

GOLDEN GIRL KEELY

BRIT WINS OLYMPIC GOLD — PAGES 10, 11 & SUNSPORT



FLINTOFF'S FIRST INTERVIEW

I shouldn't be here after my Top Gear smash

Ready Flintoff . . . star on set of his new show in India

By ROD McPHEE, TV Editor

ASHES hero Andrew "Freddie" Flintoff says he is lucky to survive his Top Gear crash — but it left him crippled with anxiety.

Speaking for the first time about the horrific accident two years ago, the 46-year-old reveals he barely went out for seven months.

The England cricket all-rounder, who found further fame as a TV presenter, underwent several operations on his damaged face. He said: "I genuinely should not be here after what happened."

FULL STORY
PAGES 4 & 5

PICNIC 'N' MIX

Mix and match across irresistible picnic and deli picks

3 FOR £7



SERIOUS ABOUT SUMMER

ASDA

THAT'S MORE LIKE IT

Selected stores and lines. Subject to availability. Serving suggestion. Asda Stuffed Jalapeño 150g, £2.50 (€1.67 per 100g). Asda Snack Sausage Rolls 16 pack 480g, £2.50 (52p per 100g). Asda Vine Leaves 150g, £3 (€2 per 100g). Asda Pesto Olives 150g, £3 (€2 per 100g). Pickle Pot 150g, £3 (€2 per 100g). Asda Pizza Parcels 100g, £3 (€3 per 100g). Asda Mozzarella Pearls with Pesto 150g, £3 (€2.31 per 100g). Asda Mediterranean Inspired Deli Platter 157g, £3 (€2.19 per 100g). Asda Stuffed Peppers with Cream Cheese 160g, £3 (€1.88 per 100g). Asda Semi-Dried Tomatoes and Mozzarella 150g, £3 (€2 per 100g). Asda Chargrilled Peppers 150g, £2.50 (€1.66 per 100g). Asda Garlic and Herb Olives 150g, £3 (€2 per 100g). Iberico Cheese and Chorizo Rollito 88g, £3 (€3.40 per 100g). May exclude Asda Express and small stores. see ASDA.com/smallstores

BILLIONS LOST

WORLD'S THWACK MONDAY

Stock markets crash

By ASHLEY ARMSTRONG

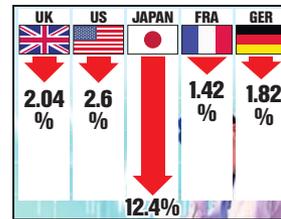
A MASSIVE market sell-off saw hundreds of billions of pounds wiped from global stock markets yesterday.

The turmoil was sparked by fears the US is heading for a recession as investors are going cool on tech giants' hefty AI spending.

About £900billion was wiped off the world's biggest technology giants including Amazon, Meta, Apple and Nvidia in a single day. In another Black Monday, stock markets worldwide flashed red as the rout spread from Tokyo to Paris to London and New York.

London's FTSE 100 suffered its worst drop in more than a year, wiping out all of its post-election feel-good gains. It closed down by 166.48 points, or 2.04 per cent. Neil Shearing, chief economist at Capital Economics, said: "So much for the summer lull."

Panic began on Friday when weak job figures suggested the



Market turmoil... yesterday's falls

US economy was cooling rapidly. Economists argued it was evidence the US central bank had kept interest rates too high for too long and strangled growth.

But some argued a cut now could spark more market panic. Before US markets closed, some economists argued the sell-off was overblown, as the biggest tech losers started clawing back.

The market carnage is a tricky backdrop for Chancellor Rachel Reeves, who is visiting New York, trying to raise goodwill from Wall Street investors.

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Warning... Truss

Liz: Party is on the fringe of oblivion

By MARTINA BET

FORMER Tory leader Liz Truss has warned her party is at risk of extinction as she criticised Rishi Sunak's leadership.

The ex-prime minister blasted her successor in her 90-minute Edinburgh Festival Fringe show. Ms Truss replied with a "yes" when asked if the Conservative Party could effectively die. She said the Reform Party could replace the Tories as the party of the right.

She went on: "If the Conservative Party wants to survive it needs to advocate for change."

She replied "no" when asked if she personally got on with Mr Sunak.

She added: "I haven't spoken to him since he entered Downing Street."

And she argued with audience members who called on her to apologise over her mini-Budget.

Over 17k migrants

MORE Channel boat migrants arrived in Dover in life jackets yesterday - with some 17,170 crossings recorded so far this year.

Pictures showed asylum seekers getting off a Border Force vessel at the port with belongings and covered in blankets.

It comes as Home Office data recorded 139 people also arriving in three boats on Sunday.

The number of arrivals is nearly 15 per cent higher than this time last year (14,994), but remains slightly lower than the record set in 2022.

Battles of Britain - Pages 6&7

14hr wait tragedy

A CORONER warned about the state of NHS ambulance services after a 93-year-old woman died after lying on the floor for 14 hours.

Marjorie Michael fell at her care home in September 2023, an inquest heard. Carers were told not to move her, but it took hours for an ambulance to arrive, in Pontypool, South Wales.

She developed pneumonia and died in hospital.

In a narrative verdict, Gwent Coroner Caroline Saunders said her death was "directly attributable" to the delay. She said ambulances are held up at hospitals.

SQUAD HELP US

Tired parents are joining forces in holiday squads to ease the burden of childcare, a poll for Eurocamp reveals.



BANKSY has delighted fans by confirming he is behind a mysterious artwork that appears to reference the Israel Gaza conflict.

The mural depicts a silhouette of a gazelle on a crumbling pillar. Fans posed for selfies in front of the street art in Kew, West Lon-

By SAM CREED

don, as the artist posted a photo of it on his website yesterday.

The mountain gazelle is widely recognised as the national animal of Palestine, which the artist has publicly supported.

Picture: DAVID DYSON

CHRIS TIES THE KNOT



By HOWELL DAVIES

CHRISTEN Harper Goff is the cherry on top as she poses in a knotted bikini for a designer's clothing campaign. The Sports Illustrated model, 31, wore the cherry print swimwear for Guess after her wedding in California to American football star Jared Goff, 29, right, in June.



Picture: GUESS

EXCLUSIVE

Where seagulls stare

By ALEX WEST

THE best way to stop seagulls nicking your chips is by staring them in the eyes, a bird expert reckons.

Glaring and pointing at the seaside snack snatchers frightens the birds and forces them to divert away, he says.

Animal behaviour expert Prof Paul Graham also advises standing against a wall to help avoid dive bombing.

The Sussex University academic said: "Animals that steal are aware of the attention of the individual they are trying to steal from."

"If a bird is in the air and you are worried it might attack, then simply staring at that bird and pointing will stop it coming towards you."

An Exeter University study has also shown gulls strike more quickly when not being watched.

Prof Graham described gulls as a kleptoparasitic species – preferring to steal food from others.

Last week, a Swedish girl was given a tetanus shot after a seagull attacked her and grabbed her ice cream on a beach in Lyme Regis, Dorset.

And the Imperial pub in Exeter has brought in three falcons to scare the gulls away.

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BOFFIN'S PLAN TO BEAT CHIP-NICKERS



Sand swipe... gull grabs beach snack

GAVIN & STAY SHTUM

GAVIN & Stacey star Joanna Page fears she will give the game away after getting the secret script for the Christmas special.

The actress, 47, was waiting at services for a burger when she was messaged the final story for her character Stacey Shipman.

She said: "I'm so terrified. It

was fine before we got the script, because I could be asked stuff and be like, 'Well, I don't know'. Now I know, I'm frightened in anything I say. So it's best not to."

Asked if she felt Smithy and Nessa should marry after 2019's cliffhanger, Jo, right with cost-mates, said: "My lips are sealed."



WHY BRIDGET WAS BATTED OFF



bizarre

PAGES 20 & 21

TOP GEAR STAR TALKS FOR



BEFORE CRASH

Freddie on Top Gear in 2021

By ROD McPHEE, TV Editor

FREDDIE Flintoff says he desperately needs help after his Top Gear accident so he can "stop crying every two minutes".

The England Ashes legend, 46, has laid bare for the first time the physical and emotional fallout from the horrific car crash in 2022.

Freddie, who has had several operations on his face, reveals in his new TV show: "I am struggling already and I need help."

"I really am. I'm not the best at asking for it. I need to stop crying every two minutes."

He also revealed how the devastating smash has left him a bundle of nerves who sometimes has to leave social gatherings so he can cry by himself.

The former cricketer, famed for his larger-than-life persona, says he now finds himself "in situations which I'm never quite sure I can get through."

He adds: "There'll be times when I take myself off and you won't see me for half an hour. I'll go cry in my room and come back."

However, Freddie says he feels fortunate to have survived the accident, which turned him into a recluse who barely left the house for seven months.

The father of four is now resuming his TV career with BBC One's Freddie Flintoff's Field of Dreams On Tour – and he is determined to make the most of his "second chance" at life.

He says: "I genuinely should not be here after what happened. It's going to be a long road back and I've only just started."

"I've got to look at the positives. I've got another chance, and I'm going to go at it. I'm seeing that as how it is – a second go."

Freddie is seen facing his fears in a heartbreaking scene on the show where his facial wounds are just weeks old.

His many stitches are visible, and he has a large dressing on his cheek, with his familiar Lancastrian voice distorted by his swollen lips and broken nose.

Later he adds: "I am what I am now. I'm different to what I was. It's something I'll have to deal with for the rest of my life. Better? No. Different. Something happened which changed my life for ever."

Freddie had to be airlifted to hospital after the accident at Dunsfold Park Aerodrome in Surrey, as he filmed an episode of Top Gear with co-stars Paddy McGuinness and Chris Harris.

His three-wheel roadster

Recovery... Freddie in July

I need help ...I need to stop crying every 2mins

SAYS FREDDIE FLINTOFF

flipped, leaving him with substantial facial lacerations, broken bones and dental damage.

The four-parter, which starts next Tuesday, sees Freddie tell fellow cricketer Kyle

Hogg he thought he could recover within 12 weeks of the crash in December 2022.

But, talking from his kitchen during his recovery, Freddie reveals he is instead wracked with anxiety and suffers nightmares and flashbacks.

He says: "I thought I could just shake it off. I wanted to just

shake it off and say, 'I'm all right'. But it's not been a case of that. It's been a lot harder than I thought. As much as I've wanted to go out and do things I've just not been able to. You've got to try to put it in perspective and I feel guilty I can't do that. I don't want to sit in here feeling sorry for myself."

"And I don't want sympathy. Everywhere I go at the minute I've got a full face mask and glasses on – I can't do that."

"I struggle with anxiety, you know I have nightmares, flashbacks – it's been so hard to cope with. But I'm thinking if I don't do something I'm never going to go. I've got to get on with it."

He opens up about his anxiety at resurrecting Fields of Dreams.

The first series in 2022, pre-crash, saw him try to transform a

bunch of non-cricketers into a team, with heartwarming results. The sequel sees him take the same lads to India, where the locals are fanatical about the sport.

It features several front pages of The Sun. They follow the aftermath of the crash, to Freddie pausing his TV career, through to Top Gear being cancelled and him receiving £9million compensation from the show's makers BBC Studios.

In the show, he seemed to hint he might not return to TV full-time as the programme has reignited his passion for coaching, and helped reinstate his confidence.

Freddie, who has been working with England, said: "I learned a bit about coaching – you're coaching people not players, which is something I'll take away, hopefully, in my career – whatever that leads to

next. I suppose I found a confidence out there that had been knackered a bit in recent times."

"I always wanted to get back into coaching, and I probably shouldn't say it, but I fell into, like, a TV trap, you know? I was doing TV and moving forward, obviously, I'd love to do more coaching, I don't know in what entity or work, and do a little bit of TV as well. It's been a nice shift."

The show sees Freddie deliver the good news that the lads are going to India, before his crash. It then sees him meeting them as his wounds are only just healing.

He says: "I'm a bit nervous about that as well, seeing them for the first time and being in front of them. It's going to be strange because I've not seen them for so long. I think I'm like that with



FIRST TIME ABOUT CRASH



On tour . . . Freddie with the cricket novices on his new BBC show

I am what I am now. I'm different to what I was
 — FREDDIE FLINTOFF

everyone I meet these days. There's always that bit of apprehension, a bit of anxiousness and a bit of nerves." But he also uses it as motivation for recovery. He says: "I'm looking forward to seeing the lads and being around them. I really am. I really am. This India trip is going to be just as much for me as it is for them now. I'm determined. I really want to go. All the way through this when I was in hospital I was thinking, 'It's March'. I was aiming towards March. Then it was September, I'm

aiming towards that. It's always been a little bit unachievable. I think about it all the time. And I think about going, and how good it will be... and then I rewind. I'm thinking, 'I don't leave the house, hardly.' Then I've got to get on that plane. I've got to be away for two-and-a-half weeks. It's going from being in here for seven months to going to India for two-and-a-half weeks." When Freddie eventually sees the lads again back in Preston they all hug him and tell him how much he has been missed. One asks if he feels 100 per cent and he replies: "Not really, I don't know if I will again to be honest. I'm better than I was... I don't know what completely better is." Later he adds: "We're going

HOW SUN TOLD STORY



TV pause . . . front of Sun



Crisis . . . for Top Gear



Agony . . . crash details



Back . . . with England



Duo . . . Thorpe & Freddie in 2002

Stars' grief at death of Thorpe, 55

By ALEX WEST

THE cricket world was in shock yesterday after the death of much-loved England batsman Graham Thorpe at 55.

The Surrey star, who fell "seriously ill" in 2022, passed away at the weekend just a few days after his birthday. The gritty left-hander scored a century on his Test debut against Australia in 1993 and went on to become a permanent fixture in the middle order. In his highest innings, 200 not out against New Zealand in 2002, he and Andrew Flintoff put on an England record 281 runs. Twice-married dad Thorpe played 100 Tests before retiring in 2005 and moving into coaching, where he also excelled.

His grief-stricken father Geoffrey said: "This is an extremely sad day for our family. We are all devastated." England skipper Ben Stokes paid tribute while former captain Michael Vaughan called him a "great player and a brilliant team-mate" who had "gone far too young".

The England and Wales Cricket Board added: "There seem to be no appropriate words to describe the deep shock we feel at Graham's death."

R.I.P. THORPEY: PAGES 26, 27 AND SUNSPORT

somewhere which is incredible, and I'm trying to focus on the good stuff that's going to happen. As much as I stand there and tell the lads about how great it is, there's a bit of nervousness from my point of view."

The trepidation intensified when Freddie and the boys arrive in the magical mayhem that is modern-day Kolkata - a year later than originally planned.

He says: "It's so strange because I feel like I'm father to nine lads at the minute, I feel real responsibility, and there's elements of nerves as well, a bit."

"You know, I've not been away from home recently. I've left four kids and a missus, so there's mixed emotions from me as well."

He is seen in another moment admitting: "My anxiety coming

here had been through the roof." But within days, he seems to forget some of the pain of the past two years. With wounds largely healed and voice returned to normal, he smiles as he picks up a bat to play with his team against the more experienced locals.

Showing his sense of humour is alive and well, Freddie says: "The danger with this trip is, with everything going on and the experience, that we actually forget about the cricket - and we are on a cricket tour. The hard part is going to be matching the opposition to our standards... I think we need to find the worst cricket team in Kolkata."

● **FREDDIE** Flintoff's Field of Dreams on Tour is on BBC One and iPlayer from Tuesday, August 13, at 9pm. rod.mcphee@thesun.co.uk

EXCLUSIVE: SOCIAL MEDIA



HOTEL ATTACK

Police face rioters at asylum-seeker hotel in Rotherham

TERROR

By **THOMAS GODFREY** and **MICHAEL HAMILTON**

RIOTERS are plotting more attacks on refugee hotels through shady Russian social media channels.

The Sun found jobs using anonymous accounts on the Telegram app to distribute plans to 100,000 would-be recruits.

Their tactics emerged as Twitter/X boss Elon Musk, right, sparked anger by claiming UK civil war was "inevitable".

A list of 39 potential targets, including asylum-seeker hotels like the one stormed by rioters in Rotherham on

100,000 riot thugs on Russian Telegram

Sunday, was circulated yesterday morning. Other "hits" have been organised on solicitor firms that take on asylum-seeker cases.

We found hate peddled in a dozen extreme chats. Group leaders shared guides on how to avoid arrest, with tips such as: "Carry

toothpaste - it can lower the effects of tear gas." Another told would-be rioters: "Stay tactical, stay agile, brothers."

In one chat, its 12,000 members discussed plans to firebomb mosques. One urged activists to hide their faces and tattoos to avoid being ID'd, saying: "No face, no case. Cover the ink." Active



BRITAIN BRUSHES



Pledge... Sir Keir

'Army' of police to halt yobs

By **NOA HOFFMAN**

SIR Keir Starmer yesterday chaired the first Cobra meeting since the riots began and said a standing army of specialist cops are now in place.

More than 500 jail places will also open next week. Nearly 400 people have been arrested a week on from the fatal Southport knife attacks.

The PM warned anyone inciting violence "online or offline" can expect to be arrested and prosecuted. He also rejected claims of two-tier policing - where right-wing protests are considered to be dealt with more harshly than left-wing demos.

Met Police chief Sir Mark Rowley appeared to knock down a reporter's mic when quizzed on it.

Technology Secretary Peter Kyle said responsibility for harmful social media content "principally rests with the individuals and groups who create it". But "social media has provided a platform for this hate".

Stephen Parkinson, the Director of Public Prosecutions, said 11-year-olds were involved, and faced life-long consequences.

The Sun Says - Page 12



SOUTHPORT



BRITAIN showed its true colours yesterday - as communities pulled together to clean up damage caused by rioting mobs.

Residents - many with brushes and mops - took to the streets a week after a knifeman killed three young girls at a Taylor Swift-themed dance class in Southport, Merseyside.

Disorder has spread across the country following the deaths of Bebe King, six, Elsie Dot Stancombe, seven, and Alice Aguiar, nine.

In Middlesbrough, residents banded together after cars were torched, a mosque targeted and missiles hurled at police on Sunday. Local



Top, flowers still being laid for stab victims, from left, Elsie, Bebe and Alice

SITE FUELLING HATE IN UK

GRAM APP

Row as Musk says 'civil war inevitable'

Club England members shared photos of themselves, with blurred faces, training for mass disorder in fitness sessions, *right*. On another chat, with 36,000 followers, a member branded Adolf Hitler "the only politician since Roman times to truly care for his people". Ex-defence minister Alec Shelbrooke

praised our investigation and raged: "The hard-Right has a history of trying to hide where it is, so it can incite violence with no comeback on itself. "We have to call that out for what it is and not look for excuses. We all recognised that a lot of disinformation and hatred has been spread online

through Russian bots. So if Telegram can't clamp down on this they should be banned." Meanwhile, the PM slapped down Musk's "civil war" claim, with a spokesman saying there was "no justification" for the comments made on X/Twitter on Sunday. Musk later told Sir Keir Starmer he should be concerned "about all communities" after the PM spoke about the impact of the riots on Muslims. Trouble broke out yesterday in Birmingham and Burton, Staffs, and last night violence flared in Plymouth, where several police officers were hurt and at least three people arrested. In Manchester, mayor Andy Burnham urged counter-protesters to think twice about confronting rioters. Australia, Malaysia, Nigeria and Indonesia urged their citizens not to visit Britain amid the unrest.



Yobs . . Robbinson, left, & Rigby

Lad of 14 among the first in court

By MICHAEL HAMILTON

A PENSIONER and a 14-year-old boy were among those who yesterday admitted offences at riots across the UK. More than 400 suspects have been arrested at violent protests after the Southport attack. William Nelson Morgan, 69, was the oldest to appear in court. He wielded a wooden bat as his group hurled bricks at police in Liverpool. Morgan admitted violent disorder and possessing an offensive weapon and will be sentenced on August 29. Also in the city's crown



Charged . . Hamza

court, the lad of 14, who cannot be named, pleaded guilty to violent disorder after he was caught with a mob setting off fireworks towards the public and cops. Those convicted of violent disorder face up to five years in jail. Others also sobbed in court as they faced justice. In Bolton, Daniel Robbinson, 37, admitted possessing a hammer after he was found outside the Army Careers' Office. Far-right rioters and Muslims faced off in the town. Hamza Mohammed, 23, was charged, with possessing fireworks. Gareth Rigby, 43, also from Bolton, was fined after he admitted using threatening words or behaviour. He has 15 previous convictions.

ASIDE THUGGERY



MIDDLESBROUGH

Volunteers sweep in to clean up riots mess

By MICHAEL HAMILTON & THOMAS GODFREY

MP Andy McDonald hailed the response as "overwhelming", as people arrived with their brooms, brushes and litter pickers. He added: "We will not be beaten by these thugs." One volunteer was seen comforting Bangladeshi-born Ditu Barua, who had a window smashed in her home during the violence. Meanwhile, residents in Rotherham helped workers clear up around the Holiday Inn Express hotel, which rioters tried to set alight as they believed asylum seekers were inside.

South Yorkshire mayor Oliver Coppard said: "I'm really proud of the people that have come out this morning and have done what good people do, which is help." In Tamworth, Staffs, volunteers helped council staff and contractors paint over racist graffiti and clear up broken glass, bricks and paving slabs which were used as missiles during an attack on its Holiday Inn Express. Among them was 80-year-old Margaret Clarke who said: "I have lived in Tamworth for over 50 years and the first thing you do when there's trouble is you help."



ROTHERHAM

Clearing up at smashed Holiday Inn yesterday



Volunteer hugs Ditu in Middlesbrough

PRICE CUTS NOT PASSED ON DRIVERS 'FLEECE' BY £4.40 A TANK



By MARTINA BET
Political Correspondent

DRIVERS are still being fleeced by fuel retailers — despite cheaper wholesale costs, the RAC says.

Petrol and diesel prices stayed high, stuck at 145p and 150p a litre in July, the motoring organisation has revealed. But based on wholesale prices, drivers should be pay-

13p a litre 'pocketed'

ing about 140p for petrol and 142p for diesel, saving up to £4.40 on a tankful.

Retailers are pocketing 13p a litre on petrol and 15p on diesel — way above the typical 8p margin.

Last month, the Competition and Markets Authority laid into fuel retailers, revealing they ripped off drivers to

the tune of £1.6billion in 2023. Simon Williams, of the RAC, said it was disappointing to see fuel prices at the pumps still remaining "far higher than they should be".

He went on: "Drivers continue to lose out despite all the ongoing scrutiny from the CMA and the Government." FairFuelUK called on

Chancellor Rachel Reeves to resist raising fuel duty in the Autumn Budget.

The Department for Energy Security said: "Retailers must give drivers a fair price for their fuel by passing on any savings at the pump."

"We have committed to introduce legislation that could force retailers to share real-time prices."

The Sun's Keep It Down campaign has saved drivers £90billion in fuel duty over the past 14 years.

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The Sun Says — Page 12



Pledge... Ms Reeves

'Wipe out waste' at Whitehall

By RYAN SABEY

CHANCELLOR Rachel Reeves is embarking on a Whitehall war on waste to free up cash for her Autumn Budget.

She has been left sickened at the costs of consultants rather than using in-house mandarins.

Ms Reeves also vowed to cut the £8billion lost a year to fraud and error, as well as crooks exploiting the tax system.

The Chancellor, in the US to drive investment, said: "The more I see the more I'm convinced we can get back money to taxpayers. I'm not willing to make those difficult decisions on spending until we've done everything we can to root out waste."

Labour said during the election it would save £750million a year on consultants and halve the spend on hired help.

Lebanon group hit IDF base

By ANDY ROBINSON

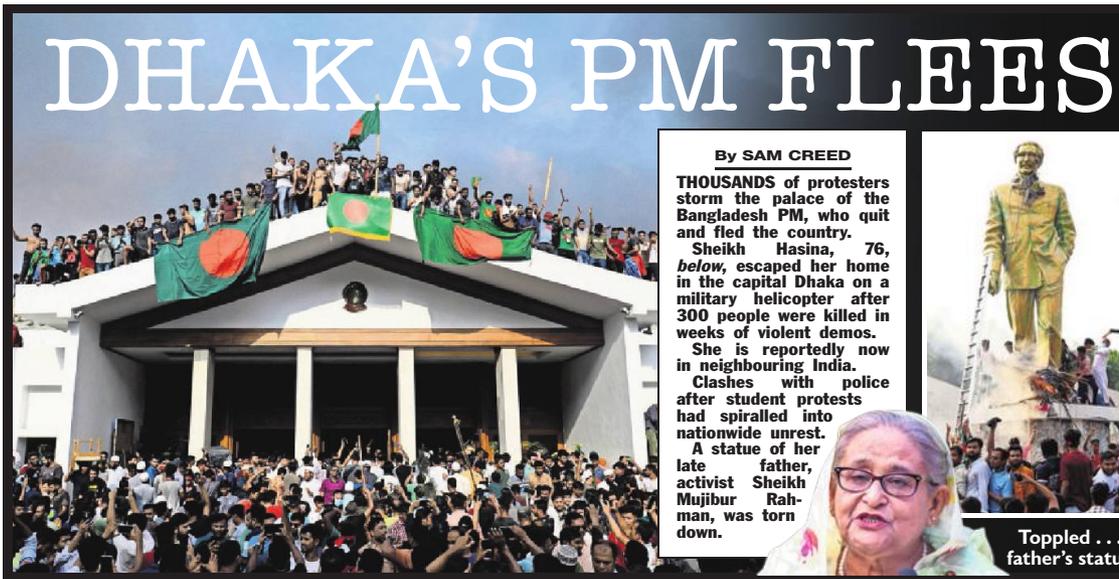
FEARS of an all-out war in the Middle East soared yesterday as Hezbollah injured Israeli troops in a retaliatory drone attack.

The Lebanese terror group hit a northern Israel Defence Forces base after the assassinations of its leaders.

It said two people died after an Israeli strike.

Tit-for-tat blasts follow fears of Iran intervening after blaming Israel for the death of Hamas chief Ismail Haniyeh. Nasser Kanaani, from Iran's foreign ministry, said punishment was necessary.

The UK sent warships and RAF aircraft as Foreign Secretary David Lammy warned the situation could deteriorate.



DHAKA'S PM FLEES

By SAM CREED

THOUSANDS of protesters storm the palace of the Bangladesh PM, who quit and fled the country.

Sheikh Hasina, 76, below, escaped her home in the capital Dhaka on a military helicopter after 300 people were killed in weeks of violent demos. She is reportedly now in neighbouring India.

Clashes with police after student protests had spiralled into nationwide unrest.

A statue of her late father, activist Sheikh Mujibur Rahman, was torn down.



Toppled... father's statue

PM U-TURN FURY

SIR Keir Starmer has flip-flopped on key promises after just a month in power, Tory leadership hopeful James Cleverly has said.

The former Home Secretary slammed the PM for paying the way for tax hikes and "breaking pledges" on social care and immigration.

Mr Cleverly told The Sun that Tory warnings about Sir

Keir's "persistent flip-flopping were an underestimate".

He said: "Throughout June, he and Rachel Reeves said they wouldn't raise tax."

"As expected, you name it and Labour will tax it. Your car, your job, your home."

"Under Labour, hard work and aspiration are becoming synonymous with a hefty tax burden."

PUTIN PILOT IN EJECTOR VID

A RUSSIAN pilot filmed himself on a smartphone ejecting from his warplane after it was shot down.

It is believed to be the first time such footage has appeared.

It emerged as Ukraine received its first US-made F-16 jets this weekend, made famous in Top Gun.

£100M JAIL FIX

AN extra £100million is being redirected to a prison where a report revealed violence, self-harm and drug-taking were rampant.

The funds will go on extra staff, repairs and refurbishment at troubled HMP Wandsworth, South West London.

It comes after watchdogs who found overcrowding,

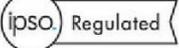
crumbling infrastructure and understaffing, gave it a "serious concern" rating.

Justice Secretary Shabana Mahmood said: "This is the reality of a prison system in crisis. We are taking action."

An officer was caught on video having sex with an inmate at the jail, where terror suspect Daniel Khalifa escaped last September.

CORRECTIONS & CLARIFICATIONS

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Teachers pay 'OK'

TEACHERS are being urged by their union's leaders to accept a 5.5 per cent pay rise.

They were told by Daniel Kebede, general secretary of the National Education Union, that the offer was a significant first step towards correcting teacher's low pay.

The union's executive backed the offer but will poll members next month.

But Mr Kebede added: "The Government should be under no illusion that a single pay deal is an end to the matter."

TODAY: Cloud and rain will clear from the south-east. Sunny spells will spread in from the west but showers will develop, mostly for the north-west.

TONIGHT: Mainly dry with clear intervals overnight but there will be some showers in the west. Heavy rain will push into western Scotland by dawn.

OUTLOOK: Heavy rain and showers across Scotland tomorrow. Sunny spells elsewhere, but there will be showers in the west. Heavy rain in the south on Thursday.

WED 22°

THU 22°

FRI 24°

SAT 20°

SUJIKO

PLACE the numbers 1-9 in the spaces so that the number in each circle is equal to the sum of the four surrounding spaces. Solution on Puzzles page.

				5
12				
3				
16			26	

PUZZLES: PAGE 38

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TODAY'S BIRTHDAYS

GINGER Spice **GERI HORNER, 52, left**, Everything Everywhere All At Once actress **MICHELLE YEOH, 62, right**, American actress **VERA FARMIGA, 51**, Batman actor **JASON O'MARA, 52**, The Sixth Sense film director **M. NIGHT SHYAMALAN, 54**, and Towie reality star **FERNE McCANN, 34**.

PAIR'S PASSIONATE SMOOCH



Hot to fox trot . . . glam Maura, left, is snapped snogging Pete at a posh hotel bar

PETE & MAURA PASSION DOBLE

Strictly star kisses beauty



NEW Strictly contestant Pete Wicks has waltzed into a romance with Love Island Maura Higgins.

Onlookers spotted former Towie star Pete and Maura kissing in the bar of a five-star hotel over the weekend.

Pete, 36, will be announced this week as one of the celeb dancers for the next series of the BBC show after we revealed last month he had been signed up.

He has been single for some time while Maura, 33, split from her Hollywood stuntman boyfriend Bobby Holland Hanton, in March.

Pete was seen joining her after she had lunch with friends at London's Broadwick Soho Hotel on Saturday.

An onlooker told The Sun: "Maura had been sitting on the

EXCLUSIVE by **ELLIE HENMAN**

terrace with friends before Pete arrived. After they'd sat there for a while, Maura went in for a long kiss with Pete.

"It wasn't the kind of kiss you'd give a friend. It was very passionate. They kept looking into each other's eyes before kissing again a number of times.

"Pete sat with his arm around Maura all evening. They looked totally in love."

Pete and Irish TV star Maura, a finalist on Love Island in 2019, were previously spotted together in public at the TV Bafta awards in May, left.

They had also been filmed looking cosy at another awards bash last year but insisted they were just close friends.

Maura has told a magazine: "I'm dating. The thing with me is I won't just date someone. I don't go off just looks, I have to be speaking to somebody for quite some time to sort of get their vibe."

ellie.henman@the-sun.co.uk



NICK'S JIVE FORKING

STRICTLY signing Nick Knowles was once asked if he fancied doing the show and replied: "I'd rather have my eyes taken out with a fork."

The DIY SOS star said in a 2016 interview: "Strictly is all about people trying to make

By **ROD MCPHEE**, TV Editor

themselves more famous." He said the show was a gentler type of reality TV that "takes the p*** out of people".

He added: "If you put yourself up for it you ask for it."

Scathing . . . Nick



CHRIS AND JB IN

BLIND comedian Chris McCausland and singer JB Gill have been confirmed as Strictly contestants.

After our story in June revealed Chris, 47, had signed up, he said on ITV's This Morning yesterday: "This is literally the worst kept secret."

JB, 35, a member of boyband JLS, added: "I danced in the Strictly Christmas special and loved it, so it was an immediate yes from me."

Celeb pair . . . on This Morning

INSTA ACE TOOK THE MICKEY

By ROBIN PERRIE

ONE of the Games' most glamorous athletes has been booted out of the Olympic Village — for sneaking off to Disneyland. Team bosses accused Paraguayan swimmer Luana Alonso, 20, right, of creating an "inappropriate atmosphere". They asked her to leave after she announced her retirement on Instagram and then visited the popular tourist attraction. She had failed to qualify for the 100m butterfly semi-finals. Team Paraguay boss Larissa Schaefer said: "Her presence was creating an inappropriate atmosphere within the team."



Gender row pair 'are men'

WORLD boxing chiefs yesterday insisted the two Olympic gender-row boxers are men — and warned their extra power could kill a woman opponent.

The International Boxing Association banned the Algerian and Taiwanese fighters from the women's world championships after they failed gender tests. But Imane Khelif and Lin Yu-ting are going for gold as females in Paris.

IBA president Umar Kremlev said: "The tests show they were men."

His coaching chief Gabriele Martelli said: "When there is an unfair advantage, people can die."

Khelif is said to have been born and raised a girl but suffered a rare developmental condition.

The Keel deal

800M GOLD HERO



Tearful . . . hug from dad Dean

By ROBIN PERRIE and JULIA ATHERLEY

ICE-cool Keely Hodgkinson won our first track gold of the Paris Olympics last night by storming home in the 800m final.

The jet-heeled track queen, 22, left her rivals trailing in her wake at a packed Stade de France.

She is the first Brit to win the event since Dame Kelly Holmes 20 years ago.

And she is the first Team GB woman to claim an athletics gold since her idol, Jessica Ennis-Hill, in the heptathlon in London 2012.

The Wigan-born runner went one better than her silver at the Tokyo Olympics three years ago.

And she kept her promise after vowing "I'm not coming second again" when Kenya's Mary Moraa beat her in the 2023 World Championships.

On a balmy night in Paris, the red-hot favourite delivered a flawless performance under immense pressure. She led on the bell and raced away on the home straight to win by a clear distance from Tsige Duguma from Ethiopia. Moraa finished third.

Hodgkinson was in tears after the race and hugged her overjoyed parents, Dean and Rachel, in the crowd.

One of her family group also handed her a golden crown which she wore around the track while waving a Union Jack.

She told the BBC: "I'm super happy. I'm now the Olympic champion for the next four years and no one can take that away from me."

Hodgkinson had fallen out of love with athletics aged ten and was eyeing a swimming career until she watched Jessica win gold. The fashion-loving Manchester United fan is 95 per cent deaf in her left ear after surgery to remove a non-cancer tumour aged 13.

She can see Old Trafford from her Salford flat and wants to parade her medal around the pitch before a home match.

Before the Games she also vowed she would buy a beige Porsche if she won.

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FLYING THE FLAG FOR BRITAIN.

GOOD LUCK AT THE PARIS 2024 GAMES!

TEAM GB | ALDI | ParalympicsGB

OFFICIAL SUPERMARKET



GB's track ace Keely Hodgkinson in the crown given to her by fan

CYCLE TRIO'S RECORD



Glory . . . Marchant, Finucane, Capewell

BRITAIN'S cycling golden girls smashed their own world record as they stormed to victory in the velodrome.

Katy Marchant, 31, Sophie Capewell, 25, and Emma Finucane, 21, won the women's team sprint in a tense final against New Zealand.

They had already broken the previous record of 45.487 seconds in qualifying and beat it

By JULIA ATHERLEY

again in the final — finishing the 750m race in just 45.186.

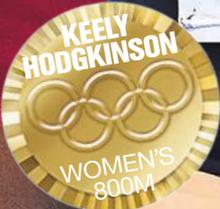
Supermum Katy, of Leeds, was cheered on from the front row by two-year-old son Arthur, who clapped and cheered: "They did it! They did it!"

Katy said: "Every time I looked up today I saw him and I just felt emotional."

TEAM GB TRACK TRIUMPH



Golden moment... winner Hodgkinson crosses the finish line



Pictures: SIMON JONES



NICE TRY BY FAB FOUR

GREAT Britain's mixed triathlon team were cruelly demoted from silver to bronze after an agonising photo finish yesterday.

Fab four Alex Yee, Beth Potter, Sam Dickinson and Georgia Taylor-Brown won Team GB's first medal of the day after a closely fought battle for top spot. They were awarded silver, only to be downgraded after

By JULIA ATHERLEY

a post-race review. They finished just moments behind the USA, with Germany taking gold.

Yee, 26, of Lewisham, South London, who won gold in the men's triathlon, said: "We'd love the silver medal, but we are immensely proud of getting that bronze medal."



PADDLE DO! 2 IN KAYAK JOY

TEAM GB's Joe Clarke paddled his way to Olympic silver yesterday in the kayak cross slalom final.

The 31-year-old dad from Stoke was cheered on by his two-year-old son Hugo in the crowd.

It is the first time the event has been included in the Olympics, with all four competitors going

By JULIA ATHERLEY

down the white-water course together. Joe, who won K1 gold in Rio 2016, said: "A silver medal for Team GB is absolutely massive."

In the women's kayak cross, Kimberley Woods, 28, left, from Rugby, won the bronze medal.





Justice for all

THERE is no question that violent far right yobs who attack police officers deserve instant justice — and hefty prison terms.

But so, too, do any other hardline groups found to be using the shocking Southport murders as an excuse to destabilise their towns and stoke fear.

After days of chaos, the first priority for Keir Starmer's "standing army" of police officers is to restore order.

Courts must then be tough on the thugs, sentences have to be properly robust. Places in our overcrowded prisons must be found.

What must not happen now is anything that risks giving the impression Britain has a two-tier justice system.

Staffordshire Police are already reviewing footage of a protest liaison cop telling a group of men to "hide any weapons" inside a mosque.

We have also seen a discrepancy in the BBC's reporting of the disturbances, where what appeared to be hooded Islamist mobs were described as "protesters".

It's a perception that parts of the State are unwilling to tell uncomfortable truths that has led to anger and disillusionment in some communities.

That is now being exploited by the racists and fascists organising the violence.

Punishment must be swift. And it must be for all.

Just stop it, Ed

STILL, the great rip-off of hard-working drivers goes on.

Millions of motorists are being fleeced every day by forecourts keeping prices artificially high.

Plummeting oil markets means there is no justification for the average cost of a litre to be stagnant at 145p per litre for petrol and 150p for diesel.

The RAC says drivers are overpaying by 5p a litre for petrol and 8p for diesel — a disaster for an economy desperate for growth.

The Competition and Markets Authority recently warned drivers were being soaked for £1.6billion and said a Pump-watch scheme — backed by The Sun since 2016 — should be implemented.

The Tories failed to implement it before the Election — despite years of promising one.

New Energy Secretary Ed Miliband says he is now "considering" the CMA's findings.

It's a big opportunity for eco-warrior Miliband to do something worthwhile for motorists, too.

Peaty's battle

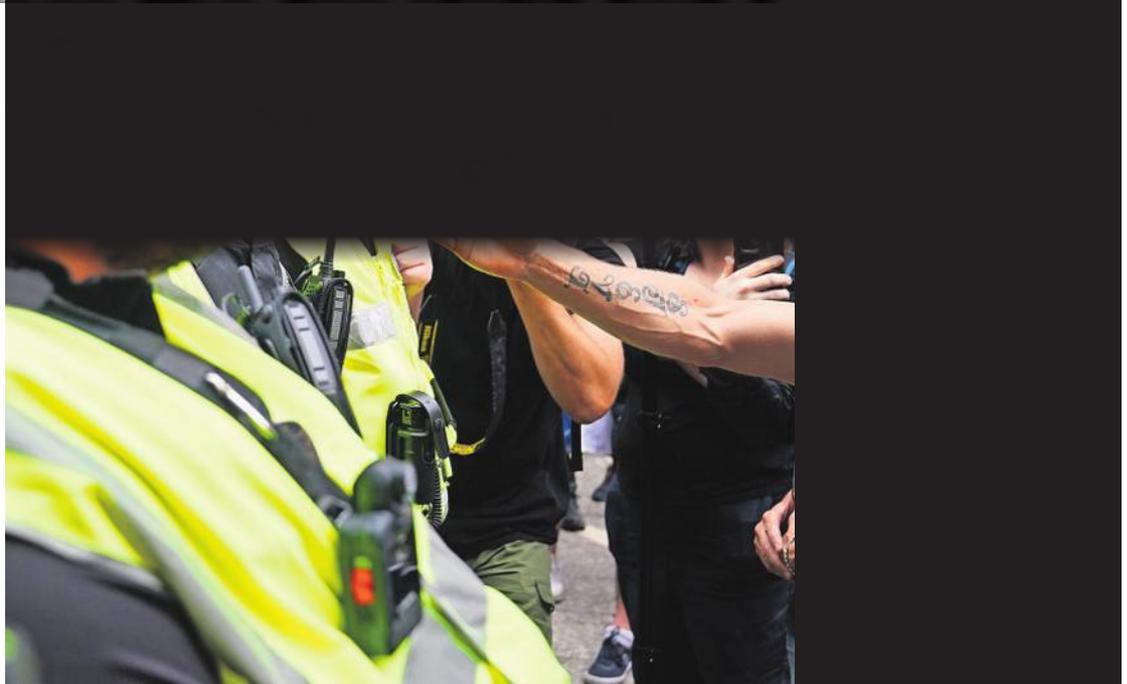
CHINA is not just a threat to our security at home and abroad. It is also a danger to Team GB's athletes.

Adam Peaty deserves enormous credit for bravely voicing his suspicions about China's alleged swimming frauds.

These "cheats" are polluting the Olympic pool.

PM MUST HEED PEOPLE'S WORRIES

I fear the far right but I also fear where failed integration is taking UK



AS an Immigrant, I'm afraid of the far right. But I also fear failed integration.

I've never been ashamed to say I love this country.

Since I arrived on these shores as a Kenya immigrant at the age of five, my family and I have embraced British life. Recognising initially that we were guests in a foreign country, my family knew that integrating into Britain would not only benefit us, it would benefit those around us as well.

For 23 years, we have made this country our home, contributing to the economy and society.

My Mum? As a care worker doing the undervalued but immensely important job of looking after the elderly.

Myself? Through making sure I got a good education, joining the workforce at 16 and contributing to the country's social, political and economic life.

Conveyor belt of violence

I have always felt safe in this country, hopeful that the racial unrest of bygone decades was gone for good.

The recent spate of violence by far-right, anti-immigration protestors has made me feel, for the first time, a little bit less safe walking down the streets of what I now consider to be my own country.

I share the national rage that a diabolical individual was able to stab three innocent girls to death and injure many more. I share the horrors and fears that people feel about a crumbling country — including the seemingly endless conveyor belt of violent crime incidents, the troubling hikes in immigration and a growing system of two-tier rules.

The thugs who have hijacked the recent atrocity to wreak mayhem on our streets are not only a disgrace to British values, they dishonour the memory of those children in the most abhorrent way.

Yes, not everyone at these



protests is a far-right extremist. In fact, I'll be the first to say that painting all protestors with the same brush is fanning the flames further.

But those few who are out to cause violent disorder while claiming they are defending their country are nothing but opportunistic thugs.

I, an immigrant, am more British than them. True patriots don't beat up innocent civilians or loot shops. They don't burn down buildings, attack police men and women, and terrorise communities.

That being said, let's face facts. Far-right ideology is an insidious scourge. While politicians rightly condemn the carnage caused by these hateful mobs, they **MUST** also acknowledge the need to tackle legitimate concerns that exist around immigration.

I fear the far right — and, equally, I fear where failed integration is taking this country.

Of course, we must do more to combat genuine far-right sentiments — I don't just mean anyone who is worried about immigration or who believes multiculturalism has failed.

It is right to crack down on the deliberate spread of lies intended to incite racial and religious violence. It is right to champion facts and evidence to bust conspiracy theories spread by genuine white supremacists.

It is just as important to be VOW ... PM at podium

proactive in undoing years of political inaction on integration.

It's all well and good for the Prime Minister to get up on his No10 podium and "guarantee" to bring the "full force of the law" crashing down on racist thugs.

The real test of bravery is whether he can also promise to take seriously the concerns of ordinary law-abiding citizens about the failures of immigration, integration and multiculturalism. Most importantly, can he guarantee policy over platitudes?

It is within the Government's gift to strengthen integration and boost social cohesion.

The Government can start by tightening rules and expectations around assimilation. Integration isn't a dirty word — expecting those who we allow into our country to respect our values makes us no less civil and no less benevolent as a country.

Far right has no place

More stringent requirements and background checks should be applied to anyone who wants to make Britain their home to avoid importing unnecessary security threats from abroad to add to those we already have here.

There should also be stronger systems for reporting individuals with radical views, and identifying those who get sucked into conspiracy theories and express a wish to harm innocent people.

Frankly, these rules should apply both to foreign and home-grown extremists, be they radical Islamists, white supremacists or deranged lone wolves.

This is not about being a punitive police state that strips people of freedoms at the faintest whiff that they're a wrong'un, or just because they happen to be an immigrant.

It is about protecting communities for all those who want to see this country thrive as a civil, orderly place that is home to people from around the world.

The far right has no place in 2024, yet only by addressing how government failures also fuel division can we reckon with the problem.



Jailed... Hajiyev

Corrupt banker's golf club is seized

By JADA BAS

THE wife of a jailed banker will hand over a £10.5million golf club following a six-year dirty money investigation. Zamira Hajiyeva, 61, has forfeited a £14million home in Knightsbridge as well as the Mill Ride course near Ascot. She has settled with the National Crime Agency which secured its first unexplained wealth order over suspicions they were bought with ill-gotten gains. Her husband, ex-International Bank of Azerbaijan chairman Jahangir, 62, is serving 16 years in his homeland for defrauding the state institution. Tim Quarrelle, from the NCA, said: "This highlights our commitment to using all the tools at our disposal to combat the flow of illicit money into, and through, the UK." Ms Hajiyeva also hit the headlines for splurging £16million in Harrods between 2006 and 2016.



Frustrating... thinking

It really is possible to strain the brain

By SAM BLANCHARD

THINKING too hard really can strain your brain, researchers say. People get stressed and annoyed quickly when making a big mental effort, they have found. And it suggests bosses should lay off their under-pressure workers. The Dutch researchers reviewed 170 studies, involving 4,670 people in 29 countries for their study, The Unpleasantness of Thinking. They concluded that people became frustrated when taking on difficult tasks. Dr Erik Bijleveld, from Radboud University, said: "In general, people really dislike mental effort. Managers often encourage employees to exert mental effort. On the surface, this seems to work well so you may be tempted to think employees tend to enjoy thinking hard. Our results suggest that this conclusion would be false."



© Pictures: BACKGRID

MOSSY & MISSY

By HOWELL DAVIES

KATE Moss enjoys a dip in the Med on a beach day with daughter Lila. The models are soaking up the sun in Ibiza, where Kate, 50, was seen kissing Lila, 21, on the cheek as she dried off, below. They also enjoyed lunch, with Kate sipping a drink. Lila, whose dad is publisher Jefferson Hack, is holidaying with boyfriend Yoni Helbitz, 23.



Drink... Kate at lunch



GIRLS ALOUD STAR'S JOY SOMETHING KIND OF I DO FOR NIC



Ring bling... with Kimberley on stage

EXCLUSIVE by ELLIE HENMAN

GIRLS Aloud singer Nicola Roberts has revealed she is engaged — by showing off the ring on stage.

The pop star was seen with a large oval diamond on her ring finger as she sung at Brighton Pride at the weekend. Nicola, 38, has been dating businessman and semi-professional footballer Mitch Hahn for two years. It is believed Mitch, also 38, popped the question

Singer engaged to hunk

on a holiday to the South of France. A source said: "Nicola has met her soulmate in Mitch. She couldn't be happier." Nicola wore the ring for the first time on stage on Saturday night when she performed alongside Cheryl Tweedy, 41, Nadine Coyle, 39, and Kimberley Walsh, 42. The Sun revealed that the group reformed in November last year to play 29 concerts in memory of bandmate Sarah Harding. Sarah died aged 39 in

2021 after a battle with breast cancer. It is officially the biggest UK arena tour to date this year. Their performance at Brighton Pride was their 30th and final show, with the band now taking a well-earned break. Nicola and Mitch have kept their relationship out of the spotlight having first been seen together at an Elton John concert in June 2022. As well as being the CEO of accountancy firm Nordens, Mitch played football for Southend United and Grays Athletic and captained Britain to Maccabi European games gold in 2019.



Loved up... with Mitch



Probe... Hill End unit

£125,000 for abuse at teens' hospital

EXCLUSIVE
by STEPHEN MOYES

DOZENS of survivors of abuse at a children's psychiatric hospital will receive compensation of up to £125,000 each.

Victims as young as ten were sedated up to 40 times, often as punishment, and left open to physical and sexual harm.

Compensation is being paid by the Secretary of State for Health and Social Care, and Hertfordshire Partnership NHS Foundation Trust.

The settlement with about 70 victims comes after a three-year police major crime inquiry into Hill End Adolescent Unit in St Albans, Herts.

Conditions at the facility, for under-16s between 1969 and 1995, were "hostile, experimental and abusive". The Department for Health will issue a public apology.

Former patient Laurence Allen said: "It is a recognition it has caused unimaginable damage."



Honoured... Seth

Fire lad a hear-o as Maureen 94, saved

By THOMAS GODFREY

A BOY'S sharp hearing saved his 94-year-old neighbour when he clocked the faint noise of her fire alarm next door.

The beeping woke Seth Ball, 12, who alerted his parents. They could not hear anything but Seth insisted they get out of bed to check on their elderly neighbour, named Maureen.

When they failed to get an answer, the family called 999. Fire crews kicked in the door and found Maureen, who lived alone, collapsed in the kitchen amid a blaze.

She later made a full recovery in hospital.

Seth, of Denton, was awarded a medal for his March heroics from Greater Manchester's chief fire officer Dave Russel.

Seth said: "It's a good feeling to know that I've helped someone."

Firefighter Martin Cain hailed the youngster for his "quick thinking and decisive actions".

EMMERDALE STAR ON THE FAMILY



HAPPY DAYS... Lisa with her mum Cath



EXCLUSIVE by
CHRISTINE SMITH

IT is second time lucky for Emmerdale's Mandy Dingle next week as she prepares to marry Paddy Kirk again in the soap's wedding of the year.

But it is a move actress Lisa Riley won't be copying – as she confirmed exclusively to The Sun that she has no plans to walk down the aisle since her mum died, despite getting engaged six years ago.

In true Emmerdale style, the telly nuptials are left on a knife-edge after Paddy discovers Mandy has secretly been running a side hustle as a "financial dominatrix" in return for cash. In the soap she was also briefly married to her cousin Butch Dingle.

But Lisa said she won't ever change her mind about getting hitched to long-term partner, musician Al, despite his proposal in 2018.

The 48-year-old actress, who has recently marked a decade with 54-year-old Al, has spoken in the past about how they have both felt it would be too difficult to contemplate a wedding without lost loved ones, including her beloved mum, who died in 2012.

'I only speak the truth'

But today, even if they were alive and costs went down, the couple would rather use the money to travel the world, she told The Sun.

In a tongue-in-cheek swipe, she confided she can't understand why so many influencers are keen to splash out cash on an idyllic picture announcing their engagement.

She said: "Where are the days of going down on one knee, having asked the dad first, and asking, 'will you marry me?'"

"The cost of weddings is ridiculous. Since the pandemic, it has risen massively. People don't get engaged nowadays, they get Insta-engaged. They spend £400 on the right backdrop for their Instagram picture.

"Now it has to have a balloon arch... urgh!"

The no-nonsense actress added: "No bulls**t. That's who I am. I will always only ever speak the truth.

"Al and I have just celebrated our tenth anniversary and he organised a beyond-gorgeous surprise for it.

"If we wanted to spend that kind of money, we would prefer to go to Japan, and discover something in the world that would enrich us.

"Being rich isn't about being financially rich, it's about seeing the world and discovering new things together. Travel is a big thing for us both. Besides, independence is the rock of who I am and independence is the rock of who Al is.

"When we go to the bank, he will say 'that's my wife' and I will call him 'my husband'. We use that terminology and there is nothing

different other than I am wearing an engagement ring rather than a wedding band. We are happy as we are – I don't see what that day would do. I dress up every day as Mandy Dingle, I don't want to dress up as me."

Her firm stance on not getting married is the exact opposite of her screen character.

She and Paddy (played by Dominic Brunt) are fan favourites.

They first got hitched in 1999 – after Mandy had briefly been wed to Butch – but split a year later when she had an affair.

Paddy went on to marry Emily Dingle, then Rhona Goskirk and Chas Dingle.

Mandy also nearly got married again – in a leopard-print dress – to her former boyfriend, Paul Ashdale, but that ended in tears after she

found out he had been abusing his son, Vinny. Mandy has raised Vinny as her own since he was a baby.

Yet after falling in love for a second time with Paddy, fans will be left on tenterhooks wondering whether the couple will make it to the altar.

Paddy is furious to discover Mandy has been running a "fin-dom" business, where she is sent cash in return for being domineering during phone calls. A desperate Mandy tries to reassure him after Paddy thinks she is offering callers sleazy sex chats.

Lisa explained: "Mandy has started doing financial domination as a side hustle. It's her being a bossy cow and being paid lots of money.

"There is nothing seedy in it and it's very popular nowadays. She is a Dingle and Dingle women stand on

their own two feet. She has maxed out on her credit cards and she is in survival mode.

"But when she gets found out, she tries to tell Paddy it's not what he thinks. She wants to pay for a nice surprise for their wedding."

That wedding, she added, will go down to the "will they, won't they?" wire. She teased: "Mandy is all dressed up and ready to go in a magical princess dress. There is no leopard print this time around. But Paddy is very upset about the revelation and there is a lot of running around. I don't want to spoil it by revealing if they get to the altar or not..."

The actress said she and Dominic have been inundated with messages from viewers begging for Mandy and Paddy to marry. "Everywhere we go,

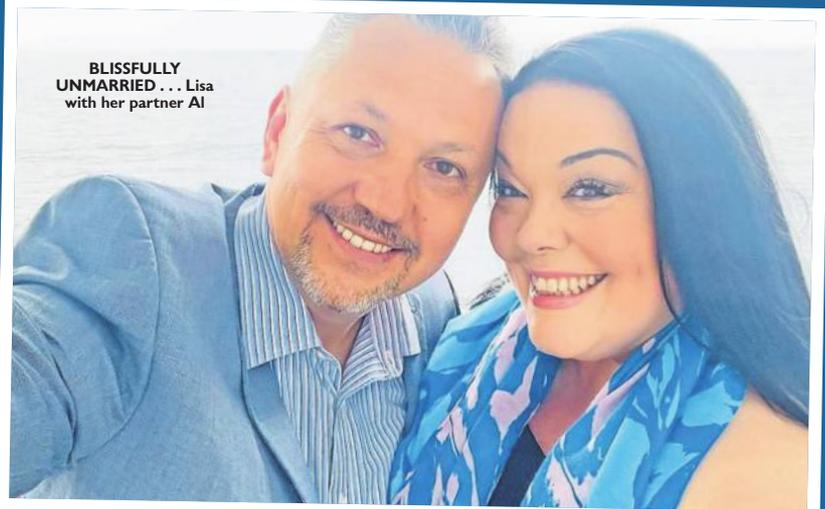
I'm on soap wedding No3 but I won't marry in real life...not without my beloved mum there

Says LISA RILEY

TRAGEDY OVERSHADOWING 'NUPTIALS'



ROUND TWO . . .
Mandy and Paddy prepare for their second wedding



BLISSFULLY UNMARRIED . . . Lisa with her partner Al



THE DINGLES . . .
with Lisa playing Mandy back in 1996



FIRST TIME . . .
Mandy and Paddy tie the knot in 1999



CLOSE . . .
Lisa with Robin Windsor

‘The death of Robin has been hard. There were days when I didn’t want to come to work. One time [I cried so much] the make-up artist had to redo my make-up three times’

people tell us they want Mandy and Paddy to get married,” said Lisa. “They are soulmates.”
As well as playing Mandy’s true love, Lisa said Dominic is also a brilliant friend off screen.
“We have so many years of trust,” she explained. “I know he will take my secrets to the grave and I will take his. He is such a great friend.”
He has also been a shoulder to cry on as she comes to terms with the untimely death in February of her close pal, Robin Windsor, whom she was partnered with on Strictly Come Dancing in 2012. She went on to finish 5th.
“It has been so hard,” she said. “There were days initially when I didn’t want to come to work. On one occasion, our amazing make-up artist, Nisha, had to rebuild my

make-up three times. Al has been phenomenal throughout it all, and Dom has been my rock too. I am still very close to Robin’s family.”
She added that she has been approached by the BBC to take part in a Strictly 20th anniversary special later this year. Hinting she has said yes, Lisa said: “Robin and I ripped up the rule book.”
Robin’s death, together with those of close relatives, has strengthened her resolve to make the most of every moment.
“With Al, I live for today,” she added. “We don’t plan. We don’t have children so we can do that. We very much live in the now.”
“Their deaths are sadly the circle of life, though. There are joyous circles too, like our nieces and nephews. Life isn’t easy for anyone.”

Smiling, she admitted she is like a pushy parent when it comes to her niece, Evelyn, five, who she dotes on. “She is more eccentric than I am,” joked Lisa. “She is hilarious and I am so lucky to have her in my life. She got her first hip-hop certificate last week and I put every pushy mum to shame. I was so proud of her.”
The soap’s millions of fans will be relieved to hear Lisa loves playing Mandy as much now as she did when she took on the role nearly 30 years ago, in 1995.
She quit the soap in 2001 to pursue other projects, including hosting You’ve Been Framed, then returned in 2019. A true pro, she has grown used to the fame that comes with playing loudmouth Mandy, but has been alarmed by

people who have tried to con fans pretending to be her on social media.
“People pretending to be you is horrid,” said Lisa. “The worst is when they ask for money. One was charging for autograph cards. I want to stress, we don’t charge if you write to the studio. We are always happy to send out autographs if people ask.”
“Goodness only knows what would happen if you put your bank details in thinking you are going to get a

signed card. There’s so much criminality now.”
She also stressed she won’t be quitting Emmerdale any time soon – news that will be welcomed by the soap’s millions of fans.
“I’d love to stay,” she admitted. “But you are only as good as your last episode. It only takes a producer to go, ‘I don’t see Paddy and Mandy’ and they are killed off. But I am so lucky to be in such a great soap. The hours are long so I can often be more Mandy Dingle than me, but it’s a ball playing her.”
●Emmerdale runs on weekdays on ITV1 and STV at 7.30pm.



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Clemmie Moodie

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No rumours, no theories, just the facts on boxers



AD... for doggy perfume

DOLCE MUSK'S PAWFUL

NOW I'm all for a bit of dog indulgence.

Ya know, some bones, a toy box, a few squeaky balls.

I'm also totally fine with pet names, speaking to your dog in a pathetic baby voice and cuddling said dog like a baby.

What I'm not OK with is dog perfume.

Dolce & Gabbana has released an £85 scent called Fefe, designed to be sprayed on poor unsuspecting pooches.

The ludicrous ad suggests a spritz of said pawfume will leave your dog smelling "delicate, authentic, charismatic, fresh, irresistible and clean".

That's right, guys, totally f*** with your dog's strongest sense by spraying him with notes of ylang-ylang and sandalwood.

LAST orders have been called at an alcohol-free bar in Manchester.

Owners of Love From, which opened in Dry January, blamed the current "financial situation" for its closure eight months later.

Might I suggest the £6 NON ALCOHOLIC beers might have had something to do with it.

IRONIC RIOTS

WHERE to start on the ironies contained within these senseless riots?

Firstly that the "people" trying to "take back their country" are doing so by setting it on fire.

Secondly that those screaming about immigrants overwhelming public services are the ones bombarding the fire service and police.

Or, perhaps, thirdly that those "proud patriots" – those jumping on people and demanding they speak English to prove their worth – believe looting a vape store shows intelligence.

Or, finally, that those protesting against the evil killing of three innocent young girls, using the banner of white supremacy to "protect" women, are largely men – men terrifying young girls in the feral streets of so-called Great Britain.

"IF it looks like a duck, swims like a duck, and quacks like a duck... then get it the duck out of the Olympic Games" appears to be messaging from Paris 2024.

Many, then, think boxers Imane Khelif and Lin Yu-ting will waddle their way to podium glory next week.

But how deeply sad that a global event with so, so many stories – ones of triumph, adversity, heartbreak and sheer, hard work against all odds – should focus on the back stories of these two individuals.

Everyone has their opinion. And everyone is entitled to their opinion. But

those with the loudest, people such as JK Rowling – who should really get back to Privet Drive and lay off some of the militant "anti-trans stuff" – need to be careful.

When the author labelled the athletes "male", she knew what she was doing: Stirring up her cauldron of hatred and winding up the ill-informed masses.

It was deeply irresponsible.

Because in Algeria, where Khelif is from, it is illegal to be gay, let alone trans, which, let's face it, is what the boxer stands



BULLIED... Imane Khelif

accused of being. In effect, she has become the world's first fictional trans Olympian. But she isn't transgender. And never has been.

Because, as is the case so regularly these days, misinformation, conspiracy and gross exaggeration are rife.

And how tragically horrific if those vociferous individuals claiming to be standing up for women should see two women subsequently killed by hate mobs.

Where was JK's outrage over the convicted Dutch male rapist Steven van de Velde being allowed to compete in the beach volleyball?

Or where, if she's so concerned about advantageous hormones, was her anger over China's gold medal-winning 4x100m medley team, which featured two swimmers who previously returned positive doping tests?

Yesterday, the Algerian athlete tore into the scrutiny of her gender as "harmful to human dignity", begging people to "refrain from bullying".

And then the International Boxing Association, the body which originally claimed the pair had failed "eligibility tests" without even categorically explaining what these tests are, openly bullied her.

The IBA, which has been banned from regulating Olympic boxing because of governance problems, a lack of financial transparency and many perceived instances of corruption, let its clearly mad Russian chief Umar Kremlev do the talking.

They shouldn't have to drop their shorts

Kremlev ranted, sensitively: "The tests show they were men. We don't verify what they have between their legs. We don't know if they were born like that or if some changes were made."

Very unhelpfully, the boxers themselves and their governing bodies are also refusing to say exactly what tests they had done. And in this, some blame lies with them.

Do the pair have conditions such as Swyer Syndrome which means they have female reproductive organs but higher levels of testosterone? Are they intersex? How raised is their testosterone?

Of course, they shouldn't have to drop their shorts and show the world their genitalia. But they must display more transparency.

The IOC's ham-fisted handling of testing procedures also needs addressing. And if these women really do have a grossly unfair advantage, then this must be dealt with – and yes, perhaps they should be competing against men, albeit in a lighter weight category.

After all, the hurt feelings of these athletes mustn't triumph over common sense and the well-being of their XX-chromosomal counterparts.

Safety must come first, for everyone. And that means no more rumour, no more conspiracy theories and no more wild conjecture. Just facts.



Ant's now in pole position

IMAGINE having your Olympic dreams shattered by your own penis.

Still, every cloud for well-endowed French pole vaulter Antoine Dubois (whose ill-contained manhood grazed the bar with enough force to send it crashing down, thus prematurely ending his hopes of a medal).

His social media numbers have soared, and a future on OnlyFans surely awaits.



RELAXED... Yusuf Dikec

I LOVE 2 HOT SHOTS

NO one exemplifies the Olympic spirit better than Turkish pistol shooter Yusuf Dikec. There's hope for us all yet.

The 51-year-old shot his way to silver, casually smashing the target with one hand in his pocket, a causal white T-shirt and trainers and a little yellow ear plug.

In contrast, his young rivals donned visors, chunky ear defenders and blinders to shut out distractions and enhance focus. Be more Yusuf.

SCRAP that, no one exemplifies the Olympic spirit better than Turkish pistol shooter Yusuf Dikec AND Team GB's Amber Rutter.

The truly stoic Brit was robbed of gold in the skeet final after the referee failed to spot her successfully hitting her target – and a lack of video replay denied her the opportunity to appeal.

Me? I'd have been utterly seething. RAGING.

Not Amber. "This is what happens in sport, it's just what happens in the game," she said, sanguinely.

"I just don't want to take away from all the hard work that's going into this medal and it's something to be celebrated, not dwelled on."

What a champ.

CAN someone please, please explain why, in 2024, when the rest of their kit is unimaginably high-tech and aerodynamic, athletes are still being made to haphazardly safety-pin their names to their vests on tatty bits of paper? Answers in my inbox please.

BECCA'S MY STAR

AFTER what seems like weeks of swimming, the pool part of the Games is finally over.

Forget the in-water action, the biggest winner, surely, was Rebecca Adlington – who has proven herself a truly brilliant, funny, knowledgeable and empathetic pundit.

Asked by Clare Balding if she had any advice to newly-retired Andy Murray, the former freestyler casually quipped: "Well, I found butter, cream, carbs and alcohol."

'AIRPORT STUNT' JSO 4 ARRESTED

FOUR Just Stop Oil eco-zealots were caught moments before they were allegedly due to cause disruption at an airport.

The activists were arrested when police got wind of their plans yesterday.

JSO released a photo of the quartet grinning for a selfie before they were found near Manchester Airport's perimeter fence. Police

By THOMAS GODFREY

said they were found with items that could have been used to cause "significant disruption".

Two were named as Kent shop worker Margaret Reid, 53, and Ella Ward, 21, who previously threw paint over buildings in Westminster.

A 30-year-old woman and 23-year-old man

Grinning... activists



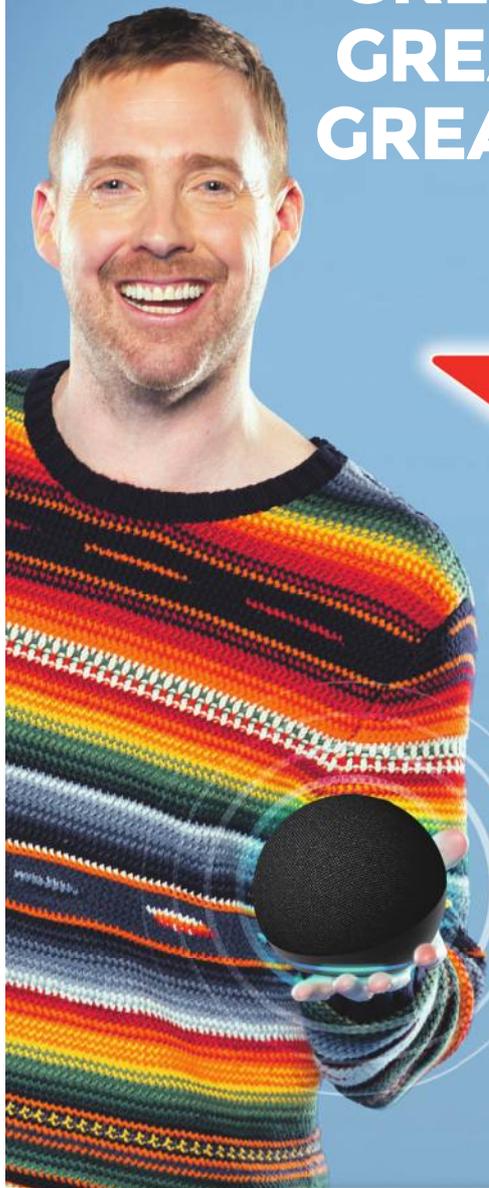
were also detained on suspicion of conspiring to cause a public nuisance. They all remain in custody.

Chief Supt Mark Dexter said: "These arrests prevented a determined, targeted attack which would have brought delays and upset to hard-working people heading off on holidays."

JSO said: "The four arrested will accept any legal consequences."

thomas.godfrey@the-sun.co.uk

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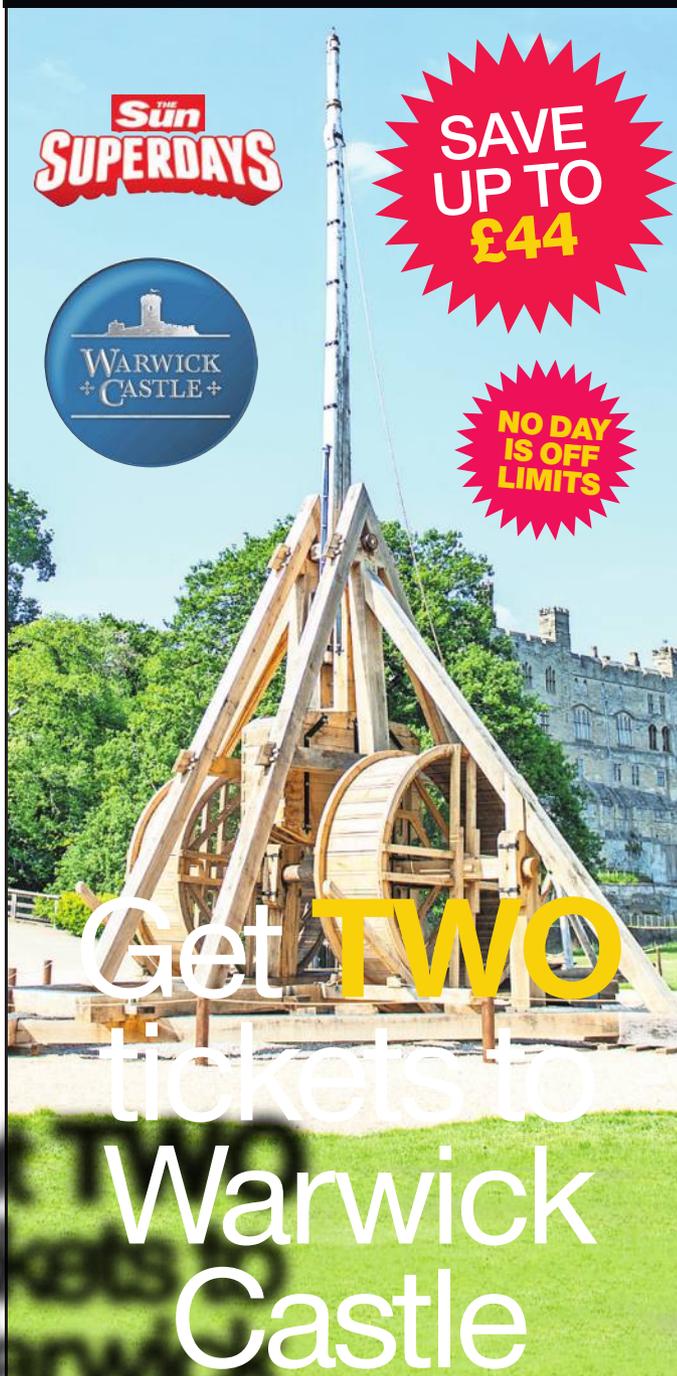
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2 Go to Offers section and click "Start Collecting" on the Sun Superdays - Warwick Castle page.

3 Collect FIVE Sun Savers codes. We will print one daily in the paper until August 15. Today's Sun Savers code is on page 24. Enter or scan your FIVE Sun Savers codes on the app or website as you collect them.

4 Booking opens at 11am tomorrow. Click "Redeem booking code" and hit "Book" and you will then be directed to the Sun Superdays Warwick Castle website to book your tickets.



TERMS AND CONDITIONS: 18+ UK only (exc. IoM & CI). Multiple code collect August 3-15, 2024. 2 tickets per household, all bookings must be made in pairs. Non-transferable, non-refundable, strictly subject to availability, and daily allocation limits apply. 47,350 total tickets available, including 9,000 no-cost tickets, remaining tickets available from £10 (adult) - £25 per ticket. Online access required. Saving against advanced adult online prices and varies per date. Dates and periods are subject to change without notice until November 22, 2024. Saving correct at time of print. Full T&Cs including ticket prices and allocation breakdown, See sunsavers.co.uk

EXCLUSIVE

Ramsay sweet



Pictures: BACKGRID



Odd tale . . . Kennedy

Kennedy owns up to dead bear alert

By SAM CREED

A US presidential candidate has admitted dumping a dead bear cub in a park – finally explaining a ten-year-old mystery. Robert F Kennedy Jr found the carcass in the road and put it in his van with a plan to skin it, refrigerate it and eat it. A dinner date meant he would not get home before it rotted, so he staged a bike accident in New York's Central Park. A dog walker found the corpse under bushes – to the bafflement of city residents and the media. Kennedy said of the incident in 2014: "There were 20 cop cars, helicopters, a mile of yellow tape. I was like, 'Oh my god. What did I do?'" The independent candidate, nephew of ex-President JFK, shared the story online ahead of a magazine revealing it.

Boy, 8, in fire death

A BOY of eight died and three other people were injured in a house fire. The lad was found inside the semi-detached property and pronounced dead at the scene. Three others leapt to safety from upstairs windows and were being treated in hospital. A neighbour said she went to help after being woken by her daughter who heard screaming. She said: "It was terrifying to see this happening. They are a lovely family." The cause of the fire in Bidston, Wirral, in the early hours of Sunday morning was accidental, investigators say.

Axe over race rant

A SCIENTIST who called her neighbour a "Spanish slag" in a drunken tirade has been struck off. Kelly Madden launched the rant against the young Portuguese after downing a bottle of cheap rosé, a disciplinary panel was told. The biomedical scientist was cautioned by police and suspended by the Health and Care Professions Tribunal Service. She said she had not realised it was a racist term and did it as a dare during a row in Norwich. But the panel said she had not changed her ways and struck her off to protect the public.

BLARNEY WE BEAR
Dubliners have the sexiest voices, just ahead of Londoners, but Brummies have the worst, a poll for Netflix has found.



By HOWELL DAVIES
TV chef Gordon Ramsay holds hands with wife Tana on a romantic date night. The couple who have been married for 28 years, shared a kiss, inset, as they left up-market sushi restaurant Nobu Malibu, in California. Gordon 57, and 49-year-old Tana, who split their time between LA and London, drove off in a Porsche, left.

MEG'S SIS IN COURT FIGHT



Stranged half-sisters . . . Samantha with Meghan

Sam appeal plea

THE Duchess of Sussex's half-sister has launched a legal fight as she tries again to sue her for defamation.

Samantha Markle, 59, is appealing against a court ruling rejecting her claim that Meghan portrayed her as a "lying, racist, fame-seeker". In court documents exclusively obtained by The Sun, she accuses Meghan of discrediting her by suggesting she did not know her growing up. She claims: "Meghan knew what she was doing, and how to do it. She destroyed Samantha publicly and on a global scale. "She has made it so Samantha cannot work, or even enjoy the most mundane of activities, like going to the grocery store without harassment." The case is over comments in the 2021 Oprah Winfrey interview and in TV series Harry & Meghan in December 2022. In March, Judge Charlene Edwards Honeywell ruled that Samantha was unable to provide evidence to prove defamation, dropping her £60,000 lawsuit. But her lawyers now argue the judge failed to take into account the implied defamation created by omitting facts. Samantha has filed her appeal two days before her sister's 43rd birthday.

By ALEX DIAZ
The documents, lodged at a court in Florida, say she was portrayed as someone "who is out to harm Meghan and to capitalise on that harm caused". And they say it was falsely implied that Samantha was part of a hate group of online trolls. They claim Meghan's suggestion she did not know Samantha growing up was intended to discredit a book Samantha had written about her. Samantha says it hurt her personal and professional reputation and caused her to "face relentless torment online". Her lawyers want an oral hearing but no date has been set yet. They said: "Oral argument is desired as the issues may require some clarification."



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

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bi



LILY COLLINS is used to playing a ditzy American in TV's *Emily In Paris* and now she's doing it again... in London's West End.

She has been cast in new play *Barcelona*, opposite Spanish actor **ALVARO MORTE**, who appeared in **SYDNEY SWEENEY**'s film *Immaculate*.

Much as she does in the Netflix show, Lily, right, will play a US tourist who ends up going home with a hot local.

However, far from the frivolous nature of *Emily In Paris*, the stakes are raised when things take a dark turn here, so she'll get the chance to test her acting chops.

Barcelona will run at London's Duke of York's Theatre from October 21 until January 11.



WILL: 'I WAS A MACHINE'

HE is two decades into a stellar career and preparing for a sell-out tour later this year.

But **WILL YOUNG** has spoken about the cost of fame, explaining his late brother Rupert tearfully confronted him about how he had become like a "machine" after years in showbiz.

Recalling the conversation with his twin, who died in 2020, Will, right, said: "I maybe became a bit too steely and I remember my late brother saying to me, 'You've become a bit cold' because I think I was so shut off to it."

"I remember it was so sad. I could well up about it because he was crying. He was like, 'I don't understand what has happened'."

"I think I was so focused in my head. I was like, 'You've got to get through these five years to have a career'."

"So all the crap, all that stuff I think that made me a little bit machine-like. I



wanted to be a famous singer from the age of four [and then] my first gig was at Wembley."

In a conversation with **RYLAN CLARK** for his *How To Be In The Spotlight* podcast, out today, ahead of the release of his ninth album *Light It Up* this Friday, Will added: "I don't know if I like the spotlight off the stage. On the stage I want it all. My ego's massive. Off stage I couldn't want it less."

MADGE'S LAD £4k FOR SONG

I TOLD last month how **MADONNA**'s son **DAVID BANDA** was charging £155 for virtual guitar lessons, *inset*, and now he's got an even more lucrative money making scheme on the go.

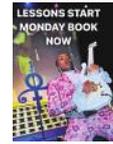
As the offspring of one of music's biggest sellers, who wrote songs including *Hung Up*, *Into The Groove* and *La Isla Bonita*, the teenager is offering the chance for anyone to meet him and write tracks – for a hefty price tag.

For one-off sessions online David is charging £3,900 (\$5,000).

Sharing a link on his Instagram account, he wrote: "Write a song [sic] with me in person, limited time only from 8-28 Sept!"

David followed that up with a message that said: "To write a song, excuse my writing."

With spelling like that, I'm not holding my breath for scoring a big hit from these sessions...



MASKED SINGER... Chappell on stage

One for the Chaps

Gary Mans decks



WE'VE seen footballers including **JACK GREALISH** and **DJIBRIL Cisse** have a spin on the decks.

Now **GARY NEVILLE** has joined their club after getting up on stage with **CHARLATANS** frontman **TIM BURGESS** for a set at *Kendal Calling* in Cumbria.

Insiders have told me the former *Man United* player drew one of the biggest crowds of the four-day event, which also saw **PAUL HEATON**, **THE STREETS** and **PAOLO NUTINI** perform.

A source said: "Gary was so nervous before he went on stage but it turns out he is a natural."

"He has amazing chemistry

with Tim. They're bound to play together again because it went down a storm."

Before the gig, Gary admitted: "I'm actually DJing with Tim at *Kendal Calling*. What the hell am I doing? I'm trying to wangle my way out of it, but I can't once I've said yes to something."

Gary previously went up on stage at a *Charlatans* gig in 2015, where he played guitar on their song *Just When You're Thinkin' Things Over*.

I look forward to seeing this pair again together soon.

This year *Kendal Calling*, next year... *Glasto*?

CHEMISTRY... Gary gives Tim a signed football shirt

I CAN reveal **LIL SILVA** and **SHY ONE** will headline the *Red Bull Selector at Notting Hill Carnival*. The new event will take place at *Emslie Horniman's Pleasance Park*, in West London, on Sunday August 25. Fans will be able to curate their own music selection on the day. I'm getting good pub jukebox vibes.

SAM BARES HIS SOUL

SAM FENDER is showing his vulnerable side on the first taste of his upcoming third album.

The *Seventeen Going Under* singer, *inset*, who hails from North Shields, Tyne and Wear, played an intimate show in Plymouth at the weekend and premiered his track *People Watching*, where he touched on feelings of loneliness.

He sings: "I people watch on the way back home, envious at the glimmer of hope."

"Give me a break from feeling alone, give me a moment out of the evil. I used to feel so invincible, I used to feel there was a world worth dreaming of."

"Back in the glassworks, screaming the song. Just the beauty of you would weld my aching heart."

Sounds like he needs to get himself signed up to *Tinder*.



ELLIE HENMAN'S

Chappelle

With
HOWELL DAVIES &
JACK HARDWICK



DISHING OUT THE HITS... wrestling-themed Chappell sings and, left, unmasked

TAYLOR SWIFT will be back here next week for the start of five sold-out shows at Wembley Stadium and as well as **PARAMORE** every night, **SOFIA ISELLA** will support her on August 15. **HOLLY HUMBERSTONE** will open for her on August 16. **SUKI WATERHOUSE** the following night, **MAISE PETERS** on August 19 and **RAYE** on August 20.

NOT THE DAVE I EXPECT AT A FEST

I'VE seen many odd sights at festivals, but **JEREMY CLARKSON** and former PM **DAVID CAMERON** in a dance tent isn't one of them.

But that is what revellers got at Wilderness Festival in the Cotswolds on Sunday night.

An onlooker told me: "Among the madness of the moshing revellers, Jeremy and David were



standing in the crowd. It was mayhem in there so they beat a retreat and went into another area where they sat down and talked. People who spotted them couldn't believe their eyes."



S CLUB's JON LEE clearly Don't Stop Movin' in the gym judging by his physique on stage.

The Never Had A Dream Come True singer wore this multi-coloured outfit, as did with his bandmates **RACHEL STEVENS, JO O'MEARA, BRADLEY MCINTOSH** and **TINA BARRETT**, during a performance at Brighton Pride on Sunday.

It's been 25 years since S Club burst on to the music scene, but Jon's looking better than ever.

All that reaching for the stars has done him wonders.

Jon is
hard to
b-lee-ve

BAT'S YER LOT, BRIDGET

Filming in Lakes halted by critters

FAMOUS people and bats don't mix. Whether it's causing delays building their mega-mansions, like with **GARY BARLOW**, boxer **TYSON FURY** and actress **ROSE LESLIE**, or being eaten alive by **OSZDY OSBOURNE**...there is always some kind of issue.

Now the poor old flittermouses are getting the brunt of it again, this time from the production team working on the new Bridget Jones film, *Mad About The Boy*. I'm told that when star **RENEE ZELLWEGER** and the team headed to film in Keswick, in the Lake District, there was a right to-do from local bat experts about the impact the production would have on the mammals' population.

A source said: "Filming ended up being paused by some bat experts who raised concerns about the local bat population and how they could be affected. Apparently they were worried about

whether the bats could be disturbed, which made for a right old headache.

"An agreement was reached but it has become a running joke on the set. In the middle of fields in the Lake District, no one expected any issues."

I revealed last month how some locals in trendy North London had been moaning about filming taking over their areas.

A posh part of Hampstead, home to the likes of **HARRY STYLES** and **RAMI MALEK**, saw residents up in arms after being sent letters about not disturbing filming.

At the time, a local got in touch and told me: "It's gone down like a lead balloon with some of the normal people who live and work there. It's like they're being held hostage by Bridget and it's driving everyone mad."

Luckily for Renee and her co-stars, including **CHIWETEL EJIOFOR**, locals and tourists in the Lakes were thrilled when she arrived – just not the bats.



DRIVEN BATTY... Renee filming the movie

CHAPPELL ROAN is putting up a fight when it comes to the charts, so it was apt that she wore a wrestling mask on stage.

If you haven't heard of her yet, she is an American singer-songwriter who is quickly becoming a global phenomenon – and her album is heading to the top spot on Friday.

She has become known for her striking stage outfits and this one at Lollapalooza festival in Chicago at the weekend was no different.

According to figures from Official Charts yesterday, her debut album *Rise And Fall Of A Midwest Princess* is set to go to No1 this week, nearly a year after it came out, when it didn't even crack the Top 100.

And her latest single, *Good Luck, Babel* was at No2 last week and is expected to stay there.

She wrote on Instagram: "I was crying as I walked on stage at Lollapalooza because of the overwhelming support. Thank you thank you thank you. I will remember this for ever."

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THEY'VE GOT WHAT IT TAKES



Controversy... banner

Red flag for boss's anti-woke message

By ALEX WEST

A TYCOON flying a woke-free zone flag at his HQ has landed in trouble with planners. Net World Sports boss Alex Loven, 36, says his banner is a stand against a "cloak of wokeness" taking over society.

But it flies on one of three poles put up without consent in Wrexham.

Mr Loven, said to be worth £200million, wants backdated approval.

He wants to fly five flags with slogans including Forza, Utopia City and Woke-Free Zone.

He has previously challenged wokeness for halting development, saying: "We should be building young people up, not pulling them down."

A decision on the flags is due later but one resident has called them a display of "complete and utter discrimination".

Liar wife's £80k con

A BRIDE fiddled more than £80,000 in benefits by keeping her husband secret and pretending to be a single parent.

Charlene Brindley, 41, lied to get extra support for five years.

She was caught in 2019 when a suspicious benefits official found her wedding photos online.

Since then, Brindley, of Wrexham, has been repaying £70 a month. At Mold crown court, she admitted fraud and failing to notify a change of circumstance.

Brindley was handed a 12-month suspended jail term and ordered to do 80 hours of unpaid work.

1 in 3 cry at work

MORE than a third of people cry at work, a poll has revealed.

Stress was found to be the second biggest cause of tears in the office – eclipsed only by the death of a loved one.

Twice as many women as men admitted crying at work in the past year. Gen Z are most likely to turn on the water-works, followed by Millennials and Gen X.

But only seven per cent of Boomers and the self-employed said they cried, according to the poll for Vision Express.

Expert Sonal Thakrar said: "Crying can provide relief and release pain."

POT PLANT BED

Police raided a former bed factory and caught a gang growing £2.4million of cannabis in Gomersal, West Yorks.

AMBER RUTTER

WOMEN'S SKEET SHOOTING



Olympiimums

CRECHE, WHATSAPPS & NAPPIES DRIVING TEAM GB'S 9 SUPERWOMEN

A CRECHE in the Olympic Village, special breastfeeding sports bras and a WhatsApp support group are helping Team GB's mums go for gold.

A record nine mothers are competing in Paris for Great Britain – with many saying they have come back stronger after having children.

Much is down to an overhaul of support given to sportswomen who get pregnant to try to ensure being a mum and an elite athlete is achievable.

For the first time, there is a dedicated nursery in the Olympic Village, providing free nappies, books, a soft play area, cots, a breastfeeding area and a ball pit.

Shooter Amber Rutter, who gave birth to son Tommy three months ago, is using the facility. The 26-year-old won silver in the skeet shooting – before husband James surprised her with Tommy in the crowd.

She went back to training just six weeks after giving birth and said of the decision: "I'm so glad I managed to balance my life and my training. I wish I could say it was easy, but it was really hard."

For track cyclist Katy Marchant, 31 – who won gold last night – the decision to return after giving birth to son Arthur in June 2022 was tough. Speaking to The Sun before heading to Paris, she said: "It has taken me a good 12

EXCLUSIVE
by JULIA ATHERLEY, in Paris

months to work out what the right balance between being a mum and not being guilty away with racing.

"You hear it's good for mothers to do things themselves. Going away and riding a bike is for myself, but it is also my job."

UK Sport published its Pregnancy Policy in 2021, which gave guidance to athletes and sport governing bodies on how to support sporting mums.

It gives advice on setting individual training schedules, supplements which can aid recovery, how to start again after giving birth and even tips on who to call to get a special nursing sports bra.

When a British athlete gets pregnant, they are added to a special WhatsApp group only for fellow mums.

Mathilda Hodgkins-Byrne, 29, became the first Team GB mum to win a rowing medal last week.

She said having son Freddie, three, in the crowd helped her stop feeling overwhelmed.

Rower Helen Glover, 38, said knowing her children were "enjoying every minute watching their mum" also helped her bag a silver medal.

She told The Sun: "That you can come back and excel, not despite having children, because you have children, is a message to society to say there is space. There should be openness, there should be encouragement for women to come back and do whatever they want to do."



HELEN GLOVER
WOMEN'S COXLESS FOUR



KATY MARCHANT
WOMEN'S TEAM SPRINT

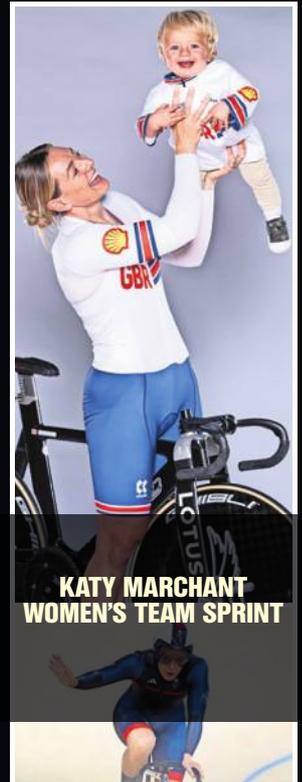


MATHILDA HODGKINS-BYRNE
WOMEN'S DOUBLE SKULLS



TEAM GB'S 9 MUMS

-  **Elinor Barker**
Track Cycling
-  **Ros Canter**
Equestrian
-  **Lizzie Deignan**
Track Cycling
-  **Helen Glover**
Rowing
-  **Mathilda Hodgkins-Byrne**
Rowing
-  **Katy Marchant**
Track Cycling
-  **Amber Rutter**
Shooting
- **Charley Davison**
Boxing
- **Bianca Williams**
Athletics



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DEAL OF DAY



TREAT your little one in the Baby Born toy sale. This deluxe buggy with LED wheels was £34.99, now £16.99.

SAVE: £18

CHEAP TREAT



COOL down with some homemade ice lollies. This funky seaside mould was £3, now £1.50 at B&M.

SAVE: £1.50

What's new?

ADD to your wardrobe now as the M&S summer sale has started - with up to 50 per cent off adults' and kids' clothing, homeware and more. There are great savings on tailoring. This M&S suit jacket was £110, but is now £57.



Roll back lunch costs



HOW TO BEAT GREGGS' PRICE RISES

YOU'VE got to roll with the price hikes...

Greggs Chief Executive Roisin Currie recently revealed that the much-loved Greggs sausage roll has gone up from £1.20 to £1.25 - a sneaky little hike of 5p.

Despite bumper profits, the chain says the increase is to cover higher wages for staff.

But if you really want to save on your favourite bakery treats, we've got the answers.

BAKE YOUR OWN: Here's how you make Greggs-style sausage rolls at home...

Get the Chef Select ready-roll puff pastry, £1.15, a pack of Birchwood sausages, £1.59, both from Lidl, and an egg to make

yourself six sausage rolls at a cost of around 45p each. If you've got an egg spare, you can use that to give your pastry that glossy bakery look.

Squeeze out your sausage meat into a bowl and season with salt and pepper. Unroll your pastry and cut into six equal rectangles. Add spoonfuls of your sausage meat along the longest side of each rectangle, use beaten egg to dab the pastry with, then fold to make your sausage roll parcel and seal the edge.

Brush the top with the remaining beaten egg and pop into a hot oven for 20 minutes or until golden brown.

FREEZER DOES IT: Or you can find Greggs products in the freezer aisles.

Iceland sells all the Greggs favourites including packs of heat-at-home steak bakes, sausage and bean melts as well as sausage rolls. Currently, a four-pack

of sausage rolls is a bargain £3, or stock up and get five packs for £12, saving £3.

PRIME CUTS: Cut costs further at Asda. A frozen four-pack of pork sausage rolls is £1.19, or a two-pack of steak bakes is £1.45. For a little less, Aldi sells a two-pack of Crestwood sausage, bean and cheese bakes for just £1.39.

BIG BREAKFAST: At Greggs, the breakfast deal offers a brekkie roll and hot drink for £2.85 until 11am. And McDonald's has a summer breakfast bundle, where a single sausage and egg or bacon and egg McMuffin plus hot or cold drink is just £2.79.

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

TOP SWAP



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TACKLE skin shine by using Maybelline Fit Me Matte & Poreless powder, £7.99, Superdrug, or try the best-selling Make Up Gallery Smoothly Does It Pressed Powder, £1 at Poundland.

SAVE: £6.99



£1

Little helper

STOCK up on healthcare essentials in the Holland & Barrett wellness sale. There are buy-one-get-one-free deals on Starpowa Lion's Mane 50mg 60 capsules, £39.99, or treat your tummy with the H&B Gut Powered 100 Billion 30 capsules, £37.99.



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UNLEASH your child's inner artist - a 12-pack of Crayola colouring pencils was £2.99, now £1.99 at Home Bargains. SAVE: £1



HOT RIGHT NOW

STRUGGLING to fill the school hols? There are still free spaces at over 73 football day camps nationwide for five to 15-year-olds. Buy a promo pack of Kellogg's cereal for a code and sign up at kelloggscf.com.

AMAZON CRIME

Police, fire and ambulance in raid on rogue Alexa

FIREFIGHTERS broke into a mum's house to turn off her rogue Alexa after it blasted music at full volume all night.

The din led to a police complaint from a neighbour of Emma Nettleingham, 33. Officers sped to the flat at 6am but got no response from

EXCLUSIVE by **THOMAS GODFREY** and **SAM CREED**

the mum of two so called paramedics and rescue workers. Fire crews got in via an open upstairs window and discovered the guilty Amazon smartspeaker, which was playing Heart Radio. Business owner Emma and her children were at her mum's 18 miles away from the drama in Ramsgate, Kent. Emma said: "My

poor neighbours had to deal with all this while I was tucked up asleep - with no idea what was going on. When I returned I just thought everyone in the street would hate me. "I have two kids so normally I am the one complaining about noise on the street. "I found a text saying 'Sorry to be a party pooper, but could you turn off the music?'. "Somehow it had managed to

turn itself on the highest volume all night long. "It was all a drama, and quite funny but it's good to know the emergency services would go that far to save me. "I left the Alexa off for a few days just from the trauma of what happened. Every time I go out now, I leave it turned off. "And it's never on when I sleep in case it happens again." **Loud speaker . . . Emma and Alexa**



Nature is, er, calling

BIRD noises are being played in a railway station loo to create a relaxing environment - but some say it is off-putting. The birdsong was added to London's Liverpool Street Station - also to stop people sleeping there. Network Rail said: "We installed nature sounds to provide a calming and positive environment." But one user said: "I'm not sure how calming I would find the squawking while using the gents."

ICE HORROR

One person died and four were injured when an ice block collapsed on mountaineers on Mont Blanc, in the French Alps.



SPOT ON, BLAKE!



Grave . . . of Cilla Black

Keep off Cilla plot warning

By **SARAH RIDLEY**

THE owners of the grave next to telly star Cilla Black's have had to put up a sign asking people to stop walking on their loved one's plot.

Several fans have put pics online of themselves at Cilla's resting place.

But the family of the late Charles Heney have had to ask people not to wander across his neighbouring grave in Liverpool's Allerton Cemetery.

A sign next to the grave of Mr Heney, who died in 1971, reads: "Polite notice. Please could you NOT stand on our family grave. Thank you."

Liverpudlian singer Cilla had a string of hits before enjoying a stellar TV career, with ratings winners such as *Blind Date* between 1985 and 2003 and *Surprise Surprise* from 1984 to 2001.

She died aged 72 from a stroke following a fall at her Spanish holiday home in 2015.

£60k for iPhone

AN unopened first generation iPhone dubbed the "holy grail" is tipped to sell for at least £60,000.

The 4GB handset cost £400 in June 2007.

It was discontinued after two months due to lacklustre sales, as shoppers preferred the 8GB option at £50 more.

A similar 4GB model fetched a record £145,000 last year. The unnamed owner is selling it via RR Auction, of Boston, US, on August 22.

The auction house said: "This is just the third we have seen. It is the holy grail of Apple products."

TRAGIC BLACK MAGIC

A dad of two, 65, collapsed and died as he decapitated hens for a black magic ritual on a Costa Brava beach.

By **HOWELL DAVIES**

ACTRESS Blake Lively sends fans dotty - as she poses in a speckled halter-neck. The American 36-year-old wore the dress with a multi-coloured floral coat while out in New York on Sunday.

She is busy promoting romantic drama *It Ends With Us*, which hits cinemas on Friday. It goes head-to-head with *Deadpool & Wolverine*, starring her husband Ryan Reynolds.



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Crash victim... Arthur

Cop trial on patrol car death dropped

By **MIKE SULLIVAN**

A POLICE officer accused of killing a pedestrian with his patrol car was cleared yesterday. PC Christopher Corker, 40, had been accused over the death of Arthur Holscher-Ermert. But the case was abandoned when prosecutors offered no evidence, saying there was no realistic prospect of a conviction. Judge Richard Marks told Mr Holscher-Ermert's family at the Old Bailey: "It appears to have been a tragic accident." The family later said in a statement: "Our fight for the truth and accountability goes on." It had been alleged that the officer changed lanes in a "misguided and dangerous attempt to stop the deceased from running away". But two expert reports said the 27-year-old victim changed direction, running in front of the car, in Peacehaven, East Sussex, in April 2022.



Collection... Ronni

700 toys in Disney superfan £10k haul

By **SAM CREED**

A DISNEY superfan has spent £10,000 on merchandise – including 700 cuddly toys. Ronni Carter got her first toy – an Eeyore plushie – aged one, and started collecting more from the age of ten. Now 19, she has about 700 plushies, 30 vinyls, 30 mouse ears, 50 pin badges and more. Ronni, of Greenwich, South East London, said: "I love to display them all in my bedroom. I've no idea what will happen when I run out of space. "There are plenty more on my wish list, too." Content creator Ronni watches a Disney film a day, saying it helps with her autism and anxiety. She has seen her favourite The Princess and the Frog at least 300 times and dreams of visiting Disney California. She added: "I don't think I'll ever get bored of Disney. I just love it."

GRAHAM THORPE, REBEL AND OUTS



By **GRACE MACASKILL**

HE fearlessly faced some of the world's best bowlers – yet England cricket legend Graham Thorpe's biggest challenges came off the field.

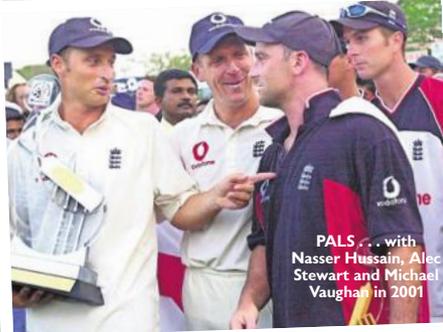
Tributes flooded in for the 55-year-old, who played for his country in 100 Test matches and 82 One Day Internationals between 1993 and 2005, after his death was announced yesterday. His outstanding talent saw him score 6,744 runs, while his cheeky personality, which sometimes got him into trouble, made him a favourite with fans. Larger-than-life Graham shone on the field for England and Surrey but away from cricket he fought a well-documented battle with depression, drink and struggled with a divorce. After he and his first wife Nicky both faced allegations of being unfaithful they split and he turned to alcohol to numb his pain. He movingly wrote in his 2005 autobiography, *Rising From The Ashes*: "There came a time when I would have given back all my Test runs and Test caps just to be happy again." But he managed to turn his life around thanks to the support of second wife Amanda. Graham's death comes two years after he fell sick and landed in hospital with a "serious" undisclosed illness. At the time, England test skipper Ben Stokes honoured Graham, wearing his Test cap number 564, on the back of his shirt.

'Finest-ever batters'

Yesterday he shared the image on social media along with five heart emojis. Ex-England captain Michael Vaughan described Graham as a great player and brilliant team-mate on X, adding: "You have gone far too young but you leave as an England cricket legend." While another of his former team-mates, Derek Pringle, said the batsman was a "fabulous cricketer" despite his troubles, writing: "Graham Thorpe had his demons but this is just such a sad day... RIP Thorpe, a fabulous cricketer and team-mate." It was the England and Wales Cricket Board that announced his death. It hailed him as "one of England's finest-ever batters", adding: "His skill was unquestioned, and his abilities and achievements across a 13-year international career brought so much happiness to his team-mates and England and Surrey CCC supporters alike. "Later, as a coach, he guided the best England men's talent to some incredible victories across all forms of the game. The cricket world is mourning today." The youngest of three boys, he ran in Graham's family. His father Geoff, a draughtsman and engineering surveyor, was chairman of Farnham cricket club in Surrey, while his mother, Toni, was the scorer. Graham first played men's cricket for village team Wrecclesham aged 13, before playing at Farnham aged 15 alongside his brothers Ian and Alan in the Surrey championship. Graham was naturally right-handed as a young boy but switched to batting left handed to make it harder for his brothers to get him out when the three lads played among themselves. He was also a promising footballer and had a trial at Brentford but chose cricket when he was offered a two-year contract by Surrey in 1988. As a young player he developed a sometimes awkward streak and if



CHEERS... celebrating his 1993 Test debut century with Graham Gooch



PALS... with Nasser Hussain, Alec Stewart and Michael Vaughan in 2001

TRIBUTE... Ben Stokes posted picture of himself wearing a shirt with Graham's name and number



8:40 AM · Aug 5, 2024 · 295.9K Views



PRIDE... as an England coach in 2020

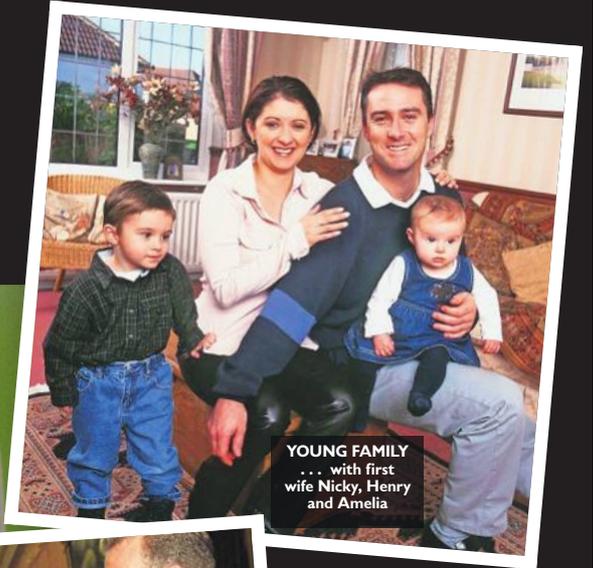
R.I.P. Thorpe cricketer an

He scored a... off devast... Ni... mar... two... Kier... the... Gr... time... save... fail... Th... depr... He... affair... anot... me... fell... foun... "W... suici... While Nicky forgave him, she later

WHERE IT BEGAN... portrait in 1993



STANDING ENGLAND BATSMAN, DIES AT 55



YOUNG FAMILY
... with first wife Nicky, Henry and Amelia



ROYAL RECEPTION
... Graham and Alec Stewart meet Queen Elizabeth at Buckingham Palace, 1999



HONOUR ... receiving his MBE in 2007 with second wife Amanda, Emma and Kitty

...a fabulous and team-mate

...ted to ha... didn't wa...
... during their time together...
...y kicked him out of their...
...tal home in 2001, taking their...
... young children, and moved on...
... Tim Henman's fitness trainer...
... on Vorster, who used to live near...
... couple.
...raham was on tour in India at the...
... and rushed back to England to...
... his marriage but his attempts...
... d.
...e split plunged Graham into...
... session.
...e later wrote: "It wasn't just an...
...r. What she did was to bring...
...her man into my house and stop...
... from seeing our children. My life...
... from under me. I had no...
...adations - nothing.
...Was I depressed? Oh, yes. Was I...
...idal? No, but I think I was pretty

... didn't wa...
... didn't want to...
... to anyone, I couldn't see any hope...
... I'd just stay at home and have...
... another beer.
... "I was living alone in our family...
... home behind these permanently...
... drawn curtains. I remember waking...
... up one morning and seeing this mess...
... in our front room, an empty bottle...
... of Scotch, dirty plates, a mountain...
... of fags.
... "My wife had left me, she'd taken...
... Henry and Amelia and I was...
... desperate.
... "I walked to the fridge and saw this...
... beer. It was 10 o'clock in the morning...
... but I thought 'What the hell. I've got...
... nothing else'.
... "It wasn't a daily thing but...
... sometimes I'd fall asleep on the...
... couch at three o'clock in the

... or four...
... Graham's second wife Amanda, who...
... he married in 2007 after they had...
... daughter Emma two years earlier...
... gave him the stability he so longed...
... for. He was also step-father to Kitty...
... Amanda's daughter from a previous...
... relationship.
... Graham credits Amanda with...
... persuading him to return to cricket...
... and he enjoyed a renaissance in 2003...
... when he scored 124 on his England...
... return in a thrilling win over South...
... Africa at The Oval.
... He was in the best shape of his life...
... but, after a back operation in 1998...
... Graham was reliant on painkillers...
... to play.
... He announced his international...
... retirement, aged 36, in May 2005.
... The following year he was made an

... MBE and he worked as an analyst for...
... the BBC and Sky Sports and as an...
... assistant coach for New South Wales...
... in Sydney.
... In 2010 he took a coaching role...
... with England, but he was sacked as...
... batting coach after the team lost the...
... Ashes following a dismal perform-...
... ance.
... His tenure was marred when he...
... was caught smoking a cigar in his...
... hotel room during a post match...
... drinking session in Australia, which...
... led to police being called at 6am.
... Shaun Udal, who played alongside...
... Graham for England, last night...
... described him as a "tenacious...
... talented and determined cricketer".
... He said: "As a player, he was...
... undoubtedly one of the best we have...
... produced, against all oppositions, in...
... all circumstances and in all

... conditions. And ex-England captain...
... David Gower told Sky Sports: "One of...
... his highlights, and not the many...
... hundreds he scored, was the 64 not...
... out at Karachi in 2000 where...
... England won a series for the first...
... time in yonks against Pakistan, in...
... Pakistan, and they had to do it in...
... pitch black darkness.
... "We up in the commentary box, 80...
... or 90 metres away, couldn't see...
... anything live.
... "Only the genius of TV cameras...
... allowed us to see what was going on...
... but that was a good example of his...
... grit, determination and will to win."
... As the world of cricket mourns one...
... of England's greatest, even the most...
... fitting tributes fail to capture the...
... torment and talent of a man who will...
... go down in history as a true legend.
... See Sun Sport, Page 44



Edited by
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By CLARE O'REILLY

WITH 30 bones from your shoulder to your fingers, our arms - from the Latin arma, meaning tools of war - are not just incredibly useful but an indicator of how healthy you are.

One recent study found people with high levels of body fat stored in their arms are at greater risk of Alzheimer's and Parkinson's disease.

Researchers in China also noted people with higher muscle strength were less likely to develop the diseases compared to those with lower muscle strength.

Dr Helen Wall, senior GP partner from the NHS Oaks Family Practice in Bolton, tells Sun Health: "Arms can tell us an awful lot about general health.

"There are certain issues patients can present with, in their arms, that may seem unrelated to conditions like cancer or dementia but they can be real red flags to medical professionals. Even things like ectopic pregnancies can manifest with signs and symptoms in the arms and shoulders."

If you have ever had an ache, a pain or a twinge, your arms could be giving you messages about your health.

Dr Helen reveals what is harmless, what is not and when to seek help...

SLIPPED DISC

FEELING a tingling sensation running down your arms is probably a bout of pins and needles. But, in some rarer cases, it could be a sign of an agonising back problem.

Dr Helen says: "Discs are the soft bulges in between the bones in the spine. They contain the spinal column and when they're not happy, the nerves in the spinal column send messages letting the brain know that.

"In the case of a slipped disc or disc issues in the neck, the arms can tingle, grip strength can be affected and even things like picking up a mug can become a real problem."

When to get help: Dr Helen says: "If you find your arms tingling or if there's a difference in one or both and what they can do in terms of strength, contact your GP and they should get you in for an appointment to investigate."

SHINGLES

WHILE lots of people think you can catch shingles, it is actually a reactivation of the chicken pox virus, Dr Helen explains.

"While a rash is common, someone with shingles can also experience tingling in their arms before the rash. In fact you can get tingling in any part of the body," she says.

"Shingles can cause nerve pain so sometimes people can present arm pain and tingling so severe it even hurts to have any fabric next to the affected area."

When to get help: Dr Helen says: "If you develop arm pain and a rash at the same time, it's worth getting it looked at. Pharmacists can help with shingles so if you think you may have it, go and see them and they can provide the same treatments a GP can."

FIBROMYALGIA

LADY Gaga has spoken out about living in pain as a result of fibromyalgia and Kirsty Young's experience with the condition forced her to hang up her headphones as host of the BBC's Desert Island Discs.

The condition is characterised by musculo-skeletal pain in the whole body, but pain is often specifically felt through the chest and arms, Dr Helen explains.

She says: "People with the condition often report feeling like their arms are swollen even though there's no visible inflammation or swelling. It can feel like an aching, burning or throbbing, even a stabbing pain."

When to get help: Dr Helen says: "If you experience anything like tingling or pain in your arms accompanied by difficulty sleeping and excessive fatigue, speak with your doctor, who may arrange further testing."

PANCOAST TUMOUR

IT'S not the first place you would expect to notice symptoms of a lung tumour, but pain in your arm could be a warning sign of something sinister.

Dr Helen says: "Pancoast tumours are ones that occur in the top section or the top semi-circle part of the lungs.

"They're often diagnosed late as they don't have many common symptoms but they

As study shows those with bingo wings could be at higher risk of dementia and Parkinson's, we reveal...

What your arms are trying to tell you



BODY LANGUAGE
... symptoms felt in your arms can indicate neurological conditions



present with pain in the shoulders and arms which is often persistent but gets worse at night. They can also present with one-sided arm weakness."

When to get help: Dr Helen says: "If you have arm pain like this accompanied by a shortness of breath, weight loss, coughing or coughing up blood, make an appointment with your GP who will get you in for screening and probably a chest X-ray. "Pancoast tumours can present without any symptoms other than chest pain though."

LEWY BODY DEMENTIA

IT'S the third most common type of dementia, and along with memory problems Lewy Body dementia can also cause symptoms in your limbs. Dr Helen says: "LBD affects the dopamine-producing area of the brain which is responsible for excitement, so people with it can experience hallucinations as well as changes in the arm movements." The NHS

also lists slow movement, stiff limbs and tremors as signs of the condition.

When to get help: Dr Helen says: "Any arm changes that involve tremor or stiffness or slowing of movements and include hallucinations need investigating immediately, whether they're occurring in one or both arms. Other symptoms include a shuffling walk and a loss of coordination."

PARKINSON'S

MOST people are familiar with tremors as a symptom of Parkinson's disease, but the neurological condition can also affect your arms in other ways.

Dr Helen warns: "If your arms are moving like they're on a cog rather than a fluid motion, that could be a symptom of Parkinson's. It can affect one arm or both to the same degree but there's a rigidity in the arms and sometimes a tremor too.

"Lots of people first see a symptom when

they can't hold a pen or a mug as they normally would."

When to get help: Dr Helen advises: "Any changes in grip strength warrant investigation. There isn't a Parkinson's test but your doctor will look at your medical history and symptoms and refer you to a neurologist if necessary."

HEART ATTACK

THERE is a common misconception that people suffering a heart attack will collapse clutching their chest, like you see in the movies.

Dr Helen says: "I've had patients in clinic tell me they can't be having a heart attack as they went to work but they definitely can. Pressure or discomfort in the left arm can be a symptom of a heart attack but it can also affect both arms."

When to get help: Dr Helen says: "If the onset of the pain is sudden, get to a doctor

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Ask Dr Zoe



Your health questions answered
See page 30



Sensations in your arm can indicate...

SLIPPED DISC

APPENDICITIS

SHINGLES

CARPAL TUNNEL SYNDROME

TENNIS ELBOW

HEART ATTACK

LEWY BODY DEMENTIA



FIBROMYALGIA
- as suffered by
Lady Gaga

or your A&E or call 111. They'll be able to talk you through what you should do next. Shortness of breath, weakness and fatigue are also symptoms, don't delay getting help."

APPENDICITIS

FEW people would think there's a link between the arms and your appendix. But Dr Helen explains: "Appendicitis can present with pain and aching in the arm or shoulder tip alongside pain in the lower abdomen, specifically over the right side."

When to get help: Dr Helen says: "If you have nausea, loss of appetite and pain that worsens when walking or coughing, call your GP surgery or 111. Arm pain in appendicitis is often secondary but shouldn't be ignored as a symptom."

TENNIS ELBOW

THE condition causes a swelling or tearing of the tendons that help your wrist bend

away from your palm. "We often see it in people with a repetitive job like typists or butchers," Dr Helen says. "It happens when people make the same manoeuvre constantly and it is felt mostly on the outer elbow."

"The pain should ease in two to four weeks but unfortunately a lot of people who present with this condition can't take that time off their job."

When to get help: Dr Helen says: "If it's a hobby that's caused it, rest your arm for a couple of weeks. If the pain is still there see your pharmacist for anti-inflammatory medications. If you can't stop the motion that's causing it, go and see your doctor as they can sign you off work if needed as really the only thing that stops tennis elbow is ceasing the movement that caused it."

ECTOPIC PREGNANCY

DR Helen says: "No one knows why ectopic pregnancies may present with shoulder pain

but shoulder pain accompanied by abdominal pain can be a symptom of something happening in the abdominal cavity. It's called referred pain by doctors - in that it's not at the site of the issue itself."

When to get help: Dr Helen says: "A woman presenting with shoulder pain and no injury or impact to it would always make me want to do a pregnancy test first, for an ectopic pregnancy. But similarly, a man or woman with the same symptoms could mean

sepsis or a bowel perforation, including stomach ulcers."

CARPAL TUNNEL SYNDROME

DR Helen says: "This occurs when the median nerve in the wrist is compressed by a multitude of conditions, including pregnancy, fracture or dislocation, menopause, thyroid issues and diabetes."

"Symptoms include pain or aching fingers, hands or arms, numbness in hands or arms, tingling and pins and needles."

When to get help: Dr Helen says: "If your symptoms are mild, speak to your GP, spelling everything out with as much detail and medical history as possible. It's worth making an appointment with your practice nurse who can do an examination and go from there."

Sunhealth+

THE NHS has warned blood stocks are critically low – with donors needed now more than ever.

Recent cyber attacks have made the situation worse, with an Amber Alert issued at some NHS hospitals, restricting O negative and O positive blood types.

If you are an O-type donor, call 0300 123 23 23 to make an appointment or visit orlo.uk/bPTIE.

Don't be put off if you don't know your blood type – you are still wanted! Sign up on the NHSBT website, nhsbt.nhs.uk, to get started.

You can donate during your lunch break and just an hour of

your time can save up to three lives.

There are just under 800,000 regular blood donors, 108,000 of whom are O negative and the NHS is now asking people to donate more regularly.

Hospitals will continue to carry out emergency surgery, cancer surgery, transplant surgery and blood transfusions for those who need blood.

But they will need to prioritise patients and you never know when a loved one will need help.

Here's a selection of what readers have asked me this week...



Expert advice from **Dr Zoe Williams**, our very own resident specialist and practising NHS GP

Got a question for Dr Zoe?
Email her at health@thesun.co.uk

Q I AM 79-year-old male and 52 years ago I had a vasectomy. In the past six weeks I have had pain in my testicles and lower abdomen and I am urinating ten times a day. After seeing my GP, he sent me for a scan, which showed two cysts where the tubes had been tied. Although he said there was nothing to worry about, the pain is worse. Could it be more serious?

A Thanks for writing in with this problem. I can see why you have connected your symptoms right now with the vasectomy 52 years ago, but if that is really the cause, my question would be "why has this pain started now?"

And I cannot find a sensible answer to that question. But, of course, I am not a urologist.

The cysts are likely to have been there since shortly after the procedure and probably started out as sperm granulomas – small masses created by the body's inflammatory reaction to the sperm that get trapped after a vasectomy. They occur in up to 40 per cent of cases and do not pose any risk to health.

I think you should go back to your GP to explore some of the other potential reasons for testicular pain with lower abdominal pain and polyuria (peeing



more often than normal). These include urinary tract infections, which a urine dipstick test and laboratory sample can check for, and possibly a blood test for your kidneys and prostate.

Your GP should examine you for hernias, ask about constipation and consider an examination of your prostate if you are experiencing other prostatic symptoms.

These include a weak stream, feeling as though you cannot empty your bladder or dribbling after you've finished having a wee.

These symptoms should not be ignored but rather explored and then investigated to find out exactly what's going on.

GPs will often perform investigations to rule out the most serious diagnosis first – in this case perhaps the ultrasound scan was to rule out testicular cancer or torsion (which are both rare in older men).

If the test is normal, that is reassuring, but go back to your GP for the next line of investigation if your symptoms persist.

WHY AM I SO BLOATED?

Q I AM suffering from a bloated feeling after nearly every meal. I don't smoke and only have a beer on occasion.

I have had a camera investigate both ends but so far nothing untoward has been found. I am trying to cut out high FODMAP foods, which can cause digestive issues. Can you please help?

A Sometimes people with irritable bowel syndrome (IBS) are temporarily put on low FODMAP diets, under the supervision of a dietician.

The clunky acronym stands for fermentable, oligosaccharides, disaccharides, monosaccharides and polyols.

In plain English, they are a group of carbohydrates that can contribute to IBS symptoms.

This diet requires extensive exclusions of many, sometimes most of the foods that people typically eat, so they are not easy to get on with unless supported by an appropriate healthcare professional.

Just to give an idea, the list of foods to avoid includes cereal grains like wheat, rye and barley, such as bread, pasta, noodles and many breakfast cereals.

Also savoury and sweet biscuits, cakes, pastry, breadcrumbs and batter, with the exception of wheat-free/gluten-free variations. There's also a long list of fruits and vegetables to be avoided, and beans, pulses and types of sugar.

It might feel like that exhaustive list

doesn't leave much but rice, oats, potatoes, corn and quinoa are fine, as are porridge oats, oat cereals, rice crackers, oat cakes, plain or salted popcorn, plain crisps, and also some flourless cakes.

And most major protein sources, including meat, poultry, fish eggs, tofu, tempeh and soya products do not contain FODMAPs.

Four to six weeks is usually long enough to see if there's been a significant improvement.

The crucial thing about a FODMAP diet is the reintroduction phase, which comes next. Dieticians usually do this in a gradual way to help determine which carbohydrates tend to be problematic.

Whilst ideally the FODMAP diet would be guided by a healthcare professional such as a nutritionist, I know that these are not always available on the NHS.

I would chat with your GP about your intentions and see if they can steer you. The key thing then will be planning and making sure you reintroduce foods properly.

All the answers to help you sort those niggling health worries

ASK Dr ZOE

Sense of taste and smell have gone

Q OVER the last four years, I have gradually lost my sense of taste and smell. I haven't seen a doctor about it, but I put it down to having type 1 diabetes for 34 years.

On top of that I have a continuous salty tongue due to a dry mouth, which started in January.

I have tried various products for this but they're all ineffective. Day-to-day living is a struggle.

I feel bad because there are worse things people have to live with but not being able to enjoy food is having a massive effect on me. Do you have any advice? I am 56 and I take insulin,

lisinopril for blood pressure, atorvastatin for cholesterol and HRT to stop symptoms of hot flushes.

A Smell and taste disorders affect around five in 100 people so they are not particularly common.

First off, you mention you have not seen your doctor about it, so I would advise you to make an appointment.

Your GP will likely ask if you have any nasal symptoms that have affected one nostril only, whether you have had any bleeding or discharge from your nose or any crusting or scabbing in the cavity.

They should ask if you feel like you can constantly smell something that is

unpleasant or if there's any swelling or accompanying visual issues, or if you find you are getting severe headaches at the front of your head too. All of these are flagged as red-flag symptoms that require further questioning or investigations.

Your issues could be related to your type 1 diabetes as this can have an effect on both taste and smell and sometimes the medications used to treat it can too.

However, your loss of taste and smell could be something entirely unrelated so it's vital you speak to your doctor. You should expect a thorough examination and, if necessary, you should be referred on to an ear, nose and throat specialist.



NEXT time you have a pizza, burger or lasagne for dinner, why not try swapping the sides like garlic bread and chips for a big salad?

Not only is it prime time for salads now with the hot weather, it's an easy, simple swap to help you increase your daily vegetable intake.



LIQUID DIET SEES SUCCESS IN HELPING DIABETES

THE NHS's "soups and shakes" slimming diet reverses type 2 diabetes in a third of patients, breakthrough data shows.

The hardcore liquid lifestyle causes rapid weight loss and patients who completed it lost a stone-and-a-half, on average.

One in three – 32 per cent – lost even more weight and went into remission from type 2 diabetes.

Cases of the illness are on the rise, with around five million Brits diagnosed, and health chiefs want more put on the pioneering diets. Most patients

By **SAM BLANCHARD**

develop diabetes by becoming too fat and it puts them at extra risk of strokes, heart diseases, cancer and dementia.

It can be hard to control and most patients take long-term medication and never reverse the condition.

NHS obesity director Dr Clare Hambling said: "It's brilliant that these findings show a large number of those who completed the diet have seen life-changing benefits.

"Obesity is one of the biggest

threats to health in the UK. Seeing such encouraging outcomes from our programme shows that it can be tackled head-on."

The radical soups and shakes diet strips out solid food and limits people to 900 calories for the first three months, to get weight under control, before reintroducing healthy eating.

It has been offered to 25,000 people so far and the new study, published in The Lancet Diabetes & Endocrinology health journal, tracked the health of 7,540 people between

2020 and 2022. Dr Elizabeth Robertson, of the charity Diabetes UK, said: "These latest findings add to the real-world evidence that the NHS England programme can help thousands of people.

"We hope to see even more people benefitting in years to come and an increase in referrals."

Patients are eligible for the diet if they are aged 18 to 65, have been diagnosed with type 2 diabetes in the last six years, and are overweight with a body mass index over 27.



SHAKE-UP... The 900 calories per day diet strips out solid food



dear deidre

Edited by **SALLY LAND**

No matter what the issue, I answer every single problem

Team: JANE ALLTON, HILARY FREEMAN, KALLY LEWIS, CATHERINE THOMAS, CHLOE STRATTON

LOST OUR BABY AND PARTNER LEFT ME

Dear Deidre

MY partner left me and went back to his home country when I miscarried our child. We met in a cafe. He gave me his number and arranged for me to call at his house the following night.

His housemate let me in but he didn't show up until really late. He had been drinking and was cross that I was there so I left.

The next week he texted to ask me out and things were better. We had sex and he asked me to move in.

We were so happy and after a few months talked about trying for a baby. I got pregnant quickly, and at first he was thrilled, but then he started talking to other women.

I miscarried and was devastated but instead of supporting me, he went back to Nigeria. He didn't care about me or the pregnancy.

He then asked me for flight money to return, which I sent him but I've not heard from him again. We are both 28. Am I being taken for a fool?

DEIDRE SAYS: Yes, you are. Somebody who loved you would be there for you, especially after such a traumatic experience.

My miscarriage support pack may help you to find some emotional help. Lean on friends and family too and try to put this experience behind you.

You'll come to realise that this guy wasn't right for you and that a good relationship will be with somebody who is always there for you.

hot topic

PORNOGRAPHY can be a complicated issue in a relationship or marriage. Finding out your partner watches porn can be hurtful and unsettling.

It's important to communicate with your partner about what you can accept. Setting healthy boundaries might help you move forward.

If you have concerns, my support pack *Upset By Pornography* can provide guidance and strategies to address your worries and strengthen your relationship.

Dear Deidre

EVER since I was a child I have felt I'm not good enough. I am struggling with impostor syndrome.

I'm a woman of 34 and have always had self-doubt. It started when my school pushed me to go to university but my parents felt it was "too posh" for our family.

I did go, I graduated and now I work for a bank. I've had two big promotions but both times I've had to be persuaded to accept them. A voice in my head constantly tells me I'm going to get found out.

Sometimes I am overruled in meetings. Although I speak up, I always think others have a more valid argument and give in to them. I know I am not an

Keep mum on Dad's sex deal

Dear Deidre

WHEN I found out my gentle, loving dad has been having a passionate sexual affair for almost 20 years, my world turned upside down.

All this time I thought my parents were happily married. I'm a man of 38 and I can't get my head around this news.

I'm married and have two kids. Mum is 65 and had to have a knee replacement recently.

My father asked if I could go and help her because he was going away for the weekend. When I arrived, Dad, who is 63, had just left. I assumed he was off on one of his golf trips.

Later, I spotted his clubs in the garage and asked mum where he was. She looked uncomfortable, then said, "Well, you might as well know. He's gone to his fancy woman."

I was stunned, but Mum said: "We've had this arrangement since you went away to college. I don't like sex. Your father does, so he goes to get his fix every few weeks and that

HERE TO HELP YOU



IF YOU are worried about anything please get in touch with my team of counsellors and we will do our best to help you. Every email receives a personal response within one working day.

deardeidre@the-sun.co.uk

suits me. We never speak about it and neither must you." I stood there with my mouth open. Mum said she felt better that I knew but she didn't want to say anything more. When I was a teenager there had been tension between them but

they seemed to get over it. They are a lovey-dovey couple and enjoy doing things. I thought they had the perfect marriage.

I had a nice weekend with Mum but made sure I had left before Dad returned home. If I'm honest, I don't want to see him.

How do I deal with this?

DEIDRE SAYS: You don't have to. You behave exactly as you did before you got this information. This is their relationship and their arrangement.

Nobody can ever judge what is going on within somebody else's marriage. It works for them.

Your mother doesn't seem bothered by him having another woman in his life. Some couples choose to turn a blind eye to affairs to maintain the status quo.

Just as nobody wants to think about their parents having sex, you don't want to think about your father with anyone else, which is understandable.

But interfering with something that works isn't your business and will take away your mother's coping mechanism.

Becoming a dad yourself will make this harder to digest. A good therapist will listen to your concerns. My support pack on counselling explains more.

MATE OWES ME £300 FOR CAR BUT HOW DO I ASK HIM?

Dear Deidre

I SOLD my car to a friend but he still owes me some money.

He is 42 and was going through a hard time. His wife had left him and he had to buy Christmas presents for his kids.

My car was worth more than £1,000 but I said he could have it for £600.

However he has only paid me £300. I'm worried he thinks that was all I wanted for it. We talked about it through WhatsApp, but I've deleted my messages, so I don't have any proof.

He's a good guy and I hate talking about money, but I've been hoping he would start to repay me now he is in a better job and things aren't looking so bleak for him.

Although I'm a man of 40, I don't know how to bring it up.

DEIDRE SAYS: If you ever lend money to a friend or a relative, get something in writing. That way, you both know what is expected of each other and it will help your case if things go wrong.

In your situation, you may not have been clear about the amount you wanted for the car and all you can hope is that you can put this right.

Arrange to see him and tell him you wanted to talk about the car and say you could do with having the balance of the loan now.

My support pack *Standing Up For Yourself* will help you to get the message across.

stories | deidre's photo casebook | JODIE'S JEALOUS STREAK: DAY 2



THIS IS MY GIRLFRIEND JODIE, JODIE THIS IS MY GOOD FRIEND SAM

SO LOVELY TO FINALLY MEET YOU, I'VE HEARD SO MUCH ABOUT YOU!

FUNNY, I WISH I COULD SAY THE SAME



WHY DIDN'T YOU TELL ME THAT YOUR FRIEND WAS A GIRL?

I THOUGHT I DID

YOU SAID THEIR NAME WAS SAM. I ASSUMED IT WAS A GUY

SORRY BABE, BUT DOES IT MATTER NOW?

Clothes by Boohoo and BoohooMAN | CONTINUES TOMORROW

SUCCESSFUL YET I FEEL I'M A FRAUD

idiot but I don't have any faith in myself. Rather than always overthinking everything and fearing I can't rise to the challenge, I would like to feel positive.

DEIDRE SAYS: People who have impostor syndrome don't feel worthy but constantly strive for perfection. The irony is that you will be a high-achieving and intelligent individual but you feel that you don't belong in any given situation.

Your parents haven't helped - you've always felt undermined. Try to counteract your need for

perfection by creating a quick email to a colleague without checking. Press send. What happens then? Does the world come crashing down, or do you still get the message across?

All human beings have weaknesses but we have strengths too. Focus on that.

Ask a good colleague who attends your meetings with you about which parts were good when you spoke up, rather than focusing on what went wrong. Write these positive things down.

Self-help book *Stressilient* by Dr Sam Akbar includes some fantastic coping strategies.

In time you'll start to believe in yourself and realise that you are strong and worthy and add value to your workplace.






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GET IN TOUCH

If you are worried about something, my team is here to help. Please contact and follow us.
Online: thesun.co.uk/deidre **Instagram:** @dear.deidre **Facebook:** @DearDeidreOfficial
X: @DearDeidre **Post:** Dear Deidre, The Sun, 1 London Bridge Street, London, SE1 9GF

Tuesday

4-PAGE SECTION

TV GUIDE

BBC ONE

BBC TWO

itv1

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6am Breakfast (S)
8.00 Olympics: Paris 2024
LIVE Jeanette Kwakye and JJ Chalmers present live coverage of another busy morning in Paris as day 11 gets under way. Kenyan Faith Kipyegon and Britain's Laura Muir will look to make safe passage in the women's 1500m at the Stade de France, while Olympic champions Neeraj Chopra and Karsten Warholm begin the defence of their titles in the men's javelin and men's 400m hurdles respectively. There's also coverage from the Chateau de Versailles for the final time in these Games, with the individual equestrian jumping final to be decided. (S)

1.00 BBC News (S)
1.45 Olympics: Paris 2024
LIVE Hazel Irvine introduces further coverage of events on day 11, featuring the women's 10m platform diving final, women's park skateboarding and women's team pursuit track cycling. (S)

6.00 BBC News (S)
6.30 Regional News (S)



1.45pm Great Britain's Sky Brown hopes for more medals in Olympics: Paris 2024

7.00 Olympics: Paris 2024
LIVE The conclusion of the men's track cycling team sprint at the Saint-Quentin-en-Yvelines Velodrome is followed by an evening of athletics at the Stade de France, as the women's 200m champion is crowned. Gabby Logan introduces the action with some of the biggest names in the mix for a spot on the podium – Jamaica's Shericka Jackson was a pre-event favourite in the 200m – before withdrawing through injury – as was Greek Miltiadis Tentoglou in the men's long jump. The athletics schedule features the women's 400m hurdles semi-finals at **7.07**, men's long jump final from **7.15**, men's 1500m final at **7.50**, women's 3,000m steeplechase final at **8.10** and the women's 200m final at **8.40**, while the women's hammer final takes place throughout the evening. (S)

10.00 BBC News (S)
10.30 Regional News (S)
10.40 Olympics: Paris 2024: Tonight At The Games
 Isa Guha and Mark Chapman recap all the headlines from day 11 in the French capital, as 15 events reached their conclusion, including athletics, track cycling and diving. (S)

12.00 Kin Double bill. Bren's influence seeps into each member of the Kinsella clan. Then, Bren continues to undermine Amanda's power. (R,S) Then **Weather 1.45-6am** BBC News (S)

6.30 am A To Z Of TV Gardening
 Horticulture. (R,S)

7.15 Sign Zone: The Bidding Room
 Nigel Havers presents. (R,S,SL)

8.00 Breakfast (S)
9.00 Dom Does America (R,S)
9.30 Wanted Down Under Revisited
 Documentary series. (R,S)

10.15 A Countryside Summer (R,S)
10.45 The Farmers' Country Showdown (R,S)

11.15 Homes Under The Hammer
 Property auctions. (R,S)

12.15 Bargain Hunt (R,S)
1.00 Olympics: Paris 2024
LIVE JJ Chalmers and Jeanette Kwakye present continued coverage from day 11, featuring sailing and hockey. (S)

1.45 Make Me A Dealer (R,S)
2.30 The Customer Is Always Right
 Testing products. (R,S)

3.00 Escape To The Country (R,S)
3.45 Ricky & Ralf's Very Northern Road Trip (R,S)
4.30 The Repair Shop (R,S)
5.15 Flog It! (R,S)
6.00 Olympics: Paris 2024
LIVE More action from day 11, including the men's team sprint track cycling final. (S)



7.30pm Eve lets the words of others affect her judgement in tonight's EastEnders

7.00 Richard Osman's House Of Games
 (17/100) Myra DuBois, Charlie Hedges, Bonnie Langford and Tyler West compete in the weekday general knowledge quiz hosted by Richard Osman. (R,S)

7.30 EastEnders
 Eve lets the words of others affect her judgement and she decides to propose to Suki in front of everyone in the Vic. (S)

8.00 Inside The Factory
 (5/6) Gregg Wallace learns the secrets of rice pudding on a visit to the Ambrosia factory in Lifton, Devon. Cherry Healey finds out about the millions of tons of rice grown in Italy's Po Valley every year and Ruth Goodman looks at the history of school dinners. (R,S)

9.00 Murder Trial: The Disappearance Of Renee And Andrew MacRae
 (1/2) The trial of William MacDowell for the murders of Renee MacRae and her three-year-old son Andrew in 1976, a case that was one of Scotland's most notorious unsolved mysteries. (R,S)

10.00 Bad Education
 (1/6) Comedy starring Jack Whitehall. (R,S)

10.30 Newsnight
 Presented by Katie Razzall. (S) Followed by **Weather (R,S)**

11.05 Atomic People (R,S)
12.35 Sign Zone: The Turkish Detective (R,S,SL)
2.10-2.40am Dom Does America (R,S,SL)

6am Good Morning Britain (S)
9.00 Lorraine Entertainment and fashion news. (S)

10.00 This Morning Celebrity chat and lifestyle features. (S)

12.30 Loose Women The panellists take part in the first-ever Loose Women prom. (S)

1.30 ITV News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal David Dickinson and his team of dealers are in Leeds. (R,S)

3.00 Tenable A family team from Lincolnshire take on a series of top 10 list questions. (R,S) Followed by **Local Weather**

4.00 Tipping Point Host Ben Shephard returns to pit four players against a mesmerising machine. There are mystery prizes and a jackpot up for grabs for any player with the skill and strategy to see off their human rivals and conquer the machine. (R,S)

5.00 The Chase Contestants pit their wits against one of the ruthless Chasers. (R,S)

6.00 Regional News (S)
6.30 ITV News (S)



8pm Emma Willis and Tom Allen host the culinary show Cooking With The Stars

7.30 Emmerdale
 Lydia arrives with news from Samson's plea hearing. Pollard has a confession to make, and Kim admits that her marriage is crumbling. (S)

8.00 Cooking With The Stars
 (2/6) Katherine Ryan, Christopher Biggins, Linford Christie and Ellie Simmonds produce gourmet dishes using only tinned, frozen and pantry ingredients to secure their place in the next round. (S)

9.00 Vera
 (3/6) The detective investigates a daring robbery at a port and uncovers a web of intrigue when it turns out to be an inside job. However the insider's motivation isn't just money as his son has been kidnapped to make sure everyone sticks to the plan, which ends up going horribly wrong. (R,S)

10.45 ITV News (S)
11.20 Regional News (S)
11.35 British Touring Car Championship Highlights
 Steve Rider presents highlights of the sixth round of the season at Croft Circuit in North Yorkshire, where the 16th, 17th, and 18th races of the season took place. Expert analysis and commentary comes from Tim Harvey, Jade Edwards, Paul O'Neill and David Addison. (S)

12.50 Shop On TV 3.00 On Assignment (R,S,SL) **3.30 Big Zuu's 12 Dishes In 12 Hours (R,S,SL)** **4.05 Unwind With ITV (S)** **5.10-6am Ainsley's Taste Of Malta (R,S,SL)**

6.20 am Cheers (R,S)
7.10 Everybody Loves Raymond
 Four episodes. (R,S)

9.00 Frasier (R,S)
11.00 The Simpsons Homer upsets a new neighbour. (R,S)

12.00 C4 News (S)
12.05 Paris 2024 Paralympics: Meet The Athletes Fencer Oliver Lam-Watson offers an intimate insight into his life. (R,S)

12.10 A New Life In The Sun
 Julie and Julia get their first paying customers. (R,S)

1.10 Car S.O.S Tim Shaw and Fuzz Townshend take on a 1993 Toyota Supra Mk4 owned by a former motorcycle racer. (R,S)

2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 The Great House Giveaway
 Carpenter Gareth and electrician Dan transform a four-bedroom detached stone cottage. (S)

5.00 A New Life In The Sun: Where Are They Now?
 Simon and Monica expand their painting holiday company into a new continent. (S)

6.00 Come Dine With Me (R,S)
6.30 The Simpsons (R,S)



8pm Stuart and Scarlett Douglas offer advice in Worst House On The Street

7.00 C4 News (S)
8.00 Worst House On The Street
 (4/6) In Nottingham, Luke and Shurel completely overhaul their dated, single-glazed, décor-clashing house. Can they turn it into the family home they crave without breaking the bank? (S)

9.00 The Body Detectives
 Ex-detective Dave Grimstead travels to Germany on the trail of a man found dead in the North Sea 30 years ago. He teams up with a forensic garment analyst, an oceanographer and a forensic psychologist to piece together the evidence to identify the man and reveal the circumstances of his death. (S)

10.00 First Dates
NEW The restaurant heats up as fire performer Hayley goes on a date with business owner Glen who claims if he were a movie character it would be Christian Grey. Meanwhile, twenty-four year-old William is matched with 23-year-old Zara, both parties are on their first date ever. (S)

11.05 Love In The Limelight: UNTOLD
 Former Love Island star Chloe Burrows tells all about dating in the public eye. (S)

12.05 Women On Death Row
 Documentary. (S) **1.00** The Rise And Fall Of Boris Johnson (R,S,SL) **2.25** Ramsay's Kitchen Nightmares USA (R,S,SL) **3.15** Love It Or List It Australia (R,S,SL) **4.10** Find It, Fix It, Flog It (R,S) **4.20** Food Unwrapped (R,S,SL) **4.50** Frasier (R,S) **5.40-6.20am** Countdown (R,S)

6am Milkshake!
9.15 Jeremy Vine (S)
11.30 Storm Huntley (S)
12.45 Friends Double bill. Part one of two. Phoebe's twin sister visits. Then, part two of two. Rachel and Monica fall out over two hunky doctors. (R,S)

1.40 5 News (S)
1.45 Home And Away Harper agrees to look over Tane's youth programme proposal. (R,S)

2.15 Who Killed Our Father?
FILM After her father's death, a woman embarks on a journey to find the sister she never knew. Thriller starring Kirsten Comerford. (2023) CC (S)

4.00 The Cruise: Fun-Loving Brits At Sea
 The cruise ship Regal Princess arrives in the Italian city of Naples. (R,S)

5.00 5 News At 5 (S)
6.00 Amazing Railway Journeys With Nick Knowles
 The presenter travels from Mount Vesuvius to Mount Etna on a journey from Naples to Sicily, where a gyrocopter trip goes terribly wrong. (R,S) Followed by **5 News Update**



9pm Danny John-Jules features in Your Kitchen: 60 Years Of Fads & Gadgets

7.00 Our Great Yorkshire Life
 Rob and Dave Nicholson try to find out more about their mum's side of the family. (S) Followed by **5 News Update**

8.00 The Yorkshire Vet: At Home With The Greens
 Peter Wright takes a look at the Greens' 10-year-old collier-cross-whippet, and Steve and Jean explore the world of glamping with the help of Rob and Dave Nicholson. (S)

9.00 Your Kitchen: 60 Years Of Fads & Gadgets
 (2/2) The story of Britain's kitchens from the 1980s to the present day, including a look at the microwave and how the population began cooking foreign food at home. (S)

10.00 A Killer Makes A Call
 (3/6) Yoga teacher Dawn Lewis calls 999 and says that she has stabbed her lodger Glenn Richards in self-defence. Richards had a history of violence, so Lewis' story seems believable. (S)

11.05 Killer At The Crime Scene
 (1/12) Police find the bodies of two young women in a freezer. (R,S)

12.05 Motorway Cops: Catching Britain's Speeders (R,S) 1.05 PlayOJO Live Casino Show (S) **3.05** Secrets Of The Royals On Tour (R,S) **3.50** Ketchup Vs HP Sauce (R,S) **4.40** House Busters (R,S,SL) **5.05** House Doctor (R,S,SL) **5.30** Entertainment News On 5 (S) **5.35-6am** Paw Patrol (R,S,SL)

REGIONAL VARIATIONS

S4C 6am Cym 10.00 Sall Mail 10.05 Fflem Fach 10.20 Penfre Papur Pop 10.30 Eisteddfod Genedlaethol Cymru 2024 12.00 Newyddion S4C A'r Tywydd 12.05 Eisteddfod Genedlaethol Cymru 2024 2.00 Newyddion S4C A'r Tywydd 2.05 Eisteddfod Genedlaethol Cymru 2024 4.00 Eisteddfod Genedlaethol Cymru 2024 5.00 Eisteddfod Genedlaethol Cymru 2024 7.30 Newyddion S4C A'r Tywydd 7.50 Eisteddfod Genedlaethol Cymru 2024 10.30-11.35pm Y Babel! Len 2024 BBC ONE NORTH WEST: 1.30

1.35pm North West Today; Weather BBC TWO WALES: 8pm Weatherman Walking: The Welsh Coast 8.30 SOS: Extreme Rescues 9.00 Firebombers 10.00-10.30pm Rewind: 60 Years Of Welsh Pop



By **ROD McPHEE**
TV Editor

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Sun **tv** biz

CLASS ACT . . . Aimee on stage

AIMEE: SALLY IS A SCREAM

SHE received high praise from the critics as Cabaret's Sally Bowles in London's West End last year.

But Sex Education actress AIMEE LOU WOOD says she didn't put on an act when taking on the intense role.

Aimee, who joined theatre actors JOHN MCCREA and NATHAN IVES-MOIBA on stage at the Playhouse theatre, told the Radio Times: "I felt like I was naked. Afterwards people would say I was great, and I was thinking, 'I wasn't pretending - I was actually just screaming and crying and having a breakdown'."

"I'm going to have to wait at least five years to do another play. I want to stay in the safe bosom of a TV set."

Aimee will be in BBC Three comedy Daddy Issues from next Thursday and also stars in the third series of HBO drama The White Lotus, due to return in 2025.

NATURE docuseries Secret World Of Sound With **DAVID ATTENBOROUGH** will be available on Netflix from tomorrow. The show examines how the different sounds in the natural world influence the lives of animals across the globe. Sky Nature originally aired the three-part series in March.

VICKY SO WORRIED BY PAST

FOR some celebs, taking part in Who Do You Think You Are? offers up an opportunity to be at peace with the past - but VICKY McCLURE just found the whole ordeal stressful.

The Line Of Duty actress travels 6,000 miles to Taiwan to find out more about her great-grandfather Harry, a World War Two prisoner, for the family tree series.

She reveals: "I don't like the unknown - that's my problem."

"With this show, I'm like, 'What have I done? Is it worth the anxiety of not knowing what comes next?' It was really overwhelming."

"I'm not the greatest at travelling too far, especially on my own and to an unknown place I've never been."

The new series begins with Vicky's episode next Thursday at 9pm on BBC One.

**More listings:
Pages 34 & 35**



PHOEBE DYNEVOR's new movie is said to feature killer sharks - and she looked like she had just fallen in the sea on set.

Sporting a large prosthetic baby bump, the Bridgerton actress got drenched in the rain while filming on the south-east coast of Melbourne, Australia.

The thriller, which is yet to be given a title, is rumoured to be about a community plagued by shark attacks during a hurricane.

Phoebe stars alongside Gladiator actor

DJIMON HOUNSOU and Gossip Girl actress **WHITNEY PEAK**.

The movie is made by HyperObject Industries, the production company behind the **LEONARDO DICAPRIO** hit Don't Look Up, comedy thriller The Big Short and multi-award-winning drama series Succession.

Filming has been taking place in the forest region of the Macedon Ranges, the Australian city of Canterbury and at the London movie studio Docklands.

KELLY'S A ROUTE MASTER

YOU would expect a trek across South America to throw up endless new life experiences - so **KELLY BROOK's** travel adventures feel a little mundane.

The model and TV personality has revealed that taking part in Celebrity Race Across The World meant she felt able to catch buses and trains for the first time.

She told Radio Times: "I

never travelled on public transport because I was paranoid about being recognised, but I got back from the race and went straight on the Tube. I get buses and trains everywhere now and it's so liberating."

Kelly takes on BBC One's globetrotting challenge with husband **JEREMY PARISI**.

She added: "We'd just got married and hadn't had a honeymoon, so the timing was right. It was something we could do together, completely out of our comfort zone."

The series begins on Wednesday next week.

AUSSIE courtroom drama The Twelve is returning to ITVX next week with **SAM NEILL** back as lawyer Brett Colby. The new storyline follows the trial for the murder of a local landowner in western Australia. The show was one of ITVX's most successful dramas with 26 million streams.

ROYAL SHOCKS RETURN

HIT documentary series The Royals: A History Of Scandals is coming back to Channel 4.

Historian **SUZANNAH LIPSCOMB** returns as host, digging into some saucy and salacious secrets of yesteryear.

The first series, which aired last year, looked into George IV's insatiable appetite for spending and Prince Albert Victor's gay brothel rumours.

But this season will take things even further, spanning 1,200 years of royal scandals.

Among the outrages explored is the sex chair that was designed for Prince Bertie - who later became Edward VII.

Suzannah will also explore the relationship between Prince George, Duke of Kent, and the controversial American socialite whose drug addiction earned her the nickname "the girl with the silver syringe".

How to travel in Kymfort and style

TELLY RIVALS TEAM UP FOR HOLS SHOW

TWO daytime TV rivals are packed up and heading on holiday together for Channel 5.

KYM MARSH, who co-hosts BBC daytime show Morning Live, will present a new programme alongside **RICHARD ARNOLD** from ITV1's Good Morning Britain.

The Weekend Travel Show promises to take viewers on a journey across the globe to some of the world's travel hotspots.

Channel 5 bosses plan to showcase trips taken by a range of celebrities, including singer **JANE McDONALD**, comedian **SUSAN CALMAN**, DIY guru **NICK KNOWLES** and father and son presenters **LARRY** and **GEORGE LAMB**.

Former Coronation Street actress Kym and Richard will

share anecdotes from their own travels.

They will be joined by travel writer **SIMON CALDER** and other experts who will offer practical advice.

Viewers will be given travel hacks, ranging from how to fit the most luggage possible into your suitcase to what books to take for a leisurely read.

'Incredible insights'

Kym, who presents Morning Live with **GETHIN JONES** and **MICHELLE ACKERLEY**, said: "I'm excited to be part of The Weekend Travel Show with Richard."

"What better way to explore some beautiful destinations from the comfort of your own home?"

Delighted Richard added: "I love to travel and I can't wait

to dive into these wonderful travel stories and share our own fun experiences along with top tips for viewers."

Greg Barnett, commissioning editor at Channel 5, said: "I'm thrilled to have Kym and Richard on board."

"They're both well-travelled and have incredible insights in the fields of travelling alone, with friends and, in Kym's case, as a parent."

He added: "Their knowledge, anecdotes, and their fantastic on-screen chemistry is going to make The Weekend Travel Show must-see TV for any budding globetrotter."



FEARS . . . Vicky

Tuesday

4-PAGE SECTION

FREEVIEW

BBC THREE *Freeview 23*

7pm Top Gear **8.00** Shark Tank: Dragons' Den US; The Catch Up **8.45** Becoming: Dumbledore **9.00** Stacey Dooley Sleeps Over. Stacey spends time with a Brighton couple who believe their children do not need rules. **9.45** High: Confessions Of An Ibiza Drug Mule **10.20** This Country **11.20** Bricks **12.20** Top Gear **1.20** High: Confessions Of An Ibiza Drug Mule **1.55-2.25am** This Country

BBC FOUR *Freeview 9*

7pm Great British Railway Journeys **7.30** Gareth Edwards' Great Welsh Adventure **8.00** Keeping Up Appearances **8.30** Butterflies **9.00** Ardal O'Hanlon: Tomb Raider **10.00** Corridors Of Power: Should America Police The World? **11.00** The Mysterious Career Of Lee Harvey Oswald: Timewatch **12.45** Great British Railway Journeys **1.15** Gareth Edwards' Great Welsh Adventure **1.45-2.45am** Corridors Of Power: Should America Police The World?

ITV2 *Freeview 10*

6am CITV: Craig Of The Creek **6.15** Teen Titans Go! **6.40** Bugs Bunny Builders **6.50** Mr Bean: The Animated Series **7.25** Scooby-Doo! Mystery Incorporated **7.50** Be Cool, Scooby-Do! **8.10** What's New Scooby-Do? **8.35** Scooby-Doo And Guess Who? **9.00** World's Funniest Videos **9.30** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00** Dress To Impress **10.10** In With A Shout **2.00** Supermarket Sweep **3.00** Charmed **4.00** Dawson's Creek **5.00** Dress To Impress **6.00** Celebrity Catchphrase **7.00** In With A Shout **8.00** Bob's Burgers **9.00** Family Guy **11.30** American Dad! **12.30** Bob's Burgers **1.30-2.35am** Deal Or No Deal

ITV3 *Freeview 10*

6am Classic Emmerdale **7.00** Classic Coronation Street **8.05** Poirot **10.15** The Royal **11.20** Heartbeat **1.30** Classic Emmerdale **2.40** Classic Coronation Street **3.50** A Touch Of Frost **6.00** Heartbeat **8.00** Poirot. An aristocrat's wife is stabbed to death. **10.00** Cracker **12.00** The Royal **12.50-2am** Upstairs, Downstairs

ITV4 *Freeview 26*

6am Dramatic Finishes **6.05** Minder **7.15** The Professionals **8.15** Dempsey And Makepeace **9.15** The Champions **10.25** Kojak **11.25** BattleBots **12.25** Dempsey And Makepeace **1.30** The Champions **2.35** Kojak **3.40** Minder **4.50** The Professionals **6.00** BattleBots **7.00** The Chase Celebrity Special. With Julia Goulding, Oz Clarke, Laura Hamilton and Mr Motivator. **8.00** World Rally Championship Highlights **9.00** Beat The Chasers. Contestants from across the UK take on the five Chasers. **10.00** All Elite Wrestling: Rampage **11.10** FILM Rocky Balboa. Boxing drama starring Sylvester Stallone. (2006) **1.05** Auto Mundial **1.30** Motorsport Mundial **1.55-2.50am** Minder

E4 *Freeview 13*

6am Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **9.00** The Goldbergs **10.00** Young Sheldon **11.00** Modern Family **12.00** The Big Bang Theory **2.00** The Goldbergs **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Come Dine With Me **8.00** Below Deck **9.00** Gogglebox **10.00** Naked Attraction **11.05** First Dates: Valentine's Special 2020 **12.10** The Big Bang Theory **1.05-2.05am** Brooklyn Nine-Nine

ENTERTAINMENT



Sky Witness 9pm Carrie Preston stars in the crime drama *Elsbeth*

SKY SHOWCASE

6am Sky News Breakfast **7.00** Breakfast With Anna Jones **8.00** Stop, Search, Seize **9.00** Stargate SG-1 **11.00** Orangutan Jungle School **12.00** Supergirl **1.00** MacGyver **2.55** Live The Hundred Live. Birmingham Phoenix Women v Northern Superchargers Women. **6.00** The US Office **7.00** The Simpsons **8.00** Islands. A look at the ecosystem of Borneo. **9.00** FILM Ocean's Eleven. Steven Soderbergh's crime comedy starring George Clooney, Brad Pitt and Julia Roberts. (2001) **11.15** The Walking Dead: Daryl Dixon. Post-apocalyptic horror spin-off, starring Norman Reedus. **12.25** An Idiot Abroad **2.15-2.25am** Brit Cops: Frontline Crime UK



TOUGH IN THE BUFF... Jeff, Dani, Patrick and Fernando in challenge

NAKED AND AFRAID: LAST ONE STANDING

Discovery+
THE second-coming of Survivor once again failed to connect with UK audiences after it was officially binned by the BBC last week, but perhaps if contestants didn't wear clothes there may have been a different outcome.
US survival show *Naked And Afraid* has been a huge success across the pond, spawning various versions over the past decade, as well very intimate flesh injuries.
The latest incarnation *Last One Standing*, recently made available on *Discovery+*, sees



14 elite survivalists from previous years return to compete in what the show bills: "The toughest survival competition on the planet."
This time the participants are competing for a big-money prize, not just "surviving". And they are made of incredibly strong stuff, especially their feet as they roam around a valley in South Africa, without footwear... and clothes, obviously.
Indeed the seven men and women taking part in this

second season are always nude - the only material on them is a burlap bag to carry their utensils.
Their modesty is blurred at all times, which should be a relief for them as the cameras zoom in remarkably close, as they make weapons, hunt for food and create shelter for their 45-day stint on the show.
There's also a number of tasks they have to fulfil to remain in the competition, and they're predictably hardcore.
The opening challenge saw

last night

MORE4 *Freeview 18*

8.55am Food Unwrapped **9.30** A Place In The Sun **10.25** A New Life In The Sun **11.25** Find It, Fix It, Flog It **12.30** Come Dine With Me **3.10** Four In A Bed **5.50** Château DIY **6.55** Car S.O.S **7.55** Grand Designs **9.00** 24 Hours In A&E **10.00** Rescue: Extreme Medics **11.05** 24 Hours In A&E **12.10** 24 Hours In A&E **1.15-2.20am** Rescue: Extreme Medics

SKY MIX *Freeview 11*

7am Border Security: Canada's Front Line **8.00** Nothing To Declare **9.00** Monkey Life **10.00** UK Border Force **11.00** Highway Patrol **12.00** Motorway Patrol **1.00** Border Patrol **2.00** Monkey Life **3.00** Nothing To Declare **4.00** Star Trek: The Next Generation **5.00** Star Trek: Enterprise **6.00** Star Trek: Deep Space Nine **7.00** Star Trek: Voyager **8.00** Hawaii Five-0 **9.00** FBI: Most Wanted **10.00** Killer In My Village **12.00** Caught On Dashcam **1.00-2am** Nothing To Declare



BBC4 9pm Actor Ardal O'Hanlon presents the documentary *Tomb Raider*

U&DAVE *Freeview 19*

7.10am *Who's Line Is It Anyway?* **USA 8.00** Border Force: America's Gatekeepers **10.00** Rick Stein's Mediterranean Escapes **11.00** Rick Stein's Cornwall **12.00** Storage Hunters UK **2.00** Extreme Fishing With Robson Green **3.00** Top Gear **5.00** Rick Stein's Mediterranean Escapes **6.00** Rick Stein's Cornwall **7.00** Would I Lie To You? **7.40** Richard Osman's House Of Games **9.00** Battle In The Box **10.00** Have I Got A Bit More News For You **11.00** Taskmaster **12.00** Mock The Week **12.40** Would I Lie To You? **1.20-2am** Room 101

U&DRAMA *Freeview 29*

7.10am London's Burning **8.05** Doctors **9.15** Classic Holby City **10.35** Classic Casualty

SKY ATLANTIC

6am Urban Secrets **8.00** Riviera **10.10** Britannia **12.10** Game Of Thrones **1.20** The Sopranos **3.35** Riviera **5.45** Britannia **7.45** Game Of Thrones. Jeffrey stands up to his grandfather. **9.00** The Staircase: **10.10** House Of The Dragon. As Aemond becomes more volatile, Larys plots an escape. Last in the series. **11.35** The Sopranos **12.40** Winning Time: The Rise Of The Lakers Dynasty **1.45-3am** The Leftovers

SKY WITNESS

6am Bondi Rescue **7.00** Border Patrol **8.00** Stop, Search, Seize **9.00** Highway Cops **10.00** Caught On Dashcam **11.00** Blue Bloods **12.00** The Rookie **1.00** Chicago Fire **2.00** FBI: Most Wanted **3.00** Caught On Dashcam **4.00** Nothing To Declare **8.00** Blue Bloods. Frank worries his friend is hiding the true reason for returning to the city. **9.00** *Elsbeth*. The team investigate when a reality star is found dead in her bathtub. **10.00** FBI: Most Wanted. A Native American man decides to handle the matter himself when his daughter disappears. **11.00** Chicago Fire **12.00** Law & Order: Special Victims Unit **1.00-2am** Fire Country

GOLD

7.05am The Fosters **7.35** The Thin Blue Line **8.05** Keeping Up Appearances **9.25** Ever Decreasing Circles **10.05** Are You Being Served? **10.45** Porridge **11.25** Last Of The Summer Wine **12.45** Keeping Up Appearances **1.25** Ever Decreasing Circles **2.05** Porridge

11.40 The Bill **12.40** Classic EastEnders **2.00** London's Burning **3.00** Born And Bred **4.10** Howards' Way **5.20** Birds Of A Feather **6.05** Desmond's **6.40** Are You Being Served? **7.20** Last Of The Summer Wine **8.00** Mrs Sidhu Investigates **10.00** New Tricks. Pilot episode of the crime drama, starring Amanda Redman. **12.00-2.05am** Silent Witness

REALLY *Freeview 17*

6am Celebrity Fantasy Homes **7.00** Teleshopping **8.00** Salvage Hunters **10.00** A Place In The Sun **12.00** Money For Nothing **2.00** The Repair Shop **3.00** Antiques Road Trip **5.00** The Yorkshire Auction House. House clearances. **7.00** Antiques Road Trip **9.00** Dr Pimple Popper **11.00** Help! My House Is Haunted **12midnight-1am** Paranormal

U&YESTERDAY *Freeview 27*

6.10am Classic Car Garage **7.10** Inside The Christmas Factory **8.00** Abandoned Engineering **10.00** World War Two From Above **11.00** Adolf Hitler's War **12.00** Find It, Fix It, Flog It **1.00** Antiques Roadshow **2.00** Bangers & Cash **4.00** World War Two From Above **5.00** Adolf Hitler's War **6.00** Antiques Roadshow. From Cromer pier in Norfolk. **7.00** Find It, Fix It, Flog It **8.00** Secrets Of The London Underground **9.00** Bangers & Cash **11.00** Abandoned Engineering **12.00** Great Continental Railway Journeys **1.00-2am** Classic Car Garage

U&W *Freeview 25*

6.10am Inside The Ambulance **7.00** Property Brothers: Family Flashback **8.00** Tipping Point **11.00** DIY SOS: The Big Build **12.00** DIY SOS: Celebrating 20 Years **1.00** Tipping Point **4.00** My Dream Home **6.00** Celebrity Tipping Point **7.00** Tipping Point: Lucky Stars **8.00** The Gentle Art Of Swedish Death Cleaning **9.00** DIY SOS: The Big Build. Transforming an Epsom home. **10.00** Louis Theroux Interviews: Rita Ora **11.00** Nurses On The Ward **12.00** Ambulance Australia **1.00-2am** Bang On Budget

QUEST *Freeview 12*

6am Fantomworks **8.00** American Pickers **10.00** The Repair Shop **12.00** How Do They Do It? **2.00** Find It, Fix It, Drive It **3.00** Find It, Fix It, Flog It **5.00** Wheeler Dealers **7.00** Salvage Hunters: Classic Cars **8.00** Salvage Hunters: The Restorers **9.00** The Yorkshire Auction House **10.00** Celebrity Yorkshire Auction House. With Claire Swenor. **11.00** The Repair Shop **1.00-2am** Wheeler Dealers

2.45 Dad's Army **3.20** Are You Being Served? **4.00** Last Of The Summer Wine **5.20** Porridge **6.00** Keeping Up Appearances **6.40** Dad's Army **8.00** The Thin Blue Line. A plumbing crisis hits the station. **8.40** The Vicar Of Dibley. The villagers set up a radio station. **9.20** Harry Enfield And Chums **10.00** Bottom. The boys visit a dating agency. **10.40** The Royle Family. Nana comes to stay. **11.20** The Thin Blue Line **12.00** The Vicar Of Dibley **12.40** Harry Enfield And Chums **1.15-2am** Bottom

COMEDY CENTRAL

8am Home Improvement **9.00** Friends **11.00** New Girl **12.55** Last Man Standing **1.55** Friends **9.00** Kevin Bridges: A Whole Different Story. The comedian on stage at Glasgow's SSE Hydro during his 2015 stand-up tour. **10.00** Reginald D Hunter Live **11.00** Kevin Hart: Comedy Central Live **11.30** Ally Schumer: Comedy Central Live **12.00** David Spade: My Fake Problems **1.00** Jeff Dunham: I'm With Cupid **1.55-3.15am** Al Murray: The Only Al Is Epic

ALIBI

7.10am Murdoch Mysteries **9.00** The Doctor Blake Mysteries **10.00** Elementary **11.00** Hudson & Rex **12.00** Father Brown **1.00** Death In Paradise **2.00** Murdoch Mysteries **4.00** Shakespeare & Hathaway: Private Investigators **5.00** Father Brown **6.00** Hudson & Rex **7.00** Elementary. A Russian billionaire visiting New York is found dead. Thriller starring Jonny Lee Miller and Lucy Liu **8.00** Death In Paradise.

SPORT



Sky Sports Main Event 11am Mahika Gaur of the Manchester Originals

SKY SPORTS MAIN EVENT

6am Sky Sports News **7.00** Good Morning Sports Fans **9.00** Good Morning Transfers **10.00** Sky Sports News **11.00** **LIVE** The Hundred. Manchester Originals Women v Oval Invincibles Women. Start-time at 11.30. Coverage of the match from Emirates Old Trafford, Manchester. **2.30** **LIVE** The Hundred. Manchester Originals Men v Oval Invincibles Men. Start-time at 3.00. Coverage of the match from Emirates Old Trafford, Manchester. **6.00** **LIVE** The Hundred. Birmingham Phoenix Men v Northern Superchargers Men. Start-time at 6.30. Coverage of the match from Edgbaston, Birmingham. **9.30** **LIVE** Tennis. Coverage of the day's action on the WTA and ATP Tours, as the season continues with a number of clay- and hard-court tournaments around the world. **12.00-4am** **LIVE** Tennis. Coverage of the day's action on the WTA and ATP Tours, as the season continues with a number of clay- and hard-court tournaments around the world.

SKY SPORTS PREMIER LEAGUE

6am PL Greatest Games **7.00** PL Legends **8.00** Premier League Best Goals **9.00** PL 100 Club **10.00** Premier League Icons **11.00** PL Greatest Games **12.00** Transfer Talk **1.00** PL Years **3.00** PL Retro **5.00** The Transfer Show **5.30** Gary Neville's Soccerbox **6.00** PL 100 Club **6.30** Premier League 100: David James **7.00** Goals Of The Season **8.00** Gary Neville's Soccerbox **8.30** Gary Neville's Soccerbox **9.00** Newcastle: The Entertainers **9.30** The Tyler Archives **10.00** Premier League Icons **11.00** PL Years **1.00-3am** PL Retro

A blind actress is the only witness to her husband's murder. **9.00** The Company You Keep. Romantic drama starring Milo Ventimiglia. **10.00** So Help Me Todd. While in the hospital, Todd is convinced he's overheard a plot to murder someone. **11.00** Elementary **12.00** Hudson & Rex **1.00-2am** Murdoch Mysteries

SKY COMEDY

8am Will & Grace **9.00** The Conners **10.00** In The Long Run **10.30** Barry **11.55** Young Rock **12.55** Dice **2.10** Barry **3.30** Young Rock **4.30** In The Long Run **5.00** Will & Grace **6.00** The US Office **7.00** The Conners **8.00** Will & Grace **9.00** Curb Your Enthusiasm **11.00** Josh Widdicombe: Bit Much... **12.10** Breeders **1.00-2.30am** Enlightened

DISCOVERY

8am Blowing Up History **9.00** How The Universe Works **10.00** Iron Resurrection **11.00** Wheeler Dealers **1.00** Alaska: Homestead Rescue **3.00** Mystery At Blind Frog Ranch **4.00** Flying Wild Alaska **5.00** Salvage Hunters **6.00** Iron Resurrection **7.00** Jeremy Wade's Dark Waters. Jeremy travels to Alaska to discover what has happened to the king salmon. **8.00** Wheeler Dealers. Mike discovers a true Japanese legend from the 1990s. **9.00** Gold Rush. Parker's miscalculation nearly washes away Sluicifer. **10.00** Hoffman Family Gold. Three generations of the Hoffman family hope to mine \$5 million in gold. **11.00** Outback Truckers **12.00** Mysteries Of The Deep **1.00-2am** Gold Rush

SKY SPORTS FOOTBALL

6am EFL **9.00** SPFL Highlights **9.30** EFL Greatest Games **10.00** Retro League One **12.00** WSL **12.30** Bundesliga **1.00** SPFL Highlights **2.00** EFL Highlights **5.00** Henrik Larsson: 20 Years On **6.00** Scottish Premiership **6.30** SPFL Highlights **7.30** EFL Highlights **9.15** SPFL Highlights **9.30** EFL **10.30** Mission To Burnley **11.30** Scottish Premiership **12.00-2am** EFL Cup Retro

SKY SPORTS ACTION

8am NFL Highlights **9.00** Fight Night **10.00** NFL Highlights **11.00** Fight Night International **12.00** NFL Highlights **1.00** Good Morning Football **3.00** Top Rank Boxing Archive **4.00** NFL Highlights **5.00** Fight Night **6.00** NFL Highlights **7.00** Betfred Super League Highlights **7.45** My Icon: Leon Pryce **7.55** **LIVE** Betfred Super League. Wigan Warriors v Leigh Leopards. Kick-off at 8.00. Coverage of the match at The Brick Community Stadium. **10.00** Betfred Super League Highlights **11.00** The Insiders **12.00** NFL Highlights **1.00-2.45am** NFL Bitsize Highlights

SKY SPORTS ARENA

6am International Rugby Union **8.00** Fight Night **9.00** PDC Classics **10.00** International Rugby Union **2.00** Fight Night **3.00** PDC Classics **4.00** Fight Night **5.00** PDC Classics **6pm-2.15am** International Rugby Union

SKY SPORTS CRICKET

6am The Hundred **9.30** The Hundred Bitsize **9.45** The Hundred Bitsize **10.00** The Hundred Bitsize **10.15** The Hundred Bitsize **10.30** The Hundred Bitsize **10.45** The Hundred Bitsize **11.00** **LIVE** The Hundred. Manchester Originals Women v Oval Invincibles Women. Start-time at 11.30. Coverage of the match from Emirates Old Trafford, Manchester. **2.30** **LIVE** The Hundred. Manchester Originals Men v Oval Invincibles Men. Start-time at 3.00. Coverage of the match from Emirates Old Trafford, Manchester. **6.00** **LIVE** The Hundred. Birmingham Phoenix Men v Northern Superchargers Men. Start-time at 6.30. Coverage of the match from Edgbaston, Birmingham. **9.30** The Hundred Bitsize **10.30** The Hundred **1.35-5.05am** The Hundred

SKY SPORTS GOLF

6am Golf Academy **10.00** Women's Golf **1.00** PGA Tour Golf **4.00** Golf Academy **7.00** Solheim Cup Golf **9pm-6am** Golf Academy

RADIO



Radio 2 6.30am Presenter Zoe Ball entertains with her breakfast show

VIRGIN RADIO *DAB virginradio.co.uk*

6.30am Angela Scanlon On The Chris Evans Breakfast Show With Webuynycar **10.00** Vogue Williams On The Ryan Tubridy Show **10.00** Jayne Middlemiss **4.00** Ricky Wilson **7.00** Bam **10.00** Olivia Jones **1.00-4am** Graeme Smith

TALKSPORT *DAB talkradio.co.uk*

6.30am Mike Graham **10.00** Julia Hartley Brewer **1.00** Ian Collins **4.00** Jeremy Kyle **7.00** Kevin O'Sullivan **10.00** Petrie Hosken **1.00** Paul Ross **5.00-6.30am** James Max

TALKSPORT *105.3 1089MW talksport.com*

6am Breakfast With Jeff Stelling **10.00** Jim White And Simon Jordan **1.00** Hawksbee And Baker

them hunt for sharp objects to make a blade in order to cut a rope, which holds a cooking knife, the vital component for the next part of the task.

And they had to make a wooden fishing device to retrieve a scroll, lodged on a rock in the middle of an alligator-infested swamp. The quickest 12 progressed to camp, while the slowest two headed home.

If you can get past the irritating shouty Americans, it's a fun watch and, after a while, the whole nudity aspect becomes totally normalised. Except when they sit on something sharp.

STUART PINK



THE BOTANIST TEAM . . . Aoife, Cici, Jamie, Merlin, Kofi, Francesca

FIRST DATES, Channel 4, 10pm:

Fred and the matchmaking gang are back at The Botanist in Bath. But after dinner, will tonight's couples gaze into each other's eyes or sprint to separate taxis?

Tattoo-covered Sarah from South Wales just wants a decent bloke "who'll take my bins out on a Tuesday". Could Dan fit the bill? Twentysomethings Zara and William are both on their first-ever date. She queued for 27 hours to see the Queen's coffin and when he sees he's met most of the Royal Family, it looks promising.

Meanwhile, having both known heartbreak, Hayley and Glen hope their date-night meal could be the first of many.



picks

THE YORKSHIRE VET: AT HOME WITH THE GREENS, Channel 5, 8pm:

Jean and Steve Green's collie-cross-whippet Reuben has arthritis, so vet Peter Wright pays the ten-year-old dog a visit.

Then we have brave Steve and Jean investigating the world of glamping, assisted by Rob and Dave Nicholson from Cannon Hall Farm – and there's the small matter of Steve's birthday. Cue a party – and a huge pork pie.

COOKING WITH THE STARS, ITV1, 8pm: After last week's fun

start to the cooking competition, the pressure's on.

It's the turn of Katherine Ryan, Christopher Biggins, Linford Christie and Ellie Simmonds to go head-to-head.

They're facing a tough challenge – cooking luxury dishes to a tight £3 budget using only tinned, frozen or pantry ingredients.

Among the new dream teams are Biggins and his chef mentor Rosemary Shrager – but when he has to go it alone things go awry.

DAVID BELL

TNT SPORTS 1

7am WRC Review **8.00** Badminton Unlimited **8.30** Classic Premier League **3.00** Original Documentary **3.45** **LIVE** GT20 Cricket. Brampton Wolves v Bangla Tigers Mississauga. **7.45** One Day International Cricket **8.45** TNT Sports Cricket Reload **9.00** WWE Monday Night Raw **11.30** MLB Lead Off **12.00-3am** **LIVE** MLB. Atlanta Braves v Milwaukee Brewers. Start-time at 12.20.

TNT SPORTS 2

6am FIM JuniorGP Championship **10.30** Premiership Rugby Union **11.00** AFL **3.00** Classic Premier League **6.30** PL Stories **7.00** Badminton Weekly **7.15** MotoGP Rewind **7.30** Badminton Unlimited **8.00** In My Blood **8.30** Around the Block **8.45** **LIVE** GT20 Cricket. Surrey Jaguars v Montreal Tigers. **12.45** Fishing: On the Bank **1.45** WRC Review **3.00-6.15am** **LIVE** MLB. Los Angeles Dodgers v Philadelphia Phillies. Start-time at 3.10.

TNT SPORTS 3

6am World Championship of Legends Cricket **12noon-2am** One Day International Cricket

PREMIER SPORTS 1

7am LaLiga Specials **8.00** KSW **11.00** Premier Sports Cup **1.00** LaLiga Specials **1.30** F1H2O World Championships **2.00** NHL Ice Hockey **4.00** Swedish Speedway **5.55** **LIVE** Swedish Speedway. Coverage of an Elitserien meeting. **8.00** Top 14 Match Highlights **9.00** Sporting Greats **10.00** Football **12.00-2am** **LIVE** Football. Real Madrid v Chelsea. Kick-off at 12.00.

EUROSPORT 1

8am **LIVE** Volleyball: Summer Olympic Games **9.00** **LIVE** Athletics: Summer Olympic Games **12.00** **LIVE** Skateboarding: Summer Olympic Games **12.10** **LIVE** Canoeing: Summer Olympic Games **1.50** **LIVE** Diving: Summer Olympic Games **3.30** **LIVE** Sailing: Summer Olympic Games. Day 10. **4.25** **LIVE** Skateboarding: Summer Olympic Games. The final of the women's park competition. **5.35** **LIVE** Wrestling: Summer Olympic Games. Coverage from Champ-de-Mars Arena. **6.15** **LIVE** Athletics: Summer Olympic Games. Coverage of the evening session on the sixth day of events. **9.00** Bonsoir Paris **10.30** Diving: Summer Olympic Games **11.30** Sailing: Summer Olympic Games **12.30-2am** Athletics: Summer Olympic Games

4.00 Drive With Andy Goldstein And Darren Bert **7.00** Olympic Kick-Off: Paris 2024 **10.00** The Sports Bar **1.00-5am** Extra Time

TALKSPORT2 *DAB talksport.com*

6am Sportsday **9.00** TalkSPORT Exclusives **1.00** The TalkSPORT 2 Social **5.00** TalkSPORT Exclusives **6.00** Cricket Collective **8.00** TalkSPORT Exclusives **12.00** TalkSPORT Exclusives **5.00-6am** Early Sports Breakfast

TIMES RADIO *DAB thetimes.co.uk/radio*

6am Aasmah Mir And Stig Abell With Times Radio Breakfast **10.00** Ed Vaizey **1.00** Ayesha Hazarika **2.00** Jane Garvey And Fi Glover **4.00** John Pienaar With Times Radio Drive **7.00** The Evening Edition **10.00** Darryl Morris **1.00** The Story **1.30-5am** The Best Of Times Radio

RADIO 1 *97.6-99.8FM bbc.co.uk/radio1*

6.57am Newsbeat **7.00** Greg James **11.00** Rickie, Melvin And Charlie **12.45** Newsbeat **1.00** Matt And Mollie **3.30** Newsbeat **3.32** Going Home With Vick, Katie And Jamie **5.45** Newsbeat **6.00** New Music Show With Jack Saunders **8.00** With Sian Eleri And Daniela Gualtieri **10.00** Power Down Playlist With Sian Eleri **11.00** Martha **1.00-1.30am** Drum & Bass Mix

RADIO 2 *88-91FM bbc.co.uk/radio2*

6.30am The Zoe Ball Breakfast Show **9.30** Vernon Kay **12.00** Jeremy Vine **2.00** Scott Mills **4.00** Sara Cox **7.00** Jo Whaley **9.00** The Jazz Show With Jamie Cullum **10.00** Trevor Nelson **12midnight-3am** Ellie Brennan

MOVIES



Sky Cinema Premiere 9.40pm Taissa Farmiga stars in *The Nun II*

SKY CINEMA PREMIERE

12.25pm *Concrete Utopia* (15, 2023) **★★★** **2.40** *Robin And The Hoods* (PG, 2024) **★★★** **4.30** *Trolls Band Together* (U, 2023) **★★★** **6.05** *Mean Girls* (12, 2024) **★★★** **8.00** *Parallel* (15, 2024) **★★★** **9.40** *The Nun II* (15, 2023) **★★★** **11.40** *Concrete Utopia* (15, 2023) **★★★** **2.00-4am** *Deep Sea* (PG, 2023) **★★★**

SKY CINEMA ADVENTURE

11.35am *Journey To The Center Of The Earth* (PG, 2008) **★★** **1.15** *Transformers: Rise Of The Beasts* (12, 2023) **★★★** **3.25** *Ready Player One* (12, 2018) **★★★★★** **5.50** *Shazam! Fury Of The Gods* (12, 2023) **★★★★** **8.00** *The Green Hornet* Comic-book adventure. (12, 2011) **★★** **10.00** *Hulk* (12, 2003) **★★★** **12.20-2.10am** *The Last Witch Hunter* (15, 2015) **★★**

SKY CINEMA ACTION

12noon *The Patriot* (15, 2000) **★★★★** **2.55** *The Karate Kid* (PG, 2010) **★★★** **5.25** *Robin Hood: Prince Of Thieves* (PG, 1991) **★★★★** **8.00** *Dungeons & Dragons: Honour Among Thieves* (12, 2023) **★★★★** **10.25** *Snow White & The Huntsman* (12, 2012) **★★★** **12.35-12.55am** *The Cinema List: Bourne*

FILM4 *freeview 14*

11am *The Call Of The Wild* (PG, 2020) **★★★★** **1.00** *Muppets From Space* (U, 1999) **★★★★** **2.45** *The Karate Kid* (12, 1984) **★★★★** **5.10** *The Lavender Hill Mob* (U, 1951) **★★★★★** **6.50** *Flight Of The Phoenix* (12, 2004) **★★★** **9.00** *Nobody* (15, 2021) **★★★★** **10.50** *Tropic Thunder* (15, 2008) **★★★★** **1.00-2.55am** *Songs My Brothers Taught Me* (2015) **★★★**

TALKING PICTURES *freeview 82*

12noon *Worzel Gummidge* **★★★** **12.35** *Third Party Risk* (PG, 1954) **★★★** **2.05** *Treasure Of The Golden Condor* (U, 1953) **★★★** **3.55** *Home At Seven* (U, 1952) **★★★** **5.40** *Look At Life* **5.55** *The Beverly Hillbillies* **6.30** *Scotland Yard* **7.05** *Batman* **7.35** *Dangerous Assignment* **8.05** *Rumpole Of The Bailey* **9.10** *Night Of The Eagle* (15, 1961) **★★★** **10.55** *Cellar Club With Caroline Munro* **11.00** *Amityville Horror: The Evil Escapes* (18, 1989) **★★★** **12.55-1am** *Cellar Club With Caroline Munro*

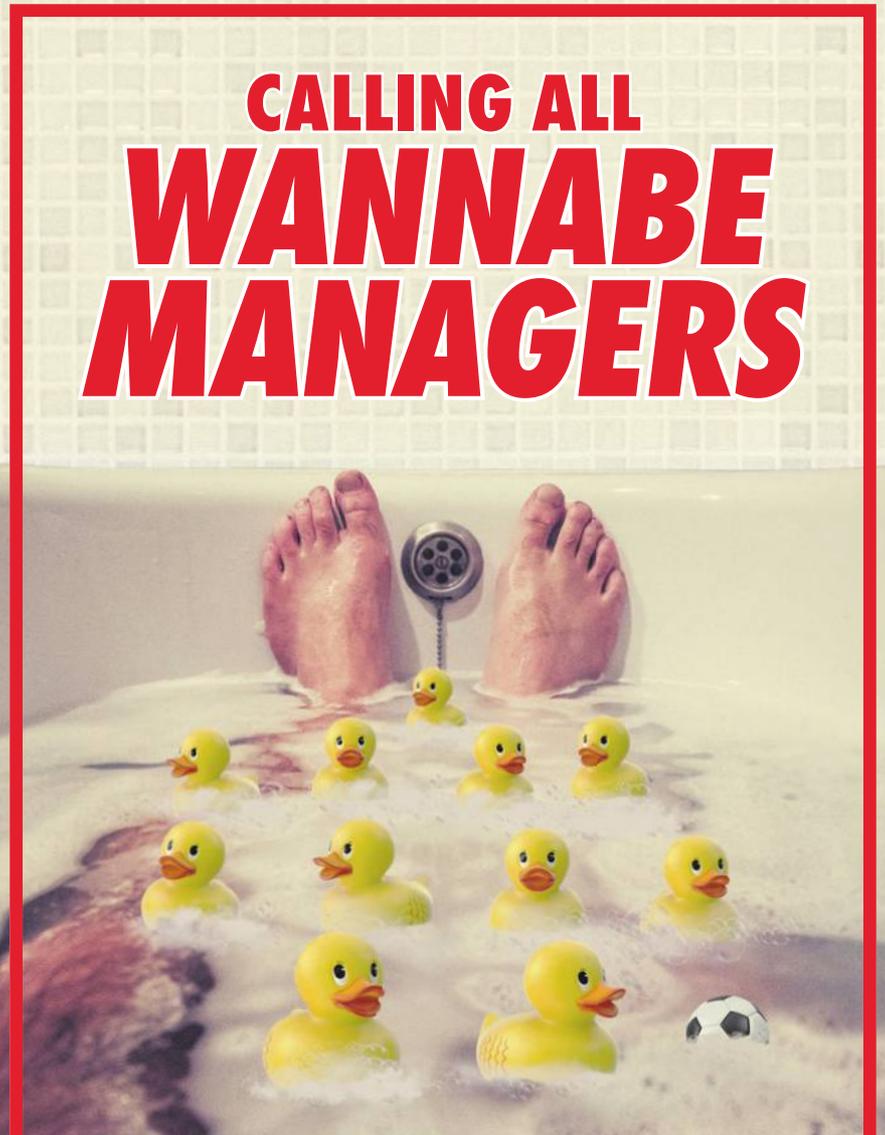
GREAT! MOVIES *freeview 34*

1pm *Presumed Guilty* (15, 2016) **★★** **3.00** *Arctic Apocalypse* (PG, 2018) **★★** **5.05** *Global Meltdown* (PG, 2017) **★★** **7.05** *Garage Sale Mystery: All That Glitters* (PG, 2014) **★★★** **9.00** *The Road* Post-apocalyptic drama. (15, 2009) **★★★★** **11.25pm-1.30am** *Arctic* (12, 2018) **★★★**

GREAT! ACTION *freeview 42*

1pm *Silverado* (PG, 1985) **★★★★** **3.50** *The Quick and the Dead* (PG, 1987) **★★★★** **5.50** **GREAT! Movie News Extra** **6.00** *Cops Uncut* **6.30** *Air Rescue* **7.00** *Coast Guard Alaska* **9.00-11.15pm** *The Exception* (15, 2016) **★★★★**

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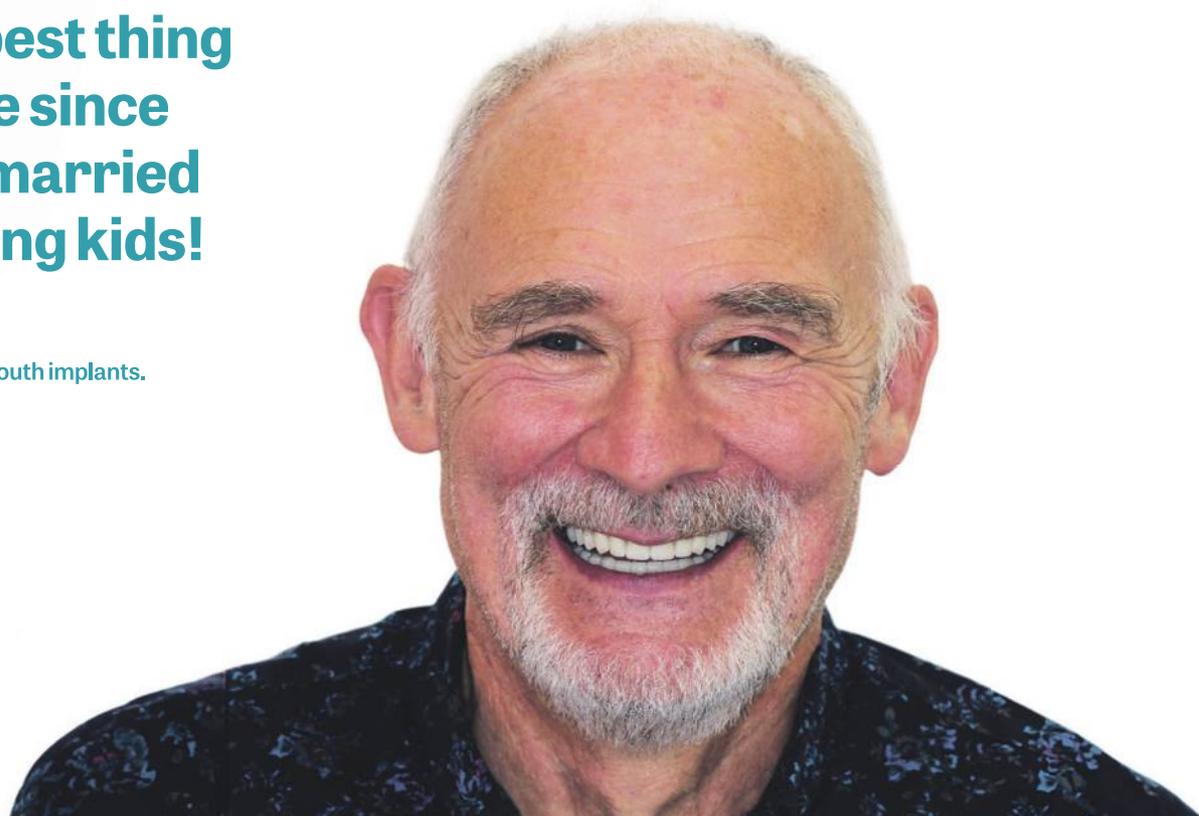
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Letters

@the-sun.co.uk

The page where you tell Britain what you think

OLYMPIAN Amber Rutter, pictured, is glowing just three months after giving birth to her son Tommy. Her medal in shooting was a silver but, despite the controversial judging, to me Amber is a gold medal winner and super-mum.

truth, all the best talent is never put through to the final rounds. The best series was the original Popstars made by music producer Pete Waterman.

counsellor Katie Alexander with gifts and lavish trips. How ruthless!

SYLVIA MONK
Hayling Island, Hants

I READ that X Factor and BGT mogul Simon Cowell is abandoning his search for a new boy band to carry on his success after One Direction.

We are all tired of these shows. They are all sob stories told by contestants. In



IAN OWEN
Wallington, Surrey

WHAT a slap in the face for Ruth Langford to see ex-hubby Eamonn Holmes' new girlfriend with what appears to be an engagement ring.

If they are engaged, then for someone with mobility issues he sure moves fast. Eamonn is said to be showering marriage

IT'S so brilliant to see rapper Snoop Dogg, pictured, supporting the US competitors at this year's Paris Olympics, he must be a huge sports fan as he has been spotted attending so many events.

He even brought his unlikely pal Martha Stewart with him, hopefully she can inspire the athletes to cook up a win.



LIZ SMITH
Brighton

Anarchists exploit Brits

£50 LETTER

THE riots across the UK will be a major headache for the new Government but in most cases they have little to do with the shocking killing of those three little girls in Southport.

They're simply an excuse for rabble-rousing racist morons to create anarchy via violence. The Sun is right to say that the Government must prioritise the problems of illegal migration and violent crime.

The very issues that those thugs will continue to exploit.

ADAM JOHNSON
Gateshead, Tyne and Wear

IN light of all the riots and the number of police officers being injured, it's time to look seriously at using water cannons.

The way things are going there will be no police left and certainly no new recruits queuing up to join.

MARION WRIGHT
Birmingham

THE killing of three innocent children - Elsie Dot Stancombe, Alice Dasilva Aguiar and Bebe King - in Southport was dreadful and shocking.

Their traumatised families have not asked for the rioting across our country. In fact, they have requested the opposite, calling for peace, so why are their wishes not honoured?

DAVID ROSE
Linton, Cambs

THE English Defence League organised demos over the weekend, supposedly because of the stabbings in Southport.

It shows the intelligence of these people when they're blam-

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I WAS angry and appalled watching right-wing morons attack the police. They're all fuelled by false propaganda. I hope they will be brought to justice and locked up, then we will see how brave they are.

BOB DIXON, Surrey

IF the courts can sit 24/7 to counter far-right riots, there must be plenty of room in our prisons...

C DUFFY, Stoke-on-Trent

THE problems and anger we are now seeing are down to Tony Blair and Gordon Brown's open-door policy.

M COOK, Wivenhoe, Essex

ing refugees while the 17-year-old suspect was born in Cardiff.

PAUL DAVIES
Rotherham

THE images of rioting across the UK by far-right thugs were shocking. No one can condone this behaviour on any level.

However, we do have to look rationally at the underlying causes and make sure we address the concerns of millions of Brits who these people would look to exploit politically for support.

If politicians fail to take action then actors like Russia will continue to use social media to destabilise Western democracies.

LUKE RUSSELL
Tingley, West Yorks

MY husband and I will be 77 this year and, as we have both worked, we both receive a state pension.

As we are married, our pensions are added together and we cannot claim pension credit as our joint pensions take us over the base limit. Consequently, neither of us will receive a Winter Fuel Payment this year.

Needless to say we are bitter.

DIANA PENN
Peterborough, Cambs

NOW Labour have cut the Winter Fuel Payment, maybe they can up our pensions to the living wage.

Come on, Labour, prove you still care for workers after they retire.

BERT GREGORY
Ramsgate, Kent

PERHAPS Sir Keir Starmer and Rachel Reeves should try to live on a single person's state pension before they decide to take such drastic actions as restricting the Winter Fuel Payment.

PAULINE BETTERIDGE
Gosport, Hants

HOW have we got ourselves into a position where none of our six hunter-killer submarines is operational, and all are stuck in port?

It leaves our waters exposed to enemies, and it hardly comes as a surprise to learn that Russian underwater activity is at its highest level since the Cold War.

Talk about being up the creek without a paddle - except we can't even find a boat to get as far as the creek.

LESLEY EVANS
Walsall, West Mids

WHY are we telling the whole world about our submarine issues? The tyrants are going to take one look and realise we are an easy target in the UK.

BERNIE McALISTER
Heanor, Derbys

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We pay £50 for our Star Letter of the day: Email letters@the-sun.co.uk. Fax us on 020 7782 4170 or write to Dear Sun, The Sun, 1 London Bridge Street, London, SE1 9GF. Include your full name and address. You can share your views at thesun.co.uk

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Mystic Meg

with **MAGGIE INNES**

ARIES March 21 - April 20



You can find your feet in a lovebond when you make space for two-way goals, instead of aiming for the same thing, at the same time. If you start the day single, that workmate who seems to seek you out, could be waiting for a signal. Mars fire could burn through compromises at home, but keep the talking going.

TAURUS April 21 - May 21



A mega-creative moon wakes up parts of you that you may have assumed were dormant - this is your day to value your ideas, even the ones not everyone may "get". The only opinion that matters today, is your own. Be ready for some push-back when you propose a cash fix, and have alternative options ready.

GEMINI May 22 - June 21



This can be a warm family day that brings chances to reinforce mutual love and respect, so be prepared to make the most of these. Being the first person to say sorry can help everyone else open up, and reconnect. Your own sign could feel the force of Mars, and get impatient, especially at work. Stay cool.

CANCER June 22 - July 22



Mixing expectations in with unconditional love is not an easy path - but if you sense you need to do this, today is a perfect day to start. Remember you have the right to be fulfilled, as well as making others happy. The sun stays strong in your values zone, and when you need to stand up and be counted, you can.

LEO July 23 - August 23



As quick and clever communicator Mercury settles into a tailspin, you could find it a challenge to say what you mean and mean what you say. Especially if someone has let you down. But your message can come through when you keep trying. Love-wise, two people may click, but make sure values are equally in tune.

VIRGO August 24 - September 22



You may not choose to lead, but you can end up doing it - because your talents and ideas are so far ahead of anyone else's. Just be sure to keep bosses informed of your plans. At home, too, you've waited long enough for co-operation, so do start considering ways to move forward without it. Luck circles "K".

LIBRA September 23 - October 23



That fantasy lover you have had in your heart for a while could suddenly appear - and your reaction will surprise you. If you are settled with a partner, be sure to share your dreams, as well as your practical wishes. You could be more on the same page, and at the same stage, than you think. An "M" journey can restart.

SCORPIO October 24 - November 22



Finding time for friends is your zodiac task of the day - even just a short text or call. Someone who would never ask for help may need it right now. Being your own best friend is another theme of your chart, and giving yourself the same care you always offer to others. A work list can reverse, so you end up at the top.

SAGITTARIUS November 23 - December 21



If a personal goal is good to go, yet you still resist - take some time to look deeper into this. There may be a part of yourself you are trying to ignore, that deserves to be heard. In love? Venus is strong now in your success sector, so big love moves can go well. Single? There's no such thing as "out of your league".

CAPRICORN December 22 - January 20



Mercury's reversal path can be felt most in your learning zone. You may feel you are taking backward steps when getting to grips with a task, but underneath the knowledge is still going in. Be kinder to yourself and extend a deadline if you can. Mars fires up impulsive health changes, beware of too much, too soon.

AQUARIUS January 21 - February 18



The confidence to present a project comes with Mars, plus you have all the intuition of the moon to judge an audience - maybe consisting just of one - perfectly. So get a date in your diary to strut your stuff. A bond linked to sunshine, perhaps a holiday romance, can survive in any weather, if that's what you want.

PISCES February 19 - March 20



Subjects that have simmered below the surface of a family, or any other kind of household, can be defused when you discuss them - so try not to delay this. The longer secrets stay hidden, the more powerful they become. A friend may want to be more to you - if you don't feel the same, do handle this with tact and kindness.

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Text a psychic. Just text **MEG** then a space and your question to **60016**

Calls cost £1.50 per minute plus your telephone company's network access charge. You must have bill payer's permission. Calls recorded for your protection. Max call duration 19 mins for 0905 numbers. Over 18s only. These services are for entertainment only. SMS cost £1 per received message, max 3 messages per reply. UK only. To opt out of three promo messages call Helpline: 0330 114 0300. SP: Inveroak.com, PO Box: 10015, CM1 9HJ.

puzzles

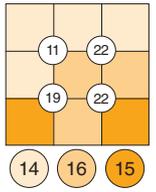
BRAINBUSTER

Insert vowels and spaces into these sequences of consonants to make well-known phrases.

- [a] BRYRHDNTHSND
[b] CMPRNGPLSNDRNGS

SUKO®

Enter the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of its four surrounding squares. Each coloured area should add up to the colour totals below.



We've got all your favourite brain teasers

PAGE 2 **SUJIKO SOLUTION:** Top line 165 middle 329 bottom 478

TWO-SPEED CROSSWORD

Two sets of clues but the answers are the same

Cryptic clues

ACROSS

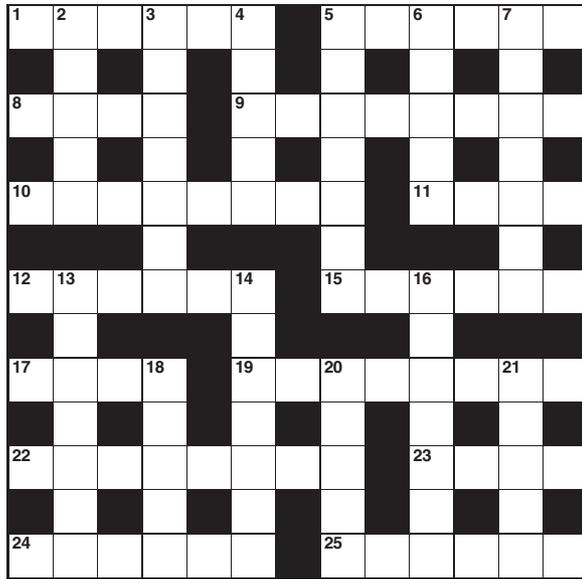
- Revoke article in disgust (6)
- Money once in Europe set aside (6)
- Advice from drunk that's incomplete (4)
- Bryson riled about English snootiness (8)
- Go over concerning vehicle on late trip? (8)
- Chinese lanterns embodying style (4)
- Female, no spring chicken, finds wallet (6)
- Dictator succeeded in warehouse (6)
- Report of major shock? (4)
- Upright swimmer's shoes are repaired (3,5)
- Artist's agent to stick with musical backed (8)
- Amphibian taking oxygen in small amount (4)
- Sinner, sick, to cash in chips (6)
- Fantastically great time for goal (6)

DOWN

- Cream in some bagel it entered (5)
- Send tea blended in docks area (4,3)
- Large ears reshaped in surgical beam (5)
- Carry on making endless profits (7)
- Cavalier bears this? (5)
- Is it too darn windy? (7)
- Old car in America: something blown? (7)
- Peter is knackered, needing breather (7)
- Person who looks small: tinker? (7)
- Boulder from eastern country (5)
- Expert in A-section? (5)
- Figure in good condition (5)

Check today's answers before midnight by calling 0905 757 0150 for Across and 0905 757 0151 for Down. Calls cost £1 per minute plus your telephone company's network access charge.

Purchase the latest Sun Puzzle Books, including crosswords, wordsearches & sudoku, for as little as £4.99 from the HarperCollins website harpercollins.co.uk or phone 0141 306 3100



Coffee time

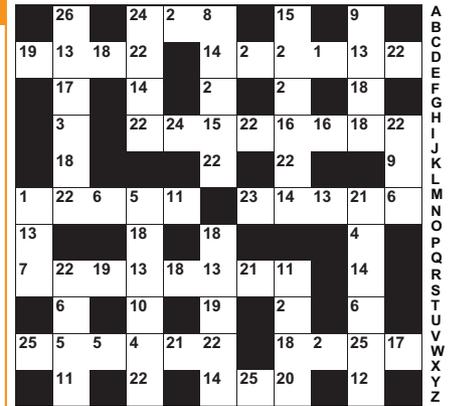
ACROSS

- Annul as law (6)
- Old Spanish coin (6)
- Pointers (4)
- Haughtiness (8)
- Prepare for a show (8)
- Panache (4)
- Binder (6)
- Autocrat (6)
- Leonine locks (4)
- Hippocampus (3,5)
- Paste securing a denture (8)
- Loathsome person (4)
- Film villain (6)
- Objective (6)

DOWN

- Aristocracy (5)
- London district (4,3)
- Sci-fi weapon (5)
- Advance or continue (7)
- Curved sword (5)
- Twister (7)
- Globular flute (7)
- Hiatus (7)
- Railway enthusiast (7)
- Large antelope (5)
- Very proficient (5)
- External form (5)

WORD WORKOUT



THIS is the world's best brain teaser. Each grid number in our Word Workout game represents a letter. So if you think 4 is the letter Y, write Y in all the squares with a 4. All the alphabet is used and we have supplied some letters to start you off. We will print the answers tomorrow.

YESTERDAY - ACROSS: Skid, Eian, Roost, Blind, Too, Jelly, Woman, Inept, Glitz, Her, Elude, Arson, Silt, Ewer. DOWN: Knoll, Doty, Elbow, Axiom, Rejoice, Denizen, Lap, Oil, Equal, Theft, Grave, Issue.

For 4 Extra Clues Call 0901 293 6299

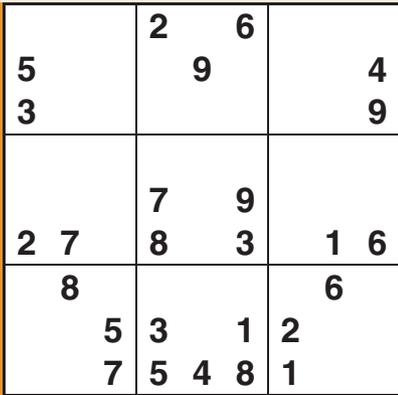
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or text **SUNWORD** to 64343.

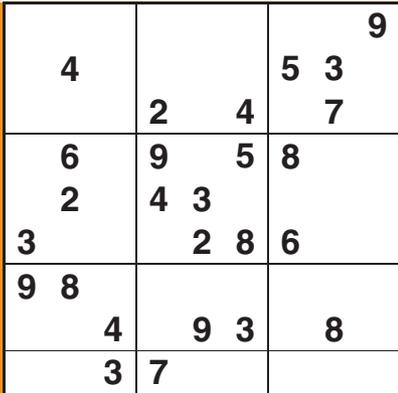
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DOUBLE Sun DOKU

TODAY'S TEASER Call 0905 757 0156 for clues or solutions. Cost £1 per minute plus network access charge.



TODAY'S TOUGHIE Call 0905 757 0152 for clues or solutions. Cost £1 per minute plus network access charge.



Calls for extra clues and answers last no longer than two minutes (Sundial answers may vary). Helpline: 0333 202 3390 (9am-5.30pm). Service provider: Spoke, W1T 4HD

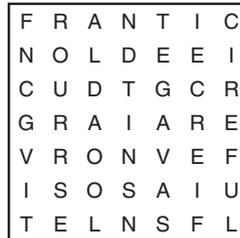
WORDSEARCH

Find seven words meaning 'angry' or 'wild'. Words can run forwards, backwards or diagonally. Solution below.



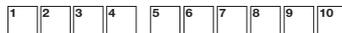
NEWSPAPERS SUPPORT RECYCLING

The recycled paper content of UK newspapers in 2023 was 45.5%



THE NAME GAME

EACH clue leads to a well-known name. Put the initials or stated letters in the appropriate squares to identify a poet:



- This Fantastic Four actor has also portrayed Horatio Hornblower on the small screen
- Dennis, Australian bowler known for his partnership with Jeff Thomson (first and last letters of name)
- Cornish inventor and engineer who created the first working railway steam locomotive
- He was Labour prime minister in 1964-70 and 1974-76
- Mr Weill, composer of The Threepenny Opera (first two letters of name)

Yesterday: Musician JIMMY BUFFETT (Mo Farah, Joseph, Ella Balinska, Fulton (Mackay), Emily (Blunt), Tony (Romio), Tim Minchin). Another Name Game in the Sun tomorrow.

If you can't wait until tomorrow for the answers, just call 0901 293 6298. Calls cost £1 plus your telephone company's network access charge.

30-SEC NUMBERCRUNCH

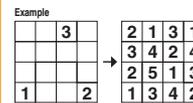
HERE is our fantastic puzzle, the 30-second NumberCrunch. There's no better way to keep your brain trained than playing our great teasers. So if you want to stay ahead of the game, you will love this challenge.

Starting at the left with the number provided, work your way across the three lines one at a time, applying all the mathematical instructions to your running total. Don't reach for your calculator - that would be cheating! Write your final answer in the last box of the line. You should be aiming to complete each round in about 30 seconds. Good luck! Answers below, right.

BEGINNER	INTERMEDIATE	ADVANCED
97 - 58 ÷ 3 + 111 ÷ 4 - 27 × 7 - 19 × 9 - 24	142 + 270 Quarter of it - 48 ÷ 11 × 9 + 449 Half of it - 118 2/3 of it	643 + 3785 5/9 of it + 1896 ÷ 12 - 57 ÷ 18 + 2675 25% of it + 2645

SUGURU®

Each cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3, and so on. The same digit must not appear in neighbouring cells, not even diagonally. Solution below.



SUNDIAL



SEE how many words of four or more letters you can "dial" using the one at the centre in each word. You can make at least one word using all of them. Don't use the letters more than once in any word. No proper names or plurals

BRILLIANT: 32. EXCELLENT: 27. GOOD: 20. GREAT SCORE FOR KIDS: 15.

YESTERDAY: Adit, agility, daily, dial, digit, digital, dill, gaily, gait, gild, gill, gilly, gilt, idly, idyll, laid, laity, lilt, lily, tail, tidal, tidally, tidily, tidy, till, DIGITALLY.

ending in 's'. Words from Collins Concise Dictionary.

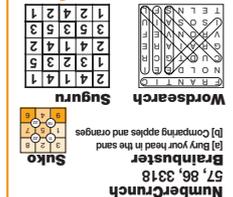
Check today's answers by calling 0905 757 0155 before midnight. Calls cost £1 per minute plus your telephone company's network access charge.

YESTERDAY'S SOLUTIONS

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

Two-Speed Crossword
ACROSS: 1 Calorie, 5 C-Iass, 8 S-Iab-s, 9 Torpedo, 10 A-d-here-nt, 11 E-d-g-e, 13 Drawer, 15 Lapid-og, 18 Buck (deer), 19 Ten-n-y-son, 22 A-g-it-ate, 23 Honest(t), 24 Siege, 25 A-d-dress.
DOWN: 1 Cu-star-d, 2 (l)Leach, 3 Re-serve-d, 4 Ex-tend, 5 Car-t, 6 Amended(a), 7 S-t-ole, 12 Launched, 14 Archive, 16 Genesis, 17 Geneva, 18 B-r-ass, 20 Siege, 21 R-ace.

Today's Solutions



NumberCrunch
57, 86, 3318
Brainbuster
Suko
[a] Comparing apples and oranges
[b] Lung food read in the text

A 1 kg piece of history — struck on the day!

The official D-Day £100 Silver Proof Coin

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measures an impressive
100mm*

*Just 50 of the 1-kilo
D-Day 80th Anniversary
silver coins were struck
on the 80th Anniversary
of D-Day — June 6, 2024*

**One kilogramme
of 999 fine silver**

The 6th of June 2024 marked the occasion of the 80th anniversary of D-Day, one of the most significant military operations in history that turned the tide of the Second World War.

Throughout the country, we joined together, paying our respects in a heartfelt homage to all those who made the ultimate sacrifice. In Normandy, Pipe Major Trevor Macey-Lillie, began the commemorations by playing a lament at sea at the same moment of the beach invasion in 1944. World leaders and royalty stood shoulder to shoulder with the few remaining veterans and their families in a poignant service of remembrance. This year's 80th anniversary could very well be the last major commemoration witnessed by the veterans. Five years ago, 225 British veterans travelled to Normandy for commemorations, this year, there were 23, including some centenarians.

As we paid tribute to all those who took part in that defining date in history, a very special coin was being struck.

The design depicts the ships, aircraft, soldiers and equipment that were all used on D-Day and has been officially licensed with The Royal Navy, British Army and Royal Air Force.

Officially licensed by the Ministry of Defence and approved by Buckingham Palace, this is a coin that takes its place in history.

Just 50 coins were struck on the 80th anniversary day — the 6th of June 2024, making this a historic minting that can never be repeated.

The courage and commitment shown by the Allied troops who fought for our freedom on D-Day is commemorated on a stunning 1-kilo silver coin.

Struck to an impeccable Proof finish, this remarkable coin contains 32.1507 troy ounces of silver in 999 fineness and is minted to an incredible diameter of 100mm and thickness of 12.69mm.

Striking coins at this size and weight to Proof standard is technically demanding — the larger a coin becomes, the more tonnage of pressure is required to impress the design into the coin to achieve a Proof finish. The result is a deeper and clearer relief that showcases the artistry of the design, making this £100 coin a true masterpiece of minting.

Due to the sheer size of this coin sculpted in precious silver a limited mintage of only 50 pieces has been issued, each of them uniquely numbered — which means no two pieces are the same.



Almost five times the size of a £1 coin

Coin Specifications

Alloy:	.999 Silver
Denomination:	One Hundred Pounds
Diameter:	100mm
Weight:	1 kilo (32.1507 troy ounces of silver)
Thickness:	12.69mm
Edge:	Milled and uniquely numbered
Quality:	Proof
Presentation:	The 2024 £100 Silver Kilo coin comes in a presentation box with Certificate of Authenticity

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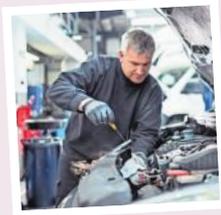
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By **ASHLEY ARMSTRONG**

✉ ashley.armstrong@the-sun.co.uk

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Target... car factories

ELECTRIC VEHICLES TURN-OFF

CAR makers are unlikely to hit this year's government target for electric vehicles, warns the motor industry's trade body.

A slump in demand from private buyers means battery-powered vehicles will have 18.5 per cent share of the market, the Society of Motor Manufacturers and Traders said.

Tory ministers had set a target of 22 per cent as part of the goal to ban sales of new petrol and diesel cars by 2030 — and the Labour Government has so far kept the aim.

However, the SMMT has cut its forecast of electric vehicle sales from 393,000 to 364,000.

Chief exec Mike Hawes said waning demand from private buyers — rather than company fleets — remained the "overriding concern".

Manufacturers who miss the Government target will soon face fines of £15,000 for every petrol or diesel car above the net zero threshold.

VAUXHALL has warned this could result in factory closures.

SHARES

- BARCLAYS**
down 2.90 to 206.20
- BP**
down 13.80 to 431.00
- CENTRICA**
down 6.00 to 121.25
- HSBC**
down 10.50 to 625.80
- LLOYDS**
down 0.78 to 54.56
- MARKS & SPENCER**
down 6.30 to 310.80
- NATWEST**
down 3.20 to 322.40
- ROYAL MAIL**
down 7.60 to 337.00
- J SAINSBURY**
down 8.20 to 265.60
- SHELL**
down 83.50 to 2,693.50
- TESCO**
down 5.60 to 321.10

NATWEST 1% SLICE

THE Government has sold a further 1 per cent of NATWEST, a week after the Chancellor scrapped plans to sell its stake to the public.

The bank said the taxpayers' stake had reduced from 19.97 to 18.99 per cent yesterday.

The move would have netted £260million for the Treasury.

Its remaining stake is worth £5billion. Chancellor Rachel Reeves said she expects the Government to have exited its stake entirely by 2025 to 2026.

RETAIL HEATS UP

RECENT sunshine has boosted sales of summer clothes, sunscreen and barbecue food, according to the British Retail Consortium.

June's wet weather was a washout for the high street but retail sales returned to growth in July, lifting by 0.5

per cent. Retailers now hope a feel-good boost from the Olympics and sunny skies will keep the momentum going.

Helen Dickinson OBE, boss of the British Retail Consortium, said: "Shoppers are preparing for days out with friends and holidays away."

£ HALF of high street shops rate crime and anti-social behaviour as their biggest risk, according to a Federation of Small Businesses report. The FSB called for free bus fares on key routes and parking on two Saturdays a month to boost footfall.

L'OREAL JAB LOT

L'OREAL has decided that injectable wrinkle treatments are "Worth It" after all.

The cosmetics giant is buying a ten per cent stake in Swiss firm GALDERMA, one of the world's biggest makers of treatments to soften wrinkles. The French cosmetics firm

is spending about £1.5billion on the stake, say analysts.

Galderma was part of a joint venture between NESTLE and L'oreal before L'oreal sold out its stake in 2014.

Galderma was recently floated in a £13billion listing on the Swiss stock market.

CHOC GIANT MARS IN FOR TALKS

Can Mars

resist a Pringle?

£20BN 'TAKEOVER BID'

CHOCOLATE giant MARS has the munchies — as it holds talks to gobble up the maker of Pringles.

The firm, which also makes M&Ms, Snickers, Dolmio sauces and pet food, is said to be considering a bid for US rival KELLANOVA.

Shares in Kellanova, which used to be called Kellogg's before a split of the cereal giant, surged by almost 20 per cent yesterday as the takeover talks emerged.

It was one of the few US companies to rise during a savage global markets sell-off yesterday.

US snack business Kellanova has a pantry of favourites including Pop-Tarts and Pringles — the curved crisp famous for its "Once you pop, you can't stop" catchline.

It also owns cereal Special K — known for its long-running classic red swimsuit adverts in the 1990s and early Noughties when it marketed itself as a diet food.

Kellanova is valued at £20billion in New York, meaning a bid from Mars would be one of the biggest food deals since KRAFT'S merger with HEINZ almost a decade ago.

A takeover could value Kellanova at around \$30billion (£23billion), said the Wall Street Journal, which first reported the talks.

Kellogg's spun-off its US cereal business — which includes Frosties and Froot Loops — into a separate

company called **WK KELLOGG** last year, but Kellanova still produces Special K.

The deal talks come as big food companies are starting to suffer from consumers turning their back on expensive brands, which have hiked prices to cover costs.

Many shoppers have switched to supermarkets' own budget alternatives. Now big firms are under pressure to revive sales without just relying on higher prices.

Mars has also faced soaring cocoa prices, which have resulted in it shrinking the size of its chocolate bars, including Galaxy, to offset the cost of ingredients.

A potential tie-up with Kellanova, which has been doing better than its rivals, could help Mars fight back against falling sales volumes and slowing growth.

TD Cowen analyst Robert Moskowitz said: "K's portfolio of popular snack brands will fit well with Mars and help them expand scale in international markets."

But Mars could face competition from rival suitors including Cadbury owner **MONDELEZ**, although analysts say Mars has more financial firepower.

Last year, Mars snapped up posh chocolate brand **HOTEL CHOCOLAT** in a £534million deal.



* No Artificial Colours *
* Suitable for Vegetarians *



Crunch time... for Pringles and Special K. Left, cereal ad



Called off... oil talks

40% FALL OF WOOD GROUP AS TALKS OFF

YESTERDAY'S huge global stock market sell-off has already claimed its first victim after a bidder abandoned a takeover of Scottish oil services firm **WOOD GROUP**.

Dubai-based rival SIDARA said it would pull out of takeover talks "in light of rising geopolitical risks and financial market uncertainty".

A dramatic market rout has wiped billions off the valuation of London, Asian, and New York stock markets amid fears of a big tech bubble and wider concerns about the US economy.

The abrupt end to talks between Wood Group and Sidara comes after almost 18 months of the Scottish energy services firm being a takeover target. Last year it rejected several bids from private equity firm APOLLO that valued the business at £2.2billion. It then took three approaches from Sidara before agreeing to enter takeover talks at 230p-a-share.

Shares in Wood Group crashed yesterday. They closed down 74p, or 37.6 per cent, to 123p.

But the business insisted it still had confidence in its "strategic direction" and aims to generate "significant free cash flow next year".

SERVICES GROWTH

THE UK's services sector has recorded the strongest level of demand for more than a year, according to a closely watched survey.

The S&P GLOBAL services purchasing managers index, which measures the pub, restaurant, hotel and bar sector, scored 52.5 in July.

The PMI score was slightly above the 52.1 of the previous month as new orders increased and employment went up. Any figure above 50 indicates growth.

GOT A STORY?

✉ ashley.armstrong@the-sun.co.uk

🐦 @AArmstrong_says

Contact me...we're always open for **Sun**business



Edited by
LISA MINOT

● **KOS is 33C** – a week at the 4★ Kipriotis Panorama Hotel is from £1,179pp all inclusive, with flights from East Midlands on August 13. See olympicholidays.com.

● **DALAMAN in Turkey is 35C** – five nights' B&B at the 3★ Majestic Hotel is from £246pp, including flights from Birmingham on August 29. See firstchoice.co.uk.



MAGICAL MADEIRA CAPITAL

IT'S a moment every football fan dreams of. I'm standing alongside one of the greatest players of all time – Cristiano Ronaldo.

Towering over me, the Portugal captain has a formidable stance – legs spread, arms stretched down by his sides, hair immaculate. I inch closer, mirroring the sporting hero's pose. The only let down is the fact that my teammate is actually a 10ft bronze statue of the man himself. I'm in Funchal, the capital of the Portuguese island of Madeira. Here, on February 5, 1985, the soccer star was born. The former Man U and Real Madrid player is worshipped like a god in Madeira – as well as a statue, the island's airport is named after him and the CR7 Museum is dedicated to his career.

Stunning panoramas

But with Hawaii-like scenery and world-class wine, there's more to Madeira than Ronaldo. I grab glimpses of the rugged landscape on the 20-minute drive from the airport to my hotel Barcelo Funchal Old Town, but the views of the Atlantic Ocean are even better from the balcony of my bright, contemporary room. Made up of six 17th-century buildings, the renovated hotel still has a traditional charm. The panoramas get even better from the 5★ hotel's rooftop pool and bar area – a stunning backdrop of tropical parks, flowering jacaranda trees and the cobbled streets of the old town. I head here the following morning, swimming 50 lengths to work up an appetite for breakfast. The



Wine, food, scenery... relax in Funchal

YOU CAN'T GO RON... Barcelo hotel. Right, Jo and statue, and coastline



GO: MADEIRA

GETTING THERE: EasyJet flies from Gatwick to Funchal from £32.99 each way. See easyjet.com.
STAYING THERE: Rooms at Barcelo Funchal Old Town cost from £155 per night on a B&B basis. See barcelo.com.
OUT & ABOUT: Jeep tours across Madeira cost from €70 per adult and €35 per child and can be booked through the hotel or at bravelanders.com.

food doesn't disappoint, with everything from yoghurt and eggs to local delicacies like honey cake and Madeira bread (like flatbread, made with flour and sweet potato). All of this is washed down with a free glass of bubbly. Next I jump into a jeep for a safari into the hills. Our driver Ivan takes visitors on tours through the Bravelanders group. Venturing out of town, he takes us past the marina with Ronaldo's

statue and his mansion that's chiselled into the hillside. We stop at the Laurel Forest, which is a UNESCO World Heritage Site. At around 20million years old, this subtropical forest is sun-drenched and bursting with colour. Back on the road, we arrived at a rural roadside shop where I had my first taste of traditional "poncha", a boozy blend of Aguardente de Cana (distilled alcohol made

from sugar cane juice), honey, sugar and orange juice. This frothy drink packs a real poncha. Thank goodness I'm not the one behind the wheel! As we descend from the highlands, vineyards appear through the clouds. Madeira's volcanic make-up has allowed plant life to flourish, and that becomes apparent at Quinta do Barbusano, where the vines grow vertically, hanging above your head on wires. Sitting

in the winery overlooking a valley, I savour each glass of chilled, crisp wine, all the while feasting on "espetada", traditional barbecued skewered meats. The bay-leaf sticks are hung on a bar at our table, and the beef juices drip over my Madeira bread. Watching the sun set over the lush landscape that Ronaldo calls home, I realise that this beautiful island's gone to my head.
JO MADDEN

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APRIL 2025

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- Mon 7 **La Coruña, Spain**
- Tue 8 **Bilbao, Spain**
- Wed 9 **Le Verdon (for Bordeaux), France**
- Thu 10 Relaxing at sea
- Fri 11 **Cherbourg, France**
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13 NIGHTS DEPARTING 31ST MAY 2025

MAY 2025

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- JUNE 2025**
- Mon 2 **Skagen, Denmark**
- Tue 3 **Copenhagen, Denmark**
- Wed 4 **Berlin (from Warnemunde), Germany (depart late night)**
- Fri 6 **Helsinki, Finland**
- Sat 7 **Tallinn, Estonia**
- Sun 8 **Stockholm, Sweden**
- Mon 9 **Visby, Sweden**
- Wed 11 **Kristiansand, Norway**
- Fri 13 **Arrive in Southampton**



Dates not mentioned are spent relaxing at sea

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Suite (1 left)	£12,699	£10,499

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- SEPTEMBER 2025**
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- Wed 3 **Seville (from Cádiz), Spain**
- Thu 4 **Málaga, Spain**
- Sat 6 **Ajaccio, Corsica, France**
- Sun 7 **Provence (from Marseille), France**
- Tue 9 **Gibraltar**
- Wed 10 **Lisbon, Portugal**
- Sat 13 **Arrive in Southampton**



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GRAHAM THORPE 1969-2024



BEAUTY... against Aussies in '97



KARACHI... with Nasser in 2000



CLASSY... trademark elegance



ROOTY... as coach with Joe Root

MARSHALL ROAR

By GARY CARTER

WIGAN'S Liam Marshall has been told he could be a top coach in the future — or a top accountant. Marshall, 28, signed a new four-year deal last week after swapping jobs to play rugby league. But boss Matt Peet, whose side face Leigh tonight, said: "Whatever he decides to do, if he decides to be a coach, an accountant, whatever... with his approach to life, he'll be a success. "There are probably times when he doubted himself — the injuries, several setbacks, on and off the field — and he deserves all the success he gets."

Fury as Twickers gets new name

Twickenham will be called the Allianz Stadium under a new RFU sponsorship deal.

By JAMIE GORDON

But furious fans blasted the move to give the historic home of English rugby a new name. One posted on social media: "Twickenham will always be Twickenham!" And another posted: "Nobody will call it that." Twickers' opened in 1909 but hard-up RFU chiefs have been forced into staging NFL games and concerts at the 82,000-capacity stadium to raise more funds. Terms of the deal with Allianz have not been revealed. The insurance giants already have their name attached to SEVEN other sports arenas in Nice, Turin, Munich, Sao Paulo,

Vienna, Sydney and St Paul. They also backed Saracens but pulled out when the English Premiership club were found to have breached salary cap regulations in 2019. The RFU's CEO Bill Sweeney said: "This is an opportunity to celebrate our stadium's proud legacy while developing it for the future. "The RFU and Allianz will work together to provide fans with the best possible match-day and event experiences. "As we head towards hosting the Women's Rugby World Cup in 2025 it is fitting that the first game to be played at the newly named Allianz Stadium will be the Red Roses versus New Zealand on September 14."

LUKE NO CELEB

By PHIL LANNING

LUKE HUMPHRIES insists he is not jealous of Luke Littler's celebrity status. The darts world No1 beat 17-year-old sensation Littler in January's World Championship final and has raked in more than £1million in prize money. But Humphries, 29, is not bothered about meeting stars like Liam Gallagher and F1's Lando Norris. Ahead of this week's Australian Masters, he told Online Darts: "If I was 18, maybe I'd feel a little bit jealous but I'm nearly 30 now! "Meeting celebrities, that's not top of my list any more. But, for Luke, it must be amazing."

SPORTS ROUND-UP: RESULTS & FIXTURES

OLYMPIC GAMES MEN'S SEMI-FINALS	P	W	T	L	NR	RR	Pts
MOROCCO (1) 1 SPAIN (0)	2	0	0	0	0	0	198 8
Rahimi 36 (pen) Lopez 66, Sanchez 85							
GOLF							
LPGA TOUR PORTLAND CLASSIC (Oregon, USA, US unless stated) - Final rnd: 266 M Jutanugarn (Tha) 67 69 64 66, 268 A Yin 66 67 66 69, Na-Rin An (Kor) 68 66 68 66, N Guseva (Rus) 64 72 64 68, 269 So-Mi Lee (Kor) 66 67 67 69, P Mack (Ger) 63 67 69 70, S Garcia (Ply) 66 70 65 68, 270 D Weber (Hol) 66 62 70 72, 271 A Jutanugarn (Tha) 69 69 68 65, G Kim (Aus) 66 65 70 70, A Lee 67 63 67 74, Coughlin 66 69 66 70, Ji-Won Jeon (Kor) 68 66 71 66, 272 A Pano 68 64 66 74, R Liu (Chi) 67 69 68 68, M Nam 67 67 70 68, J Chang 72 65 67 68, E Talley 65 67 72 66, 273 Eun-Hee Ji (Kor) 68 71 70 64, Jeong-Eun Lee (Kor) 67 70 68 68, A Doherty 69 69 67 68.							
TENNIS							
WTA NATIONAL BANK OPEN (Toronto) - Qualifying: L Chicco (USA) bt H Dart (Gbr) 4-6 6-6 (2-0) ret.							
CRICKET							
THE HUNDRED MEN							
Wales Fire v Southern Brave Sophia Gardens Cardiff: Southern Brave 139-5 (100 balls); M Vince 73no; Welsh Fire 97 (95 balls); T S Mills 4-16; D R Briggs 3-14; Southern Brave (2pts) win by 42 runs.							
THE HUNDRED WOMEN							
Wales Fire v Southern Brave Sophia Gardens, Cardiff: Southern Brave 84-10 (91 balls); H K Matthews 3-16; Welsh Fire 88-3 (90 balls); Welsh Fire (2pts) win by 7 wickets.							



CENTURY... Thorpe celebrates Colombo ton against Sri Lanka in 2001

THORPE TEST RECORD (1993-2005)

Tests	100
Runs	6,744
Highest score	200*
Average	44.66
Strike rate	45.89
100s/50s	16/39
4s/6s	778/19

CELEBRATING ONE OF OUR FINEST

GRAHAM THORPE was England's best batsman for a decade between the careers of David Gower and Kevin Pietersen.

By JOHN ETHERIDGE

In the eyes of many, Thorpe — who has died aged 55 — was at least the equal of Gower and Pietersen. From the mid-1990s to the mid-2000s, England relied enormously on the nifty left-hander from Surrey. Thorpe could display a carefree approach or bat with iron-willed patience. He was good against fast bowling and an absolute master facing spin. Thorpe later became a well-regarded coach in both England and Australia and first spotted the potential of Joe Root. He had a huge influence on Ben Stokes' batting, especially against spin. His innings of 113 not out against Sri Lanka in Colombo in 2001 was one of the finest ever played for England. It is rarely mentioned alongside the barnstorming efforts of Stokes or Ian Botham but, make no mistake, it was an all-time heroic performance in extreme heat against top-class spin. Thorpe also scored 32 not out in the second innings (out of 74) as England won by four wickets. The next highest England score in the match was 26. He was so shattered he missed the team party that evening. In another famous win in that winter of 2000-01, Thorpe stayed calm amid time-wasting tactics by Pakistan and scored 64 not out as Nasser Hussain's England won in Karachi by six wickets.

It was virtually dark at the end and there were no floodlights. Thorpe was born in Farnham, Surrey and was good enough in midfield to play age-group football for England. But he opted for cricket. He played for Surrey, England A and, in 1993, scored an Ashes century on his Test debut against Australia at Trent Bridge. He inflicted another ton on the Aussies at Edgbaston four years later. Thorpe's highest Test score was a blazing 200 not out from just 231 balls against New Zealand in Christchurch in 2002. It was eclipsed by Nathan Astle's brutal 222 from 168 deliveries in the same match but England still won. Thorpe's final Test innings was 66 not out against Bangladesh in 2005 but England decided to drop him to accommodate the recently-qualified Pietersen. So Thorpe took no part in the greatest Test series of all time against Australia that summer. He scored 16 centuries in exactly 100 Tests with an average of 44.66. Thorpe moved into coaching, working in Australia for New South Wales, where his charges included youngsters called David Warner and Steve Smith. He was England's lead batting coach for several years and an assistant coach on the Ashes tour of 2021-22. Away from the pitch, Thorpe's first marriage to Nicky broke down very publicly and he missed tours because of his domestic upheaval. They had two

children. He found love again and married Amanda and she became a regular when he toured as part of England's coaching team. He had another child and a stepchild with Amanda. He was his own man — he was fined £1,000 for refusing to attend an official function during the 1999 World Cup, for example — but I liked him a lot. He was open and honest with a self-deprecating humour. After England's defeat in the Fifth Test in Hobart at the end of the 2021-22 Ashes, Thorpe lit a cigar while drinking indoors with players from both teams. Police were called and he filmed their arrival, providing a commentary. Within hours, the footage went public. Thorpe lost his job after England's 4-0 defeat in that series but was hired to become head coach of Afghanistan. He never took up that position and, in May of 2022, the PCA put out a statement revealing that Thorpe was "seriously ill" in hospital. He was rarely seen in cricket circles after that, although he did attend a function at The Oval last year. The cricket world and his former team-mates were shocked and upset. Tributes flowed from the likes of Michael Vaughan ("the best of team-mates") and Stuart Broad ("as a kid, I'd run in from the garden to watch him bat"). The ECB said: "More than one of England's finest-ever batters, he was a beloved member of the cricket family and revered by fans all over the world." R.I.P. Thorpe — Pages 26, 27

JULIAN

From Back Page

moving to the Spanish capital in a £33m switch from Chelsea.

And Atletico are now prepared to sell 20-year-old Omorodion, who scored eight goals on loan at Alaves last season.

Any deal for the Spaniard will be separate to the sale of skipper Gallagher, 24. The Blues academy graduate has effectively been forced out of Stamford Bridge — despite being at the club since he was six.

Midfielder Gallagher (*below*) was told last week he would be frozen out of the first-team set-up following concerns over whether he would suit new boss Enzo Maresca's system.

He is set to fly to Madrid for a medical and to thrash out personal terms.

Gallagher is in the final year of his Chelsea contract and the club are reluctant to let their stars run them down and leave for nothing.

They accepted a £57m bid from Aston Villa in June but Gallagher snubbed it. He was then offered a new two-year deal at Stamford Bridge, with the option of a further 12 months.

That was on the table again last week after Atletico's bid was accepted but he wanted a longer contract.

In crunch talks with Chelsea chiefs on Friday, Gallagher discovered he would be denied access to the first-team facilities at Cobham and would train separately from Maresca's squad once they returned from their pre-season tour of America.

Chelsea are also sending defender Alfie Gilchrist, 20, out on loan to Championship side Sheffield United.

United new Yoro blow

By KEN LAWRENCE

LENY YORO'S foot injury is worse than first feared — with Manchester United's new £42million centre-back set for THREE months out after an operation.

The French teenager was crocked in only his second appearance for United.

Boss Erik ten Hag initially hoped that Yoro would only miss two months.

But the player has now had surgery and could sit out the first 15 games.

United confirmed: "Leny Yoro's had successful surgery on his foot injury. Yoro's rehabilitation starts now and we look forward to the 18-year-old returning to fitness in around three months."

The club will now step up their pursuit of centre-half Matthijs de Ligt, 24 — but Bayern Munich want £42m.

Meanwhile, United's shirt sponsors Snapdragon are keen on a naming rights deal for their Old Trafford stadium.



HI MATE... Toney greeted by boss Frank

LAST OF BRENTFORD

IVAN TONEY was given a hero's welcome on his return to Brentford following his Euros exploits for England.

The Bees striker, 28, assisted Harry Kane's last-16 winner against Slovakia and scored in the penalty shootout win over Switzerland in the quarter-finals.

But the Three Lions ended up losing 2-1 to Spain in last month's final.

And on his first day back at Brentford's training ground, Toney (*right*) was greeted and applauded by team-mates, staff and boss Thomas Frank.



BRIAN DEANE was in Sheffield United's No.10 shirt when he scored the first-ever Prem goal v Manchester United in 1992.



ALL THE GOSSIP

ALL THE NEWS

ALL THE DEALS

NEWCASTLE are now in advanced talks to sign Crystal Palace's Marc Guehi. The Magpies are willing to pay in excess of £60million for the England centre-back, 24, who starred at Euro 2024. Both clubs are now confident they can strike a deal.

Irons Nic scorer

By JAKE SANDERS

NICLAS FULLKRUG vowed to "score lots of goals" after sealing his move to West Ham.

The striker, 31, joined in a £27.5million deal from Borussia Dortmund as he believes boss Julen Lopetegui can get the best out of him.

Germany international Fullkrug joins £20m Luis Guilherme, £40m Max Kilman and £25m Crysencio Summerville at the new-look Hammers.

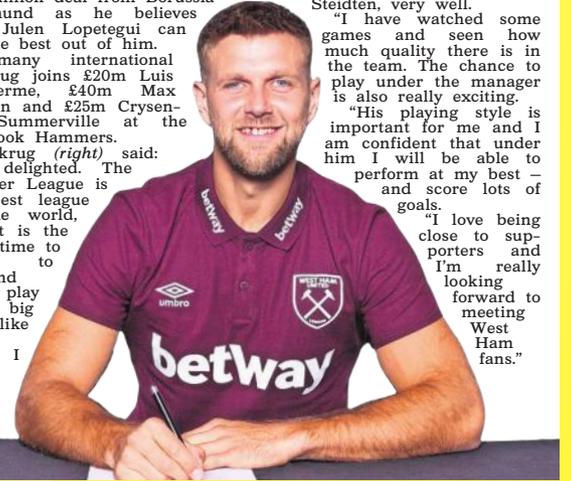
Fullkrug (*right*) said: "I'm delighted. The Premier League is the best league in the world, and it is the right time to move to England and play for a big club like West Ham. I

have been thinking about West Ham for a long time. I know the technical director, Tim Steidten, very well.

"I have watched some games and seen how much quality there is in the team. The chance to play under the manager is also really exciting.

"His playing style is important for me and I am confident that under him I will be able to perform at my best — and score lots of goals.

"I love being close to supporters and I'm really looking forward to meeting West Ham fans."



Wan a pay-off

EXCLUSIVE by MATT HUGHES

AARON WAN-BISSAKA is looking for a multi-million pound pay-off from Manchester United to leave this summer.

West Ham are willing to meet United's £18million valuation but cannot afford AWB's wage demands, leaving the deal in limbo.

Wan-Bissaka (*right*) is open to joining the Hammers but refuses to sell himself short.

The full-back, 26, has less than 12 months left on his contract and could bank a huge signing-on fee by leaving on a free next summer — with Inter Milan also interested.

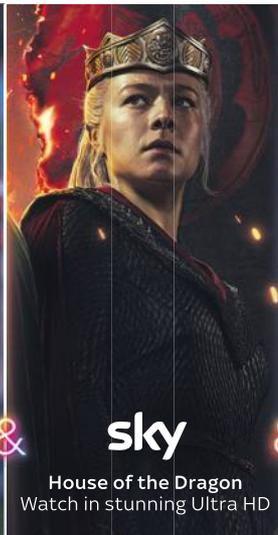
Yet Wan-Bissaka wants a chunk of the £18m fee to get the deal done swiftly — but the Irons are unlikely to be able to better his £90,000-a-week United contract.

The Red Devils are already eyeing Bayern Munich's Noussair Mazraoui as his replacement.



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BEST bar-room discussion in Paris so far?
A talkSPORT reporter telling us of a debate at a station... could you broadcast live dressage commentary on radio?



Dave Kidd



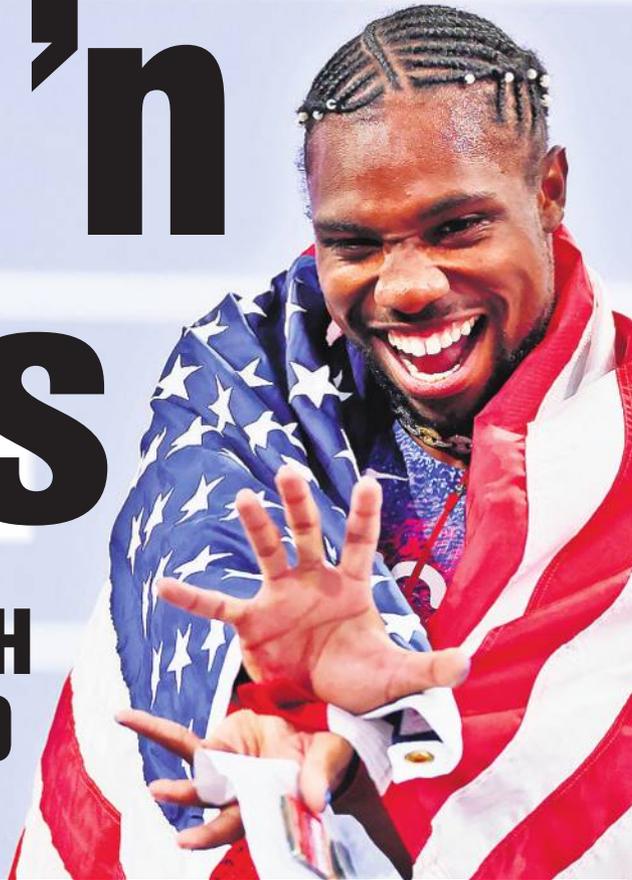
CHIEF SPORTS WRITER

A FRESH start for manager Erik ten Hag on Manchester United's USA tour, then.
He got a fresh load of injuries and a fresh gubbing from bitter rivals Liverpool.



Stars 'n gripes

GRANDSTAND FINISH SHOWS NOAH AND CO DESERVE LIMELIGHT



NOAH LYLES is the newly crowned fastest man on the planet.

As the Olympic 100 metres champion, he possesses one of the greatest titles in all of sport. Yet while Lyles is a maverick self-publicist, he needs to be.

Like virtually all of the 10,714 athletes competing at the Paris Games, the American is still fighting for recognition.

After winning one of the most dramatic sprints of all time, Lyles said his biggest ambition was to have a sneaker – that's a trainer to you and me – named after him.

Not even Michael Johnson, one of greatest track stars of recent decades, was given that accolade, bemoaned Lyles, and athletics is a "global sport" he pointed out.

Lyles is one of those 'typical Americans' that most English people instinctively dislike. He's a show-off, a limelight-hogger, a loudmouth.

If a biblical flood were coming and this particular Noah was building an ark, you'd suspect he'd build it just for himself.

And yet Lyles is strangely likeable. Particularly because, atypically for an American, he appreciates the global nature of sport.

In August last year, while competing at the World Championships in Hungary, he caused a stir by taking a pop at US basketball.

He said: "You know the thing that hurts me the most is that I have to watch the NBA Finals and they have 'world champion' on their head (above)."

"World champion of what? The United States?" "Don't get me wrong, I love the US at times but that ain't the world."

"We are the world. We have almost every country out here fighting, thriving, putting on their flag to show that they are represented. There ain't no flags in the NBA."

That comment will attract a hearty 'hear, hear' across the pond, where we've long been asking how baseball's 'World Series' is only ever

contested by American teams. And possibly Canadians although we're not too sure about the pin-striped rounders.

But to be fair to the old Septic Tanks, at least they have four big sports – basketball, baseball, American football and ice hockey – in which the Canadians definitely join in.

In Britain every sport other than football is now a minority sport. And this is why the Olympics bring such blessed relief. It is a wonderful fortnight in which 30 or more other sports are enjoyed and embraced.

Here in Paris, it's heartening to hear the folks back home waxing lyrical about triathlon and

America's fencing and badminton and table tennis – a sport played so rapidly at the highest level that you doubt whether there is actually even a ball.

I feel glad to have come from the Grandstand generation, when kids would marvel at a succession of different sports on Saturday afternoons in that great sporting magazine show fronted by the likes of Des Lynam (right).

Before the vidprinter churned out the football results, rallying was followed by rugby league, was followed by domestic swimming meets.

Anyone in their 40s or 50s can tell you Wigan were very good at rugby league and swimming.

And they'd share the sentiments of the indie geniuses Half Man Half Biscuit who told us that "the wonderful dexterity of Hannu Mikkola makes me want to shake hands with the whole of Finland".

Misty, water-coloured memories of the way we were when, back in the 1980s, our most famous sportsmen were Ian Botham, Daley Thompson, Seb Coe, Steve Davis and Nick Faldo, with barely a footballer to rank anywhere close. And the keenest worldwide rivalries weren't Messi v

Ronaldo but Borg v McEnroe, then Senna v Prost. Last week we asked 'Is Andy Murray Britain's greatest ever sportsman?' as he took his final bow after an extraordinary career.

But while there's no future in nostalgia, those of us who remember Jocky Wilson sinking pints and smoking fags at the oche will doubt if Murray was even Scotland's greatest ever athlete.

Now, despite the supposed endlessness of the internet and a multitude of TV stations, we exist in a sporting monoculture where football dominates, smothering the life out of everything else.

Even though these last two decades – and not the 1980s – have been a golden era for the British Olympic movement, most of our Olympians, even our dozens of medallists, will sink back into obscurity for another four years or perhaps forever.

Participation levels in Olympic sports will increase around now and hopefully many kids will be sufficiently inspired to take up gymnastics or canoe slalom or three-day eventing and stick with them to end up as future Olympians.

But ten days from now, Manchester United will play Fulham and another nine months of the Premier League will swallow us up, with Tom Pidcock and Alex Yee and Bryony Page largely forgotten.

Lyles will be famous, perhaps almost as famous as Usain Bolt and he might even have a 'sneaker' named after him.

But while we might bristle at the brassness of the rapidiest man on the planet, we should salute him for talking up the joys of globalisation and of wide-ranging sporting interests.

Plenty of people sneer about the idea of diversity but Grandstand was a kind of diversity we could all cherish. Lyles would have loved it.

He'd have probably enjoyed turning over to watch Dickie Davies hosting World of Sport and marvelling at Big Daddy and Giant Haystacks and horse racing's ITV Seven as well.

The world of sport is a wonderful, eclectic thing. And the Olympic Games is the showcase which reminds us as much.



CLASS APART

WHEN the England cricket team was bad – often laughably bad – during the 1990s, Graham Thorpe was one of its few consistently world-class players.

As it emerged from the dark in the early 2000s, Thorpe was the steady older hand who helped usher in a new golden age.

Yet Thorpe's final Test came against Bangladesh in June 2005, just a month before the start of the greatest series of all – that summer's epic Ashes – when he made way for Kevin Pietersen.

Thorpe, who has died at the tragically young age of 55, fully deserved to be on that open-top bus parade through London after the Aussies had been vanquished.

GAMES TAKES

A FEW observations from the Olympics. Gymnasts are REALLY short, like even shorter than jockeys.

Handball is bloody brilliant. Why don't we love it in Britain, as they do in most of Europe?

Athletics field eventers lead a lonely life.

They contest the greatest moments of their careers tucked away in the corner of a packed stadium while being virtually ignored by tens of thousands of people.

Plastic Bertrand's song *Ca Plane Pour Moi*, which is played before every Olympic event, is a serious earworm.

GONGS SHOW

ANOTHER great thing about the Olympics is that it debunks the myth that 'first is first and second is nowhere'.

Those who finish second and third are rightly celebrated with gongs and places on the podium.

If the same applied in football, Harry Kane would be one of our most decorated sportsmen, dripping with silverware as a runner-up in the Champions League, Premier League, European Championship (twice) and League Cup (twice).

He'd have even got a bronze in the Bundesliga last term... and for finishing third in a two-horse race with Spurs behind Leicester in 2016.

OLYMPICS  **TRIATHLON RELAY UPSET**

**Bronze
rage**

PHOTO GAFFE SEES GB 'LOSE' SILVER



HURRY, POTTER... GB's Beth Potter thought she had won silver but photo showed US ahead (below)



MAHER... early starter

**Ben 'n Co
jump to it**

From **MARTIN LIPTON**

BRITAIN'S gold medal-winning showjumping team will all bid for individual glory after making it through to today's final. Defending champ Ben Maher had four late faults on Dallas Vegas Batilly but Scott Brash and Harry Charles both went clear.

Scores are reset to zero for a one-round battle in the final — although a jump-off against the clock is likely to decide the medals.

Maher's mistake means he will be one of the first out at Versailles.

But he insisted: "I'm just happy I'm in."

"I could have been second-last to go, now we're riding earlier in the morning. But I ride my own plan anyway."

"Sometimes you are better to go out and do your thing. I hope we have had our mistake for this week."

TRIATHLON bosses were blasted for their "total balls-up" as Team GB were downgraded to bronze following a photo-finish.

Britain's mixed relay team of Alex Yee, Georgia Taylor-Brown, Sam Dickinson and Beth Potter thought they had won silver ahead of the USA as Germany stormed to gold at the end of the 1.8km run.

The result even flashed up on the big screen — but following a review, officials announced that Yank Taylor Knibb had crossed the line just a fraction before Potter.

And four-time Olympic rowing champion Sir Matthew Pinsent fumed: "Total balls-up by tri officials to not get the photo-finish absolutely

From **ROB MAUL** in Paris

right in the first instance. GB bronze is correct but there are procedures in loads of sports to learn from that are better than this."

Individual Olympic champ Yee, 26, said: "There was initially a little bit of confusion but I guess they just hadn't fully seen the photo-finish."

"Of course we're going to be biased."

"We'd love the silver but we're immensely proud of getting bronze. It's not too bad. It's not

a bad Olympics for me so I'm proud to be part of this team and continue on this legacy, which has been living on for the last four Games."

After swimming through s**t in the Seine, last-leg star Potter, 32, had a seven-second lead but was caught on the 7km bike section and then in the run, which is

her strongest element, she lacked the legs.

The Glaswegian — a former track runner — said: "We thought it was silver at the

end and then they gave us the bronze. The run leg was tough. I was a bit tired from the bike."

The men's race last week was postponed by a day due to pollution in the Seine caused by heavy rain.

Manchester's Taylor-Brown, 30, added: "We're happy the decision was to go ahead. World Triathlon were completely transparent throughout."

"Was the water transparent? I wasn't seeing much in there but in a race it's always a bit of a blur!"

But American Morgan Pearson said: "The water did seem quite brown. It just seemed like a bit of a crapshoot if we'd race or not."

"It will be interesting to see how many athletes get sick in the next couple of days."



FLAG DAY... relay aces celebrate bronze

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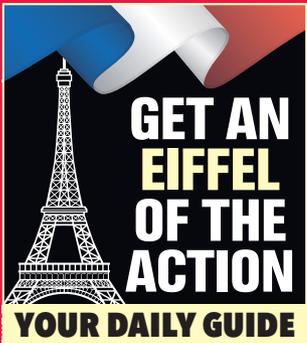
Mate's rates

By JAKE SANDERS

CRYSTAL PALACE striker Jean-Philippe Mateta's double helped fire hosts France into Friday's final with Spain.

Les Bleus beat ten-man Egypt 3-1 after extra-time in Lyon through Mateta and another goal from old Eagles pal Michael Olise, now at Bayern Munich.

Sub Juanlu Sanchez snatched a late winner as Spain saw off Morocco 2-1 to reach a second successive football final.



TODAY'S TEAM GB MEDAL HOPES

One of the hottest spectacles of Paris 2024 is the 1500 metres men's final (7.50pm) – can Josh Kerr or Jakob Ingebrigtsen bag gold in their epic rivalry?

Sky Brown (below), 16, aims to turn Tokyo bronze into Paris gold in the women's park skateboarding final (4.30pm) but is battling back from a dislocated shoulder.

Ben Maher on Dallas Vegas Batilly is in the final of the individual jumping equestrian alongside Harry Charles and Scott Brash (9am).



BRITS TO WATCH

Jack Laugher goes in the 3m springboard diving preliminaries with Jordan Houlden (9am) – and Andrea Spendolini-Siriex is in the women's 10m platform final (2pm).

Lewis Richardson (below) has his semi-final in the 71kg boxing at Roland Garros (8.46pm). The women's 200m gives Dina Asher-Smith a chance to make up for 100m woe (final 8.40pm).

GB's men's team sprint cyclists hope to wrestle back the gold they won in Beijing, London and Rio at the velodrome with the final at 7.10pm.

GLOBAL STARS TODAY

Emma Hayes' USA women's football side face Germany in the semi-final (5pm).

Kellie Harrington eyes back-to-back golds in the ring with the Irish star's 60kg final vs China's Yang Wenlu at 10pm after Imane Khelif's 66kg semi-final.

FANCY SOMETHING DIFFERENT?

Freestyle and Greco-Roman wrestling throughout the day at the Champ-de-Mars Arena in the shadow of the Eiffel Tower.

STATS MAD

For the first time since Atlanta 1996, the Team GB cycling track team features neither Sir Chris Hoy nor Sir Jason Kenny. Just the 16 Olympic medals between that pair, 13 of them gold.

GB get stick

By MARTIN LIPTON

GB'S WOMEN missed out on an Olympic hockey medal for the fourth Games in a row after losing 3-1 to Holland.

David Ralph's side made a nightmare start to their quarter-final as Xan de Waard struck after just 48 SECONDS.

Hannah French levelled before Luna Fokke put Holland ahead near half-time after GB appealed for an illegal stick tackle. Fokke's second sealed the win.

PADDLE DO NICELY!



Joe 'n Kim joy at silver and bronze

CANOEISTS Joe Clarke and Kimberley Woods saw their golden dreams turn to silver and bronze in the space of five manic minutes.

But the GB duo were all smiles after their new kayak cross event emerged as must-watch TV.

The reigning world champions were both the victims of misfortune on the wild white water of Vaires-sur-Marne in a raucous atmosphere under a burning sun.

Woods looked in command of her four-boat final as she led off the five-metre ramp, only to be tangled up at the first upstream red gate.

That allowed Aussie Noemie Fox – whose sister Jessica won the two slalom events before being knocked out by her sibling on Sunday – to escape.

Brit Woods, 28, took an all-or-nothing gamble at the second upstream pole, missing her

From **MARTIN LIPTON** in PARIS



attempt to charge the leader out of the way. She actually crossed the line fourth but was upgraded after Germany's Elena Lilik was disqualified.

It meant a second Paris bronze for Woods, who said: "There was a moment on gate seven where I thought I could settle for silver."

"There have been races in the past where I made that decision. "But I didn't want to play it safe. It was the Olympic final, it's once every four years."

"I'm a brave person and I wanted to showcase that. "So I went for it but got a little bit caught up with the pole around my head on the way round. Just before the finish line I realised I wasn't

going to beat Elena but then I saw her fault on the scoreboard and it was, 'Oh my God, I'm in third. I've got another medal!'"

Minutes later Clarke was trapped behind Germany's Noah Hegge off the ramp, dropping to fourth as he was unable to complete the five "power" strokes he wanted to take him clear.

Instead, it was New Zealand's Finn Butcher who went away and, while Clarke caught the others, the Kiwi was uncatchable.

Eight years after winning gold in the kayak slalom in Rio then being omitted for Tokyo, he was back on the Olympic podium, hugging toddler son Hugo and punching the air with delight.

Clarke said: "I wanted gold but silver almost feels like a win with the hand I was dealt in that final."

"It was off-putting to have Noah come

into my lane. Every other race, he'd gone straight but he got over-excited and went in front of me. But that's the sport."

"Hugo had his T-shirt on with my face on it. All he does is pick it up in the morning, and say 'dada, dada', points at it, hugs it and kisses it. It's the cutest thing."

Mallory Franklin's hopes went south when she was adjudged to have not completed her 360-degree roll properly, leaving her to moan: "They're still developing the rules – maybe it's been brought in a little early."

But her team-mates, perhaps understandably, disagreed.

Woods said: "It was absolutely incredible and the atmosphere was insane."

Clarke, 31, added: "It's brilliant. I'm probably biased but kayaking is the best sport in the world."

"Kayak cross is a great package for TV. I just hope it gets more bums in boats."



FLOATS HIS BOAT... Clarke celebrates taking silver (below) after team-mate Woods (left) had to settle for bronze





BILES... four medals

Simone's quiet dig after fall

From **ROB MAUL**

SIMONE BILES was angry at fans telling her **USA** team-mates to **SHUSH** during her Olympics gymnastics farewell. Biles finished fifth behind Italian gold medalist Alice D'Amato after falling off the balance-beam routine.

But she hit out at the crowd telling her team-mates to be quiet as they offered encouragement.

Biles, 27, told her coaches: "Why are they shushing? As soon as I am going, they are shushing so much."

"It's just annoying that the crowd also has to start shushing."

American Sunisa Lee, who finished sixth, said: "The crowd shushed us for cheering — we didn't like that. It was just so silent in there."

Biles leaves Paris with four medals — including three golds — taking her tally to 11 at three Games after landing silver behind Brazil's Rebeca Andrade in the floor exercise.

The 4ft 8in American said: "It has been a long week, competing several times again and again and again. I will relax now. And then do some more relaxing."

Pal blast at Khelif treatment

By **VIC HOLLY**

IMANE KHELIF'S Algeria team-mate gaterashed a chaotic press conference to brand treatment of the gender-row boxer as "disgusting".

Welterweight Khelif and Taiwanese featherweight Lin Yu-ting were disqualified by the International Boxing Association last year for failing to meet gender eligibility criteria.

But financial and corruption concerns led to the IBA being expelled last year by the International Olympic Committee — who allowed Khelif and Lin to compete in Paris.

Brandishing her flag, Algerian boxer Roumaysa Boualam protested as the IBA explained its exclusion — just 24 hours before Khelif's semi-final today against Thailand's Janjaem Suwannapheng.

She said: "What is happening is disgusting. All the athletes have to support her and feel what she feels right now. All the world is against us, it's not correct."

IBA president Umar Kremlev said: "The tests show they were men. We don't verify what they have between their legs."

OLYMPICS HITTING TOP GEAR

SPECIAL ONES . . . GB women Sophie Capewell (left), Katy Marchant and Emma Finucane (right) celebrate team sprint gold



Three spirits EM EYES TREBLE AS TRIO BAG GOLD



ACE... Capewell

EMMA FINUCANE kickstarted Great Britain's cycling gold rush — as she eyes a **HAT-TRICK** in Paris.

Supermum Katy Marchant, Sophie Capewell and new superstar Emma Finucane came from behind to beat New Zealand by nearly half a second in the women's team sprint final — the first-ever female Brit trio to do so.

They shattered the world record **THREE** times in three races as they secured track gold of Paris 2024 in devastating style. In fact, the world's best time was broken **FIVE** times in total on a thrilling opening night at the sweltering Saint-Quentin-en-Yvelines National Velodrome.

It means Team GB are a third of the way to matching their tally of three track golds in Tokyo — after six in Rio and seven in London. Finucane, 21, is vying to become the first female rider to win three golds at a single Games, hoping to add the individual sprint and the Keirin.

The sprint world champ said: "World records were being broken left, right and centre in front of our eyes. We knew we had to

From **JOSHUA JONES** in **PARIS**



break one to win or even make the final but we delivered. I gave 120 per cent.

"You have to go deeper than your body's ever been before. We nailed that final. It's a dream come true."

Five-time Olympic gold medalist Laura Kenny reckons Finucane can win all three of her events. Dame Laura, 32, said: "The one star you've got to keep an eye out for is Emma. She could be a triple Olympic champion and it's her first Olympics."

"I keep thinking 'don't say it as you just put pressure on her' but she could be the first female to win three golds at a single Olympics, and she's only 21."

Marchant, Capewell and Finucane lined up together in the women's team sprint — a 750 metre, three-lap race where a rider dips out after each lap to leave the anchor to finish alone.

New Zealand, GB and Germany all broke the world record. GB then secured their second world record of the night and the third in three successive

sprints with a 45.338 against Canada to reach the final. Marchant led the trio off and, after narrowly trailing after lap one, Capewell, 25, turned the race on its head to hand over to Finucane in front.

Then the Welsh wonderkid hit the afterburners for the final 250m to cross in 45.186 seconds and clinch gold with a clean sweep of world records.

Rio bronze medalist Marchant, 31, was watched by two-year-old son Arthur and added: "It does not get much better than that, phenomenal."

"Arthur was cheering. He was a bit overwhelmed by everything, as were we. He's a key member of the team and is a huge, huge part of my journey."

Capewell, daughter of former British Paralympic cyclist Nigel who died in 2021, said: "I wish my dad was up in the stands watching me. It didn't feel real."

In the men's team sprint, which concludes this evening, Team GB's Ed Lowe, Hamish Turnbull and Jack Carlin qualified second-fastest behind the Dutch.

ARTISTIC GYMNASTICS

Men's Parallel Bars Final: 1 J Zou (Chn) 16.200pts, 2 I Kovtun (Ukr) 15.500, 3 S Oka (Jpn) 15.300.
Men's Horizontal Bar Final: 1 S Oka (Jpn) 14.533pts, 2 A Barajas (Col) 14.533, 3 B Zhang (Chn) 13.966.
Women's Balance Beam Final: 1 A D'Amato (Ita) 14.366pts, 2 Y Zhou (Chn) 14.100, 3 M Esposito (Ita) 14.000.
Women's Floor Exercise Final: 1 R Andrade (Bra) 14.166pts, 2 S Biles (Usa) 14.133, 3 J Chiles (Usa) 13.766.

ATHLETICS

Men's Pole Vault Final: 1 A Duplantis (Swe) 6.25m, 2 S Kendrick (Usa) 5.95, 3 E Karalis (Gre) 5.90.
Men's 200m Round 1 - Heat 4: 7 Z Hughes (Gbr) DNS.
Men's 400m Hurdles Round 1 - Heat 5: 3 A Chalmers (Gbr) 48.98secs.
Men's Discus Throw Qualification - Group A: 12 N Percy (Gbr) 61.81m.
Men's Discus Throw Qualification - Group B: 11 L Okoye (Gbr) 61.17m.
Women's 200m Semi-Final 1: 1 J Alfred (Loca) 21.98secs, 2 F Ofi (Ngr) 22.05, 3 M Long (Usa) 22.30, 4 B Williams (Gbr) 22.58. **Semi-Final 2: 1 G Thomas (Usa) 21.86s, 2 D Asher-Smith (Gbr) 22.31, 3 H Parrot (Fra) 22.55. **Semi-Final 3:** 1 B Brown (Usa) 22.12s, 2 D Neita (Gbr) 22.24, 3 J Gbai (Civ) 22.36.**

Women's 400m Round 1 - Heat 2: 2 L Nielsen (Gbr) 50.36s. **Heat 3: 1 A Anning (Gbr) 49.68s. **Heat 4:** 4 V Ohuruogu (Gbr) 50.93s.**

Women's 400m Hurdles Repechage Round - Heat 2: 2 J Knight (Gbr) 55.18secs.
Women's 800m Final: 1 K Hodgkinson (Gbr) 1min 56.72s, 2 T Duguma (Eth) 1:57.15, 3 M Mora (Ken) 1:57.42.

Women's 5000m Final: 1 B Chebet (Ken) 14mins 28.56secs, 2 S Hassan (Ned) 14:30.61, 3 N Battocletti (Ita) 14:31.64, 4 M Kipkemboi (Ken) 14:32.23, 5 E Teye (Eth) 14:32.98, 6 M Eisa (Eth) 14:35.43, 7 K Grovdal (Nor) 14:43.21, 8 G Tsegay (Eth) 14:45.21, 9 K Schweizer (Usa) 14:45.57, 10 E Cranmy (Usa) 14:48.06.

Women's Pole Vault Qualification - Group A: 15 H Bradshaw (Gbr) 4.20m.
Women's Pole Vault Qualification - Group B: 15: M Caudery (Gbr) NM.

Women's Discus Throw Final: 1 V Allman (Usa) 69.50m, 2 B Feng (Chn) 67.51, 3 S Elkasevic (Cro) 67.51, 4 M Steinacker (Ger) 65.37, 5 V Kamge (Swe) 65.05, 6 C Viza (Ger) 63.62, 7 J van Kliefken (Nes) 63.35, 8 O Sakue (Ita) 63.11, 9 I Rodriguez (Por) 61.19, 10 K Pudenz (Ger) 60.38, 11 A Emilianov (Mda) 58.08, 12 M Robert-Michon (Fra) 57.03.

CANOE SLALOM

Men's Kayak Cross Final: 1 F Butcher (Nzl), 2 J Clarke (Gbr), 3 N Hegge (Ger), 4 L Rohan (Cze).
Quarter-Final 2: 1 J Clarke (Gbr).
Women's Kayak Cross Final: 1 N Fox (Aus), 2 A Hug (Fra), 3 K Woods (Gbr), 4 E Ulk (Ger).

CYCLING TRACK

Men's Team Pursuit, Qualifying: 2 Great Britain 3mins 43.241secs.
Men's Team Sprint, Qualifying: 2 Great Britain 41.862secs.
Women's Team Sprint Final: Great Britain (K Marchant, S Capewell, E Finucane) 45.186secs bt New Zealand 45.659.

HOCKEY

Women's Quarter-Finals: Australia 3, China 3, Netherlands 3 **Great Britain** 1, Argentina 1 Germany 1, Argentina win Shoot-out, Belgium 2 Spain 0.

SAILING

Men's Dinghy - Opening Series: 4 M Beckett (Gbr) 67pts.
Men's Kite - Opening Series: 5 C Bainbridge (Gbr) 21pts.
Women's Kite - Opening Series: 2 E Aldridge (Gbr) 8 pts.

Women's Dinghy - Opening Series: 12 H Snellgrove (Gbr) 108pts.
Mixed Multihull - Opening Series: 4 J Gimson & A Burnett (Gbr) 38pts.

TRIATHLON

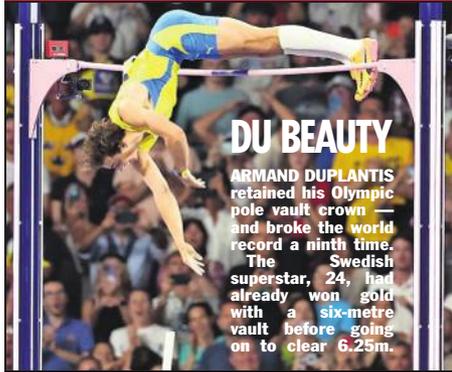
Mixed Relay: 1 Germany 1hrs 25mins 39secs (gold), 2 United States 1:25:40 (silver), 3 Great Britain (Alex Yee, C Taylor-Brown, S Dickinson, B Potter) 1:25:40.

TODAY'S SCHEDULE

Selected Events
Athletics
09:05: Women's 1500m Round 1.
09:20: Men's Javelin Throw Qualification.
09:50: Men's 110m Hurdles Repechage Round.
10:15: Women's Long Jump Qualification.
10:20: Women's 400m Repechage Round.
11:00: Men's 400m Hurdles Repechage Round.
11:30: Men's 200m Repechage Round.
18:35: Men's 400m Semi-Final.
19:00: Women's Hammer Throw Final.
19:07: Women's 400m Hurdles Semi-Final.
19:20: Men's Long Jump Final.
19:50: Men's 1500m Final.
20:10: Women's 3000m Steeplechase Final.
20:40: Women's 200m Final.

OLYMPICS

BRITAIN'S TRACK



DU BEAUTY

ARMAND DUPLANTIS retained his Olympic pole vault crown — and broke the world record a ninth time. The Swedish superstar, 24, had already won gold with a six-metre vault before going on to clear 6.25m.

It's height of despair, Molly

MOLLY CAUDERY was led away in tears after crashing out of the pole vault.

She came to Paris ranked No1 in the world following a clearance at 4.92 metres just a few weeks ago.

But minutes after Tokyo bronze medallist Holly Bradshaw bailed out halfway through her final qualifying attempt at 4.40m, Caudery got it horribly wrong at her opening height of 4.55m.

The Cornish vaulter, 24, was left emotional and bruised as her Olympic "dream" became a living nightmare.

Caudery (right) said: "I'm in shock, so disappointed and I'm sorry to everyone back at home who's been supporting me."

"I felt great, I'm in the best shape of my life. I don't have a reason for what happened."

"For the first attempt, I'd been waiting around for a while and needed to get my legs moving."

"When I went in for my second attempt, in my mind, there was no way I wasn't going to clear it. And then when I took that third attempt I was just in disbelief."

At that point, the tears

From **MARTIN LIPTON**

took over. But Caudery was insistent she had not miscalculated by opting to start after all her rivals had jumped.

She said: "That 4.55m is a bar I jump day in, day out."

"I went in there with a dream and felt confident. I didn't feel too much pressure from everyone else, I don't think that's what went wrong."

"It just wasn't my day — I don't think I'd have cleared it if it was 4.40m."

Caudery's exit was a hammer blow to Team GB's medal hopes for the track and field, although Bradshaw's elimination was more anticipated.

Discus throwers Lawrence Okoye and Nick Percy also failed to reach their final.

There was better news on the track, with Amber Anning winning her 400m heat and Laviai Nielsen also progressing.

Jessie Knight squeaked through her 400m hurdles repechage by **FIVE THOUSANDTHS** of a second, while Alastair Chalmers finished third in his 400m hurdles heat to reach tomorrow's semis.



Kerr ready to join Coe 'n Co

JOSH KERR is playing it cool as he targets sporting immortality.

The Scotsman vowed to put big rival Jakob Ingebrigtsen in his place by proving he is the "strongest and fastest 1500 metres runner in the world".

Ingebrigtsen, 23, pipped Kerr to gold at the Tokyo Games three years ago.

But Kerr, 26, beat the Norwegian ace in last year's World Championships.

And, tonight, he bids to add his name to a roll call of British greats in the middle-distance event — Charles Bennett (1900), Arnold Jackson (1912), Albert Hill (1920), Seb Coe (1980, '84) and Kelly Holmes (2004).

A relaxed Kerr (above) insisted: "I rate my

From **ROB MAUL**

chances real high. I'm excited to battle for a medal I've worked my whole career for.

"It's going to be one of the best 1500 metres races of all time because you have a field of guys that are going to be battling hard."

"I think history is going to be made."

"I've stepped up my game across the board. Everything that I do is now at a World Championship gold-medal level."

"But I believe I'm the strongest and fastest 1500 metres runner in the world."

"I'm here to run fast and bring medals home to my country."

Scot Neil Gourley will also be on the start line at Stade de France.



2 laps

KEELY HODGKINSON

KEELY HODGKINSON is the fashionista who now owns the ultimate accessory — an Olympic gold medal.

The 22-year-old from Lancashire stormed to 800 metres glory in the Stade de France and is now blinged up to the eyeballs.

Hodgkinson, who loves Louis Vuitton handbags and Chanel sunglasses, had won three major silvers in the past three summers but has never been satisfied with second-best.

And finally she seized the big one, holding off Ethiopian Tsige Duguma and world champion Mary Moraa of Kenya to claim an emphatic victory.

Hodgkinson promised herself a sporty beige Porsche if she won gold here in Paris — and even that motor would struggle to cover half a mile much quicker than its prospective new owner.

The former criminology student

From **DAVE KIDD**

CHIEF SPORTS WRITER

from Wigan made off with the booty as she emulated a small band of British sisters to have won Olympic athletics gold — including Jess Ennis-Hill, Kelly Holmes, Denise Lewis and Sally Gunnell.

That is some company to find yourself among but Hodgkinson thoroughly belongs.

When she won a surprise silver medal as a teenager at the Tokyo Olympics, she was seen mouthing, "What the f***?"

This time Hodgkinson knew exactly what the f*** she was doing — leading from 250m onwards, kicking at the final bend, a picture of calm dedication throughout, despite carrying the expectation of a nation on her

MEDAL TABLE

	G	S	B	TOT
China	21	18	14	53
USA	20	30	28	78
Australia	13	11	8	32
France	12	15	18	45
Great Britain	12	13	17	42
South Korea	11	8	7	26
Japan	10	5	11	26
Italy	9	10	7	26
Germany	7	5	4	16
Holland	6	6	4	16
Canada	5	4	8	17
New Zealand	3	5	1	9
Hungary	3	3	2	8
Sweden	3	3	2	8
Romania	3	3	1	7
Ireland	3	0	3	6

... Keely Hodgkinson blows the rest of the field away to seal gold



SHE'S

From **Back Page**

won the 5,000m and 10,000m double at Rio 2016.

Joyous Hodgkinson said: "You could see how much it meant to me when I crossed the line. Greatest day of my life? Yeah."

"I cannot believe I have finally done it. And where better than here? It felt like a home crowd. I'm super happy."

"It's absolutely, incredible. I've worked so hard for this."

Hodgkinson finished in 1min 56.72sec, 0.43sec clear of Ethiopian Tsige Duguma.

Her time matched Kelly Holmes' run to land 800m gold in Athens 20 years ago.

Wigan star Hodgkinson added: "Jessica Ennis-Hill was a big inspiration. To join

KEE TO VICTORY
... Keely Hodgkinson blows the rest of the field away to seal gold

QUEEN GRABS GLORY

of honour

THE STYLE TO BAG 800M GOLD



ASHER-SMITH... finalist

Daryll is gong-ho

From **ROB MAUL**

DARYLL NEITA believes a medal is up for grabs tonight as she promised to create more sprinting history for Team GB.

The South Londoner was fourth in the women's 100 metres final at the weekend — the best display by a UK female sprinter at the Olympics for 64 years.

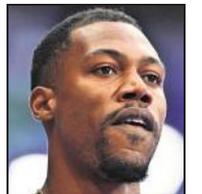
Next up is the 200m finale and Neita, 27, will line up alongside domestic rival **Dina Asher-Smith**, 28, after qualifying from last night's semi-finals.

Realistically, they are battling for bronze as American **Gabby Thomas** and Saint Lucia's 100m Olympic champion **Julien Alfred** dominate the event.

But Neita, who qualified fifth overall in 22.24sec, said: "One hundred per cent, it's an open race. Once we go on the start line again, it's open."

"I made British history (in the 100 metres). It gives me a lot of confidence and positivity going into this final and I'm definitely a contender."

Asher-Smith clocked 22.31 but refused to speak with the media afterwards. London's **Bianca Williams** missed out on the final despite a season's best time of 22.58.



HUGHES... injury

Zhar's far from OK

From **ROB MAUL**

ZHARNEL HUGHES is a big doubt for the sprint relay after pulling out of the men's 200 metres heats.

The Brit, 29, suffered a hamstring injury on June 1 and blamed a lack of race sharpness for failing to qualify for the 100m final.

And he quit the 200m after feeling tightness in his right hamstring yesterday morning.

A UK Athletics spokesperson said: "Zharneel requires monitoring for the next 48 hours."

Noah Lyles says he is aiming to match Usain Bolt after cruising through his 200m heat.

Legend Bolt did the Olympic sprint double in 2008, 2012 and 2016. And 100m champ Lyles admitted: "I'm pretty confident, I cannot lie."

shoulders. Having been a runner-up over two laps at the last two World Championships, there was a fear she might end up as "Nearly Keely" but that never looked possible throughout this final.

Hodgkinson has supreme star quality — utterly determined, hugely likeable, extremely photogenic and above all, seriously quick.

The Manchester United fan, who lives near Old Trafford, was hampered by a freakish knee injury last winter but had returned to top form in time for her tilt at history in the French capital.

There had only been nine previous British women to have won athletics Olympic gold and none since Ennis-Hill, the woman who inspired the young Keely to get into track and field by winning heptathlon gold at London 2012.

Holmes was the last Brit to have won this event as part of her golden double in Athens two decades ago, when Hodgkinson was just a toddler.

The two of them met recently for a BBC interview and Holmes was convinced that Hodgkinson would follow her to glory.

So this was a rare mission for the top of the podium and Team GB bosses were hoping Hodgkinson might start a medal rush at the Stade de France.

Josh Kerr goes for gold against his great rival Jakob Ingebrigtsen in the 1500m tonight, with Dina Asher-Smith and Daryll Neita through to the women's 200m final, and Matt Hudson-Smith a serious hope for tomorrow's men's 400m.

Hodgkinson had smashed her own British record in London a fortnight ago — more than two seconds quicker than any other woman had clocked over the distance this year — and qualified fastest for the final with a front-running masterclass in the semi on Sunday.

One of her chief rivals for gold, Team

GB team-mate **Jemma Reekie**, had failed to make the final in a surprise flop on Sunday night, likewise 17-year-old Brit **Phoebe Gill**.

But for Hodgkinson, all was smooth and serene — the Brit even insisting she had been sleeping like a baby for ten hours per night since arriving in France.

This was the night she said she had been thinking about every day since her silver medal behind **Moraa** in the World Championships in Budapest last year.

She arrived unbeaten over 800m this year and driven by a sense of destiny.

Last night that destiny was fulfilled in unerring fashion on the purple track of Paris.

Hodgkinson was last to be announced on to the track and she strolled to the start line as if she was going out on a shopping trip without a care in the world.

Normally ahead from the word

go, the Brit hit the front after 250m and took the bell ahead.

Moraa, her greatest rival, was on her shoulder all the way to the final bend, when the Brit accelerated for home and extended her lead as **Duguma** overtook **Moraa** for silver.

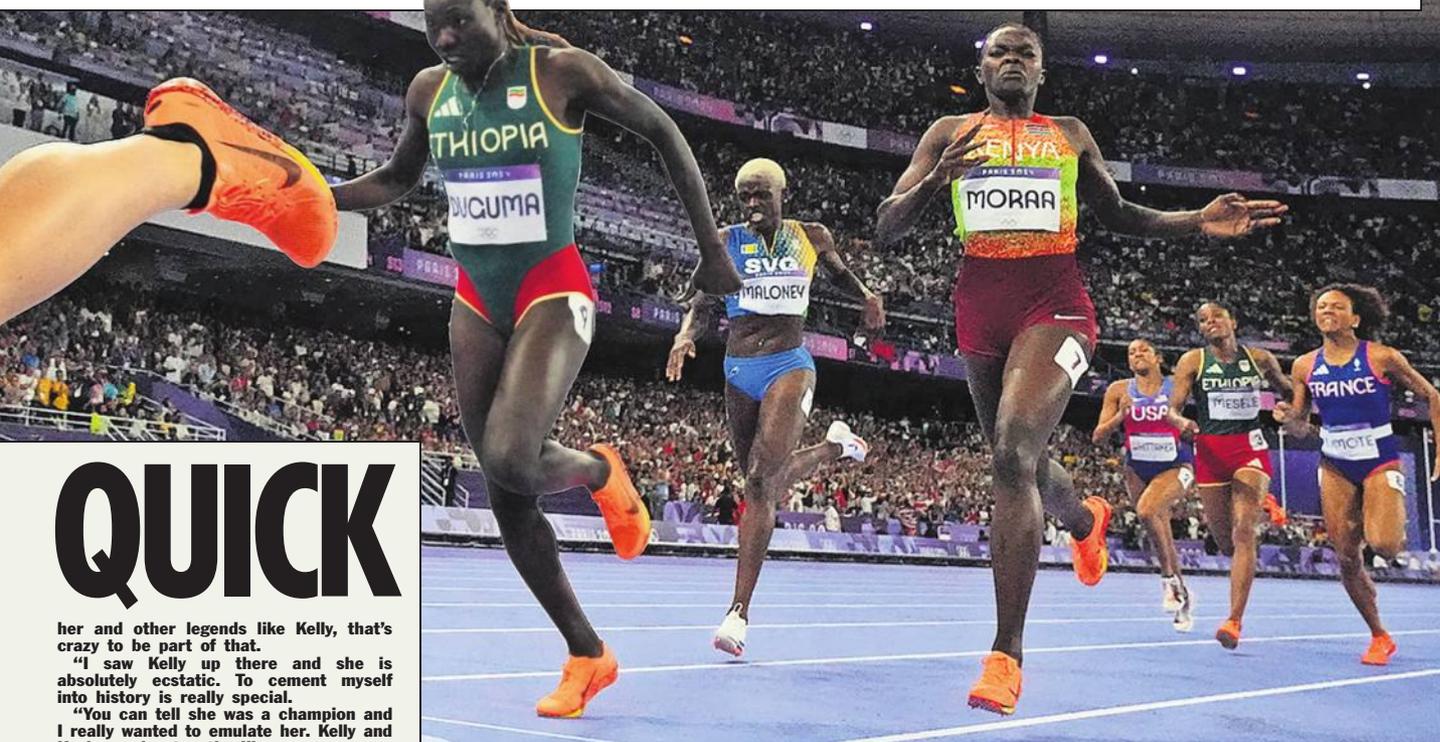
The winning time of 1min 56.72sec was more than two seconds outside her best but Hodgkinson couldn't give a stuff about that.

After she passed the line, she seized a union flag, gambolled around the track, posed for selfies and embraced friends and family as well her coach **Trevor Painter**.

Then she was handed a crown and was melted by trackside photographers.

A winner's cheque of £40,000 will go a long way to funding that Porsche — and the Trafford Centre shopping mall won't know what hit it.

Hodgkinson the workaholic shopaholic is a bona fide global star after this.



QUICK

her and other legends like Kelly, that's crazy to be part of that.

"I saw Kelly up there and she is absolutely ecstatic. To cement myself into history is really special.

"You can tell she was a champion and I really wanted to emulate her. Kelly and Keely coming together!"

Hodgkinson finished runner-up at the Tokyo Olympics in 2021 and then in two World Championships, at Eugene in 2022 and Budapest a year later.

She added: "I trusted myself, it was about composure. We got to the line first this time. It's life-changing.

"Being an Olympic champion, no one can take that away from you."

GB WOMEN'S 800m OLYMPIC CHAMPIONS



1964

Ann Packer



2004

Kelly Holmes



2024

Keely Hodgkinson

thesun.co.uk/sport
Sun Sport

They're wheely quick...

WORLD RECORD SMASHED IN TEAM SPRINT WIN



ON TOP OF THE WORLD... Brits on way to gold in fastest ever team sprint time and with their medals

From **JOSHUA JONES**
TEAM GB broke the world record to win the women's team sprint on a thrilling opening night at the velodrome. And Olympics legend Dame Laura Kenny believes Great Britain will bag a record EIGHT cycling golds this week. Katy Marchant, Sophie Capewell and Emma Finucane triumphed and Kenny said: "I predict eight gold medals. This team is better than London."
Full story — Page 49



GB'S OLYMPIC GOLDEN GIRLS

SHE'S KEELY QUICK

From **ROB MAUL** in Paris
TRACK QUEEN Keely Hodgkinson was crowned 800 metres champion to join GB's Olympic 'legends'. Hodgkinson, 22, became just our TENTH female track-and-field gold medalist — ending her agonising run of three silvers at global events. She stormed to Great Britain's first Olympic track title since Mo Farah
Turn to Page 50



800m crowning glory



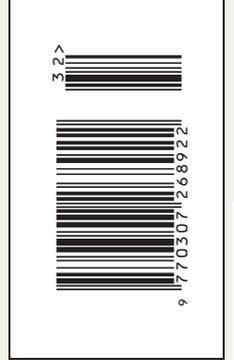
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FREE
inside



ALVAREZ... £70m bid

Pep's set for £70m Mad sale of Julian

By **TOM BARCLAY**
MANCHESTER CITY are close to selling Julian Alvarez to Atletico Madrid in a £70million deal. And that has opened the door for Chelsea to sign Atletico striker Samu Omorodion. The LaLiga side's move for Argentina's World Cup winner Alvarez — who Arsenal were also keen on — was close to being completed last night. Alvarez, 24, revealed last week he was considering his future because "it's annoying to be left out in big games" by Pep Guardiola's Prem champs. He chipped in with 19 goals and 13 assists last season but found himself on the bench for the run-in once Erling Haaland returned from injury. And he is now set to be part of Atletico's £103m Prem double swoop — with England star Conor Gallagher on the verge of
Turn to Page 45



THE

HOME OF RACING

Tuesday, August 6, 2024

Favourite

FREE WITH **THE Sun**

in association with **CORAL**

Gate great

By EAMONN HAMES

HEAVENS GATE enhanced her 1,000 Guineas claims with a cosy €300,000 pay day at Naas yesterday.

Third to the early Guineas favourite Fairy Godmother at Royal Ascot, she got her own day in the sun with a gutsy one and a quarter length win in the Ballyhane Stakes.

The bookies remained firm on her 33-1 price — but her trainer Aidan O'Brien was convinced she's capable of even better with time.

O'Brien said: "She's such a lovely filly. Ryan has always said she wants to go up to seven so that's what we'll do now. It's rare to get one so straightforward."

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Bou-ty queen

By LUZ WOLLOCOMBE

GER LYON's will unleash his monster juvenile Babouche at the Curragh on Saturday.

Babouche was a five-length winner on debut and added to her reputation with Group 3 honours last time.

And owners Juddmonte are eager to see her strut her stuff in the feature Group 1 Phoenix this weekend.

Juddmonte racing manager Barry Mahon said: "Ger and the team are very happy with her. She came out of her last race in good form. We are looking forward to it."

"The forecast is hit and miss, but I think the ground will be fine for her, it should be perfect come Saturday. Babouche looks very smart."



HISTORIC... Inspiral goes for a hat-trick in France

By OWEN GOULDING

KIERAN SHOEMARK will be given the heavo-ho by mega owners Cheveley Park for Inspiral's hot date on Sunday.

John Gosden's superstar mare goes to Deauville bidding for an historic hat-trick of wins in the Group 1 Jacques Le Marois.

King of Clarehaven Gosden is going for an incredible **FIFTH** win in the mile thriller — but Shoemark will not be the man to help him get it.

Legend Frankie Dettori was on board for Gosden's four wins.

He won twice on Palace Pier and was also on board for Inspiral's victories in 2022 and 2023.

Owners Cheveley Park have decided they can find a better fit than Shoemark for the big race as they look to get Inspiral 'back on track'.

Shoemark has endured a torrid time since stepping up the Gosden pecking order and is yet to win at the top level for the yard.

He caught more flack at Goodwood after Emily Upjohn and Free Wind flopped at Goodwood last week. In all Shoemark is 0-8 on Cheveley Park horses this year.

That's in stark contrast to Rab Havlin, who is 3-6 for Cheveley and won the Lockinge for them with a peach of a ride.

Havlin could get the call-up in the red and blue silks for France, while Tom Marquand and Richard Kingscote have been Cheveley Park regulars.

Ryan Moore is always first on the supersub list, but Aidan O'Brien's three entries mean he will be busy elsewhere.

Cheveley Park's director Chris Richardson said: "Who will ride Inspiral is still up for discussion."

"We're reviewing options for who might already be in Deauville — everything is being considered."

"We need to get our horse back on track. She didn't stay last time, the strong pace was extremely strong."

"Going back to the mile on a track she loves will help. Winning the race twice already is sensational."

Queen Anne winner Charyn heads the early entries with Royal Ascot winner Haatem, while the likes of French 2,000 Guineas winner Metropolitan, First Look and Rouhiya also remain in contention.

CHEVE-HO

Powerful Park give Shoe the boot from flying filly Inspiral



PARK BOOT... Kieran Shoemark

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FLOS LAS FLAT COLOURS

GOOD TO FIRM (GOOD IN PLACES)

2.35 BIL RACING AMATEUR JOCKEYS' HCAP (Class 4); £4,719; 1m 6f (10 runners)

Table with 10 rows of race details including horse names, jockeys, odds, and trainers. Includes horses like THRONHALL, SONGO J23, TARITINO 32, BOLDLY 12, ROOST 19, CHARLES ST J53, LION WAIT 15, CUBANA HABANA 23, EAGLE ONE 27, ATALANTA BREEZE 12, and M TREGONING 10.

BETTING: 15-8 Boidly, 5 Cubana Habana, Taritino, 7 Eagle One, 8 Charles St, 10 Songo, 11 Roost, 16 Atalanta Breeze, 33 Lion Wait. WHERE FAVOURITES FINISHED: 1 2 1. 2023: Golden Shot 4-10-6, F Daly 8-11 Fav (Sir M Prescott), dr 6, 8 ran.

Sunracing FORM

THRONHALL (9-4) 1001-7-10 (8 b/n 10) to Jungie Mack (9-5) (Newmarket 1m hcap (4) £3,700 good to firm). SONGO (9-1) 1-4 headway 6f out, ridden 2f out, 5th of 10 (b/n 3/4) to Crescent Lake (9-5) (Goodwood 1/2m hcap (4) £6,621 good to firm). TARITINO (9-9) 9-2 led, joined 9f out, headed 1f out, faded, 8th of 9 (b/n 7/4) to Cock And Bull (8-8) (Sandown 1/2m hcap (4) £6,750 good).

3.05 WELSH COTTAGE Cakes EBF MAIDEN STAKES (4); 2-y-o; value to the winner £5,211; 7f. (13 runners)

Table with 13 rows of race details including horse names, jockeys, odds, and trainers. Includes horses like BOLD IMPACT 22, BOUBYAN A, DRIFTSPIIN, FERNANDO, HAWAII FIVE O, MISTY MEMORIES, OLDUBURY LAD 20, RESPIRO SOLITARIO, SEVEN SYMPHONIES, SOFIAN 20, STARK WARNING, TAWNY PORTER, PRIVATE ISLAND, and BOLD IMPACT.

Sunracing FORM

BOLD IMPACT (9-7) 8-13 fav midfield, headway 2f out, stayed on, b/n 7/4 by Aparajee (9-7) (12 ran) (Windsor 6f nov stks (5) £3,672 good to firm). FERNANDO (9-7) 11-1 keen, midfield, ridden 2f out, no impression, 9th of 13 (b/n 12) to Royal Playwright (9-7) (Salisbury 7f nov stks (4) £5,400 good).

EACH-WAY THIEF

RUM RUNNER (2.50 Catterick) won this 12 months ago and is in good form. Have an each-way double with THE REDSEV Y (3.25 Catterick) who has been a good second on his past two runs and likes it here.

PROBETS EYE-CATCHER: APOSTLE (5.20 Flos Las) can show more on this handicap debut for Sir Mark Prescott. SUPER SPEED: HEAT OF PASSION (6.17 Chelmsford) clocked a fast time when winning at Southwell latest. GAMBLER ON: RUN FOR THE SUN (4.50 Flos Las) was backed at Donny last time.

TEMPLEGATE TOM PEPPER

Table with 10 rows of race details including horse names, jockeys, odds, and trainers. Includes horses like BOLDLY, Bold Impact, Fine Interview, Spirit Of The Rose, Salamanca Lad, and Elforleather.

3.40 CHRISTINE BIELBY MEMORIAL MAIDEN STAKES (5); winner £3,942; 6f (5 runners)

Table with 5 rows of race details including horse names, jockeys, odds, and trainers. Includes horses like CALL TIME 25, RENTHURION DREAM 313, CLASSY HOPES 39, FINE INTERVIEW 20 (BF), and JOHNNY JOHNSON 10 (P*).

Sunracing FORM

CALL TIME (9-4) 11-1 handy, ridden and hung badly left and impeded rival 2f out, weakened, 5th of 6 (b/n 7) to Miss Information (9-4) (Chesham 1/2m hcap (4) £4,972 good to firm). CENTURION DREAM (9-1) 22-1 in rear on outer, pushed along 2f out, soon lost touch, last of 8 (b/n 19) to Stormy Waves (9-5) (Newmarket 1m hcap (4) £7,851 good to firm).

4.15 MORGAN ENVIRONMENTAL HANDICAP (6); value to winner £2,983; 7f (8 runners)

Table with 8 rows of race details including horse names, jockeys, odds, and trainers. Includes horses like DAKOTA POWER 24, OVERNIGHT OATS 10, FOREVER A DIAMOND 27, SPIRIT OF THE ROSE 18, LADY AVA 41, SARAKANA 18, PORT NOIR 7, and PORT NOIR 7 (BF,D).

Sunracing FORM

DAKOTA POWER (9-7) 7-2 j fav midfield, short of 9f out, ridden 2f out, no impression if out, 6th of 8 (b/n 4) to Alpine Girl (9-3) (Salisbury 6f app hcap (6) £3,926 good). OVERNIGHT OATS (9-5) 12-1 12th of 13 (b/n 18) to Spanish Mame (9-12) (Lingfield 7f hcap (6) £2,983 firm).

LONG SHOT HAVANA SKY (7.47 Chelmsford) was rusty after a long break on his handicap debut at Doncaster last time and is capable of better for his reduced mark.

4.50 PREVENTAPEST HANDICAP (5) 3-Y-O; value to winner £3,716; 1m (6 runners)

Table with 6 rows of race details including horse names, jockeys, odds, and trainers. Includes horses like SALAMANCA LAD 6, ARKHALLIA FLYNN 20, DASHINWHITESARGENT 29, FASTER BEE 22, RUN FOR THE SUN 26, and QUESTIONABLE 30.

Sunracing FORM

SALAMANCA LAD (9-11) 7-2 fav led until halfway, led again 2f out, ridden and pressed run-in, gamely, but Never Mind Me (9-7) (10 ran) (Sandown 1m hcap (5) £4,448 good to firm). ARKHALLIA FLYNN (9-4) 4-1 keen in touch, ridden along 2f out, headway 1f out, one pace, 3rd of 8 (b/n 2/4) to Dancing Legend (9-2) (Yarmouth 1/2m hcap (4) £5,653 good).

5.20 SOUTH WALES MEDICAL COVER HCAP (6); winner £2,983; 1m 4f (11 runners)

Table with 11 rows of race details including horse names, jockeys, odds, and trainers. Includes horses like TROJAN TRUTH 12, DE GIGGS 10-2, SHARIF MOHD 7, KIERAN SHOEMARK 9, TAYLOR FISHER 3, PUG 14, SONNET STAR 19, TAXING 52, ALEXANDRA MCDONNELL 7, NIGHT TEMPLAR 38, FLEORLEATHER 13, DARE YOU 19, SARAKANA 18, DARE YOU 19, and APOSTLE 22.

Sunracing FORM

TROJAN TRUTH (8-8) 22-1 tracked leaders, ridden 3f out, 5th of 10 (b/n 9/11) to Truth (8-11) (Newbury 1/2m hcap (5) £5,757 good to firm). THE PUG (9-4) 12-1 led until final furlong, no extra, 5th of 12 (b/n 3/4) to Dilyddingdilyddion (9-0) (Whampton 1/2m hcap (6) £2,983 Av).

TRAINER'S HOT 'N' NOT TRAINERS with best record in last 14 days: O Sangster 4 winners from 9 runners; Sir M Prescott 5 from 15; D & C Kubler 5 from 16; H Charton 4 from 16; P Evans 5 from 20; R Beckett 9 from 42; C Cox 4 from 25; G Boughy 5 from 41; A Watson 4 from 37; A Balding 7 from 48. JOCKEYS with best record in last 14 days: F Marsh 3 wins from 12 rides; J Crowley 5 from 24; R Coakley 4 from 20; R Ryan 9 from 54; L Edmunds 4 from 30; T Whelan 4 from 33; H Doyle 6 from 54; D Egan 4 from 45.

TIG-TAC: Left-handed turf course of 1m 4f, 5f & 6f races are run on the straight course. (DRAW: Little effect. FAVOURITES: 2019-2024): 247 have won out of 709 races (35%). JACKPOT: 1-6. LIVE ON SKY SPORTS RACING

HOT 'N' NOT

TRAINERS with best record in last 14 days: O Sangster 4 winners from 9 runners; Sir M Prescott 5 from 15; D & C Kubler 5 from 16; H Charton 4 from 16; P Evans 5 from 20; R Beckett 9 from 42; C Cox 4 from 25; G Boughy 5 from 41; A Watson 4 from 37; A Balding 7 from 48. JOCKEYS with best record in last 14 days: F Marsh 3 wins from 12 rides; J Crowley 5 from 24; R Coakley 4 from 20; R Ryan 9 from 54; L Edmunds 4 from 30; T Whelan 4 from 33; H Doyle 6 from 54; D Egan 4 from 45.

TOP TRAINERS

2019-2024 R Beckett 12-34, A Balding 12-54, B Millman 11-62, W Muir & C Grassick 9-38, H Morrison 8-37, P Evans 7-70, W Kittow 6-28, E Walker 6-31, R Hughes 4-30, A Watson 4-48. THIS SEASON: B Millman 3, W Kittow 3, J Tickle 2, W Muir & C Grassick 2.

TOP JOCKEYS

2019-2024 D Probert 23-98, Rossa Ryan 14-48, L Edmunds 10-40, H Doyle 9-63, R Hornby 8-39, R Coakley 6-40, T Whelan 5-49. THIS SEASON: L Edmunds 4, R Ryan 3.

TRAINER TRACE

FIRST RACE FOR NEW YEAR: 2.35 Songo, 11 Harris to R G Hawker; 3.40 Classy Hopes P Makin to J Butler; 5.20 Knight Templar Sir M Prescott to R Stephens. RACEFA: None. LONGEST TRAVELLERS: Lady Ava (4.15) & Run For The Sun (4.50) trained by E Dunlop, Newmarket, round trip of 542 miles; Boldly (2.35) trained by G Boughy, Newmarket, round trip of 542 miles; Private Island (3.05) & Apostile (5.20) trained by Sir M Prescott, Newmarket, round trip of 542 miles; Atalanta Breeze (2.35) trained by M Tregoning, Whitbury, round trip of 432 miles; Boubyan (3.05) & King Affection (5.20), A Balding, Kingsclere, round trip 318 miles.

UNDER ORDERS

MONEY TALKS: Run For The Sun (4.50) opened 7/1, third at 4/1; Spirit Of The Rose (4.15) opened 11-2, second at 7-2; Cubana Habana (2.35) opened 6-1, third at 4/1; Salamanca Lad (4.50) opened 4-1, won at 2/3; Forever A Diamond (4.15) opened 4-1, unplaced at 7-2. TOP EARNERS: 2.35 Throne Hall £86,227; 2.35 Charles St £52,975; 4.15 Port Noir £51,750.

UNDER ORDERS

SEVEN-DAY WINNERS: Salamanca Lad (4.50) won at 6/7, down 5/1 to 2/1. BLIND EYED: FIRST TIME: 4.15 Sarakana; 4.15 Overnight Oats. VIRORED FIRST TIME: 2.35 Atalanta Breeze; 5.20 King Affection. FIRST RUN SINCE WIND OP: None. WEIGHTWATCHER: 2.35 Atalanta Breeze (4.50) won at 6/7, down 5/1 to 2/1; 4.15 Port Noir (4.50) down 4/1 to 5/10; Overnight Oats (won off 7/0, down 7/10 to 6/3); 5.20 Mujid (won off 6/4 down 4/1 to 6/0). JOB JOCKEY: R Coakley rides Questionable (4.50) for D & C Kubler, 3 from 6, 5/10; F Fisher rides Mujid (5.20) for J Tickle, 3 from 11, 27%.

Tem RACING'S NO1 TIPS

TWOFORTHEGUTTER (nap) is ready to raise the roof at Catterick (4.35).

He won back-to-back races at Hamilton before getting no luck in running at the Scottish track last time. The four-year-old still looked in fine fettle as he finished third off today's handicap mark. His best form has come over this trip on fast ground and he can get back to winning ways under Andrew Mullen. SALAMANCA LAD (4.50) Flos Las, nap, made it three wins on the spin at Sandown latest. That followed victories at

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CATTERICK GOING: GOOD TO FIRM

TEMPLEGATE

2.15	Greecian Legacy
2.50	Rain Cap
3.25	Lord Torrانا
4.00	Carlton And Co
4.35	TWOFORTHEGUTTER (nap)
5.10	Three Beauz

TOM PEPPER

2.15	Hot Property
2.50	Doomsday
3.25	Max Of Stars
4.00	Quercus
4.35	Peripeteia
5.10	Three Beauz

TIC-TAC: Left-handed oval course of 1m 100yds, races over 5f start on a chute, which bears left to join the round course 3f from home. **DRAW:** Low best at 5f and 7f. High best over 6f. **FAVOURITES:** (2019-2024): 334 have won out of 973 races (34%). At corresponding meetings, nine have won out of 22 races (41%). **LIVE ON RACING TV**

HOT N NOT

TRAINERS with best record in last 14 days: A Kinross 2 winners from 3 runners; D & C Kubler 5 from 16; Bailey 2 from 9; M Dods 8 from 38; K R Burke 7 from 41. **JOCKEYS** with best record in last 14 days: J Fanning 7 wins from 35 rides; P Mulrennan 8 from 41; S B Kirrane 4 from 22. **TRAINERS** who have had the most runners since last win: B Rothwell 225; C Teague 48; Miss L Perratt 43. **JOCKEYS** who have had the most rides since last win: J Garrity 49; A Brookes 24.

TOP TRAINERS

2019-2024 T Easterby 57-518, K R Burke 19-91, M Dods 16-112, P Kirby 16-219, K Ryan 14-63, O Pears 10-99, R Fell & S Murray 10-139, S Whitaker 9-61, J Riches 8-48, D Carroll 8-75. **THIS SEASON:** T Easterby 7, M Dods 4.

TOP JOCKEYS

2019-2024 J Hart 33-223, S James 24-161, C Beasley 22-151, D Allan 18-212, B Garrity 15-85, P Mulrennan 14-134, T Eaves 13-128, J Fanning 11-85, J Mason 10-87, S B Kirrane 9-63. **THIS SEASON:** C Beasley 6, J Hart 5, D Allan 4.

TRAINER TRACE

FIRST RACE FOR NEW YEAR: No qualifiers. **RACEFAV:** None. **LONGEST TRAVELLERS:** Baby Sham (3.25) trained by S Mullins, Amesbury, round trip of 530 miles; Greecian Legacy (2.15) trained by D & C Kubler, Lambourn, round trip of 470 miles; Mews House (5.10), Miss L Perratt, East Kilbride, round trip 326 miles.

TRAINER TALKS: Rockin Rosa (2.50) opened 5-1, unplaced at 10-3; Peripeteia (4.35) opened 6-4, won at 5-4; Rebecca's Girl (2.50) opened 17-2, unplaced at 13-2f. **TOP EARNERS:** 2.50 John Kirkup £101,161; 3.25 Lord Torrانا £86,373.

UNDER ORDERS

SEVEN-DAY WINNERS: Doomsday (2.50) won at Musselburgh (7f), Carlton And Co (4.00) won at Leicester (6f). **FIRST TIME BLINKERS:** 2.50 Rockin Rosa; 2.50 Chatter Village. **VISORED FIRST TIME:** None. **FIRST RUN SINCE WIN:** None. **WEIGHTWATCHER:** 4.00 Redrosezorro (won off 63, down 8lb to 55); Jamih (won off 54, down 7lb to 47); 5.10 Mews House (won off 60, down 14lb to 46). **JOB JOCKEY:** S B Kirrane rides Rain Cap (2.50), Astapor (4.00) for J Riches, 7 from 33, 21%.

Templegate
with Steve Mullen

Kempton and Leicester also over this trip. Quick ground is right up his street and he can make light work of a 6lb penalty with Jim Crowley (*below*) taking over in the saddle.

HEAT OF PASSION (6.17 Chelmsford, treble) won with masses in hand on handicap debut for Sir Mark Prescott. This slight drop in distance is no worry and she can follow up.

THREE BEAUZ (5.10 Catterick) looks good to complete the Line 15. She showed plenty of zip when scoring over this trip at Newcastle last time and a 3lb rise is more than fair.

2.15 BRITISH STALLION STUDS EBF MAIDEN STAKES (Class 5): 2-v-o; winner £4,050; 7f. (8 runners)

1 (6)	ARCHIE'S DREAM K Ryan 9-7	Sam James	96
2 (2)	ARCHIE BAY T Easterby 9-7	David Allan	96
3 (5)	BLACK SKY 82 M & D Easterby 9-7	Joanna Mason	73
4 (3)	2 GIMCRACK LEGACY 17 D & C Kubler 9-7	Tom Eaves	99
5 (8)	46 HARRY PALMER 29 K Ryan 9-7	Oisin McSweeney	(3) 76
6 (7)	43 HOT PROPERTY 35 C Johnston 9-7	Jason Hart	95
7 (1)	0 SHOWSTORM 18 K Burke 9-7	Sam Jones	70
8 (4)	65 NEWTON LASS 10 O Pears 9-9	Cam Hardie	92

BETTING: 6-5 Greecian Legacy, 4 Hot Property, 9-2 Archie's Dream, 12 Showstorm
WHERE FAVOURITES FINISHED: 4 4-5 1 1 1
2023: Icon Max 9-7 Clifford Lee 5-6 Fav (K R Burke) drawn 7, 7 ran.

2.50 THE SOLDIERS' CHARITY CLASSIFIED STAKES (6); value to the winner £4,004; 7f. (13 runners)

1 (12)	6-04261 CHATTELDAY 4 (CD) L Bailey 5-10-0	Billy Garrity	99
2 (13)	4-00000 CHATTEL VILLAGE 10 (B,E*) M Molnes 4-9-9	Cam Hardie	77
3 (3)	2213393 COCONUT BAY 4 (BF,D) T Davidson 5-9-9	Jason Hart	97
4 (11)	8102535 DESERT DREAM 6 (CD) S Spencer 10-9-9	Non-runner	81
5 (6)	77 GIMCRACK WARRIOR 15 D Carroll 9-9	Zak Wheatley	(3) 72
6 (9)	5633735 JOHN KIRKUP 10 D Thompson 9-9-9	Connor Beasley	97
7 (10)	0325605 RAIN CAP 19 (B,C,D) J Riches 7-9-9	Sean Kirrane	96
8 (4)	5070505 REBECCA'S GIRL 11 (BF) A Kinross (ire) 4-9-9	Tom Eaves	83
9 (7)	0422505 REBECCA 21 (7*) T Easterby 4-9-9	David Allan	91
10 (2)	3933007 ROCKIN ROSA 10 (B,C,D) R Carr 4-9-9	James Sullivan	99
11 (7)	8407615 RUM RUNNER 15 (CD) G Harker 9-9-9	Sam James	98
12 (1)	0580-00 SELBY'S JOY 7 B Rothwell 4-9-9	Faye McManoman	73
13 (5)	6688088 VONDELPAK 32 (B) S Ender 4-9-9	Joanna Mason	76

BETTING: 4 Rum Runner, 5 Doomsday, 6 Coconut Bay, Rebecca's Girl, 13-2 Rain Cap, 15 Desert Dream, 8 John Kirkup, 14 Rockin Rosa
WHERE FAVOURITES FINISHED: 7 5
2023: Run Runner 8-9-2 Shane Gray 10-1 (G Harker) drawn 4, 13 ran.

3.25 HUGH JAMES HANDICAP (6) value to the winner £4,187; 2m (9 runners)

1 (4)	221752 ZEPHLYN 14 (D)	E Whillans 5-9-9	Jason Hart	93
(2)	W Wins: 2 (2A)	Places: 6	£21,193	
Pushed winner all way this trip latest, yet to win on turf but getting closer				
2 (5)	74023 MYBOYMAX 14 (B,C)	M Hammond 6-9-7	Aiden Brookes	(3) 94
Runs: 45	Wins: 5 (2F,A,2G)	Places: 12	£43,339	
Very well treated on best of his form but never won beyond 1mf6f, e-w				
3 (6)	531442 LORD TORRANA 27 (BF,C)	P Kirby 9-9-7	Connor Beasley	95
Runs: 63	Wins: 6 (4A,2GS)	Places: 24	£78,603	
Ultra consistent yardstick, two wins here over shorter, ground a bit quick				
4 (1)	7794-2 MAX OF STARS J33	O Pears 4-9-6	Cam Hardie	99
Runs: 5	Wins: 1	Places: 1	£3,242	
Strong stayer, four wins over hdlies, well handicapped, interesting				
5 (7)	120/43 BABY SHAM 13	S Mullins 6-9-3	George Downing	98
Runs: 14	Wins: 1 (A)	Places: 4	£7,966	
Good run on her first Flat outing in three years latest, conditions suit				
6 (3)	450-22 THE RESDEV WAY 193 (C,D)	M & D Easterby 11-8-11	Joanna Mason	95
Runs: 96	Wins: 12 (3F,8A,G)	Places: 15	£71,848	
Nearing 100 career runs, not win since 2022 but still competitive, e-w				
7 (6)	6007-7 ROBEAM J39 (C,D)	M Mullineaux 8-8-9	Charlie Bennett	83
Runs: 42	Wins: 3 (F,2A)	Places: 9	£21,405	
Rare run on Flat, poor strike-rate, others with more obvious chances				
8 (8)	3479-0 THIRD AVENUE 57	A Crook 7-8-9	Mark Winn	(3) 80
Runs: 23	Wins: 1 (G)	Places: 2	£8,325	
Only win was three years ago, had plenty of chances since, down last				
9 (9)	9-8888 FAST DEAL 26	M Chapman 7-8-9	Andrew Breslin	(3) 78
Runs: 28	Wins: 1	Places: 1	£4,214	
Only career win came over fences in April, went out like a light on Donny				

BETTING: 3 Zephlyn, 10-3 Max Of Stars, 7-2 Lord Torrانا, 9-2 Myboymax, 5 The Resdev Way, 12 Baby Sham, 33 Robeam
WHERE FAVOURITES FINISHED: 1 3 4
2023: Easter Icon 4-9-2, C Beasley 5-1 (J Channon), dr 2, 8 ran.

Sunracing FORM

ZEPHLYN (8-13) 9-1 tracked front pair, went 2nd 3f out, ridden 1f out, strongly pressed leader, just denied on nod, btm 3/4 hid by Achmanara (9-8) MYBOYMAX (9-0) 7-1 mid-division, headway 3f out, switched 2f out, ran on, 3rd (btt 1/4) (Musselburgh 2m hcap (6) £4,187 good). LORD TORRANA (9-9) 5-2 fav mid-division, headway 3f out, pushed along 2f out, stayed on, btm 1/4 by Achmanara (9-8) (12 ran) (Catterick 2m hcap (6) £4,187 soft). MAX OF STARS (9-0) 3-1 led 3f, ridden and every chance when carried head high 2f out, rallied, btm 7/4 by Opticity (9-5) (6 ran) (btt 3/4) 3f hcap (6) £5,862 AW). BABY SHAM (9-7) 3-1 tracked winner until halfway, plugged on, no chance with winner, 3rd of 7 (btt 3/4) AW). GODSEND (9-5) (Salisbury 1/4m hcap (6) £3,926 good to firm). THE RESDEV WAY (9-3) 8-1 slow away, held up in last pair, stayed on, btt 1/4 by Largo Bay (9-9) (11 ran) (Lingfield 1/4m hcap (6) £2,983 AW). ROBEAM (8-9) 6-1 detached in rear, always behind, 7th of 8 (well btt) to Al Walyah (9-8) (Bath 2m 1f app hcap (6) £2,983 good to soft). THIRD AVENUE (8-4) 66-1 always rear, ridden, never a threat, last of 13 (well btt) to Sam Sarphati (9-0) (Pontefract 2m 1f hcap (6) £3,140 good). ZEPHLYN (10-10) 9-1 disputed lead until headed 2f out, kept on same pace run-in, 5th of 8 (btt 9/10) to Martuzet (10-12) FAST DEAL (9-4) 5-0-1 keen disputed lead until 2f out, weakened, last (well btt) (Doncaster 1/4m amat hcap (6) £3,576 good to soft).

6 (9)	260311 LADY BOUQUET 35	P Kirby 3-9-9	Connor Beasley	96
Runs: 16	Wins: 3 (F,A,G)	Places: 6	£18,518	
Good attitude, goes any ground, 5lb higher than last win, needs more				
7 (12)	824903 REDROSEZORRO 13 (CD)	C Kellett 10-9-7	Jason Hart	93
Runs: 81	Wins: 10 (5S,3GS,2G)	Places: 17	£66,241	
Four wins over course and distance, decent latest, prefers slower ground				
8 (6)	194914 FIRCOMBE HALL 13 (D)	P Kirby 6-9-7	Aiden Brookes	(3) 86
Runs: 58	Wins: 8 (7A,G)	Places: 16	£46,904	
Only win on turf was in 2021, exposed latest, lot to do at weights, ruled out				
9 (7)	219777 DANDY LICHIOS 27	T Davidson 3-9-5	Andrew Mullen	81
Runs: 14	Wins: 1 (A)	Places: 1	£11,141	
Beaten just two home in last four races, be nearer last then first again				
10 (3)	274937 LOUELLA 6 (P*)	R Fell & S Murray 3-9-2	Sam James	79
Runs: 15	Wins: 6	Places: 6	£9,121	
Checkpieces go on after drab effort at Redcar, no wins, no chance				
11 (5)	0/0685 PENNY GHENT 15	S Whitaker 4-8-12	Ben Sanderson	(3) 70
Runs: 8	Wins: 0	Places: 0	£805	
Poor starter, poor finisher... and not much in between, save your pennies				
12 (10)	837202 IFONLYTHEYCUDTALK 9	T Easterby 3-8-8	Duran Fentiman	88
Runs: 12	Wins: 3	Places: 3	£4,236	
Poor maiden but good shift on fast ground latest, not sure to back it up				

BETTING: 7-2 Lady Bouquet, 4 Carlton And Co, 5 Quercus, 7 One Of Our Own, 8 Redrosezorro, 10 Fircombe Hall
WHERE FAVOURITES FINISHED: 5 1 1
2023: Wade's Magic 6-9-4, D Allan 10-3 Fav (T Easterby), dr 6, 11 ran.

Sunracing FORM

ONE OF OUR OWN (9-7) 9-2 close up, led close home, bt QUERCUS (9-13) 15-2 led until headed close home, 1/4 REDROSEZORRO (9-7) 12-1 stayed on, 3rd (btt 7/4) FIRCOMBE HALL (9-4) 11-4 4th (btt 3/1) (11 ran) (Catterick 6f hcap (6) £3,664 good to firm). CARLTON AND CO (9-1) 11-4 made all, asked to effort 1 out, ran on gamely, bt My Boy Jack (8-6) 1/4 ONE OF OUR OWN (9-6) 5-2 fav stayed on, 4th (btt 1/4) (7 ran) (Leicester 6f app hcap (6) £3,664 good to firm). ASTAPOR (9-10) 12-1 outpaced, last of 8 (btt 14) to Cuban Rock (8-7) (Hamilton 5f hcap (6) £3,664 good). DREAM DEAL (9-4) 11-1 no show, 7th of 9 (btt 6/4) to Havana Rum (8-12) (Pontefract 6f hcap (6) £4,004 soft). LADY BOUQUET (9-6) 6-4 fav led close home, bt Mysterious (8-9) nk (6 ran) (Hamilton 5f hcap (6) £3,664 good). DANDY LICHIOS (8-9) 2-1 7th of 8 (btt 8/4) to Sir Garfield (9-7) (Catterick 7f hcap (6) £4,004 soft). LOUELLA (9-3) 9-1 one pace, 7th of 11 (btt 8) to Stormy Heat (9-4) (Redcar 6f hcap (6) £3,140 good to firm). PENNY GHENT (9-2) 25-1 headway 2f out, plugged on, 5th of 7 (btt 5/4) to King Shara (9-12) (Beverley 7f hcap (6) £4,004 good to firm). IFONLYTHEYCUDTALK (8-12) 2-0 led 1f out, went clear, headed finish, 3rd by Flavius Titus (9-7) (9 ran) (Pontefract 6f hcap (6) £3,140 good to firm).

4.35 FRANCES DUNCAN 70TH BIRTHDAY HCAP (6); winner £4,004; 1m 4f (7 runners)

1 (7)	535770 SONNING 6	D Brooke 6-10-2	Paul Mulrennan	88
Runs: 15	Wins: 1 (F)	Places: 3	£6,754	
Dual code performer has paid his way, three wins over hdlies, out of form				
2 (4)	243113 TWOFORTHEGUTTER 18 (B,D)	C Kellett 4-9-12	Andrew Mullen	97
Runs: 19	Wins: 2 (2G)	Places: 5	£16,319	
Ran with credit up in grade on hat-trick bid, this easier, rain would help				
3 (3)	2-6376 FOURSOME 52	O Williams 5-9-5	Morgan Cole	(5) 93
Runs: 28	Wins: 1 (S)	Places: 6	£14,039	
Hcapper not been kind, still 5lb above last win, poor last two, not today				
4 (2)	846451 PERIPETEIA 14 (D)	P Kirby 6-9-2	Joe Fanning	99
Runs: 40	Wins: 6 (F,4A,G)	Places: 9	£38,889	
Rallied well to dead-heat at Muss and now 2lb lower, strongly fancied				
5 (1)	645667 NORMANDY VISTA 29	C Johnston 3-9-2	Jason Hart	73
Runs: 6	Wins: 0	Places: 0	£1,148	
Beaten only eight rivals home in six runs, needs help from handicapper				
6 (6)	026722 JAMIH 7 (BF,C,D)	T Jackson 9-9-1	Joanna Mason	95
Runs: 47	Wins: 3 (3F)	Places: 11	£31,585	
Poor strike-rate but has his conditions, find one or two too good again				
7 (5)	163766 CASA LUNA 14	P Kirby 6-9-2	Aiden Brookes	(3) 81
Runs: 30	Wins: 1 (A)	Places: 5	£14,770	
Only win was a shock in a bad race at Walsay, nothing since, opposed				

BETTING: 15-8 Peripeteia, 5-2 Jamih, 7-2 Twoforthegutter, 10 Foursome, 12 Normandy Vista, Casa Luna, 14 Sonning
WHERE FAVOURITES FINISHED: 1 1 5 2 3
2023: This Ones For Fred 5-10-0, B Curtis 9-2 (P Evans), dr 7, 7 ran.

Sunracing FORM

SONNING (9-4) 25-1 in touch, ridden 2f out, weakened quickly, last of 11 (well btt) to See That Storm (9-8) (Redcar 1/4m hcap (6) £3,664 good to firm). TWOFORTHEGUTTER (9-7) 4-1 held up off the pace in 5th, headway out wide, one pace, 3rd of 6 (btt 3/4) to Spanish Hustle (10-2) (Hamilton 1/4m hcap (5) £3,926 good). FOURSOME (9-6) 18-1 tracked leader, pushed along 2f out, 6th of 11 (btt 11) to Three Dons (9-8) (Leicester 1/4m hcap (6) £3,140 good to soft). PERIPETEIA (9-9) 5-4 fav chased leaders, headway 3f out, led 2f out, ridden and faced strong challenge, sustained duel, dd-hf with National Question (9-2) (6 ran) (Musselburgh 1/4m class stakes (6) £2,692 good). NORMANDY VISTA (9-1) 18-1 led 7f out, headed 3f out, tailed off, 7th of 8 (well btt) to Godsend (9-7) (Ripon 1/4m hcap (6) £3,664 good). JAMIH (9-3) 5-2 fav headway 2f out, pushed along 1f out, ridden, btt 4/4 by Dr Rio (9-8) (11 ran) (Beverley 1/4m hcap (6) £4,004 good to firm). CASA LUNA (8-10) 9-1 6th of 9 (btt 13) to Liberated Lad (9-9) (Whampton 1/4m hcap (6) £2,983 AW).

5.10 RACING AGAIN 19TH AUGUST HANDICAP (6); value to the winner £4,004; 5f. (10 runners)

1 (2)	70-9901 THREE BEAUZ 10 (D) R Menzies 4-9-10	Paul Mulrennan	95
2 (6)	75-7501 MECCA'S DUCHESS 31 M Dods 3-9-7	Connor Beasley	91
3 (6)	9-0558 DUNNINGTON LAD 12 (CD) P Winks 4-9-7	Ethan Jones	(5) 87
4 (5)	250635 DANDY FITZ 9 (CD) T Easterby 3-9-3	David Allan	94
5 (3)	6608720 GOLDEN PROSPERITY 15 (D) T Coyle & K Wood 5-9-0	Tom Eaves	88
6 (7)	072700 IRISH DANCER 16 D Carroll 4-9-0	Zak Wheatley	(3) 99
7 (9)	6997537 CAPTAIN BENTLEY 34 M Mullineaux 5-9-0	Charlie Bennett	81
8 (4)	05560-0 BRAZEN BELLE 10 (CD) C Teague 9-9-0	Andrew Breslin	(3) 70
9 (10)	9878578 MEWS HOUSE 8 (CD) L Perratt 7-9-0	M Winn	(3) 81
10 (8)	6003 DASH GORDON 7 A French 3-8-4	Jason Hart	97

BETTING: 7-4 Three Beauz, 9-2 Dandy Fitz, 11-2 Dash Gordon, 15-2 Mecca's Duchess, 10 Golden Prosperity, 11 Captain Bentley, 14 Irish Dancer, 16 Dunnington Lad
WHERE FAVOURITES FINISHED: 2 3 1
2023: Shesadabber 7-9-13 Phil Dennis 11-8 Fav (P Evans) drawn 3, 8 ran.

