

90p



2024 NEWSPAPER OF THE YEAR

THURSDAY 8 AUGUST 2024  
Number 4,278

LIFE

Children would have cost me my career – so I refused

by Kate Lister



P32



EXCLUSIVE

## Ministry of Defence orders urgent cuts

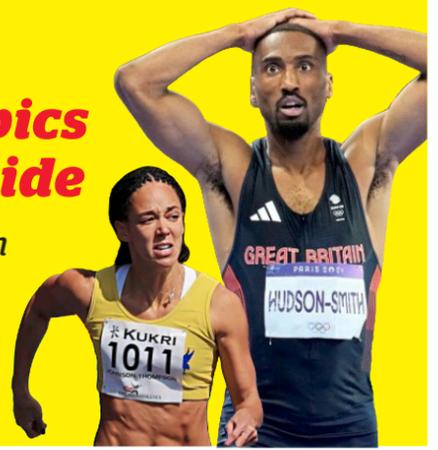
- » Leaked letter calls on contractor to make 'hard choices' on savings within 36 hours
- » Admiral West warns hardware will be hit

P11

PARIS 2024

## Your Olympics pull-out inside

- » Johnson-Thompson kicks off Olympic medal quest
- » Hudson-Smith is pipped to the gold



ANALYSIS

Harris hopes 'guy's guy' will bring men to Democrats

by Emily Maitlis



P19

# Far-right rioters face football ban as ministers bid to curb unrest

### Thousands join anti-racism protests after three men are jailed

- » Rioters involved in violence could be barred from football matches as police probe links with hooliganism, **i** learns
- » Ministers battling to find deterrent as far-right agitators fuel wave of public disorder after Southport knife attacks
- » Riot police on standby 'for foreseeable future' as thousands of anti-racism protesters gather and King seeks daily updates
- » First rioter jailed for three years after punching officer in Southport, with two more imprisoned and 140 charged
- » Prison governors and lawyers tell **i** justice system is too stretched to cope with 24-hour courts after 400 arrested



Anti-racism protesters in Walthamstow GETTY

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WORLD

Putin rails at Kyiv after forces 'seize small town' in cross-border raid

P27

FOOD

How health experts eat to beat the afternoon slump



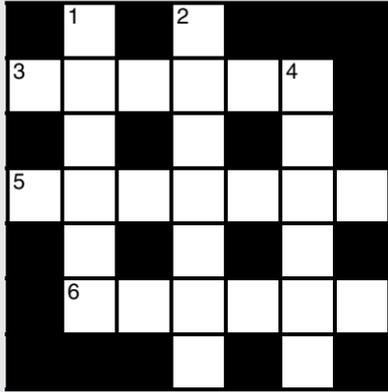
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PEOPLE

The celebrity it's impossible to dislike



P36



**The Five-Clue Cryptic Crossword No 4278**

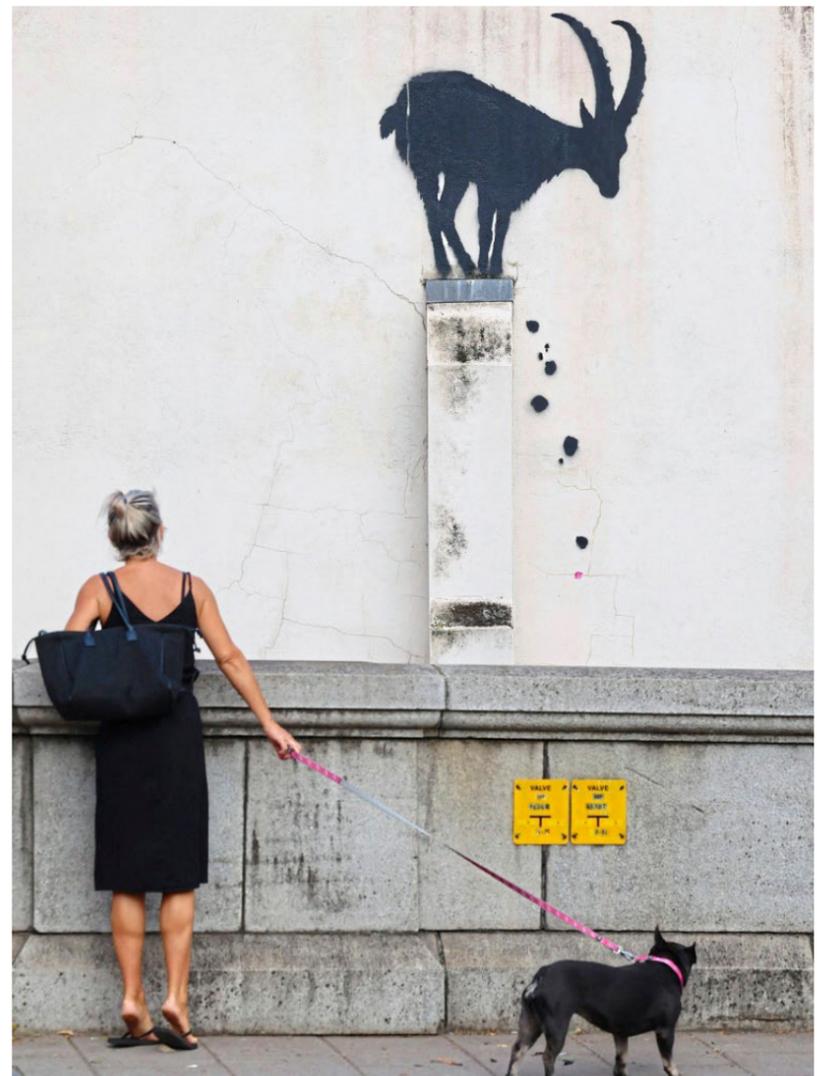
**Across**

- 3/5 How's MP sent out to perform field event (6,4,3)
- 6 IT nerd somehow producing dating app? (6)

**Down**

- 1 Fred and Ginger film that includes old piano (3,3)
- 2 Creature keeping dry at the bookies possibly? (7)
- 4 Starts to sample an unusual central European ragout dish (6)

**Solution, page 41**



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### Banksy is monkeying around

Banksy has posted an artwork of three monkeys as the third piece of a new animal-themed collection.

It is the third black silhouette composition that the Bristol-based street artist has claimed credit for since Monday. Yesterday he posted an image on Instagram of the monkeys looking as though they were swinging on the bridge of an east London Tube station. Three

monkeys are a reference to the Japanese proverb "see no evil, hear no evil, speak no evil", though in this work they are not covering their eyes, ears or mouths.

When the artist has appeared in public he has worn a monkey mask, and he depicted a chimp-faced monarch in black and the colours of the Union flag for the late Queen's Golden Jubilee. GETTY



#### INSIDE...



### Begum loses appeal

Court rules against Shamima Begum »

P10



### Mail goes all royal

Stamps mark Tower's history »

P14



### Kyiv forces in cross-border raid

Ukrainians 'seize small town' »

P27

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# The News Matrix

The day at a glance



THURSDAY

8

AUGUST

## Quote of the day



You only live once - but if you work it right, once is enough  
JOE E LEWIS



## Birthdays

Dustin Hoffman, actor, 87; Princess Beatrice of York, 36; The Edge, guitarist, 63; Shawn Mendes, singer, 26; Roger Federer, tennis player, 43; Katie Leung (pictured), actress, 37



## Anniversaries

**Saturday 9 August 1958**  
The 17-year-old singer Cliff Richard is signed by EMI to its Columbia label. His first single "Move It" was released on 29 August and reached No 2 in the UK charts.

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An eagle, a birdie... and now a wallaby on the fairway  
See p.17

### AUSTRIA

## Swift gigs cancelled amid terror fears

Taylor Swift's three concerts in Vienna have been cancelled after the government confirmed a planned attack at the stadium, the organiser said yesterday. "With confirmation of a planned terrorist attack, we have no choice but to cancel the three shows for everyone's safety," Barracuda Music said.

### ENERGY

## Dublin and Belfast to miss 2030 target

Northern Ireland and Ireland will miss their 2030 renewable energy target by at least two years, Cornwall Insight has forecast. It said 70 per cent of the grid will be using renewable sources by 2030, rather than the 80 per cent goal. Their systems have the highest wind contribution in the world.

### SPAIN

## Catalan leader to return from exile

The Catalan separatist leader Carles Puigdemont has said he is returning to Spain after seven years in exile, where he is likely to be arrested over his role in the 2017 independence bid. "I have started the return trip," Mr Puigdemont said on X, adding he intended to attend a session of the Catalan parliament today.

### TELEVISION

## Thousands write to Ofcom over 'GMB'

More than 8,200 complaints about Monday's *Good Morning Britain* have been submitted to Ofcom. There were accusations of a conflict of interest after Ed Balls interviewed his wife, Home Secretary Yvette Cooper, and criticism of how he and co-host Kate Garraway questioned Labour MP Zarah Sultana.

### AUSTRALIA

## Man charged with theft of 'Bluey' coins

A man has been charged by police with stealing more than A\$600,000 (£309,000) worth of limited-edition coins based on the hit children's television show *Bluey*. A total of 64,000 unreleased \$1 Bluey coins had been stolen from a warehouse in Western Sydney, where Steven John Neilson, 47, allegedly worked.



### VENEZUELA

## Opposition leader will not attend court

Venezuelan opposition candidate Edmundo Gonzalez will not appear before the country's high court for a hearing related to an election audit requested by President Nicolas Maduro. Venezuela's Supreme Tribunal of Justice has ordered Mr Gonzalez and the other eight candidates in the presidential election to attend hearings.

### NHS

## Six under-18s gender centres to open

Six new regional centres created to support under-18s struggling with their gender identity will open over the next two years with the first in Bristol, NHS England has confirmed. They will join two existing clinics as part of an overhaul of gender services for young people. The emphasis will be on providing a more holistic approach. **PAGE 15**



## The List

### Thinking big in the bathroom

It is in the bathroom, not the office, where Britons come up with some of their most creative thoughts, with 66 per cent of people saying they have dreamt up ideas while on the loo. Research for toilet paper brand Who Gives A Crap found that 18 per cent of people were inspired to make a life-changing decision while in their bathroom. These are the top 10 reasons for feeling creative there:

- 1 It is a quiet/calming space
- 2 It is free of distractions/alone with my thoughts
- 3 It has a good energy
- 4 It has lots of natural light
- 5 It is organised and tidy
- 6 It feels spacious
- 7 It has comfortable furniture
- 8 It has a good view
- 9 It is decorated in a way that inspires me
- 10 It contains all the tools and materials I need



### ENTERTAINMENT

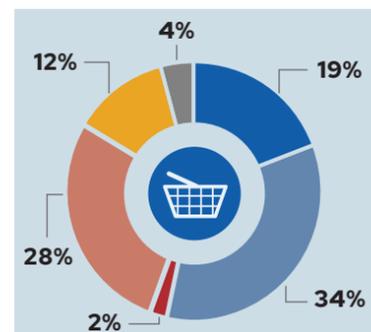
## Online gaming may be hit by strike

Online games could be first to be hit by the video game acting strike if the dispute is not resolved quickly, according to a union boss. Performers in the industry walked out on 26 July after a failure to reach an agreement over the use of generative artificial intelligence in development. Members of union SAG-Aftra, which represents about 2,500 performers, recently staged a picket outside the Burbank, California, offices of Warner Bros, one of 10 game companies negotiating with the union. They said their offer gives workers "meaningful protections" but SAG-Aftra has disagreed.

### Foreign aisles

How do you feel about supermarkets in a foreign country?

- I love them
- I like them
- I dislike them
- I don't take a view either way
- I've never been to a supermarket in a foreign country
- Don't know



3,688 GB adults surveyed; 6 August 2024  
percentages rounded SOURCE: YOUNG&Rubicam

### ThePage3Profile

## DAISY RIDLEY, SPEAKS ABOUT GRAVES' DISEASE

### More than just stress

Star Wars actress Daisy Ridley has said she thought she was just "annoyed at the world" before being diagnosed with Graves' disease, an autoimmune condition that predominantly affects women. Ridley, 32, attributed the symptoms - including weight loss, fatigue and hand tremors - to coming off the back of a strenuous filming job. "I thought, well, I've just played a really stressful role, presumably that's why I feel poorly," she told *Women's Health*. Now she has spoken about her diagnosis for the first time in the hope of helping other women.

### Shining a light

Since being diagnosed with the rare condition, she hopes to raise awareness among women as "it's just normalised to not feel good", she said. "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.' "We all read the stats about women being undiagnosed or underdiagnosed and [it's about] 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.' " The actress, best known for playing Rey in recent Star Wars films including *The Force Awakens* and *The Last Jedi*, didn't realise how bad she'd been feeling until she started getting better following treatment and lifestyle changes. "I didn't realise how bad I felt before," she said. "Then I looked back and thought: 'How did I do that?'"

### Don't suffer in silence

Graves' disease is a disorder that affects the thyroid gland.  
Jessica Rawnsley

### SECURITY

## MI5 uncovers new 'Stakeknife' papers

Security service MI5 has discovered hundreds of documents relating to the IRA agent known as "Stakeknife", which were not previously disclosed to a major police investigation. Operation Kenova has spent years examining the activities of the agent, Belfast man Freddie Scappaticci, at a cost of £40m. It issued an interim report earlier this year. Sir Iain Livingstone, who is leading the operation, said the latest development was "of great concern". Scappaticci, who died last year, operated for the British Army during the 80s. He has been linked to at least 14 murders.



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## WALES

**Seagrass meadows to restore habitats**

*Game of Thrones* star Iwan Rheon has been leading the UK's biggest underwater habitat restoration project off the north Wales coast. More than 1.5 million seagrass seeds have been harvested from around the Llyn Peninsula. They will be used to plant underwater meadows to support thousands of sea creatures.

## ANIMALS

**Maximus's seal of approval for dinghy**

Maximus the seal has developed a taste for "borrowing" a yellow dinghy from a Welsh boat trip company, having commandeered the vessel almost every day for a more than a decade. But Pembrokeshire Islands Boat Trips does not mind. Gareth Reynolds, from the company, said: "He's our resident seal."

## SOCIAL MEDIA

**Mountain posts spur hike in rescues**

Instagram and TikTok beauty spots are putting more strain on mountain rescuers as walkers follow social media posts and put themselves in danger, said Ogwen Valley Mountain Rescue. This year's record call-outs reflected an increase in visitors to Eryri, and the rise in people publishing videos of the park.

## MEDIA

**'Towie' star's ad for depression banned**

An advert posted by TV personality Gemma Collins on Instagram for a headset marketed as a treatment for depression has been banned by the Advertising Standards Authority. It said that the ad, posted in May 2023, had encouraged people "to take treatment for depression into their own hands".

Letter from the  
Policy Editor  
**Jane Merrick**  
i@inews.co.uk

*Hard summer ahead*

Hours before last night's expected unrest across England, Sir Keir Starmer warned would-be rioters that they would face the "full force of the law".

The Prime Minister highlighted on X/Twitter the first sentences – of up to three years in prison – handed down to some of the perpetrators responsible for the violence sparked by the Southport attack.

It is clear he hopes that the tough jail terms will be enough to deter many people thinking of joining what some predicted would be as many as 100 separate protests outside immigration centres and other targets – many of which failed to materialise.

Yet even if the crackdown on rioters did have a deterrent effect, the unrest of the past week has still put Sir Keir's premiership to the test.

A former director of public prosecutions who spent the election campaign vowing to be strong on law and order has been forced to preside over outbreaks of lawlessness on the streets of England.

The Prime Minister cannot be accused of being slow to respond to the rioting – he has issued several on-camera public statements and convened the Government's emergency committee Cobra twice.

However, some leaders find themselves buffeted by, rather than shaping, events.

As the disturbances continue, the Government faces other crises.

Planning meetings are continuing in the Foreign Office for a possible emergency evacuation of thousands of Britons from Lebanon in the event of an all-out war with Israel.

And, as i reports today on page 11, the Ministry of Defence has given its major suppliers just 36 hours to come up with ideas for immediate cuts to deal with significant budget pressure.

It is only a month into Labour's time in Government, but it is turning into a testing summer for the Prime Minister.

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## PROTESTS

# Anti-racism protesters turn out in

By Euan O'Byrne Mulligan and Jane Merrick

Riot police will be on standby for the “foreseeable future” amid fears of more far-right violence, senior officers have said, after thousands of anti-racism protesters gathered to face down further riots.

Police forces had braced for more than 100 far-right disturbances in 41 of the 43 force areas in England and Wales last night, after plans to target immigration centres and lawyers' offices were circulated on social media.

Around 30 counterprotests were also expected. As **i** went to press,

these heavily outnumbered the rumoured far-right gatherings, with thousands of anti-racism protesters on streets in cities including Newcastle, London, Brighton and Bristol.

In other places, high streets were almost deserted as businesses shut early and boarded their windows amid fears the UK could experience its worst night of public disorder since the 2011 riots.

GP surgeries were closed to patients and workers were told to go home early, while the Government had already announced mosques would be given extra security.

Ethnic minority staff at an NHS

hospital in northern England were being offered increased security for the rest of the week.

A so-called “standing army” of 6,000 specialist police officers had been mobilised to respond to any outbreaks of violence last night, with more than 1,300 in London alone.

Assistant Chief Constable Mark Williams, who oversees national police co-ordination, said riot police were expected to stay on standby for the “foreseeable future”, including through the weekend “and beyond”.

He said officers would continue to be deployed until “the end of the disgusting scenes we're seeing across the country”, after days of violence fuelled by misinformation over the killings of three girls in Southport, Merseyside.

More than 400 people have been arrested in connection with the disorder. The Prime Minister has vowed “swift justice” for those involved, with three men handed the first Crown Court sentences for their roles in rioting yesterday.

The Crown Prosecution Service said the number of people charged stood at more than 140 yesterday, as police chiefs warned rioters they could “expect a knock at the door”.

It emerged yesterday that the King has asked for daily updates about disorder, although he is not expected to make any immediate interventions or visit any affected areas.

Ahead of last night's predicted unrest, dispersal orders had been put in place for many of the locations named as targets, including areas of Carlisle, Lincoln, Derby, Durham, South Liverpool and Leicester.

In Bristol, one arrest was made after a brick was thrown at a police vehicle, despite an overwhelmingly peaceful anti-racism protest. Arrests were also made in Dover and Blackpool, where seven people mounted a roundabout with a Union Jack flag and racist chants were heard.

At least eight people were arrested following disorder in Croydon, south London, which police described as “pure anti-social behaviour”. Three people were also arrested in Northampton.

There were also angry exchanges in Aldershot as police officers rushed in to separate a group chanting “refugees are welcome here” from another replying “stop the boats”.

Thousands of anti-racism protesters thronged the streets in Walthamstow, north-east London, where a planned 7pm demonstration outside an immigration centre had failed to materialise. Some carried banners reading “Oppose Tommy Robinson” and “Refugees Welcome”.

Hundreds of anti-fascist demonstrators also gathered in Liverpool, Birmingham and Brighton.



## COURTS

## Suspect denied bail shouts obscenities

By Christian Oliver

Raising his middle finger at the judge, Matthew Wilson punched the glass of the dock as he was refused bail after denying racially aggravated assault and public order offences during rioting in Manchester.

Repeatedly, Wilson, punched the glass front, shouting obscenities at Manchester magistrates' court after he pleaded not guilty yesterday.

The 31-year-old from Rossendale, Lancashire, is accused of making racist comments and randomly attacking an Asian man in Manchester city centre on Monday.

After being denied bail, Wilson said: “I've had nothing to do with the riots.”

Wilson is one of over 400 suspects who have been arrested following widespread riots that have swept the country following the Southport killings.

Dozens of suspected rioters have already had their day in court as part of fast-track prosecutions linked to far-right disorder.

At Liverpool Crown Court,

Derek Drummond became the first person to be handed a prison sentence in connection with the rioting after pleading guilty to violent disorder.

Drummond, 58, from Southport, had rampaged through the streets of the Merseyside town as unrest broke out following last week's stabbing attack at a dance class.

“Shithouses,” Drummond was yelling at a police cordon line last Tuesday while officers attempted to quell the unrest that had been stoked by social media misinformation wrongly branding the stabbing suspect a Muslim asylum seeker.

Told to get back, Drummond lunged forward and punched the officer in the face, bodycam footage showed.

“I'm a fool,” Drummond admitted after losing his job and handing himself into police following a public appeal.

The judge told Drummond that he had “hijacked” the “genuine and collective grief” felt by Southport residents following last Monday's stabbings to take part in “callous behaviour”.

He showed no reaction as he was jailed for three years.



Matthew Wilson (left); Derek Drummond received a three-year jail term



**i** Last night the Home Secretary, Yvette Cooper, said on social media: “Thank you to all the police officers working tonight to protect and support local communities.”

## JUSTICE

## Organising riots online could bring terror charges

By Chloe Chaplain  
SENIOR POLITICAL CORRESPONDENT

Online organisers of violent riots and attacks linked to recent far-right protests could be convicted of terror offences, facing tougher punishments and longer jail time.

Those caught using social media to incite others to target a particular place, community or group of people could be convicted under terror laws, **i** understands.

This could extend to those who shared a list of specific immigration law firms and encouraged violent demonstrations against them last night.

Ministers have promised the toughest punishments for those taking part in criminal activity linked to the recent disorder.

The Director of Public Prosecutions (DPP), Stephen Parkinson, confirmed that one case of alleged terrorism is “actively under consid-

eration” but said no one had yet been charged under terror laws.

He said the Crown Prosecution Service would take every possible action to bring about the toughest consequences for lawbreakers, including terrorism charges.

Governments sources would not say whether the Prime Minister, Sir Keir Starmer – a former DPP himself – had spoken to Mr Parkinson (*inset*) about the tough approach.

But they said there had been a conscious decision that Government departments, ministers and agencies speak with one voice to try to deter people from taking part in the riots.

Officers investigating the outbreaks of violence are working closely with counterterrorism police and “scouring the internet and social media”, Mr Parkinson said.

He said that “most” criminal activity during the riots was “adequately covered by the normal criminal law”.



# force as riot police left on standby



Counterprotesters filled the centre of Walthamstow, north-east London, yesterday  
ALBERTO PEZZALI/AP

## JUSTICE

### 'Shock and awe' tactics used to quell 2011 riots 'would fail'

Criminal lawyers warn there is no capacity and not enough solicitors for 24-hour courts to work. By **Lizzie Dearden**

Quelling this summer's riots using 24-hour courts and "shock and awe" tactics used in 2011 would overwhelm the system and "fail", prison governors and criminal lawyers have warned.

In reality, they say a "drip-drip type approach" to meting out justice is the only way to ensure an already overloaded courts and prisons system can cope.

Carl Davies, vice president of the Prison Governors' Association, said: "More than 400 people have been arrested and if they were going to be immediately charged and remanded in custody that would cause a serious issue.

"We have incidents where it's physically impossible getting people from court to the nearest available prison space."

Criminal lawyers say there is "no capacity" and not enough solicitors to allow 24-hour courts to work.

Their warnings come after the Home Secretary, Yvette Cooper, promised "swift justice" and Diana Johnson, the policing minister, pledged a "nick them quick" approach.

The Prime Minister, Sir Keir Starmer, has said he expected those involved in the riots are "likely to be dealt with within a week".

But in August 2011 rioters were being jailed the day after their crimes thanks to the late-night court sittings in response to that summer's street violence.

The prospect of 24-hour courts being used this summer has been reported widely.

The justice minister Heidi Alexander said courts were "willing to consider requests" from police and prosecutors to trigger the protocol that would allow them to sit overnight, while a spokesperson for the judiciary said the situation remained "under review".

But Mr Davies said the "shock and awe approach" of 13 years ago was no longer possible.

"If they were to come in in the same ways as they did in 2011, with magistrates doing all-night sittings and local prisons receiving inmates from dawn until midnight, the system would fail," he told *i*.

"It's just a fact of capacity and demand. I think we will get through it, but having to do it in slow time will help us."

Tana Adkin KC, chair of the Criminal Bar Association, told *i*: "From our perspective we don't have the resources any more to

operate 24-hour courts. In 2011 there were many more criminal advocates and more solicitors than there are now.

"The lack of solicitors has been at a critical level for some time, with some areas having no Legal Aid lawyers [who defend those who cannot pay for representation] in practice."

The Criminal Law Solicitors' Association said its members were "very concerned" about the prospect of 24-hour courts and had written a letter to the Ministry of Justice on Monday warning that "there is no capacity in the system".

Mr Davies said it was already "touch and go" on whether new contingencies would be needed to relieve prison overcrowding before a new early release scheme starts in September.

This week the Government announced that more than 500 new prison places would be opened over the next month, as Downing Street insisted there would be enough free prison cells to "lock up anyone involved" in the rioting.

But Mr Davies is concerned that the new places, mainly at two jails in Kent and Rutland, will not be ready in time and are not in areas where the riots took place.

"They are not going to come on overnight, they will come on during the coming weeks," he said, adding that dispersing those imprisoned around the country would cause problems with escorting.

He said that quicker sentencing of rioters would only exacerbate the problems: "If we were to see the same level of people come into custody at the same rate as we did during the 2011 riots that would

overwhelm us, we would struggle to cope with that."

Insiders say that while quick charges may be possible for people accused of crimes such as criminal damage and assaulting police officers, it is expected to take longer to bring cases against those who have allegedly incited disorder and hatred online.

Ms Hanson said the large number of rioters being bailed together with the low number of arrests in comparison with 2011 - when more than 3,000 people had been arrested nine days after riots first broke out - meant that late-night court sittings had not been needed.

Investigations are also believed to have been made more complex compared with a decade ago when video cameras were not a basic feature in mobile phones. Police are having to examine devices and trawl through vast amounts of video evidence posted on social media following the current disorder.

Meanwhile, the limited capacity in the system means the Operation Safeguard scheme that uses police cells to hold prison inmates temporarily in the North West, North East and Midlands could have to be suspended in some areas due to the riots, *i* has learned.

A senior police source said that police custody capacity was stable but being closely monitored, adding: "If custody suites need to be freed up they will be."

A spokesperson for the Ministry of Justice said that triggering the additional courts process was a decision for the judiciary and that prison capacity was not affecting the treatment of rioters.



Deputy Prime Minister Angela Rayner visits a Holiday Inn Express in Rotherham yesterday after it was vandalised on Sunday; below, a charity shop is boarded up in Southend  
CHRISTOPHER FURLONG/REUTERS; JOHN KEEBLE/GETTY



The large number of arrests during riots in 2011, which began in Tottenham, north London, led to a 24-hour court operation to process the cases  
GETTY

## SOCIAL MEDIA

# Russia-linked accounts incite violence and racism

By Alexa Phillips

Russia-linked social media accounts have incited violence and racism in online groups discussing the far-right disorder that has engulfed the UK.

Analysis of posts in Telegram channels which have promoted violent protests in several towns and cities found accounts claiming to be run by Russian supporters of the far right urging protesters to “destroy” Muslims in Britain.

A UK intelligence source said social media account “bots” linked to Russia had been responsible for stoking violence during the course of the rioting as a form of “covert influence”.

There is no suggestion that the accounts are linked to the Russian state.

The Prime Minister’s spokesman said the Government has “seen bot activity online, much of which may well be amplified by foreign-state actors amplifying some of the disinformation and misinformation that we’ve seen”.

The official declined to give more detail about which states may be involved, but added: “The disinformation that we’ve seen online attracts amplification from known bot activity, which can be linked to state-backed activity.”

It comes after it emerged that initial disinformation that the teenager accused of killing three girls in Southport was an asylum seeker who had crossed the English Channel can be traced back to Channel3 Now, a Russia-linked website that claims to be a legitimate American news outlet.

Channel3 Now incorrectly claimed the suspect was an asylum seeker named Ali al-Shakati, and circulation of the name was boosted by thousands of other accounts on X.

As the protests unfolded, two key far-right Telegram channels linked to the protests were flooded with

**i** A Telegram spokesperson said: “Telegram’s moderators are actively monitoring the situation and are removing channels and posts containing calls to violence. **Calls to violence are explicitly forbidden** by Telegram’s terms of service.”

words of encouragement from people purporting to be from Russia.

Telegram, an encrypted messaging service, has become a popular forum for protest groups due to the ease with which information can be disseminated and its stringent privacy settings.

One Telegram channel had more than 14,000 members before it was taken down and played a key role in spreading the word about rallies that turned violent, including in Southport last Tuesday.

Messages in the channel include one user saying: “Hello everyone, my name is Luka, I am a right-wing Russian nationalist”. The user then describes wanting to help rioters in the UK, before saying they would turn to violence if they were involved.

A post discussing leafleting about the “demographic demise” of Britons “because of mass immigration” in the channel of far-right group Patriotic Alternative received praise from several accounts claiming to be run by Russians.

One user, who signed off the post with a Russian flag, wrote: “Never back down, the entire world looks on you this night. You’re the ones who give us hope today, a hope that our race still could be saved, at this dark time for white people”.

The same message was posted by another account within minutes – an indicator of bot activity.

Another account posted: “Strength and good luck to you guys, in the fight against black dishonesty!!!! We have the same problem in Russia! We are with you.”

The message was posted more than once in the channel by the same account at the same time.

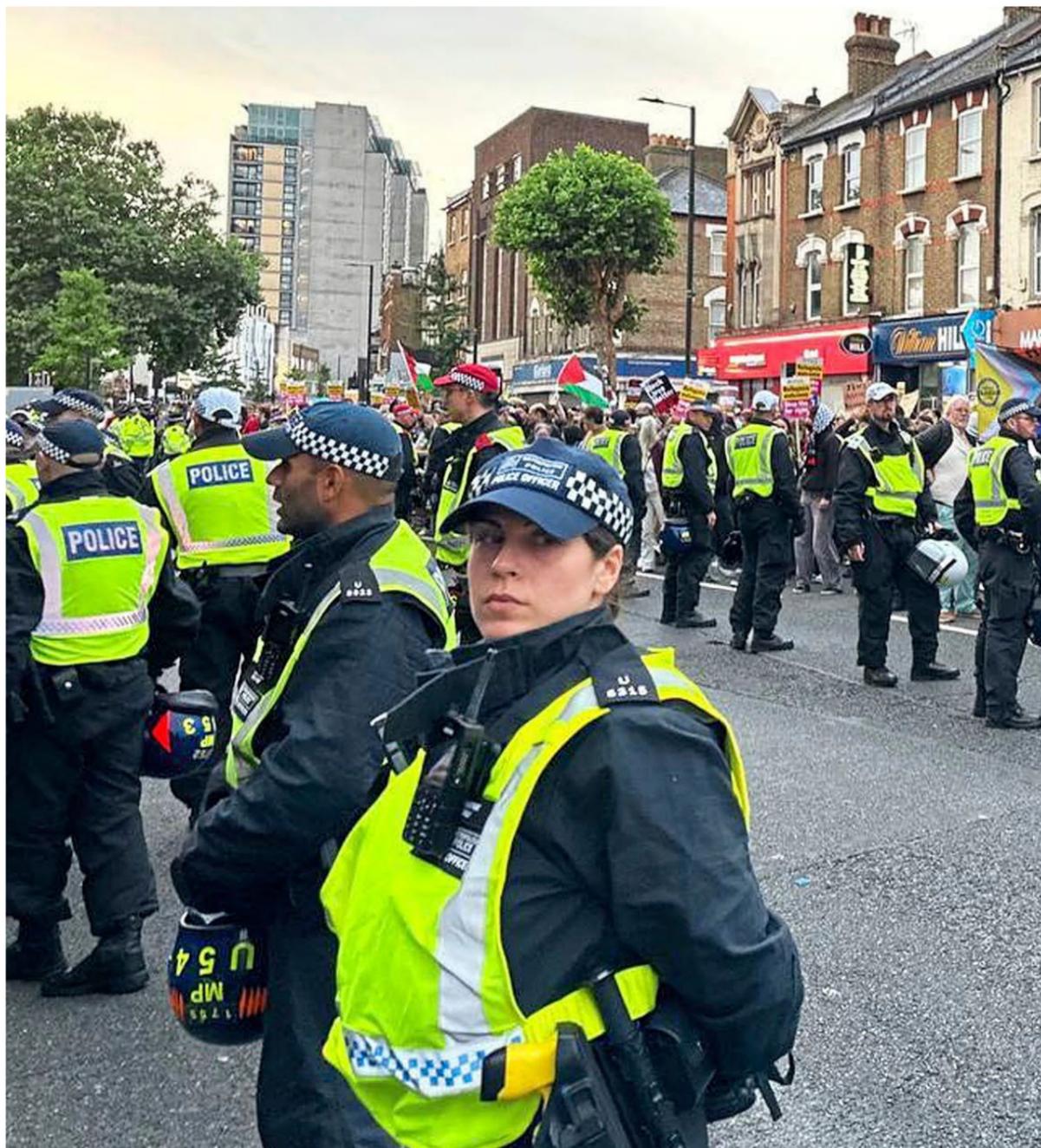
A third account urged channel members to “preserve the white race despite political differences”, adding that “Russia is with you in this fight”.

An account with a name written in Cyrillic proclaimed: “White Power!”

One user asked “What’s with all the Ruskis?” [a disparaging slang term for Russians].

Following this, an administrator said on Sunday that they had woken up to 1,700 notifications about that message.

**i** contacted the Russian embassy for comment.



## COURTS

## Inquests into stabbing victims’ deaths opened and adjourned

By Eleanor Barlow

Inquests into the deaths of the three Southport stabbing victims have been opened and adjourned, as a coroner said it was “impossible to adequately articulate the devastating effects” of the “truly tragic events”.

Bebe King, six, Alice Dasilva Aguiar, nine, and Elsie Dot Stancombe, seven, died after the stabbing at a Taylor Swift-themed dance class in Southport on 29 July.

Inquests into their deaths were

formally opened by senior coroner for Sefton, St Helens and Knowsley, Julie Goulding, at Bootle Town Hall in Merseyside.

Adjourning the inquests to allow the criminal process to take place, the coroner said: “It is impossible to adequately articulate the devastating, life-long effects the truly tragic events of 29 July 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 circum-

stances. The three young children were full of life and energy and will be missed beyond any description.

“I therefore offer my deepest condolences to Elsie’s, Bebe’s and Alice’s parents, families and friends.”

Opening the inquest into Elsie’s death, the coroner’s officer James Martindale told the hearing: “On July 29, shortly before 10am, a group of 26 children, including Elsie, attended a dance yoga studio for an organised dance party.”

He added that between 11.40am and 11.50am a male attended the premises and is alleged to have started attacking those present.

Mr Martindale said: “Three children tragically died and others, children and adult, were injured, some critically.”

No family members were present for the hearing, which lasted about 15 minutes.

Axel Rudakubana, 18, from Banks, Lancashire, will stand trial next year after being charged with three counts of murder, 10 counts of attempted murder and possession of a bladed article in a public place.

Five other children and two adults were seriously injured in the attack.

On Tuesday, Merseyside Police said one child remained in hospital and all other patients had been discharged.



Police arrest a man during an anti-immigration protest in Newcastle yesterday PA



From left, Bebe King, six, Elsie Dot Stancombe, seven, and Alice Dasilva Aguiar, nine, who died in the Southport stabbing on 29 July MERSEYSIDE POLICE/PA



Police officers stand guard during a counter-demonstration in Finchley, north London, yesterday. **AYSU BICER/ANADOLU/GETTY**

## COVER STORY

# Hooligans could be banned from football matches

Exclusive

By David Parsley and Cahal Milmo

Hooligans involved in the far-right violence erupting across the UK could be banned from attending football matches, it has learnt.

Senior ministers are considering the move as police investigations have shown a link with some far-right activists to organised football hooligan groups that have co-ordinated some of the violence.

It is understood the Government is working with the football authorities and football clubs to ensure any fans taking part in disorder, such as throwing missiles at police, are banned from attending matches.

Ministers are looking at using existing powers under The Football Offences Act as soon as this week.

Premier League clubs are working with local police forces and authorities to help identify some of the rioters. A number of clubs are understood to be liaising with local authorities and the police already to impose match bans on identified ticket holders engaging in social disorder this week.

The law allows for any offences committed two hours either side of a match to be prosecuted under the Football Offences Act and for football banning orders to be imposed, but the authorities are looking at ways to extend this to cover the current spate of far-right violence.

A law enforcement source said: "The events of recent days take place against the background of increased football-related disorder we have seen in the last year or so.

"There is liaison to establish what sort of overlap we are seeing between that disorder and what we have seen unfold in places like Rotherham, Hull and elsewhere.



Liam Ryan admitted violent disorder at Manchester magistrates' court

"There are good grounds for thinking that at least some of those who look to cause trouble at football grounds have also been involved in the aftermath of Southport."

Far-right activist Tommy Robinson, who has been accused of fanning the flames of the recent disorder, has previous links to football hooliganism.

Robinson (*inset*), whose real name is Stephen Yaxley-Lennon, had a four-year banning order imposed for punching a fellow England fan outside a stadium in Portugal during a 2019 match against the Netherlands.

Yesterday, a Manchester court heard how one football hooligan admitted violent disorder in Piccadilly Gardens last Saturday.

Liam Ryan, 28, who wept throughout the hearing, had previous convictions for involving himself in large-scale disturbances, particularly at football matches, and was subject to a football banning order.

The football authorities and the Government were contacted for comment.

**i** A football banning order can be imposed for a wide range of offences, from offensive language and the throwing of missiles to physical violence.

## POLICE

## Met chief: two-tier claims are nonsense

By Sophie Wingate

The Met Police chief Sir Mark Rowley has rejected accusations of two-tier policing as "complete nonsense", and said those making the claims were putting officers at risk.

The Government has also dismissed suggestions that far-right riots over the past week have been dealt with more stringently than other recent unrest.

Sir Keir Starmer, who has been dubbed "two-tier Keir" by the US social media boss Elon Musk (*inset*), has called the accusations a "non-issue".

The Prime Minister has also been accused by the Tory leadership contender Robert Jenrick of not being "as clear as he could be" that some disorder emanated from "sectarian



gangs", he told Times Radio. In a video on X Mr Jenrick said sectarian gangs were "in some cases attacking white Britons".

On claims that police are treating some groups more harshly than others, Sir Mark said: "It's complete nonsense.

"We have commentators from either end of the political spectrum who like to throw accusations of bias at the police because we stand in the middle, we operate independently under the law without fear or favour."

He added: "The serious voices who echo those are of more concern to me, because the risk is they legitimise it."

Sir Mark declined to name individuals when asked about X-owner Mr Musk's "two-tier" comment, which appeared to be echoed by Mr Jenrick.

The communities minister Jim McMahon also rejected accusations of two-tier policing.

Speaking of Mr Musk's intervention, he added: "What he's trying to do is to present a case that we treat different communities in a different way and somehow we give special treatment. That is not the case."

## EQUALITY

## Jenrick attacked over comments

By Sophie Wingate

The Tory leadership contender Robert Jenrick has come under fire for saying protesters shouting "Allahu akbar" should be arrested.

Muslim politicians have accused the Conservative MP of "nasty divisive rhetoric" and "textbook Islamophobia" for his comments about the Arabic phrase meaning "God is great". Mr Jenrick told Sky News: "I have been very critical of the police in the past, particularly around the attitude of some police forces to the protests that we saw since October 7. "I thought it was quite wrong that somebody could shout 'Allahu akbar' on the streets of London and not be immediately arrested."

The Conservative peer Baroness Warsi hit out at his remarks, writing on X: "This language from Jenrick is more of his usual nasty divisive rhetoric - he is such a tool."

Mel Stride accused his fellow Tory leadership candidate of being "insensitive. It literally equates every Muslim in the world with extremism."

Mr Jenrick later said: "Context clearly matters hugely here."

## PEOPLE

## Footballer angers fans with tweet

By Richard Wheatstone

A Scottish Premiership footballer is being investigated by his club after sharing a post on social media by Tommy Robinson.

St Johnstone player Cammy MacPherson (*inset*) retweeted a film made by the former English Defence League leader in which he repeats false claims about a Syrian refugee which led to him losing a libel case in 2021.

Robinson, whose real name is Stephen Yaxley-Lennon, promoted the film as "Britain's banned documen-



tary" in a post on X/Twitter, which has now been seen 36 million times.

The investigation comes after supporters voiced anger about the post on social media.

One fan wrote on X: "When you've got lots of good people as Saints do trying to build an inclusive club, having your starting midfielder retweeting f\*\*king Robinson is absolutely minging."

Another said: "Seeing Cammy MacPherson retweeting bile from Tommy Robinson confirms the boy's an absolute clown."

MacPherson later removed the retweet and made his profile private.

## COURTS

# Begum denied leave to appeal on citizenship

By Jessica Rawnsley

Shamima Begum will not be allowed to appeal against the removal of her British citizenship at the Supreme Court, justices have ruled.

Ms Begum had hoped to challenge the Government's decision to revoke her citizenship on national security grounds. But justices at the UK's highest court ruled that the grounds of her case "do not raise an arguable point of law".

The 24-year-old was stripped of her citizenship after she travelled from London to Syria with two



**Shamima Begum at Roj camp in Syria** SAM TARLING/GETTY

school friends in 2015 to join the Islamic State terrorist organisation.

She married an Islamic State fighter after arriving in the country and was later found in a Syrian refugee camp, where she remains.

In 2019, her British citizenship was revoked, leaving her stateless.

She has repeatedly appealed against the decision in an attempt to regain British citizenship. Ms Begum's lawyers argued that the decision was unlawful on the grounds that she was trafficked as a 15-year-old and was denied communication with the then home secretary before her citizenship was revoked.

Speaking to Sky News in 2021, Ms Begum said that she had been groomed for "weeks and weeks and maybe even months and months".

Last year, she lost her appeal at

the Special Immigration Appeals Commission and her case was again dismissed at the Court of Appeal in February.

Delivering the ruling in February, Lady Chief Justice Baroness Carr told the court: "It could be argued that the decision in Ms Begum's case

**i** Ms Begum said that she still had "hopes and dreams" for herself but was living in "hell on earth" after leaving the UK.

was harsh. It could also be argued that Ms Begum is the author of her own misfortune. But it is not for this court to agree or disagree with either point of view.

"Our only task is to assess whether the deprivation decision was unlawful. We have concluded it was not and the appeal is dismissed."

Ms Begum left the UK with two friends: 16-year-old Kadiza Sultana and 15-year-old Amira Abase.

The three girls were dubbed the Bethnal Green trio. All three joined Isis the same year and married men fighting with the group.

## DIPLOMACY

Fears are growing that Chinese aggression could soon plunge the world into a fresh conflict. There are already concerns about China's role in destabilising UK security, after it was linked to a devastating cyber attack on the Ministry of Defence earlier this year. Then last month the head of the British Army warned that it needed to be ready to fight a war with the Asian superpower within three years, as the prospect of a Chinese invasion of Taiwan looms.

General Sir Roly Walker placed China alongside Iran, Russia and North Korea in what he called an "axis of upheaval". It's the kind of mood music that you expect to place UK relations with China into the deep freeze. But the Government and Foreign Secretary David Lammy have very different plans.

Mr Lammy (*inset*) is expected to make a potentially groundbreaking trip to China within months as he tries to forge closer links with Beijing, **i** understands.

The efforts being made by both governments to arrange the visit come as the Foreign Secretary prepares to announce details of an audit of UK-China relations by the middle of October, shaped by a new three-pronged policy to "co-operate, compete and challenge" the communist state.

But he and the Prime Minister, Sir Keir Starmer, want to push ahead with Labour's manifesto pledge for greater engagement with China, after several years of cooler relations under the Conservative government.

The initiative could mean Britain taking a markedly different stance to China compared with two of its biggest allies. While both the US and EU have imposed tariffs on electric vehicles from China, last month the Chancellor, Rachel Reeves, suggested the UK would take a softer approach.

"Our view is that where possible we trade, we co-operate, and we challenge in areas where it's important to challenge but we don't want to close the UK economy down to imports and exports," she told the news agency Bloomberg.

And that difference with the United States in the approach taken towards China could widen. Within weeks of Labour's China



**Taiwanese soldiers during artillery training in Taiwan** DANIEL CENG/ANADOLU VIA GETTY

## Britain's China conundrum: trade ally or security threat?

The Foreign Secretary is trying to reset relations despite dire warnings. By **Jane Merrick** and **Richard Holmes**

audit being announced, voters will go to the polls in November's US presidential election. Victory for Kamala Harris would mark little change in policy from Joe Biden's tariffs, experts have said.

But the potential return of Donald Trump alongside JD Vance as his VP to the White House is likely to herald an even tougher American foreign policy towards Beijing.

Experts also expect a second Trump presidency would shift American focus away from Europe, where war is still raging in Ukraine, towards China and the wider Indo-Pacific region amid fears of a possible invasion of Taiwan before the end of the decade.

This shift could force the UK and its European allies to be increasingly self-reliant.

However, Mr Lammy believes that it is not an "either/or" between the UK focusing on Europe or the Indo-Pacific, and improving relations with China should not come at a cost to security closer to home, sources say.

The Foreign Secretary held his first talks with his Chinese counterpart, Wang Yi, at the ASEAN foreign ministers meeting in Laos last month, which insiders described as "fruitful".

Nato has accused China of being a "decisive enabler" of Russia, including supplying combat equipment for use in Ukraine.

According to sources, Mr Wang pushed back against warnings about Ukraine and denied that China supplies military support to any party in the conflict.

Mr Lammy told Mr Wang the Government wanted to take a "long-term, consistent and strategic approach to UK-China relations".

The Foreign Secretary believes the UK can balance prioritising its own national security, defend human rights – despite China's poor record – and work with Beijing on trade and climate change.

There are questions from experts over whether the audit will be independent or conducted inside the Foreign Office, prompting fears that rather than it being a refresh of relations it will be existing UK policy repackaged to appear new, **i** understands.



## TELEVISION

## 'Strictly' staff faced 'screaming'

By Casey Cooper-Fiske

Members of *Strictly Come Dancing's* crew faced "shouting, screaming and being insulted" while working on the BBC dancing show, according to a former member of production staff.

One runner on the show told BBC News he was called "stupid" for asking for a handover, and was screamed at by a celebrity, who got so close to his face he could feel his spit.

BBC News spoke to 15 current and former members of the programme's crew about working conditions, with some describing a "toxic" environment.

The corporation's commercial arm, BBC Studios, said that it did "not recognise these anonymous claims, nor will hundreds of production personnel who have worked with us". The results of an investigation launched by the corporation are due to be published soon.



## TECHNOLOGY

## Barracks to host space monitoring

By Claudia Savage

An army barracks in Wales is to be redeveloped to host a deep space radar initiative.

The Ministry of Defence (MoD) has announced that the Cawdor Barracks in Pembrokeshire will be the home of the Deep Space Advanced Radar Capability (Darc).

Darc will detect, track and identify objects in deep space in collaboration with radars from the UK's allies.

The programme will create a network of ground-based radars in Australia and the US as well as the UK to provide global space monitoring, increasing the Aukus nations' ability to track objects in space up to around 36,000km away from earth.

The MoD says the capability will benefit these nations' land, air and maritime forces, as well as protecting critical infrastructure.



## ARMED FORCES

# MoD gave suppliers 36 hours to find 'high-level' ideas to cut spending

**Exclusive**  
By Ben Gartside  
SENIOR REPORTER

The Ministry of Defence (MoD) has given its major suppliers 36 hours to come up with ideas for immediate cuts amid significant budget pressures, **i** can reveal.

In a letter sent to defence contractors on Monday, senior civil servants at the MoD demanded companies come up with "high-level, headline ideas" in 36 hours for cost savings, which officials admitted was an "exceptionally tight turnaround".

Contractors were told the MoD needed to "make material in-year savings, through the cancellation or deferral of lower-priority activity", or present plans for efficiency savings "as quickly as possible".

The MoD letter states that min-

isters will need to make some "hard choices" that "align to this Government's target of spending 2.5 per cent of GDP on defence".

Although Sir Keir Starmer has set out his plans to raise defence spending to 2.5 per cent of GDP in future years, no date has been set.

The letter, seen by **i**, suggests that significant savings are needed for this financial year, with contractors asked what areas could be cut while preserving "military capability".

The decision-making process for any cuts is expected to continue throughout August.

Admiral Lord West, who between 2002 and 2006 was the first sea lord and chief of naval staff, said that the MoD's finances were in a poor position and the department faced a multibillion-pound shortfall.

"Clearly the financial position is

far worse than we were being told," he told **i**. "I was told, under the previous Government, that there needed to be £3bn to £4bn of in-year financial savings in the MoD, which is a huge amount. I was given this figure in March or April, and I tried to take the Government to task but they batted it into touch.

"To make these savings, issues like infrastructure, spares and maintenance and training and recruitment of manpower will need to be cut."

One supplier said that savings may include delays to buying military hardware and kit but could extend to the cancellation of some projects.

They also described the fact they had been given less than two days to suggest cuts as "remarkable" and was a sign of how serious were the budget pressures.

"You can't do any clever accounting or anything similar in such a short period," a source said.

Labour has already made cuts across other areas after accusing the previous government of leaving a £22bn hole in the public finances. Last week, the Chancellor, Rachel Reeves, announced plans to scrap both the winter fuel allowance for all pensioners and a planned cap on social care payments in England.

An MoD spokesperson said the inherited public finances were "much worse than expected", adding: "The [National Audit Office] has also confirmed the largest ever deficit in the defence equipment plan.

"This Government will... increase defence spending to 2.5 per cent of GDP as soon as possible."

## Defence Spending target

The Government is committed to increasing defence spending to 2.5 per cent of GDP, as part of a wider effort to improve collective Western defence amid heightened tensions with Russia and China.

The Conservative administration vowed to hit this target by 2030. But Sir Keir Starmer has only pledged to do so when the country can afford it – or, as he has put it, "within our fiscal rules" – and after a review of the UK's defence strategy.

As a member of Nato, the UK is committed to spend a minimum of 2 per cent of GDP on defence, as part of a 2014 agreement between members.

In the 2023-2024 financial year, the UK spent £54.2bn, and an estimated 2.3 per cent of GDP in 2023, according to Nato figures.

However, currently only 11 Nato members out of 30 spend the minimum requirement, with some spending as little as 1 per cent.

Some have called for an even more ambitious target for defence spending in the face of global threats.

In March, the then defence secretary, Grant Shapps, called for spending of 3 per cent of GDP, saying: "Defence is the best way to protect ourselves against a military conflict."

Admiral Lord West said that the letter seen by **i** asking suppliers for budget cuts was "not a positive" step towards hitting the 2.5 per cent goal.

Ben Gartside

**£54.2bn**

UK's expenditure on defence in 2023-2024 financial year

## CONSERVATIVES

## PopCons say members in favour of links to Reform

By Eleanor Langford  
POLITICAL REPORTER

Conservative members are largely in favour of the party welcoming Reform UK members and MPs and quitting the European Convention on Human Rights (ECHR), a poll suggests.

The poll, published by the right-wing Popular Conservatism group – known as PopCon – also suggests that Robert Jenrick is leading the Tory leadership race, closely followed by Kemi Badenoch and Dame Priti Patel.

The poll used responses from 468 Conservative Party members who responded to a survey issued by the PopCon group and did not use an independent polling organisation.

One in five respondents said they had not yet decided who to back in the leadership. But 24 per cent said they would back Mr Jenrick, compared with 23 per cent for Ms Badenoch and 21 per cent for Dame Priti.

All three of the leading candidates have either spoken out in favour of or said they are open to the UK leaving the ECHR, a policy which was backed by a vast majority of the members polled.

More than three-quarters of respondents said they were in favour of quitting the ECHR and repealing the Human Rights Act.

A total of 77 per cent of respondents also agreed that whoever wins the leadership contest should "warmly welcome Reform UK members, supporters, candidates and parliamentarians" into the party.

Just over four in five said they wanted the party to focus on winning back voters from Reform.

Mark Littlewood, a close ally of Liz Truss who set up PopCon, said the results showed that "members want a return to popular conservative policies".

"They want root and branch reform of the party's structures to make it more democratic and they want the wider Conservative family to unite to avoid a future defeat similar to the defeat at the last general election," he said.

Six Tory MPs – Mr Jenrick, Ms Badenoch, Dame Priti, Mel Stride, Tom Tugendhat and James Cleverly – have put themselves forward to be the next Tory leader to succeed Rishi Sunak following the party's disastrous election defeat.



PopCon director Mark Littlewood said Conservative members wanted reform of the party's structures

## FINANCE

## 'Spending on capital projects will go

By Ben Gartside

Nick Davies, a programme director at the Institute for Government think-tank, said that the plan demonstrated the level of cuts public services are set to face in the coming months.

Mr Davies said: "Even making these initial cuts will be hard and all departments will be assessing where in-year savings can be made, including from suppliers.

"However, the pressures from April 2025 onwards will be even greater, and require making

difficult trade-offs on borrowing, taxation and spending.

"The Ministry of Defence will clearly not be immune to such pressures and the scale of saving required is likely to mean that major capital projects will come under scrutiny."

Last December, the National Audit Office (NAO) revealed that the Government was facing a £17bn funding gap for defence equipment over the next decade.

According to the NAO, inflation had outpaced increased defence budgets, adding £11bn to costs.

## DIPLOMACY

# Democrats' priorities likely to keep special relationship on an even keel

By Isabella Bengoechea  
DEPUTY WORLD EDITOR

Tim Walz is "the kind of vice president America deserves", Kamala Harris said at a rally in Philadelphia shortly after naming him as her running mate for the US election.

If the Minnesota Governor does become vice president in November, what will it mean for the UK-US special relationship?

Vice presidents have often held little real power, but 21st-century VPs – including Mike Pence and Kamala Harris – have been elevated to "integral members of an administration, directly involved in shaping policy at home and abroad" and functioning as "super-advisers", according to the US Council on Foreign Relations.

They often have particular influence over foreign policy, and this could help shape the outlook for Britain in relation to key issues including trade, the war in Ukraine and Nato.

As allies sharing democratic principles, language and history, the US and UK enjoy what has long been termed the special relationship.

David Lammy, the Foreign Secretary, has met Harris and is friends with the former president Barack Obama and other senior Democrats.

Dr Adam Quinn, associate professor in American and international politics at the University of Birmingham, told *i*: "I would expect a Harris-Walz administration to be keen to have positive relations with the United States's European allies.

"There are longstanding historical and institutional reasons the UK and US have a close relationship, and the Labour Party and the Democratic Party have a history of friendly ties and connections, so between those two factors the default mode would be a solid, friendly relationship."

Elsewhere, however, there could be friction ahead. Since leaving the EU, a goal for the UK has been to strike a free trade agreement with the US, but last year President Joe Biden ditched plans for a "foundational" trade agreement after disagreements over its scope. A Walz vice-presidency would be unlikely to move the dial much on such a deal.

On foreign policy, Walz is certain to maintain Democrats' support for Nato and its commitments to European defence, and is an outspoken supporter of Ukraine.

Todd Landman, professor of political science at the University of Nottingham, said: "Tim Walz appreciates the value of strong relations with the UK, which will see staunch support for Nato."

Dr Quinn said: "In Tim Walz, Kamala Harris has selected someone who is likely to be on the same page as her on foreign policy."

Professor Landman added: "He and Kamala Harris will seek to find solutions to the Israel-Gaza conflict that may be different from those pursued by President Biden, but broadly consistent with the UK approach."

Emily Maitlis, page 19



Supporters await the Vice President's speech at a rally in Eau Claire, Wisconsin, yesterday. CHARLES REX ARBOGAST/AP

## Comment

### Harris and Walz's sense of humour tickles 10,000 loyal supporters

Andrew Buncombe  
IN SEATTLE

**A** couple of things rapidly emerged when Kamala Harris appeared before a roaring, raucous crowd with her newly minted running mate, Tim Walz.

The first was that the Harris campaign has settled on the mantra that neither she, her party, nor the country, is planning to "go back".

The other was that, as Harris and Walz set about attacking Donald Trump for what they regard as his old-fashioned, out-of-touch views, they intend to go about it with a sense of joy and levity – which has been lacking from the Democratic Party for a long time.

You could sense it before the US Vice President and Minnesota Governor even arrived in Philadelphia to speak to a crowd of 10,000. Yes, that was Beyoncé's "Freedom" blasting out as the pair walked on to the stage. And yes, Harris and Walz had wide grins that they could not seem to shift.

"It is good to be back in Pennsylvania," said Harris. "We are the underdogs in this race,

but we have the momentum, and I know exactly what we are up against. Our campaign is not just a fight against Donald Trump. This campaign is a fight for the future."

At times, it appeared that Walz (*inset*) could not yet believe it himself and he looked around often, soaking up the moment. "Thank you for bringing back the joy," he said.

He also took a dig at Trump's running mate, JD Vance, with a provocative nod to a debunked rumour about the Ohio Senator getting intimate with a sofa. "I can't wait to debate the guy," said Walz. "That is, if he's willing to get off the couch and show up."

That sort of fun was one of the reasons Democrats said they had raised more than \$20m in grassroots donations since Harris announced her pick of the 60-year-old former schoolteacher and military veteran.

It was certainly different to how Trump was seeing things. Writing on his Truth Social platform just as Harris was set to appear, the former president posted a comment that appeared strained even by his standards.

What were the chances, he

mused, that "Crooked Joe Biden, the WORST President in the history of the US... CRASHES the Democrat National Convention and tries to take back the Nomination".

It was a chance for Walz to retest a line that has caught on in Democratic circles. "These guys are creepy, and, yes, just weird as hell," he said.

The pair will campaign on issues such as access to abortion care, commonsense gun control, and not banning books simply because a small group of activist parents kick up a fuss.

"He's the kind of person who makes people feel like they belong and then inspires them to dream big," Harris said of Walz.

Polls now show that nationally, as well as in the half-dozen battleground states, Harris and Trump are effectively tied.

But between now and 5 November, it is clear that Harris and Walz hope to build on the momentum and excitement that was on display on Tuesday.

And they plan to do it with a sense of humour. "We've got 91 days," Walz said at one point. "That's easy. We'll sleep when we're dead."

## MIDDLE EAST

## 1,000 troops on standby to evacuate UK nationals

By Isabella Bengoechea

More than 1,000 British troops are on standby to evacuate UK nationals from Lebanon as fears grow that the war in Gaza will suddenly spiral into a wider Middle East conflict in coming days.

Hundreds of soldiers, sailors, aviators and Royal Marine commandos have been deployed to RAF Akrotiri in Cyprus, while hundreds more personnel in the UK are on alert to deploy at short notice, according to reports.

Fears of a sudden escalation in fighting have prompted military planners to prepare for an evacuation on a scale similar to Operation Pitting the mission to rescue Britons from Kabul after the Taliban took over in August 2021, according to *The Times*.

The newspaper said this was just one part of wider contingency plans that one defence source said had been two years in the planning.

Options for evacuating British nationals are believed to depend on whether the Lebanese capital's airport is still functioning. When Israel and Lebanon went to war in 2006 Beirut's airport was bombed, triggering a mass UK evacuation mission by sea. HMS *Duncan*, a Type 45 air defence destroyer, and the RFA *Cardigan Bay* transport ship as well as RAF transport helicopters are in the region and could be sent to the Lebanese coast to rescue British nationals.

About 16,000 Britons are thought to be in Lebanon, the Foreign Secretary, David Lammy, told the House of Commons last week. The Foreign Office warned Britons on Saturday to leave while commercial options remained available "as the situation could deteriorate rapidly". Mr Lammy said: "A widening of this conflict is in nobody's interest – the consequences could be catastrophic."

Ministers and officials are expecting imminent coordinated strikes against Israel from Iran and the Lebanese militia Hezbollah. Iran-backed Hezbollah is believed to possess up to 200,000 rockets and missiles.

Iran and Hezbollah have vowed retaliation for Israel's assassination of a senior Hezbollah commander in Beirut last week and the killing of Ismail Haniyeh, the political leader of Hamas, in Tehran the following day. Officials familiar with US intelligence believe Iran will strike this week or at the weekend.



An MoD evacuation flight of 265 people from Kabul in January 2022



**GB gets more airtime**

Andy Macdonald of Team GB competes during the Men's Park Final on day 12 of the Olympics at Place de la Concorde in Paris yesterday  
GARRY JONES/GETTY

**IRELAND**



Paul O'Donovan and Fintan McCarthy show off their medals

**Champion rowers accept lift-home offer**

By Jessica Rawnsley

After rowing for gold in the Olympics, Irish athletes Paul O'Donovan and Fintan McCarthy had to rely on a friendly stranger for a lift home.

The gold medal pair were spared taking the bus from Dublin to their homes in Skibbereen, Cork, by the offer of a lift from a man called Ciran whom they met on their flight back from Paris, according to a social media post by Dublin airport.

"Private jet? Limo? How would you travel home if you'd just won Olympic gold?!" the post read.

"Rowing champs Paul O'Donovan and Fintan McCarthy landed at Dublin Airport today and planned to get the bus to Cork. Then the guy they'd sat next to on the plane offered them - & their gold medals - a lift."

The pair retained their lightweight double sculls crown to claim a second gold after their success in Tokyo in 2021. Ireland has clinched three golds and three bronzes in Paris.

**PEOPLE**

**Silver medallist Kerr reveals 4am antics: forget the champagne, I'll have a pint**

By Ellie Ng

Josh Kerr was out celebrating until 4am, indulging in his first drinks since Christmas, and got about 20 minutes of sleep before doing more interviews the day after claiming an Olympic silver in the men's 1500 metres.

The 26-year-old Scot finished behind Cole Hocker of the US in the race in Paris on Tuesday evening, beating his arch-rival Jakob Ingebrigtsen, who claimed gold in Tokyo three summers ago.

Kerr should expect a hero's welcome on his return to Scotland, according to his first-ever coach, Eric Fisher.

The silver medallist told BBC Radio 4's *Today* programme yesterday: "We raced at 8.50pm last night and then our press conference



Josh Kerr took silver in the Men's 1500m Final at the Stade de France

wasn't until 11.30pm so we did media and drug testing until then and then I was able to go and spend time with family and some of my coaching staff and brands that I work with and things.

"I think we got back at about 4am, had about 20 minutes of sleep and

then came to start my interviews. I feel great, I do, I feel great.

"I haven't had a drink for a good little bit, probably since Christmas or so, but I was able to cheers with coaching staff and some of my teammates and things like that and to my family and everyone that's a big part of this journey."

Asked about his drink of choice, he said: "It was difficult to find but just a pint. It was good. There was a lot of champagne getting handed around but I'm just... I'm a pint guy."

"So it was nice just to be back and relaxed around family. It's been a while, obviously been getting ready for this Games it's been very, very intense over the last couple of months and so it's nice to just let the hair down a little bit and have nice connection back with the family."

Kerr did not reveal exactly how

many pints he had but described it as "a good handful" and enough to drum up a headache.

"Head was sore this morning, I'm not going to lie," he said.

Kerr said that to have four runners "still battling" it out with 100 metres to go was "mind blowing" and that he kept his composure to claim the silver but was left feeling "bittersweet" after the race.

"I'm ready for that next step and to take it."

**{i}** On inspiring people to get into the sport, Kerr said: "It feels phenomenal. I think what we're trying to do is **put together races that can inspire the next generation** and also entertain all the fans."

**WRESTLING**

**Wrestler cuts hair but fails weight**

By Richard Wheatstone

The Indian prime minister, Narendra Modi, is among those to have expressed "despair" after one of the country's most high-profile athletes, the female wrestler Vinesh Phogat, was disqualified for exceeding her weight restriction despite cutting off her hair.



Phogat (*inset*) had been due to face Sarah Hildebrandt of the United States in the gold medal match last night but exceeded the 50kg restriction by just 100g.

Phogat had been running and skipping overnight in an attempt to lower her weight and despite cutting off her hair in a last-minute attempt to get under the threshold, her disqualification was upheld by officials.

Mr Modi said: "[The] setback hurts. I wish words could express the sense of despair that I am experiencing."

**POLICE**

**Australian 'sorry' for trying to buy drugs**

By Juliette Jabkhiro

The Australian Olympic hockey player Tom Craig has apologised after being arrested for allegedly trying to buy cocaine on the streets of Paris on Tuesday night.

"I'd like to apologise for what has occurred in the last 24 hours. I made a terrible mistake. I take full responsibility," Craig (*inset*), 28, said as he left police offices.



"My actions are my own and in no way, reflect the values of my family, my teammates, my friends, my sport, and the Australian Olympic team. I've embarrassed you all. I'm truly sorry," he added.

Craig, a silver medalist at the Tokyo Olympics, has played more than 100 games for the national side. Australia's men's team were knocked out in the quarter-finals on Sunday.

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## HERITAGE

## Stamps to mark Tower of London history

By Alan Jones

A special set of stamps is being issued marking the history of the Tower of London.

Royal Mail has partnered with Historic Royal Palaces for images on the 10 stamps.

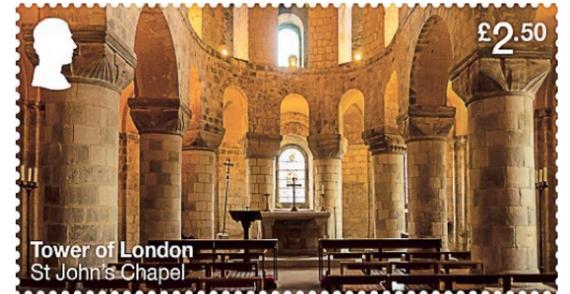
The main set of six stamps show the White Tower, Tower Green and the King's House, St John's Chapel, Yeoman warders, Traitors' Gate and a raven of the Tower.

A further four stamps depict some of the Tower's famous historic prisoners: Princes Edward and Richard, who became known as the "Princes in the Tower", Anne Boleyn, Lady Jane Grey and Sir Walter Raleigh.

David Gold, of Royal Mail, said: "The Tower of London has played many 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."

Jenny Smyth, licensing manager at Historic Royal Palaces – the charity that looks after the Tower of London – said: "We look forward to sharing the stories of the Tower with an even wider audience."



The new set of 10 stamps features the history, buildings and traditions of the Tower of London ROYAL MAIL/PA

## HEALTH

## MP leads calls to ban worktop stone linked to cases of silicosis

By Joe Duggan

The Government is under growing pressure to impose a ban on a kitchen worktop stone blamed for a severe form of a deadly lung disease in workers.

Jim Shannon, a DUP MP who chairs the All Party Parliamentary Group (APPG) on Respiratory Health, said he would vote to introduce a ban on engineered stone "right away" amid an outcry over cases of silicosis linked to the material.

The former Green Party leader,



Baroness Natalie Bennett, has also backed calls for a ban.

It comes after doctors treating the first UK tradespeople diagnosed with the incurable disease – which can be caused by from inhaling dust from cutting quartz worktops – demanded "urgent action".

Quartz has soared in popularity with homeowners in recent years. But its rise has been linked to a wave of silicosis cases in workers cutting the stone without adequate safety measures.

Mr Shannon backed calls from

doctors to reintroduce a legal requirement for firms to report silicosis through existing regulations.

A more robust detection system, involving real-time monitoring of toxic dust known as respirable crystalline silica generated when workers cut stone, should also be brought in, he said.

But if safety measures such as these fail to cut the silicosis risk to workers, a ban on the material should be "the next stage", he believes, stressing this is his personal view rather than that of the APPG.

Mr Shannon (*inset*) said: "We're hoping that everyone will get on board and take the first two steps.

"I would probably introduce the ban right away. I'm also conscious that Government have a slightly different system, they look at trying to bring people along.

"But should companies decide not to do it, then we need a ban."

The Government was contacted for comment.

## Comment

## We cannot afford to ignore the risks from faulty products

Natalie Bennett



In January, I initiated a short debate in the House of Lords on the industrial disease silicosis, after Australia had banned new installations of engineered stone worktops, following an outbreak of the disease among its stonemasons which had one in four affected.

I asked whether the UK government planned to take action, or at the very least make silicosis a notifiable disease, so the scale of the problem could be identified.

To paraphrase, the response I got from the Tory government was "nothing to see here, no problem, the Health and Safety Executive (HSE) has it all under control".

Labour's Baroness Sherlock then said in the House: "I urge the government not to be complacent." Labour backbencher Lord Hendy pointed to the fact that the All Party Parliamentary Group on Respiratory Diseases had called for an awareness campaign and

asked about the risk of cases diagnosed as COPD (chronic obstructive pulmonary disease) actually being silicosis.

I tabled in July a written question to the Department of Work and Pensions, with Baroness Sherlock now the minister, asking again if it planned to take action.

Yet the response again suggested that the Health and Safety Executive had everything under control and there was no need for further action.

Doctors have reported the first eight cases of silicosis in the UK linked to the same engineered stone worktops, warning that "numbers are likely to increase significantly in coming years".

There is a familiar cycle. A new "wonder", and highly profitable, product is announced to considerable fanfare. Eventually, wearying years of campaigning, and pain, later, there is a ban.

This is a continuing system failure. One we cannot afford – for our health or the health of the planet – to allow to continue.

Natalie Bennett is the former leader of the Green Party and a member of the House of Lords

## Monitoring debate 'Picking the scab'

The British Occupational Hygiene Society (BOHS) is among the bodies that do not believe a ban is needed and would leave vulnerable workers at greater risk, with unregulated companies flouting the ban and continuing to cut the products without safety measures.

Jim Shannon, who chairs the All Party Parliamentary Group (APPG)

on Respiratory Health, said current monitoring may be simply "picking the scab", adding that there was "no excuse" for silicosis not to be reintroduced as a reportable disease through the Riddor regulatory tool, which legally requires firms to log occupational disease.

This week, in a letter to the Labour minister Baroness Sherlock,

Baroness Bennett asked what plans the Government had to protect engineered stone workers from silicosis. Baroness Sherlock said the HSE inspects industries associated with exposure to RCS and "respond[s] to concerns about risk management reported to HSE".

An HSE spokesperson said: "We continue to work with industry."

## HEALTH

# Shake-up for children's gender care referrals

By Aine Fox

Children newly referred for gender care in the NHS must have been seen first by a GP and mental health specialist or paediatrician, under plans for changed services as thousands await appointments.

Four months after the Cass Review concluded children had been let down by a lack of research and evidence on medical interventions in gender care, NHS England (NHSE) has laid out how the system will be "transformed". The plan, published

yesterday, comes after data showed 5,769 under-18s were on the national waiting list for gender care as of the end of May.

The figures, obtained in a Freedom of Information request, showed an average waiting time of 100 weeks and that the youngest person on the list was aged under five.

Health Secretary Wes Streeting has branded the waiting times "unacceptable", acknowledging the "enormous distress" they can cause.

The new services will have no minimum age requirement in order

to ensure that parents of very young children are given support through the NHS where necessary.

Dr Hilary Cass (*inset*) said she was "pleased" NHSE was planning to "fully implement" her recommendations, but warned the process ahead was likely to be "challenging".

NHSE has said that up to eight gender clinics are due to open by 2026, covering the seven NHS regions in England. Each will

have a nominated paediatrician or psychiatrist with overall clinical responsibility for patient safety within the service.

Clinical trials into the potential benefits and harms of puberty blockers will begin early next year, subject to academic approval.

A previously announced review into adult gender services will begin in the next few weeks and is expected to conclude within months.

Only patients transferred from the now-closed Gender Identity Development Service, run by the Tavistock and Portman NHS Foundation Trust, have been seen by the new children's services to date.

Two hubs, led by London's Great Ormond Street Hospital and Alder Hey Children's Hospital in Liverpool, opened in April and have since seen those 236 transferred patients, but NHSE said it hoped patients on the national waiting list would begin having appointments at the new clinics within weeks.



## WEATHER

## Tropical winds from Storm Debby set to deliver UK heatwave

By Jessica Rawnsley

The UK could be set for a heatwave next week, as a tropical storm in the US blows warm winds across the Atlantic.

Storm Debby has been wreaking havoc across the US this week, arriving as a Category 1 hurricane before causing torrential rain, severe flooding and at least six fatalities.

While the storm will not reach the UK, the Met Office has said its effects may be felt in soaring temperatures across parts of the country.

There is a 30 per cent chance that temperatures could soar to the mid-30s next week, possibly hitting the highest temperatures the UK has had this year, according to the national meteorological service.

However, not all parts of the UK will experience the warm weather, with temperatures in Scotland and Northern Ireland forecast to remain around 15°C.

Storm Debby's warm tropical air

will influence the shape and strength of the jet stream, a core of strong winds which plays an instrumental role in UK weather.

Nick Silkstone, the Met Office deputy chief meteorologist, said: "Debby in North America will help to strengthen and veer the direction of the jet stream and this means this ribbon of air is likely to shift further to the south.

"This southwards dip in the jet stream will likely be located across the mid-Atlantic this weekend and early next week, allowing south-westerly flow across the UK.

"During this time a hot and perhaps very hot air mass could develop and be advected into the South East of the UK."

Dan Suri, the Met Office chief meteorologist, said: "Temperatures are likely to reach the low 30s in places, notably in the south and South East.

"Further north and west within this warm air, outbreaks of heavy showers or thunderstorms are possible."



## Great Barrier Reef under 'unprecedented' stress

Recent heat extremes in the seas around Australia's Great Barrier Reef are "unprecedented" - and driven by climate change, scientists have said.

Researchers examining high sea temperatures in the Coral Sea where the reef lies, which have led to repeated and devastating coral "bleaching" since 2016, said heat

extremes in the past decade are the hottest in four centuries. This year's heat is an estimated 1.73°C above the pre-1900 average.

OVE HOEGH-GULDBERG/PA

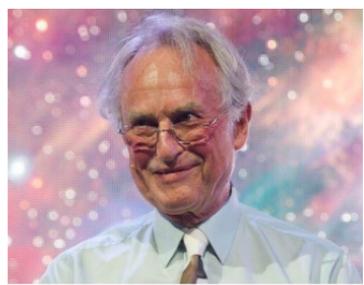
## PEOPLE

## Dawkins to take his 'final bow' with tour

By Richard Wheatstone

The atheist author Professor Richard Dawkins has announced that he plans to quit international touring at the age of 83 with a "swansong" series of dates in North America this year.

The evolutionary scientist, whose books include *The God Delusion*, will speak in 10 cities in September and October. He said: "I am 83 years old and travel is more irksome than it was. The maxim, 'Quit while you're



Professor Richard Dawkins will speak in 10 US cities in the autumn

ahead' has recently received a welcome boost.

"I anticipate that this will be my last American tour. My swansong. My final bow. This will probably be your last opportunity to tell me how profoundly you disagree with everything I've written and said."

## WEATHER

## Month of July second-warmest

July was both the second-warmest July and the second-warmest month globally on record, according to scientists.

The Copernicus Climate Change Service, funded by the European Union, found that last month there was an average surface air temperature of 16.91°C, 0.68°C above the 1991-2020 average for July.

The average European temperature for July 2024 was 1.49°C above the 1991-2020 average, making it the second-warmest July after 2010.

## MORTGAGES

## Barclays launches cheapest deal

By Callum Mason

Barclays is launching a new mortgage that significantly undercuts the cheapest available on the market from HSBC.

The bank will offer a five-year fixed mortgage at 3.84 per cent for those buying a new home from today - but only if they have a deposit of 40 per cent or more.

Yesterday, HSBC launched a mortgage at 3.95 per cent, briefly making it the cheapest on the market.

The Barclays deal comes with an £899 fee, which is also cheaper than the £999 fee on the HSBC deal.

For someone with a £200,000 mortgage over 25 years, the Barclays deal would save them £140 per year.

"Barclays has overtaken HSBC as the best buy of the week. Barclays has boldly offered a 3.84 per cent rate, setting a new standard," said Nick Mendes of John Charcol.

Andrew Montlake of Coreco added: "That shows the mortgage rate wars are off."

**3.84%**

The rate offered by the bank if buyers have a deposit of 40 per cent or more

# FROM BOWLS...



Asda Chinese Inspired Salmon Sizzlers

Selected stores and lines. Subject to availability. Shows serving suggestion. All products 2 for £8. Asda Aromatic Chicken Shawarma with Fajita Yogurt Drizzle 580g £4.95 (84p per 100g). Asda Chinese Inspired Salmon Sizzlers 200g £5 (£2.50 per 100g). Asda Slow Cooked BBQ Pulled Pork 500g £4.95 (99p per 100g). Asda Smoky Fajita Chicken Stir Fry Kit 650g £4.40 (68p per 100g). Minimum basket and delivery charges may apply, delivery and collection slots subject to availability. May exclude Asda Express and small stores, see ASDA.com/smallstores

## NEWS

### HEALTH

#### 'Historic moment' for sickle-cell patients

Hundreds of people in England with a life-limiting blood disorder are set to benefit from a world-first gene-editing therapy after it was given the green light for NHS use.

Health bosses hailed the decision by the National Institute for Health and Care Excellence (Nice) as a "historic moment" for patients with the condition.

Exagamglogene autotemcel, or exa-cel, is sold as Casgevy and made by Vertex. The treatment is the first to be licensed using gene-editing tool Crispr.

# ...TO BUNS...



Asda Slow Cooked BBQ Pulled Pork

Selected stores and lines. Subject to availability. Shows serving suggestion. All products 2 for £8. Asda Aromatic Chicken Shawarma with Fajita Yogurt Drizzle 580g £4.95 (84p per 100g). Asda Chinese Inspired Salmon Sizzlers 200g £5 (£2.50 per 100g). Asda Slow Cooked BBQ Pulled Pork 500g £4.95 (99p per 100g). Asda Smoky Fajita Chicken Stir Fry Kit 650g £4.40 (68p per 100g). Minimum basket and delivery charges may apply, delivery and collection slots subject to availability. May exclude Asda Express and small stores, see ASDA.com/smallstores

### HEALTH

## Weight-loss surgery may cut risk of heart failure

By Paul Gallagher  
HEALTH CORRESPONDENT

Weight-loss surgery may reduce the risk of developing heart failure for millions of obese people by improving blood flow through their heart muscle, a study has found.

Nearly two-thirds of adults in England are overweight or obese, putting them at increased risk of heart failure. It is thought that this may be due, in part, to reduced blood flow through the small vessels in their hearts.

Now, a study from University College London and King's College London suggests that these harmful effects of obesity may be at least partly reversible. Heart scans from 27 patients showed that, six months after bariatric surgery, blood flow through these small blood vessels had increased.

Researchers scanned patients' hearts before and six months after they underwent bariatric surgery. The team used a technique that allowed them to measure blood flow through the smallest vessels in the heart muscle.

Before their surgery, patients had a median body mass index (BMI) of 44kg/m<sup>2</sup>, which is classified as severely obese. A "healthy" BMI range is between 18.5 and 24.9.

Compared to volunteers the same age and sex, and with an

average BMI of 25, patients had thicker heart walls – a sign that the heart is having to work harder to pump blood – and lower blood flow through their heart muscle. Six months after their surgery, patients had lost an average of 29kg and 13 of the 17 patients with type 2 diabetes before surgery were in remission at follow-up.

When the team repeated the heart scans, they found that blood flow through patients' hearts had increased.

**29kg**  
The average weight loss of people in the study after six months following the surgery

In addition, levels of a type of fat called triglycerides in patients' blood had decreased, while their levels of HDL (so called "good") cholesterol increased. Patients also had less fat around their livers, a marker of the levels of fat stored around the abdominal organs, and lower blood pressure than before their surgery.

The research was funded by the British Heart Foundation and is published in *JACC: Cardiovascular Imaging*.

### Nova Nordisk Slimmer profits

Novo Nordisk has trimmed its full-year profit outlook after reporting weaker-than-expected quarterly sales of its popular weight-loss drug Wegovy, stirring worries among investors about stiffening competition from Eli Lilly.

The results end a prolonged streak of positive earnings news from the first mover in the obesity drug race, during which its value surged to more than \$500bn (£393.4bn), making it Europe's most valuable listed company.

Novo shares, which have soared 230 per cent since June 2021, fell as much as 7.7 per cent in early

trading. The chief financial officer, Karsten Munk Knudsen, called the reaction unsurprising, given the market's sensitivity to Novo's blockbuster drug Wegovy.

Second-quarter profit also missed expectations, potentially deepening investor worries that Novo's dominance in the obesity drug market – which some forecast could be worth \$150bn by the early 2030s – is at risk as it races to expand capacity to meet demand.

Lars Fruergaard Jorgensen, chief executive, downplayed concerns over competition from Lilly.

Maggie Fick



## Gay pride is not just for humans...

Dolphin orgies, intersex snails and gay giraffes... the award-winning drag king, Bi-Curious George, plans to take a raucous look at the animal kingdom in

"Queer Planet" at this year's Edinburgh Fringe Festival. Here they met the birds in the Five Sisters Zoo aviary, West Lothian, yesterday. JANE BARLOW/PA

## LEISURE

# Lifeguards issue warning over paddleboarding

By Jessica Rawnsley

RNLI lifeguards have said a surge in the popularity of paddleboarding has meant they are working “flat out” to deal with increased numbers of people taking to coastal waters and running into difficulty.

Zac Broomfield, a lifeguard at Porthmeor beach in Cornwall, which can have 4,000 visitors on a summer day, said the trend was placing increased demands on the service.

He told the BBC: “With the advent of the cheap wetsuits and bodyboards, people are in the water all day long.”

“We also have a lot of first

aid work outside the water and those pressures are highlighted when it gets really busy, because we have six lifeguards here and they’re flat out.”

A safety campaign was launched in June after the RNLI warned that the number of people being rescued on paddleboards had shot up 200 per cent in five years.

The joint initiative by Paddle UK and the RNLI aims to prevent people from getting into trouble on the water by sharing information on offshore winds, flowing water and weirs.

Paddleboarding is the fastest-growing sport in the UK, with al-

most half of lifeboat callouts in 2023 due to people running into difficulty in strong winds or tides.

Dan Millington, Porthmeor’s head lifeguard, said he had to monitor as many as 500 people in the sea at once.

“The last couple of years, stand-up paddleboards and kayaks are lot easier to get hold of, so there’s a lot more of that,” he said.

“People go around the headlands and are then getting into trouble.”

The RNLI is reminding people to choose a lifeguarded beach and swim between the red and yellow flags, with temperatures set to reach highs of up to 31°C next week.



An RNLI lifeguard watches over Hayle Bay in Polzeath, Cornwall GETTY

...we Take  
**DINNER**  
SERIOUSLY



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## NATURE

## Wallaby spotted in Nottinghamshire

By Christian Oliver

It may be native to a land down under, but a wallaby has been getting residents in a Nottinghamshire village excited after a number of sightings in recent weeks.

The on-the-loose marsupial (*inset*) has been spotted multiple times by staff and club members at Oakmere Golf Club near Southwell. The wallaby is



believed to have been kept by a private collector before its escape.

Daryl St John Jones, director of the golf club, told the BBC: “I’ve been here for 28 years and we’ve never seen anything like a wallaby... It’s a real surprise.”

The National Biodiversity Network Trust said there had been 411 sightings of wallabies across the UK since the early 1950s.

## ENTERTAINMENT

## Mayall comedy festival a ‘wonderful’ idea

By Richard Wheatstone

A Rik Mayall comedy festival in his hometown would have made the late comedian “really proud”, his friend Ben Elton has said.

Mayall, who grew up in Droitwich, Worcestershire, went on to become one of the country’s most beloved comedy performers through roles in shows such as *The*

*Young Ones*, *Blackadder* and *Bottom*, before his death aged 56 in 2014.

Plans for a festival in his name are being drawn up in the hopes of launching an annual event from next summer.

Elton, who met Mayall (*inset*) at Manchester University, said he would support any event

in his name. He said: “I think it’s wonderful and beautiful.

The Midlands meant a lot to him. He got a lot of comedy out of it and he loved it dearly.

“If it happens and I’m available I’ll be part of it. Rik was a huge part of my life and a dear friend. His was an unfinished life.”



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## The Opinion Matrix

COMMENT FROM HOME AND ABROAD

# Opinion

### SOCIAL MEDIA



Musk is out of step with most Britons

#### The Times

If one thing is obvious this week it's that on the question of Sir Keir Starmer versus Elon Musk there is no space for equivocation. The Prime Minister was correct to deplore Musk's hyperventilating enthusiasm for disorder, just as the majority of British people do. (Alex Massie)

#### The Daily Telegraph

For all Musk's insistence he wanted to "stay out of politics," there's plenty of evidence to the contrary. The reasons for this seem to include his rejection of "woke culture" and a shift in Silicon Valley. (Abigail Buchanan)

### HUW EDWARDS



Can we separate man from work?

#### Daily Express

The Huw Edwards scandal highlights a question which has not plagued previous generations as it does our own: how far should we separate the man from his work? (Ann Widdecombe)

#### The Sun

Tim Davie admitted it would be almost impossible to claw back any salary paid since Edwards's arrest. Now imagine it was Adrian Chiles who had found himself in a position where he would lose his job. He would have been dropped at the first sign of trouble, with zero employee protections, because he's freelance. (Jane Moore)

### POLICING DISORDER



Maturity and leadership is lacking

#### Daily Mail

If only someone, anyone, at this stage would show a bit of maturity, leadership even. But no. Everyone is too busy pursuing their short-sighted little agendas and meanwhile the country burns. (Sarah Vine)

#### New Statesman

As the weekend's rioters make their way through Keir Starmer's 24/7, one-stop convenience courts, and the charges of affray, assault and racially aggravated public order offences trickle through the press, you may also notice the smattering of class A drug possession charges. (Clive Martin)

### TIM WALZ



Harris choice reinforces her agenda

#### The Spectator

Kamala Harris has not really gone for the same vice president tactic as Joe Biden. Rather – whisper it – she's opted to do something closer to Donald Trump's tactic: selecting a candidate who doubles down on their ideological agenda. (Kate Andrews)

#### The New York Times

Tim Walz's affable and relatable style on the campaign trail helped him distil the conservative movement into a single word: "weird". He brings a plain-talking, labour-friendly, Midwestern appeal to the ticket. He is Joe Biden, 20 years ago. (Charles M Blow)

### ISRAEL-IRAN TENSIONS



Netanyahu has ignored US advice

#### Washington Post

Biden has decided that the best way to prevent disaster is through a combination of deterrence and diplomacy. For all his frustration with Netanyahu, the White House message on Tuesday was that there was "no daylight" between America and Israel. (David Ignatius)

#### Al Jazeera

The US has backed Israel materially and militarily throughout their war on Gaza but has also urged its main regional ally not to take rash actions. But Israel has responded by killing the man they were negotiating for a ceasefire in Gaza with. (Justin Salhani)

### SOUP AND SHAKE DIET



What about two-thirds who failed?

#### Women's Health

While the strict regimen may be challenging, the life-changing benefits of the NHS's "soup and shake" diet make it a worthwhile endeavour for many. (Alice Barraclough)

#### The Independent

Some people might have found the diet helpful for their diabetes but what about the two-thirds who didn't have the same positive outcome? I think there are good reasons to think that there could be serious unintended consequences – both for people who try the intervention and for the message it gives to others. (James Downs)

### Quote of the day



I'm still here, still kicking ass, still loving life and still creating

**Liza Minnelli**  
The 'Cabaret' actor on her decision to write a memoir

## Life In Brief

### RICHARD SIMMONS FITNESS GURU

Richard Simmons, the American fitness guru, has died. He was 76.

Simmons died at his home in Los Angeles, his publicist said. He gave no further details.

Simmons shared his hard-won weight-loss tips as host of the Emmy-winning *Richard Simmons Show* and author of best-selling books and the diet plan Deal-A-Meal.

He also opened exercise studios and starred in exercise videos, including the wildly successful *Sweatin' to the Oldies* line, which became a cultural phenomenon in the United States.

"My food plan and diet are just two words: common sense. With a dash of good humour," he told *The Associated Press* in 1982. "I want to help people and make the world a healthier, happy place."

Asked if he thought he could motivate people by being silly, Simmons answered: "I think there's a time to

be serious and a time to be silly. It's knowing when to do it. I try to have a nice combination. Being silly cures depression. It catches people off guard and makes them think."

Simmons was a critic of fad diets, always emphasising healthy eating and exercise plans.

"There'll always be some weird thing about eating four grapes before you go to bed, or drinking a special tea, or buying this little bean from El Salvador," he said in 2005.

"If you watch your portions and you have a good attitude and you work out every day you'll live longer, feel better and look terrific."

Milton Teagle Simmons was born in New Orleans in 1948. He renamed himself "Richard" around the age of 10 to improve his self-image and would tell people he ate to excess because he believed his parents liked his older

brother more. He was teased by schoolmates and ballooned to almost 200lbs (14st).

Simmons went to Italy as a foreign exchange student and ended up doing peanut butter adverts and bacchanalian eating scenes for director Federico Fellini in his film *Fellini Satyricon*. "I was fat, had curly hair," Simmons said. "The Italians thought I was hysterical. I was the life of the party."

His life changed after getting an anonymous letter: "One dark, rainy day I went to my car and found a note. It said: 'Dear Richard, you're very funny, but fat people die young. Please don't die.'" He was so stunned that he went on the starvation diet that left him thin but very ill.

After the crash diet he gained back 65lb (4.6st). Eventually, he was able to devise a sensible plan to lose the weight and stay in shape.



"I went into the business because I couldn't find anything I liked," he said.

In 2022, Simmons broke his six-year silence, with his spokesperson telling the *New York Post* that the beloved fitness icon was "living the life he has chosen". He is survived by his brother, Lenny. AP

**Born** 12 July 1948  
**Died** 13 July 2024

## My View

### Emily Maitlis



# Harris picked the guy's guy

Democratic contender wants to bring men back to the party

If you're trying to understand a US presidential strategy, start with "the merch".

On the last day of the Republican Convention last month, I picked up one of the banners they were handing out on the floor. It was sparse – unusually simple – and it said "Trump = Strength Biden = weakness". It was the message the Trump campaign were longing for you to take away. So I did. In my wheelie bag – a nudging, nagging thought that this would be a veritable, historical piece of campaign literature. And so it proved to be. Trump comparing himself to a man who's no longer in the race.

Fast forward less than a month and the campaign now has a Black, Asian woman on the top of it – Kamala Harris – and a new energy to the Democratic ticket. On Tuesday, she made her VP pick – Governor of Minnesota Tim Walz. And, well, if you're trying to understand their presidential strategy, start with the merch.

They revealed at their first joint rally in Pennsylvania a camouflage hunting hat with Harris Walz emblazoned on the top. Gen Zers might assume a reference here to Chappell Roan, the American singer, sweetheart and camo wearer. But the point of Walz as VP pick is maybe more subtle than that. Kamala hasn't chosen him to bring in Gen Z women – she and her TikTok team appear to be doing that already. She's chosen him to bring back the men.

That's right, after months of focus on "the 53 percent" – the female vote that has proved so critical to Biden and so elusive to Trump, in an era where reproductive rights are up for debate – Harris wants to shore up the demographic that has been the staple of any Trump rally. The white, male gun owner. The point of the hat isn't the fashion. It's the implicit sanction of, and appeal to, the large swathes of America who love, own and use their guns.

In a recent interview, before he was picked as a running mate, and while he was very much auditioning, Tim Walz told CNN: "I bet you I've killed more pheasant than JD Vance," referencing the Ohio senator who's just been chosen as Trump's VP. It was an odd boast for a Democrat to make. But not a stupid one.

Harris has picked the guy who sounds and looks like the men at every Trump rally she's ever seen on TV. He can do "small town" America talk as well as Vance – he



Supporters at the rally where Kamala Harris unveiled Minnesota Governor Tim Walz, a sports coach, high school teacher and veteran, as her running mate GETTY

will tell you he went to school with a class of 40, including a dozen of his own cousins. He's also a veteran – she introduced him as Sergeant Major Walz at the rally on Tuesday night. Perhaps even more crucially he's been a high school sports coach – the guy American families trust with their kids, respect and occasionally hero worship. Harris has already seen the polls move in her favour among millennials and those under 24. Now, she's shamelessly looking for "the guy's guy".

Besides being a coach, high school teacher and veteran, Walz was a senator in Minnesota for 12 years before winning the governorship. His policies, as a former union member, are unashamedly progressive – free school meals, an increase in the minimum wage, family tax credits.

He's also been outspoken on abortion rights – but the language he uses is carefully chosen. At the

rally he talked not of opponents but of "neighbours disagreeing". He didn't explicitly reference "women's rights" (gahhhh! scary!), but ended with a rousing reminder that what each family chose to do was "no one else's goddamn business".

This is the simplicity of message the Harris campaign is hoping to have more of. There is a folksiness, an appeal to the rural voter who hates everyone in politics and just wants to get on with their own life.

But there is also mischief in his

**Harris has picked the guy who sounds like the men at every Trump rally she's ever seen on TV**

language. Last night he laid down the gauntlet to Vance to debate him, throwing in, perhaps recklessly, "if he can be bothered to get off his couch". A reference many assumed to the viral memes that falsely claimed Vance had committed sexual acts with his own sofa.

Did Walz really need to go there? Was Harris's face when he did so one of delight or shock? Too early to tell.

Where he can better take on Vance is over his regressive policies. Walz has two children who were conceived with IVF (he called his daughter "Hope" as an explanation), whereas Vance voted against the Right to IVF Act, which would have protected accessibility and affordability of services across the US. How's that "family friendly" position working out now?

Before the VP pick had been made, most were expecting it to be Pennsylvania's Governor, Josh Shapiro. The story there would have

been an easy one to tell: a popular governor in a critical swing state. A man who sounded like Obama on the stump and could rouse a crowd to fever pitch. My understanding was that the meeting between Harris and Shapiro ultimately didn't go well enough to convince her that choice would have been right. That she wanted someone to be her number two, not think about being the number one. But the message on the ticket would have been a very different one. Shapiro is another lawyer, another former attorney general.

Two AGs on one ticket begins to sound like a lawyer joke. And it definitely, definitely wouldn't have worked on a camo hunting cap. Walz just might.

Emily Maitlis is a journalist, broadcaster and host of the podcast 'The News Agents'

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**Your View**

Tweets, emails and letters to:  
 The Editor, **i**,  
 9 Derry Street,  
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**Thugs should be ones in jail**

In light of the wave of rioting by the far right across the country, perhaps it's time for our leaders to re-evaluate the four- and five-year prison sentences given to peaceful Just Stop Oil protesters.

Whilst having one's car journey disrupted might be annoying to some, they weren't

setting fire to food banks, looting shops, attacking police or immigrants and refugees. Surely a better use of cells would be for violent thugs and have the peaceful climate protesters under house arrest.  
**JOSELWOOD**  
 OXFORD

I have just watched with horror the lunchtime news on French TV, showing the mindless

thuggery on Britain's streets, and felt deeply ashamed to be British. What an insult to the memories of those three young girls so brutally killed last week, as well as those injured.

Far-right thugs should hang their heads in shame at what they have unleashed from the safety of behind their keyboards. It's a sad fact that their acolytes are only too happy to

have an excuse to join in the violence, many too cowardly to show their faces. Let us hope as many as possible are named and shamed and made to pay.

These are not patriots; those are the selfless people who clear up the mess afterwards. They deserve our thanks while vandals of all ages should feel the force of the law.  
**JACQUELIE KNOWLES**  
 YONNE, FRANCE



One reader suggested that 'Sports Night' is another TV show by Aaron Sorkin that is well worth a watch **GETTY**

I feel sad that there are so many problems piling up for our new government. Why would anyone want to run for Parliament? Thank goodness that some do who are not just in it to "fill their boots".

Please can those who riot realise that there are many, many countries where they would have been shot dead or thrown in to prison for life. Let's count ourselves lucky.  
**GILLIAN JONES**  
 BIRMINGHAM

Caolan Magee's short piece, (**i**, 6 August) might have passed readers by, but I was struck by this, from Russia's foreign ministry spokeswoman: "Russia calls on London to refrain from any unjustified use of violence against protesters and ensure their right to freedom of assembly." Just like they do in Russia, then.  
**SHEILA SMITH**  
 BEESTON,  
 BEDFORDSHIRE

**Sport is very emotional**

Simon Kelner (Opinion, 6 August) is right to highlight the emotional impact of sport. We

watch men and women emerge who become our favourites, until one day they eventually disappear. We look at a 20-year sports career and realise that we've invested 20 years of our own lives as well. It's not surprising viewers can get misty-eyed.  
**SIMON BULLIVANT**  
 LONDON

**Little-known Sorkin treasure**

The excellent West Wing feature (**i**, 6 August) shows how Aaron Sorkin's work is both entertaining and informative in equal measure. The one Sorkin show that more people should know about is Sports Night, which ran on ABC at the same time as Sorkin began The West Wing on NBC. Only lasting for two series, it's filled with trademarks

familiar to anyone who's watched his work.

From socially awkward, but successful characters, to the live-or-die competitive nature of US TV, the show rewards repeat viewing and can be used as a guidebook to The West Wing, Studio 60 on the Sunset Strip and The Newsroom. And you don't need to know a thing about sports to enjoy it.  
**JON RATCLIFFE**  
 SWINDON

**Reduce energy tariffs in winter**

Why doesn't Chancellor Rachel Reeves direct the energy companies to give a reduced tariff over the winter period to those in receipt of the winter fuel allowance with the option to opt out if the person felt they didn't need it?  
**CAROL HONEY**  
 TUNBRIDGE WELLS

**i was wrong**

In the headline "Harry and Megan have found their worthy cause" on page 21 of Tuesday's

issue, the Duchess of Sussex's Christian name was misspelt. We apologise for the error.

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In tomorrow's **FRIDAY** edition

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# Far-right filth becomes mainstream thanks to Farage

## POLITICS

**Ian Dunt**



Every day, Nigel Farage commits a new cynical manoeuvre designed to inflame tensions. Now we can see him clearly: a sad, reprehensible little man, whose aim seems to be to spread hatred and fear, finally exposed for what he is.

Farage's response to the riots started with a now-classic form of innuendo and tacit encouragement, posing inflammatory questions about the Southport attack. Was the suspect being monitored by security services, he asked? Why did the police say it was a non-terror incident? "I just wonder whether the truth is being withheld from us," he said.

Notice the way he ensures deniability. This is key to every single one of his interventions. Farage's poison gets into the root of national life precisely by staying just on the right side of respectability. In this way, he can remorselessly expand the limit of acceptable speech towards the extreme-right.

After the violence which followed, Farage said he was "totally appalled by the levels of violence", of course. It's what comes afterwards that's truly revealing. "Ever since the soft-policing of the Black Lives Matter protests," he said, "the impression of two-tier policing has become widespread."

The idea of two-tier policing

bubbled away among far-right groups online. But it was unheard of in the mainstream until Farage talked about it. Once he did, it broke the barrier.

Journalists from respectable outlets started asking about it. By the end of the day, it had been asked of the Prime Minister, the Home Secretary and the Met Police chief. Farage is the transmission agent. He takes the filth of the online far right and converts it into mainstream talking points.

The point about two-tier policing is obviously racist. Anyone with the slightest understanding of policing would scoff at the idea that the police treat black people or Asians more leniently than white people. To equate Black Lives Matters protests with far-right riots is an obscenity of logic.

These were organised events which took place with the agreement of police, which were overwhelmingly peaceful. The riots we're seeing today involve concerted attempts to burn asylum seekers alive. They involve racial attacks.

In a statement on Facebook, Farage went through all the usual rote disavowals of the violence, and then spoke of "people not even recognising the centres of some of our towns and cities as even being vaguely English anymore". He demanded that we respond to the rioters by giving them precisely what they want: an end to immigration.

On LBC, he was finally asked about his initial statement when the riots started. "You said: 'Some reports suggest he was known to the security services.' Which reports?" He replied: "There were stories online from some very prominent folks with



**Nigel Farage admitted he followed the lead of Andrew Tate in spreading false speculation about the Southport attacker - and now he wants to give rioters what they want**

big followings, Andrew Tate etc, suggesting the man had crossed the English Channel in a boat in October 2023, other suggestions that he was an active Muslim, and much of this led to the riots that we saw."

So there it was. The questions he raised amplified claims by individuals including Andrew Tate. A conspiracy theorist and misogynist currently awaiting trial for rape and human trafficking. Weeks like this define how we proceed. In one pathway things become even more poisonous than they are now. We absorb the language and the ideology of the far right into the mainstream.

The other is that we see just how dangerous and irresponsible Farage's politics are and their endpoint: a demand for race war, the terrorisation of innocent people. From this moment on, he should be treated accordingly.

You either sanitise the mainstream of these figures, or you allow it to be defined by them.

## IMMIGRATION

**Henry Hill**



## Scattering migrants is a high-risk proposal

Imagine for a moment that you were in charge of a country experiencing a wave of far-right riots, during which hotels housing asylum seekers had been targeted. How would you respond? Whatever you decided, it would be difficult for your decision to be worse than Labour's.

Yvette Cooper, the Home Secretary, is apparently planning to end the use of large military sites and, according to *The Times*, "scatter migrants around the country to cut pressure on local services". To do this, the Home Office is going to start trying to acquire "homes of multiple occupancy, family properties, former care homes and student accommodation".

Even if you aren't steeped in the detail of the UK's housing crisis, this approach has obvious problems. If far-right violence is expected to be a persistent threat - and Sir Keir Starmer clearly thinks so, as he's announced a "standing army" of specialist riot-control officers - then it is extraordinary to spread asylum seekers across thousands of indefensible properties in order to stop using remote (and relatively secure) ex-military bases.

But it gets far worse when the full context of the housing crisis is taken into account. Of the four types of property the Home Office is looking to acquire, we have shortages of every single one. The plan to acquire

homes of multiple occupancy is particularly worrying.

Much of the anger about the policy of buying out hotels for asylum seekers is because people feel a local business and community asset is being taken away from local people. Can anyone at the Home Office really believe that it will generate less resentment if it is instead outbidding people for already expensive housing and pushing people's rents up?

Because housing is so scarce, our vacant property rates are much lower than in neighbouring countries such as France - and those are seldom empty because people simply don't want to live in them. More often they are between tenants, being renovated, a second home, or their owner is in hospital or care. Not available, in other words.

If this plan goes ahead, thousands of communities will suddenly have cases of the Government buying up already-scarce resources and giving them to asylum seekers.

Such a policy might save the Treasury money on hotels, bases and barges, but only by visibly shifting the burden on to people struggling with record rents, and taking all the things which make people angry about hotels and bringing it - literally - closer to home.

Henry Hill is the deputy editor of the blog 'ConservativeHome'

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# Yes, there are risks, but the combined pill saves lives

HEALTH  
**Sophia Smith Galer**



It's public health 101 to not repeat misinformation verbatim when attempting to debunk it, as even referring to the inaccuracy can psychologically implant it in your mind. So I'm going to begin with the facts. We know the combined contraceptive pill, which contains oestrogen and progesterone, has a protective effect against endometrial and ovarian cancer.

We also know the combined contraceptive pill slightly increases your risk of developing breast cancer; but because it is rare in younger women who are users of contraception, the increase in risk is considered to be very small.

When I was scrolling through Threads, however, I was told by a complete stranger who had been amplified to me that birth control

was "now a class 1 carcinogen" and that "no one" is talking about it. Firstly, that isn't new; we know there is a slight risk regarding breast cancer; and the said carcinogenic rating comes from 2007. Secondly, it ignores the immense amount of nuance this topic requires.

There are many, well-founded reasons to be critical of birth control; our bodies are under-studied due to years of gender discrimination in scientific research, and side effects for women vary enormously. All of our stories deserve airtime and support if they have been negative. But I wish we heard more of the many success stories, too. I had a fantastic 10 years on the combined contraceptive pill.

I, too, had some of the commonly-discussed side effects; I told my GP and was moved on "the pill ladder", a still largely unknown tool among patients that healthcare providers use to ascertain whether you get on best with more progestogenic or estrogenic pill brands. I believe lots of women give up the pill before returning to the GP for a step up or down the pill ladder.

Had the side effects continued, I'm sure I'd have been directed yet another way; but the GP was right to support my perseverance with a pill that has preserved my sexual

freedom for my entire adulthood, and which gives me numerous protective effects. On top of all of this, I am incredibly nervous about the rhetoric around the pill putting off people entirely from any kind of hormonal contraception.

The number of abortions in England and Wales hit record levels this year, with stretched NHS services often to blame; a chasm appears to be growing between our sexual freedom and our ability to avoid unwanted pregnancy. Birth control is also being targeted by the American Christian right, whose rhetoric regularly bleeds into

British right-wing circles and who have been emboldened by the overturning of Roe v Wade.

We should absolutely have access to high-quality information about the combined contraceptive pill and a space to exercise our concerns around using it. But we should also be extremely worried about who, and what, is waiting for us around the corner the minute we attempt to discredit it in its totality. For many people around the world, the combined contraceptive pill saves their life.

Sophia Smith Galer is an award-winning reporter, author and content creator



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SOCIETY

**Pranjali Hasotkar**



## 'Trad wife' trend hides a darker side

We call it duty, I say to myself, as I doomscroll on TikTok, watching videos of the resurgence of the "trad wife" trend. Women, often in twee plaid clothes, bake bread from scratch and forage for vegetables in the garden. They talk about how they feel they are happiest when they are homemakers and do not go out to work; they like to be in service to their husbands.

My mother was 25 when she married my father. She had me a year later and my brother four years later. For most of her marriage, she was a homemaker raising two kids on her own while my father worked – just like a traditional family. Every morning, she got up, packed a tiffin for the three of us, prepared food and cleaned the house. Every married woman I knew was a housewife, so for most of my childhood I thought being married

meant being a homemaker. That is, until 2013. When I turned 13 and my brother was nine, my 40-something mother, frustrated with her life, decided she couldn't do it any more.

It was exhausting, and she was burnt out. That's when she told us that she wanted to work. She told us of her dream, to become a dance instructor. And so she became a businesswoman.

This might not be a significant transformation for some. But my mother was born in a small town in north-west India, and was always taught that her duty was to cook and take care of her husband.

In the years since my mother started working, I saw a significant shift. Gone was the meek housewife who suppressed her wants. It felt like a snake had shed its skin. I could see her becoming happier.

Feminism, of course, allows one to choose their path – traditional wife or not. But the way it is often interpreted doesn't consider intersectionality. Tradwifery might seem like a trend – a life of luxury, even – to the Western population, but it's routine for many women in Asia.

What would have happened, had my mother not put an end to the generational trauma that most women in India still go through? Would I be independent if she hadn't started working? Probably not. Discussions over the trad wife trend miss this perspective. To me, tradwifery is not a lifestyle choice – it's the reason why most women I knew growing up were unhappy.



Balgrove cottage pie



SERVES 4

- 500g lean beef mince 5% fat
- 2 celery sticks, finely diced
- 2 medium dirty carrots, washed, peeled and finely diced
- ½ onion, finely diced
- 1 garlic clove, finely chopped
- 4 sprigs of thyme, leaves picked
- 500ml beef stock
- 1tbsp Scottish cold pressed rapeseed oil
- 1tbsp tomato purée
- 1tbsp Worcester sauce
- 1tspn cornflour
- 1tspn cold water
- Curly parsley
- Sea salt & pepper
- For the mash**
- 800g Maris Piper potatoes, peeled and chopped
- 25g salted butter
- 200ml milk
- Sea salt and pepper

Heat the rapeseed oil in a large pan and fry the mince until brown. Add the onions, carrots, celery and garlic and fry for a few minutes until softened.

Add the tomato purée, Worcester sauce, beef stock and thyme. Bring to the boil, then gently simmer for 30 minutes until the beef is tender.

Mix the cornflour with the water and stir into the mince. Cook for a further five minutes until thickened.

Place and spread the mince into a suitable baking dish and leave to cool while you make the mash.

Place the potatoes into a large pan and cover with water. Bring to a boil and simmer until tender. Drain and steam dry for a few minutes. Add the butter and milk, and mash well, season to taste.

You can either spoon the mash over the cold mince, fluffing the top with a fork, or pipe the mash using a round nozzle. Sprinkle with finely chopped parsley.

Preheat the oven to 200C/180C Fan/ Gas 6. We recommend covering the cottage pie with foil and cooking for 30 mins, removing for the last 10 minutes, until it is golden brown and piping hot throughout.

Recipe from Roy Brown, head chef at Balgove Larder Farm shop and cafe, Fife. [balgove.com](http://balgove.com)

**Tomorrow**  
Sweet potato dhal



# Games & Puzzles

## Kakuro

**How to play** Fill the white squares so that the total in each across or down run of cells matches the total at the start of that run. You must use the numbers from 1-9 only and cannot repeat a number in a run.

			7	27				
		8				28	9	
	20				3			
	6				16			
8				4				
		18					18	7
7				16	20			
	15				6			
		18				4	4	
	7			10				
	6			17				

## Jigsawdoku

**How to play** Place the numbers 1-9 once in each row, column and bold-lined jigsaw region.

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

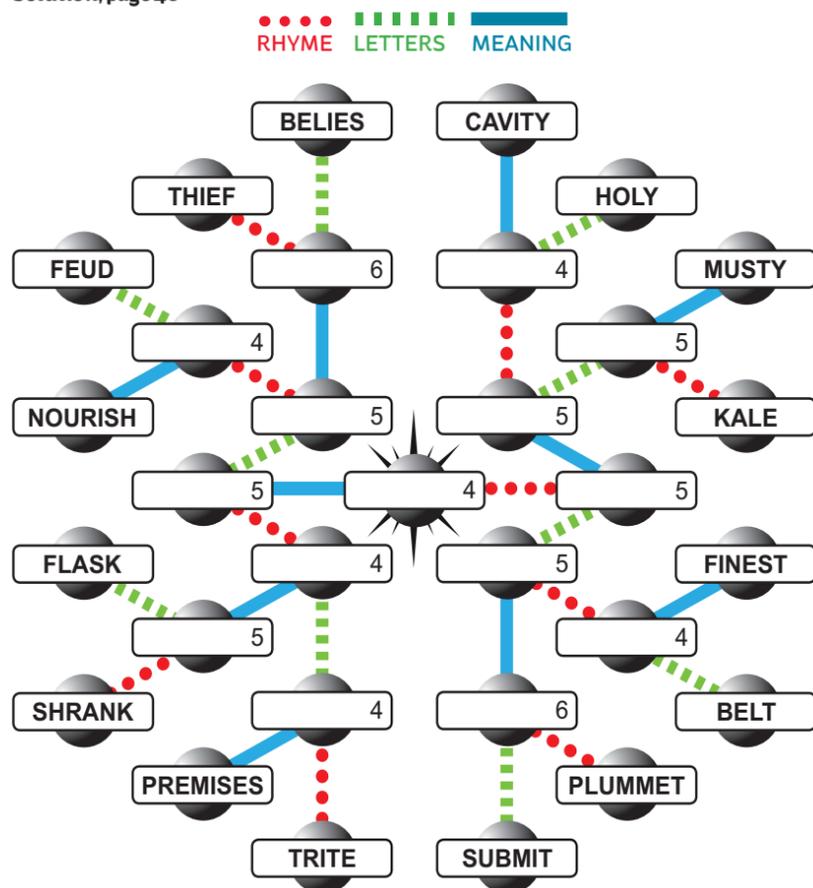
## Killer Sudoku

**How to play** Each row, column and 3 by 3 box must contain each number (1 to 9) only once. The sum of all numbers contained in a dotted area must match the number printed in its top-left corner. No number can appear more than once in a dotted area.

11		23			5	3		17
4		11	13			11		
11			7	11		14		
14				10	12		12	3
12	13	9			10			
		10			11		17	
13	10		9			14	9	
	12		12	14			5	
	10			8			15	

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Find the missing words by following the RHYME, LETTERS and MEANING links – eg, a word that rhymes with 'cheek', has one letter different from 'pear' and has the same meaning as mountain, would be 'peak'. Full rules at [zygolex.com](http://zygolex.com).  
**Solution, page 40**



## Futoshiki

**How to play** Place the numbers from 1-5 exactly once in each row and column. The greater than and less than signs ('>' and '<') indicate where one cell is greater/less than the adjacent cell indicated.

	>			>	2
v		v			
	>		>		
v			^		^
^					^
	>				
	2	<		<	

## Minesweeper

**How to play** Find all the mines in the grid. Numbers in certain squares indicate how many mines there are in the neighbouring squares, including diagonally touching squares. Mines cannot be placed in squares with numbers.

		1				0		0		
2			3	4	1		3			1
2	3				1				2	2
			5			3		3		1
		2	3			0	2	3		2
0	0	2			2	3		2		1
1					1				2	
		1		3			4	4		
	1	0	2	3			2		1	0
2		1	3	2	3		2		1	
		1			3		1			
2				1		1			1	0

### Number Square

**How to play** Fill the empty squares with numbers that will make the across and down calculations produce the results shown in the grey squares. Each numeral from 1 to 9 must only appear once. The calculations should be performed from left to right and top to bottom, rather than in strict mathematical order.

#### Easier

	-		x		-10
+		-		x	
	x	9	-	3	69
-		+		x	
	-		+		0
4		2			15

#### Harder

	x		-		33
-		+		÷	
	-		+	1	-2
-		-		-	
	+		x		20
-4		15			3

### Codeword No 3956

**How to play** The numbers in the grid correspond to the letters of the alphabet. Solve the puzzle and fill in the letters in the key as you discover them. Three letters are provided to give you a start. The solution will be printed in tomorrow's paper, the solution to yesterday's codeword is on page 40.

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

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

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

**Need a little help getting started?** Then call for up to four extra clue letters on 0901 292 5204. Calls cost £1 plus your telephone company's network access charge (if you are having trouble with the phone service, call the helpline: 0333 202 3390). Or text **THE CLUE** to 85100 to receive your clues. Texts cost £1 plus your standard network charge (if you are having trouble with the text service, call the helpline: 0333 335 3351). Clues change each day at midnight.

### Word Ladder

**How to play** Convert the word at the top of the ladder into the word at the bottom of it, using only the four rungs in between. On each rung, you must put a valid four-letter word that is identical to the word above it, apart from a one-letter change. There may be more than one way of achieving this.

WORN
TUBE
FOND
PICK

### idoku Exclusive to i

**How to play** Each numeral from 1 to 9 must appear (once only) in the squares forming the red letter i.

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

### Sudoku Easier

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

Tomorrow: Harder

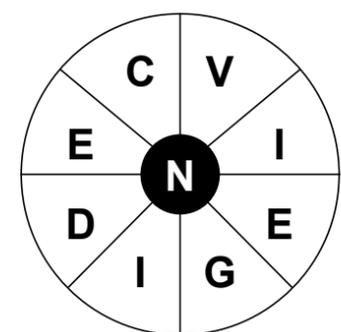
### ABC Logic

**How to play** Place the letters A, B and C only once in each row and column. Each row and column has two blank cells. The letters at the edge of a row/column indicate which of the letters is the first/last to appear in that row/column.

	C	A	A	B	C	
A						C
C						C
C						B
						B
	C	B				

### Word Wheel

**How to play** This is an open-ended puzzle. How many words of three or more letters, each including the letter at the centre of the wheel, can you make from this diagram? We've found 28, including one nine-letter word. Can you do better?



Number Square, Word Ladder, Word Wheel, Kakuro, Minesweeper, ABC Logic, Killer Sudoku, Futoshiki, Codeword, Jigsawdoku and Wjuko created by Clarity Media. For more puzzles, see clarity-media.co.uk

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### Concise Crossword No 4278

- ACROSS**
- Culinary herb (5)
  - Absence of war (5)
  - Well-liked (7)
  - Fold (5)
  - Welsh dog (5)
  - Out of control (7)
  - Fragrant shrub (11)
  - Slim (7)
  - Love deeply (5)
  - Sea duck (5)
  - Chirp (7)
  - Glasses (Informal) (5)
  - Small coin (5)
- DOWN**
- Deliberate exaggeration (9)
  - Feeling of unease (7)
  - Young dog (5)
  - Grow old (3)
  - High regard (6)
  - Arrange (11)
  - Speed (4)
  - Illegally-obtained (3-6)
  - Poison (7)
  - Valuable things (6)
  - Expensive (4)
  - Pub game (5)
  - Owing (3)

**Stuck on the concise crossword?**  
For today's solutions, call 0905 789 3590. Calls cost 80p per minute plus your network access charge. If you are having trouble accessing this number, please call our helpdesk on 0333 202 3390.



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

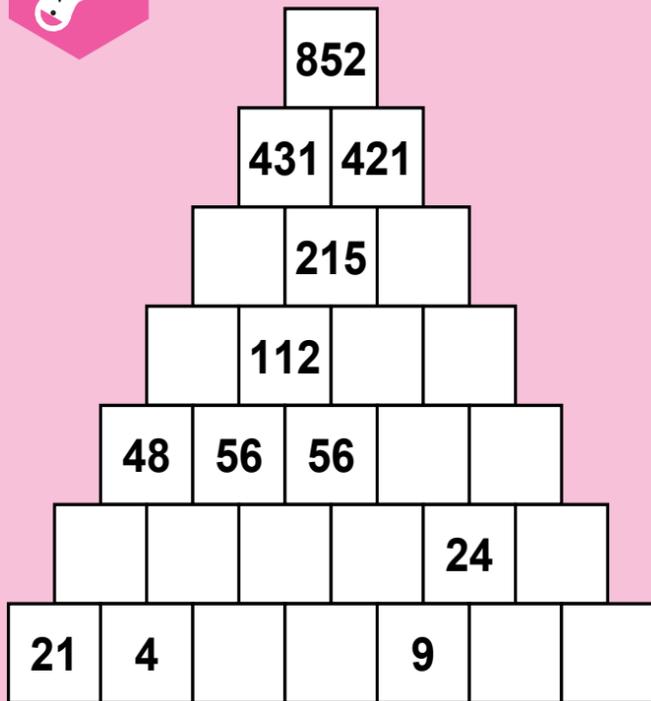
**Solution to yesterday's Concise Crossword**  
**ACROSS** 1 Sine, 3 Bored (Signboard), 7 Protract, 8 Part, 9 Passing, 11 Wordy, 12 Amnesia, 16 Sever, 17 Pie-eyed, 19 Visa, 20 Aromatic, 22 Sheep, 23 Alms.  
**DOWN** 1 Spread, 2 Net, 3 Both, 4 Reprobate, 5 Deride, 6 Cannon, 10 Stalemate, 13 Suitor, 14 Remiss, 15 Merits, 18 Carp, 21 Awl.

**Today's other puzzles** Cryptic Crossword, page 29  
Five-Clue Cryptic, page 2; One-Minute Wjuko, page 27  
**Puzzle solutions** See pages 40-41

### Children's Corner Number Tower



**How to play** The value of each square in the number pyramid is the sum of the two squares directly under it.



### Knight's Tour

**How to play** A chess knight visits each square of the grid exactly once, starting at 1 and ending at 100 (these squares are shaded). Deduce the whole path of the knight - some of which is already given - and thus complete the grid. The knight moves either two squares horizontally followed by one square vertically, or two squares vertically followed by one square horizontally.

	83		5	24		19		1
79		85		77			21	18
			75	4			32	
7	80	73		89		33	28	
	95	90				39		31
		55	100				37	16
94	92					65	40	
		57	98		50	48		
70	52	11	68	59	62		44	
				12	46	63		

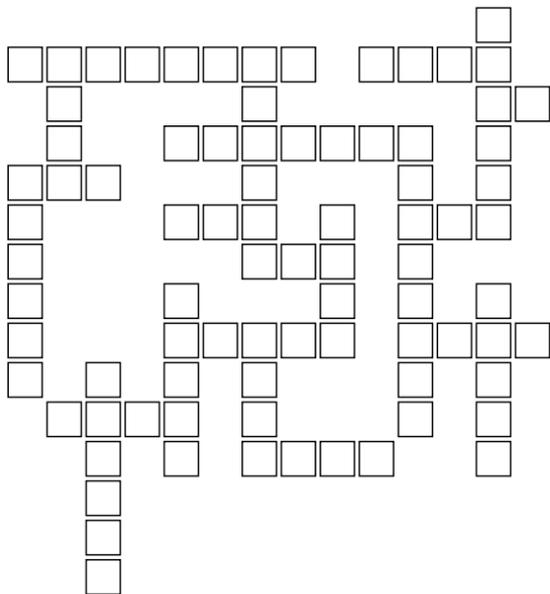
### Rectangles

**How to play** Divide the grid into a series of rectangles or squares, such that every cell in the grid is in exactly one region. Numbers indicate the size of each region: for instance a "7" in a cell means that cell is part of a region that contains seven cells in total. There is only one number in each region.

		3	3					4	
8									
			18						
			8		8				
					2				
									12
		2					12		
	2								8
							7		3

### Word Fit

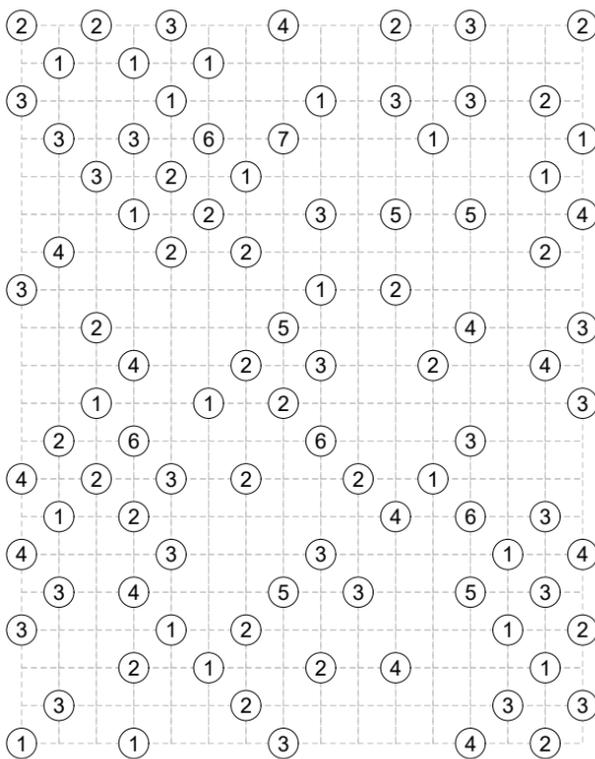
**How to play** Can you fit all the words into the grid to complete the puzzle? Some words may initially fit in more than one place, but there is only one way to fit all the words together to complete the grid.



- 3 letters**  
Dad  
Fed  
Nee  
Yen  
You
- 4 letters**  
Buoy  
Dell  
Rude  
Smog  
Tome  
Vase  
Wars
- 5 letters**  
Knees  
Newly  
Ninth  
Sleet
- 6 letters**  
Canons  
Keypad  
Nozzle  
Untidy
- 7 letters**  
Matured
- 8 letters**  
Daffodil  
Previous

### Bridges

**How to play** Connect every island (represented by circles) into a single interconnected group. To do this draw bridges between islands. The number in each circle states how many bridges must be connected to that island. Bridges cannot cross each other, can only be drawn horizontally or vertically, and there can be a maximum of two bridges between any pair of islands.



### Word Search

**How to play** The classic word-search puzzle: find all the words in the grid. Words may be hidden horizontally, vertically or diagonally and in either a forwards or backwards direction.

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

- ATTACK
- PLASTRON
- BLADE
- POINT
- DUEL
- POMMEL
- FEINT
- REFEREE
- FOIL
- SINGLESTICK
- GRIP
- TARGET
- GUARD
- THRUST
- LUNGE
- TIP
- MASK CORD
- TORSO
- OLYMPICS
- WHITE JACKET

Solutions: pages 40-41

### Word Square

**How to play** Simply answer the clues alongside the grid, writing the answers in the respective rows. The solution must read the same horizontally in each row as it does vertically in each column.


- Ooze
- Currency of Belgium
- Goes wrong
- Luxurious; stylish

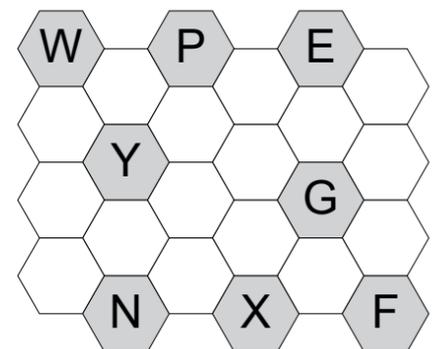
### Calculatedoku

**How to play** Place the numbers 1-6 once in each row and column, obeying sums in bold-lined regions. The number in each region indicates the total for the region, and the symbol shows which type of operation should be applied to the numbers: addition, subtraction, division or multiplication. Numbers may repeat within bold-lined regions. With subtraction always take the lower numbers away from the highest number in a region, and with division divide the highest number by the lower numbers.

5x	15+			11+	2-
	3x				
20x		8+	10+	1÷	
2÷					
3÷				8+	
5+		6x		9+	

### Hexalex

**How to play** Place each of the letters below once into the empty hexagons, crossing them off as you do so. Enter the letters in such a way that it is possible to find all the words listed alongside the grid by moving from hexagon to adjacent hexagon to spell out each word.



- CRY
- FIG
- GAD
- GAZES
- HUNK
- JAG
- JUT
- MYTH
- PRY
- TAGS
- TUX
- VIOL
- WRY

A C D H I J K L M O R S T U V Z

## RUSSIA

# Kyiv forces 'seize small town' after cross-border raid

By Taz Ali  
SENIOR WORLD REPORTER

Ukrainian forces have reportedly launched a major cross-border raid into Russian territory, with claims that they have captured the border town of Sudzha, but the incursion is unlikely to turn around the army's frontline struggles.

Russia's military said it had thwarted an advance of Ukrainian troops and tanks in the southern Kursk region overnight on Wednesday, with the regional governor ordering the evacuation of residents from some areas.

Vladimir Putin described a "large-scale provocation" and said he would meet senior defence and security officials to discuss "indiscriminate shelling of civilian buildings, residential houses, ambulances with different types of weapons".

He instructed the cabinet to coordinate assistance to the region.

Alexei Smirnov, the acting regional governor, said: "In the last 24 hours, our region has been heroically resisting attacks."

The Russian defence ministry said up to 300 Ukrainian troops, supported by 11 tanks and more than 20 armoured combat vehicles, had crossed into Russia and suffered heavy losses.

Shelling killed at least two people and injured 24, Russian foreign ministry spokeswoman Maria Zakharova said.

It came after a Ukrainian commander told *i* that his forces had seized Sudzha, a town of about 5,000 people about six miles from the border, saying the move would "force" Russia to "reinforce their own border instead of continuing to advance in Ukraine".

Ukrainian officials have not publicly commented on the raid. Previous incursions into Russian territory have been claimed by groups of Russian fighters aligned with Ukraine.

Frank Ledwidge, a senior lecturer in war studies at Portsmouth University and a former military intelligence officer, said the Kursk incursion was not dissimilar to previous cross-border attacks in Russia's Belgorod region, which were



A damaged house from the shelling in Sudzha on the Ukraine/Russia border AP

carried out by pro-Ukraine Russian fighters "with very limited success".

"Once the Russian military gets its act together, the Ukrainians will retreat across the border again," he said. "From a military perspective, this is nothing significant."

Lucian Kim, a senior Ukraine analyst at the International Crisis Group think-tank, said: "This... for the Ukrainians, it is more of psychological importance: showing Russians that they are not safe in their own borders."

## UKRAINE

# Russian vessels damaged in Ukrainian attack

By Anastasiia Malenko  
IN KYIV

Ukraine's military intelligence agency has confirmed that its forces have conducted a raid on the Russian-controlled Tendra spit in the north west of the Black Sea, saying they damaged equipment and fortifications and inflicted casualties.

The agency published a video showing vessels carrying well-equipped soldiers and troops landing on a shoreline. It said they destroyed a Russian electronic warfare system and armoured vehicles and they were assessing Russian personnel losses.

On Tuesday Russian-installed authorities said that Ukrainian saboteurs had attempted to land on the Russian-held spit from the sea.

The governor of the occupied part of Ukraine's Kherson region where the spit lies said Kyiv had attacked with 12 high-speed vessels.

Ukraine's HUR military intelligence service said its forces sustained no casualties. The Russian official said three boats and their crews were destroyed.

The Tendra spit lies off the coast of the Kherson region in waters seen as important for maintaining Ukraine's access to the Black Sea.

## MILITARY

# Ukraine 'downs Russian helicopter with FPV drone'

By Taz Ali

Ukraine has reportedly shot down a Russian helicopter using a first-person view (FPV) drone, with footage circulating online purportedly showing the airborne weapon chasing down the aircraft.

The drone hit a Mi-28 attack helicopter (*inset*) on Tuesday in Kursk region, just over the border in Russia, in "a unique special operation

in military history", an intelligence source told *Kyiv Post*.

It follows reports of a Ukrainian assault in the Kursk region, with claims that Kyiv's troops have captured the Russian town of Sudzha.

A video showing a drone ramming a helicopter was first shared on Telegram by Ukrainian activist Serhii Sternenko. He claimed it was the first time a Ukrainian FPV drone had struck a Russian helicopter in

mid-air. It was not clear from the footage whether the helicopter sustained any damage, but *Kyiv Post* reported the aircraft's tail rotor had been hit by the drone.

Ukrainian news website *Ukrainska Pravda* reported the alleged strike, citing a source as saying it was carried out by the Security Service of Ukraine.

"We still have plenty of unexpected surprises for the Russians," the source said.

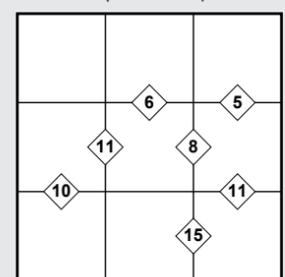


Neither Ukraine nor Russia have commented on the claims.

A similar but unconfirmed report emerged last week, when Russian bloggers claimed a Ukrainian drone destroyed a Russian helicopter near the Donetsk region.

## One-minute Wjuko

How to play Place 1 - 9 once in the grid, obeying the sums between pairs of squares



Solution: page 40

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AUSTRALIA

# Work-from-home staff ordered back to the office as state cracks down

By Charlotte Graham-McLay  
IN WELLINGTON

The government of Australia's most populous state has ordered all public employees to work from their offices by default and urged stricter limits on remote working.

The move in New South Wales (NSW) comes after news outlets provoked a debate about working-from-home habits established during the pandemic.

Chris Minns, the New South Wales premier, said in a notice to agencies on Monday that jobs could be made flexible by means other than remote working, such as part-time positions and role sharing, and that "building and replenishing public institutions" required "being physically present".

His remarks were welcomed by business and property groups in the state's largest city, Sydney, who have decried falling office occupancy rates since 2020. The call was denounced by unions, who pledged to challenge it if it was invoked unnecessarily.

The instruction made the state's government, Australia's largest employer with more than 400,000 staff, the latest among a growing number of firms and institutions worldwide to attempt a reversal of remote working introduced as Covid-19 spread.

But it defied an embrace of remote working by the governments of some other Australian states, said some analysts, who suggested lobbying by a major newspaper had prompted the change. "It seems the Rupert Murdoch-owned *Daily Telegraph* in Sydney has been trying to get the New South Wales government to mandate that workers go back to



Commuters wait to board a tram in the central business district in Sydney this week. LISA MAREE WILLIAMS/GETTY

the office," said Chris F Wright, an associate professor in the discipline of work at the University of Sydney.

The newspaper cited prospective economic boons for struggling businesses, but the union representing public servants warned the government could struggle to fill roles.

"Throughout the New South Wales public sector, they're trying to retain people," said Stewart Little, the general secretary of the Public Service Association. "In some critical agencies like child protection

we're looking at 20 per cent vacancy rates... [That is] hundreds of jobs."

Mr Little added offices had shrunk since 2020 and agencies would be unable to accommodate every employee on site. Mr Minns said the state would lease more space, according to *The Daily Telegraph*.

Katie Stevenson, executive director of the Australian Property Council's NSW branch, said: "More workers mean more life, more investment and more business for our cities."

Individual agencies could devise their own policies, the order added, but should ensure employees "spread attendance across all days of the working week". AP

**i** Requests to work from home on some occasions should be **formally approved for a limited period only** and reasons for the request should be supplied, the directive said.

ARCHAEOLOGY

## World's oldest calendar found on Turkish pillar

By Nilima Marshall

The world's oldest calendar, carved on to an ancient pillar around 12,000 years ago, has been discovered by UK archaeologists.

The time-keeping system, unearthed at the Gobekli Tepe site in mountains of Anatolia in Turkey, suggests people were accurately recording dates 10,000 years before this was documented in Greece in 150BC.

A team led by the University of Edinburgh found 365 "V" symbols etched on one of the pillars at the site, each thought to represent a single day.

Additionally, the carvings (*inset*) appear to depict a comet strike that wiped out large animals 13,000 years ago and triggered a mini-ice age that lasted 1,200 years.

Dr Martin Sweatman, of the University of Edinburgh's School of Engineering, who led the research, said: "It appears the inhabitants of Gobekli Tepe were keen observers of the sky, which is to be expected given their world had been devastated by a comet strike."

"This event might have triggered civilisation by initiating a new religion and by motivating developments in agriculture to cope with the cold climate. Possibly, their attempts to record what they saw are the first steps towards the development of writing millennia later."



### CRYPTIC CROSSWORD No 4214 BY KLINGSOR

ACROSS

- 1 Note, Pop's dancing with daughter on ice (9)
- 6 Location around River Wear (5)
- 9 Central to Cairo, a strip joint (5)
- 10 Dummy run follows company beginning to muster strength (9)
- 11 One that flies from socialist vote (7)
- 12 Labour retains original manifesto, initially creating disquiet (7)
- 13 Extremely vulgar man cited some funny quotes (8,6)
- 17 Patronising husband staggered I ran Hotel Grand (6-4-4)
- 21 Student's set back by small mistakes (4-3)
- 23 Have I the skill to be friendly? (7)
- 25 Not very smart? That's rather unfair (1,3,5)
- 26 Earl introduces artist to one inspiring poet? (5)
- 27 Subsequent change, reversing Article 50 (5)

- 28 Born again Christian finally given rise after religious teaching (9)

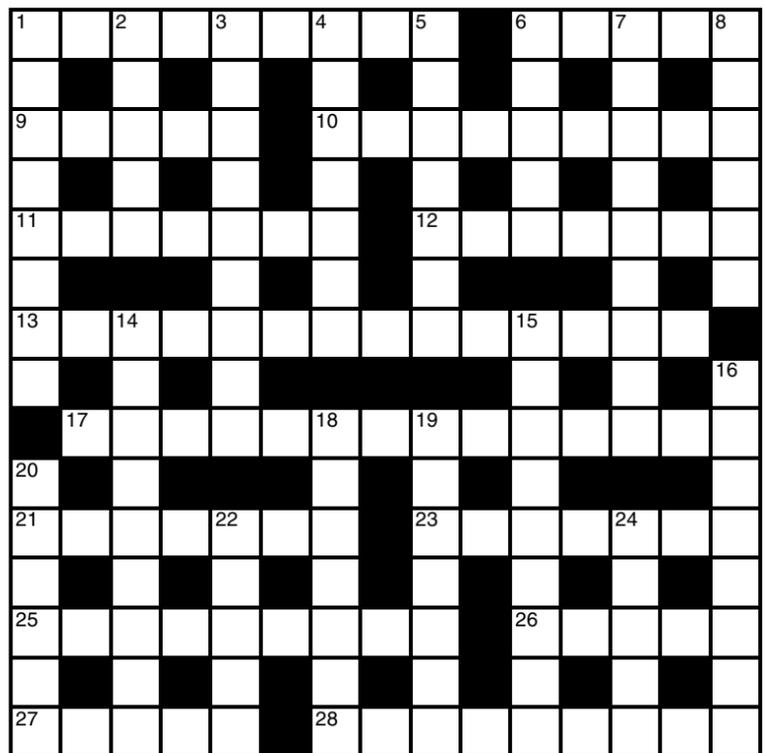
DOWN

- 1 Likeness to rap artist regularly is awkward (8)
- 2 Grave of dictator's endured (5)
- 3 Beaten up prior to producing medley (9)
- 4 Sodium battery covers energy for part of aircraft (7)
- 5 Popular recording grabbing one, volume is turned up (7)
- 6 Parody mostly is on right track (5)
- 7 Promise to include perhaps Milton Keynes's last regressive therapist (9)
- 8 Slavery unlikely to be found around Croatia (6)
- 14 Musician, 6, appearing with Solti in Brahms and Liszt (9)
- 15 Machismo shown by island's housing policies (9)

- 16 3 is 27's cue to rob cast (4,4)
- 18 Upset Irish winter sportsman? That's more dangerous (7)
- 19 Listen and learn, gaining knowledge (7)
- 20 Prime minister loses case for state (6)
- 22 Unmarried German 14, say (5)
- 24 Noble's heading for birthday party (5)

Solution to yesterday's Cryptic

APOLLO OAFISH  
O A N N I U  
RUNTHEGAUNTLET  
N R L N A P I  
ADMIRE OKLAHOMA  
S N G T U E  
STRENGTH HERESY  
E E E E I  
PRIMED ROADRAGE  
L E P L E N  
WINDFALL TOMCAT  
N I H A H O T  
GRACEANDFAVOUR  
T A E U E R  
GEDDIT LEDGER



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# Britain's coins have changed, but do the public know?

LATE LAST YEAR, His Majesty The King and Buckingham Palace approved a new set of United Kingdom coinage. It means our everyday coinage is changing. From the 1p through to the £2, all of the coins in your change will have new designs – on both heads and tails sides. Pictured right, they represent the biggest change to our coinage since decimalisation over 50 years ago. However, although the new designs have met with wide approval, it appears something strange is happening.

## The Initial Collector Rush

The introduction of the new coins sparked an immediate rush among collectors, keen to own a piece of British history. Tens of thousands of collectors were quick to seize on the first release. These initial coins all feature a special 'privy mark' in the form of a crown which won't appear

on those you'll eventually find in your change. It's believed that the allure of this limited privy mark, available only on the 2023 issues, added a layer of urgency and collectability to the new coins. However, despite the quick action of many in-the-know collectors, it seems a surprising number of the general public remain totally unaware of the collectable significance.

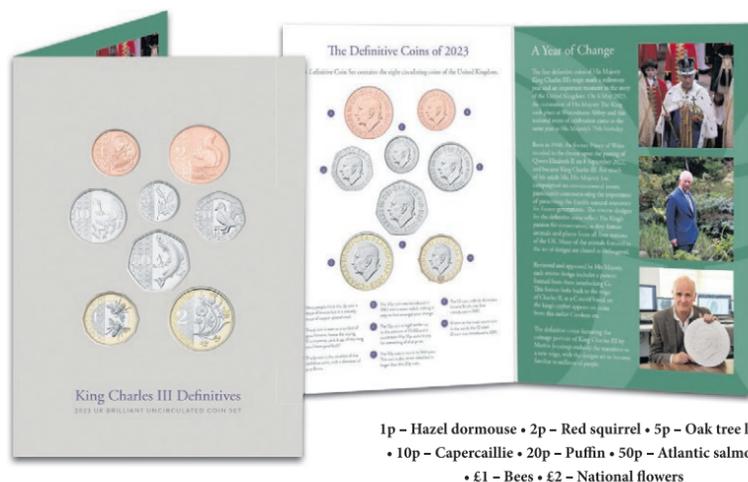
## Public oblivious

From recent conversations with a number of groups - including existing collectors, members of the public and business contacts - it seems clear that a large proportion of country are unaware the new coins have even been released at all. Let alone the ultra-collectable 2023-dated issues with their exclusive crown privy mark. How can such a significant change fly under the radar? As the mystery unfolds, the window to own these coins narrows.

## The eight new coins that will gradually replace those found in your change



## Coins presented in the official Royal Mint collector packaging



1p – Hazel dormouse • 2p – Red squirrel • 5p – Oak tree leaf  
 • 10p – Capercaillie • 20p – Puffin • 50p – Atlantic salmon  
 • £1 – Bees • £2 – National flowers

## An Opportunity Amidst the Mystery

Significantly, the opportunity to own these special coins is now limited as the coins that will gradually be released into circulation will not feature the collectable privy mark. As such, the current coins remain hidden gems for many.

## How to Secure A Set Today

The prized, 2023-dated privy mark editions are still being distributed by Official Partner to The Royal Mint, The Westminster Collection. By responding today, it's still possible to guarantee a set. The coins will arrive in pristine, uncirculated condition,

and be housed in the official Royal Mint packaging, making them not just a collector's item, but unique pieces of British history that will be cherished for generations to come.

## Totally Risk Free

The set is available today for just £34 (+£3.99 p&p). Each one comes with a 30-day money-back guarantee ensuring any purchase made is totally risk-free.

As the coins are released into circulation over the coming months, demand for these initial release privy-marked coins will only rise. Secure a set today and capture the moment the nation's everyday coins changed forever.



PLEASE QUOTE ORDER CODE: NVC/697U/4

Order with confidence. Your order is covered by a full 30 day money back guarantee and we have a feefo Platinum Trusted Service Award.



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Please return in an envelope addressed to: Freepost RSCR-JHCL-HBGT, The Westminster Collection, PO Box 4848, POOLE. BH12 9GB

YES, Please send me [ ] (max. 3) Set(s) of the New United Kingdom Coinage for just £34 each (+£3.99 p&p).  
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I enclose my cheque/P.O payable to The Westminster Collection  
 Please charge my Mastercard/Visa on despatch. Expires: MMYY

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Your credit card will not be charged until your order is despatched

Signed: \_\_\_\_\_  
 (All orders must be signed and are subject to acceptance and status)

Mr/Mrs/Miss/Ms: \_\_\_\_\_  
 (Please circle) (FIRST NAME) (SURNAME)

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone No: ( ) \_\_\_\_\_  
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# Panorama

Around the world in 10 stories



## DENMARK

### Man jailed for assaulting PM

A Polish man has been sentenced to four months in jail for assaulting the Danish prime minister, local media said, adding that he would be expelled from the country.

The unidentified 39-year-old man was charged with punching Mette Frederiksen's right shoulder in June in a Copenhagen plaza, causing her to lose her balance.

Ms Frederiksen, 46, suffered whiplash. The man also faces charges including sexual harassment by exposing himself, groping a woman at a train station, and fraud. AP

## VATICAN

### Activists shout out at Pope

Pope Francis's weekly general audience at the Vatican has been briefly interrupted by two women from an animal rights group who shouted and held up signs protesting against bullfighting.

The women walked down an aisle in the Vatican's Paul VI hall holding signs written in Spanish and English saying: "Bullfighting is a sin". They were quickly escorted out by security officials.

The two women wore shirts identifying them as part of People for the Ethical Treatment of Animals.

The group's activists contend that some Catholic priests offer blessings to local bullfighters. REUTERS

## SOUTH KOREA

### Suga apologises for drunk driving on e-scooter

By Hyunsu Yim and Hyonhee Shin  
IN SEOUL

The K-pop star Suga, a member of boy band supergroup BTS, has apologised after police in Seoul fined him and revoked his licence for drunk driving while on an electric scooter.

The songwriter and rapper had ridden the scooter for about 500 metres before he tripped when parking on Tuesday night, his label Big Hit Music said.

He failed a breathalyser test and was fined and his scooter licence taken away, the label said, adding the incident caused no harm or property damage.

"I apologise to everyone who has been hurt by my wrong behaviour," Suga, whose birth name is Min Yoon-gi, wrote on fan platform Weverse. REUTERS

## Postcard From... Lahaina

When a deadly wildfire tore through Lahaina on Maui last August, it scorched the 151-year-old banyan tree along the historic town's Front Street. But the sprawling tree survived, and parts of it are now growing back.

Planted in 1873, the tree is the oldest living one on Maui. India shipped it as a gift to commemorate the 50th anniversary of the arrival of the first Protestant missionaries.

For generations, it served as a gathering place along the town's waterfront. It was the heart of the community – more

than 60ft high and anchored by multiple trunks that spanned over nearly an acre.

The fire caused about half of the branches to die. "Once that section desiccated, there was no coming back," said Duane Sparkman, chair of the Maui County Arborist Committee.

But other parts are now growing back healthily. Fourteen sensors screwed into the tree track the flow of sap through its branches. "It's basically a heart monitor," Mr Sparkman said. "As we've been treating the tree, the heartbeat's getting stronger."

There are also plans to install vertical tubes containing compost to help the aerial roots.

"You see a lot of long, long branches with hundreds of leaves," he added. AP

Claire Rush, Jennifer Sinco Kelleher

## BANGLADESH

# Nobel laureate flies back to lead interim government

By Ruma Paul and Sudipto Ganguly  
IN DHAKA

The Nobel Peace laureate chosen to lead an interim government in Bangladesh has called for calm and boarded a flight to return home, a day before his new government is expected to be sworn in to replace ousted prime minister Sheikh Hasina.

Muhammad Yunus, 84, was picked by President Mohammed Shahabuddin to lead the new interim government, a key demand of student demonstrators whose uprising drove Ms Hasina to flee to India on Monday.

"Let us make the best use of our new victory," he said yesterday before



Muhammad Yunus is escorted by French police in Paris yesterday

departing from Paris, where he had been receiving medical treatment while out on bail from criminal cases brought under Ms Hasina.

Outside the airport, he told reporters: "I fervently appeal to everybody to stay calm. I'm looking forward to going back home and see what's happening there and how we can organise ourselves to get out of the trouble that we're in."

"I'll go and talk to them. I'm just fresh in this whole area," said Mr Yunus, an economist who was awarded the 2006 Nobel Peace Prize for founding a bank that pioneered fighting poverty with small loans to ordinary people.

President Shahabuddin said the rest of the interim government needed to be finalised soon to pave the way for elections. REUTERS



## The great wine rush

Hungary's hottest July on record has forced winemakers to start harvesting grapes up to a month early, such as at this vineyard near Berencsepuzsta. Climate change is severely affecting the industry, as the searing heat is threatening to make the country too hot for producing white wine. MARTON MONUS/REUTERS

## GERMANY

# Two die in hotel collapse in Moselle area

By Alex Kraus, Ludwig Burger  
KROEV/FRANKFURT

A hotel in Germany's picturesque Moselle wine valley has collapsed overnight, killing two people, with rescuers working urgently to pluck three remaining trapped guests from the rubble.

The hotel was identified as the

Reichsschenke "Zum Ritter Goetz" in Kroev, a popular holiday town surrounded by the steep, vineyard-covered banks of the river Moselle in the south-western region.

One woman's body was recovered but emergency responders have not yet been able to reach the body of the second victim, a male.

Four people have been rescued,

none seriously injured, in a complex operation because the two-storey building was unstable after its upper floor caved in late on Tuesday.

The cause of the accident was not yet clear.

Investigations would begin once the rescue operation was complete, the state prosecutor Peter Fritzen said. REUTERS

## UNITED STATES

### Wildfire rips through homes

A wind-driven wildfire on a hillside above the Californian city of San Bernardino, about 55 miles east of Los Angeles, burnt homes and forced evacuations before it was brought under control on Tuesday.

Video from TV station KTLA 5 showed at least five homes on fire. The blaze razed 40 hectares before it was largely contained. The cause is being investigated. REUTERS

## NEPAL

### Helicopter crash kills five

A helicopter with five people on board has crashed in the mountains north of Nepal's capital, Kathmandu.

The helicopter had taken off from Kathmandu International Airport at 1.54pm and was heading towards the town of Syaprubeshi.

The helicopter lost contact with the tower three minutes after take-off, according to the Civil Aviation Authority of Nepal. The four passengers were Chinese nationals, and the pilot a Nepali man, police said. AP

## ARGENTINA

### Ex-president sued for abuse

The ex-partner of Argentina's former president Alberto Fernández has accused him of abusing her, according to a court order.

Buenos Aires federal court has opened a criminal investigation into accusations of "psychological terrorism", phone harassment and physical abuse from Fabiola Yáñez. Mr Fernández, who was president from 2019 to 2023, denied her claims. AP

## SOCIETY

# Having children would have cost me my career - I refused to do it

It's easier to demonise child-free women than it is to lift up mothers in the workplace, says **Kate Lister**



**J**D Vance, the Republican vice-presidential nominee, has been under fire for the past few weeks for mocking Vice President Kamala Harris as one of the “childless cat ladies” who are “miserable” with their lives and “wanna make the rest of the country miserable, too”.

And rightly so. That's a stupid thing for anyone to say, let alone someone who is campaigning for political office. The comments were originally made in a 2021 interview on Tucker Carlson's Fox News show, but Vance only doubled down when they resurfaced, saying: “I've got nothing against cats.”

He continued: “This is not about criticising people who for various reasons don't have kids. This is about criticising the Democratic Party for becoming anti-family and anti-child.” I am a single, childless woman who doesn't even own a cat, so God knows how far down JD Vance's value system I am. All I have is house plants, and even they keep dying. When I first read Vance's comments, they really didn't shock me. I've heard similar things for most of my life.

“You won't ever know what true love is.” “You'll regret it.” “Do you not like children?” And, of course, all manner of “crazy cat lady” jokes. Any woman without kids will have heard the same. It's awful but it comes with the territory.

I wasn't going to write any kind of response to Vance's “childless cat ladies” comments because it was very well covered by people far angrier than I am, and, what's more, I find it all so predictably tedious. A hard-right republican, running on Donald Trump's ticket, saying wildly misogynistic things about women having babies is hardly surprising, is it?

The man voted against the Right to IVF Act back in June, for goodness' sake. Of course he thinks all women should be (naturally) knocked up as soon as possible.

In my opinion the man is a moron who is so entrenched in his own

patriarchal worldview that he really thinks “childless cat lady” is an insult to women and not a slur on the men they are turning away from. Pointing out that women who have chosen not to have kids do not, in fact, have kids, has always struck me as a very bizarre line of attack anyway. That was kind of the point there, JD. But then again, such comments aren't really aimed at the child-free who have made their choice, are they? It's designed to stigmatise childlessness and thereby coerce women into being mothers, less they too become “miserable”.

The “cat lady” comments didn't shock me, but I confess, they did irritate me, because this crap always does. The temptation is to retaliate by challenging the false narrative that women who don't have kids, to quote Vance, have no “direct stake” in their country. And that's exactly what people have been doing. Articles have been cropping up left, right, and centre to call out Vance and put forward very strong arguments about why it's perfectly OK to not have children.

But as I have watched the responses roll in online and across various media outlets, one thing struck me: just how divisive this becomes, and how the discussion turns to attacks against women in particular. In order to counter such pernicious rhetoric around

childlessness and “worth,” the temptation is to point to the myriad reasons why not having kids is amazing. I know that because I've done it myself.

To push back against the “crazy cat lady” narrative, it can be a lot of fun to point out how much sleep I get, how I spend my disposable income, and how much I enjoy not having barf on my clothes.

There are numerous “child-free influencers” out there who regularly post content about how great it is to not be weighed down by a brood. And whilst all that is true, it does risk othering those with children as fertile fools who have thrown away their freedom for a lifetime of domestic drudgery and baby babble. And this concerns me.

Now, more than ever, we can not afford to be divided by choices around motherhood.

The stigma of not having children is intense, and this is especially true for women. A 2016 study found that women who had chosen not to have kids were perceived as “significantly less psychologically fulfilled” and “elicited significantly greater moral outrage,” than mothers. They also experienced more “social backlash and pressure about their parenthood decisions than did women with children”.

In another study, women without kids reported being “excluded from social activities due to their lack



of children”. As someone who has chosen not to have kids, I can attest to all of that.

People do assume you must be sad and lonely. They do assume that you must be a career-obsessed, Cruella De Vil type who hates children and wants to wear their puppies as a coat. You do get excluded from a lot of things when you don't have kids, and that can really suck.

So, when some clown with a huge political platform articulates all of that, and worse, goes on to suggest you are actually worth less than people with children, the instinct is to lash out and shout about why being child-free is the best. But this is not the right line of attack.

It seems Vance, and others like him, are trying to pit women who have children and those who don't against one another, and we can't let that happen. While we are busy reacting to a deliberately provocative attack on the child-free, we are missing the bigger issues that impact all women, regardless of whether or not she has children.

Do you know why child-free

people like me talk about how amazing it is to have sleep, a career, and disposable income? Because we live in a system that severely penalises parents.

Child-free women do experience stigma and prejudice, but do you know who else does? Mothers, particularly in the workplace. Over half (52 per cent) of mothers have faced some form of discrimination at work, with a whopping one in five leaving their job after such an experience. I don't even have children, but I too have experienced this discrimination because I know there is no way I would have got to where I am in my career if I'd had a baby. I firmly believe that. The systems are not set up to allow mothers - especially single mothers - to succeed.

How would I have been able to earn my PhD or spend years working on insecure fractional

**The systems are not set up to allow mothers - especially single mothers - to succeed**



**JD Vance, Trump's running mate in the US election, doubled down when 2021 comments about 'childless cat ladies' resurfaced**  
GETTY



Having children and a successful career is difficult but possible. But everyone has the right to choose GETTY

contracts at various universities around the UK if I had a baby to care for on my own? How would I have been able to quit a full-time academic job for a freelance writing career with children to support?

I wouldn't, not unless I had a very supportive and/or rich partner, which I don't. I know there are people out there who have managed this, but I have no idea how. In every university I have worked at, very few of the female professors had children.

I'm not telling you this for sympathy but to acknowledge how difficult it is to have a career and be a mother. So difficult, in fact, that I opted out of it. But this doesn't mean that I am somehow different to those who made the choice to have kids. We are all part of the same horrible system that has made the choice to have children primarily an economic one.

Aggressive pronatalists seek to stigmatise women who don't have children as workaholic "cat ladies" who are "anti-family and anti-child," and they do that because that is considerably easier to do than

unpack why so many women are choosing not to have children.

It's easier to demonise child-free women as weird social aberrations than it is to lift up mothers in the workplace. If governments seriously want more people to have children, they need to support them to make that possible. The systematic prejudices facing both mothers and women without children come from the same place.

What Vance and others like him seem to want is for women to get married, have kids, shut up, and stay at home. We do not need to argue for the value of women who choose not to have children. We need to recognise that this narrative is designed to be divisive and resist it.

I am not the opposite of a woman who has chosen to have children; we are both making choices under the same system that is designed to make it impossible to "have it all."

We cannot break the glass ceiling unless we also raise the factory floor and fight for the rights of all women, whatever their choices around motherhood.

## WELLBEING

## Snacks the health experts eat (including brownies)

Nutritionists and dietitians are happy to encourage people to honour their cravings every once in a while. By **Kat Brown**

There's something about that afternoon lull which destroys any nutritional goodwill we have built up throughout the day. No matter how strong a start we've made (overnight oats, 10 points) or how many sensible plans we've put in place, by the time 3.30pm rolls around tiredness often means that many of us are ready to inhale the contents of the nearest coffee shop.

So how do the people who work in the fields of diet, fitness and nutrition deal with those post-lunch cravings and how do they find a compromise between craving something sweet and not wanting to set off sugar highs and lows?

We asked some of the most experienced names in the field for their take on what makes a delicious – and realistic – afternoon snack.

### Add fibre (with flavour)

Azmina Govindji RD FBDA, a fellow of the British Dietetic Association and author of *Vegan Savvy: The Expert's Guide to Nutrition on a Plant-based Diet*, says: "I generally prefer to invest time in conjuring up a healthy snack and it's a good distraction from intense work. I'll always have low-fat soft cheese, red peppers and spring onions in the fridge as together they make great toppings for crackers or toast.

"I look for something with fibre but it also has to have flavour. I love oatcakes with smashed avocado, or halved cherry tomatoes drizzled with balsamic vinegar. Sometimes I'll have half a can of chickpeas or sweetcorn and add a bit of zesty lemon juice and chilli flakes. If I'm on the move, I'll reach for a handful of nuts. Since I wrote my *Vegan Savvy* book I've discovered how important it is to add fat to carrots and stir-fry them to aid the absorption of vitamin A, so I no longer snack on raw carrots.

"The afternoon slump is often when I need a pick-me-up. If I'm hungry I'll enjoy a slice of seeded toast with peanut butter and maybe some sliced banana and sesame seeds. If it's a matter of grabbing something from a coffee shop, I prefer to go for a light sandwich rather than a croissant or muffin. The sandwich is going to give me more value from my calories! But if I crave something indulgent, I'll go for it. I will sit down and savour it and never feel guilty about it."

### Add in protein powder

Graeme Tomlinson, a nutritionist, author and creator of The Fitness Chef app says: "Working in this industry, I am geared towards trying to make my snacks serve a purpose and fill me up, not just to enjoy the taste. My snacks could be a bowl of cereal or a protein bar. It could be whipping up a massive fruit salad at the start of the week



A slice of seeded toast with peanut butter and sliced banana adds fibre GETTY

and grazing on that over three or four days. I also like adding protein powder to yoghurt. None of it is rocket science!

"If influencers were to post a tub of Greek yoghurt with blueberries, it wouldn't be that interesting. Whereas, if they whip up some sort of concoction of God knows what in a nice-looking jar, it looks aesthetically better and does better, and then people think that's what 'health' is. Things like chia seeds, smoothie bowls and acai bowls are very nutritious, but it's not the only way to acquire nutrients. You can do it by including so-called 'boring' foods as well."

### Go for a 'picky plate'

Priya Tew, a registered dietitian and author who works with clients recovering from eating disorders, has her next Recovery Tribe course beginning in September.

She says: "One of my classics is to grab a carrot out of the fridge – I don't even peel, just a quick rinse – and dip it in a tub of hummus, which is very badly behaved but never mind. I'm allowed to do those things. You've got to have mum perks.

"I have a bag of mixed fruit and nuts by my desk and quite often that is my afternoon snack while I'm working after the school run. I've got the protein and the fibre in the nuts, which is going to fill me up, and sweetness from the fruit.

"I have a handful on my desk and pick at them. I think the reason why I don't keep going is there's some nuts I don't like very much. I know they're good for me, but they're not my favourite. If they were dark chocolate-coated almonds, then it might be a different matter..."

**Restriction is pointless. It makes you crave foods more and then makes you feel guilty**

"I also love a picky plate with some crisps, tomatoes and olives. I'm wheat intolerant so there are lots of things I can't eat, but I would always include something that I adore, like baby mozzarella balls and sun-dried tomatoes. My husband does all the food shopping and is amazing at putting in good things.

"I'm not a fan of depriving ourselves. It's important to have things that make your taste buds go: 'Oh yeah, that was delicious.' That was what I wanted. OK, now I'll power back on and get on with this boring task that I've got to do for work."

### Honour your cravings

Kirsten Jackson, a consultant dietitian and author of *Take Control of Your IBS: The step-by-step guide that actually works*, says: "I train in Brazilian jiu-jitsu four to five times a week, which is quite intense, and snacks are crucial to provide that additional boost. I tend to make mine from scratch because I have coeliac disease and a lot of processed foods like biscuits or cereal bars contain gluten or are really expensive.

"I also find that homemade snacks, like peanut butter with dates or Greek yoghurt with berries, are higher in fibre which is important to me as someone with IBS. I try to be more in tune with my hunger and if I am hungry then I will eat rather than going hungry or just eating out of habit.

"I have the biggest sweet tooth and I honour my cravings, whether it's a brownie or a slice of cake. Restriction is pointless. It makes you crave foods more and then makes you feel guilty which can lead to disordered eating. Eating indulgent foods now and again makes absolutely no difference. It is about the overall balance of a diet and not one or two foods that you may consume."

# Television Thursday 8 August

## CRITIC'S CHOICE

GERARD GILBERT



### PICK OF THE DAY

#### Watergate

8.10pm, BBC Four

On the eve of the 50th anniversary of Richard Nixon's (left) resignation as US President, a screening of Norma Percy's 1994 documentary about the scandal that brought down Nixon heralds an evening of programmes about Watergate. Percy introduces her film, explaining the challenges she faced when piecing together the tale of the botched break-in at the Democratic National Committee HQ in Washington DC. It's followed by a screening of Alan J Pakula's 1976 movie about the affair, *All The President's Men*, after which Amol Rajan meets the *Washington Post* reporters depicted by Robert Redford and Dustin Hoffman, Bob Woodward and Carl Bernstein.

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#### Olympics: Paris 2024

From 8am, BBC One

On Day 13 there are strong British medal hopes in track cycling, with world champions Emma Finucane and Ethan Hayter competing in the keirin and omnium respectively, while Jade Jones and Bradly Sinden were vying for taekwondo glory. Meanwhile, the women's 400m hurdles showdown between Sydney McLaughlin-Levrone and Femke Bol promises to be one of the highlights.

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#### Tom Kerridge Cooks Britain

8.30pm, ITV1

The likeable chef heads up the border between England and Wales starting in Powys – a place he used to visit to play rugby but where he is today on

the search for free-range chicken. Later, he heads to Lancashire to discover how mushrooms are grown.

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#### Interview With The Vampire

9pm, BBC Two

Season two of this reinvention of the vampire novels continues in 1945 Paris and reveals the moment when neck-biter Louis de Pointe du Lac (Jacob Anderson) met his current lover Armand. The encounter takes place at a cabaret where the punters remain unaware that they are watching real vampires at work.

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#### Irvine Welsh's Crime

9pm, ITV1

Continuing season two of Welsh's Edinburgh noir starring Dougray

Scott as the troubled detective Ray Lennox. And there's a development in the case when a body turns up with similar injuries to the victim of the rumoured hotel attack. The deceased is a beloved community GP, but the message carved into his body suggests he was hiding a secret.

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#### George Clarke's Amazing Spaces

9pm, Channel 4

In the last programme of the 12th series (and the 99th episode) of George Clarke's small-build show, the architect meets a couple who are converting a rusty ship's wheelhouse into a snazzy accommodation for their Welsh glampsite. In Scotland, meanwhile, Clarke revisits a designer who he met on the first

	ONE	TWO	itv1	4	5	FOUR	FILM	itv2	
Daytime	6.00 <b>Breakfast</b> (S). 8.00 <b>Olympics: Paris 2024</b> The opening coverage on day 13, including the start of the heptathlon (S). 1.00 <b>BBC News At One</b> ; Weather (S). 1.30 <b>BBC Regional News</b> ; Weather (S). 1.35 <b>BBC News At One</b> ; Weather (S). 1.45 <b>Olympics: Paris 2024</b> Diving and track cycling take centre stage as day 13 continues in Paris (S).	6.30 <b>Sign Zone</b> : Great Coastal Railway Journeys (R) (S). 7.00 <b>Sign Zone</b> : Gardeners' World (R) (S). 8.00 <b>Breakfast</b> (S). 9.00 <b>Dom Does America</b> (R) (S). 9.30 <b>Wanted Down Under Revisited</b> (R) (S). 10.15 <b>A Countryside Summer</b> (R) (S). 10.45 <b>The Farmers' Country Showdown</b> (R) (S). 11.15 <b>Homes Under The Hammer</b> (R) (S). 12.15 <b>Bargain Hunt</b> (R) (S). 1.00 <b>Olympics: Paris 2024</b> Continued live coverage of day 13 of the Paris Games (S). 1.45 <b>Make Me A Dealer</b> (R) (S). 2.30 <b>Beechgrove Repotted</b> (R) (S). 2.45 <b>The Hundred</b> Welsh Fire Men vs Northern Superchargers Men (S).	6.00 <b>Good Morning Britain</b> (S). 9.00 <b>Lorraine</b> (S). 10.00 <b>This Morning</b> (S). 12.30 <b>Loose Women</b> (S). 1.30 <b>ITV News</b> ; Weather (S). 1.55 <b>ITV Regional News</b> ; Weather (S). 2.00 <b>Dickinson's Real Deal</b> (R) (S). 3.00 <b>Tenable</b> (R) (S). 3.59 <b>ITV Regional Weather</b> (S). 4.00 <b>Tipping Point</b> (R) (S). 5.00 <b>The Chase</b> (R) (S).	6.20 <b>Cheers</b> (R) (S). 7.10 <b>Everybody Loves Raymond</b> (R) (S). 8.00 <b>Everybody Loves Raymond</b> (R) (S). 8.30 <b>Everybody Loves Raymond</b> (R) (S). 9.00 <b>Frasier</b> (R) (S). 9.30 <b>Frasier</b> (R) (S). 10.00 <b>Frasier</b> (R) (S). 10.30 <b>Frasier</b> (R) (S). 11.00 <b>The Simpsons</b> (S). 12.00 <b>Channel 4 News Summary</b> (S). 12.05 <b>Paris 2024 Paralympics: Meet The Athletes</b> (R) (S). 12.10 <b>A New Life In The Sun</b> (R) (S). 1.10 <b>Car 5.0.5</b> (R) (S). 2.10 <b>Countdown</b> (S). 3.00 <b>A Place In The Sun</b> (R) (S). 4.00 <b>The Great House Giveaway</b> (S). 5.00 <b>A New Life In The Sun: Where Are They Now?</b> (S).	6.00 <b>Milkshake!</b> 9.15 <b>Jeremy Vine</b> (S). 11.30 <b>Storm Huntley</b> (S). 12.45 <b>Friends</b> (R) (S). 1.10 <b>Friends</b> (R) (S). 1.40 <b>5 News At Lunchtime</b> (S). 1.45 <b>Home And Away</b> (R) (S). 2.15 <b>FILM: Murder And Matrimony</b> (Tom Shell 2021) Thriller, starring Kristen Vaganos (S). 4.00 <b>The Cruise: Fun-Loving Brits At Sea</b> (R) (S). 5.00 <b>5 News At 5</b> (S).	6.00 <b>Amazing Railway Journeys With Nick Knowles</b> (R) (S). 6.55 <b>5 News Update</b> (S).	 Kerry Godliman tries to help a woman who has angered her community in 'Whitstable Pearl' 9pm, U&Drama	 Armand is involved in a fateful encounter 9pm, BBC Two  Gabby Logan presents this evening's action 7pm, BBC One	6.00 <b>CITV 9.00 World's Funniest Videos</b> (S). 9.30 <b>Totally Bonkers Guinness World Records</b> (S). 10.00 <b>Love Bites</b> (S). 11.00 <b>Love Bites</b> (S). 12.00 <b>Dress To Impress</b> (S). 1.00 <b>Celebrity Wheel Of Fortune</b> (S). 2.00 <b>Supermarket Sweep</b> (S). 3.00 <b>Charmed</b> (S). 4.00 <b>Dawson's Creek</b> (S). 5.00 <b>Dress To Impress</b> (S).
6pm	6.00 <b>BBC News At Six</b> ; Weather (S). 6.30 <b>BBC Regional News</b> ; Weather (S).	6.00 <b>Olympics: Paris 2024</b> (S).	6.00 <b>ITV Regional News</b> ; Weather (S). 6.30 <b>ITV News</b> ; Weather (S).	6.00 <b>Come Dine With Me</b> (R) (S). 6.30 <b>The Simpsons</b> Marge uses healing crystals to treat Bart's ADD (R) (S).	6.00 <b>Amazing Railway Journeys With Nick Knowles</b> (R) (S). 6.55 <b>5 News Update</b> (S).			6.00 <b>Celebrity Catchphrase</b> With Kelvin Fletcher, Chris Ramsey and Heather Small (S).	
7pm	7.00 <b>Olympics: Paris 2024</b> Live taekwondo and athletics coverage as day 13 concludes (S).	7.00 <b>Richard Osman's House Of Games</b> (R) (S). 7.30 <b>EastEnders</b> Linda receives a blackmail letter (S).	7.30 <b>Emmerdale</b> Victoria meets a relative stranger. Jimmy is concerned (S).	7.00 <b>Channel 4 News</b> (S).	7.00 <b>Bank Scams: Don't Get Caught Out</b> (R) (S). 7.55 <b>5 News Update</b> (S).	7.00 <b>Great British Railway Journeys</b> (S). 7.30 <b>Gareth Edwards' Great Welsh Adventure</b> Last in series (S).	6.30 <b>FILM: Mortal Engines</b> (Christian Rivers 2018) Fantasy adventure, with Hera Hilmar (S).	7.00 <b>Ant &amp; Dec's Limitless Win Quiz</b> , hosted by the duo (S).	
8pm		8.00 <b>Why Bridges Collapse: The Genoa Disaster</b> An investigation into the Ponte Morandi disaster (R) (S).	8.30 <b>Tom Kerridge Cooks Britain</b> The chef heads up the border between England and Wales (S).	8.00 <b>The Suprvet: Noel Fitzpatrick</b> A Labrador puppy is rushed in after being hit by a car. Last in series (R) (S).	8.00 <b>Fresh vs Frozen: Which Is Better?</b> How a fast-freezing process revolutionised the food industry (S).	8.00 <b>Eyewitness To History: Norma Percy On Watergate</b> (S). 8.10 <b>Watergate</b> (S).		8.00 <b>Bob's Burgers</b> (S). 8.30 <b>Bob's Burgers</b> (S).	
9pm		9.00 <b>Interview With The Vampire</b> (S). 9.50 <b>Live At The Apollo Bites</b> Featuring Ardal O'Hanlon and Lou Sanders (S).	9.00 <b>Irvine Welsh's Crime</b> The killer makes contact with Lennox (S).	9.00 <b>George Clarke's Amazing Spaces</b> Last in series (S).	9.00 <b>Susan Calman's Grand Day Out</b> The comedian visits Eastbourne on the southeast coast (S).	9.00 <b>FILM: All The President's Men</b> (Alan J Pakula 1976) Political drama, starring Robert Redford (S).	9.00 <b>FILM: Old</b> (M Night Shyamalan 2021) Horror, starring Gael Garcia Bernal (S).	9.00 <b>Family Guy</b> Angry baby Stewie finds himself reborn into a British household (S). 9.30 <b>Family Guy</b> (S).	
10pm	10.00 <b>BBC News</b> 10.30 <b>BBC Regional News</b> (S). 10.40 <b>Olympics: Paris 2024 - Tonight At The Games</b> (S).	10.00 <b>Not Going Out</b> Lucy and Lee aim to answer an age-old question (R) (S). 10.30 <b>Newsnight</b> (S).	10.00 <b>ITV News</b> (S). 10.35 <b>ITV Regional News</b> (S). 10.45 <b>FILM: Mission: Impossible</b> (Brian De Palma 1996) (S).	10.00 <b>Ramsay's Kitchen Nightmares USA</b> (S).	10.00 <b>The Child Snatcher: Manhunt</b> The investigation into serial killer Robert Black (R) (S).			10.00 <b>Family Guy</b> (S). 10.30 <b>Family Guy</b> Lois tires of Peter's disappointing performances in the bedroom (S).	
11pm		11.05 <b>Colin From Accounts</b> (R) (S). 11.35 <b>FILM: Mud</b> (Jeff Nichols 2012) Drama (S).		11.00 <b>8 Out Of 10 Cats Does Countdown</b> Jimmy Carr hosts (R) (S).	11.55 <b>Cold Case Killers</b> Investigating the murder cases of Samo Paul and Tracey Turner (R) (S).	11.15 <b>Watergate To Trump: Amol Rajan Interviews</b> Eith Bob Woodward and Carl Bernstein (S).	11.10 <b>FILM: The Running Man</b> (Paul Michael Glaser 1987) Sci-fi action adventure (S).	11.00 <b>Family Guy</b> (S). 11.30 <b>American Dad!</b> (S).	
Late	12.00 <b>Kin</b> (R) (S). 12.50 <b>Kin</b> (R) (S). 1.45 <b>BBC News</b> (S).	1.40 <b>Sign Zone</b> : Miriam Margolyes: A New Australian Adventure (R) (S). 2.40 <b>Sign Zone</b> : Dom Does America (R) (S). 3.10 <b>This Is BBC Two</b> (S).	12.35 <b>Shop On TV 3.00 Big Zuu's 12 Dishes In 12 Hours</b> (R) (S). 3.35 <b>Unwind With ITV</b> (S). 4.50 <b>Unwind With ITV</b> (S). 5.05 <b>In For A Penny</b> (R) (S). 5.30 <b>Gino's Italian Express</b> (R) (S).	12.00 <b>Gogglebox</b> (R) (S). 1.00 <b>Ramsay's Kitchen Nightmares USA</b> (R) (S). 1.50 <b>FILM: Primal</b> (Nick Powell 2019) Action thriller, starring Nicolas Cage (S). 3.25 <b>Love It Or List It Australia</b> (R) (S).	12.55 <b>Entertainment News On 5</b> (S). 1.00 <b>PlayOJO Live Casino Show</b> (S). 3.00 <b>Tyrant: The Rise Of Adolf Hitler</b> (R) (S). 3.50 <b>Britain's Great Cathedrals With Tony Robinson</b> (R) (S). 4.40 <b>House Busters</b> (R) (S).	12.00 <b>Paris</b> (S). 1.00 <b>Great British Railway Journeys</b> (S). 1.30 <b>Gareth Edwards' Great Welsh Adventure</b> (S). 2.00 <b>Watergate</b> (S). 2.50 <b>Ardal O'Hanlon: Tomb Raider</b> (S). 3.50 <b>Close</b>	1.10 <b>FILM: Cube</b> (Vincenzo Natali 1997) Sci-fi horror, starring Nicole deBoer (S). 3.00 <b>Close</b>	12.00 <b>American Dad!</b> (S). 12.30 <b>Bob's Burgers</b> (S). 1.00 <b>Bob's Burgers</b> (S). 1.30 <b>Deal Or No Deal</b> (S). 2.35 <b>Unwind With ITV</b> (S). 3.00 <b>Teleshopping</b>	

series of the show back in 2012 to see a pair of his new eco-builds. And he finally gets to reveal his own amazing space – a cabin in the sky, built on an old scissor lift.

### Whitstable Pearl 9pm, U&Drama

Kerry Godliman's restaurateur-cum-private detective is hired by a young woman called Molly (Bobby Rainsbury) who has angered the locals by selling off her mother's pub to a property developer instead of (as promised) back to the community. To make matters worse, the developer is a DFL, as in Down From London. Anyway, he soon washes up dead on Whitstable beach, while Molly has a dead seagull deposited on her front doorstep.

## FILM CHOICE

LAURENCE PHELAN



### FILM OF THE DAY Mud

**11.35pm, BBC Two** (Jeff Nichols, 2012) Matthew McConaughey (left), who was just then at the start of his reinvention as an interesting movie star, gives a highly charismatic performance as Mud: a somewhat starry-eyed fugitive and hobo living in a boat in a tree in the woods on the banks of the Mississippi. But this story does not belong to Mud so much as it does Ellis (Tye Sheridan), the 14-year-old boy who finds and befriends him. It has echoes of other stories about childhood, including *Huckleberry Finn* and *The Go-Between*, but it is resolutely its own animal, rooted by a powerful sense of place, and resounding with a kind of weather-beaten lyricism.

### All The President's Men 9pm, BBC Four

(Alan J Pakula, 1976) Made just two years after Nixon resigned, this film about the Watergate scandal has an air of authenticity and righteous anger. Robert Redford and Dustin Hoffman star as Woodward and Bernstein, the journalists who broke the story.

### When We Were Kings 10.50pm, Sky Documentaries

(Leon Gast, 1996) Oscar-winning documentary about the "Rumble In The Jungle", the 1974 fight between George Foreman and Muhammad Ali, financed by the dictator Mobutu Seko and staged with real dramatic flair in Kinshasa, Zaire.

## ON DEMAND

### One Fast Move Prime Video

A man seeks his estranged father to pursue his motorcycle riding dreams.

### The Umbrella Academy Netflix

The fourth and final series of the hit time-travel drama.

### Campion BBC iPlayer

Peter Davison plays Margery Allingham's titular 30s detective in this 1989 BBC adaptation.

## itv3



**6.00 Classic Emmerdale** (S) **6.35 Classic Emmerdale** (S) **7.00 Classic Coronation Street** (S) **7.35 Classic Coronation Street** (S) **8.05 Agatha Christie's Poirot** (S) **10.15 The Royal** (S) **11.20 Heartbeat** (S) **12.25 Heartbeat** (S) **1.30 Classic Emmerdale** (S) **2.05 Classic Emmerdale** (S) **2.40 Classic Coronation Street** (S) **3.15 Classic Coronation Street** (S) **3.50 A Touch Of Frost** (S)

**6.00 Hollyoaks** (S) **6.30 Hollyoaks** (S) **7.00 Ramsay's Kitchen Nightmares USA** (S) **8.00 Ramsay's Kitchen Nightmares USA** (S) **9.00 The Goldbergs** (S) **9.30 The Goldbergs** (S) **10.00 Young Sheldon** (S) **10.30 Young Sheldon** (S) **11.00 Modern Family** (S) **11.30 Modern Family** (S) **12.00 The Big Bang Theory** (S) **12.30 The Big Bang Theory** (S) **1.00 The Big Bang Theory** (S) **1.30 The Big Bang Theory** (S) **2.00 The Goldbergs** (S) **2.30 The Goldbergs** (S) **3.00 Modern Family** (S) **4.00 Young Sheldon** (S) **5.00 The Big Bang Theory** (S) **5.30 The Big Bang Theory** (S)

**8.55 Food Unwrapped** (S) **9.30 A Place In The Sun** (S) **10.25 A New Life In The Sun** (S) **11.25 Find It, Fix It, Flog It** (S) **12.30 Come Dine With Me** (S) **1.00 Come Dine With Me** (S) **1.30 Come Dine With Me** (S) **2.05 Come Dine With Me** (S) **2.35 Come Dine With Me** (S) **3.10 Four In A Bed** (S) **3.40 Four In A Bed** (S) **4.15 Four In A Bed** (S) **4.50 Four In A Bed** (S) **5.20 Four In A Bed** (S) **5.50 Chateau DIY** (S)

**6.00 NCIS: New Orleans** (R) (S) **7.00 SEAL Team** (R) (S) **8.00 Supergirl** (R) (S) **9.00 Stargate SG-1** (R) (S) **10.00 Stargate SG-1** (R) (S) **11.00 NCIS: New Orleans** (R) (S) **12.00 Supergirl** (R) (S) **1.00 MacGyver** (R) (S) **2.00 MacGyver** (R) (S) **3.00 Hawaii Five-0** (R) (S) **4.00 S.W.A.T** (R) (S) **5.00 SEAL Team** (R) (S)

**6.00 Fish Town** (R) (S) **7.05 Fish Town** (R) (S) **8.10 Riviera** (R) (S) **9.15 Riviera** (R) (S) **10.20 Britannia** (R) (S) **11.25 Britannia** (R) (S) **12.25 Game Of Thrones** (R) (S) **1.45 The Sopranos** (R) (S) **2.50 The Sopranos** (R) (S) **3.55 Riviera** (R) (S) **4.55 Riviera** (R) (S) **5.55 Britannia** (R) (S)

**6.00 Heartbeat** Mason investigates an attack on a hippy. Joe McFadden stars (S).

**6.00 The Big Bang Theory** (S) **6.30 The Big Bang Theory** (S)

**6.55 Car S.O.S** Tim and Fuzz team up with race legend Paddy Hopkirk to fix up their first rally car (S).

**6.00 Stargate SG-1** Part one of two. A reporter threatens to expose a secret military project (R) (S).

**6.55 Britannia** Druid brothers Veran and Harka finally face each other in a dramatic challenge (R) (S).

**7.00 Heartbeat** Bernie receives shocking news about a past love. Joe McFadden stars (S).

**7.00 Hollyoaks** A couple decide to start over (S). **7.30 Come Dine With Me** (S).

**7.55 Grand Designs** Transforming a dilapidated 1920s cinema into a family home (S).

**7.00 Stargate SG-1** Part two of two. Thor asks for help (R) (S).

**7.55 Game Of Thrones** The day of King Joffrey's wedding to Margaery Tyrell arrives (R) (S).

**8.00 Vera** An informant spying on his own firm is found dead. Brenda Blethyn stars (S).

**8.00 The Great Celebrity Bake Off For Stand Up To Cancer** With Carol Vorderman and Kelly Brook (S).

**8.00 Rob & Romesh vs Team GB: Part 2** Rob and Romesh try clay pigeon shooting, gymnastics and athletics (R) (S).

**8.00 The Walking Dead: Daryl Dixon** Daryl and his new allies face trouble (S).

**8.00 House Of The Dragon** Larys plots an escape. Last in series (R).

**9.00 Gogglebox** Programmes reviewed include *The Crown* and *You Won't Believe This* (S).

**9.00 Bill Bailey's Australian Adventure** In Perth, Bill jams with a heavy metal prog rock band (S).

**9.00 The Walking Dead: Daryl Dixon** Daryl and his new allies face trouble (S).

**9.00 House Of The Dragon** Larys plots an escape. Last in series (R).

**9.00 House Of The Dragon** Larys plots an escape. Last in series (R).

**10.00 Cracker** Part two of two. Fitz confronts his own demons. Robbie Coltrane stars (S).

**10.05 Naked Attraction** Illy from Mansfield and Damo from Ireland look for love (S).

**10.10 Never Mind The Buzzcocks** With Gregory Porter and Amy Gledhill (R) (S). **10.55 The Walking Dead** (R) (S).

**10.10 Never Mind The Buzzcocks** With Gregory Porter and Amy Gledhill (R) (S). **10.55 The Walking Dead** (R) (S).

**10.25 Yellowjackets** Misty uses her first-aid knowledge to tend to the injured (R) (S).

**11.05 Cracker** Part one of three. A particularly violent murder leaves the police baffled (S).

**11.05 First Dates** Two divorcees go in search of a more successful match (S).

**11.50 Last King Of The Cross** (R) (S).

**11.30 Succession** Logan and team head to Virginia for a conservative conference (R) (S).

**11.30 Succession** Logan and team head to Virginia for a conservative conference (R) (S).

**12.00 The Royal** (S) **12.50 Upstairs, Downstairs** (S) **2.00 Bless This House** (S) **2.30 Teleshopping**

**12.10 The Big Bang Theory** (S) **1.10 Rick And Morty** (S) **1.40 My Adventures With Superman** (S) **2.10 Brooklyn Nine-Nine** (S) **3.00 Modern Family** (S) **3.50 Ramsay's Kitchen Nightmares USA** (S).

**12.00 999: On The Front Line** (S) **1.05 Bill Bailey's Australian Adventure** (S) **2.10 24 Hours In A&E** (S) **3.15 Food Unwrapped** (S) **3.45 Close**

**12.50 Entourage** (R) (S) **1.25 Entourage** (R) (S) **2.00 Road Wars** (R) (S) **3.00 Hawaii Five-0** (R) (S) **4.00 S.W.A.T** (R) (S) **5.00 Highway Patrol** (R) (S) **5.30 Highway Patrol** (R) (S).

**12.40 Winning Time: The Rise Of The Lakers Dynasty** (R) (S) **1.45 Watchmen** (R) (S) **2.55 We Own This City** (R) (S) **4.00 Fish Town** (R) (S) **5.00 Fish Town** (R) (S).

## Radio

### BBC Radio 1

**6.57am** Newsbeat **7.00** Radio 1 Breakfast With Greg James **11.00** Rickie, Melvin And Charlie **12.45pm** Newsbeat @ 12:45 **1.00** Matt And Mollie **3.00** Radio 1 Pop Anthems **3.30** Newsbeat **3.32** Going Home With Vick, Katie And Jamie On Radio **1.5.45** Newsbeat @ 17:45 **6.00** Radio 1's New Music Show With Jack Saunders **8.00** Radio 1's Rave-Up With Arielle Free **10.00** BBC Introducing Dance **11.00** Radio 1's Residency **1am** Danny Howard Club Mix **2.00** Radio 1's Chillout Anthems **3.00** Radio 1 Happy **4.00** Radio 1's Workout Anthems **5.00** Radio 1 Early Breakfast With Sam & Danni

### BBC Radio 1Xtra

**6.33am** 1Xtra Playlists **7.00** 1Xtra Breakfast With Nadia Jae **10.00** DJ Day Day **12.45pm** Newsbeat @ 17:45 **1.00** Kaylee Golding **4.00** Remi Burgz **5.45** Newsbeat @ 17:45 **6.00** Remi Burgz **7.00** Cass Kidd **9.00** Seani B **10.30** Seani B **11.00** 1Xtra's Throwback Party **12midn't** Throwback Thursday **1.00** 1Xtra's Rap List **3.00** 1Xtra Salutes **4.00** 1Xtra's R&B Slow Jamz Mix With Chuckie **4.30** 1Xtra's R&B Chill Mix **5.30** 1Xtra's Throwback Party

### BBC Radio 2

**6.30am** The Zoe Ball Breakfast Show **9.30** Vernon Kay **12noon** Jeremy Vine **2.00** Scott Mills **4.00** Sara Cox **6.30** Sara Cox's Half Wower **7.00** Jo Whitley's Shiny Happy Playlist **7.30** Jo Whitley **9.00** The Country Show With Bob Harris **10.00** Trevor Nelson's Rhythm Nation **12midn't** Ellie Brennan **3.00** Sounds Of The 90s With Feame Cotton **4.00** Owain Wyn Evans

### BBC Radio 3

**6.30am** Breakfast **9.30** Essential Classics **1pm** Classical Live **4.00** Composer Of The Week: Musical Olympians – Joseph Bologne **5.00** In Tune **7.00** Classical Mixtape. A sequence of music. **7.30** BBC Proms 2024. BBC Philharmonic and Anja Bihlmaier in music by Brahms and Gibson. **10.15** Night Tracks **11.30** Round Midnight **12.30am** Through The Night

### BBC Radio 4

**6am** 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 **11.45** Battle Grounds: Culture Wars In The Countryside **12noon** News **12.04** You And Yours **1.30** Dough **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 **3.00** Open Country **3.27** Radio 4 Appeal **3.30** Feedback **4.00** Across The Red Line **4.30** BBC Inside Science **5.00 PM** **5.57** Weather **6.00** Six O'Clock News **6.30** The Train

At Platform 4. Two American tourists celebrate their 50th wedding anniversary. **7.00** The Archers. Kate takes a walk down memory lane. **7.15** Front Row. Arts programme. **8.00** The Media Show. The latest news from the fast-changing media world. **9.00** Loose Ends. With Ewan Mitchell, Jon Holmes, Julia Fordham and Kym Marsh. **9.45** Empire Of Tea. Sathnam Sanghera learns about tea supplies during the war. **10.00** The World Tonight. With Shaun Ley. **10.45** Book At Bedtime: Enlightenment. By Sarah Perry. **11.00** The Today Podcast. The biggest news stories of the week. Last in the series. **11.30** Lights Out. Homelessness in London's queer communities. **12midn't** News And Weather **12.30** Battle Grounds: Culture Wars In The Countryside **12.48** Shipping Forecast **1.00** As BBC World Service **5.20** Shipping Forecast **5.30** News Briefing **5.43** Prayer For The Day **5.45** Farming Today

### BBC Radio 4 Extra

**6am** Someone Dangerous **6.45** The One About The Social Worker **7.00** Our Man At Wembley **7.30** Dad's Army **8.00** My Teenage Diary **8.30** No Room For Secrets **8.45** Where Angels Fear To Tread **9.00** The Train At Platform 4 **9.30** New Storytellers **9.45** Daily Service **10.00** Great Lives **10.30** The Greatest Ever Faker **11.00** Someone Dangerous **11.45** The One About The Social Worker **12noon** Our Man At Wembley **12.30** Dad's Army **1.00** My Teenage Diary **1.30** No Room For Secrets **1.45** Where Angels Fear To Tread **2.00** Dilemma **2.30** No Commitments **3.00** The Carlingford Chronicles: Miss Marjoribanks **4.00** Great Lives **4.30** The Greatest Ever Faker **5.00** Someone Dangerous **5.45** The One About The Social Worker **6.00** Our Man At Wembley **6.30** Dad's Army **7.00** My Teenage Diary **7.30** No Room For Secrets **7.45** Where Angels Fear To Tread **8.00** Dilemma **8.30**

### BBC 5 Live

**6am** 5 Live Breakfast **9.00** Nicky Campbell **10.00** Adrian Chiles **1pm** 5 Live Olympics **3.30** 5 Live Olympics **6.30** 5 Live Olympics **10.00** Gordon Smart **1am** Dotun Adebayo **5.00** Wake Up To Money

### BBC 6 Music

**7.30am** Deb Grant **10.30** Tom Ravenscroft **1pm** Craig Charles **4.00** Emily Pilbeam **6.00** Emily Pilbeam's Roundtable **7.00** New Music Fix Daily **9.00** Riley & Co **11.00** 6 Music Artist In Residence: Mitski **12midn't** New Music Fix Playlist **1.00** New Album Fix **2.00** The Rise And Fall Of Oasis **2.22** The Rise And Fall Of Oasis **3.06** The Rise And Fall Of Oasis **3.28** The Rise And Fall Of Oasis **3.50** The Rise And Fall Of Oasis **4.12** The Rise And Fall Of Oasis **4.34** The Rise And Fall Of Oasis **5.00** The Remix With Chris Hawkins **5.30** Chris Hawkins

### Classic FM

**6.30am** Classic FM Breakfast With Aled Jones **9.00** The Classic FM Hall Of Fame Hour With Aled Jones **10.00** Alexander Armstrong **1pm** Anne-Marie Minhall **4.00** Margherita Taylor **7.00** Relaxing Evenings **10.00** Calm Classics **1am** Bill Overton **4.00** Early Breakfast

### Absolute Radio

**6am** Dave Berry **10.00** Sophie K **1pm** Ben Burrell **4.00** Richie **7.00** Danielle Perry **10.00** Jay Lawrence **1am** Dan Noble

### Heart

**6.30am** Heart Breakfast With JK And Kelly Brook **10.00** Pandora Christie **1pm** Matt Wilkinson **4.00** Mark Wright **7.00** Heart's Feel Good Weekend With Dev Griffin **10.00** Fia Tarrant **1am** Heart's Feel Good Weekend With Jonny Meah

### TalkSPORT

**6am** TalkSPORT Breakfast With Alan Brazil **10.00** Jim White And Simon Jordan **1pm** Hawksbee And Baker **4.00** TalkSPORT Drive With Andy Goldstein And Darren Bent **7.00** Olympic Kick-Off – Paris 2024 **10.00** The Sports Bar **1am** Extra Time With Paul Ross **5.00** Early Sports Breakfast

### Pick of the day



### Open Country

**3pm, BBC Radio 4** The magazine series exploring how people and wildlife shape Britain's rural landscapes returns. This time, host Martha Kearney (above) is in Fen Edge in Cambridgeshire.

# ARTS

**Podcast  
Extreme:  
Muscle Men**



**Muscle Men**, the first series of the BBC's new podcast strand 'Extreme', takes us to the heart of the 1980s LA fitness scene. Each season of the podcast will look at a story in which people have pushed themselves to the limit - and here, that limit is physical. This is the story of William Dillon, who moved to California to get huge - and realised there was money to be made by selling drugs to other people with the same ambition.

On **Muscle Men**, Natalia Mehlman Petrzela dives into the tale of his illegal steroids ring and explores the context behind the craze for big muscles. It was a trend that changed how people looked in the mirror - one that is all too relatable in the Instagram age. A fascinating and prescient narrative series.

Emily Bootle

## How Blake Lively became the perfect modern idol

Her new film *'It Ends With Us'* may be monstrously bad, but nothing can dent her status as the celebrity it's impossible to dislike. By **Emily Bootle**

**B**lake Lively, with her kind eyes, to-die-for beachy waves, down-to-earth demeanour and propensity to seem like the wise, generous big sister you never had, is not a celebrity who courts controversy. Since her breakthrough in the early 2000s and subsequent starring role in the hugely popular CW television series *Gossip Girl* (2007-12), she has been universally beloved - by the media, by fans, by her high-profile friends (Taylor Swift is godmother to one of her children), by other celebrities.

Lively isn't just your usual stunningly beautiful, charismatic, rich and successful Hollywood actress. She's also, it seems, a really nice person; incapable of being disliked by anyone; immune to the merciless churn of gossip media.

She is perhaps a slightly unlikely choice, then, for the lead role in *It Ends With Us*, the new film adaptation of "BookTok" star author Colleen Hoover's 2016 novel.

Hoover, who dominated *The New York Times* bestseller list for much of 2022 and 2023 (not only with *It Ends With Us* but her oeuvre of other intense romances), is a divisive figure. Her books are enormously popular, yet they are also widely perceived to be poorly written and, by some readers, troubling



Lively's breakthrough came in *'The Sisterhood of the Travelling Pants'*

in their content. *It Ends With Us* is about domestic violence and generational trauma; many fans online have criticised its central relationship as a romanticisation of something "toxic". Lively, as the red-headed, kookily dressed, floral fairy dreamgirl Lily Bloom who ends up in a situation with a Bad Man (Ryle, played by Justin Baldoni), has perhaps unwittingly entered a conversation thornier than usual.

Yet because Lively is Lively, she'll ride out any negative feedback associated with Hoover or the film as breezily as she plays this obsessed-over character. While many Hoover fans are displeased about Lively's casting (for example, they claim she is too old, at 36, to play a character who is 23 in the book), it will only be the film that is subject to any reputational damage.

*It Ends With Us* will be bad, goes the narrative (I can confirm it's monstrously bad) and the whole premise is problematic (well, the internet will be the internet) - but none of this is Lively's fault, nor does it reflect on her in any way. After 20 years in the spotlight, Lively appears untouchable: the golden girl of Hollywood.

Though *It Ends With Us* is a leading role and Lively has had several - such as *The Age of Adaline* (2015), *All I See Is You* (2017) and, of course, her breakthrough in *The Sisterhood of the Travelling Pants* (2005) - Lively occupies a unique space in the industry, differing from stars of a similar level of fame and popularity like Margot Robbie, Jennifer Lawrence or Scarlett Johansson, who also happens to be her hus-

She remains the popular girl who still manages to be nice to everyone



band Ryan Reynolds's ex-wife. Her relationship with Reynolds is instrumental in this. Joining forces they are a behemoth Hollywood power-couple with not only their individual accolades but an achievement that, for many, seems so far away: an ostensibly perfect marriage.

It's not that Lively is an unserious figure, or a bad actress – but somehow her CV doesn't quite match up to her status in Hollywood. Like Robbie, who began her career on *Neighbours*, Lively has long transcended her TV past, and is now Tinseltown leagues above her *Gossip Girl* co-star Leighton Meester. But if Lively had starred in last year's *Barbie* movie, which, being funny, charismatic, beautiful, feminist and famous, she could well have done, it's difficult to imagine there being such widespread protestations about her lack of Oscar nominations.

Because rather than a star actress or special talent, Lively has become the embodiment of a kind of nouveau-American dream. She may not be salt of the earth, but she doesn't shy away from work – and she also manages to embrace the traditional family model, the soft power of celebrity and her femininity.

Born in LA to actor Ernie Lively and agent Elaine Lively, Blake spent her childhood in acting classes and made her debut in 1998, in her father's film *Sandman*, at the age of 10. This year, she made a cameo in *Deadpool & Wolverine*, the new instalment in the Marvel series that Reynolds stars in and directs.

Despite there being glimmers of contempt among Western celebrity culture for those who haven't "earned" their place in the upper echelons of Hollywood, it's also true that in the 2020s, nepotism and the determination required to grant entry to the class of self-starting dream-fulfillers are not mutually exclusive. Even in the past two years the Hollywood "nepo baby" class has been reconsidered as a group of young people making the best of what they've got: it wasn't long ago that Kylie Jenner was lauded for being a "self-made" billionaire (though her net worth was later disputed by *Forbes*, the magazine that originally published the claims). Lively, both lucky and willing to graft a little, is the perfect modern idol.

And she has, of course, got plenty of other things going for her. It comes as no surprise that Lively, who was perfectly irreverent as it-girl Serena in *Gossip Girl* and charming as the talented soccer star and loyal friend Bridget in *Sisterhood of the Travelling Pants*, was a cheerleader at high school.

She remains the popular girl who still manages to be nice to everyone: to this day, Lively can sit in interviews name-dropping Karl Lagerfeld and talking about her custom couture and still come off as though she'd be interested in hearing about your most mundane, disgusting or boring problems. She'd probably go out of her way to help you with them, too.

It feels fitting that, as well as an actress, Lively is a talented baker of cupcakes, of which she sometimes posts pictures to her 45 mil-



**IT ENDS WITH US**  
COLLEEN HOOPER

**Blake Lively (left) is perhaps an unlikely choice for the lead role in 'It Ends With Us' (above); her relationship with Ryan Reynolds (below) is idolised for its modernity** PA

lion Instagram followers and which her husband, Reynolds, jokingly describes as being from the "Blakery".

Because through no fault of her own, Lively's widespread popularity also lies in her conventionality. She has about her more than a whiff of the domestic. At 36 she has three children – "I'm always pregnant!" she joked in 2021 in an interview with Jimmy Fallon – and, though she still works, is clearly a homemaker ("exclusive peeks" inside her and Reynolds's New York City apartment are all the rage online). Her relationship with Reynolds is idolised for its modernity (they like to "troll" each other in interviews) and traditionalism (aforementioned marriage, children and house) alike.

Though the couple are continuing to pursue their acting careers, they never work at the same time and their children are kept staunchly private. Leading lady, mother, devoted and yet also duly appreciated and gently disparaging wife – women, we think as we scroll through Lively's frequently updated Instagram page, really can have it all.

And none of this seems to be the result of a concerted effort to project an image. There is no sense of defensiveness, cynicism or inauthenticity about Lively – three characteristics that we have collectively tired of after many long decades of mass media and celebrity culture.

The newest American dream, perhaps, is not that you have made yourself from nothing, like the homesteaders, or that you have marketed that self, like the Kardashians: it's that your self already exists in the perfect form, and it naturally spills from you without artifice or conceit.

It's about that combination of godly grace and human, kind eyes. It's about your luck, success and hard work being visible, but not overt. It's about being the right amount of proud and humble. It's about being perfect. It's about being perfect. It's no wonder Hoover fans feel they can't see their vision of Lily Bloom in her new on-screen interpreter. Because how could they see anyone other than the inimitable Lively?



## Last night's television

GERARD GILBERT



### A slightly mad addition to an overpopulated cop-show genre

» Irvine Welsh's *Crime* ITV1, 9pm ★★★★★

The last time we saw DI Ray Lennox, the tortured Edinburgh cop played by Dougray Scott in Irvine Welsh's *Crime*, he had suffered a complete mental collapse. The trauma of childhood abuse had resurfaced with a vengeance while interrogating the paedophile serial killer played by John Simm, and Lennox had been put on sick leave.

Series two of the crime drama (streaming on ITVX since last September and now showing twice-weekly on ITV1) found Lennox returning to work. He assured his boss, Bob Toal (Ken Stott), and his therapist, Sally Hart (Laura Fraser), that he was absolutely fine and raring to get back to policing. Neither seemed convinced, and those of us familiar with the almost laughably overwrought Lennox will have shared their scepticism.

Scott's volcanic performance was the most compelling reason to have watched that earlier series. Fans of Welsh's more acerbic works may have been disappointed by this mostly rather more restrained police procedural, but enough of the author's voice poked through the more conventional cop show narrative. Lennox even told himself that "we must opt to live" – surely a self-reference to Renton's famous "choose life" comment in *Trainspotting*.

The episode began with a corpse dressed in a naval uniform hanging from the staircase in a grand-looking house. We then fast-



Dougray Scott plays tortured Edinburgh cop Ray Lennox

like this are dangerous stooges of the patriarchy attacking women's hard-won rights." Lennox's mother opined that "it's fad", while Lennox preached tolerance ("Cop out," muttered Jackie, but given he is the lead character, he is presumably also the authorial mouthpiece).

Back at the police station, we had the knuckle-dragging attitude of newcomer DI Tommy Stark, who referred to Lauren with a slur. Stark (David Elliot), a like-for-like replacement for Jamie Sives's misogynist officer from series one, was challenging DS Amanda Drummond (Joanna Vanderham) for the top job once Bob Toal retired.

The team were unable to investigate the hotel murder. A cartoonishly arrogant Home Office type turned up to warn them off, causing Lennox to darkly brand it an "establishment cover-up" before going into full social warrior mode.

In an increasingly hallucinogenic climax, he broke into Hearts football stadium and sprinkled his father's ashes on the pitch, calling his footie-obsessed dad a victim of "the self-serving cockroaches inhabiting our society... those locusts who have to consume everyone in their path". Yup, the old Ray was back. It hadn't taken long.

I quite enjoyed this slightly mad addition to an overpopulated genre and a third season of *Crime* is apparently in development. But Lennox now faces a challenger in the troubled Edinburgh cop stakes. The BBC's new *Rebus* reboot, starring Richard Rankin as Ian Rankin's titular detective, has already proved far subtler at weaving social issues into the fabric of a police procedural. But then you don't come to Irvine Welsh for subtlety, do you?

@gerardvgilbert

**We got the full range of opinions as Lennox's nephew appeared in a dress**

forwarded 10 years to a gruesome murder in an Edinburgh hotel. Also presumably connected to these two deaths was a third storyline involving a former police colleague of Lennox's, a woman called Lauren (Rebecca Root). Her girlfriend had gone missing and Lauren – who was transgender – had been attacked while looking for her.

Welsh and co-writer Dean Cavanagh were keen to debate the issue, and we got the full range of opinions as Lennox sat down to eat with his family and his nephew appeared wearing a dress. Lennox's sister Jackie (Emma Currie) told him to change, weighing in with what you could call (since we're in Edinburgh) the JK Rowling standpoint. "I'm a feminist," she said. "And young idiots acting out

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## UTILITIES

# Regulator Ofwat appoints monitor for Thames Water

By David Connett

Ofwat, the water regulator, has stepped up scrutiny on struggling Thames Water to improve its performance by appointing an independent monitor with access to its financial accounts, after the company breached its licence.

Heavily indebted Thames Water, the country's biggest supplier, is at the centre of a crisis over sewage flowing into waterways, forcing the Government to promise to clean up the industry.

Its strained finances are hindering efforts to improve its environmental performance. It has said it will run out of money in the middle of next year if it does not raise fresh funds.

Thames must also increase its efforts to bolster its finances and appoint new non-executive director

board appointments after a flurry of resignations.

Ofwat has also demanded enhanced plans for plugging water leaks and ending sewage spills.

The measures, originally planned for introduction by the regulator later this year, have been rushed forward because of the growing financial crisis the water firm is facing.

Ofwat's chief executive, David Black, said: "We are clear that Thames Water needs to remedy its licence breach, turn around its opera-

tional performance and secure backing from investors to restore its loss of investment-grade credit rating.

"These enforceable commitments will include our putting an independent monitor into the business, to report back to us on what is happening to drive meaningful change in performance, and to ensure appropriate expertise is added to their board.

"We will continue to monitor progress very closely and will not hesitate to take any further action if necessary."

The monitor and additional measures will remain until the company regains two investment-grade credit ratings. The ratings agencies S&P and Moody's downgraded their rating for Thames to "junk" status last month. Moody's made clear there is a high risk of Thames defaulting on its £15bn debt.

**{i}** Thames said it is **focused on working with Ofwat** to agree its business plan for the next five years because it is vital "to attracting equity into the business".



Ofwat boss David Black says Thames Water needs to improve performance

Thames said it had provisionally accepted the measures but the proposals are formally subject to a 10-day consultation. Ofwat has said they will be rapidly introduced if approved.

Thames shareholders halted new equity injections in March and its parent company defaulted on its debts.

Thames has enough money to operate until next May.



## The 30 Second Briefing

EASYJET

### Hit a career ceiling?

Airline easyJet may have the answer: reach for the sky. It is launching a new cabin crew recruitment drive aimed at the over-fifties.

### Third age, new path?

The drive, called Returnships, follows research suggesting that

three in four people over the age of 50 believed this was the perfect time for a new career. It has been launched ahead of the airline's annual recruitment drive this month, with hundreds of cabin crew roles available for 2025.

### Taste for adventure?

EasyJet is offering training taster sessions at its Gatwick training centre. Previous campaigns have led to a big increase in new staff over the age of 50 and 60.

### Never too old to fly...

Research by the airline among 2,000 over-50s showed that half have considered a new career. Most (71 per cent) believed their age would

stop them being accepted and half mistakenly believed it meant being away from home for long periods. EasyJet is keen to tackle these career myths.

### Broadening horizons...

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

### Recruitment revival

Since its first effort in 2022 the airline has seen the number of new hires over the age of 50 more than double, while the number of over-sixties joining as cabin crew has increased four times over.

## PENSIONS

# Poor-value workplace schemes to be tackled

By Callum Mason

Workplace pension schemes could be labelled as red, amber or green in a traffic light-style rating system to ensure better value for savers, under proposals from the Government and regulators.

Plans to be consulted on this year aim to reduce the number of savers with cash sitting in poor-value pensions.

Schemes will be compared on various metrics, including investment performance and service quality, with poorly performing schemes being made to improve or ultimately transfer customers' money to other schemes.

The Financial Conduct Authority, the Department for Work and Pensions and the Pensions Regulator aim to put the framework in place for defined contribution (DC) schemes, which are the most common type.

The ideas will go out for consultation until mid-October.

Pension experts have said the plans are "radical" and that savers need "simple, straightforward information" when choosing pension products.

"Having a common framework will push pension schemes to compare the value for money they offer on a like for like basis," said Tom Selby, at investment platform AJ Bell.

"This will hopefully encourage, or even shame schemes, into improving their offering to customers – whether that means better investment performance, lower charges, slicker service or a combination of all of those things."

## Quote of the day



I'm confident it is a good time to buy

**Brian Chesky**  
The boss of Airbnb responds after a record share price slump

## FINANCE

# Why doctors' pay rise may hinder effort to tackle NHS waiting lists

Medics could end up working fewer hours to avoid various 'tax traps', warns the BMA.

By **Callum Mason**

Some NHS doctors will be hit by a "pincer movement" of various tax traps after their 6 per cent pay rise, with experts warning it could damage the Government's plans to reduce waiting lists as some staff will choose to reduce their hours.

Last week, the Government announced it would accept in full the recommendations of independent pay review bodies, which recommended a 6 per cent increase to salary scales and pay contracts for doctors and dentists.

But pension experts have said the pay rise puts some doctors in "the crosshairs" of a tax trap, which sees those earning between £100,000 and £125,140 paying an effective income tax rate of 60 per cent.

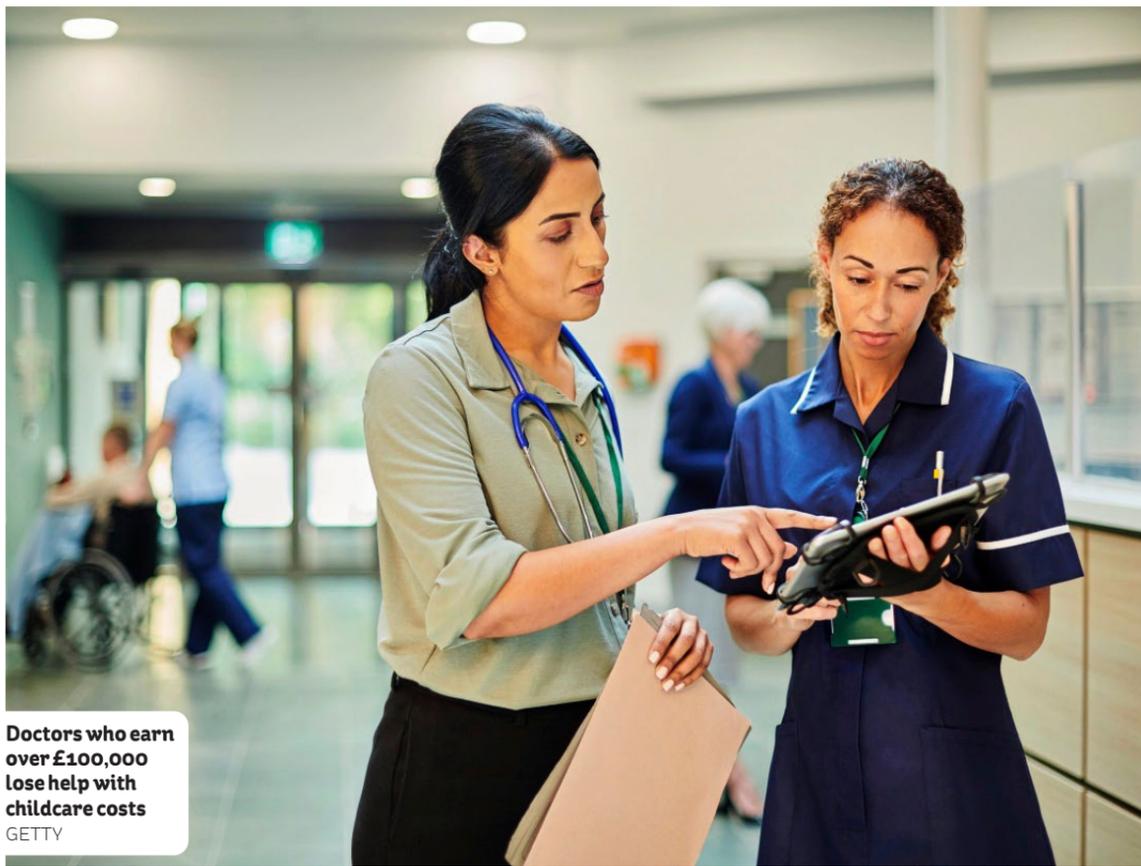
In addition to this, the pay rise will push some doctors over a salary threshold known as the "£100,000 childcare cliff edge", where they lose access to childcare support.

A third problem could see some higher earning doctors – those whose earnings are over £260,000 – hit by a tax charge for paying into their pensions.

The British Medical Association (BMA) has said some doctors are in a situation where they are "paying to work", and that some consultants will end up going part-time or rejecting extra hours as a result.

Pension experts have agreed some doctors will probably reduce hours to increase their disposable income, and have called on the Government to "review" the tax traps.

Graham Crossley, NHS pension specialist at wealth management firm Quilter, said: "The Government's plans to reduce waiting lists could be compromised by two significant tax traps affecting consultants. The 60 per cent tax trap affects consultants with net income just tipping above £100,000, incentivising them to reduce their working hours to maximise take-



Doctors who earn over £100,000 lose help with childcare costs  
GETTY

home pay, especially due to the loss of free childcare.

"Any consultant with young children is incentivised to take steps such as reducing their hours to increase their disposable income. A review of these tax traps seems timely, as their current implementation disincentivises essential workers from increasing their workload," he added.

Dr Vishal Sharma, BMA consultants committee chair, said: "For those consultants where the increase in pay takes them over £100,000, they are hit with the combination of the personal allowance taper and loss of childcare allowances, where they are left worse off if the cost of lost childcare exceeds the increase in pay.

"The Government has promised 40,000 extra appointments through extra weekend and evening working. However, the impact of these policies is that many consultants will not take on additional work or may even be forced to go part-time, meaning this pledge will simply

## Unfortunately, most senior doctors now face uncertainty until their pensions statements arrive

not be met. These issues therefore need addressing urgently to ensure doctors are able to provide the appointments that the Government has promised, and the care that they want to give," he added.

The third issue, with the annual allowance, affects higher earners, and therefore is likely to be more of an issue for the most experienced NHS staff, including those with senior management responsibility.

Most people can save £60,000 a year into a pension each year before they are hit with a tax charge, but this annual allowance is reduced for those earning above £200,000, by something known as an "annual allowance taper".

As an additional complication, for those with defined benefit pensions, it is not straightforward to work

out if they breach the allowance, as it is not based on contributions, it is based on the growth of pension benefits.

"In short, we have a situation where consultants are paying to work," said Dr Sharma.

"Unfortunately, most senior doctors now face uncertainty until their pensions statements arrive" said Sarah Tennant, pensions lead at the HCSCA doctors' union.

"This has a deeply damaging effect on morale and leads to doctors taking control by reducing their working hours or leaving the NHS altogether. Our health service is already strapped – we cannot take an exodus of consultants," she added.

A spokesperson for HM Treasury said: "Our mission is to get the NHS back on its feet and fit for the future, which is why we agreed to increase consultants' pay by 6 per cent just last week. The lifetime allowance on pensions has been abolished to ensure consultants can work their full hours."

## From the business pages

### Maersk to use more dual-fuel ships

#### Berlingske

Danish shipping firm Maersk said it plans to replace between 50 and 60 ships. It will partly buy and partly lease the ships, with a total capacity of 800,000 20ft containers. The new ships will be dual-fuel ships using both green and fossil fuels. When the ships are delivered, about a quarter of its fleet will be dual-fuel. Last year, it took delivery of the world's first methanol-powered container ship.

### Oil pipeline boosts Canada's exports

#### The Financial Post

Canada unexpectedly recorded a C\$638m (£365m) trade surplus in June. An expanded crude oil pipeline and surging global demand for gold drove exports up 5.5 per cent in June, outpacing a 1.9 per cent rise in imports. The export rise reflects the Trans Mountain pipeline's expansion from Alberta's oilsands to Vancouver, leading to a near-tripling in capacity.

### Consumer law 'not fit for e-commerce'

#### Business Day

Consumer legislation in South Africa is outdated and does not fully address modern e-commerce problems, particularly in the regulation and supervision of international vendors, the consumer ombudsman's office said. Increased consumer education, better redress mechanisms and laws to match international standards are needed, it added.

### Evergrande seeks to recover \$6bn

#### Caixin

China's Evergrande Group and its liquidators are seeking to recover \$6bn (\$4.7bn) in dividends and remuneration from seven defendants including the developer's founder Hui Ka Yan, a step toward recouping at least a fraction of creditors' investments in the troubled property firm. The amount is based on allegedly misstated financial statements for 2017 to 2020, the company said.

## Who will be trapped?

### 60 per cent tax trap and loss of childcare

These issues affect doctors earning over £100,000. As an example, after a pay rise, a year 4-7 consultant's pay rises from £108,390 to £114,893.

They will lose 60 per cent of their pay rise to income tax because, as

well as paying 40 per cent tax, for every £2 you earn above £100,000, you lose £1 of your £12,750 personal allowance, on which you do not have to pay tax.

Their taxable income, after pension contributions, would now be £100,531. Working parents can get 15 or 30 hours of free childcare

under a government scheme, as long as they earn less than £100,000 per year, which they'd no longer be eligible for.

According to the Institute for Fiscal Studies, a parent with a one- and two-year-old in England, paying an hourly rate for 40 hours a week of childcare, could see their disposable income fall by £14,500 if their pre-tax pay crosses the £100,000 threshold.

### Annual allowance trap

Those earning £200,000 start to lose part of the annual allowance which means they can save £60,000 into a pension tax-free

A consultant who has gone up a salary increment could face pension growth in excess of £170,000. If their taxable pay is £201,000 their annual allowance would go down by £50,000, giving an extra tax charge of £22,500.





# The Business Matrix

The day at a glance

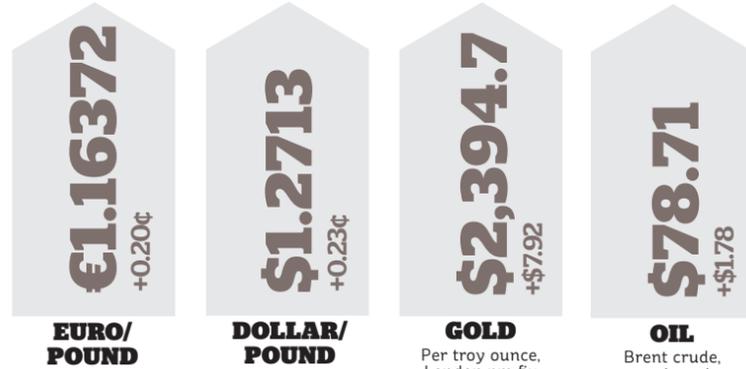
## FTSE 100 up +1.75% at 8,166.9

Company	Price	Chg %	High	Low	Company	Price	Chg %	High	Low	Company	Price	Chg %	High	Low
3i Group	2985.0	+1.05%	3180.0	1858.5	Glencore	404.2	+2.81%	506.7	365.3	Rightmove	518.4	-1.11%	603.0	457.7
Admiral	2674.0	+1.79%	2870.0	2091.0	GSK	1535.0	+0.89%	1823.5	1340.0	Rio Tinto	4923.0	+0.20%	5910.0	4509.5
Airtel Africa	109.6	+0.92%	132.5	90.2	Haleon	374.0	+1.55%	375.2	308.4	Rolls-Royce	479.7	+2.39%	503.0	196.4
Anglo Amer	2201.0	+0.36%	2813.0	1630.0	Halma	2513.0	+2.20%	2750.0	1802.0	Sage	1014.5	-0.34%	1285.0	927.4
Antofagasta	1816.5	-0.25%	2425.0	1280.0	Hargreaves Lans	1058.5	+1.78%	1169.0	676.4	Sainsbury(J)	271.4	+1.95%	311.2	243.8
AB Foods	2446.0	+0.78%	2765.0	1907.5	Hikma Pharma	1840.0	+1.04%	2222.0	1711.0	Schroders	343.0	+1.78%	447.6	327.0
Ashtead Group	5262.0	+3.14%	6180.0	4437.0	Howden Joinery	881.0	+2.62%	956.5	612.0	Scot Mort Inv Tst	825.0	+2.36%	946.1	634.0
AstraZeneca	12690.0	+2.27%	12792.0	9461.0	HSBC Hldgs	640.6	+2.01%	725.2	572.9	Segro	900.6	+1.28%	949.0	675.0
Auto Trader Group	789.4	+0.15%	849.0	584.8	IAG	164.5	-0.21%	187.7	133.0	Severn Trent	2530.0	+2.22%	2801.0	2243.0
Aviva	478.3	+2.68%	504.6	366.0	IMI	1758.0	+1.38%	1911.0	1429.0	Shell	2770.5	+2.29%	2961.0	2331.5
BAE Systems	1293.0	+1.73%	1415.2	953.6	Imperial Brands	2126.0	+1.24%	2190.0	1553.5	Smith&Neph	1179.5	+1.20%	1245.3	887.0
Barclays	214.8	+3.15%	241.8	128.1	Informa	810.2	+1.48%	886.0	684.0	Smith (DS)	446.0	+0.13%	464.8	260.5
Barratt Dev	521.0	+1.72%	582.6	384.1	IntCont HtIs	7274.0	-1.84%	8790.0	5580.0	Smiths Gp	1721.0	+1.24%	1791.0	1517.5
BAT	2784.0	+2.58%	2839.0	2233.0	Intermediate Cap	1992.0	+1.32%	2448.0	1244.9	Spirax Group	8535.0	+1.55%	11280.0	7900.0
Beazley	637.0	+1.43%	715.0	485.8	Intertek	4644.0	+0.96%	5145.0	3746.0	SSE	1874.0	+1.52%	1932.5	1485.0
Berkeley Grp Hldgs	4978.0	+0.53%	5360.0	3832.0	JD Sports Fashion	126.0	+2.07%	177.8	103.0	Stan Chart	706.2	+2.79%	796.0	571.0
BMEurVairtt	460.2	+1.10%	618.2	431.8	Kingfisher	270.5	+0.86%	283.7	198.3	Taylor Wimpey	153.9	+1.28%	163.3	102.2
BP	437.2	+1.52%	562.3	404.7	Land Secs	627.0	+1.29%	729.4	554.7	Tesco	329.3	+2.84%	335.2	217.5
BT	135.9	+1.27%	151.2	101.7	Legal & Gen	219.5	+1.29%	259.0	203.1	Unilever	4845.0	+1.11%	4920.0	3680.5
Bunzl	3190.0	+1.27%	3306.0	2680.0	Lloyds Bk Gp	57.0	+3.34%	64.7	39.4	United Group	944.5	+1.56%	1069.0	842.0
Burberry	692.0	-0.57%	2275.0	676.2	LondonMetric Prop	199.4	+1.27%	210.8	152.3	United Utilities	1012.0	+0.05%	1139.5	896.8
Centrica	125.2	+1.50%	173.7	120.8	Lon Stock Ex	9688.0	+1.81%	11080.2	7936.0	Vodafone	73.2	+3.92%	82.6	62.7
Coca-Cola HBC	2698.0	-1.53%	2890.0	2065.0	M&G	200.1	+2.27%	241.1	182.8	Vistry	1289.0	+1.50%	1404.0	668.0
Compass	2340.0	+0.17%	2424.4	1940.5	M&S	320.5	+2.36%	341.2	201.3	Weir Group	1907.0	+2.09%	2210.2	1652.5
Convatec	230.0	+1.77%	295.2	195.1	Melrose Ind	493.5	+2.41%	681.2	434.1	Whitbread	2823.0	-0.25%	3714.0	2723.0
Croda Intl	3900.0	+0.98%	5696.0	3832.0	Mondi	1451.5	+1.15%	1719.8	1304.0	WPP	703.0	-1.95%	856.8	656.0
Darktrace	595.2	-0.03%	625.9	320.1	National Grid	976.0	+0.95%	1052.8	645.0					
DCC	5145.0	+2.08%	6075.0	4171.0	NatWest Group	334.6	+3.59%	372.7	168.0					
Diageo	2406.0	+1.60%	3409.0	2275.0	Next	9476.0	+1.24%	9918.0	6724.0					
Diploma	4102.0	+2.55%	4518.0	2772.9	Pearson	1044.0	+0.43%	1069.6	809.6					
easyJet	418.9	-1.23%	591.1	350.0	Pershing Square	3618.0	+3.73%	4368.0	2782.0					
Endeavour Mining	1562.0	+0.19%	1902.0	1231.0	Persimmon	1538.5	+2.46%	1618.3	925.0					
Entain	523.4	+3.93%	1406.0	498.5	Phoenix	535.0	+2.98%	560.5	436.4					
Experian	3488.0	+2.44%	3796.0	2366.0	Prudential	643.8	+2.39%	1047.5	613.6					
F&C Inv Trust	1024.0	+1.99%	1066.7	825.7	Reckitt Ben	4223.0	+2.08%	6006.0	4034.0					
Fraser's Group	857.5	+1.90%	949.5	771.5	RELX	3512.0	+1.80%	3694.3	2462.0					
Fresnillo	545.0	+2.25%	647.5	435.2	Rentokil Initial	465.5	+2.85%	621.8	387.8					

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## Markets

FTSE 100	8166.9	+1.75%
FTSE 250	20576.0	+1.02%
FTSE All Share	4462.6	+1.64%
FTSE Eurofirst300	1966.1	+1.51%
Dow Jones*	39078.1	+0.21%
S&P 500*	5265.9	+0.49%
Nasdaq*	16460.1	+0.57%
DAX	17615.2	+1.50%
CAC 40	7266.0	+1.91%
Hang Seng	16877.9	+1.38%
Nikkei	35089.6	+1.19%



## the markets

The FTSE 100 rose 140.19 points (1.75 per cent), to end the day at 8,166.88. Elsewhere in Europe France's

CAC 40 ended up 1.91 per cent and Germany's DAX index rose 1.50 per cent. The biggest risers were betting group Entain, up 19.8p to 523.4p, Vodafone, up 2.76p to 73.2p and fund managers Pershing Square, up 130p to 3,618p. The biggest fallers were advertising company WPP, down 14p to 703p, Intercontinental Hotels Group,

down 136p to 7,274p, and packaging company Coca-Cola HBC, down 42p to 2,698p. The price of Brent crude oil rose to \$78.71 a barrel. \*\*\* Against the dollar the pound rose 0.23 cents to be worth \$1.2713. Against the euro the pound rose 0.20 cents to be worth €1.16372.

### Killer Sudoku

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

### Minesweeper

●	1	●	0	●	●	●	1	●
2	●	3	4	1	●	3	●	2
2	3	●	●	1	●	●	2	2
●	●	5	●	3	3	3	●	1
●	2	3	●	0	2	3	2	2
0	0	2	●	3	2	●	1	●
1	●	●	1	●	●	2	●	1
●	1	0	2	3	●	4	4	●
2	1	0	2	3	●	2	●	1
2	1	1	3	2	3	2	1	1
●	1	●	●	3	●	1	●	0
2	●	●	1	●	1	1	0	0

### Number Tower

852
431 421
216 215 206
104 112 103 103
48 56 56 47 56
25 23 33 23 24 32
21 4 19 14 9 15 17

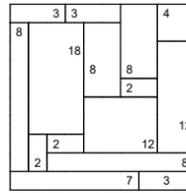
### Calculatedoku

1	6	4	5	3	2
5	3	1	6	2	4
4	5	3	2	6	1
2	4	5	3	1	6
6	1	2	4	5	3
3	2	6	1	4	5

### Word Square

S	E	E	P
E	U	R	O
E	R	R	S
P	O	S	H

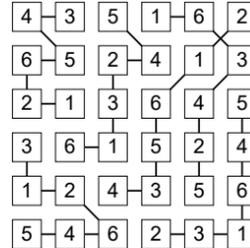
### Rectangles



### Pathfinder

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

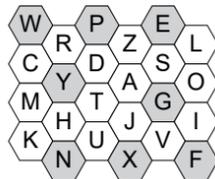
### Chain Link



### Futoshiki

5	>	4	1	3	>	2
4	>	3	>	2	5	1
2	5	4	1	3	4	
3	>	1	5	2	4	
1	2	<	3	<	4	5

### Hexalex



### Word Fit

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

### Knight's Tour

86	83	78	5	24	3	22	19	26	1
79	6	85	88	77	34	25	2	21	18
84	87	82	75	4	23	20	35	32	27
7	80	73	96	89	76	33	28	17	38
72	95	90	81	74	29	36	39	42	31
91	8	55	100	97	66	41	30	37	16
94	71	92	67	56	99	60	65	40	43
9	54	57	98	61	50	45	48	15	64
70	93	52	11	68	59	62	13	44	47
53	10	69	58</						

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When in Porto, it's a must to sample the magnificent port wine that has made the city world-famous. But there's plenty more to savour, from the stunning Francisco Church to the magnificent 19<sup>th</sup> century Palácio de Bolsa



Mon 7 **Lisbon, Portugal**

Alongside a magnificent climate, Lisbon combines a wealth of history with a vibrant contemporary culture. The futuristic Parque das Nações, with its cable car, is a must-see and some of Portugal's best beaches are just a bus ride away

Tue 8 **Cádiz, Spain**

Sun-soaked Seville is a city of contrasts: from the magnificent cathedral and Alhambra Palace to bustling street markets, lively flamenco shows, tranquil river cruises and of course, truly wonderful tapas

Fri 11 **Ajaccio, Corsica**

Sat 12 **Cannes, France**

Sun 13 **Livorno (for Florence/Pisa), Italy**

Mon 14 **Civitavecchia (for Rome), Italy**

Europe's most historic city, Rome is a treasure house of ancient ruins, museums and art galleries, including the breathtaking Colosseum and Sistine Chapel. You can also experience some of the most delicious food in the world



Tue 15 **Olbia, Sardinia**

Thu 17 **Palma de Mallorca, Spain**

Sat 19 **Gibraltar**

Mon 21 **Vigo (for Santiago de Compostela), Spain**

Thu 24 **Arrive in London Tilbury**

Dates not mentioned are spent relaxing at sea

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  - A range of shore excursions across 11 ports of call
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  - A wide range of entertainment, including evening shows, plays, cabarets, live music & classical interludes
  - Daytime activities, quizzes, dance classes and outside deck games
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  - The currency on board is pound sterling, so you won't be affected by any foreign exchange rate fluctuations
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# Today's Weather

Early sunny spells but clouds will build, bringing showers to the west. Heavy and persistent rain will push across northern Britain later.

Today's high	Today's low	Moon Phase	Sunrise	Sunset
<b>23°</b>	<b>11°</b>		05:35	20:35

## Around Britain

City	Temp (Midday yesterday)	Rain (mm)	Sun (hrs)
Aberdeen	16	F	0.6
Aberporth	16	F	0.1
Aberystwyth	17	F	0.3
Aviemore	14	SH	5.8
Belfast	15	SH	0.8
Birmingham	18	SH	0.0
Bournemouth	20	C	0.0
Bridlington	19	C	0.0
Bristol	18	SH	1.0
Cardiff	18	C	2.4
Cromer	21	C	0.0
Durham	17	C	0.0
Eastbourne	21	F	0.0
Edinburgh	16	T	0.0
Eskdalemuir	14	T	4.8
Glasgow	16	T	4.0
Holyhead	17	F	0.0
Hove	21	F	0.0
Hull	18	C	0.0
Huntingdon	20	C	0.0
Ipswich	20	C	0.0
Isle of Man	17	F	0.0
Isle of Wight	19	F	0.0
Kinlochewe	15	SH	15.5
Kirkwall	16	SH	4.8
Leeds	18	C	0.0
Lerwick	15	C	0.6
Leuchars	18	SH	0.0
Lincoln	19	C	0.0
Liverpool	18	C	0.0
London	22	C	0.1
Manchester	18	SH	0.0
Margate	23	C	0.0
Milford Haven	17	F	0.6
Morecambe	17	SH	0.1
Newcastle	18	C	0.0
Norwich	21	C	0.0
Nottingham	18	C	0.0
Okehampton	18	C	0.2
Oxford	19	C	0.0
Plymouth	19	C	0.1
Portland	19	F	0.0
Portsmouth	20	F	0.0
Prestwick	17	SH	1.1
Rhyl	18	C	0.0
Sheffield	18	C	0.0
Shrewsbury	18	C	0.2
Skegness	20	C	0.0
Southend	22	F	0.0
Stoke	17	C	0.0
Stornoway	15	SH	23.1
Swansea	17	F	1.6
Tiree	15	F	4.9

## Global

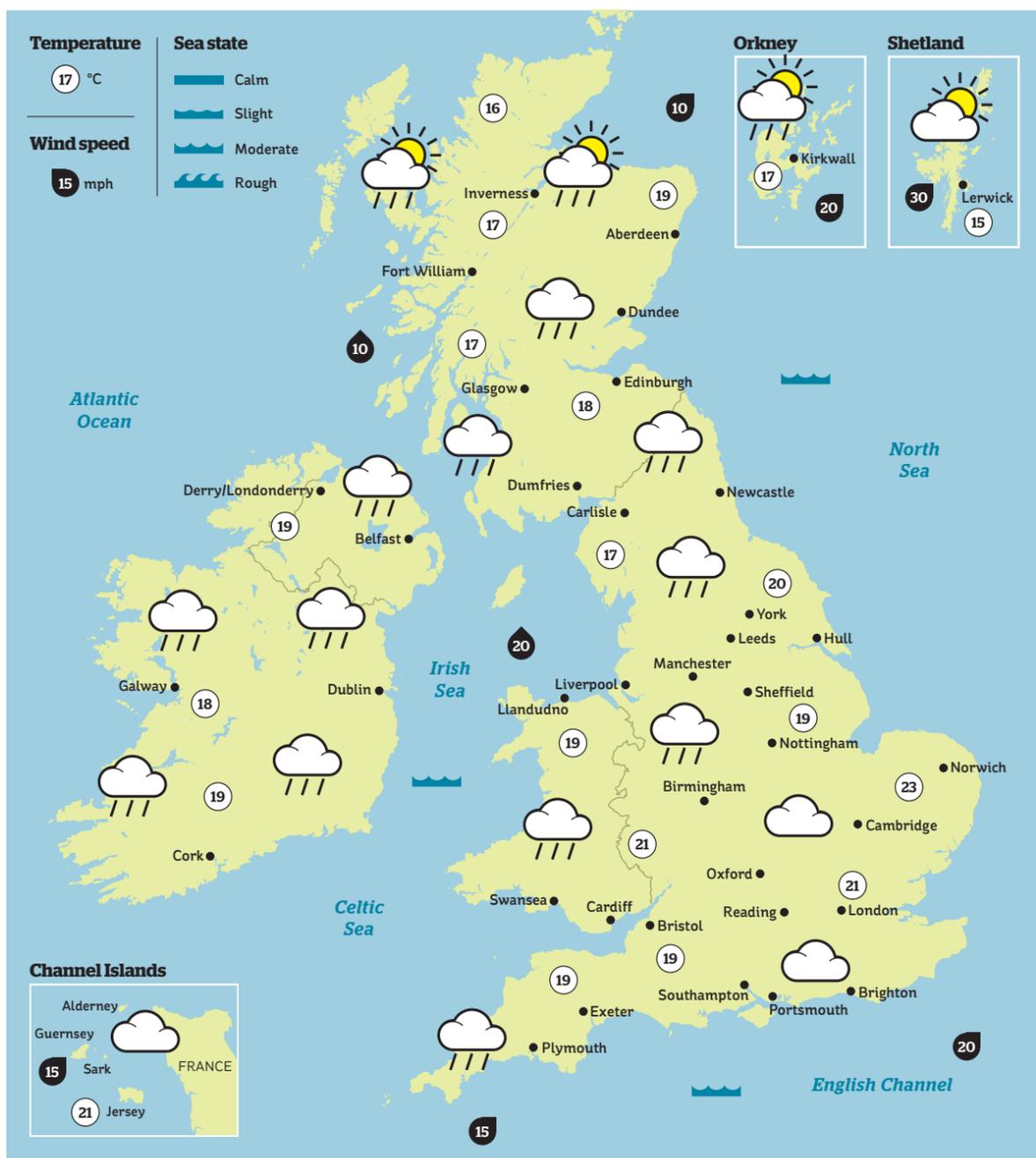
City	Temp (in °C)	Cond	City	Temp (in °C)	Cond
Abu Dhabi	40	S	Miami	27	TH
Abuja	26	R	Milan	31	S
Alicante	32	S	Moscow	21	F
Amsterdam	22	S	Mumbai	29	TH
Athens	36	S	Munich	27	S
Bangkok	33	F	New York	32	TH
Barcelona	30	S	Nice	29	S
Beijing	29	F	Palma	36	S
Berlin	26	S	Paris	21	F
Brussels	20	C	Prague	27	F
Budapest	28	S	Reykjavik	12	F
Chicago	21	C	Rio	30	S
Delhi	29	SH	Rome	31	S
Dubai	39	S	Stockholm	23	F
Dublin	18	C	Strasbourg	25	F
Frankfurt	25	TH	Sydney	16	S
Geneva	25	F	Tenerife	27	S
Helsinki	19	C	Tokyo	31	F
Hong Kong	31	TH	Toronto	19	R
Istanbul	28	S	Vancouver	20	S
Johannesburg	17	S	Vienna	27	F
Lisbon	29	S	Warsaw	26	F
Los Angeles	26	S	Washington	32	S
Madrid	34	S	Wellington	12	S

Key: C=Cloudy, DR=Drizzle, F=Fair, FG=Fog, H=Hail, M=Mist, R=Rain, S=Sunny, SH=Showers, SL=Sleet, SN=Snow, SS=Sandstorm, TH=Thunderstorm

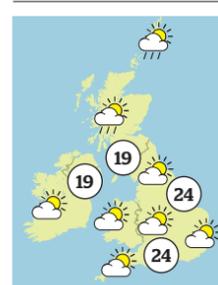
## Air Pollution Index

Air pollution levels Low (1) Very high (10) uk-air.defra.gov.uk

Region	Today	Tomorrow
Highlands	2	2
North East Scotland	2	2
Central Scotland	2	2
Scottish Borders	2	2
Northern Ireland	2	2
North West & Mersey	2	2
North East	2	2
Yorkshire & Humber	2	2
North Wales	2	2
West Midlands	2	3
East Midlands	2	2
South Wales	2	3
South West	2	3
South East	2	3
Eastern	3	3
Greater London	2	3



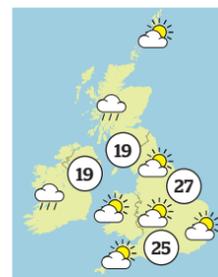
## Five-day outlook



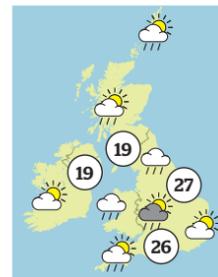
**FRIDAY** Bright but breezy on Friday with spells of sunshine, patchy cloud cover and scattered showers, which will be mostly in the west.



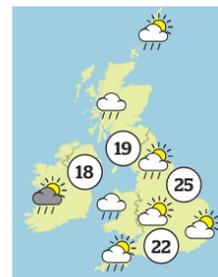
**SATURDAY** Winds will ease and for many it will be dry with spells of sunshine. Showers will develop, mostly across northern and western areas.



**SUNDAY** Cloudy across northern Britain with heavy rain spreading across Northern Ireland and Scotland. Sunny spells across southern Britain.



**MONDAY** A band of cloud and scattered showers will push eastwards. It will be mainly dry with sunny spells before and after the showers.



**TUESDAY** Clouds will thicken from the west and a band of showers or outbreaks of rain will push eastwards and may be locally heavy and thundery.

**GENERAL SITUATION** Early spells of sunshine but clouds will soon thicken from the west today bringing a threat of showers. A warm front will then push north-eastwards bringing heavy and persistent rain across Northern Ireland, northern England and Scotland. Rain will ease for many areas during the evening but it will remain overcast and cloudy with a threat of showers. A breezy and blustery day with tightly packed isobars and brisk winds.

**Republic of Ireland, N Ireland:** A dull and damp day across Ireland with cloudy skies and outbreaks of rain and drizzle which may be locally heavy and possibly thundery

during the morning. Rain will ease and turn increasingly patchy and showery during the afternoon and evening. There will be gentle south-westerly winds. Max temp: 22C. Tonight, chance of showers. Min temp: 12C.

**N Isles:** A dry and bright start to the day with early spells of sunshine. It will stay bright with sunny spells for much of the day, however clouds will gradually build in from the south-west and a few showers may develop. Rain will push northwards during the evening. Brisk to strong south-westerly winds. Max temp: 17C. Tonight, heavy showers. Min temp: 11C.

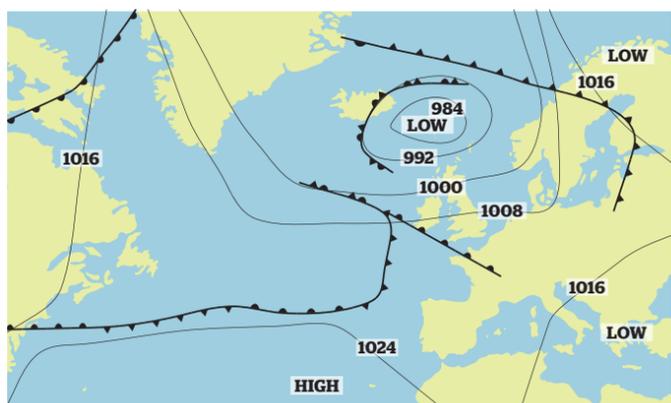
**N Wales, S Wales, Midlands, E**

**England, SW England, Cen S England:** Early bright or sunny spells but clouds will soon thicken from the west bringing some patchy outbreaks of rain or drizzle. Rain will spread north-eastwards during the afternoon and may be heavy for a time. Staying cloudy and damp into the evening. Gentle to moderate south-westerly winds. Max temp: 21C. Tonight, chance of showers. Min temp: 13C.

**SE England, London, E Anglia, Channel Is:** A dry and bright start to the day with early spells of sunshine, however clouds will tend to thicken from the west during the morning. A few light showers may develop at times, however for most

it will remain dry but cloudy into the evening. There will be gentle to moderate south-westerly winds. Max temp: 23C. Tonight, chance of showers. Min temp: 13C.

**NE Scotland, NW Scotland, SW Scotland, SE Scotland, W Isles, IoM, NE England, NW England:** Early periods of sunshine but clouds will thicken during the morning bringing some showers. Turning unsettled during the afternoon with overcast skies and heavy and persistent rain will spread north-eastwards. A cloudy and damp evening. There will be gentle to moderate south-westerly winds. Max temp: 20C. Tonight, chance of showers. Min temp: 11C.



**SYNOPTIC PRESSURE** Low pressure to the north of Scotland will gradually clear northwards during the day and will fill. Another low pressure system to the south of Greenland will track eastwards towards the United Kingdom but the central pressure will increase and the low pressure system will fill. High will build to the south-west.

**HIGHS AND LOWS** (Yesterday, up to 2pm)

**Warmest:** Wisley, Surrey, 23C  
**Coldest:** Cavendish, Suffolk, 8C  
**Wettest:** Stornoway, Western Isles, 22.0mm  
**Sunniest:** Jersey, Channel Islands, 8.4hrs

**HOURS OF DARKNESS**

Aberdeen	21.06-05.23
Birmingham	20.45-05.40
Bristol	20.45-05.47
Cardiff	20.47-05.49
Glasgow	21.08-05.37
Hull	20.44-05.30
Inverness	21.15-05.27
Liverpool	20.53-05.41
London	20.35-05.37
Manchester	20.50-05.38
Stornoway	21.28-05.35
Swansea	20.51-05.52
York	20.48-05.32

## Results Service

## FOOTBALL

**UEFA CHAMPIONS LEAGUE THIRD QUALIFYING ROUND FIRST LEG**  
Slavia Prague 3 Union Saint Gilloise 1; Slovan Bratislava 2 Apol Nicosia 0; Jagiellonia Bialystok 1 Bodo/Glimt 1.

**UEFA EUROPA CONFERENCE LEAGUE THIRD QUALIFYING ROUND FIRST LEG**  
Copenhagen 1 Banik Ostrava 0; Paks 3 Mornar 0; Hacken 6 Paide Linnameeskond 1; St Gallen 4 Slask Wroclaw 1.

## FRIENDLIES

Arsenal 4 Bayer Leverkusen 1; Aston Villa 3 Athletic Bilbao 2; Real Madrid 2 Chelsea 1; Southampton 1 Lazio 1.

## CRICKET

**THIRD ONE DAY INTERNATIONAL Sri Lanka v India, Colombo: Sri Lanka 248-7** (50.0 overs; W I A Fernando 96; B K G Mendis 59; R P Das 3-54) **India 138-10** (26.1 overs; D N Wellalage 5-27) **Sri Lanka win by 110 runs** (Sri Lanka win Series 2-0).

## THE HUNDRED

**Trent Rockets vs London Spirit Trent Bridge, Men: Trent Rockets 166-4** (20.0 overs; A D Hales 68); **London Spirit 144-10** (19.2 overs; R A Khan 4-24). **Trent Rockets win by 22 runs.**

**Women: Trent Rockets 158-5** (20.0 overs; G E Scrivens 55); **London Spirit 127-7** (20.0 overs; A K Gardner 3-23; A M King 3-23). **Trent Rockets win by 31 runs.**

## CYCLING

**UCI PROSERIES ARCTIC RACE OF NORWAY, Stage 4** (Glofjord-Bodo, 156.7km) 1 M Cort (Den) Uno-X Mobility 3hrs 19mins 01secs; 13 J Blackmore (GB) Israel-Premier Tech +11s; 18 H Wood (GB) Cofidis +17; 35 B Koerdt (GB) Team dsm-firmenich PostNL +103; 90 O Knight (GB) Cofidis +1037; 91 N Smith (GB) Team Novo Nordisk at same time; 99 C Froome (GB) Israel-Premier Tech +1128. **Overall:** 1 M Cort (Den) Uno-X Mobility 14hrs 59mins 45secs; 10 J Blackmore (GB) Israel-Premier Tech +34s; 17 H Wood (GB) Cofidis +45; 65 B Koerdt (GB) Team dsm-firmenich PostNL +1137; 89 C Froome (GB) Israel-Premier Tech +2412; 92 N Smith (GB) Team Novo Nordisk +3105; 95 O Knight (GB) Cofidis +3456.

**UCI PROSERIES VUELTA A BURGOS, SPAIN Stage 3** (Bodegas Nabal-Lagunas de Neila, 138km) 1 S Kuss (US) Team Visma 3hrs 22mins 05secs; 18 P Double (GB) Team Polti Kometa +54s; 27 D Rafferty (Rep Ire) EF Education-EasyPost +115; 44 E Dunbar (Rep Ire) Team Jayco-AlUla +244; 63 O Doull (GB) EF Education-EasyPost +630; 66 C Johnston (GB) Caja Rural-Seguros RGA at same time; 83 H Carthy (GB) EF Education-EasyPost +1130. **Overall:** 1 S Kuss (US) Team Visma 11hrs 11mins 04secs; 18 P Double (GB) Team Polti Kometa +1m 04s; 26 D Rafferty (Rep Ire) EF Education-EasyPost +125; 43 E Dunbar (Rep Ire) Team Jayco-AlUla +254; 59 O Doull (GB) EF Education-EasyPost +640; 78 H Carthy (GB) Caja Rural-Seguros RGA +1606.

**RACING Brighton - Good to firm-good in places**  
3.55 1. UNCLE DICK (Oliver Carmichael) 28-1. 2. Lunatick 7-1. 3. Buy The Dip 13-2. 9 ran. 15-8 fav Charming Whisper (4th) 7/1. 7/1 (E J-Houghton). **Placepot:** £10340. @rpr results **Quadpot:** £3880.  
**Kempton - Standard to slow**  
6.25 1. ARABIAN LIGHT (W Buick) 2-13 fav. 2. Running Spirit 6-1. 3. Al Ameen 17-2. 9 ran. 5/4. 7/1 (C Appleby).  
6.55 1. RADIANT BEAUTY (K Shoemark) 11-1. 2. Port Road 66-1. 3. She's A Warrior 10-3. 10 ran. 4-11 fav Sword (6th) 7/1. 7/1 (Dr R Newland & J Insole) 7.25 1. SEA JUST IN TIME (T Marquand) 2-5 fav. 2. Beesley 9-2. 3. One Glance 40-1. 9 ran. 2/1. 2/1 (W Haggas) **Jackpot:** £743060. **Placepot:** £6050. **Quadpot:** £820. **Place 6:** £4861. **Place 5:** £1580.  
**Pontefract - Good to firm-good in places**  
3.10 1. GODSEND (L Morris) 4-7 fav. 2. Tailorman 8-1. 3. Yorkindness 85-40. 3 ran. nk. 8/1 (Sir M Prescott) 3.40 1. ZOZIMUS (D Nolan) 2-1 fav. 2. Casilli 5-1. 3. Garden Oasis 3-1. 6 ran. 2/1. (D O'Meara) 4.40 1. A GIRL NAMED IVY (S B Kirrane) 33-1. 2. Oso Rapido 22-1. 3. Formidable Force 3-1 fav. 11 ran. shd. hd. (M Dods). **Placepot:** £5390. **Quadpot:** £2000. **Place 6:** £717. @rpr results **Place 5:** £2629.

## TENNIS

**ATP NATIONAL BANK OPEN, MONTREAL, QUEBEC, Round First:** J Thompson (Aus) bt J Draper (GB) 7-5 6-2.

## TODAY'S FIXTURES

(7.45pm unless stated)

## FOOTBALL

**UEFA EUROPA LEAGUE THIRD QUALIFYING ROUND FIRST LEG:** Dinamo Minsk v Lincoln Red Imps, Kl Klaskvik v Borac (6), Partizan Belgrade v Lugano (7), Santa Coloma v Rigas FS (7), Kryvbas v Plzen (7), CM Celje v Shamrock Rovers (7.15), Panathinaikos v Ajax (7), Rijeka v Elfsborg (7), Braga v Servette (8.30), Molde v Cercle Brugge (6), Trabzonspor v Rapid Vienna (6).  
**UEFA EUROPA CONFERENCE LEAGUE THIRD QUALIFYING ROUND FIRST LEG:** St Mirren v Brann, St Patricks Athletic v Sabah Baku.

## CRICKET

**FIRST TEST MATCH** (Second day of five) West Indies v South Africa (Port of Spain, 3pm).

**ONE-DAY CUP - Group A:** Lancashire v Middlesex (Old Trafford, 11am). **GROUP B:** Warwickshire v Glamorgan (Edgbaston, 11am). Yorkshire v Leicestershire (Scarborough, 11am).

## GOLF

**USPGA TOUR WYNDHAM CHAMPIONSHIP** (Greensboro, North Carolina).

## RUGBY LEAGUE

**BETFRED SUPER LEAGUE** (8.0) St Helens v Salford.

## Sporton TV



Olympics BBC, Eurosport and discovery+ from 7am

**Cricket: Fire v Superchargers** Sky Sports Cricket, 11am & 2.30pm

**Cricket: Invincibles v Brave** Sky Sports Mix 2.30pm, Cricket 6pm

**Tennis: ATP Montreal, WTA Toronto** Sky Sports Tennis, 4pm

**Baseball: Braves v Brewers** TNT Sports 2, 7pm

## CRICKET

# 'There's no one better than Flower for role as England's white ball head'

## Nasser Hussain says the Trent Rockets coach is a serial winner

By George Sessions

Nasser Hussain believes there are not many better options than "serial winner" Andy Flower for the vacant England white-ball head coach role but has doubts over whether he will get the job.

Matthew Mott left the position last week after a mixed two years, guiding England to T20 World Cup success in 2022 before underwhelming displays in the last two major limited-overs tournaments.

The hunt for Mott's successor is under way after Rob Key, director of England men's cricket, said a "new direction" was required, with the Champions Trophy in February the next target.

Hussain feels the England and Wales Cricket Board could have the perfect candidate at the Hundred, where Flower, who spent five years in charge of the national team between 2009 and 2014, is leading Trent Rockets.

"There are some really good candidates, there is Kumar Sangakkara, there is Andy Flower, who is a serial winner with England and (in) franchise cricket," said Hussain. "Some would view (Flower) as a backward step - 'never go back, you are going back to a former England coach' - but I think Andy has moved on.

"Andy was very anti-franchise and IPL, but that was a very long time ago. Now he has travelled the world, winning for most franchises



'He's a brilliant coach' - Andy Flower (centre) has the endorsement of former England captain Nasser Hussain GETTY

Some would view Flower as a backward step - 'never go back to a former England coach' - but he has moved on

and doing some really good things. He is a brilliant coach. You just have to look at his CV and, if Rob Key got Andy Flower's CV out, there is hardly a better option than that, but again it is if Andy wants to do it.

"And if England see it as a bit of a backward step and they want someone younger, fresher, I don't know? But I'll leave those decisions to

Rob Key. I just look at the best person for the job, simple as that. I've worked with Kumar and (he has a) brilliant brain. I've played and seen Andy Flower, brilliant player-coach, brilliant man.

"Brendon McCullum, look at the impact he's had on the Test side, brilliant. They are all very good candidates and I repeat the job is not so much finding the candidate, it is finding the candidate that actually wants to do the job."

Hussain, who captained England between 1999 and 2003, backed Key's decision to continue with Buttler as white-ball skipper for now.

But he added: "Jos is a very switched on and smart lad. He'll know if they continue to lose, he'll be the next one in line. That dynamic of captain-coach, I think that was the issue with Buttler and with Mott.

"With Buttler being such a softly spoken, calm and quiet individual, you probably needed a more dynamic personality (as head coach).

"(Eoin) Morgan worked with (Trevor) Bayliss because Morgan was such an impactful captain and so dynamic.

"I think with this England side, they probably need a more hands-on coach to drive them forward."

## THE HUNDRED

## Gardner, King put Spirit and Sciver-Brunt in a spin

Ashleigh Gardner and Alana King spun Trent Rockets to a much-needed 31-run Hundred win over London Spirit at Trent Bridge.

Australians Gardner (right) and King combined for six wickets as a star-studded Spirit line-up never threatened to chase down 158 for 5. Grace Scrivens struck 55 from 43 balls for the hosts, although she had to walk off the field in the second innings when she was struck in the face attempting a catch.

It meant Rockets ended a three-game losing streak and was made all the more impressive as Nat Sciver-Brunt, the women's competition's leading run-scorer, had a comparatively quiet match with 21 from 12 deliveries.

Scrivens, who hit nine fours, shared a 74-run opening stand with Bryony Smith that set the tone.

Indian Deepti Sharma claimed the wickets of Sciver-Brunt and Gardner, but Heather Graham's unbeaten 22 from 12 balls ensured a fast finish.

Spirit's chase was immediately undermined when Gardner removed Georgia Redmayne and Cordelia Griffith from successive balls before King had former Australia captain Meg Lanning caught.

Gardner trapped Dani Gibson lbw and when England and Spirit skipper Heather Knight's sweep at King landed in the hands of Smith, after hitting 29 from 20, the game was up. Gardner and King both finished with identical figures of three for 23 from 20 balls as Spirit closed on 127 for 7.

Gardner said: "It was huge (win for us). It was probably the first game we put all three facets of the game together."



## ONE DAY CUP

## Kelly rips into Derbyshire to finish with five-wicket haul

A hat-trick from 18-year-old Dom Kelly led Hampshire to a 143-run thrashing over Derbyshire to boost their One Day Cup knock-out hopes.

Hampshire were fourth in Group A ahead of play at Utilita Bowl with Derbyshire at the summit, but 93 by Joe Weatherley and Nick Gubbins' 62 helped the hosts post 295 for 8. Samit Patel claimed two wickets and ended on 35 not out for Derbyshire, but they were blown away by Kelly.

England Under-19 seamer Kelly claimed two scalps in quick succession to reduce the previous leaders to 89 for 6 before taking the wickets of Zak Chappell, Harry Moore and Daryn Dupavillon to finish with 5 for 19 as Derbyshire were all out for 152.

Somerset leapfrogged Derbyshire after Andrew Umeed smashed eight boundaries

in a rapid 63 to help them to a seven-wicket success at Northamptonshire.

The hosts were bowled out for 155, which was chased down inside 25 overs by Somerset.

A captain's knock of 75 by Jake Libby saw Worcestershire clinch a three-wicket win in a thriller at home to Kent. Half-centuries by Charlie Stobo (72) and Grant Stewart (78) enabled Kent to recover from 115 for 6 to make 259 all out, but Worcestershire won with seven balls to spare.

Express pace from Ajeet Singh Dale inspired Gloucestershire to a comprehensive eight-wicket victory over Sussex.

Singh Dale claimed figures of 4 for 15 to restrict Sussex to 132 for 9 and Cameron Bancroft's unbeaten 49 ensured Gloucestershire sealed victory in 20 overs in Group B.

## RUGBY UNION

# What's next at Welford Road? Can Tigers roar again?

By **Hugh Godwin**

RUGBY UNION CORRESPONDENT

**What's changed?**

Leicester Tigers have a new head coach in Michael Cheika, one of the big beasts of world coaching, with three World Cups coaching his native Australia (including to the final in 2015) and Argentina, plus well-regarded stints with Leinster, Stade Francais and the Waratahs.

He is the only head coach to have won Super Rugby and the European Champions Cup. Last season was a disappointment under the one-year-long reign of Dan McKellar, as Leicester finished in eighth place in the Premiership, 11 points off the top four.

**What went wrong?**

McKellar was pitched into a disrupted environment as Leicester's sixth head coach since Richard Cockerill departed in 2017.

It was immediately after the turmoil of Borthwick going to England and taking Wigglesworth, Kevin Sinfield, Tom Harrison and Aled Walters with him. A new attack and backs coach Alan Dickens arrived with McKellar in summer 2023, but Dickens was stood down in mid-season for publicly unexplained reasons (he is now at Newcastle Falcons).

McKellar then recruited Peter Hewat as attack coach, but did not last to see any upturn, as McKellar left "by mutual consent" in June.

McKellar's Tigers had the joint-best defence in the Premiership last season, with Sale Sharks, conceding 51 tries in 18 matches. But they were third lowest for scoring tries (55), and for carries and defenders beaten. Discipline also tended to fall apart under pressure.

"I didn't feel like we were close to top four; we fell short by quite some way," long-serving scrum-half Ben Youngs told *i* this week. "We weren't consistently good enough. In the games that we needed to pick up points, we weren't able to. One springs to mind against Bristol and they scored three tries in the last 10 minutes - if you want to win a league, teams don't do that." Youngs said some of the damage was done with four out of five losses at the start of the season, and he and others who were away at the World Cup "chasing their tail," when they returned.

**Against Bristol, they scored three tries in the last 10 minutes - if you want to win a league, teams just don't do that**

**Fixes on the pitch**

Cheika says Leicester's "identity based around gritty, aggressive forward play" suits him down to the ground.

He wants players "in that place where they can react and think on the run", and after five weeks to date, "I feel like week by week I've been seeing those improvements". He enthused about England forward Martin, who has just had a fine tour of New Zealand, as "well organised, very professional and can balance



Scrum-half Ben Youngs was unimpressed by last season's displays AFP/GETTY

that out with a bit of old school - tough and hard footy".

But Tigers' fans can expect a fresh approach to their back play. Hewat has arrived, despite the odd circumstances of his appointment, with Tigers' general manager Richard Wilks meeting the Australian former London Irish full-back off the plane to assure him his job was safe.

"We want him here, it wasn't dependent on Dan's contract," Andrea Pinchen, the Leicester chief executive, said of Hewat this week.

On paper, Leicester have a wonderful backline of Youngs or Jack van Poortvliet, Handré Pollard, Dan Kelly, Solomone Kata, Anthony Watson, Ollie Hassell-Collins, and Freddie Steward, plus new signing Izaia Perese from Queensland, and Josh Bassett, Jamie Shillcock, Mike Brown and Tom Whiteley to swap in.

Up front, Wales prop Nicky Smith is a quality addition to the talent of Julian Montoya, George Martin, Ollie Chessum and Tommy Reffell.

The big downside is the exit of Jasper Wiese, arguably the Premiership's best No 8 over the past four seasons. Cheika, once a No 8 for Randwick and Australia's under-21s, said Leicester will have to divide up

Wiese's ball-carrying duties. South African 20-year-old Corne Beets is expected in October, and the right blend is needed from the likes of Hanro Liebenberg, Kyle Hatherall, Matt Rogerson, Olly Cracknell and emerging talent including Emeka Ilione and England Under-20 forward Finn Carnduff.

The back row will be a big area to watch, as it never felt right in the lean years before Borthwick's arrival. It doesn't help that fly-half Pollard and hooker Montoya will miss the first two matches of the Premiership, away to Exeter and home to Bath, on Rugby Championship duty.

**And off the pitch...**

Cheika is generally credited with laying the foundations for Leinster as a European force, breaking out of Munster's shadow, when he worked in Dublin from 2005 to 2010.

He was known as a man with a plan, and with David Knox alongside as backs coach, they taught everyone in a stellar squad something

new. Cheika is currently operating out of a Leicester hotel, "running off a backpack with a few bits of kit", while most of his belongings are in Paris, the city where he played, then coached, then resided while he was coaching Argentina.

But while his hiring by Leicester was a bolt from the blue, the positive feeling of a clean slate is strong.

Matt Parr is back from Catalan Dragons to lead on performance, with Chris Kemp recruited from Premiership champions Northampton on strength and fitness.

Cheika says there will be "new ideas and a new way of doing things", to ensure the players' medical and physical prep "makes sense". Assistant coaches kept on are Brett Deacon (forwards), Matt Everard (defence) and Neil Fowkes (interim, scrum).

**So can Tigers expect an immediate bounce?**

They squeaked into the Champions Cup, with a very tough pool draw against Bordeaux-Begles, Sharks, Ulster and Toulouse.

Cheika said: "We're in it to win everything. I'm really happy we got into the European Cup, that will be important to compete on all fronts."

No one has ever accused the new man of lacking passion - he was fined for confronting a referee in his Stade Francais days and given a suspended ban for a spat with a cameraman while at the Waratahs. But a well-aimed rocket up the backside may be just what Leicester need.

Cheika has signed for a year "with options", in a deal done by Pinchen "in four days", and while the chief executive says "stability is the key... we can't just forego a season and say 'see what happens'".

Expect fireworks at Welford Road, all the way.

55

The Tigers were third lowest for scoring tries (55), and for carries and defenders beaten

## RACING

## Wales and West look set to challenge East's early lead

By **Jon Freeman**

RACING EDITOR

It's round three of the Racing League at Chepstow this evening and it should be well worth hanging around for the 8.30pm finale.

All but one of the seven-furlong specialists are rated 90 or higher and they include two horses on retrieving missions after luckless passages in Ascot's valuable International Handicap a fortnight ago.

Carrytheone seems to have been cursed since beating the reopposing Gorak at Newmarket in May, his path blocked at vital stages on all three of his subsequent starts.

But his exaggerated hold-up style of running means that he will always be a hostage to fortune and Aalto, also stopped in his tracks in the International, is preferred.



Ian Williams's four-year-old is tactically more flexible and is better judged on his smooth success in Newmarket's Bunbury Cup.

His rider tonight, Trevor Whelan (*below*), also has sound prospects of winning the five-furlong handicap aboard Christopher Mason's mare Glamorous Breeze. She has won on

two of her previous three visits at Chepstow and shaped as though she was ready to score again when going close at Sandown last time, having a door slammed on her when mounting her challenge.

As for the Racing League team competition, for those interested The East took a huge early lead after running riot in round two at Yarmouth last Thursday, but expect big changes tonight with closest opponents Wales & The West, and Ireland fielding much stronger squads.

### 1 top tips

**BEST BET**

**Ingra Tor (6.30, Chepstow)**  
A while since he won, but promising placed efforts on last two starts.

**NEXT BEST**

**Aalto (8.30, Chepstow)**  
No luck in running at Ascot after landing a big Newmarket handicap.

**CHEPSTOW GOOD TO FIRM**

5.30 PLAY THE PLACEPOT AT TOTE.CO.UK RACING LEAGUE 15 HANDICAP (CLASS 4) £35,000 1m		ITV4
1	080532 DUTCH DECOY (D) C Johnston 7 10 0	J Fanning 6
2	5-0965 AUSTRIAN THEORY (D) T Easterby 5 9 12	D Allan 7
3	-07349 BENNETOT D O'Meara 5 9 11	Billy Loughnane 3
4	56-186 AZAHARA PALACE (CD) H Morrison 4 9 7	K Stott 1
5	957110 EAGLE DAY (D) P Evans 4 9 6	J Mitchell 8
6	282465 ENOUGH ALREADY (D) A McGuinness (IRE) 8 9 5	D E Sheehy 5
7	-46831 YOUARENOTFORGIVEN (D) A Carroll 6 9 5 (sex)	B Sayette 2
8	-86609 CAROLUS MAGNUS (D) M & D Easterby 6 8 12	S James 4
9	331163 GREAT ACCLAIM (D) E J-Houghton 3 8 10	C Bishop 2
10	534341 LADY FLORA (CD) A Balding 3 8 8	O Murphy 11
11	-44672 RAINWATER R Fahey 3 8 4	C Hardie 9

BETTING: 7-2 Dutch Decoy, 4-1 Lady Flora, 6-1 Austrian Theory, 8-1 Youarenotforgiven, 10-1 others.

6.00 TOTE ARE ONLINE TOO AT TOTE.CO.UK RACING LEAGUE 16 HANDICAP (CL 4) £35,000 added 7f		ITV4
1	8-9301 CRAVEN (D) R Fahey 4 9 12	Oisin Orr V 10
2	-35039 LEADENHALL (BF) T Easterby 4 9 10	D Allan 1
3	611493 BRUNEL NATION (D) R Hughes 3 9 9	F Marsh 7
4	3-3371 VON BAER (D) B Meehan 3 9 8	S Osborne 8
5	227447 LESSAY (D) A Balding 3 9 7	O Murphy 9
6	824211 BELIEVE YOU ME (CD) H Main 4 9 6	Amie Waugh (5) 3
7	-79274 GET THE MUSIC ON (D) C Cox 3 9 6	J Mitchell 6
8	435-12 ETOILE D'ALEXANDRE G Boughiey 3 9 5	Billy Loughnane H,T 11
9	053777 LAHAB (CD) M Wigham 4 9 4	S James 5
10	-88728 BRINDLEY (BF) J Channon 3 9 0	C Bishop T 2
11	935442 ALPINE SIERRA (D) J Goldie 6 9 0	J Fanning H 4

BETTING: 9-2 Brunel Nation, 5-1 Etoile d'Alexandre, 6-1 Believe You Me, 7-1 Von Baer, 8-1 Lessay, Leadenhall, 10-1 Craven, 12-1 others.

6.30 STREAM THIS RACE FREE AT TOTE.CO.UK RACING LEAGUE 17 HANDICAP (CLASS 4) £35,000 added 6f		ITV4
1	030650 GISBURN (D) R Hannon 5 9 12	O Murphy 4
2	0-5633 INGRA TOR (D) J Channon 5 9 11	D Probert 7
3	962450 EMINENCY (D) S C Williams 4 9 11	D Muscatt T 1
4	2401-9 DOLLY GRAY (D) D Loughnane 5 9 3	C Fallon 10
5	212314 CONNIE'S ROSE (CD) G Harris 5 9 2	J Mitchell C 3
6	2-3325 COUP DE FORCE (CD) W Kittow 5 9 1	T Whelan 2
7	163215 HAVANA RUM (D) R Fahey 4 9 0	Oisin Orr 6
8	230792 MUSCICA (D5) D O'Meara 10 9 0	Billy Loughnane V 8
9	352711 ALPINE GIRL (D) J Fanshawe 4 8 11	H Davies H 9
10	966543 GIS A SUB (D)(BF) P Midgley 5 8 4	C Hardie C 5

BETTING: 4-1 Alpine Girl, 5-1 Ingra Tor, 6-1 Havana Rum, 7-1 Eminency, Muscica, 8-1 Gisburn, Coup De Force, 10-1 Gis A Sub, 12-1 others.

7.00 TOTE ON THE GO AT TOTE.CO.UK RACING LEAGUE 18 HANDICAP (CLASS 3) £50,000 5f		ITV4
1	139146 RADIO GOO GOO P Evans 4 9 12	J Mitchell 10
2	3-1916 VENTURA EXPRESS (D) P Midgley 7 9 12	Oisin Orr 2
3	-21123 HAYMAKER (D) H Morrison 5 9 12	K Stott 3
4	-20444 EXISTENT (D) S C Williams 6 9 11	H Davies V 12
5	855321 STAR OF LADY M (D) D O'Meara 4 9 10	C Fallon 9
6	/51232 MISS ATTITUDE (D) J Channon 4 9 6	C Bishop C 8
7	617240 MANILA SCOUSE (CD) T Easterby 5 9 6	D Allan T 4
8	993861 ALLIGATOR ALLEY (D) D O'Meara 7 9 6 (sex)	Billy Loughnane T, V 1
9	733733 GLAMOROUS BREEZE (CD) C Mason 6 9 4	T Whelan C 7
10	662401 REIGNING PROFIT (D) R Carr 5 8 13 (sex)	JP Sullivan V 11
11	2-3483 APELING A Balding 3 8 12	O Murphy 5
12	636054 ZIGGY'S QUEEN (D) R Fahey 3 8 9	C Hardie V 9

BETTING: 9-2 Miss Attitude, 6-1 Haymaker, Alligator Alley, 7-1 Radio Goo Goo, Apeeling, 8-1 Glamorous Breeze, 10-1 Reigning Profit, Existing, 12-1 others.

7.30 DOWNLOAD THE TOTE APP TODAY RACING LEAGUE 19 HANDICAP (CLASS 3) £50,000 1m 4f		ITV4
1	746528 DREAM HARDER   Williams 5 9 12	T Whelan C 9
2	305132 WAHRAAN (D) I Osborne 6 9 9	S Osborne H 3
3	-70130 CHASE THE DOLLAR (D) Loughnane 6 9 8	C Fallon 8
4	0-8012 LIEBER POWER (D) A Balding 4 9 8	O Murphy 2
5	34-642 BIZARRE LAW (D) A Balding 5 9 4	D Probert C 4
6	341111 WALTER HARTRIGHT (CD) E Dunlop 3 9 0	D Muscatt B 7
7	046540 THE THUNDERER (D) S C Williams 6 8 11	H Davies V 11
8	040461 FURZIG (D) R Fahey 9 8 11	Oisin Orr 5
9	-59314 GANGSTER GRANNY (D) J Harrington (IRE) 3 8 5	D E Sheehy 6

BETTING: 9-4 Walter Hartright, 4-1 Lieber Power, 6-1 Bizarre Law, 7-1 Wahraan, 8-1 Gangster Granny, Dream Harder, 10-1 Furzig, 20-1 Chase The Dollar, The Thunderer.

8.30 TAKE TOTE HOME WITH YOU TOTE.CO.UK RACING LEAGUE 21 HANDICAP (CLASS 2) £75,000 added 7f		ITV4
1	05-960 STREETS OF GOLD (CD) E J-Houghton 4 9 12	C Bishop 10
2	901345 CARRYTHEONE (D) M Bell 7 9 11	S Osborne H, T 1
3	9-9000 JUMBY (D) E J-Houghton 6 9 10	O Murphy 7
4	-02073 RAHMI (D) J P Murtagh (IRE) 5 9 5	D E Sheehy B, T 5
5	245219 AALTO (D) I Williams 4 9 4	T Whelan 8
6	0-4200 GORAK (D) C Followes 5 9 4	H Davies C 3
7	-71021 AKKADIAN THUNDER (D) D O'Meara 4 9 1	Billy Loughnane 6
8	362200 GREATGADIAN R Varian 6 9 0	D Muscatt T 2
9	03-006 MAYWAKE (D) R Fahey 6 9 0	Oisin Orr 9
10	050040 TANMAWVY H Main 6 8 2	Amie Waugh (5) H 4

BETTING: 3-1 Akkadian Thunder, 4-1 Carrytheone, Aalto, 7-1 Rahmi, 10-1 Jumbly, 12-1 Gorak, Maywake, Streets Of Gold, 16-1 others.

## FOOTBALL



Bromley boss Andy Woodman (left) is best friends with Gareth Southgate

## Bromley's trip to Harrogate works out fine for Woodman

By George Sessions

While Andy Woodman would have loved for Bromley's English Football League debut to be at Hayes Lane, the irony of an opening-day trip to Harrogate is not lost on the division's newest boss.

Woodman masterminded history in May when the Ravens triumphed in a penalty shoot-out over Solihull at Wembley to secure a place in the EFL for the first time.

Fast forward three months and Bromley begin life in League Two on Saturday with an away day at Harrogate, which happens to be the residence of Woodman's best friend and ex-Crystal Palace teammate Gareth Southgate.

Whether or not Southgate, who left his role as England manager last month, can attend the fixture was not disclosed by Woodman (*below*), but the 52-year-old will relish match one of 46 this season where Bromley are underdogs.

Woodman said: "We have actually spoken about the Harrogate game so we're keeping that secret! Yeah, Gareth is from that part of the world so it is quite ironic we are up there."

"Every game will be special. Every game will throw up new challenges and they will be big games for us, we can't get away from that."

"You've got Bradford, Gillingham, all these clubs and they are big clubs compared to us. We'll be the underdog in all of them, but I quite like that."

It has been a remarkable journey for both Bromley and Woodman since his surprise appointment towards the end of the 2020-21 campaign. His only previous managerial experience prior to this job was a great escape act during three months at National League South side Whitehawk in 2017.

Woodman admitted the Wembley win sealed by a cool penalty from skipper Byron Webster, feels a "lifetime ago" but is determined to etch more chapters in Bromley's history.

He added: "It's been great but sadly we've got to draw a line under it now and get on with this season."

## CHAMPIONSHIP

# Leeds tipped for promotion after missing out last season

On the dawn of a new season **Mark Walker** sorts the front-runners from the also-rans in the second tier

**BLACKBURN ROVERS**

Avoided the drop on the final day last season and given the financial uncertainty hanging over the club due to their owners' pending court case in India, plus the expected sale of striker Sammie Szmodics, the odds are stacked against head coach John Eustace keeping his side out of relegation trouble.

**Prediction** Relegation

**BRISTOL CITY**

Established themselves as a mid-table Championship side in the last decade and after boosting attacking options with Sinclair Armstrong, Fally Mayulu and Japanese winger Yu Hirakawa, hopes will be high for a possible play-off challenge.

**Prediction** Mid-table

**BURNLEY**

Scott Parker (*right*) has replaced Vincent Kompany as head coach following Burnley's relegation and a raft of new signings could take time to settle. The Clarets have enough quality at this level to bounce straight back.

**Prediction** Promotion

**CARDIFF CITY**

Have strengthened with some shrewd free signings, including Calum Chambers and Chris Willock, and after a 12th-placed finish last season they will be looking up rather than down.

**Prediction** Mid-table

**COVENTRY CITY**

Mark Robins's side appeared on course for a second successive play-off place last season until their form dipped after reaching the FA Cup semi-finals. He has a knack of rebuilding to keep the Sky Blues ultra-competitive and they are expected to challenge again.

**Prediction** Play-offs

**DERBY COUNTY**

Rising from the ashes after two seasons in League One, but under their current owner the club does not have the same money that helped fund previous promotion pushes and Paul Warne's squad may struggle with the step up.

**Prediction** Mid-table

**HULL CITY**

Seemed to be heading in the right direction after narrowly missing out on the play-offs in May under

Liam Rosenior, who was sacked shortly afterwards. Several key players have departed and it is uncertain if the Tigers can maintain progress under Tim Walter.

**Prediction** Mid-table

**LEEDS**

Leeds will double down on securing automatic promotion. Departed pair Archie Gray and Crysencio Summerville will be missed but Daniel Farke can now strengthen, while returning loanees and a thriving academy will help improve the German's hand.

**Prediction** Promotion

**LUTON TOWN**

Luton return to the Championship with heads held high and most of their squad intact. Parachute payments will make them stronger and despite Ross Barkley's departure they can bounce back.

**Prediction** Play-offs

**MIDDLESBROUGH**

Have strengthened a squad that went close to back-to-back play-off finishes in May and if Michael Carrick's squad can avoid the injuries that hindered them last season they will be challenging again for a top-six finish.

**Prediction** Play-offs

**MILLWALL**

Rescued from relegation trouble when Neil Harris returned last February. Won eight of their last 13 league games and after signing prolific goalscorer Macauley Langstaff, they will be looking to pick up where they left off.

**Prediction** Mid-table

**NORWICH CITY**

Fans will be optimistic of another promotion challenge under new Danish head coach Johannes Hoff Thorup, while they will be hoping to keep hold of striker Josh Sargent.

**Prediction** Mid-table

**OXFORD UNITED**

Returned to the second tier for the first time in 25 years after appointing former player Des Buckingham as boss last year but despite a raft of new signings could struggle in the division.

**Prediction** Relegation

**PLYMOUTH ARGYLE**

Have taken a gamble by appointing Wayne Rooney as head coach. Rooney must defy the odds to stay in the division, especially if star man Morgan Whittaker departs.

**Prediction** Relegation

**PORTSMOUTH**

League One champions after boss John Mousinho's first full season and with new signings Josh Murphy and Jordan Williams, hopes are high they can maintain momentum.

**Prediction** Mid-table



Georgi Chakvetadze (right) will bring some excitement to Watford fans PA

**PRESTON NORTH END**

Ryan Lowe's side won six of their first seven games last season but with Sheffield United, Luton and Middlesbrough to come in their first five games a similar start may be unlikely.

**Prediction** Mid-table

**QUEENS PARK RANGERS**

Spanish head coach Marti Cifuentes guided QPR from second-bottom to safety after his appointment last October and with plenty of summer signings there is renewed optimism around Loftus Road.

**Prediction** Mid-table

**SHEFFIELD UNITED**

An air of uncertainty hangs heavy over Bramall Lane after a season to forget in the Premier League. Chris Wilder's rebuilding plans are not

yet in full swing as takeover talks continue in the background.

**Prediction** Mid-table

**SHEFFIELD WEDNESDAY**

Can look forward with confidence after Danny Rohl was appointed head coach last October and the highly-rated German has now signed a new three-year contract.

**Prediction** Mid-table

**STOKE CITY**

Recruited heavily last summer and struggled to get going, but under manager Steven Schumacher they lost only one of their last eight to suggest a new-look team was beginning to gel.

**Prediction** Mid-table

**SUNDERLAND**

Are hoping their long-term policy of investing in youth will bear fruit this season under new French head coach Regis Le Bris. Youngsters such as Chris Rigg, Dan Neil and Jobe Bellingham (*left*) will be stronger this time around.

**Prediction** Mid-table

**SWANSEA CITY**

Summer signings, including Slovenia forward Zan Vipotnik, have bolstered Swansea's squad and under head coach Luke Williams they should progress.

**Prediction** Mid-table

**WATFORD**

Tom Cleverley becomes their 11th permanent boss since Javi Gracia was sacked in September 2019. Georgia's Euro 2024 star Georgi Chakvetadze will excite fans, but another bottom-half finish beckons.

**Prediction** Mid-table

**WEST BROMWICH ALBION**

On their fourth season outside the top flight and new American owner Shilen Patel will be looking to build on last season's play-off finish. Carlos Corberan's side will be challenging again at the top end.

**Prediction** Play-offs



## ARSENAL

# Arteta goes slow with Calafiori but Jesus 'spark' could solve a striking problem, for now

**Oliver Young-Myles**

AT EMIRATES STADIUM



Arsenal stepped up their Premier League preparations by thrashing the Bundesliga's Invincibles Bayer Leverkusen 4-1 in north London.

Oleksandr Zinchenko fired the Gunners in front after eight minutes, Leandro Trossard doubled their lead within 60 seconds and Gabriel Jesus made it three by half-time with a fine individual effort.

Kai Havertz added another in the second half before Leverkusen scored a consolation through Adam Hlozek. Here's what we learned.

## Calafiori welcome delayed

There is a buzz in the red half of north London over the club's new £42m defender Riccardo Calafiori. They will have to wait a little longer to welcome him to the capital though. "He's come into a new environment, and we are managing it slowly to get him in the best possible way," said Mikel Arteta. "He will be available to play on Sunday [against Lyon]." Nevertheless, his lack of pre-season minutes raises serious doubts over his readiness to start against Wolves on 17 August.

## Jesus dampens striker talk

Arteta claimed that Jesus has rediscovered his "spark" after a difficult 18 months in which the Brazilian's form and fitness have often deserted him. Whether Jesus is clinical enough to fire Arsenal to the title is debatable, but he is an asset when confident and healthy. The crowd appreciated his efforts to close down



Granit Xhaka (left) takes on Gabriel Jesus during last night's friendly REUTERS

defenders and rose as one to salute him after his goal. It was a big moment for Jesus that will dampen talk of Arsenal's need to spend big on a new No 9. For now, at least.

## Havertz the handful

Arteta has come closer than most to solving the Kai Havertz enigma. The German produced nine goals and six assists in his final 14 league games of last season and is carrying that confidence into his second year.

He played in two different positions and excelled in both. Havertz set up Arsenal's first two goals from central midfield, finding Zinchenko with a pinpoint cross before playing a cute reverse pass to Trossard to score.

The 25-year-old then scored the fourth as a centre-forward, loitering in the right place at the right time to capitalise on indecision in Leverkusen's backline.

## The kids are all right

Arsenal ended the game with four teenagers on the pitch. Ethan Nwaneri and Myles Lewis-Skelly are the current jewels in the Hale End crown and each caught the eye.

"If they continue playing like they are now it doesn't make a difference if they come from the academy or if we sign them from Argentina or Germany or Italy. They are showing the qualities that they have and the personality to play at this level."

**If they play like they are it doesn't matter if they come from the academy or if we sign them from Italy or Argentina**

## Xhaka's mixed return

The returning Granit Xhaka was given a warm welcome at the Emirates – not always a guarantee during his Arsenal career.

Fans applauded him onto the pitch and gave him a standing ovation as he left it.

It was a mixed night for the Swiss, though, as he was at fault for Arsenal's fourth goal.

## ENGLAND

## USA also keen on ex-Chelsea boss

» Continued from back page

advert for the role that was publicised last month. Two of the key requirements are a coach with "a track record of creating a high performing, positive team culture and environment" and "experienced in successfully identifying, managing and developing English qualified players".

Finding himself in the middle of a war between fans and the ownership at Chelsea last season indicates a coach who is "highly resilient and comfortable in a very high-profile role with intense public scrutiny". Southgate faced almost constant criticism and abuse during his time as England manager,



despite what he delivered during his time in the role.

As well as following their own succession plan, the governing body decided to take the slightly surprising decision to invite applications for the job because the organisation promotes transparency in appointments in the football industry and wanted to set an example to clubs.

There is, I understand, nothing preventing Pochettino (left) from taking over the job, if it is offered, but he is thought to have interest from elsewhere.

There is the prospect of taking over as the USA head coach and becoming a figurehead leading the nation at a home World Cup in 2026.

## Football in brief

### SPAIN

#### Rodri and Morata receive match bans



Manchester City midfielder Rodri and Spain teammate Alvaro Morata have been handed

one-match bans for chanting about Gibraltar during a Euro 2024 victory event.

Rodri (above), who was chosen as player of the tournament, took the microphone during a celebration event in Madrid on 15 July and sang "Gibraltar es Espanol" ("Gibraltar is Spanish") leading to a complaint from the Gibraltar Football Association.

The Gibraltar FA described Rodri and Morata's actions as "deeply offensive", with governing body Uefa subsequently appointing an ethics and disciplinary inspector to evaluate what had happened.

The Gibraltar FA said it was "pleased" Uefa had "acknowledged the severity of this incident" and acted accordingly.

### LIVERPOOL

#### Reds keen on a deal for Zubimendi



Liverpool have identified Real Sociedad's Martin Zubimendi as their first major signing

of the summer. It is understood the Euro 2024 winner with Spain (above), who has a reported target clause of £51m, is viewed as a target to fill the defensive midfield role.

It is a position which has been in need of strengthening since the exit of Fabinho 12 months ago.

Japan international Wataru Endo was brought in from Stuttgart late in the window last August for £16m after the club missed out on a couple of other targets but the now 31-year-old was only viewed as a short-term solution. A move for the 25-year-old Zubimendi would be the first significant business for new sporting director Richard Hughes, who said last month July would be quiet but August would see transfer activity.

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**FOOTBALL**  
What we learnt from Arsenal's clash against Leverkusen



P45

**RUGBY UNION**  
Can Leicester Tigers learn to roar again at Welford Road?

**CRICKET**  
Hussain backs Flower as replacement for Mott

P44

## Not again!

# Hudson-Smith pipped by American the day after it happened to Kerr



Eight-page pullout inside



Matthew Hudson-Smith is beaten by a hard-charging Quincy Hall in the men's 400m final last night  
REUTERS

# Pochettino open to England job

## Ex-Tottenham and Chelsea manager fits the bill for FA

By Sam Cunningham  
CHIEF FOOTBALL CORRESPONDENT

Mauricio Pochettino is emerging as a leading candidate to become the next England manager and is open to succeeding Gareth Southgate in the role.

Southgate stepped down in July, shortly after cementing his status as one of England's most successful managers, leading the country to a World Cup semi-final and quarter-final, and successive European

Championship finals. The Football Association is tasked with finding a replacement who can take the next step and win a major trophy with a squad of players now the envy of the world.

Jürgen Klopp, the former Liverpool manager who resigned in the summer, and Eddie Howe, the Newcastle United manager, have both ruled themselves out of taking over.

It has been reported that Mark Bullingham, the FA chief executive, sought and gained approval from

the FA board to interview foreign candidates. But the FA is only expected to appoint an overseas coach with a strong affinity to England.

Pochettino fits the bill, having worked for almost a decade in the Premier League in spells at Southampton, Tottenham Hotspur and Chelsea.

The Argentine has a history of nurturing players for the England team. At one stage, while at Southampton and Spurs between 2013 and 2017, he had coached half of

the 26 players who were handed England debuts.

At Spurs he exceeded expectations in guiding the team in a Premier League title chase and to the Champions League final. When the national team trained at Hotspur Way, the club's training ground, Pochettino would frequently be spotted watching the sessions. He was fiercely proud of representing his own country and was honoured when his players were called up for England.

At Chelsea he also demonstrated his acumen for knockout football, reaching the League Cup and FA Cup final in a tumultuous single season in charge. In Cole Palmer he added yet another young player to be unleashed in senior football and handed an England debut under his guidance.

Pochettino, 52, ticks all of the criteria boxes outlined in the FA's job

» Continued on p47

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# PARIS 2024

**Jones looks champion but US still wait for gold in ring**

**Matt Butler**  
**Why skateboarding is just right for the Olympics**



**GB left saddle sore as stumble scuppers hopes in team pursuit**

## He thinks it's Hall over

Matthew Hudson-Smith's dreams of gold are dashed



**INSIDE** GOLF | DIVING | TALKING POINTS | SAILING | CLIMBING | MEDALS TABLE

## ATHLETICS



Josh Kerr was pipped for 1500m gold by the American Cole Hocker

## Kerr already planning medal upgrade in LA

By David Charlesworth

Josh Kerr has already set his sights on upgrading his medal again at the next Olympics in Los Angeles after settling for silver in the men's 1500m in Paris.

The Tokyo 2020 bronze medallist was pipped at the post following a late surge by the American outsider Cole Hocker, who gatecrashed the Kerr v Jakob Ingebrigtsen narrative to snatch a shock gold medal from under their noses.

But rather than be down in the dumps, Kerr takes pride in setting a new personal best in the event and will use what happened at the Stade de France on Tuesday night as fuel to go for gold at the next Games in LA in 2028.

"It was a little bit bitter sweet for me," Kerr said. "There's a lot of big positives to take away from my performance. Big execution on a big stage for me, the best 1500m performance I've ever put on in my life and just a little bit short of my biggest goal."

"I'm ready for that next step, take it and start another four-year cycle is going to be an exciting one. It's massively motivating for me. I'm looking forward to analysing and getting back to the drawing board."

The Edinburgh runner was just 0.14 seconds adrift of Hocker on Tuesday evening and only one hundredth of a second ahead of the American bronze medallist Yared Nuguse in a photo finish.

The Norwegian Ingebrigtsen surprisingly finished outside the medal positions in fourth place as the Tokyo 2020 champion floundered in a thrilling denouement, having set the pace for much of an absorbing 1500m final.

"To have three or four guys still battling with 100 metres to go is mind-blowing but it wasn't something where I was like 'oh my goodness, I can't believe this is happening'," Kerr added.

"I was able to stay composed in that moment and not fall apart. I held on as much as I could and got beaten by the better man and that's going to motivate me in that next cycle."

# Hudson-Smith is still winning after missing out on gold

By James Toney

Matthew Hudson-Smith didn't snatch the Olympic gold he craved but claimed he won something a whole lot more valuable.

Just as Josh Kerr was chased down on the line in the 1500m final 24 hours previously, so was Hudson-Smith.

It was predicted South African Wayde van Niekerk's eight-year-old world record might be under threat and while the 400m final was searingly quick, it wasn't quite that blistering.

Quincy Hall's 43.40sec winning time was still the fourth fastest ever while Hudson-Smith clocked a 43.44sec European record, fifth on the all-time list.

He'd never run faster – he carved three tenths of a second off his personal best – but that didn't take the four hundredth of a second winning margin any easier to take.

But, in truth, Hudson-Smith's performance is about so much more than the crude metric of gold, silver and bronze that too often defines these Games.

Last year the 29-year-old opened up on his mental health struggles, revealing he'd tried to take his own life after missing selection for the Tokyo Olympics. The death of coach Lloyd Cowan hit him hard and the pressure of expectation weighed him down, as did a run of injuries which left him frustrated his potential was going to waste. He briefly worked in a supermarket and was considering quitting the sport to retrain as an electrician.

"Sometimes the journey is better than the result and it's been a hell of a journey," he said. "I'm just grateful. I've got an Olympic silver medal and how many people can say that?"



Matthew Hudson-Smith helps up Quincy Hall after the 400m final

I've been the bridesmaid a couple of times now but my time is coming. I'm just happy and grateful.

"I thought I'd cleared the field. I knew someone was going to come, I wasn't trying to ease up, I was running to the line but he got me, it happens. It's been crazy, I'm so grateful, I'm so happy. It's just the start, I'm healthy, my time will come."

Hudson-Smith arrived in Paris brimming with confidence after his world leading time at the London Athletics Meet. He'd been all business through the heats and knew he was the one to beat, as he sought to become the first British man to win the one lap showpiece since Eric Liddell, immortalised in *Chariots of Fire*, here in Paris a century ago.

In the past he has struggled with pacing his races but those concerns are seemingly in the past, with 50 metres to go he was clear but Hall was closing the gap with every stride he made.

Hudson-Smith made no excuses for his emotions as he crossed the line, finding his mum Cheryl in the crowd, he let it all out as she pulled a tissue from her pocket to dry his watering eyes.

"My family are here and I didn't expect that, it was a bit of a shock," he added, as footage of their tearful embrace went viral on social media.

"I hate them watching me and my parents don't really watch me because they hate it too!"

"I ran it exactly the way my coach told me to."

"We knew it was going to come down to the last 50 metres and I thought I had it but he had an extra gear. I hit the gear a little bit too late, as we came up he had one step on me and that was it. I'm healthy, this is just the start and time to build. My time is going to come."

Silver appears to be the new gold in Paris, Hudson-Smith's second place was Team GB's 18th of the Games so far.

Fractions matter more in the Olympics – the combined time difference between silver and gold for Hudson-Smith and Kerr at the Stade de France is just under three tenths of a second.

With four days of competition to come, Team GB are surely ready to concede defeat in their unofficial battle with Australia on the medal table – a competition they've not 'lost' since Athens two decades ago.

They are highly likely to finish in the top five but moments after Hudson-Smith claimed silver, Aussie pole vaulter Nina Kennedy took gold, their tally now six better than Team GB, a seemingly unassailable advantage in the table.



## Lyles the red-hot favourite to match Bolt with sprint double

By Charlie Bennett

Noah Lyles is bidding to become the first man since Usain Bolt to win an Olympic sprint double when he lines up in the men's 200m final tonight.

The American (right) eased through his semi-final in second place behind Botswana's Letsile Tebogo, no doubt conserving as much energy as possible, just as he did in the early rounds of the 100m.

Lyles is the reigning three-time world champion at 200m and heavy favourite to match Bolt's record.

Tebogo qualified fastest in 19.96sec, while Lyles's compatriot Kenny Bednarek qualified third.

Ben Pattison is keeping a well-trained eye on the opposition as he started his Olympic 800m campaign at the Stade de France.

Last year Pattison arrived in Budapest ranked 16th in the

world, only to win world bronze, the first British man to claim a global medal over two laps since Peter Elliott in 1987.

It means he is no longer able to fly under the radar, ranked fifth in the world this season after a 1min 42.27sec personal best at the Diamond League in Monaco.

"I know the numbers going into championships aren't the numbers coming out of championships, so I can't go into the heats thinking I can win this easily," he said, after joining teammates Max Burgin and Elliott Giles in the next round.

Ethiopia's Lamecha Girma had to be stretched off the track in the men's 3,000m steeplechase after a horror fall. Gold went to Morocco's Soufiane El Bakkali.

Jamaica's Roje Stona won the men's discus with an Olympic record 70 metres, and Australia's Nina Kennedy won the women's pole vault.





Quincy Hall, in lane 8, pips Matthew Hudson-Smith, lane 6, on the line AFP/GETTY

## Asher-Smith gamble still can work out despite 200m pain

James Gray



Sometimes in sport you have to roll the dice. Dina Asher-Smith did it just nine months before the Olympics, changing coach and moving country with the Games in sight.

So far, the dice have not fallen in her favour. Asher-Smith put a brave face on after the 200m final on Tuesday, where she finished fourth.

"Overall I'm happy because I've known I've been in a great place for this whole season," Asher-Smith said. "But for the first year with a new coach, I think this is a great platform to build from."

"And I've actually had some fun in this one. It's been fun in the 200m so that's always a plus as well."

She had initially come up on the big screen in third place, which would have earned her a first individual Olympic medal.

Fortunately, Asher-Smith's eyesight is so bad that she did not register the initial judgment and never laboured under the illusion of having won a medal.

But fourth is traditionally the worst place to finish at the Olympic Games, particularly if you have just uprooted your life and left your coach of two decades.

"I train in the bright sunshine now in Austin, Texas!" said a beaming Asher-Smith, whom it was hard to believe had just missed out on bronze by two hundredths of a second. In October, she parted ways with John Blackie, her coach of 19 years, to link up with Edrick Floreal at the University of Texas, who also coaches 100m champion and 200m silver medallist Julien Alfred.

"There are some bits that I needed to slot in, in order to be successful in Paris," Asher-Smith explained.

It was a clear wholesale change of approach. Blackie is in his 70s and now uses a mobility scooter and crutches to get around. His relationship with Asher-Smith goes back to her primary school days and the trust between them is implicit.

"It's a more nerdy approach," Floreal says of his own coaching style. "You can only train so much harder. At a certain point, more is not better."

He describes Asher-

Smith as "detail-orientated" and inquisitive, but in the hours before the race, she seemed to relish the handbrake being taken off.

"I just got told 'When the gun goes, just run, whatever happens, happens'. It's not many times you get told that instruction," Asher-Smith said in Paris. It remains brave to tear up your technique so close to a major Games, even if it is not your last, but perhaps it hints at the truth of Asher-Smith's predicament.

Since winning the gold and silver in the World Championships 200m and 100m respectively, setting a national record and personal best in both, her career has stagnated.

It has not always been by her own doing – a hamstring tear weeks before Tokyo left her a shadow of herself – but the stopwatch rarely lies: she has once equalled her 10.83 for the 100m and that is it.

Her 21.88 in the 200m from five years ago remains a high watermark, even if she is adamant she is a better athlete now. Her actions speak louder than her words.

"I definitely think I'm faster [than 2019]," Asher-Smith (*below*) said after running 22.22 in the Olympic final. "It's not always the championships that you do it."

Asher-Smith's Games are not over. The 4x100m relay team will have high hopes after Daryll Neita's fourth place in the 100m final and fifth in the 200m.

The Americans will surely be too strong, after gold and bronze in the 200m and silver and bronze in the 100m, but the bookmakers make second a straight shootout between Great Britain and Jamaica,

whose women have not won a sprint medal at these Games.

Crucially, Asher-Smith thinks she has taken the pressure off herself.

"I've just been focused on just having a lot of fun. [Floreal] brings a different perspective as to what I can do and what I can achieve,"

"I've just been focused on enjoying it and enjoying the moment and being relaxed and just being confident."

## Mills happy at referee's decision after 'take out' by France's Hay

By James Toney

George Mills went from raging to relieved after hitting the deck in his 5000m heat.

The son of former England football international Danny was winding up for a sprint finish when he tangled with France's Hugo Hay in a dramatic pile-up that left four athletes sprawled on the track.

Mills clashed with Hay at the finish, jabbing his finger in his face as the home crowd made their feelings known. However, he was later advanced to the final by the track referee, who ruled the recent European silver medallist was not at fault.

"He took me down, he stepped right in front of me and took me out," said Mills, one of over 1,000 athletes on UK Sport's National Lottery-funded World Class Programme, allowing them to train full time, have access to the world's best coaches and benefit from pioneering medical support – which has been vital on their path to the Paris 2024 Games.

"I'm pleased to be through, being in France and a French guy taking me out, I didn't see much happening."

"The race really suited me, coming down to a sprint finish, I was patient and waited for it to open up down the straight. If we look at the top pace of the race, it was playing into a 1500m guys hands, so that was my plan. Get around the whole race, sit in and don't waste any energy, get into the last 100m, doesn't matter if you are 10th or 12th, you will be able to come past."



George Mills was upset at being 'taken out' by France's Hugo Hay

"We executed that to the point but it got taken out of my control unfortunately."

Ben Pattison is keeping a well-trained eye on the opposition as he started his 800m campaign at the Stade de France. Last year Pattison arrived in Budapest ranked 16th in the world, only to win world bronze, the first British man to claim a global medal over two laps since Peter Elliott in 1987. It means he is no longer able to fly under the radar, ranked fifth in the world this season after a 1:42.27 personal best at the Diamond League in Monaco.

"I know the numbers going into championships aren't the numbers coming out of championships, so I can't go into the heats thinking I can win this easily," he said, after winning his heat to join team-mates Max Burgin and Elliott Giles in the next round.

"Every step of the way I need to be diligent and almost treat every round like the final. In the men's 800m run, anyone can beat anyone."



## GOLF

## Freak injury hinders Hull as her medal hopes go up in smoke

By Will Jennings

Charley Hull refused to blame a Le Golf National smoking ban for her Olympic hopes turning to ashes.

The Team GB star, who regularly lights up cigarettes while competing, shot 81 at the iconic course yesterday and sits third-bottom of the 60-strong leaderboard.

Hull, 28, arrived in the French capital earlier this week only to be informed that smoking was prohibited at all Olympic venues.

The world No 11 suffers from attention deficit hyperactivity disorder (ADHD) and after her practice round on Tuesday, claimed smoking while she played kept her "relaxed".

She looked to be struggling with being forced to play in different con-

ditions during a horror-show opening round - but insists a freak injury sustained while travelling last month was the problem.

Asked if being unable to smoke affected her performance, the two-time LPGA Tour winner insisted: "No, not at all. Definitely not - it's just because I've been injured. I took 10 days off golf and had an MRI and everything. That is 100 per cent why [I played the way I did] - and not because of the smoking."

"This is my first week back after injury, and it's just about getting that first round out of the way. I fell over when I was on the way back from America - they thought I'd torn something and I had to have an MRI."

"I fell over when I came out of the shower before my flight - it's been

five weeks since I last played properly, so I feel a bit rusty."

Hull endured a torrid time on the famous Le Golf National fairways as a double bogey on the very first hole set the tone for the day. She never recovered and went on to rack up seven more bogeys to sign for a score nine over par and sit above only Finnish duo Ursula Wikstrom and Noora Komulainen on the leaderboard.

Hull tied for seventh when representing Team GB as a fresh-faced 20-year-old at Rio 2016 before opting to withdraw from Tokyo 2020 owing to Covid-related bubble restrictions.

And she is hoping for a significantly improved performance at the storied 2018 Ryder Cup venue as she bids to spark an improbable comeback.

"I've got one round under my belt, so hopefully tomorrow it won't feel like the first one back," added Hull, who remained visibly upbeat and jovial with media in the mixed zone.

"It's a scoreable golf course and you can get a good score, I just didn't hit it in the right positions."

"I'm looking forward to hopefully shooting nine under tomorrow!"

Later in the day, Hull's British teammate and close friend Georgia Hall shot 74 to sit in the middle of the pack.

Hall, the 2018 British Open champion, is making her Olympic debut here in Paris and relishing the honour of representing her country alongside both Hull and men's silver medallist Tommy Fleetwood.

"It's obviously such an honour to represent Team GB."

"I'm a very proud British person, so it's great to wear all the kit, wear the flag, and hopefully give people something to cheer about over the next few days," said the 28-year-old, who remains nine shots off French home favourite and day one leader Celine Boutier.

"Charley and I spend a lot of time together - three days is a lot of golf to be played so we'll see what happens for both of us."



Charley Hull struggled on the greens at Le Golf National yesterday AP

## SAILING

## 'It chewed me up' - Beckett crushed after brutal result

By Tom Harle

Micky Beckett was left to rue the brutal nature of his sport after a disappointing finish at the Olympics.

The 29-year-old Welshman could still have won a medal right up until the crucial double-points medal race in the ILCA 7 men's dinghy class.

But after taking a hyper-aggressive approach, needing to finish two boats ahead of Peruvian Stefano Peschiera, Beckett sank to 10th in the medal race and placed sixth overall.

"It was incredibly light, incredibly hot," said Beckett, who is one of over 1,000 athletes on UK Sport's National Lottery-funded World Class Programme.

"The race chewed me up, spat me out and I went from fourth with a really good chance of bronze to sixth, which is just a bit crushing for me. In time I'll get over it. Right now I'm just very grateful to have family and friends here and the British Sailing

Team, and everyone who's played the National Lottery at home as well, directly getting us here and giving us this opportunity."

"Sorry I'm not coming home with a medal but I'm just very grateful. It'll sink in in time but right now it's pretty tough."

Beckett (right) left himself with too much to do, finishing 19th and 15th in two of the first three races.

But a strong middle stage of the event included two fourth-placed finishes and saw him climb to the brink of a podium finish.

He finished seven points short of Peschiera on a total of 87 with Norwegian Hermann Tomasgaard and Jonatan Vadnai of Hungary finishing ahead of the Welshman.

The gold medal went to Matthew Wearn of Australia, who retained his title from Tokyo.

Beckett took silver at last year's World Championships and Test Event and was widely hailed by his rivals, a mark of the man.

Peschiera said: "(Beckett) is such a great sportsman. He also deserved a medal."

"There are only three of them, but there are definitely more than three guys that deserved one this week and he's definitely one of them."

"I actually look up to him a lot because he's done a lot in our sport and he's definitely an example for us. I told him his time will come."

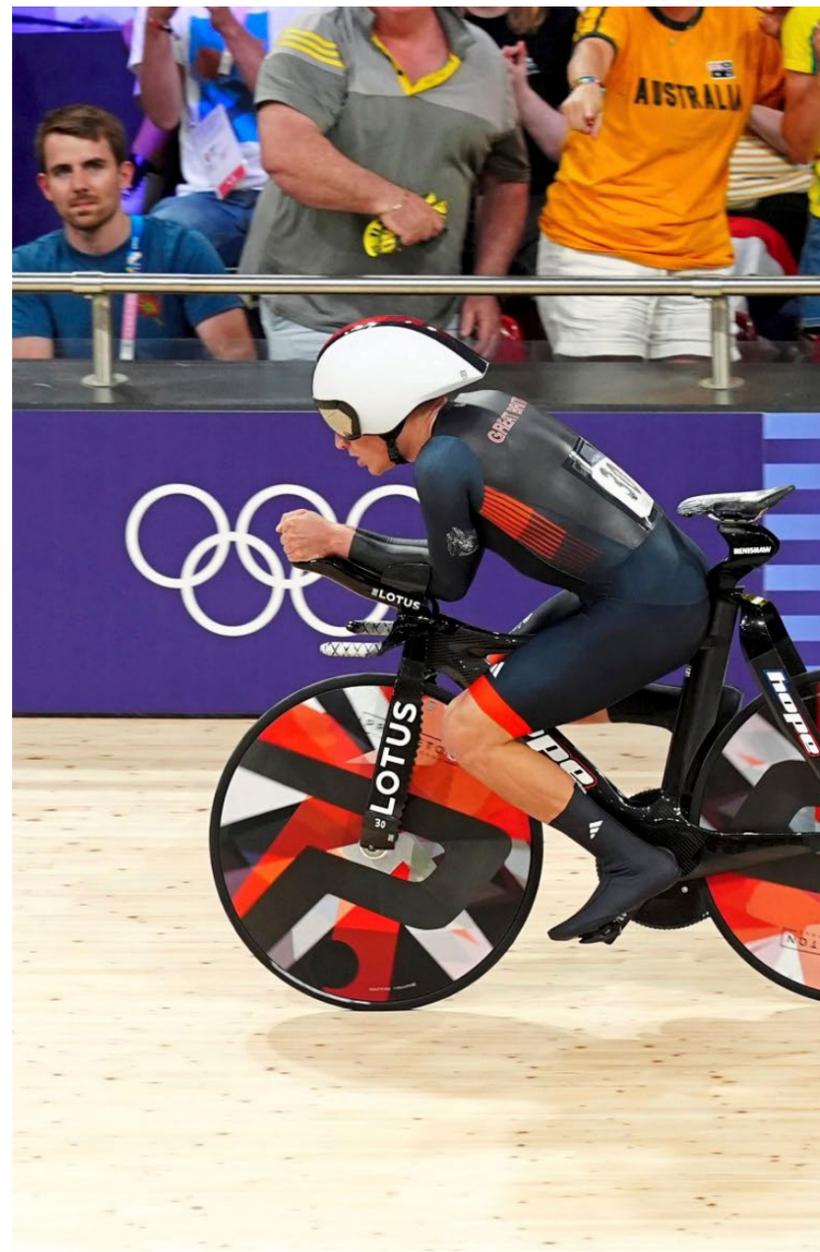
Wearn added: "Micky Beckett first and foremost, I know he didn't come home with a medal this week but he's someone that will continue delivering in the next four years."

"He'll have the bit between his teeth and if he doesn't win World Championships, he'll definitely win a medal next time around."

Follow the British Sailing Team at Paris 2024 on Instagram at @britishsailing and on www.britishsailingteam.com



## CYCLING



## Hayter stumble scuppers GB chances of gold

James Hayter was happy, apologetic and embarrassed all at the same time after he failed to lead his teammates to an unlikely team pursuit gold.

The Australians had started as heavy favourites after breaking the world record in qualifying but Great Britain had stayed within two tenths of a second throughout the first 15 laps.

But Hayter slipped off the saddle with less than 200 metres to go, killing GB's hopes of a shock victory.

"Sorry to the guys but I think we gave everything and we can be proud of that silver medal," said the 25-year-old. "We were so close and I could see it. We were super happy to win a silver medal but it was really there for the taking for us and we kind of knew that. We went out to get it but just came short in the end, so it's a shame."

James Gray

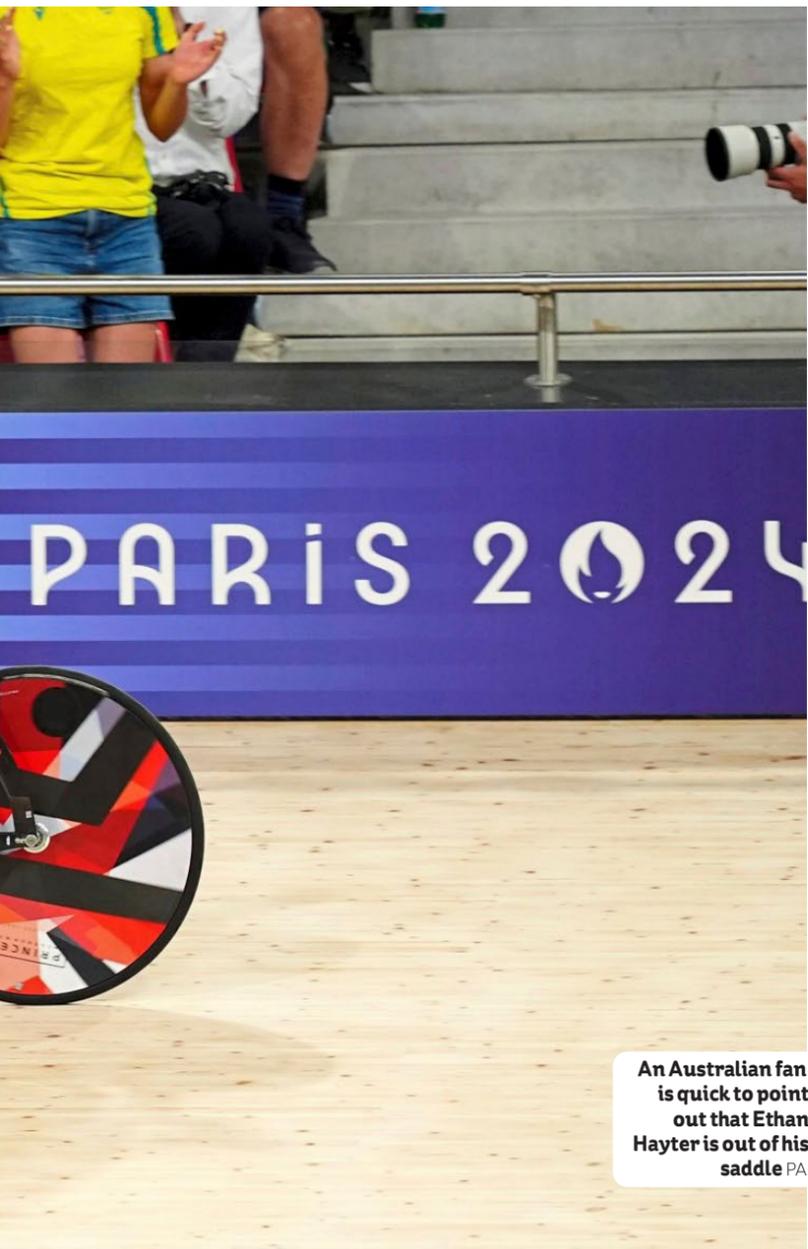


It initially appeared that Hayter had been clipped from behind by Charlie Tanfield.

But, as the former rider Adam Blyth explained, it was a more a result of Hayter pushing too hard for an unlikely victory.

"The riders are pulling up so hard and pushing down so hard," Blyth said. "With each pull and push, they're pulling on the handlebars to try and squeeze their glutes as much as they can to get as much power out. It does sometimes happen that you get right on the edge of your saddle."

The four-rider team pursuit was once Britain's sole domain on



An Australian fan is quick to point out that Ethan Hayter is out of his saddle PA

the men's side. They won three consecutive Olympic titles in the event, Ed Clancy a constant with Bradley Wiggins and Geraint Thomas both featuring twice. It was the heyday of Sir Dave Brailsford and "marginal gains", when the Brits were effectively starting half a second ahead of the field thanks to the detailed technological advancements being made in the team's Manchester base.

Clancy was the sole survivor of that era in Tokyo squad, his fourth and final Games as a rider, but it was otherwise a much-changed team three years ago endured a chaotic Games where the Danes crashed into them in the first round and they only finished seventh.

Clancy the veteran did not make the start line due to a back injury, and Great Britain's last two Olympic team pursuit races before the 2024 final had featured the same line-up. For the gold medal race though, Wood was subbed out, perhaps saving his legs for the omnium that starts this morning.

There was no such luck for Hayter, who is also expected to figure in medal contention in the multi-event cycling marathon. Instead he did an extra lap on the front of the train in an effort to drag Great Britain across the line in what would have had to be world record pace.

Hayter added: "I had the race

**I had the race in my hands, it's what we wanted. I tightened up, went deep and my arms went weak and I fell off**

in my hands, it's what we wanted. I literally tightened up, went deep and my arms went weak and I fell off.

"It's the deepest I've gone in a while but a little embarrassing." Their female counterparts failed to qualify for the gold medal race but did produce an impressive comeback to beat Italy to bronze.

The Brits set a new national record in the bronze race, but they were pushed all the way by the Italians, the European champions who led by as much as a second at the halfway mark and were still 0.666sec ahead with only 1km to go.

"Maybe the cameras don't pick up that level of detail but we definitely lost our nerve, well at least I did," Elinor Barker, now a three-time medalist in the event, revealed. "We thought we would be a bit further up on them, so to see before the end that it was really quite close, I did not expect that."

## DIVING

# Laugher admits he has to be perfect to prevent a Chinese clean sweep

By Charlie Bennett

Jack Laugher believes he can break China's diving hegemony today and dash their hopes of completing a Parisian golden clean sweep.

The Chinese are hoping to become the first nation to win every diving title on offer since 1952, and start today's final with the favourites for both gold and silver.

Laugher, a four-time Olympic medallist, qualified third behind Zongyuan Wang and Siyi Xie and knows he is likely in a 10-man battle for bronze.

Wang finished more than 70 points ahead of the Harrogate diver, while Xie close behind, but the 29-year-old, who has already won bronze in the three-metre synchro with Anthony Harding, believes he can cause an upset. "I'd love it to be me [challenging the Chinese divers for gold]," said Laugher – who is joined in the final by teammate Jordan Houlden.

"I am in admiration of how good they are, but I know that if I do everything as good as I can I've got a shot."

China are five for five so far and have three events to go to make history. They nearly did it in Tokyo, but Team GB's Tom Daley and Matty Lee won 10-metre synchro gold, while Laugher and Chris Mears emerged with the three-metre springboard title in Rio.

Team GB's divers are sweeping up behind them in Paris, with one silver medal and three bronze. Grace Reid is revelling in being part of a squad full of 'adrenaline junkies'.

The Edinburgh diver made an accomplished start to her third Olympic appearance, placing fifth at the preliminary stage of the women's 3m springboard competition.

Team GB had broken records before Reid even arrived at the Paris party. Daley and Williams won 10m platform silver and bronze medals in the other three synchro events made for a clean sweep, with four medals already topping Britain's best-ever haul at a single Games.

"British diving is just in the most insane place," said Reid, who is joined by Yasmin Harper in the next round. We all knew how capable this team are and we are capable of

**It's pretty epic. There's an element of adrenaline junkies who want to have fun and that's why we get on so well.**

getting the results the hard work is showing."

You only need to glance at the social media profiles of any of GB's 11-strong diving squad to see that they are tight-knit.

Whether they're having crocheting lessons from Daley or having their portrait taken by Andrea Spadolini-Sirieux, Reid feels the team have built a bond that serves them well in the pressure-cooker environment of the Games.

"We are a small sport as diving but we've all grown up together," she said. "I did my first camp with Tom and Jack when I was about six and Jack was seven, we have known each other for so long and seen how far we've come."

"We were just on a camp together for some rest and recovery and the chemistry we have as a team is just unrivalled."

"It's pretty epic and it comes down to the fact that we're all like-minded and willing to throw ourselves off a diving board."

"There's an element of adrenaline junkies who want to have fun and that's why we get on so well."

Reid made a confident start in her bid for a maiden Olympic medal.

In the qualifying round her final dive in the series of five, a forward 2.5 somersaults with one twist, scored particularly highly with 67.50 the third-best posting by any diver in that round.

Her overall total of 303.25 placed her just behind Chang Yani of China, who won gold with Chen Yiwen in the synchro competition.

Aldi are proud Official Partners of Team GB & ParalympicsGB, supporting all athletes through to Paris 2024



Jack Laugher in action in the 3m springboard semi-final yesterday REUTERS

## CLIMBING



Toby Roberts finished second in qualifying yesterday

# Roberts and McArthur eye climb for medal

By Phil Blanche

British pair Toby Roberts and Hamish McArthur have qualified for sport climbing's boulder and lead final.

Roberts finished second in qualifying after yesterday's semi-final lead section on 122.2 points, with McArthur finishing the day eighth on 79.3.

The top eight climbers progressed to tomorrow's final, with Japan's Sorato Anraku leading the way on a score of 137.

Roberts had promised after finishing third in boulder that his lead was the stronger of the two disciplines in the event.

"I'm feeling really good," the 19-year-old from Surrey said after scoring 68.1 points on lead.

"I'm really happy to have made the final."

"I've just got to go in there with a clear head and not put any expectation on myself."

"Obviously, I've qualified in second place, so I'm hoping to be able to achieve good things in the final on Friday."

"But the best way for me to do that is just go and enjoy it and not think about the medal necessarily."

York's McArthur, who started the day in eighth place after the boulder section, said: "I thought it was a really fun route."

"The climbing on it was very flowy and smooth if you did it right. It's definitely a problem solver's dream."

The eight finalists start from scratch tomorrow with semi-final scores disregarded.

**It was a really fun route. The climbing on it was very flowy if you did it right. It's a problem-solver's dream**

**Medals table & results**

				Total
<b>United States</b>	27	35	32	94
<b>China</b>	25	23	17	65
<b>Australia</b>	18	12	11	41
<b>France</b>	13	16	20	49
<b>Great Britain</b>	12	17	20	49
<b>South Korea</b>	12	8	7	27
<b>Japan</b>	12	6	13	31
<b>Italy</b>	9	10	8	27
<b>Netherlands</b>	9	5	6	20
<b>Germany</b>	8	5	5	18
<b>Canada</b>	6	4	9	19
<b>Ireland</b>	4	0	3	7
<b>New Zealand</b>	3	6	1	10
<b>Romania</b>	3	4	1	8
<b>Hungary</b>	3	3	2	8
<b>Sweden</b>	3	3	2	8
<b>Brazil</b>	2	5	7	14
<b>Spain</b>	2	3	6	11
<b>Ukraine</b>	2	2	3	7
<b>Croatia</b>	2	1	3	6
<b>Azerbaijan</b>	2	1	0	3
<b>Belgium</b>	2	0	3	5

**ARTISTIC SWIMMING**

**Team Final:** 1 China 99.61389pts, 2 United States 91.43421, 3 Spain 90.7319.

**ATHLETICS**

**Men's 400m Final:** 1 Q Hall (Usa) 43.40secs, 2 M Hudson-Smith (Gbr) 43.44, 3 M Samukonga (Zam) 43.74, 4 J Richards (Tto) 43.78, 5 K James (Gm) 43.87, 6 C Bailey (Usa) 44.58, 7 S Ogazi (Ngr) 44.73, 8 M Norman (Usa) 45.62.

**Men's 3000m Steeplechase Final:** 1 S El Bakkali (Mar) 8mins 06.05secs, 2 K Rooks (Usa) 8:06.41, 3 A Kibiwot (Ken) 8:06.47, 4 M Jhinaoui (Tun) 8:07.73, 5 A Jaziri (Tun) 8:08.02, 6 S Firew (Eth) 8:08.87, 7 S Koech (Ken) 8:09.26, 8 R Miura (Jpn) 8:11.72, 9 G Wale (Eth) 8:12.33, 10 D Arce (Esp) 8:13.80, 11 A Sable (Ind) 8:14.18, 12 M Tindouft (Mar) 8:14.82, 13 J Desgagnés (Can) 8:19.31, 14 A Serem (Ken) 8:19.74, 15 L Chemutai (Uga) 8:20.03, 16 L Girma (Eth) DNF.

**Men's Discus Throw Final:** 1 R Stona (Jam) 70.00m, 2 M Alekna (Ltu) 69.97, 3 M Denny (Aus) 69.31, 4 K Ceh (Slo) 68.41, 5 L Weissshaidinger (Aut) 67.54, 6 C Pruefer (Ger) 67.41, 7 D Stahl (Swe) 66.95, 8 A Gudzius (Ltu) 66.55, 9 R Mullings (Jam) 65.61, 10 T Smikle (Jam) 64.97, 11 A Firfirica (Rou) 64.45, 12 A Rose (Sam) 61.89.

**Men's 110m Hurdles Semi-final 2:** 7 T Ojora (Gbr) 13.47secs.

**Men's 400m Hurdles Semi-final 3:** 8 A Chalmers (Gbr) 56.52secs.

**Men's 800m Round 1 - Heat 4:** 2 E Giles (Gbr) 1min 45.93secs. **Heat 5:** 1 B Pattison (Gbr) 1min 45.56secs. **Heat 6:** 3 M Burgin (Gbr) 1min 45.36secs.

**Men's 5000m Round 1 - Heat 1:** 13 P Dever (Gbr) 14mins 13.48secs, 18 G Mills (Gbr) 14:37.08. **Heat 2:** 18 S Atkin (Gbr) 14mins 02.46secs.

**Women's Pole Vault Final:** 1 N Kennedy (Aus) 4.90m, 2 K Moon (Usa) 4.85, 3 A Newman (Can) 4.85, 4 A Moser (Sui) 4.80, 5 A Svabikova (Cze) 4.80, 6 E McCartney (Nzl) 4.70, 7 E Molinarolo (Ita) 4.70, 8 W Murto (Fin) 4.70, 9 A Stefanidi (Gre) 4.70, 10 R Peinado (Ven) 4.60, 11 M Bonnini (Fra) 4.60, 12 I Ayris (Nzl) 4.60, 13 O McTaggart (Nzl) 4.60.

**Women's 100m Hurdles Round 1 - Heat 2:** 2 C Sember (Gbr) 12.72secs.

**Women's 400m Semi-final 1:** 5 V Ohuruogu (Gbr) 51.14secs. **Semi-final 2:** 3 L Nielsen (Gbr) 50.69secs.

**Semi-final 3:** 2 A Anning (Gbr) 49.47secs.

**Women's 1500m Repechage Round - Heat 2:** 2 R Walcott-Nolan (Gbr) 4mins 06.73secs.

**Mixed Marathon Race Walk Relay:** 1 Spain 2hrs 50mins 31secs, 2 Ecuador 2:51:22, 3 Australia 2:51:38, 4 Peru 2:51:56, 5 Mexico 2:52:38, 6 Italy 2:53:52, 7 Brazil 2:54:08, 8 Japan 2:55:40, 9 Spain 2:56:10, 10 Germany 2:56.

**BASKETBALL**

**Men's Quarter-finals:** Serbia 67 Australia 85, Spain 66 Belgium 79, Germany 71 France 84.

**BOXING**

**Men's 57kg - Semi-finals:** Y Lin (Tpe) bt E Yildiz Kahraman (Tur) 5-0, J Szeremeta (Pol) bt N Petecio (Phi) 4-1.

**CYCLING TRACK**

**Men's Team Pursuit Bronze Final:** Italy 3mins 44.197secs bt Denmark 3:46.138.

**Men's Team Pursuit Final:** Australia 3mins 42.067secs bt Great Britain 3:44.394.

**Men's Sprint - Qualifying:** 5 J Carlin (Gbr) 9.247secs, 7 H Turnbull (Gbr) 9.346.

**Men's Sprint - 1/32 Finals:** J Carlin (Gbr) bt T Rorke (Can), H Turnbull (Gbr) bt Y Zhou (Chn).

**Women's Team Pursuit Bronze Final:** Great Britain 4mins 06.382secs bt Italy 4:08.961.

**Women's Team Pursuit Final:** United States 4mins 04.306secs bt New Zealand 4:04.927.

**Women's Team Pursuit, First Round:** United States 4mins 04.629secs bt Great Britain 4:04.908.

**Women's Keirin - First Round Heat 1:** 3 K Marchant (Gbr). **Heat 5:** 1 E Finucane (Gbr). **Repechages:** 2 K Marchant (Gbr).

**DIVING**

**Men's 3m Springboard Semi-final:** 3 J Laugher (Gbr) 467.05pts, 5 J Houlden (Gbr) 445.55.

**Women's 3m Springboard Preliminary:** 5 G Reid (Gbr) 303.25pts, 9 V Harper (Gbr) 295.75.

**GOLF**

**Women's Individual Stroke Play First Round:** 1 C Boutier (Fra) 65, 2 A Buhai (Rsa) 68, 3 G Lopez (Mex) 70, 4 M Metraux (Sui) 70, 5 M Uribe (Col) 70, 6 L Vu (Usa) 70, 7 C Borge (Nor) 71, 8 X Lin (Chn) 71, 9 D Dagar (Ind) 71, 10 M Lee (Aus) 71, 11 M Yamashita (Jpn) 71, 12 A Sharp (Can) 71, 34 G Hall (Gbr) 74, 58 C Hull (Gbr) 81.

**HOCKEY**

**Women's Semi-finals:** Netherlands 3 Argentina 0, Belgium 1 China 2 (SO).

**SAILING**

**Men's Dinghy - Final Standings:** 1 M Wearn (Aus) 40pts, 2 P Kontides (Cyp) 56, 3 S Peschiera (Per) 80, 4 J Vadnai (Hun) 84, 5 H Tomsgaard (Nor) 85, 6 M Beckett (Gbr) 87, 7 T Saunders (Nzl) 90, 8 C Seguel Lacamara (Chi) 94, 9 L Chiavarini (Ita) 111, 10 F Lynch (Irl) 115.

**Women's Dinghy - Final Standings:** 1 M Bouwmeester (Ned) 38pts, 2 A Rindom (Den) 61, 3 L Host (Nor) 75, 4 M Jayet (Sui) 90, 5 C Benini Fioriani (Ita) 91, 6 E Vorobeva (Cro) 97, 7 E Plasschaert (Bel) 99, 8 S Douglas (Can) 105, 9 E Reineke (Usa) 110, 10 L Cervera (Fra) 113, 12 H Snellgrove (Gbr) 108.

**SKATEBOARDING**

**Men's Park Final:** 1 K Palmer (Aus) 93.11pts, 2 T Schaar (Usa) 92.23, 3 A Akio (Bra) 91.85, 4 P Barros (Bra) 91.65, 5 T Carew (Usa) 91.17, 6 A Sorgente (Ita) 84.26, 7 L Cini (Bra) 76.89, 8 K Wilson (Aus) 58.36.

**Men's Park Prelims:** 17 A MacDonald (Gbr) 77.66pts.

**SPORT CLIMBING**

**Men's Boulder & Lead Semi-finals:** 3 T Roberts (Gbr) 54.1pts, 8 H McArthur (Gbr) 34.2.

**Women's Speed Bronze Final:** A Kalucka (Pol) bt R Salsabilah (Ina).

**Women's Speed Gold Final:** A Miroslaw (Pol) bt L Deng (Chn).

**TAEKWONDO**

**Men -58kg Bronze Medal Contests:** C Ravet (Fra) bt V Dell Aquila (Ita) withdrawn, M Jendoubi (Tun) bt A Vicente Yunta (Esp) 2-0. **Gold Medal Contest:** T Park (Kor) bt G Magomedov (Aze) 1-0.

**Women -49kg Bronze Medal Contests:** M Nemat-zadeh (Iri) bt D Abutaleb (Ksa) 2-0, L Stojkovic (Cro) bt M Dincel Kavurat (Tur) 2-0. **Gold Medal Contest:** P Wongpattanakit (Tha) bt Q Guo (Chn) 2-1.

**WEIGHTLIFTING**

**Men's 61kg:** 1 F Li (Chn) 310kg, 2 T Silachai (Tha) 303, 3 H Morris (Usa) 298, 4 M Bin Kasdan (Mas) 297, 5 M Baru (Png) 279, 6 S Mishvelidze (Geo) 256, 7 K Erati (Kir) 220, 8 I Dimov (Bul) DNF, 9 E Irawan (Ina) DNF, 10 S Massidda (Ita) DNF, 11 V Trinh (Vie) DNF, 12 J Ceniza (Phi) DNF.

**Women's 49kg:** 1 Z Hou (Chn) 206kg, 2 M Cambei (Rou) 205, 3 S Khambao (Tha) 200, 4 M Saikhom (Ind) 199, 5 J Delacruz (Usa) 195, 6 W Fang (Tpe) 193, 7 B Piron Candelario (Dom) 192, 8 R Suzuki (Jpn) 191, 9 K Echandia Zarate (Ven) 188, 10 R Randafiarison (Mad) 180, 11 N Lagatao (Gum) 136, 12 N Sterckx (Bel) DNF.

**WRESTLING**

**Men's Greco-Roman 77kg Bronze Medal Matches:** M Amoyan (Arm) bt A Vardanyan (Uzb), A Makhmudov (Kg2) bt S Suleymanov (Aze). **Final:** N Kusaka (Jpn) bt D Zhadravey (Kaz).

**Men's Greco-Roman 97kg Bronze Medal Matches:** G Rosillo Kindelan (Cub) bt R Assakalov (Uzb), U Dzhuzupbekov (Kg2) bt M Gabr (Egy). **Final:** M Saravi (Iri) bt A Aleksanyan (Arm).

**Women's Freestyle 50kg Bronze Medal Matches:** Y Susaki (Jpn) bt O Livach (Ukr), Z Feng (Chn) bt O Dolgorjav (Mgl). **Final:** S Hildebrandt (Usa) bt Y Guzman Lopez (Cub).



# Fit-again KJT ready for red-hot battle against nemesis Thiam

By Will Jennings

IN PARIS

Katarina Johnson-Thompson hopes to cap a "fairy tale" Olympic recovery as she prepares for a tantalising tussle with heptathlon nemesis Nafi Thiam at the Stade de France.

The Team GB star, 31, has endured a rotten run of injury luck in recent years and was forced to withdraw midway through the seven-discipline event in Tokyo after suffering a tear in her calf.

But three years on, she is back on the startline with another global title to her name after storming to World Championship glory in Budapest last summer.

That event saw Johnson-Thompson, who won a stunning first world title in Doha five years ago, capitalise on the absence of brilliant Belgian Thiam, who did not compete in the Hungarian showpiece because of tendon pain.

The pair will now renew their

champion Thiam, who narrowly beat Johnson-Thompson to gold at the Berlin edition back in 2018, the British star added: "Nafi is one of the greatest athletes of our generation, of all time.

"More people should really look into what she's achieved in sport and in heptathlon because I don't feel like it's spoken about enough.

"Berlin was a big turning point in my career and that was probably down to her.

"I relish being in the conversation. It's a very tough event but I'm happy to be back in the conversation."

Johnson-Thompson lines up in Paris alongside fellow Brit Jade O'Dowda, who bagged bronze for Team England - behind the Liverpool star and Northern Ireland's Kate O'Connor - at the 2022 Commonwealth Games in Birmingham.

Elsewhere today, the modern pentathlon gets under way as Team GB athletes Joe Choong and Kate French start their Tokyo title defences.

Choong, 29, and French, 33, both grabbed brilliant gold medals in the unique event three years ago, which consists of fencing, swimming, show jumping, shooting and running.

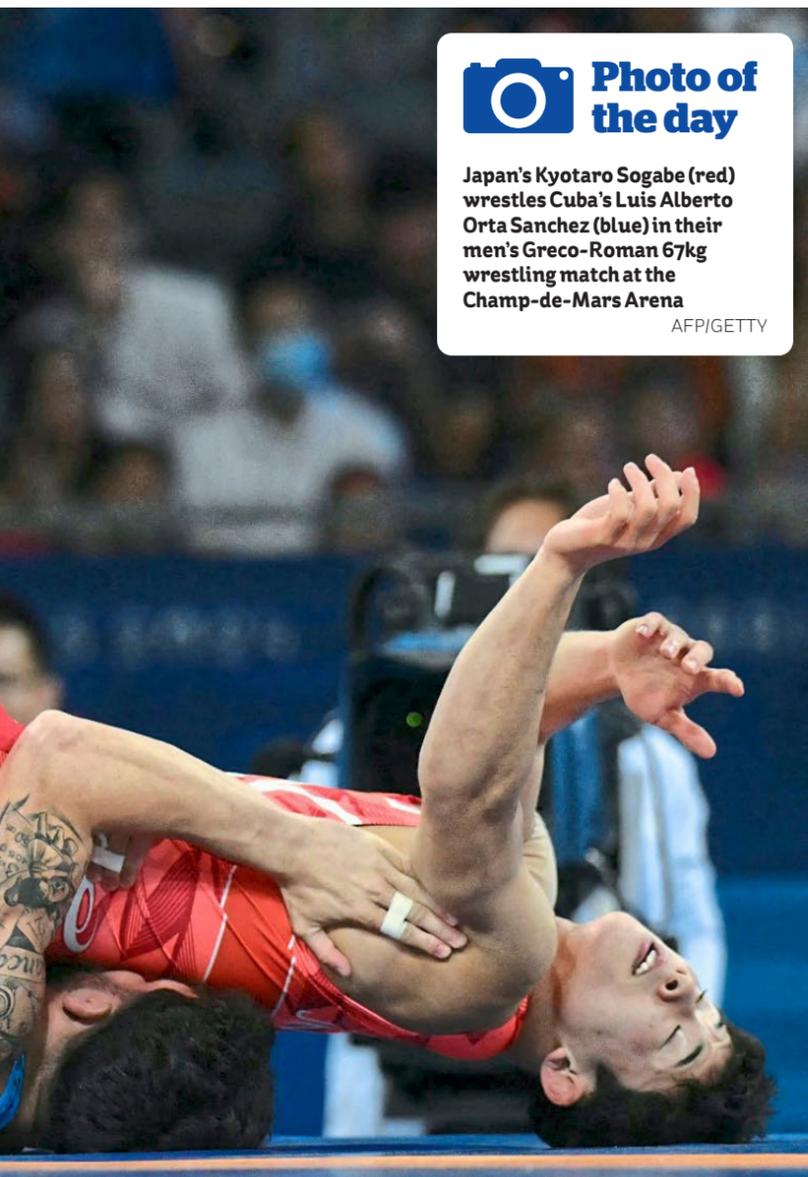
Articulate Choong has been a vocal opponent of the prospect of show jumping being replaced by an obstacle course at Los Angeles 2028, a move that came about after several women's riders struggled to control




**Photo of the day**

Japan's Kyotaro Sogabe (red) wrestles Cuba's Luis Alberto Orta Sanchez (blue) in their men's Greco-Roman 67kg wrestling match at the Champ-de-Mars Arena

AFP/GETTY



their horses in Tokyo and a German coach was removed from the event after striking one with her fist.

But for the next three days in Paris, two-time world champion Choong will lock horns with the sport in its purest form bidding to emulate his heroics in the Japanese capital.

Over at the salubrious Grand Palais in Paris, the taekwondo events will also get under way as Jade Jones and Bradley Sinden compete in their -57kg and -68kg competitions.

Welsh competitor Jones, who is ominously known as "The Headhunter" is a double Olympic champion after winning consecutive golds in London and Rio but was unexpectedly knocked out in the opening round in Tokyo.

And her preparations for Paris have been marred by controversy, when she was provisionally suspended for failing to supply a urine sample when it was requested before eventually being cleared by the UK Anti-Doping Agency.

Kicking things off this morning, the marathon swimming event also takes place as Leah Crisp flies the Team GB flag in the women's 10km.

Like the triathlon over the last week in Paris, the event has been shrouded in uncertainty owing to the level of water pollution in the River Seine but looks set to go ahead after a sunbaked last few days in the French capital.

Watch every moment of Olympic Games Paris 2024 live only on discovery+, the streaming home of the Olympics

**Today's schedule**
**Selected Events**
**Athletics**

09:05 Women's Heptathlon 100m Hurdles

10:05 Women's Heptathlon High Jump

10:10 Women's 4 x 100m Relay Round 1

10:35 Men's 4 x 100m Relay Round 1

18:35 Women's 1500m Semi-Final

18:35 Women's Heptathlon Shot Put

19:00 Women's Long Jump Final

19:25 Men's Javelin Throw Final

19:30 Men's 200m Final

19:55 Women's Heptathlon 200m

20:25 Women's 400m Hurdles Final

20:45 Men's 110m Hurdles Final

**Boxing**

21:34 Men's 51kg - Final

21:51 Women's 54kg - Final

**Canoe Sprint**

12:30 Men's Canoe Double 500m Final A

12:40 Women's Kayak Four 500m Final A

12:50 Men's Kayak Four 500m Final A

**Cycling Track**

16:18 Women's Keirin, Quarterfinals

17:01 Men's Sprint, Quarterfinals - Race 1

17:15 Women's Keirin, Semifinals

17:47 Men's Sprint, Quarterfinals - Race 2

18:11 Women's Keirin, Final for Gold

18:18 Men's Sprint, Quarterfinals - Decider

18:27 Men's Omnium, Points Race 4/4

**Diving**

14:00 Men's 3m Springboard Final

**Football**

16:00 Men's Bronze Medal Match

**Hockey**

13:00 Men's Bronze Medal Match

18:00 Men's Gold Medal Match

**Sport Climbing**

11:55 Men's Speed, Final

**Taekwondo**

20:23 Men -68kg Gold Medal Contest

20:39 Women -57kg Gold Medal Contest

**Weightlifting**

14:00 Women's 59kg

18:30 Men's 73kg

**BOXING**

## Jones looks champion but USA's wait for gold in the ring continues

After another blowout in Paris, the wait for American boxing gold will extend to 24 years in Los Angeles, an unfathomable stretch for a country steeped in Olympic boxing lore.

Muhammad Ali leads a Hollywood list of 47 golden boys that also includes Joe Frazier, George Foreman, Sugar Ray Leonard, Oscar De La Hoya, Spinks brothers Leon and Michael, Pernell Whitaker and Andre Ward, the last to meet the gold standard in Athens.

America's eight-man squad left here with just one medal, welterweight bronze claimed by one Omari Jones. It was an oh-so close split-decision loss to Uzbekistan's outstanding world amateur champion Asadkhuja Muydinkhujaev. Both boxers had 4-1 rounds, with the second, won by the Uzbek 3-2, proving decisive.

Before that Jones raised pulse rates here with 5-0 shut outs against Kan Chia Wei of Taiwan and Bulgaria's Rami Mofid Kiwan. At 21 Jones is a baby in elite amateur terms with none of the international experience gained by Muydinkhujaev. This was his first major international outing and for the most part he looked the outstanding boxer on view.

The federations from former Soviet states tend to hang on to their boxers through multiple Olympic cycles. Jones is likely to follow his talented forebears Floyd Mayweather Jr and Roy Jones Jr, who both left the Olympics with less than they deserved, in blazing a hall of fame career.

Jones Jr was the victim of a shocking decision in Seoul in 1988, losing the light-middleweight final to South Korea's Park Si-Hun, who later apologised, admitting he lost the fight. Eight years later Mayweather was similarly dispossessed in the featherweight semifinals against Bulgaria's Serafim Todorov. The referee routinely raised Mayweather's hand, but he had not factored in the judges' scoring. Todorov was inexplicably made the winner by a point and then went on to lose in the final.

None would have complained had Jones (right) advanced to the gold-medal bout in Paris and there is little doubt in the American camp that Jones is bound for the stars. USA head coach, Billy Walsh, who

### Kevin Garside



represented Ireland at the same games as Jones Jr, believes he has the same potential.

"He's an exceptional young man. Not only does he perform in the ring he lives right outside it," Walsh told i. "His lifestyle is impeccable. He's only 21 years old, a really good guy, lives the life, and a tremendous athlete. The last three years we have been building him up. He follows instructions perfectly, top class. He does everything right. He reminds me of Roy, and I boxed at the same Olympics as him. His skill set is that good."

Boxing is in a precarious position. Without a ruling federation recognised by the IOC and beset by gender controversy, the sport is in desperate need of a renewal.

The American broadcaster NBC carries huge influence after shelling a record £6.06bn for the rights to show the games in the United States until 2032. That, coupled with the establishment of a new US-supported governing body for international amateur boxing, World Boxing, there is optimism that the IOC will grant the approval needed for boxing's inclusion in the 2028 games.

Though Jones is unlikely to be part of that, his showing here will doubtless turbocharge interest at the auction for his professional signature.

Speaking before his losing bout, Jones talked about his love of the game, his dedication to it and the influence of the other Jones from Florida. "Me and Roy talked a couple of years back. I have been to his camp. He told me to follow my dream, use my talent," he told i.

"I'm not nervous at all. I don't feel pressure. It's the same ring I've been fighting in for years. It's just me going out here and doing what I'm supposed to do. I just put my talent with their talent in the ring. It's what I'm born for. My goal is always to be dominant," he added.

Jones hoped to end the tournament with a trip around Paris with his family and a gold medal around his neck. He suffered a painful setback but he returns home to the USA with reputation enhanced and the professional world at his feet.

**BOXING**

## Ngamba will 'graft' for gold, says Frampton

By Paul Eddison

Former world champion boxer Carl Frampton has backed Cindy Ngamba to make more history and win Olympic gold for the IOC refugee team.

The 25-year-old who was born in Cameroon but moved to the UK when she was 11, will fight in her semi-final of the 75kg class against Panama's Atheyna Bylon.

Win or lose, she has already bagged the refugee team a first-ever Olympic medal, but Frampton believes she can do even better. "I know Cindy quite well," said Frampton, who is in Paris working for Discovery+ on their Olympic coverage.

"She used to train in the gym I trained at in Manchester. She used to do a lot of sparring with Chantelle Cameron (a former world champion professional). Cindy is a lovely girl, always smiling and always happy."

"She trains really, really hard, she's a real grafter. I'm delighted for her, she's already secured a medal which is an amazing achievement. She can win the whole thing. She could win a gold medal, as a refugee, what a story that would be."

Ngamba's (right) story has been a shining light for boxing, with the sport coming under scrutiny like never before in Paris. The controversy surrounding the participation of Algeria's Imane Khelif and Lin Yu-ting has dominated the headlines, while incomprehensible judging decisions are as common as ever.

Governance issues and the role of the now discredited International Boxing Association (IBA) have led the IOC to leave boxing off the initial Olympic programme for Los Angeles 2028.

Frampton added: "It's a big concern, it would be a travesty if boxing isn't in the Olympic Games in LA. You look at the list of great champions from amateur boxing: Muhammad Ali, Sugar Ray Leonard, Roy Jones Jr - although he got robbed in the final, you have got all the Cubans, Felix Savon, Teofilo Stevenson, (Mario) Kindelan, there's Amir Khan too."

"We see these great amateurs turn into great professionals - apart from the Cubans obviously - and it would be a massive shame (if boxing was left out). It would have a knock-on effect on professional boxing too."

"I hope something can be done and boxing can secure its place. There are the big sports in the Olympic Games, track and field, swimming is a big sport, but I would say boxing is competing with the big sports in terms of what people want to watch."



# MattButler



in Paris

*'It's just, like, a super-cool thing' that has empowered all ages*

Skateboarding might be the ideal Olympic sport. It contains all elements of the motto: faster, higher, stronger. It is attractive to young viewers, mainly because many of the protagonists are still in middle school. And it has enough danger and jeopardy to wow the most barnacled of sports fan.

The podium for the women's park competition had a total age of 45. The man who came 18th in the men's park contest, Andy Macdonald of Britain, was 51.

Arisa Trew, the girl who won the women's competition, is 14 years old. Her dream of skating at the Olympics began in 2021, watching the inaugural competition in Tokyo. The silver medallist, Cocona Hiraki of Japan, is 15 and the girl who won the bronze, Britain's Sky Brown, is 16. If it were gymnastics, there would be outcry.

But this is skateboarding: Olympics or not, this trio and the other five people in Tuesday's final and the eight in yesterday's would be skating anyway. This is what they do. This is what they enjoy. Yes, there are a few twisted ankles along the way – or in bronze medallist Brown's case, a ruptured medial cruciate ligament, a concussion, a dislocated shoulder and various other injuries, but she is different – but that is part and parcel of buying into life on a plank of maple.

"I wasn't here for the scores, I am so excited just to be here," Macdonald said. "It is the experience of a lifetime. It was about representing for skateboarding, for the fun that it is. I was trying to represent, like, 'Hey, this is fun no matter what age you are'. This is like, the coolest, funnest, most inclusive thing that you can do. And it's, it's my livelihood. I'm lucky enough that I can make a living doing it, but it keeps me young. It's literally the

**There is work to do but we are definitely closing the gender gap. There will be more girls coming in for the next one**



Arisa Trew on her way to gold (above) and (below) with Cocona Hiraki (left) and Sky Brown (right) AFP/GETTY; REUTERS

fountain of youth. Skateboarding is my fountain of youth."

The scene at La Concorde skatepark on Tuesday and yesterday was just like a bunch of adolescents (and Macdonald) having an intense, competitive skate session. In between runs there were high-fives. High-level tricks were applauded by the other skaters.

Whether the crowd knew what the commentator was talking about when he praised a skater for a melon 540 or a disaster was a moot point (the former is grabbing the board on the heel side with the front hand and spinning one and a half times, the latter is landing on the edge of the bowl pivoting on the board with the front wheels facing inwards and the back wheels out on the flat ledge). But they were certainly entertained.

The youngest girl in the competition, China's Zheng Haohao,

aged 11, bowed out in the preliminary round, but she was beaming throughout.

There is something about riding up a curved, bowl-shaped surface on a wheeled board which takes your mind outside the stresses of competition.

She said afterwards: "Skateboarding in the Olympic Games isn't much different from skateboarding in my neighbourhood. It's just more spectators."

The men's competition was not quite as youthful, with Australian Keefer Wilson the youngest representative in

yesterday's final at the age of 17. The youngest in the men's competition was 16-year-old Dane Viktor Solmunde. At the other end of the scale was Macdonald, closely followed by 49-year-old South African Dallas Oberholzer, who was competing in his second Olympics. He finished in last place.

In both competitions, there were high-fives and hugs, similar to the marks of respect you see in Olympic sports such as judo, taekwondo and gymnastics, where the consequences of mistakes could be serious harm.

And the level of competition was stratospheric. The technical ability, height of tricks and speed were well above that of Tokyo.

See? Faster, higher. And as for stronger, Brown had that covered, with a nod to the fact the girls are closing the gap on the boys.

"Since Tokyo, skateboarding has grown overall," she said. "There are more people getting into it,

there are more skateparks. And this time it is even crazier. We still have some work to do but we are definitely closing the gender gap. There will be more girls coming in for the next one."

There was also a sense of fun. And apart from the winning and losing, that is what sport is about, isn't it?

For an example, Trew's reaction to winning the gold medal was infectious. And if you'll allow us to quote her verbatim, complete with teenage interjections of "like", it displays her pure excitement at becoming an Olympic gold medallist at the age of 14. "It was just crazy and just so exciting and I, like, couldn't believe it when I was, like, the winner of the Olympics and this being, like, my first Olympics it's just insane," she said.

"It is just, like, super cool that I have won the gold medal because it is a dream and I am, like, so excited. It is a bit heavier than I thought, but it is, like, beautiful."

And Macdonald concurred. "If there's giving away gold medals for whoever has the most fun, I got it wrapped up, right?" he said.

Sure, there is a safety aspect to consider, given that the competitors in the women's competition are mostly in their mid-teens. Some critics have brought up the dark days of gymnastics in the 1970s when 14-year-olds were damaged physically and mentally after being put through agonising routines in pursuit of their coaches' dreams of medals. But where gymnastics broke children, skateboarding appears to empower them.

Brown, who went into the competition nursing a dislocated shoulder – and fell on it during the preliminary round – said that she wanted to do harder, higher-scoring tricks in the final, but her dad told her not to. "He wanted to keep it safe and not hurt myself any more," she said.

And for those who worry about the pressure of the Olympic stage might give to a 16-year-old girl, Brown has an answer. When asked how much her life had changed since Tokyo, where she became Britain's youngest Olympic medallist in history, she said: "I am still doing what I love, skating and surfing. Nothing much has changed, [except] I have just got another medal. More people recognise me, which is pretty cool."

