILEMMA 13 (P) (CD4) (GS)** J G O'Shea 6-9-4 Gina Mangan
4 (2) 1-22448 **KING OF WAR 20 (T) (C&DD2) (GS)** M Wigham 5-9-2 ..... C Planas
5 (5) 4-01643 **BATCHELOR BOY 51 (B) (C&DC3) (G)** J Gallagher 7-8-11 J Leavy (3)

Probable SP: 9-4 Local Bay, 10-3 King Of War, 4 Little Boy Blue, Batchelor Boy, 5 Macs Dilemma.

FAVOURITES: – – – – – – – – 0 0 **(W 9-1). AGES:** – – – – – – – – 3 9

2023: Poetic Force 9 9 4 (Mollie Phillips) 9-1 A Carroll drawn (1) 7 ran.

3.00 –STAR INSURANCE RESTRICTED MAIDEN STAKES (GBB RACE) (5) (2-Y-O) £6,800 added (£3,672) 6f 210yds (4)

1 (4) 8L **BROADHAVEN BAY 7** G Baker 9-7 ..... N Currie
2 (3) 322 **PRAETORIAN 13 (BF)** A Watson 9-7 ..... H Doyle
3 (1) 7L **LIRICIST 36** A Newcombe 9-5 ..... T P Queally
4 (2) 4 **GRADUATED 19** Dr R Newland & J Insole 9-2 ..... Gina Mangan (3)

Probable SP: 1-4 Praetorian, 7-2 Graduated, 20 Broadhaven Bay.

FAVOURITES: – – – – – 0 – 0 2 1

2023: Loaded Quiver 2 9 7 (H Doyle) 8-11 Fav A Watson drawn (5) 8 ran.

3.30 –STAR COMMUNITY HOUSING HANDICAP (6) £5,700 added (£2,983) 7f 216yds (6)

1 (1) 6LL243 **MARSH BENHAM 12 (C&DCD2BF) (GS)** G Baker 5-9-10 ... N Currie
2 (3) 4625L8 **MUMAYAZ 13 (T) (D)** A Carroll 5-9-9 ..... Jack Doughty (5)
3 (5) 3-L8635 **OJ LIFESTYLE 21 (BT) (G)** G & J Moore 4-9-9 ..... T P Queally
4 (6) 442550 **POETIC FORCE 24 (C&DCD3) (G)** A Carroll 10-9-8 .. Molly Gunn (7)
5 (2) 218LL8 **HARBOUR VISION 30 (V) (D) (G)** S Dixon 9-9-7 ..... M Mortensen (7)
6 (4) 882755 **GALLIMIMUS 17 (B) (C) (G)** J Gallagher 4-9-3 ..... H Doyle

Probable SP: 11-8 Marsh Benham, 4 Oj Lifestyle, 9-2 Gallimimus, 6 Mumayaz, 7 Poetic Force, 16 Harbour Vision.

FAVOURITES & 2023: No corresponding race.

TRACK FACTS: L-H course. GOING: Good to firm-good in places. **STALLS:** 7f centre; 1m inside; 1m4f outside. **DRAW ADVANTAGE:** Low in sprints. **Top jockey:** Hollie Doyle. **Top trainer:** A Carroll. **Placed in the race last year:** 4.00 Bug Boy (1st). **Headgear first time:** 3.30 Oj Lifestyle, 4.00 Tatateo, 4.30 Chelsea Flower. **Longest traveller:** Open Secret (4.00) 293 miles.

4.00 –STAR CONSTRUCTION & MAINTENANCE BRIGHTON CHALLENGE CUP HANDICAP (4) £20,000 (£10,468) 1m 3f 198yds (10)

1 (9) 19LL/L5- **SONGO J25 (D2) (G)** R G Hawker 8-10-1 ..... W Cox
2 (5) 3213L6 **LEXINGTON KNIGHT 14 (T) (D6) (GS)** R Hannon 6-10-1 J Leavy (5)
3 (7) 625124 **UNCLE DICK 21 (C6) (GS)** E J-Houghton 6-9-9 ..... Mia Nichiolls (5)
4 (8) 33/L205- **ZHANG FEI J18 (G)** F O'Brien 6-9-8 ..... Fern O'Brien (7)
5 (4) 9-27144 **TATATEO 20 (P)** J Ferguson 3-9-7 ..... NON RUNNER
6 (1) 2L2L-74 **DUNDORY 14 (P) (D) (GS)** J G O'Shea 8-9-7 ..... W Carson
7 (3) 215425 **HILL STATION 14 (T) (D3)** Dr R Newland & J Insole 5-9-6 ... H Doyle
8 (6) 681153 **BLETCHLEY STORM 13 (C) (S)** G Baker 4-9-5 ..... A Keeley (3)
9 (2) 3422L4 **OPEN SECRET 8 (V)** C Johnston 3-9-4 ..... F Norton
10 (10) 1613-L9 **BUG BOY 21 (C&DD4) (GS)** A Newcombe 8-9-4 ..... C Planas (3)

Probable SP: 7-2 Open Secret, 5 Bletchley Storm, Zhang Fei, 7 Uncle Dick, 8 Lexington Knight, Hill Station, 12 Songo, 14 Dundory.

FAVOURITES: 0 2 3 2 1 – – 1 – 0 **(W 9-6). AGES:** 6 3 4 3 3 – – 4 – 7

2023: Bug Boy 7 8 13 (Connor Planas) 8-1 A Newcombe drawn (9) 9 ran.

4.30 –ALFRISTON GARDENS CLASSIFIED STAKES (6) £5,700 added (£2,983) 1m 3f 198yds (9)

1 (7) 7L-50L0 **ATWIXADAY 52 (V)** G & J Moore 4-9-9 ..... T P Queally
2 (2) 438787 **COME ON JOHN 16 (C) (G)** M Attwater 5-9-9 ..... P Bradley
3 (1) 32265L **FOINIX 12 (B)** J & S Best 4-9-9 ..... J Leavy (5)
4 (6) 446044 **IREZUMI 30 (P)** J Boyle 4-9-9 ..... L Catton (3)
5 (5) 364065 **LUCKY QUESTION 16 (PT)** A Carroll 4-9-9 ..... R Dawson
6 (9) 81409-0 **SILVER ATOM J38 (D) (S)** A Watson 6-9-9 ..... H Doyle
7 (4) 77-L541 **TEMUR KHAN 37 (C&D4D3) (G)** A Carroll 9-9-9 ... Jack Doughty (5)
8 (3) L-6836L **WALK THE MOON 16 (T)** A Carroll 4-9-9 ..... Gina Mangan (3)
9 (8) 098L **CHELSEA FLOWER 36 (B)** James Owen 3-8-13 ..... S D Bowen (3)

Probable SP: 9-4 Temur Khan, 4 Foinix, 9-2 Irezumi, 8 Lucky Question, Come On John, 12 Walk The Moon, Silver Atom, Chelsea Flower.

FAVOURITES: – – – – – – – – 2 0 **AGES:** – – – – – – – – 7 7

2023: No Diggity 7 9 12 (Luke Morris) 16-1 Martin Dunne drawn (4) 9 ran.

5.00 –ALFRISTONGARDENS.CO.UK CLASSIFIED STAKES (6) £5,700 added (£2,983) 6f 210yds (9)

1 (2) 00-24L2 **GONZAGA 12** J Bennett 9-9-9 ..... Laura Coughlan (3)
2 (7) 773622 **HAWAJES 13 (D)** A Carroll 4-9-9 ..... Jack Doughty (5)
3 (3) 813275 **HEER'S SADIE 37 (C&D3) (G)** J Feilden 6-9-9 ..... C Howarth (3)
4 (9) 3L9335 **REBEL REDEMPTION 24 (B) (G)** S Dixon 7-9-9 ..... M Mortensen (7)
5 (4) 703514 **RIVER WHARFE 30 (P) (C&D2D2) (G)** A Carroll 6-9-9 ..... M Ghiani
6 (5) 7477L7 **SIR TITAN 31 (D7) (GS)** A Carroll 10-9-9 ..... Molly Gunn (7)
7 (6) 4073L0 **CLEAR AIM 21** J Boyle 3-9-3 ..... C Bennett
8 (1) 6-5436L **DANEHILL STAR 24** A Carroll 3-9-3 ..... W Carson
9 (8) 113544 **TRES CHIC 15 (D2) (GS)** J S Moore 3-9-3 ..... J Leavy (5)

Probable SP: 3 Hawajes, 4 Tres Chic, 11-2 Gonzaga, 6 Heer's Sadie, 7 River Wharfe, 8 Sir Titan, 12 Clear Aim, Rebel Redemption, 20 Danehill Star.

FAVOURITES: – – – – – – – – 0 0 **AGES:** – – – – – – – – 3 8

2023: He's Our Star 8 9 8 (Franny Norton) 10-1 A Carroll drawn (4) 10 ran.

Drop in Class: 3.00 Praetorian is down 2 grades on last run (Class 3 to Class 5); Graduated (3); 3.30 Mumayaz (2); Poetic Force (2); 4.00 Open Secret (2). **First run since wind surgery:** None today.

CHEPSTOW SSR ITV4 ALL SEVEN RACES

ROBIN GOODFELLOW	GIMCRACK
5.30 Dutch Decoy (nb)	5.30 Lady Flora
6.00 Believe You Me	6.00 Etoile d'Alexandre
6.30 Eminency	6.30 Alpine Girl
7.00 ALLIGATOR ALLEY (nap)	7.00 Miss Attitude
7.30 Walter Hartright	7.30 Wahraan
8.00 King Lear	8.00 Fantasy Believer
8.30 Carrytheone	8.30 Akkadian Thunder

5.30 –PLAY THE PLACEPOT AT TOTE.CO.UK RACING LEAGUE 15 HANDICAP (4) £35,000 (£18,039) 1m 14yds (11) ITV4

101 (6) 080532 **DUTCH DECOY 6 (D4) (GS)** C Johnston 7-10-0 ..... J Fanning
102 (7) 45-0365 **AUSTRIAN THEORY 5 (D) (G)** T Easterby 5-9-12 ..... D Allan
103 (3) 0-07349 **BENNETOT 12** D O'Meara 5-9-11 ..... Billy Loughnane
104 (1) 156-186 **AZAHARA PALACE 26 (C&D3D) (GS)** H Morrison 4-9-7 ..... K Stott
105 (8) 957110 **EAGLE DAY 12 (D2) (G)** P Evans 4-9-6 ..... J Mitchell
106 (5) 2L2465 **ENOUGH ALREADY 9 (D4) (G)** A McGuinness (IRE) 8-9-5 .. D E Sheehy
107 (2) 7-46831 **YOUARENOTFORGIVEN (5lbex) 8 (D3) (G)** A Carroll 6-9-5 B Sayette
108 (4) 0-866L9 **CAROLUS MAGNUS 14 (D) (G)** M & D Easterby 6-8-12 ..... S James
109 (10) 331163 **GREAT ACCLAIM 15 (D2) (G)** E J-Houghton 3-8-10 ..... C Bishop
110 (11) 534341 **LADY FLORA 13 (C&D) (G)** A Balding 3-8-8 ..... O Murphy
111 (9) 2-44672 **RAINWATER 12 (P)** R Fahey 3-8-4 ..... C Hardie

Probable SP: 7-2 Dutch Decoy, 4 Lady Flora, 6 Austrian Theory, 8 Youarenotforgiven, 10 Azahara Palace, Enough Already, Rainwater.

FAVOURITES: – – – – – – – – – 0 **(W 9-4). AGES:** – – – – – – – – – 4

2023: Cabinet Of Clowns 4 9 4 (C Bishop) 15-2 E J-Houghton drn (1) 12 ran.

6.00 –TOTE ARE ONLINE TOO AT TOTE.CO.UK RACING LEAGUE 16 HANDICAP (4) £35,000 (£18,039) 7f 16yds (11) ITV4

201 (10) 4L-9301 **CRAVEN 13 (V) (D2) (G)** R Fahey 4-9-12 ..... Oisin Orr
202 (1) L-35039 **LEADENHALL 13 (BF) (S)** T Easterby 4-9-10 ..... D Allan
203 (7) 611493 **BRUNEL NATION 27 (D)** R Hughes 3-9-9 ..... F Marsh
204 (8) 23-3371 **VON BAER 13 (D)** B Meehan 3-9-8 ..... S Osborne
205 (9) 227447 **LESSAY 13 (D)** A Balding 3-9-7 ..... O Murphy
206 (3) 824211 **BELIEVE YOU ME 13 (C&D3) (GS)** H Main 4-9-6 .... Amie Waugh (5)
207 (6) 1-7L2L4 **GET THE MUSIC ON 15 (D)** C Cox 3-9-6 ..... J Mitchell
208 (11) 435-12 **ETOILE D'ALEXANDRE 9 (HT) (G)** G Boughey 3-9-5 .. B Loughnane
209 (5) 053777 **LAHAB 12 (C&D) (G)** M Wigham 4-9-4 ..... S James
210 (2) 8-88728 **BRINDLEY 14 (T) (BF)** J Channon 3-9-0 ..... C Bishop
211 (4) 935442 **ALPINE SIERRA 10 (H) (D) (GS)** J Goldie 6-9-0 ..... J Fanning

Probable SP: 9-2 Brunel Nation, 5 Etoile d'Alexandre, 6 Believe You Me, 7 Von Baer, 8 Lessay, Leadenhall, 10 Craven, 12 Lahab, Brindley.

FAVOURITES & 2023: No corresponding race.

6.30 –STREAM THIS RACE FREE AT TOTE.CO.UK RACING LEAGUE 17 HANDICAP (4) £35,000 (£18,039) 6f 16yds (10) ITV4

301 (4) 03L650 **GISBURN 27 (D3) (S)** R Hannon 5-9-12 ..... O Murphy
302 (7) 20-5633 **INGRA TOR 14 (D2)** J Channon 5-9-11 ..... D Probert
303 (1) L62450 **EMINENCY 12 (T) (D) (G)** S C Williams 4-9-11 ..... D Muscutt
304 (10) 12401-L **DOLLY GRAY 47 (D) (G)** D Loughnane 5-9-3 ..... C Fallon
305 (3) 212314 **CONNIE'S ROSE 14 (P) (C&DC4D) (GS)** G Harris 5-9-2 .... J Mitchell
306 (2) 62-3325 **COUP DE FORCE 27 (CD)** W Kittow 5-9-1 ..... T Whelan
307 (6) 163215 **HAVANA RUM 7 (D4) (S)** R Fahey 4-9-0 ..... Oisin Orr
308 (8) 230792 **MUSCIKA 13 (V) (D15) (GS)** D O'Meara 10-9-0 ..... Billy Loughnane
309 (9) 352711 **ALPINE GIRL 26 (H) (D2) (G)** J Fanshawe 4-8-11 ..... H Davies
310 (5) 966513 **GIS A SUB 11 (P) (D2BF)** P Midgley 5-8-4 ..... C Hardie

Probable SP: 4 Alpine Girl, 5 Ingra Tor, 6 Havana Rum, 7 Eminency, Muscika, 8 Gisburn, Coup De Force, 10 Gis A Sub, 12 Connie's Rose.

FAVOURITES: – – – – – – – – – 1 **(W 9-13). AGES:** – – – – – – – – – 3

2023: Executive Decision 3 9 13 (S Osborne) 5-2 Fav J Osborne drn (11) 11 ran.

TRACK FACTS: JACKPOT & PRINCIPAL MEETING. L-H course. GOING: Good to firm. **STALLS:** Centre. **DRAW ADVANTAGE:** High on straight course. **Top jockey:** David Probert. **Top trainer:** A Carroll. **Placed in the race last year:** 7.00 Manila Scouse (1st); 8.00 Fantasy Believer (3rd). **Headgear first time:** 7.00 Ziggy's Queen, 7.30 The Thunderer, 8.00 King Lear, Selwan, 8.30 Greatgadian. **Longest travellers:** Enough Already (5.30), Gangster Granny (7.30), Rahmi (8.30) Ireland; Alpine Sierra (6.00) 363 miles. **Drop in Class:** 5.30 Dutch Decoy is down 2 grades on last run (Class 2 to Class 4); Austrian Theory (2); Bennetot (2); 6.30 Eminency (2); 8.30 Jumby (4). **First run since wind surgery:** None today.

7.00 –TOTE ON THE GO AT TOTE.CO.UK RACING LEAGUE 18 HANDICAP (3) £50,000 (£25,770) 5f 16yds (12) ITV4

401 (10) 139146 **RADIO GOO GOO 12 (GS)** P Evans 4-9-12 ..... J Mitchell
402 (2) 93-1916 **VENTURA EXPRESS 20 (D6) (G)** P Midgley 7-9-12 ..... Oisin Orr
403 (3) L-21123 **HAYMAKER 26 (D) (G)** H Morrison 5-9-12 ..... K Stott
404 (12) 7-20444 **EXISTENT 4 (V) (D2) (S)** S C Williams 6-9-11 ..... H Davies
405 (6) L55321 **STAR OF LADY M 20 (V) (D7) (GS)** D O'Meara 4-9-10 ..... C Fallon
406 (8) 9/51232 **MISS ATTITUDE 9 (P) (D3) (G)** J Channon 4-9-6 ..... C Bishop
407 (4) 61L240 **MANILA SCOUSE 12 (T) (C&DD2) (S)** T Easterby 5-9-6 ..... D Allan
408 (1) 993861 **ALLIGATOR ALLEY (4lbex) 5 (TV) (D8) (G)** D O'Meara 7-9-6 Billy Loughnane
409 (7) 733733 **GLAMOROUS BREEZE 14 (P) (C&D2D4) (G)** C Mason 6-9-4 T Whelan
410 (11) 662401 **REIGNING PROFIT (5lbex) 5 (V) (D6) (GS)** R Carr 5-8-13 JP Sullivan
411 (5) 52-3183 **APEELING 13 (G)** A Balding 3-8-12 ..... O Murphy
412 (9) 636054 **ZIGGY'S QUEEN 3 (V) (D) (S)** R Fahey 3-8-9 ..... C Hardie

Probable SP: 9-2 Miss Attitude, 6 Haymaker, Alligator Alley, 7 Radio Goo Goo, Apeeling, 8 Glamorous Breeze, 10 Reigning Profit, Existent.

FAVOURITES: – – – – – – – – – 1 **(W 9-3). AGES:** – – – – – – – – – 4

2023: Manila Scouse 4 9 3 (D Allan) 8-11 Fav T Easterby drawn (6) 8 ran.

7.30 –DOWNLOAD THE TOTE APP TODAY RACING LEAGUE 19 HANDICAP (3) £50,000 added (£25,770) 1m 4f (9) ITV4

501 (9) 746528 **DREAM HARDER 14 (P) (S)** I Williams 5-9-12 ..... T Whelan
502 (3) 305132 **WAHRAAN 14 (H) (D) (GS)** J Osborne 6-9-9 ..... S Osborne
503 (8) 7-7L13L **CHASE THE DOLLAR 54 (D) (G)** D Loughnane 6-9-8 ..... C Fallon
504 (2) 00-8012 **LIEBER POWER 20 (D) (S)** A Balding 4-9-8 ..... O Murphy
505 (4) 434-642 **BIZARRE LAW 14 (P) (D) (G)** A Balding 5-9-4 ..... D Probert
506 (7) 341111 **WALTER HARTRIGHT 14 (B) (C&DD2) (GS)** E Dunlop 3-9-0 .. D Muscutt
507 (1) L46L40 **THE THUNDERER 14 (V) (D2) (G)** S C Williams 6-8-11 ..... H Davies
508 (5) 04L461 **FURZIG 15 (D8) (GS)** R Fahey 9-8-11 ..... Oisin Orr
509 (6) 6-59314 **GANGSTER GRANNY 14 (D)** J Harrington (IRE) 3-8-5 .. D E Sheehy

Probable SP: 9-4 Walter Hartright, 4 Lieber Power, 6 Bizarre Law, 7 Wahraan, 8 Gangster Granny, Dream Harder, 10 Furzig, 20 Chase The Dollar.

FAVOURITES & 2023: No corresponding race.

8.00 –TOTE GUARANTEE AVAILABLE AT TOTE.CO.UK RACING LEAGUE 20 HANDICAP (3) £50,000 (£25,770) 1m 2f (10) ITV4

601 (8) 515195 **ARTHUR'S REALM 27 (P) (D) (S)** E Dunlop 6-10-0 ..... D Muscutt
602 (5) 4126-6 **KING LEAR 14 (P) (BF3)** G Boughey 4-10-0 ..... Billy Loughnane
603 (1) 2755-23 **HAVE SECRET 14 (D) (S)** R Fahey 4-9-12 ..... Oisin Orr
604 (9) 313201 **RATHGAR 14 (D) (GS)** J Channon 4-9-11 ..... D Probert
605 (2) 91-3566 **DIDEROT 52 (H) (D)** J Ferguson 6-9-8 ..... K Stott
606 (3) 13849-1 **FANTASY BELIEVER 27 (D2) (GS)** E Walker 7-9-6 ..... S Osborne
607 (7) 955346 **QITAAL 7 (D) (S)** C Johnston 5-9-4 ..... J Fanning
608 (4) LL-7545 **SELWAN 40 (P) (D) (S)** I Williams 5-9-0 ..... T Whelan
609 (10) 130536 **LADY OF ARABIA 14 (DBF) (G)** E J-Houghton 4-8-12 ..... C Bishop
610 (6) 5-35112 **FINANCER 14 (D2BF) (G)** T Easterby 3-8-7 ..... JP Sullivan

Probable SP: 4 Have Secret, 9-2 King Lear, 6 Financer, Rathgar, 7 Fantasy Believer, 8 Qitaal, 10 Arthur's Realm, 12 Lady Of Arabia, Diderot, 16 Selwan.

FAVOURITES: – – – – – – – – – 0 **(W 9-12). AGES:** – – – – – – – – – 5

2023: Star Harbour 5 9 12 (D McMonagle) 12-1 A McGuinness drn (7) 10 ran.

8.30 –TAKE TOTE HOME WITH YOU TOTE.CO.UK RACING LEAGUE 21 HANDICAP (2) £75,000 (£38,655) 7f 16yds (10) ITV4

1 (10) 3L5-960 **STREETS OF GOLD 50 (CD) (GS)** E J-Houghton 4-9-12 ... C Bishop
2 (1) 901345 **CARRYTHEONE 12 (HT) (D2)** M Bell 7-9-11 ..... S Osborne
3 (7) L9-90LL **JUMBY 47 (D4) (G)** E J-Houghton 6-9-10 ..... O Murphy
4 (5) 6-02073 **RAHMI 19 (BT) (D) (S)** J P Murtagh (IRE) 5-9-5 ..... D E Sheehy
5 (8) 245219 **AALTO 12 (D2) (S)** I Williams 4-9-4 ..... T Whelan
6 (3) L0-4200 **GORAK 26 (P) (D2) (GS)** C Fellowes 5-9-4 ..... H Davies
7 (6) 3-71L21 **AKKADIAN THUNDER 19 (D2)** D O'Meara 4-9-1 .... Billy Loughnane
8 (2) 362200 **GREATGADIAN 49 (T) (G)** R Varian 6-9-0 ..... D Muscutt
9 (9) 103-006 **MAYWAKE 27 (D5) (S)** R Fahey 6-9-0 ..... Oisin Orr
10 (4) 050040 **TANMAWWY 13 (H) (GS)** H Main 6-8-2 ..... Amie Waugh (5)

Probable SP: 3 Akkadian Thunder, 4 Carrytheone, Aalto, 7 Rahmi, 10 Jumby.

FAVOURITES: – – – – – – – – – 1 **(W 8-11). AGES:** – – – – – – – – – 3

2023: Ramazan 3 8 11 (Oisin Orr) 9-2 Fav R Fahey drawn (1) 12 ran.

YARMOUTH SSR

ROBIN GOODFELLOW	GIMCRACK
2.15 Havagomecca	2.15 Havagomecca
2.45 Ellaria Sand	2.45 Ellaria Sand
3.15 Upton	3.15 Upton
3.45 Amongst The Stars	3.45 Amongst The Stars
4.15 Gultari	4.15 Kurimu
4.45 Zenzic	4.45 Dashing Donkey

NEWMARKET – 3.15 Overture (nb)
NORTHERNER – 2.15 EXCEED (nap)

2.15 –HANDICAP (6) £7,200 added (£3,768) 5f 42yds (5)

1 (3) 5L9 **VADAMIAH 16 (D3) (GS)** P Midgley 5-9-10 .. M Winn (3)
2 (1) 825 **HAVAGOMECCA 6 (P) (D5BF) (GS)** M Dods 6-9-8 C Beasley
3 (5) 254 **FOUR ADAAY 13 (D5) (S)** B Millman 6-9-6 . P J McDonald
4 (2) 888 **CONCIERGE 28 (V) (D3) (GS)** M Attwater 8-9-5 . L Morris
5 (4) L24 **EXCEED 17 (T) (D) (G)** N Tinkler 4-9-1 ..... L Edmunds

Probable SP: 2 Exceed, 11-4 Havagomecca, 3 Four Adaay, 6 Vadamiah, 8 Concierge.

2.45 –FILLIES' RESTRICTED NOVICE STAKES (4) (2-Y-O) £9,950 added (£5,373) 7f 3yds (6)

1 (6) 61 **FOUETTE 35 (C&D)** James Horton 9-9 ..... A Farragher
2 (1) 41 **ELLARIA SAND 28 (S)** A Watson 9-7 ..... L Morris
3 (3) **ANNA SWAN** Sir M Stoute 9-2 ..... R Kingscote
4 (4) 4 **HELP FROM ABOVE 20** R Eddery 9-2 ..... J P Spencer
5 (5) **LIBERATE** James Horton 9-2 ..... P J McDonald
6 (2) 6 **TANGO IN PARIS 8** P Chapple-Hyam 9-0 .. K Shoemark

Probable SP: 5-2 Ellaria Sand, 3 Help From Above, Fouette, 4 Anna Swan, 12 Liberate, 14 Tango In Paris.

3.15 –HANDICAP (6) £7,200 added (£3,768) 1m 2f 23yds (6)

1 (6) 603 **CABALLO DE MAR 17 (P)** G Scott 3-9-9 .... L Wright (5)
2 (5) L17 **FORTNUM 33 (DBF) (S)** G Boughey 3-9-9 .. P Cosgrave
3 (3) 883 **UPTON 17 (H)** A Balding 3-9-6 ..... K Shoemark
4 (1) L25 **RICH HARRY 10 (P)** Alice Haynes 3-9-6 ..... K O'Neill
5 (4) 8-53 **OVERTURE 13 (BF)** Sir M Prescott 3-9-4 ..... L Morris
6 (2) 652 **PERSIAN PHOENIX 9** C Johnston 3-9-3 ..... S De Sousa

Probable SP: 9-4 Overture, 3 Persian Phoenix, 9-2 Caballo De Mar, 5 Upton, 6 Fortnum, 12 Rich Harry.

3.45 –HANDICAP (6) (3-Y-O) £7,200 added (£3,768) 1m 3f 104yds (7)

1 (4) 7-97 **TEATIME 49** J Chapple-Hyam 9-11 ..... J Peate (3)
2 (7) 434 **KINETIC 31** James Owen 9-9 ..... S De Sousa
3 (5) 045 **AMONGST THE STARS 20** D & C Kubler 9-9 R Kingscote
4 (2) 9-54 **SURFER DUDE 43** S Hodgson 9-4 ..... A Farragher
5 (1) 753 **KEEN INTEREST 13** Alice Haynes 9-3 ..... K O'Neill
6 (3) L55 **WHITE COCO 41** D M Simcock 9-3 ..... L Morris
7 (6) 043 **LADY BIRDIE 21 (T)** A Balding 9-3 ..... W Carver (3)

Probable SP: 7-2 Lady Birdie, 4 Keen Interest, Amongst The Stars, 5 Teatime, 6 Kinetic, 8 Surfer Dude, White Coco.

4.15 –HANDICAP (6) (3-Y-O) £7,200 added (£3,768) 6f 3yds (5)

1 (5) 545 **FOREVER A DIAMOND 29** W Muir & C Grassick 9-9 L Edmunds
2 (4) 454 **LIEUTENANT RASCAL 30 (P)** P McEntee 9-7 . T Heard
3 (3) 60-6 **TWILIGHT MELODY 21** James Owen 9-5 .. A Farragher
4 (1) 213 **KURIMU 15 (D) (S)** C Dwyer 9-5 ..... S De Sousa
5 (2) 532 **GULTARI 15 (H)** W Haggas 9-3 ..... H Burns (3)

Probable SP: 7-4 Gultari, 5-2 Kurimu, 5 Forever A Diamond, Lieutenant Rascal, 7 Twilight Melody.

4.45 –HANDICAP (6) (3-Y-O) £7,200 added (£3,768) 1m 3yds (9)

1 (1) 235 **ZARIELA 16 (P)** S Woods 9-11 ..... B Sanderson (3)
2 (2) 5-37 **BEAT THE CLOCK 49** D M Simcock 9-11 .. J P Spencer
3 (8) 163 **BAROQUE BUOY 15** G Scott 9-10 ..... Liam Wright (5)
4 (3) 14L **COGSWORTH 29** C Dwyer 9-7 ..... S De Sousa
5 (9) 734 **MOAKADD 19 (BF)** R Varian 9-7 ..... C Noble
6 (4) 407 **ZENZIC 20** T Kent 9-6 ..... A Farragher
7 (6) LL7 **KINEMATICA 22** Sir M Prescott 9-6 ..... L Morris
8 (7) 6L7 **ICECAP 10** P Owens 9-3 ..... T Heard
9 (5) 114 **DASHING DONKEY 21 (C&DC) (S)** W Stone 9-0 K Shoemark

Probable SP: 7-2 Dashing Donkey, 4 Moakadd, 5 Baroque Buoy, 6 Cogsworth, Zariela, 10 Beat The Clock, Zenzic, 12 Kinematica, 20 Icecap.

TRACK FACTS: L-H course. GOING: Good to firm-good in places. **STALLS:** Straight centre; 1m2f & 1m3f inside. **DRAW ADVANTAGE:** High. **Top jockey:** Adam Farragher. **Top trainer:** W Haggas. **Longest traveller:** Four Adaay (2.15) 343 miles. **Drop in Class:** 3.45 Amongst The Stars is down 2 grades on last run (Class 4 to Class 6); 4.45 Zenzic (2). **First run since wind surgery:** None today.

SANDOWN RTV

ROBIN GOODFELLOW	GIMCRACK
5.45 Fast Steps	5.45 Fast Steps
6.15 Clover Time	6.15 CLOVER TIME (nap)
6.45 Dunamase	6.45 Wild Nature (nb)
7.15 Mr Monaco	7.15 Mr Monaco
7.45 Smart Hero	7.45 Perennial
8.15 Atlantis Blue	8.15 Cervetto

NEWMARKET – 7.45 TENNESSEE GOLD (nap)

5.45 –AMATEUR JOCKEYS' HANDICAP (4) £11,500 added (£5,712) 1m 1f 209yds (8)

1 (3) 415 **FAST STEPS 24 (C&DD2) (GS)** B Millman 6-11-2 P Millman
2 (2) 91L **BLUE YONDER 14 (P) (D4) (GS)** A Watson 4-10-10 Miss B Hampson
3 (7) 095 **BASS PLAYER 14 (G)** K Frost 5-10-9 ... Miss L Frost (5)
4 (6) 67-7 **GOZO 36 (PT)** B Brookhouse 4-10-9 . Miss M Jordan (3)
5 (8) 39-4 **GLOBAL ESTEEM 13 (T) (C) (GS)** F O'Brien 7-10-8 Miss Becky Smith
6 (4) 768 **DESTINADO 67 (B) (D2) (S)** James Owen 6-10-6 Miss Teagan Padgett (7)
7 (1) 359/ **SAINT RIQUIER J657** I Williams 6-10-1 Miss I Oliver (7)
8 (5) 514 **CONTINUANCE 49 (H) (D) (S)** M Keighley 3-9-12 Freddie Keighley (7)

Probable SP: 7-2 Fast Steps, 4 Global Esteem, 5 Continuance, Saint Riquier, 7 Destinado, Gozo.

6.15 –MAIDEN STAKES (4) (2-Y-O) £10,000 added (£5,400) 5f 10yds (7)

1 (2) 82 **CLOVER TIME 13** M Appleby 9-7 ..... Rossa Ryan
2 (6) 84 **HUCKLESBROOK 55** R Teal 9-7 ..... T Marquand
3 (1) 70 **RAGE OF THUNDER 22** G & J Moore 9-7 .. R Clutterbuck
4 (5) 8 **BEAUTIFUL THINGS 41** G Scott 9-2 ..... C Shepherd
5 (4) **HOLD A DREAM** C Cox 9-2 ..... C Lee
6 (7) **MOLLYMOOK (H)** Darryll Holland 9-2 ..... H Crouch
7 (3) 44 **PEARL OF WINDSOR 13** C Allen 9-2 ..... D Keenan

Probable SP: 13-8 Clover Time, 4 Pearl Of Windsor, 5 Hucklesbrook, Hold A Dream, 7 Beautiful Things.

6.45 –MAIDEN STAKES (4) (2-Y-O) £10,000 added (£5,400) 1m (9)

1 (3) 6 **BEECHDALE 14** Tom Clover 9-7 ..... N Callan
2 (7) 7L **BERKSHIRE SMUDGE 35** A Balding 9-7 ..... R Hornby
3 (5) **BETELGEUSE** S Woods 9-7 ..... J Crowley
4 (8) **BONDI** R Hannon 9-7 ..... S M Levey
5 (9) **DUNAMASE** J & T Gosden 9-7 ..... James Doyle
6 (4) **PRIDE OF ARRAS** R Beckett 9-7 ..... Rossa Ryan
7 (1) 88 **SPARDAKOS 14** R Hannon 9-7 ..... C Shepherd
8 (6) **STORMY MONDAY** E Walker 9-7 ..... T Marquand
9 (2) **WILD NATURE** C Appleby 9-7 ..... P Dobbs

Probable SP: 2 Dunamase, 9-4 Wild Nature, 8 Pride Of Arras, Betelgeuse, 10 Bondi, 12 Stormy Monday.

TRACK FACTS: R-H course. GOING: Good. **STALLS:** Sprint far side; remainder inside. **DRAW ADVANTAGE:** Low 5f when stalls on far side. High when stalls on the stand's side. **Top jockey:** Tom Marquand. **Top trainer:** J & T Gosden.

7.15 –HANDICAP (4) (3-Y-O) £11,500 added (£6,019) 1m 1f 209yds (8)

1 (3) 423 **MR MONACO 27 (G)** R Beckett 9-11 ..... H Crouch
2 (4) 381 **SOLOMON 4 (H) (D)** W Haggas 9-9 ..... NON RUNNER
3 (8) 363 **AL MOOTAMARID 27 (D)** M Botti 9-9 ..... N Callan
4 (5) 621- **TOUCH THE MOON 342 (G)** G Scott 9-8 .... C Shepherd
5 (2) 212 **MIDNIGHT RUMBLE 33 (D)** A King 9-6 ..... Rossa Ryan
6 (7) 135 **CRIMSON ROAD 20 (T) (D) (G)** S & E Crisford 9-5 R Coakley
7 (1) 415 **DRAMATIC EFFECT 19** E J-Houghton 9-1 NON RUNNER
8 (6) L1-2 **ROYAL BLAZE 24 (G)** M Tregoning 8-12 ..... J Crowley

Probable SP: 2 Mr Monaco, 4 Midnight Rumble, 9-2 Touch The Moon, 6 Royal Blaze, 7 Al Mootamarid, 8 Crimson Road.

7.45 –HANDICAP (4) £11,500 added (£6,019) 7f (7)

1 (7) 84L **GOOD KARMA 13 (P) (D2)** J Owen 9-9-13 .... D Keenan
2 (5) 15 **PERENNIAL 40 (H) (D) (G)** E Walker 3-9-9 T Marquand
3 (6) 445 **AMERICAN BAY 48 (BF2)** Harry Charlton 3-9-8 R Ryan
4 (4) 1-6 **MURASHAH 64 (DBF)** C Hills 3-9-8 ..... NON RUNNER
5 (1) 274 **SMART HERO 64** J Tate 3-9-6 ..... C Lee
6 (2) 423 **TENNESSEE GOLD 23** J Parr 3-9-2 ..... C Shepherd
7 (3) L65 **BEAU JARDINE 14 (B) (D) (S)** R Cook & J Bridger 6-8-13 R Clutterbuck

Probable SP: 9-4 Tennessee Gold, 5-2 Smart Hero, 5 Perennial, American Bay, 8 Beau Jardine, 10 Good Karma.

8.15 –HANDICAP (5) £8,500 added (£4,449) 1m (15)

1 (15) 479 **SIAM FOX 12 (PT) (D4) (G)** K Frost 6-9-11 ..... C Lee
2 (3) 36L **HAT TOSS 35 (C)** James Owen 4-9-10 ..... D Keenan
3 (13) 352 **MAGICAL MERLIN 13 (P) (GS)



By JACK GAUGHAN



Main attraction: City take on AC Milan at a sold-out Yankee Stadium last month REUTERS

REVEALED

City's plan to crack the USA using video games, WhatsApp and a TV audience three times bigger than United's...

A SNAKING queue had formed off Sixth Avenue and down 47th Street, towards Nintendo's flagship store. Those at the front had arrived at 3am and, seven hours later, New Yorkers were stopping to ask what the wait was for.

The line was not for a new video game but to be the first inside Manchester City's pop-up shop.

City were in America for just over two weeks on a four-match pre-season tour — with a depleted squad — for reasons beyond football. 'You know why: sponsors, commercials,' said manager Pep Guardiola.

The trip was a blur of content, from wrestler John Cena announcing it in March on a call with Erling Haaland, to the City mascot recreating a *Ghostbusters* scene, to a training session in Central Park. You could not move for reminders that City were in the United States.

'It's entertaining audiences without losing the footballing authenticity,' City's chief marketing officer Nuria Tarre told *Mail Sport*. 'You have to balance it so it doesn't become gimmicky. We found out Cena is a massive Erling fan.'

In Florida, at the Four Seasons Disney, Tarre was armed with binders and revealed a three-to-five-year plan to crack the USA, and her belief that City have more US followers than Super Bowl champions the Kansas City Chiefs.

'Cracking the USA', at this point, can only be interpreted as becoming the most-followed team in the country. Quite how achievable that is, time will tell. More than 200,000 fans have been at City's friendlies, including sell-outs in New York and Orlando, and prices set by the promoters weren't cheap, either.

ANECDOTALLY, the global growth since Guardiola's appointment in 2016 has been exponential. On their 2017 tour, the bars of Nashville were a useful eye-test — City flags hanging from windows were hugely outnumbered by those of opponents Tottenham.

Even with two recent league titles at that point, City were playing catch-up to teams they routinely beat. 'We didn't see many sky-blue shirts,' Guardiola recalled last week. 'Now, we are better known around the world.'

Four years after that, City had a breakthrough. 'Playing in Houston against Club America was a wake-up call,' said Tarre. 'The numbers we'd seen on paper were true. We've gone up another ladder since then. The Treble's put the whole business into a different trajectory. It's been faster than I imagined.'

Quoting a Nielsen study, Tarre maintained that City are the third most popular football brand in America — behind Barcelona and Manchester United. City sold more tickets than Barca for their 2-2 draw in Orlando last week. That would have been unthinkable pre-Covid.



Charm offensive: Grealish, one of City's most popular players, is mobbed by fans in New York MAN CITY

During the Treble campaign, nearly 37million people tuned into City games — more than for any other English team. Although City played more matches, the fact they were 23m ahead of United was striking. In April, NBC's coverage of the bore draw against Arsenal drew 2.1m viewers, the largest Premier League audience ever.

City's WhatsApp 'community', a group in which the club can post content directly to fans, was one of the first of its kind and, with 29m members, is a third larger than the next biggest one, belonging to Liverpool. On this side of things, City are benefiting from having to try that bit harder to push their message.

'I don't like to compare us to others but I think we look at engaging with fans in a different way,' added Tarre.

'We take our trophies around the world. Nobody else does that. Fans aren't naive, they see the effort we put in.'

Participation in next year's Club World Cup will be an advantage in a congested field. Barca and United will not be there and City are planning for that month-long tournament already, much of the strategy coming from their marketing office in New York, set up in 2018.

A bespoke American creative and content hub, City Studios NYC, has been announced. When Tarre and media director Gavin Johnson unveiled that to a small industry crowd at a New York speakeasy, potential investors and collaborators were listening.

If City are to continue growing here, commercial partners from the region are needed.

Their tie-up with *EA Sports FC*, the game formerly known as *FIFA*, is smart. Tarre talked about how American youngsters — who, on average, don't pick a team until the age of 19 — are influenced by gaming.

Yet of the 35 global partners on City's website, only EA, Gatorade and Kellogg's are North American. Private equity firm Silver Lake upping their stake in the City Football Group ought to have a longer-term impact.

City's live-game audience is up 10 per cent. Since 2021 official club memberships are up 303 per cent and retail sales are up 168 per cent.

WHO knows to what extent this growth in the US will hold. Who knows how this market might react to a period of not winning everything in sight, or the possible consequences of 115 charges, or when the global superstars — Haaland, Guardiola, Jack Grealish — leave. So the time to capitalise is now.

'There is no doubt that winning helps,' said Tarre. 'It does amaze me how resilient those brands (United, Barca, Real Madrid, Liverpool) are. But we've managed to push through, which means there is a way. Time will tell how resilient we are.

'You have to get under the skin of this market, which is not easy. It's why we're acting less like tourists. Many European clubs just come and go.

'It requires a specific approach, to be part of the culture. It's about building crossovers with fashion, with gaming.'

The gaming aspect of their marketing might go over the heads of many, but City are the first club to build their own 'space' on the wildly popular game *Fortnite*. It reaches different generations in a way that is tough to comprehend.

'I'm still surprised that we're the only club in (virtual universe) *Roblox*, which targets a much younger age,' said Tarre.

'*Roblox* or *Minecraft* are like the new Lego. That was a big move because we'd said before that we were only about football. Are we smarter? Are we thinking ahead? We're not afraid of trying.'

And this is before mentioning the documentaries. Guardiola needed convincing to allow the *All or Nothing* cameras in for their record-breaking Centurions campaign but the success of that has seen the same club producer and cameraman embedded with the squad for years, pumping out behind-the-scenes videos on City's own channels.

Their edit of the Treble story was sold to Netflix in April, and has 11.3m streams worldwide, outstripping Amazon's 8m across six years.

The story of last season's fourth Premier League title in a row will be the subject of discussions with streaming sites over the coming months. City accept that another April release date would be too long to wait.

So there will be more eyeballs on Guardiola's inner sanctum sooner rather than later. More eyeballs means more social media coverage and that means more tills ringing.

United plan to build new stadium... AND keep Old Trafford

Original ground would be cut to 30,000 seats and used by women's and academy sides

By CHRIS WHEELER

MANCHESTER UNITED want to keep Old Trafford even if they decide to build a new £2billion stadium next door.

It was thought that plans for a 100,000-seat 'Wembley of the North' would mean bulldozing United's iconic home of 114 years.

But United are considering a scaled-down version of Old Trafford alongside the new arena that would preserve the history of the club and provide a permanent home for the women's and academy teams.

As part of the ambitious project, the famous old ground which has grown to a capacity of 75,000 since it was built in 1910 would be reduced to a single-tier stadium holding closer to 30,000 fans.

Crucially, some of Old Trafford's most treasured features would remain in place, such as the Munich clock and tunnel that commemorate the 1958 air disaster and the statues dedicated to Sir Matt Busby, Sir Alex Ferguson, Jimmy Murphy and the Holy Trinity of Sir Bobby Charlton, George Best and Denis Law.

It would also preserve the hallowed turf where so many United greats have played down the years, and the old players' tunnel on the halfway line that is the only surviving part of the original stadium.

Whereas some Premier League clubs have knocked down their stadiums or moved home completely, United believe they would be building a unique monument to the club and their history.

So far they have canvassed around 30,000 fans over the plans for a brand new stadium, with the response understood to be roughly 50-50. But that figure could change dramatically if supporters were told they could have the best of both worlds.

The reduction of Old Trafford would not be done until after the new stadium is built, allowing United to continue playing at full capacity until it is ready.

The plans have to be financially viable to make the project work, and United could still lower their ambitions to a £1bn redevelopment of Old Trafford if they are not.

But it is clear the club's preference is to build one of the world's best stadiums on spare land behind the Stretford End while keeping the essence of the old ground.

New co-owner Sir Jim Ratcliffe wants a final decision by the end of the year, and it is thought work could be completed by 2030.

The main obstacle to redevelopment over the years has been the rail track behind the Sir Bobby Charlton Stand and logistical issues of building it up to the same height as the other three sides of Old Trafford, which have grown over time.

The plan now is to reduce all three — the Stretford End, Sir Alex Ferguson Stand and East Stand — to single-storey structures which would be used by United's women's team and youth academy.

United cannot pay for the project on their own and are assessing public-private funding opportunities for the stadium and wider regeneration of the area around Old Trafford, on land owned by the club that could be used for housing, leisure, business and education purposes.

Selling the naming rights to the new stadium is being considered, although United insist fans will be consulted over that process.



THEY EVEN SACKED ME FOR FINISHING SECOND!

Real Madrid manager Carlo Ancelotti (right) — axed by Chelsea in 2011 after finishing second and winning the Double the year before that — greets new Blues boss Enzo Maresca in Charlotte

GETTY IMAGES

Enzo blames Poch for defensive crisis

KIERAN GILL in Charlotte

ENZO MARESCA says he is still trying to get Mauricio Pochettino's philosophy out of his Chelsea players because he does not want them playing such a high defensive line.

Chelsea's fifth and final friendly of their US tour saw them lose 2-1 to Real Madrid, who regularly got in behind the Blues with a pass into space.

And Maresca insisted that is not what he wants. He said: 'It's a problem we have been trying to solve in pre-season since day one. One of my first meetings with the squad was about the amount of goals we conceded last year with the defensive line very high. It's something we are trying to work on.

'Today, offensively, we are there. We created chances. The problem is defensively. When I say defensively I don't just mean the defensive line but in general, all the players.'

Chelsea host Manchester City on the first Sunday of the Premier League season (August 18) and Maresca does not want Pep Guardiola's side to exploit their naivety. He said: 'It's a habit. We are not working on defensive lines so high. It's a habit from last year, or years ago, I don't know.

'We are trying to drop the defensive line, about four or five metres, just to have some advantage. Last year, we conceded many goals with this problem. Hopefully we can solve it very soon.'

Meanwhile, Armando Broja will hold talks with Maresca in London to figure out his future, with Everton and Wolves among those interested in the Chelsea striker. Broja was left out of the squad for the defeat by Madrid despite being fit to play. The 22-year-old, who spent the second half of last season on loan at Fulham, is expected to leave this summer.

Homegrown player Broja was used sparingly in the US as 18-year-old Marc Guiu was preferred up front when Nicolas Jackson was absent because of injury. Christopher Nkunku has also been used as a striker.

Maresca, asked why Broja was missing for the game against Madrid, said: 'It was just a decision. He was not injured, luckily for him and for us. We will see what happens.'

In order for Broja to go to Everton this summer, Dominic Calvert-Lewin would probably have to leave Goodison Park.

WINDOW WATCH

By SIMON JONES

■ **LIVERPOOL** have opened talks over a £51.6million deal for Spain midfielder Martin Zubimendi. The 25-year old has yet to confirm whether he will leave Real Sociedad but if he does, Liverpool can activate his buy-out clause.

■ **CRYSTAL PALACE** boss Oliver Glasner is keen on a move for Wolfsburg centre back Maxence Lacroix. However, Palace are also exploring a £25m deal for Chelsea defender Trevoh Chalobah as they continue talks with Newcastle over the sale of Marc Guehi.

■ **WEST HAM** also retain an interest in Chalobah as they look to sell Kurt Zouma, who has interest from the Middle East. Palace want £10m for goalkeeper Sam Johnstone, who has asked to leave. Leicester, Wolves, Southampton and Nottingham Forest have all enquired.

■ **TOTTENHAM** will listen to offers for winger Manor Solomon. Spurs forward Alejo Veliz has joined Espanyol on loan.

■ **CHELSEA** are finalising the £34.5m signing of Atletico Madrid striker Samu Omorodion on a seven-year contract with the option of another year. Conor Gallagher will have a medical at Atletico today ahead of his £36m switch in the other direction.

■ **BRIGHTON** forward Denis Undav is joining Stuttgart in a deal worth £25m plus add-ons.

■ **BRENTFORD** are signing Napoli midfielder Jens Cajuste, 24, on loan with an obligation to buy for £10m. Napoli are expected to make an improved bid for Brighton's Billy Gilmour.

■ **BURNLEY** have signed goalkeeper Etienne Green, 24, from Saint-Etienne.

WINDOW SHUTS ON AUGUST 30 AT 11pm

Thorpey was there during my darkest moments. He was always there. I loved him. We all loved him



NASSER HUSSAIN pays an emotional tribute to his best friend Graham Thorpe

THE outpouring of emotion and grief that has followed news of Graham Thorpe's death shows how much he was loved.

Love is an overused word in sport but I choose it deliberately because, while some players are respected and revered, it is truly how his team-mates with Surrey and England felt about him.

In the England team of the 1990s and early 2000s, he was my best mate. The person I felt most comfortable with. I loved him. We all loved him. I loved being his captain, because he epitomised everything I and the coach Duncan Fletcher wanted in our England team.

At the start of that partnership as captain and coach in 1999, we discussed changing our selection criteria, stating that we wanted to select on character.

I spoke to Darren Gough about this, asking him: What do you look for in a team-mate? He looked over at Thorpey and said: 'When I sit here on the physio bed, watching people go out to bat, sometimes I see fear in their eyes. But when I watch him, I know he's up for the fight.'

I recognised it, too, either passing him on the way out or awaiting his arrival at the crease. He would grind out a score. He would not back down.

Later, I would refer to him as the little genius, but what endeared him to most of the fans who turned up and watched us — and we weren't great around the turn of the century — was that he showed bottle in abundance.

As if to say to the opposition: 'You may have beaten us before. You may beat us in the future. But not today.'

I was so comfortable in his company away from the field, often spending hours in his hotel room, fiddling with our bat handles, chatting about the game.

The fact the bloke I felt most comfortable with was there during all my best moments can't be a coincidence. When I made my career-best 207 against Australia at Edgbaston in 1997, he was at the other end with 138. It was us embracing in the dark in Karachi in 2000, for one of our finest Test wins. And he was there at the non-striker's end for my last shot as an England cricketer — a cover drive for four against New Zealand at Lord's in 2004.

He was there during my darkest moments when I doubted myself as a player, when I doubted myself as a captain, when I wanted to pack it all in. He was always there. Either to put his arm around me, give me a bit of perspective or dispense a bit of tough love.

During my final appearance against the New Zealanders, he came out to bat immediately after I'd run out Andrew Strauss, who had been nearing what would have been a second hundred of a brilliant debut on his home ground.

Sensing I was sulking, Thorpey just said: 'Nas, get over yourself.' And with a few F words for good measure, added: 'We've got a Test match to win.'

It woke me up. Thrust me back into the game situation.

LOTS of players would have experienced similar moments, because although Thorpey hardly spoke in team meetings at all, if you went knocking on his door at 10 o'clock at night — and it was always open — you would wander in and he would sort you out.

A glass of red wine, a chat, and he would put everything into perspective. Where cricket was, where life was. You would leave his room feeling a million times better. I lost count of these occasions.

He was gloriously anti-establishment, habitually refusing to toe the party line. If we were off to an official function — like a High Commission reception overseas, requiring us to wear our tour suits — he would turn up in grey trousers instead of black.

In the end, I had to put him inside the tent p*****g out, as opposed to the other way round — placing him in charge of dress code. If he was setting the rules, he wasn't breaking them.

Then there was the schemozzle of the 1999 World Cup when, inundated with pre-tournament invites and immersed in contract negotiations, he snapped.

I was rooming with him at Canterbury before the first game, and jumped off one of the twin beds, saying 'Come on' in anticipation of heading to another function.

He just looked at me and said: 'Nass, I won't be going. I'm here to play cricket. I will be trying to get some runs in this World Cup.' It was left to me to break this news to David Lloyd, our coach, and Graham Gooch, the England team manager. But that was Thorpe. If he didn't believe it was improving him as a cricketer, he wouldn't do it. I admired that.

It was an attitude that drove us to victories we wouldn't otherwise have achieved.

His debut against Australia at Trent Bridge in 1993 coincided with my recall after a three-year absence. We hit it off immediately and I was at the crease when he scored a second-innings hundred, the first of 16 in a Test career in which he averaged 44.66.

I don't ever recall us falling out. I am quite confident we never did. Although I did once have a right go at him in the dressing room for tactical reasons. It was in Peshawar, on the 2000-01 tour of Pakistan. He'd dropped a slip catch half an hour before stumps in a warm-up game dwindling towards a draw.

He smiled, had a bit of a joke. So later, in the dressing room, when everyone was packing to leave, I absolutely tore a piece off him. Why? Because I knew the other players would see it. Everyone knew how close I was to Thorpey, and if I could have a go at him, they would know nobody was beyond reproach.

It sent a message to the team that a) dropping a catch in any situation, then having a smirk and a smile, was not acceptable and b) that I didn't care who you were, best mate or new boy, attention to detail was important.

It certainly had an effect, to the extent that Fletcher took Michael Atherton aside, concerned that Thorpey and I had had some massive fallout.

We just complemented each other. I was a complicated cricketer and needed calming down in the middle — to feel comfortable, have pressure taken off me. That was Thorpey's great skill.

There's a load of bull sometimes about team-mates. Are they on the balcony clapping? But that is not a true indicator of team spirit. The true sense of 'team' is when you stride out to the middle and there's a sense that it's two of you taking on Australia or West Indies or South Africa. You are not on your own. Thorpey was a reassuring presence.

He was so good at just pulling you in and giving you a hug. When he was a coach, I was invited into



Inseparable: Thorpe and Nasser celebrate victory in Christchurch in 1997 and (below) reunited in Cape Town in 2020
REUTERS/PHILLIP BROWN

GRAHAM THORPE
1969-2024



the England team room by Joe Root in Cape Town to toast a win. I did so sheepishly, because as a commentator I felt awkward. But Thorpey just dragged me in and gave me the biggest drunken kiss. He had this way of making you feel very comfortable.

I am not alone in relaying this. There are plenty of others who felt the same — Dominic Cork, Phil Tufnell, Atherton, Mark Butcher. Take your pick. So many of his former team-mates are hurting right now, because whether it be for Surrey or England, everyone felt the same way about this little genius. He was a great player on the pitch and great company and fun off it.

He was there for everyone. And that was the anomaly. In formal team situations, he was aloof. His counsel was given out in the middle, or after hours.

Two of England's finest, Root and Ben Stokes, came through the Thorpe school. I would never call it a school of coaching, because it wasn't that. He taught players the balance needed to be high-quality international cricketers.

IT was not something he always achieved himself. While players such as Alec Stewart and Atherton, if tackling issues away from the game or physical issues, could compartmentalise things and perform, Graham could not.

When it came to his off-field problems, whether it be a difficult marriage break-up or the serious back injury he battled, he struggled. Once he wasn't in a perfect place, that was it. Sometimes he called me to say, 'Nass, I can't go on this tour. I can't be doing this right now.' And once you knew Graham wasn't quite there, you had to let him go.

Some people can put personal problems to one side, others can't. He should have played more than 100 Tests. None of that should take away from what a cricketer he was, though. And the thing that set him apart for me was how he could play in different ways.

He scored one of the quickest double hundreds in Christchurch to get us into a position to beat New Zealand in 2002; and one of the slowest hundreds in Lahore, spanning 256 balls and featuring a solitary four, 16 months earlier to lay the foundations for a series victory over Pakistan.

You hear modern cricketers say: 'That's the way I play.' The way Thorpey played was situation-dependent; a chameleon batter, fitting in with the environment into which he had been thrust.

I've heard him described as nuggety, but I could show you footage of him taking down some of the quickest bowlers in the world — and that ain't nuggety. Some of it was Brian Lara-esque. Some of the cuts and pulls he played had swashbuckling, Caribbean flair.

Over the years, he took down great pairings such as Allan Donald and Shaun Pollock, Curtly Ambrose and Courtney Walsh — that front knee would come up in that distinctive style and he would pull them away.

Yes, there was guts in his game, too. He could bat all day for you to put the team in command and wear down the opposition. But don't let his versatility be looked upon negatively. Don't sell him short. That was his genius.

His preparation was meticulous, too. Ahead of sealing our historic win in Sri Lanka 23 years ago, he walked into the nets in Colombo and started scuffing them up with his spikes — because he knew our spinners wouldn't spin it as much as the great Muttiah Muralitharan.

He sought extreme practice because he knew anything we faced in the middle would be as tough. There was method in his madness. He wasn't just someone who was gifted. He worked bloody hard and he was supremely fit.

When it came to the match, he played with precision. Sri Lanka failed to dismiss him in either innings and he was there, outlasting cramp at the end.

There was a generation of aspiring cricketers who wanted to play like him because of the style he possessed.

People took up the game because of Graham Thorpe. They loved the Fila headband, used a Kookaburra bat to be like him and, having been 22 yards away from him, I completely and utterly get why. RIP my friend. We will all miss you.



LOSING HIS SEAT

WITH Team GB just a fraction of a second behind Australia and riding at full tilt to close the gap in the final lap, frontrunner Ethan Hayter runs out of steam, slips off his saddle and is forced to bail out to the top of the track PA

Brit buckles at the death with glory in reach

Painful defeat as Hayter's body fails him

TRACK CYCLING



RIATH AL-SAMARRAI at Saint-Quentin-en-Yvelines Velodrome

IN the end, Ethan Hayter just could not take any more. The chase for a gold medal was simply too much and so, with one lap to go in the final of the team pursuit against Australia, the man at the front of a speeding British train suddenly and dramatically folded in on himself.

He would later say his 'whole body went weak', but somehow the description sold short what we all saw at the velodrome near Versailles, that being the point at which an Olympian breaks.

It came when the line was 250m away, 3,750m already ticked off, and by then the Australians barely had 0.2sec on the Brits at the tail end of one of the most brilliantly close cycle races of the Games.

One turn at a time that lead was disappearing, and of course we will never know if it would have gone altogether. Because in a blink it all went wrong.

Hayter, destroyed by the effort of moving at 40mph for more than three minutes, abruptly slipped from his saddle and sent his £55,000 bike zig-zagging wildly up the bank.

As his team-mates — Dan Bigham, Charlie Tanfield and Ethan Vernon — clocked what had happened, and then watched helplessly as the world-record holders sped to the line on the other side of the track, Hayter was trapped between his crossbar and seat, too exhausted to even correct himself.

He would try admirably to put a brave face on it, but the words gave his true thoughts away. 'We were so close and I could see it,' Hayter said. 'I just gave too much and my whole body went weak. I really struggled to hold myself on the bike in the end.

'Sorry to the guys, but I think we gave everything. We were super happy to win a silver medal, but it was there for the taking for us and we kind of knew that. We went out to get it but just came up short in the end, so it's a shame.'

A shame indeed, if such a term can ever apply to Olympic silver medals. Yet there are events here that throw up such mind-twisters — formats where silver comes from defeat and a bronze is drawn from victory.

The women's pursuit team of Elinor Barker, Josie Knight, Anna Morris and Jess Roberts proved the point an hour later by beating Italy in the third-place showdown. Their celebrations for that medal were markedly different to the men and fair enough.

They earned it the hard way, having come through the setback of losing Katie Archibald, their star component, to a freak injury sustained in her garden in June. With barely any competitive time spent in their new configuration, bronze was a superb result.

Knight said: 'I'm not going to lie, six weeks ago this wasn't my dream but the way we've refocused, pulled together and got a medal, I couldn't be prouder.' For the men's team, which includes Oliver Wood from the previous round, the emotions were naturally more complex, notwithstanding the fact that their achievement amounted to a piece of history — it was Britain's 1,000th medal at a summer or winter Olympics.

It also exorcised some ghosts from the abject failure of Tokyo, where a different quartet fell a long way short of the podium in a discipline won by Britain at the three previous Games.

Silver in that context is highly respectable, but the sense of a missed opportunity was spelled out by Vernon.

'It feels like we've just lost the gold rather than won the silver at the moment,' he said.

That strand of thought was heightened by Bigham, who revealed he had a 40mph crash at the velodrome in training late last week, when another cyclist was cruising on the blue inner-lane and strayed into his path.

The Brit initially feared a broken collarbone and that his Games were over, so he competed with some relief, but at the very least he believed the collision hindered him in the final.

He said: 'It cost performance, I can't lie. I haven't been at my absolute best since the crash. That's frustrating for sure and possibly could have been the difference between gold and silver today.

'To be within two-tenths with a lap to go was exactly where we thought we needed to be and what we thought it would take.

'It was always going to be a tight fight and it's frustrating to have it so close and just fall away from you in that moment.'



Run for the ages: Macdonald can laugh even after a tumble EPA

Medal for having the most fun

SKATEBOARDING

OLIVER HOLT at La Concorde

A 51-YEAR-OLD Brit finished 18th in his event yesterday afternoon but placed first for *joie de vivre*, agelessness, fun, exuberance and the gift of making the heart sing and the soul soar at the joy of the Olympics.

Andy Macdonald was born in Massachusetts and is a resident of San Diego, but glories in the good fortune of having a father who was born in Luton.

And so the Rad Dad, whose kids are older than most of his rivals, got to drink from the cup of timelessness for an enchanted few hours in the heart of the French capital.

Macdonald is a skateboarding legend, one of the pioneers of the sport in the US and one of its most decorated competitors in the X Games.

But it was his dream to become an Olympian and he eked every last drop of enjoyment from it.

He made three runs in the heats of the men's skateboard event in a hollowed-out bowl full of curves, slopes and gullies in front of packed stands — in the grand square where they used to bring aristocrats to meet the guillotine during the French Revolution.

This, though, was a triumph for the *ancien regime*.

When he nailed his second run, replete with breathtaking skills, Tony Hawk, his friend and the most celebrated skateboarder of all, stood up and applauded.

Macdonald, who followed a 17-year-old in each of his three performances, had the crowd eating out of his hand, revelling in his enthusiasm, booing the judges when his scores did not match their expectations and giving him a standing ovation and stamping their feet in unison

ATHLETICS



Now she really IS the golden girl

Keely's triumph immortalised in gold leaf painting

NIK SIMON in Paris

IT is a moment that has now been immortalised in 24-carat gold. Hours after Keely Hodgkinson won the Olympic 800 metres, artist Ben Mosley got to work on his picture of the moment using a photograph taken by *Mail Sport's* Andy Hooper.

It is the victory image from the front page of Tuesday's *Daily Mail*, which shows Hodgkinson waving a plastic crown above her head in celebration.

Mosley used acrylic paint on gold leaf worth thousands of pounds per kilo to create his picture.

'Wow, is that really gold?' asked Hodgkinson as she locked eyes on the storyboard that is being worked on every day at Team GB's headquarters in Paris.

She signed the picture before saying: 'I was good at art at school. I can draw. If there's something in front of me, I can copy it quite well and make it look realistic.

'I can't really draw something from my head, but if it's in front of me then I can copy it. I didn't do art GCSE because I knew I wouldn't have time for the exam — it takes eight hours. It's more of a hobby.'

The sacrifices paid off for Britain's queen of the track. She became an overnight superstar and her presence on the storyboard, which is on sale for £20,000, will make it a precious piece for a lucky investor.

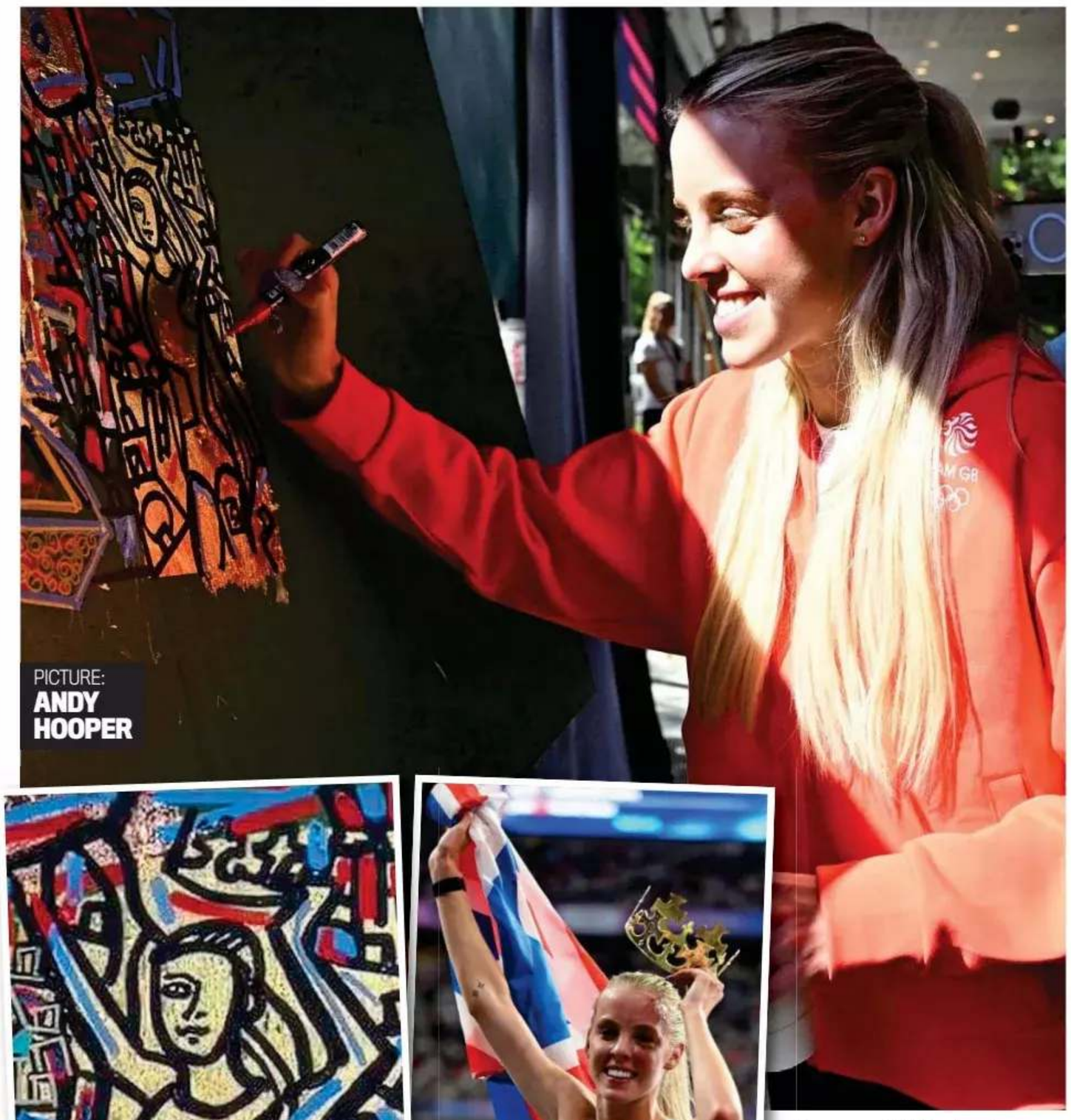
'I've been capturing all of Team GB's medal moments,' said Mosley, who also created the painting for the McDonald's fry boxes during the 2014 World Cup.

'The theme I chose was the colour of the Olympic rings, so day one to three is a blue background, four to six is yellow, seven to nine is black and 10 to 12 is green.

'They're all for sale. Sixty per cent goes to Team GB and the next generation of athletes and 40 per cent goes to me. It's expressionism, colour, the wild colours of Matisse and the Fauves to capture the spirit of the Games.

'Sport's my passion. I painted Sir Geoff Hurst's hat-trick goal against West Germany and he bought it. Sir Alex Ferguson told me he'd bought a piece of mine.

'Visually, the swimmers are my favourite to paint because of the way they move in the water, but I love them all and it was a brilliant moment for Keely.'



PICTURE: ANDY HOOPER





Pure gold: Keely signs Ben Mosley's picture of her on her lap of honour after winning the 800m, based on an image taken by *Mail Sport's* Andy Hooper

goes to Team GB's 51-year-old 'Rad Dad'

when he bowed out. 'If they're giving away gold medals for whoever has the most fun, I got it wrapped up, right?' Macdonald said after he had failed to make the top eight who proceeded to the final.

'I definitely won the gold medal for most fun. Somebody just asked me, "Oh, were you mad about it?" I honestly didn't look at the scores the whole time.

'I had to ask, "What place did I get?", I have no idea. I wasn't here for the scores, I was here to be here.

'I was so excited just to have qualified for Paris, because that was the Hail Mary long shot from the get-go. Just to be here and be a part of this, it's the experience of a lifetime.

'Hopefully the fun that skateboarding is, I was trying to represent, "Hey, this is fun no matter what age you are".

'This is the coolest, funnest, most inclusive thing that you can do. It's my livelihood. I'm lucky that I can make a living doing it, but it keeps me young.

'Skateboarding is my fountain of youth. I've been doing it since I was 12 and I'm 51 and still enjoying every minute of it.'

Macdonald cannot generate quite the same speed, height or nimbleness as his younger rivals, whose tricks, moves and ability to shift their feet from their boards in mid-air and then find their place on them again never cease to amaze.

The commentators at the arena might as well have been speaking a different language for those not versed in the terms of the sport, making its second appearance at an Olympics, as competitors pulled off Indy 540s, bodyjars, nose grinds, nollie heel flips and shove-its.

Macdonald revelled in all of it.

'I'm part of the Olympics and you're just walking around a sea of people, thousands of athletes that you know are the best in their sport. To be here at the Olympics, you have no idea what is happening. Like, you're from Sierra Leone. What did you go through to get here? I want to talk to you. How are you here? What's your story?

'And all different ages. The youngest skater is a Chinese girl who is 11 years old.

'Me and you, you and me, taking selfies with her, everyone's got a different story. And the most beautiful part of being here is the coming together of the world for sport.'

Keegan Palmer, of Australia, won gold. Tom Schaar, from America, won the silver and Augusto Akio, of Brazil, won bronze.

But Andy Macdonald, of Great Britain, took home the biggest prize of all.

TODAY AT THE OLYMPICS IN 60 SECONDS

By David Coverdale

OUR BEST GOLD MEDAL HOPE

EMMA FINUCANE has already banked one track cycling gold in Paris, but is hoping to make history by winning three. The 21-year-old's second event is today in the women's keirin, with the final at 6.11pm. The Welsh wonder has had limited success in the keirin in the past, with just two European silvers to her name, but that could all change in Paris. Katy Marchant could also be in the medal hunt.

3 BEST OF THE OTHER BRITS

ETHAN HAYTER

TEAM GB won the men's omnium at Tokyo courtesy of Matt Walls, and Hayter is looking to emulate him today. He is a two-time world champion in the multi-race event and will be hoping to make up for a disappointing silver in the team pursuit, when he lost his saddle on the final lap.

JADE JONES AND BRADLY SINDEN

JONES bids for a third gold in the women's taekwondo -57kg category from 11am. Her build-up was mired in controversy after she broke anti-doping rules for failing to provide a urine sample, but she escaped a ban. In the men's -68kg category, Sinden is world champion and won a silver in Tokyo. He starts at 9.59am.

JACK LAUGHER

THE 29-year-old is looking to claim the fifth Olympic medal of his career, and his second of these Games in Paris, in the three-metre springboard. He qualified in third, while team-mate Jordan Houlden is also in the final at 2pm having come through yesterday's semi-final in fifth.

BEST OF THE REST

ATHLETICS — Katarina Johnson-Thompson on day one of the heptathlon (from 9.15am), Noah Lyles in the men's 200m final (7.30pm).
BASKETBALL — USA v Serbia in men's semi-final (8pm).
SAILING — Ellie Aldridge and Connor Bainbridge in women's and men's kite (finals from 2.40pm), John Gimson and Anna Burnet in mixed multihull medal race (time to be confirmed).

Hudson-Smith cruelly denied Chariots of Fire moment as wait goes on



IF they handed out gold medals for the 397 metres race, Matt Hudson-Smith would stand as an Olympic champion this morning rather than crying into his mother's arms last night.

But, as darkness closed in at the Stade de France, the 6ft 4in Briton ran out of engine just as the American champion, Quincy Hall, turned on the afterburners to devastating effect. Our boy was condemned to silver.

And so, 100 years after Eric Liddell, of *Chariots of Fire* fame, took the 400m gold in this same City of Light on a cinder track in Colombes, five miles west, the wait for a British man to triumph over one lap goes on.

Hudson-Smith's pain was expressed in the roar of Anglo-Saxon he let rip as he absorbed the immediate jolt. Silver is a reward of sorts, but not the golden confirmation of his class the Wolverhampton-born athlete focused his dreams on.

He had entered the bubbling stadium holding up a single finger. The digit he wanted to define him.

His blaspheming cry expelled, he generously congratulated his vanquisher, the 26-year-old from Kansas City, Missouri. He then jumped into the stands to share his agony, his mother Cheryl wiping away tears with her hands. The poor, heartbroken woman needed windscreen wipers for the task.

It was such a hard blow after Hudson-Smith's orange shoes made a positive start from lane six. He was quickly away, but not overextending. He came to the top bend in control of affairs, though danger lurked on both shoulders throughout a very quick race — the top five all went under 44sec — and it was always a matter of whether he could cling on.

We didn't know for sure then. He had dominated his semi-final but then coasted home. What finish did the 29-year-old Birchfield Harrier have in him?

We know the answer now, as we equally recognise that he couldn't have given anything more.

Already the fastest European ever, Hudson-Smith lowered his personal best from 43.74sec to 43.44sec in his brave attempt, and held off the challenge of former Olympic champion Kirani James inside him.



JONATHAN McEVOY
at the Stade de France

Then Hall produced 43.40sec, by some distance the fastest time he has ever run, with that late, well-timed surge.

'I set it up exactly the way my coach wanted me to,' said Hudson-Smith. 'We knew it was going to come down to the last 50m. I genuinely thought I had it. But he had another gear.

'As he came up he had one step up on me and that's it. But this is just the start. Time to build. My time is going to come. It's only a matter of time.'

There are few crumbs of consolation for Hudson-Smith right now. But one is that history — the history he was trying to rewrite — was against him. The 400m is not an event in which British blokes have ever excelled, Liddell apart.

MEDAL TABLE

		G	S	B	TOTAL
1	USA	27	35	32	94
2	CHN	25	23	17	65
3	AUS	18	12	11	41
4	FRA	13	16	20	49
5	GB	12	17	20	49

And while *Chariots of Fire* may remain the gold medallist of sporting films, it took some liberties with the *actualite*. It had Liddell switching from 100m, because as a devout Christian he refused to run on Sundays, to 400m at the last moment.

Balderdash. His path was, in fact, determined six months earlier, and he was super-ready for the challenge when it came.

Whatever the precise ins and outs, Liddell's achievement was grand and remains unequalled. Roger Black managed a silver medal back in 1996, but he suffered the serious misfortune of running in the same era as Michael Johnson.

Black's medal was the first of any hue by a British male over a quarter of a mile since Liddell's race, in which Guy Butler, of Harrow and Cambridge University, took bronze. America have dominated for a century.

Hudson-Smith can still call himself a hero, one who might never have been on the purplish-blue track that this fortnight is the biggest stage in the world. And that is part of the reason he and his mum and wider family were so emotionally involved last night.

There have been ups and downs along the way. He made the final in Rio, his first Olympics, only to finish last. But he failed to make it to Tokyo five years later, pulling out a few days beforehand. He was injured, having torn his hamstring and achilles, but also troubled mentally.

Spending the pandemic in Florida, away from home, he was isolated. A lack of medical insurance saw him rack up massive debts. His mind was bruised, never mind his body. It was from that low point that he contemplated suicide.

At times he has run on one leg. At others he has needed the exotic potions of Munich-based Dr Hans-Wilhelm Muller-Wohlfahrt. 'Healing Hans', 81 and doctor to myriad stars including Usain Bolt, specialises in injections of such concoctions as amino acid derived from calves' blood.

The octogenarian kept Hudson-Smith in one piece to the last. Well, almost the last.

Noah Lyles, meanwhile, kept himself on course for a sprint double, despite suffering his first defeat over 200m in yesterday's semi-final since he took bronze in Tokyo three years ago.

Letsile Tebogo, of Botswana, finished the race in 19.96sec, beating the American by 0.12sec. The unexpected result means Lyles, who still qualified automatically for tonight's final, will now run the bend from a less favourable lane.

After a tardy start, Lyles recovered to post the third-fastest time overall (20.08sec), with teammate Kenneth Bednarek second quickest with 20sec dead.

'I'm the bridesmaid again,

From Back Page

his tears. 'The journey is better than the outcome sometimes and it has been a hell of a journey,' said Hudson-Smith, who becomes Britain's first medallist in the event since Roger Black in 1996.

'I didn't even know my family were here. It was a bit of a shock. Everyone was proud. 'They know what I've been through. They know that it's been a rough journey. There have been incredible highs and some deep lows. I'm just grateful. I can't complain. The better man won.'

Hudson-Smith's silver matched the medal he won at last year's World Championships and he shouted 'f***' as he crossed the line and realised he had been beaten by Hall.

'I thought I had cleared the field but he got me on the line,' admitted the Wolverhampton



QUINCY HALL: 43.40s

1,000 UP FOR GB!

TEAM GB'S silver in the final of the men's team pursuit took their overall Olympic medal tally to 1,000...

BIGGEST HAULS

1908 - London	Total: 146
56 gold, 51 silver, 39 bronze	
2016 - Rio de Janeiro	67
27 gold, 23 silver, 17 bronze	
2012 - London	65
29 gold, 18 silver, 18 bronze	
2020 - Tokyo	64
22 gold, 20 silver, 22 bronze	
2008 - Beijing	51
19 gold, 13 silver, 19 bronze	

BEST EVENTS

Athletics	215
Cycling	106
Swimming	86
Rowing	78
Sailing	64

MOST MEDALS

Jason Kenny	9
Bradley Wiggins	8
Chris Hoy	7
Laura Kenny	6
Steve Redgrave	6

Crying shame: Hudson-Smith is pipped by Quincy Hall on the line before (inset) tears flow with mother Cheryl AP/SPORTSFILE

but my time WILL come'

runner. 'I said, "If you're going to win, you have to take it from me" — and that's exactly what he did.

'I've been the bridesmaid twice now, but my time will come. I'm not angry. I've run the fifth fastest time ever.

'This is just the start. I know there is a bigger time in there. I am just going to keep building on it and I am going to shock the world. I am going to f*** them up. I have another four years and that is the last you are going to see of me.'

Amber Anning qualified for tomorrow night's women's 400m final after clocking a new personal best of 49.47sec to finish second in her semi-final.

American superstar Noah Lyles will go for his second gold in the men's 200m final tonight having qualified third fastest behind Botswanan Letsile Tebogo and his team-mate Kenny Bednarek.

ATHLETICS



DAVID COVERDALE
at the Stade de France

Mills: I got taken out

Brit's fury at French rival after taking track tumble

GEORGE MILLS showed he is a chip off the old block as he squared up to Hugo Hay after a chaotic 5,000 metres heat yesterday, accusing the Frenchman of taking him out.

The 25-year-old is the son of former England footballer Danny, who was sent off six times in his career.

Mills was furious after appearing to be pushed by Hay on the home straight, which resulted in him colliding with Spain's Thierry Ndikumwenayo, causing them to both fall.

Dominic Lobalu, of the Refugee Team, and the Netherlands' Mike Foppen also went down.

After getting back up and walking across the line, Mills immediately confronted Hay, angrily pointing a finger in the face of the home favourite.

Expert lipreader Jeremy Freeman told *Mail Sport* that Mills shouted 'you f***ing clown' at Hay. It appeared Mills' Olympic dream was over but, after reviewing footage, the referee put him through to Saturday night's final, with Hay also keeping his place.

Asked what he had said to the Frenchman, the European silver medallist said: 'I'm probably not allowed to say. It's pretty clear I got stepped on as I was about to kick in the home straight. The French lad took me down.

'I was just sitting waiting, biding my time, going to kick on the home straight but bang, I hit the deck. I just wanted to put my foot down and I got taken out.'

Hay later pleaded his innocence, saying: 'There was a big collision, it wasn't me. Somebody pushed me, something happened. I turned around and everyone was on the floor.'

There was more chaos in the second 5,000m heat when a rogue cameraman walked across the track, causing runners to swerve out of the way.

Defending champion Jakob Ingebrigtsen, who went on to win, was particularly furious, shaking his head and gesturing at the cameraman, who was preparing to film the introduction of the women's javelin qualification.

'It's amateurish,' said the Norwegian, who finished fourth in the 1500m final on Tuesday. 'That should not happen in an Olympics. I was just far enough out in front to see that something was happening. He has quite a large camera rig.

'He realised it quite quickly, but the damage is done. For some, their race is ruined.'

TODAY ON THE TRACK

- **Women's heptathlon**
  From 9.05am
- **Women's 4x100m relay heats**
  From 10.10am
- **Men's 4x100m relay heats**
  From 10.35am
- **Men's 200m final**
  At 7.30pm
- **Men's 110m hurdles final**
  At 8.45pm



Carnage: Hay, circled, appeared to push Mills, causing him to career into Ndikumwenayo and send both of them crashing to the floor, leading to a post-race bust-up (below) AFP / GETTY IMAGES



Everyone's saying he's just like me... but I'd have got arrested!

DANNY MILLS
Ex-footballer and George's Dad



WATCHING my son George race at the Olympics is as bad for my nerves as taking a penalty in a shootout.

I know how much hard work and sacrifice have gone into making it to Paris and it would have been devastating if he had been knocked out because of a fall.

The race was going pretty much to plan until the final 100 metres. But Hugo Hay gave him a bit of a push and it caused carnage as George and a few others hit the deck.

For their Olympics to be ended by something that was not their fault would have been hard to take, so I'm pleased they were all reinstated for the final.

George wagged his finger at the Frenchman after the race. I spoke to him and he will regret acting the way he did, but it was an emotional response. How are you expected to react if your Olympic dream is taken away? Everyone is saying, 'He's just like his dad', but we are totally different. I would probably have got disqualified and arrested!

It will be a proud moment watching George in the final. He's put so much work into it. We've all been out in Paris since the first heat — we'll keep supporting, but for the sake of our health we'd like him to keep things a little easier!

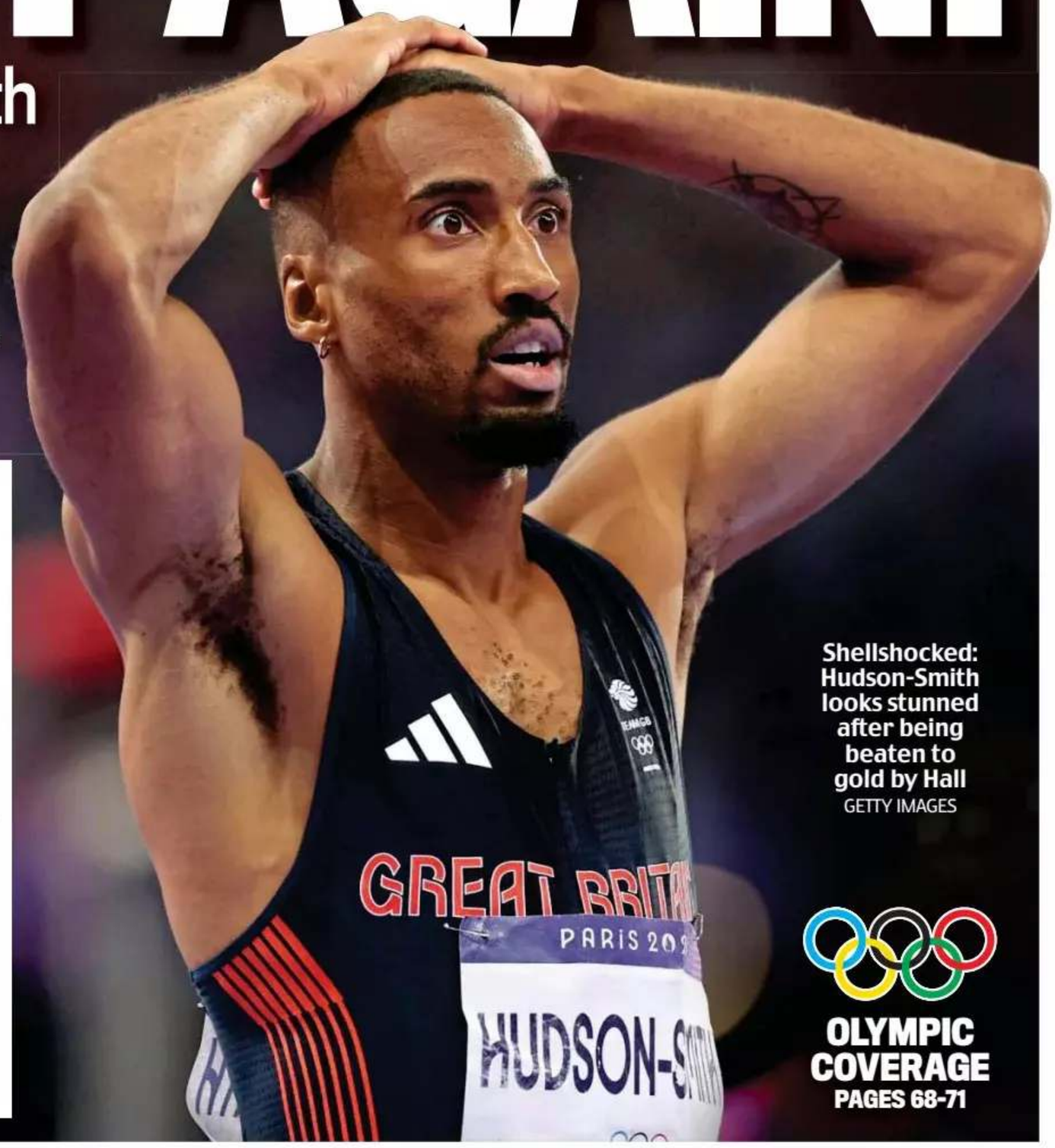


Nasser Hussain pays a poignant tribute to best friend Graham Thorpe

PAGES 66-67

NOT AGAIN!

Hudson-Smith pipped to gold on the line by USA... just like Kerr



Shellshocked: Hudson-Smith looks stunned after being beaten to gold by Hall
GETTY IMAGES

DAVID COVERDALE
at the Stade de France

MATTHEW Hudson-Smith was left distraught after missing out on a historic Olympic 400 metres gold medal by just 0.04 seconds.

The night after Josh Kerr had to settle for silver after being beaten on the line by an American, Hudson-Smith suffered exactly the same fate in Paris.

The 29-year-old smashed his own European record with a time of 43.44sec, but an amazing late surge by Quincy Hall denied him what would have been Britain's first global men's 400m title in 100 years.

Hudson-Smith, who attempted suicide in 2021 following a battle with depression, was later consoled in the stands by his mother Cheryl, who was seen wiping away

TURN TO PAGE 70, COL 4

OLYMPIC COVERAGE
PAGES 68-71

Help us stop the riots, No 10 begs nation's football clubs

EXCLUSIVE
By MIKE KEEGAN

THE Government have urged sports clubs across the country to call for an end to the riots rocking the nation.

Mail Sport understands representatives from Downing Street made the request to chiefs from football, rugby, cricket and beyond over a Zoom call yesterday, in a bid to end the violence.

They are keen to ensure all fixtures go ahead and that no disruption occurs to sport as a result of the sickening scenes on England's streets.

EFL sides have been assured that opening-weekend matches are unlikely to be postponed, despite the strain on police forces caused by the far-right thugs.

The Championship season begins tomorrow evening, with Preston hosting Sheffield United and Derby travelling to Blackburn.

The situation is being closely monitored and officials hope pleas for calm from clubs to their fans will have an impact.

Many across sport are considering whether they should ramp up security at their matches.

The EFL are supporting the Government's call, although they want clubs to avoid directly involving themselves in political issues. To that end, a template for how to respond has been sent to sides.

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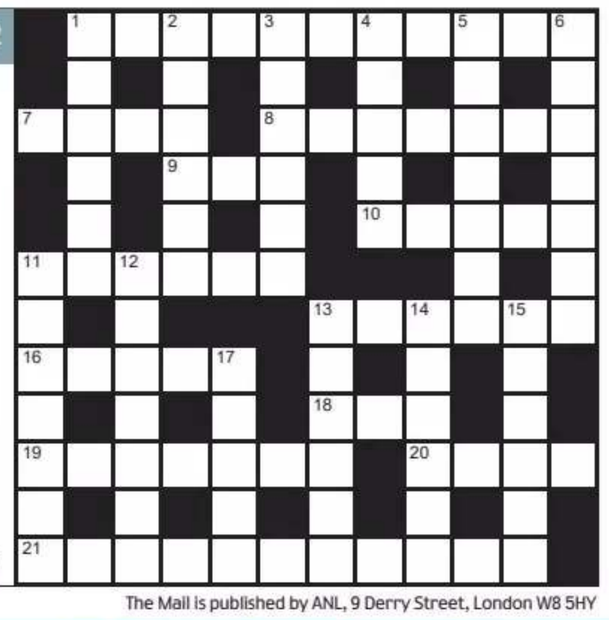
QUICK CROSSWORD 9,862

ACROSS
1 Disloyal or untrustworthy (11)
7 Cover in decorative paper (4)
8 Foreign country (7)
9 Anger (3)
10 Elude (5)
11 Slumbers (6)
13 First or earliest (6)
16 Skilful (5)
18 Obtain (3)
19 Garment type (4,3)
20 Metallic element (4)
21 Blown-up photograph (11)

DOWN
1 Sudden feeling of excitement (6)
2 Come to an end (6)
3 Drinking toast (6)
4 Ooze out or emit (5)
5 Card game (3,4)
6 Medical practitioner (7)
11 City in Washington (7)
12 Everlasting (7)
13 Bird (6)
14 Eventually (2,4)
15 Force exerted (6)
17 Private teacher (5)

WEDNESDAY'S SOLUTION (NO 9,861) – ACROSS: 1 Acts up. 4 Feast. 7 Department. 8 Hood. 9 Lodge. 11 Rainbow. 13 Genetic. 15 Viola. 17 Aria. 18 Grass roots. 20 Larva. 21 Female. **DOWN:** 1 Anchor. 2 Seed. 3 Peat bog. 4 Fatal. 5 Ate. 6 Tithe. 7 Domino. 10 Deters. 12 Well-off. 14 Coarse. 15 Vigil. 16 At sea. 17 Atom. 19 Ayr.

SOLUTION TOMORROW



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- Three nights' five-star bed-and-breakfast accommodation at Regent Warsaw Hotel, Warsaw
- Auschwitz-Birkenau tour

*From price based on September 17, 2024 form London Stansted.

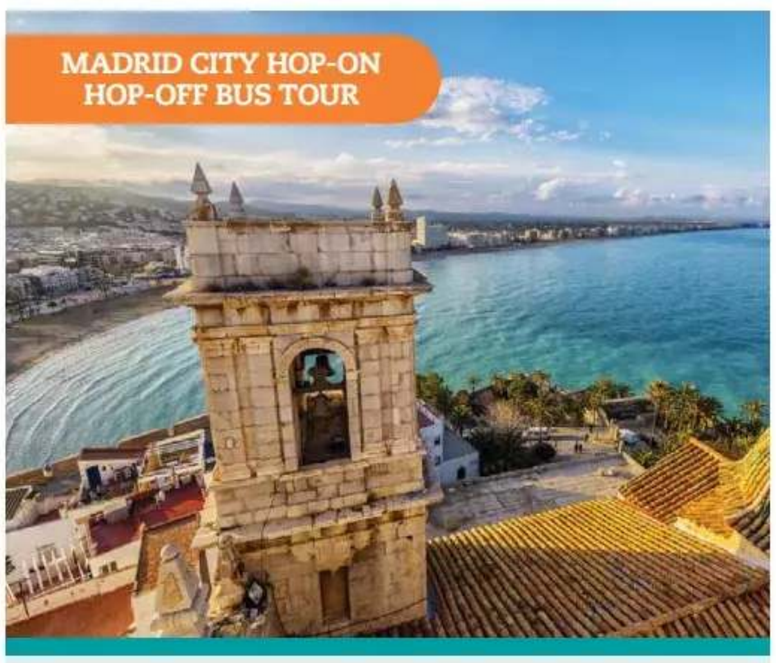


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*From price based on January 17, 2025 from London Gatwick.



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- Three nights' five-star bed-and-breakfast accommodation at SH Valencia Palace, Valencia
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*From price based on November 15, 2024 from London Gatwick.



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- Three nights' five-star bed-and-breakfast accommodation at Archipelagos Hotel Mykonos, Mykonos
- Volcanic island cruise

*From price based on October 5, 2024 from London Gatwick.

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*From price based on November 12, 2024 from London Gatwick.



Five-star The Club Hotel & Spa, Jersey

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- Two nights' five-star bed-and-breakfast accommodation
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*From price based on November 8, 2024 from London Luton.



Five-star Minos Imperial Luxury Beach Resort & Spa Milatos, Crete

8 days from **£499*** per person

- Selected departures between September 2024 and October 2025
- Return flights from various UK airports
- Seven nights' five-star all-inclusive accommodation
- Surrounded by turquoise waters and idyllic beaches, Minos Imperial offers premium services in a stylish seafront environment

*From price based on November 16, 2024 from London Gatwick.



Five-star Kadikale Resort, Bodrum, Turkey

8 days from **£399*** per person

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- Seven nights' five-star all-inclusive accommodation
- Situated in its own bay along the mesmerising waters of Bodrum, flanked by the islands of Kos and Kalymnos

*From price based on October 12, 2024 from London Gatwick.



Five-star Sultan Gardens Resort, Sharm El Sheikh

8 days from **£429*** per person

- Selected departures between September 2024 and December 2025
- Return flights from various UK airports
- Seven nights' five-star all-inclusive accommodation
- Located in Shark's Bay, the resort boasts 220 metres of private sandy beaches, a breadth of beautiful coral formations and an unrivalled view of the stunning Tiran Island

*From price based on November 28, 2024 from London Gatwick.



Five-star Athena Pallas Hotel, Halkidiki

6 days from **£359*** per person

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- 20% discount at the spa

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- Escorted by a tour manager

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- Wine tasting in Montalcino
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- Escorted by a tour manager

*From price based on May 6, 2025 from London Gatwick.



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- Escorted by a tour manager

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- Four game drives in search of the Big Five
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- Escorted by a tour manager

*From price based on May 16, 2025 from London Heathrow.



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- Morning and sunset cruise on the Chobe River
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- Escorted by a tour manager and wildlife specialist

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- Escorted by a tour manager and wildlife specialist

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- Services of a cruise director and concierge

*From price based on August 25, 2025 from London Heathrow on board MS George Eliot.



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- Visit to a winery with prosciutto and cheese tasting in Mostar
- Visits to a Turkish coffee house
- Escorted by a tour manager

*From price based on May 8, 2025 from London Gatwick on board MV Corona.



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- Wine, cheese and ham tasting in Ston
- A scenic cable car ride up Mount Srđ in Dubrovnik
- Escorted by a tour manager

*From price based on May 10, 2025 from London Gatwick on board MS Mendula.



Split to Dubrovnik with Dalmatia & Plitvice Lakes

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- Visit to a family farm with lunch in Trogir
- Escorted by a tour manager

*From price based on September 27, 2025 from London Gatwick on board MS Adriatic Sun.



Zadar & Islands of the North with Krka Waterfalls

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- Seven nights' four-star bed-and-breakfast yacht cruise accommodation including six lunches and one dinner plus Captain's Dinner
- Two nights' four-star bed-and-breakfast accommodation in Split
- Guided tours and visits of Trogir, Vodice, Zadar, Rab, Telaščica, Šibenik, Split, Krka Waterfalls and Makarska
- A cruise through Kornati National Park
- Escorted by a tour manager

*From price based on May 11, 2025 from London Gatwick on board MS II Mare.

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Premium all-inclusive ocean cruises



The Panama Canal Cruise

18 days from **£2,249*** per person

- Selected departures between October 2024 and February 2026
- Return flights from various UK airports
- One night's four-star accommodation in either Miami or Los Angeles
- 15 to 21 nights' full-board cruise accommodation on either Norwegian Joy, Bliss or Encore with a premium all-inclusive drinks package, a bonus speciality dining package, 150-minute per person wi-fi package on board and $50 per stateroom per port shore excursion credit

ITINERARY: Fly UK to Miami, USA – Cartagena, Colombia – Panama Canal full transit – Panama City, Panama – Puerto Quetzal, Guatemala – Acapulco, Mexico – Puerto Vallarta – Mazatlan – Cabo San Lucas – Los Angeles, USA – Fly UK.

*From price based on November 29, 2024 from London.



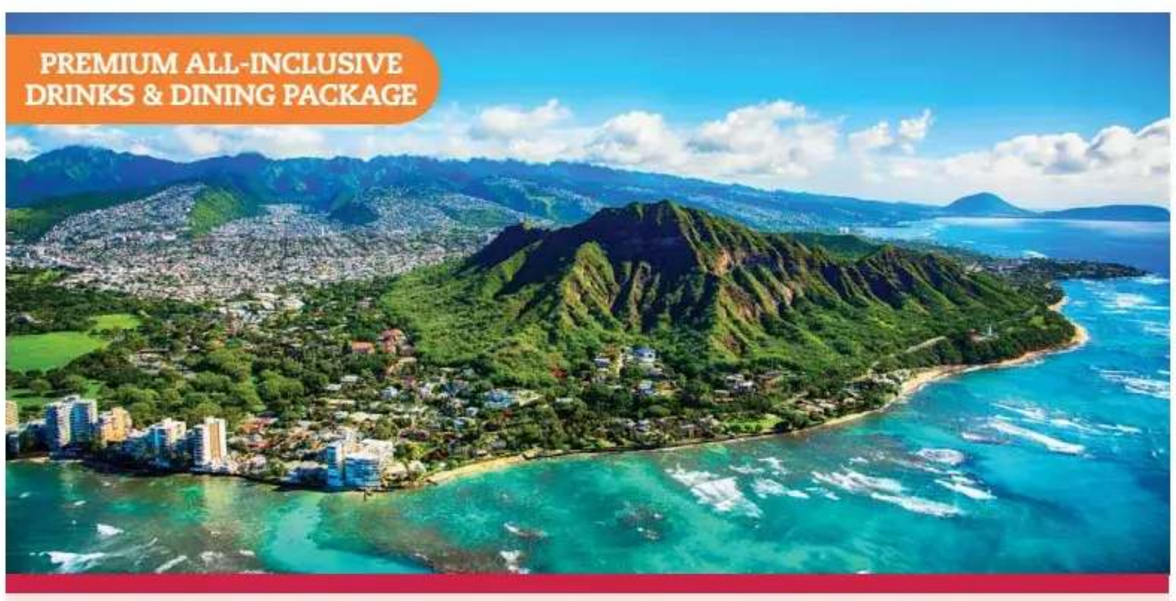
Indian Ocean & Africa Cruise

17 days from **£2,319*** per person

- Selected departures between November 2024 and February 2026
- Return flights from various UK airports
- Two nights' four-star bed-and-breakfast accommodation in Cape Town
- 11 to 12 nights' full-board cruise accommodation on board Norwegian Dawn or Sky with a premium all-inclusive drinks package, a bonus speciality dining package, 150-minute per person wi-fi package on board and $50 per stateroom per port shore excursion credit
- Two nights' five-star bed-and-breakfast accommodation in Mauritius
- Nine-hour African safari tour with lunch at the Aquila Game Reserve

ITINERARY: Fly UK to Port Louis, Mauritius – Le Morne – Port Louis – Pointe des Galets, Reunion Island – Antsiranana, Madagascar – Nosy Be – Richards Bay, South Africa – Port Elizabeth – Mossel Bay – Cape Town – Fly UK.

*From price based on April 30, 2025 from London Heathrow.



Waikiki Beach, Hawaiian Island Hopping Cruise & Las Vegas

16 days from **£2,799*** per person

- Selected departures between September 2024 and September 2026
- Return flights from various UK airports
- Three nights' four-star accommodation in the Waikiki Beach area
- Seven nights' full-board cruise accommodation on board Pride of America with a premium all-inclusive drinks package, a bonus speciality dining package, 150-minute per person wi-fi package on board and $50 per stateroom per port shore excursion credit
- Three nights' four-star accommodation in Las Vegas

ITINERARY: Fly UK to Honolulu, Hawaii – Waikiki Beach – Kahului, Maui – Hilo, Big Island – Kona – Nawiliwili, Kauai – Las Vegas, USA – Fly UK.

*From price based on September 18, 2024 London Heathrow.



Treasures of the Far East & Taiwan Cruise

14 days from **£1,959*** per person

- Selected departures between December 2024 and February 2025
- Return flights from various UK airports and all transfers
- Two nights' four-star bed-and-breakfast accommodation in Singapore
- 10 or 11 nights' full-board cruise accommodation on board Norwegian Spirit with a premium all-inclusive drinks package and a bonus speciality dining package, 150-minute per person wi-fi package on board and $50 per stateroom per port shore excursion credit

ITINERARY: Fly UK to Singapore – Ko Samui, Thailand – Laem Chabang (Bangkok) – Phu My, Vietnam – Nha Trang – Hong Kong, China – Taipei, Taiwan – Fly UK.

*From price based on February 17, 2025 from London Heathrow.

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Mail Puzzles

SUDOKU

FILL in all the squares in the grid so that each row, column and each of the 3x3 squares contains all the digits from 1 to 9. SOLUTIONS TOMORROW

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

Difficulty rating ★★★★★

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

Difficulty rating ★★★☆☆

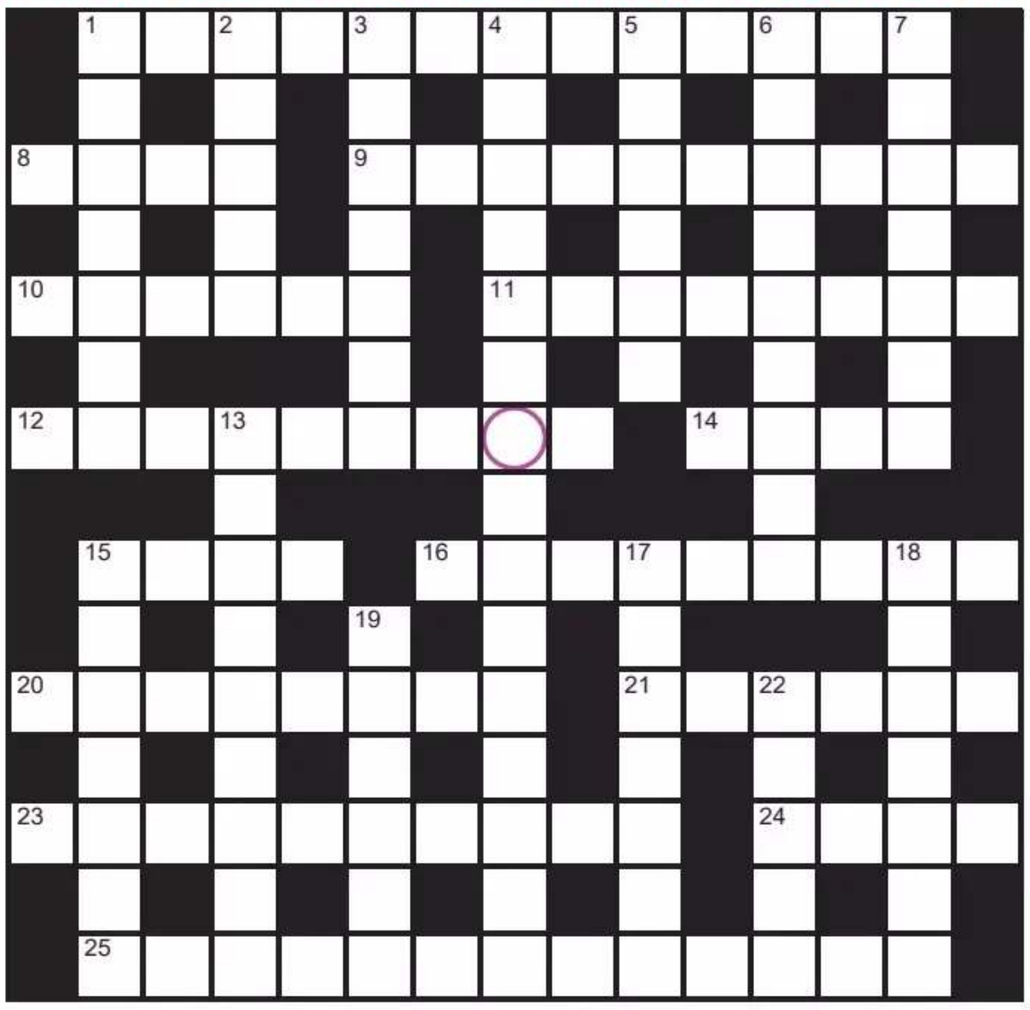
PRIZE SUDOKU

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

WIN £500

REVEAL the three shaded squares for your chance to win £500.
HOW TO ENTER: Call **0901 292 5009** and leave today's three-number answer (reading left to right) and your details.
Or text **SUDOKU** to **65700** with your answer and name.
Texts and calls cost £1 plus standard network charges.
One weekly winner chosen from all correct entries received between 00.01 Monday and 23.59 Friday. Answers change daily at 00.01.
UK residents aged 18+, excl NI. Full terms apply, see Page 52.

GENERAL KNOWLEDGE CROSSWORD



WIN A LUXURY CROSS PEN SEE BELOW

ACROSS

1 Relationship of Princess Charlotte and Princes George and Louis to King Charles III (13)
8 Love Is The ____, 1975 song by Roxy Music (4)
9 Sitcom starring Anna Maxwell Martin as Julia Johnstone (10)
10 Small, thin rings of pasta, often used in soups and pasta salads (6)
11 Extreme scale or seriousness of something perceived as bad (8)
12 ____ Davis, president of the Confederate States from 1861 to 1865 (9)
14 ____ Falco, actress who played the title role in Nurse Jackie (4)
15 Travis, Australian left-handed batter born in 1993 (4)
16 To specify typically as part of an agreement (9)
20 An old card game for three players (8)
21 Terry, Welsh former midfielder and international manager born in 1950 (6)
23 A ball-shaped weight with a single handle, often seen in gyms (10)
24 Part of the hand that contains five metacarpal bones (4)
25 An arachnid with very long legs, typically seen in the autumn (7,6)

DOWN

1 French department whose prefecture is Bordeaux (7)
2 Jimmie, U.S. aviator whose name is given to a waterfall in Venezuela (5)
3 ____ Peninsula, region in Western Australia named after an English explorer (7)
4 Expression meaning 'to deliver a mean blow' (3,5,3,4)
5 To keep out of sight or avoid detection (3,3)
6 A person looked to by others as an example to be imitated (4,5)
7 ____ de Valois, choreographer who founded the Royal Ballet (7)
13 One who engages in deceptive practices for financial gain (9)
15 Welsh town in Gwynedd noted for its castle built under Edward I (7)
17 A note given to an employee indicating their remuneration (7)
18 A person who takes part in gossip (7)
19 ____ Donard, the highest mountain in Northern Ireland (6)
22 ____ eye movement, a phase of sleep indicated by the initialism REM (5)

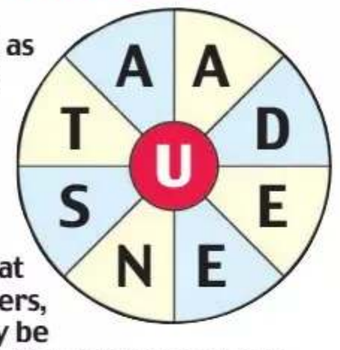
SOLUTION TOMORROW

PLAY our accumulator game! Every day this week, solve the crossword to find the letter in the pink circle. On Friday, we'll provide instructions to submit your five-letter word for your chance to win a luxury Cross pen. UK residents aged 18+, excl NI. Terms apply. Entries cost 50p.

WRITE YOUR LETTERS IN THESE SQUARES

Mon	Tue	Wed	Thu	Fri

WORD WHEEL



YOU have ten minutes to find as many words as possible using the letters in the wheel. Each word must use the hub letter and at least three others, and letters may be used only once. You can't use plurals, foreign words or proper nouns. Verbs ending in 's' permitted. Clue for today's nine-letter word: Sickened, not standing after finding new gold. RATING: 15 words, average; 20, good; 25, very good; 30 or more, excellent. SOLUTION TOMORROW

SUDOKU X

2					
			1		6
	3				
3					
			5		

PUT 1-6 once in each row, column, diagonal (highlighted to form an X) and horizontal 3x2 box (ruled). SOLUTION TOMORROW

NAME GAME

HIDDEN in the grid is the name of a TV presenter. Answer the questions, then rearrange the letters corresponding to your answers to fill in the name. SOLUTION TOMORROW

1	2	3	4	5	6	7	8

BOX 1: Ben Shephard (pictured) hosts which of the following television quiz shows?
Deal Or No Deal (P)
Tipping Point (O)
The Chase (H)

BOX 2: Yakisoba is a stir-fried noodle dish from which of the following countries?
Thailand (I)
China (M)
Japan (D)

BOX 3: Leipzig is the most populous city in which state of Germany?
Baden-Wurttemberg (M)
Thuringia (T)
Saxony (E)

BOX 4: How many times has Neptune orbited the sun since the planet's discovery in 1846?
Once (O)
30 times (L)
90 times (S)

BOX 5: Arnold Schwarzenegger was the governor of which U.S. state from 2003 to 2011?
Texas (N) California (U) Montana (B)

BOX 6: Actor Michael French is due to return to EastEnders as which classic character?
Lofty Holloway (T)
Robbie Jackson (I)
David Wicks (R)

BOX 7: The jejunum is a part of which of these bodily organs?
The small intestine (A)
The liver (K)
The stomach (D)



Picture: PA

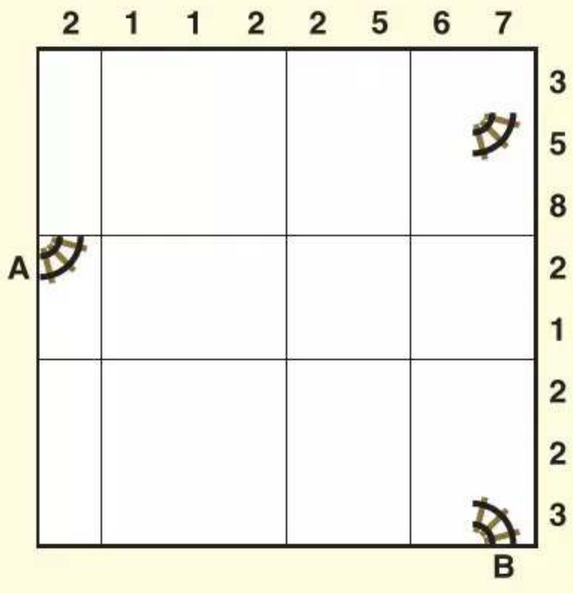
BOX 8: A Grass Rope and The Patchwork Cat are children's books by which author?
Frank Muir (P)
Judith Kerr (E)
William Mayne (B)

Yesterday's solution:
GLEN POWELL
(1G, 2O, 3W, 4L, 5P, 6L, 7E, 8L, 9E, 10N)

TRAIN TRACKS

LAY tracks to enable the train to travel from village A to village B. The numbers indicate how many sections of rail go in each row and column. There are only straight rails and curved rails. The track cannot cross itself.

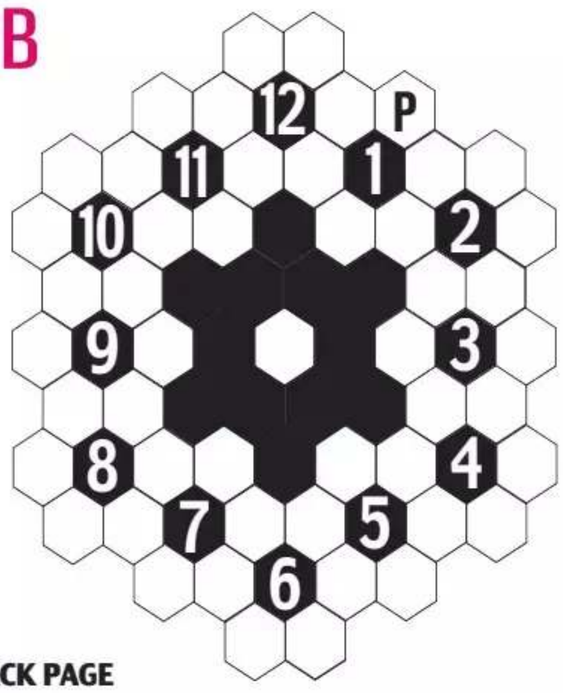
SOLUTION TOMORROW



HONEYCOMB

ALL the solutions read clockwise around their numbers. The solution to clue number 1 starts from the given letter.

1. Favour
2. Fix electrics
3. Ridged
4. Grew to be
5. Substance
6. Cultural
7. Type of acid
8. Annoying
9. Chewed
10. Stagger
11. Feature
12. Titbits

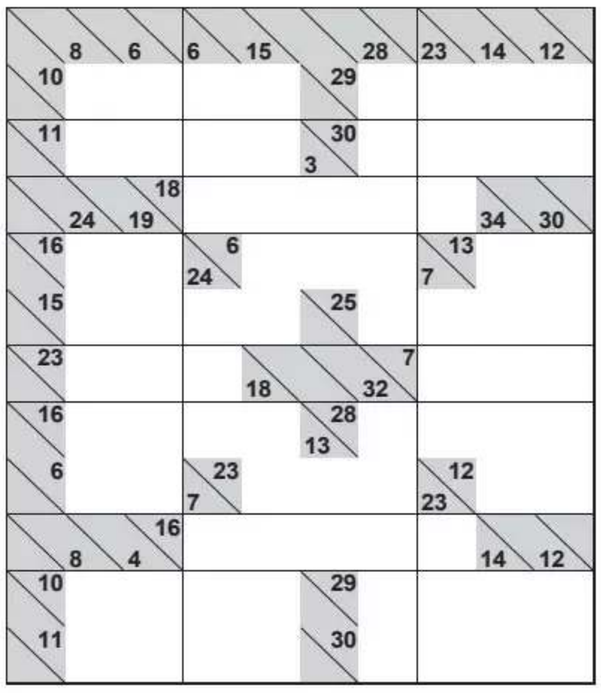


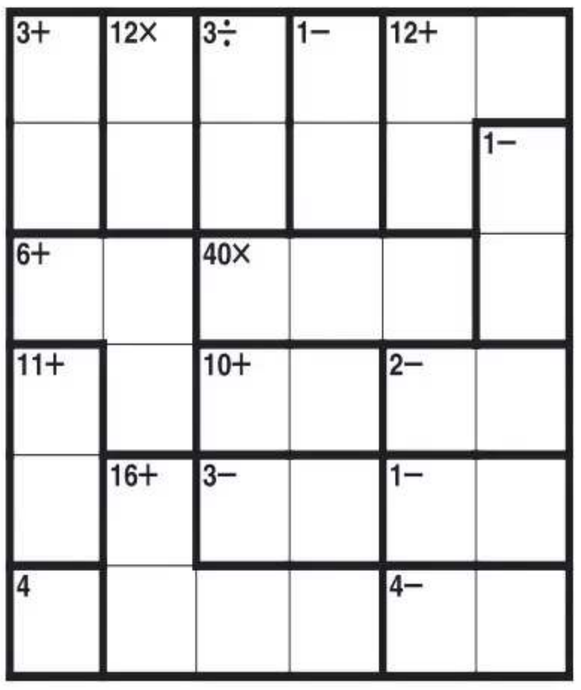
SOLUTION: PULLOUT BACK PAGE

KAKURO

FILL in the blank squares of the grid using only the numbers 1 to 9, without repeating any number in any line of blank squares. The lines must be filled in with numbers which add up to the total in the shaded box at the top or beginning of each line. A number in the bottom half of a shaded box gives a downwards total; in the top half, it's a horizontal total.

SOLUTION TOMORROW





MASTERQUIZ

1. How many items constitute a brace?

2. Which Old West sheriff shot and killed Billy the Kid in 1881?

3. What is the world's third largest ocean?

4. Which retired wrestler introduced Donald Trump at July 2024's Republican National Convention, where the latter formally accepted his presidential candidacy nomination?

5. According to composer Gustav Holst, which planet is the Bringer Of Jollity?

6. Promontory Summit, which saw the meeting of the Central Pacific and Union Pacific railroads in 1869, is in which U.S. state?

SOLUTION: PULLOUT BACK PAGE

MINDBENDER

1. In a working week, Ollie received a total of 115 emails, each day receiving four more than the day before. How many emails did he receive on Wednesday?

2. What connects corn, may and passion?

3. Which British stand-up comedian has a DIVIDABLE DAD?

4. Which of these is the odd one out: Duisburg, Salzburg, Wurzburg, Hamburg?

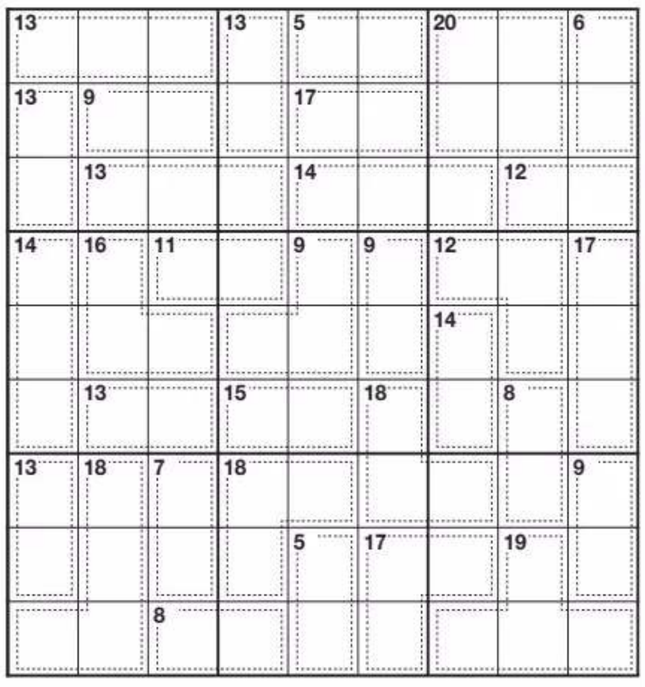
5. Starting with U, add a letter and shuffle to make a new word each time until you reach UNDERSTATE.

SOLUTION: PULLOUT BACK PAGE

KILLER SUDOKU

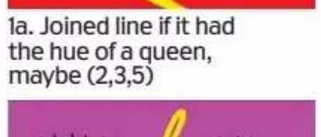
FILL in squares in the grid so each row, column and each 3x3 square contains all digits from 1 to 9. Each set of cells joined by dotted lines must add up to the number in the top-left corner. Numbers can't be repeated within each set of cells.

SOLUTION TOMORROW



NEED A CLUE? Call **0901 293 6238** or text **KILLER** to **65700** and receive four clues to today's puzzle. Calls and texts cost £1 plus your standard network charges. Today's clues available between 00.01 today and 23.30 only.

PITCHERWITS™



1a. Joined line if it had the hue of a queen, maybe (2,3,5)



9a. Flag rope tangled in children's game (8)



11a. Don't move when prostrate with lies, it'll all come out (3,5)



17a. Weather may be doing this when cur is leaping about (8,2)



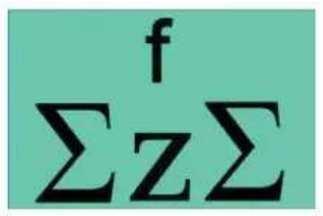
1d. Start to do the computing set-up? (10)



2d. Shackles shibboleths, but not this way (7)



5d. Rap ginseng? Somehow it takes the biscuit! (10)



10d. Gets into line, but drops down a hole? (5,2)

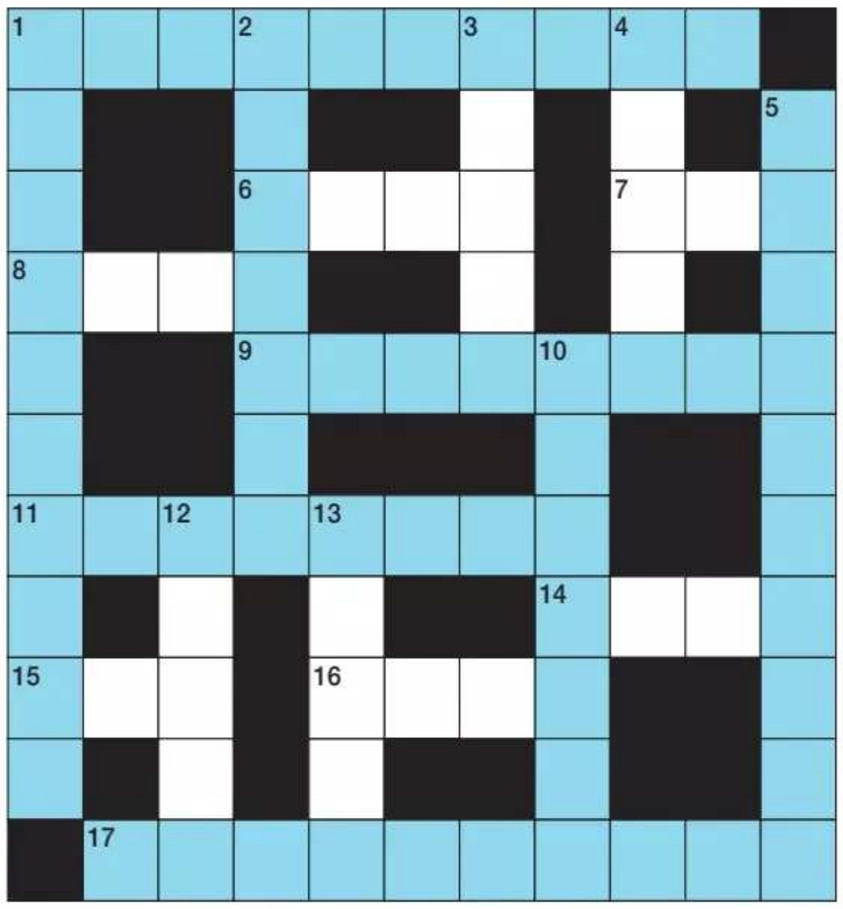
ACROSS
1 Picture Clue
6 Aldrin's bumble bee impersonation? (4)
7 Hip hip hooray! Therein a letter from Greece! (3)
8 Phantom, beginning to look a bit grave (4)
9 Picture Clue
11 Picture Clue
14 Leonard's little eyepiece? (4)
15 Took a seat, with little authorisation (3)
16 A prejudice to end all phobias (4)
17 Picture Clue

DOWN
1 Picture Clue
2 Picture Clue
3 Open up, say, a banana? (5)
4 Hand over foot at the cobblers? (5)
5 Picture Clue
10 Picture Clue
12 Let even the ox break out in praise (5)
13 Peculiar diatribe, without a red bone (5)

YESTERDAY'S SOLUTION — ACROSS: 1 Played to win. 5 Sprouts. 9 Atop. 10 Pier. 11 Iraqi. 12 Idol. 13 Nose. 14 Manhood. 16 Rugby player. **DOWN:** 1 Pick a winner. 2 Ass. 3 Was. 4 No surrender. 6 Papilla. 7 On earth. 8 Tap into. 14 Mug. 15 Dry.

PIT your wits against Pitcherwits — the exciting puzzle where some of the answers are in pictures! The solutions to the visual clues fit into the shaded spaces on the grid.

SOLUTION TOMORROW



PITCHERWITS BOOK



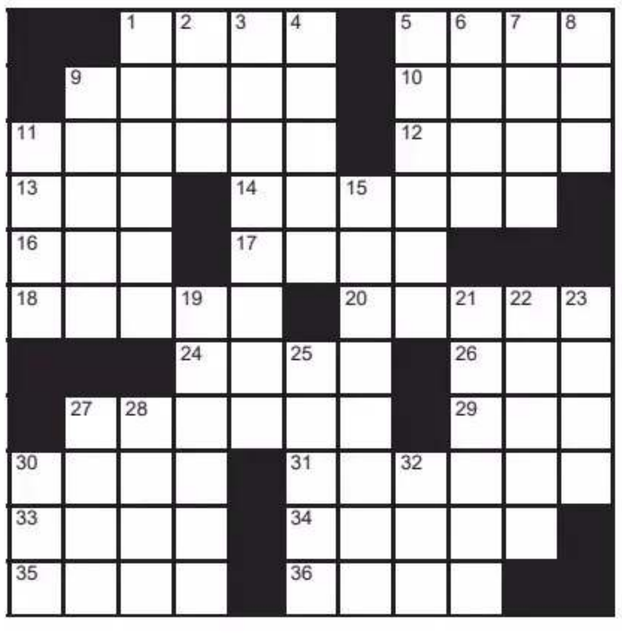
TO ORDER Daily Mail Pitcherwits Vol 8 by Professor Rebus for £9.99, go to *mailshop.co.uk/3for20* or call 020 3176 2937. Buy 3 or more Daily Mail puzzle books and save 20 per cent. Free UK delivery on orders over £25.

MAILWORD

ACROSS
1 Globule
5 Commotion
9 Texan battlefield
10 Pledge
11 Stage whispers
12 Ship's bottom
13 Edge
14 Reduces
16 Doze
17 Broadcast
18 Start
20 Increases dramatically
24 Pronto
26 Prosecute
27 Flower stalk
29 Can
30 Electronic devices
31 Enclosing
33 Ireland
34 Filters
35 Once more
36 Satisfy

DOWN
1 Airships
2 Boy
3 Egg dish
4 Protective centre
5 Become fond of
6 Finished
7 Performs
8 Nocturnal predator
9 Japanese, e.g.
11 Italian river
15 Flowering climber
19 Shun
21 Shrewd
22 Spoils
23 Dispatch
25 Accumulate
27 Check
28 Land measurement
30 Hot beverage
32 Repeatedly

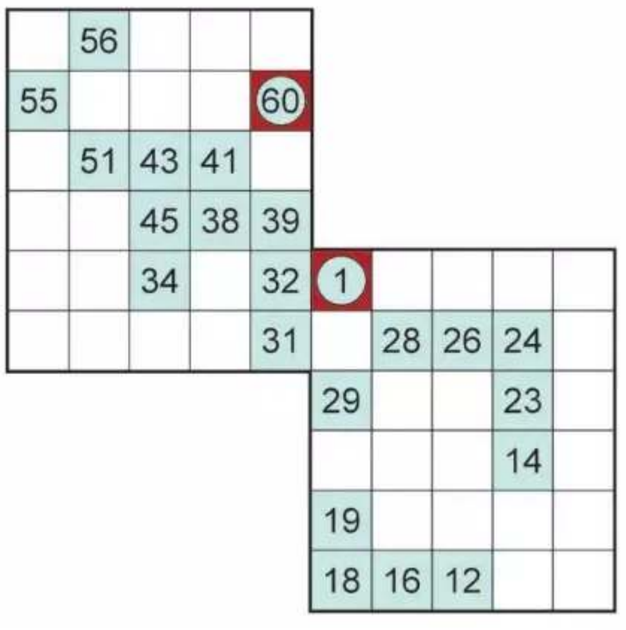
SOLUTION TOMORROW



HIDATO

COMPLETE the grid so that all the numbers, 1 to 60, connect consecutively — horizontally, vertically or diagonally. Hint: you don't have to begin with 1 or 60. Working on the mid-numbers might give you a better start.

SOLUTION TOMORROW



KENKEN

EACH row and column should contain 1 to 6 without repeats. Numbers in cages must combine to produce the target number shown at start of that cage using, in any order, the mathematical sign given. Single-box cages can be filled with the number given.

SOLUTION TOMORROW

NINE TO FIVE

	A	N	S	
E				E
T				R
A				T
	N	R	T	

GELIGNITE

FIT the scrambled letters of the given word into the grid to form six five-letter words across and down.

SOLUTION TOMORROW

WORLD'S SMALLEST, HARDEST CROSSWORD

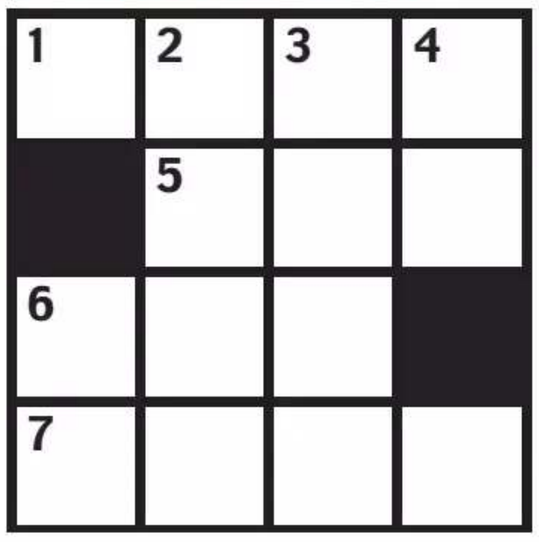
ACROSS

1. Cut, as grass (4)
5. In medias ___ (3)
6. Sturdy building material (3)
7. A small fish (4)

DOWN

2. Spoken (4)
3. Flightless NZ bird (4)
4. (Chem) symbol for nielsbohrium (2)
6. (L) By the way (abbr) (2)

SOLUTION TOMORROW



CROSS NUMBER

THERE MAY BE MORE THAN ONE SOLUTION



By Linus Maurer ©2015 King Features Inc.

FILL each square with a number, 1 to 9. Horizontal squares add up to totals on right. Vertical squares add up to totals on bottom. Diagonal squares through centre add up to totals in top and bottom right.

Today's challenge time: **4** mins **55** secs | Your working time: ☐ mins ☐ secs

SOLUTION TOMORROW

CODEWORD

EACH number in our Codeword grid represents a different letter of the alphabet. Today 12 represents I, so fill in I every time the figure 12 appears. You have two letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares. **SOLUTION TOMORROW**

WIN £750

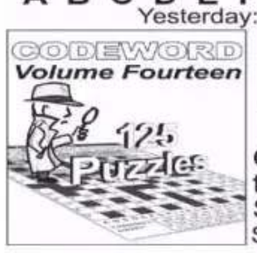
COMPLETE Codeword to reveal the word in the shaded boxes.
HOW TO ENTER: Call **0901 293 6232** and leave your answer and your details or text **65700** with the word **CODE**, your answer and then your name. Texts and calls cost £1 plus standard network charges. One weekly winner chosen from all correct daily entries received between 00.01 Monday and 23.59 Saturday. Answers change daily at 00.01. UK residents aged 18+, excl NI. Terms apply, see Page 52.

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

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
																							G		

1	2	3	4	5	6	7	8	9	10	11	12	13
S	T	I	R	U	P	B	A	D	G	E	L	X
14	15	16	17	18	19	20	21	22	23	24	25	26
O	W	V	N	F	Q	K	J	M	Y	H	C	Z

Yesterday:



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NEED A CLUE? Text the word **CODEWORD** to **65700** to receive FOUR clues to today's puzzle or call **0901 293 6200**. Texts and calls cost £1 plus your standard network charges. Today's clues available between 00.01 today and 23.30 only.

SCRABBLE® BRAND GRAMS

The board on the right shows four rows of letters from a typical Scrabble game. Use each row to form a word of 2-7 letters and write it in the blank squares provided. Then add up the score for each row. Don't forget to use the double and triple word and letter scores — and add a 50-point bonus for every 7-letter word. Blank tiles can be used for any letter but have no score. See tomorrow's paper for the solution.

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							Triple Word Score	RACK 1
Y4	D2	L1	N1	G2	O1	U1		
							Double Word Score	RACK 2
N1	L1	I1	U1	O1	R1	P3		
								RACK 3
R1	C3	E1	E1	Y4	N1	S1		
							Triple Score on 2nd Letter	RACK 4
R1	S1	F4	T1	F4	E1	O1		

PAR SCORE 185-195 by JUDD

FOUR RACK TOTAL TIME LIMIT: 20 MIN

Yesterday's solution:
EDIFICE 67
PADLOCK 98
FRIAR 8
DUSTPAN 70
JUDD'S TOTAL: 243

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

WORD SEARCH

WIN £500

THE listed words can all be found in the grid — running forwards, backwards, up, down and diagonally — EXCEPT ONE. For a chance to win, discover which word from the list can't be found in the Word Search.

BATHTUB
MIRROR
RAZOR
SHAMPOO
SHOWER
SINK
SOAP
TOILET
TOOTHBRUSH
TOWEL

HOW TO ENTER: Call **0901 293 6234** and leave your answer and details or text **65700** with the word **WORD**, your answer and your name. Texts and calls cost £1 plus standard network charges. One winner chosen from all correct daily entries received between 00.01 Monday and 23.59 Friday. Answers change daily at 00.01. UK residents aged 18+, excl NI. Terms apply, see Page 52. **SOLUTION TOMORROW**

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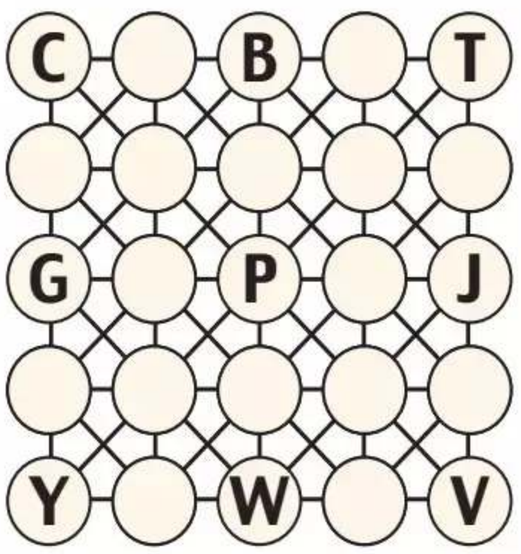
QUICK QUIZ

1. In which decade was Britain's first motorway opened?
2. Banquo is a character from which play by William Shakespeare?
3. Screenwriter Terry Nation, born on this day in 1930, invented which famous alien race?
4. In an Olympic water polo match, how many players are in each team?
5. How many planets in our solar system are classed as gas giants?

SOLUTION: PULLOUT BACK PAGE

GOGEN

APEX
BALD
CHAMPION
FOLK
GLOW
JUMP
POND
PRY
PUMA
QUEST
ROUX
VIOLA



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

INSERT letters to form listed words, moving between adjacent cells horizontally, vertically or diagonally in any direction. Insert all remaining letters of the alphabet (except Z) in the grid so all listed words are spelt out.

SOLUTION TOMORROW

BRIDGE MASTERCLASS

Before reading on, cover the North and South cards on the deal below.

North
♠ 8 4
♥ K J 6 5 2
♦ 10 7 5 3
♣ 5 3

West
♠ 6 5 3 2
♥ 10 9 8
♦ K 4 2
♣ 8 6 2

East
♠ A K Q J
♥ None
♦ A Q J 9
♣ K J 10 9 4

South
♠ 10 9 7
♥ A Q 7 4 3
♦ 8 6
♣ A Q 7

YOU are playing in 4♠ as West after South has overcalled 1♥ and been raised to four by North. You have ruffed the opening heart lead, and must now make a plan.

YOU can't afford to draw three rounds of trumps since that will give the defence four likely winners if the clubs are over dummy. Instead, you must draw precisely two rounds, to which both defenders follow, and now play on diamonds. You can afford to lose two clubs and a trump, so allow them to ruff when they wish, and you can now ruff one heart and discard one on the long diamond. If they don't ruff, you should still leave the trump out and play on clubs.

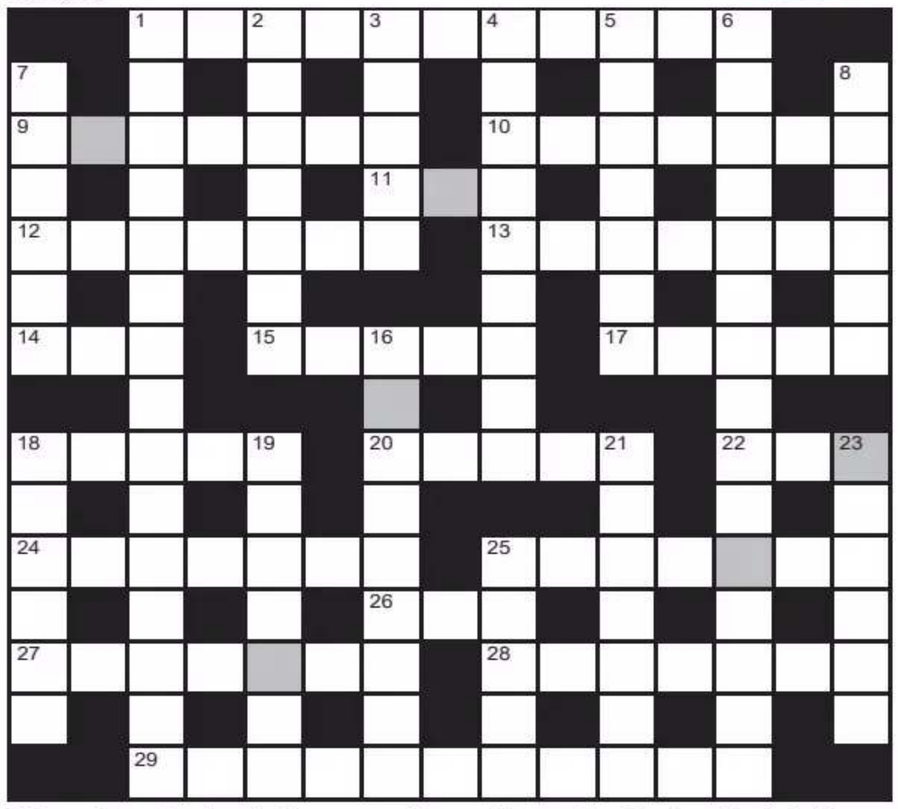
With four hearts going just one down, you were right to press on to 4♠.

HEATHER DHONDY

CRYPTIC CROSSWORD

WIN £500

No 17,419



FOR your chance to win, solve the crossword to reveal the word reading down the shaded boxes. **HOW TO ENTER:** Call **0901 293 6233** and leave today's answer and your details, or **TEXT 65700** with the word **CRYPTIC**, your answer and your name. Texts/calls cost £1 plus standard network charges. Or enter by post by sending the completed crossword to Daily Mail Prize Crossword 17,419, PO Box 28, Colchester, Essex CO2 8GF. Please include your name and address. One weekly winner chosen from all correct daily entries received between 00.01 Monday and 23.59 Friday. Postal entries must be date-stamped no later than the following day to qualify. Calls and texts must be received by 23.59; answers change at 00.01. UK residents aged 18+, excl NI. Terms apply, see Page 52.

ACROSS

1 Give up allotment, maybe, and no longer act normally? (4,3,4)
9 Prevent Oscar and Victor getting stuck into a bite at work (7)
10 Wary about protection for a boxer? (2,5)
11 Fellow in front of a lake and river in Cornwall (3)
12 Thus incline to include ordinary single musician (7)
13 Revenue in middle of June and November is available? (7)
14 Row exposing new fib (3)
15 Preliminary inspection in park by Anglican church (5)
17 Old man no good before onset of sharp twinges (5)
18 Doctor is first person with director in charge (5)
20 Indentation on a surface in broken cot in northern hotel (5)
22 One on bench is refined? Not half (3)
24 Alcoholic drink is newer I'd suspect (3,4)
25 Broadcaster starts to like attracting rare kestrel — or other bird (7)
26 Proust on a regular basis has humdrum routine (3)
27 Singer admitting source of mistake makes one feel fearful (7)
28 View over wing (7)
29 Insubstantial cover for television (5,6)

DOWN

1 Powerful teacher in flat needs wayward son to show prudence (15)
2 More dubious engineer is heard (7)
3 Taking article trailed by paper (5)
4 European with liberal university in short time getting salary (9)
5 Show joy with journey by plane first off ahead (5,2)
6 A contrasting kit developed for place with radar? (8,7)
7 Inspector is given large bite (6)
8 A high-ranking mafia figure is very attractive guy (6)
16 Charlie has gone off device with line to get slender fish (6,3)
18 Terms I altered as plus points (6)
19 This person's trapped by snake in Portuguese city (7)
21 Husband on way possibly with anger getting out of control (7)
23 Bachelor has a piece on board for cooking in oven (6)
25 Uncomplaining type detained by airlines to Iceland (5)

NEED A CLUE? Text **TIP** to **65700** to receive FOUR answers to today's crossword, or call **0901 293 6236**. Texts and calls cost £1 plus standard network charges. Today's clues available between 00.01 today and 23.30 only.

SOLUTIONS TO YESTERDAY'S PUZZLES

SUDOKU

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

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

PRIZE SUDOKU

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

WORD SEARCH
Missing: SUPERWORM

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

HIDATO

			63					
	31	62	33	34	59			
27	30	29	32	61	60	35	58	57
26	28	16	1	2	36	37	40	56
25	23	17	15	3	38	39	41	55
24	22	18	13	14	4	42	54	52
21	19	12	7	5	44	43	51	53
20	11	8	6		45	46	48	50
10	9						47	49

KAKURO

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

NINE TO FIVE

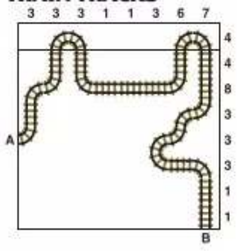
	O	V	S	
S	T	O	U	T
S	H	I	R	T
S	E	D	G	E
	R	S	E	

DOUGHTIER

CROSS NUMBER

				24
3	9	5	8	25
6	4	7	2	19
8	5	9	6	28
4	3	8	4	19
21	21	29	20	20

TRAIN TRACKS



WORD WHEEL: ergo, goer, gone, goner, gore, govern, governor, grew, groove, groover, grove, grower, ogre, oven, over, overgrow, **overgrown**, owner, regrow, regrown, roger, rove, rover, rower, vower, wooer, wore, wove, woven, wren, wronger.

GENERAL KNOWLEDGE CROSSWORD
ACROSS: 8 Churlish. 9 Liners. 10 Masher. 11 Spritzer. 12 Perianth. 13 Nelson. 14 Adam. 16 Perse. 17 Hook. 18 Clarke. 20 Imperial. 23 Branding. 24 Kewell. 25 Junior. 26 Apricots.
DOWN: 1 Phrase. 2 Archaism. 3 Mirren. 4 This Charming Man. 5 Florence. 6 Instil. 7 Free solo. 15 Delirium. 16 Premiere. 17 Herdwick. 19 Ranvir. 21 Pakora. 22 Arlott.

30-SECOND CHALLENGE

START on left with number given and follow instructions as you go across. In 30 seconds, beginners have to complete their own challenge; intermediates have to complete their own challenge and the beginner's; advanced players have to complete their own challenge and the intermediate's.

SOLUTION BELOW

www.30secondchallenges.com

											YOUR ANSWERS
Beginner	96	1/4 OF IT	÷8	TIMES ITSELF	×11	+1	1/4 OF IT	×3	DOUBLE IT	÷5	
Intermediate	1/4	×116	+70	2/3 OF IT	+6	7/9 OF IT	5/14 OF IT	×11	25% OF IT	-27	
Advanced	42	×3 1/3	LESS 45%	×11	+103	LESS 20%	25% OF IT	3/5 OF IT	33 1/3% OF IT	×15	

KENKEN

1	3	2	4	6	5
2	4	3	1	5	6
3	1	6	5	4	2
4	2	5	6	1	3
5	6	1	2	3	4
6	5	4	3	2	1

SUDOKU X

6	3	2	1	5	4
1	4	5	3	6	2
4	5	1	2	3	6
2	6	3	5	4	1
3	1	6	4	2	5
5	2	4	6	1	3

KILLER SUDOKU

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

GOGEN



CRYPTIC CROSSWORD No. 17,416
ACROSS: 1 Passion fruit. 8 Insight. 9 Novella. 11 Adulterate. 12 Brad. 14 Pretence. 16 Ladder. 17 Tab. 19 Insure. 21 Raclette. 24 To-do. 25 Imperative. 27 Drachma. 28 Iceberg. 29 Amphitheatre. **DOWN:** 1 Posture. 2 Sightseers. 3 Interact. 4 Ninety. 5 Rove. 6 Ill-bred. 7 Disappointed. 10 Alderley Edge. 13 Parliament. 15 Ear. 18 Baseline. 20 Sidearm. 22 Trireme. 23 Impact. 26 Shah.

MAILWORD
ACROSS: 1 ABBA. 5 Spasm. 10 Bream. 11 Haste. 12 Assam. 13 Inter. 14 Lot. 15 Off. 17 Rag. 18 Inst. 20 At home. 22 Early on. 24 Bulges. 26 Bomb. 29 Ell. 30 Mel. 32 Mar. 33 Steve. 35 Iceni. 37 Erred. 38 Surge. 39 Tasty. 40 Peso. **DOWN:** 1 Arson. 2 Bestsellers. 3 Baa. 4 Ammo. 5 Shifty. 6 Pan. 7 Astronomers. 8 Steam. 9 Merge. 10 Bali. 16 False. 19 Tag. 21 Hob. 23 Remedy. 24 Beset. 25 Ultra. 27 Mango. 28 Brie. 31 Lisp. 34 Vet. 36 Cue.*

WORLD'S SMALLEST, HARDEST CROSSWORD — ACROSS: 1 Roc. 4 Meri. 5 Raze. 6 Ido. **DOWN:** 1 Read. 2 Orzo. 3 CIE. 4 MRI.

SOLUTIONS TO TODAY'S PUZZLES

QUICK QUIZ: 1 1950s. 2 Macbeth. 3 Daleks. 4 Seven. 5 Four.

MINDBENDER:
1 23 emails. 2 They all form new words with the suffix –flower. 3 David Baddiel. 4 Salzburg, a city in Austria; the others are cities in Germany. 5 One way is u, us, sun, runs, nurse, ensure, tureens, dentures, sauntered, understate.

MASTERQUIZ:
1 Two. 2 Pat Garrett. 3 Indian. 4 Hulk Hogan. 5 Jupiter. 6 Utah.

HONEYCOMB:
1 Prefer. 2 Rewire. 3 Ribbed. 4 Became. 5 Matter. 6 Ethnic. 7 Citric. 8 Irking. 9 Gnawed. 10 Waddle. 11 Detail. 12 Treats.

KUROSU

O	X	X	O	O	X
X	O	O	X	O	X
O	X	X	O	X	O
X	O	O	X	X	O
X	O	X	O	O	X
O	X	O	X	X	O

30-SECOND CHALLENGE:
Beginner: 30.
Intermediate: 28.
Advanced: 570.

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