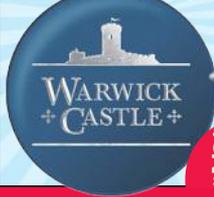


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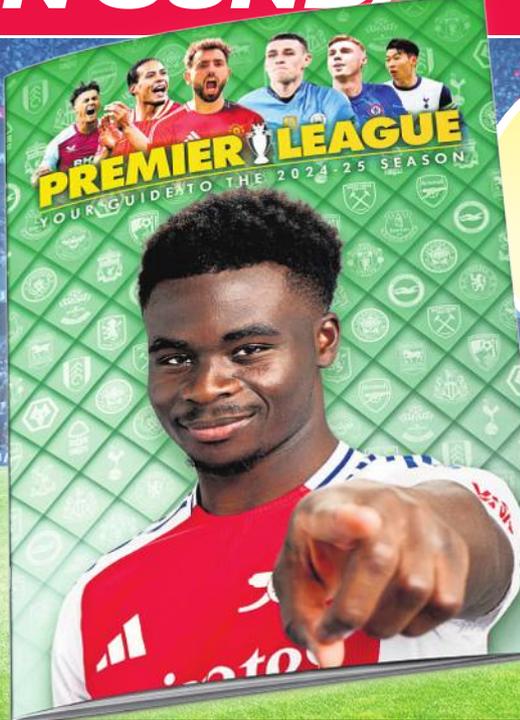
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CIPRIANI'S WIFE ON BIG SPLIT

I'LL DIVORCE DANNY OVER DRUGS



Love split
... Danny
and Victoria

EXCLUSIVE
By RACHEL DALE
DANNY Cipriani's wife has filed for divorce over his drug use — and after he hitched up with a US actress. Victoria, 42, says she "truly believed" the ladies' man had changed after they wed. But she says the ex-rugby ace and TV star, 36, secretly messaged other women, ate magic mushroom choc bars and took prescription drugs.
Full Story — Pages Four and Five

CRACKDOWN ON VIOLENCE

PLAN FOR BAN ON MASKS AT DEMOS



Masked... Rotherham thug

FACE coverings at protests could be banned after thugs in balaclavas wreaked havoc on Britain's streets.

Ministers are concerned that rioters involved in last week's disruptions deliberately covered their faces to avoid arrest.

Sources said they would work with the College of Policing to develop guidance to ensure that innocent peo-

EXCLUSIVE by SOPHIA SLEIGH

ple are not inadvertently affected. This would include people in religious dress or those with health issues.

Ex-Scotland Yard detective Peter Bleksley said: "It's very much needed and long overdue. You shouldn't be able to go on a protest wearing a mask then throw a brick."

"It's as stupid as it is cowardly to wear a mask in those situations." Policing Minister Dame Diana Johnson writes in

today's Sun on Sunday hinting at a crackdown on masks and fireworks at protests.

She said: "Do not tell me that individuals who come armed with flares, fireworks and petrol bombs to a location advertised online with fire emojis are just there to protest."

"Do not tell me that someone is in a crowd for peaceful reasons when they are wearing a balaclava to avoid being identified, or swinging a stick or pole. These are dangerous thugs, plain and simple, and they will be treated as such."

The previous government planned to jail or fine protesters £1,000 if they tried to hide their identity with masks after ugly pro-Palestine marches.

They also planned to ban flares and fireworks at protests, but the legislation was all dropped before the election. A temporary dispersal order yesterday banned face coverings in Newcastle.

Last Sunday, masked men were pictured attacking police officers in Rotherham.

sophia.sleigh@thesun.co.uk
The Sun on Sunday Says — Page 16



Campaign... Malkinson

'Refund jail fees to innocent'

By SOPHIA SLEIGH

MINISTERS are under pressure to repay "bed-and-board" fees to victims of miscarriages of justice.

The last Government scrapped the policy of charging wrongfully convicted people for prison living costs.

That followed a high-profile campaign by Andrew Malkinson who had to pay after spending 17 years in jail for a crime he did not commit.

But it has emerged the change will only affect new cases — as the rules are not being applied retrospectively.

Former Tory Justice Secretary Robert Buckland said: "I think the Government should urgently look again at their position on this."

Minister Nick Thomas-Symonds said it was "standard government policy" not to apply changes retrospectively.

CORRECTIONS & CLARIFICATIONS

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Push for new UK brickies

By SOPHIA SLEIGH

BRITAIN needs more apprentices if it wants to fulfil the Government's housebuilding blitz plans, industry bods have said.

Chancellor Rachel Reeves wants UK workers to build 1.5million homes over the next five years.

And she insisted that signing on more brickies, plumbers and electricians would be critical.

Construction Industry Training Board (CITB) boss Kirsty Evans said: "Apprenticeships have always been a core route into the industry, especially for young people."

The CITB found the Government plans require 152,000 people joining the workforce.

Ms Evans said: "This is possible — 200,000 new recruits joined the industry last year."

However, 210,000 workers left, so more needs to be done to tackle the issues with effective recruitment and training to replace those leaving, and better prepare for the future."

80 DIE AS SCHOOL HIT



By LEN READ

AN Israeli airstrike hit a school-turned-shelter in Gaza yesterday, killing at least 80 people, Palestinian health authorities said.

It is one of the deadliest aerial bombardments in the ten-month conflict.

The Israeli military acknowledged it targeted the Tabeen school in Gaza City, claiming it hit a Hamas command centre within it. Hamas denied militants were there.



PM'S HOLIDAY AT CHEQ-KEIRS



SIR Keir Starmer has cancelled his summer holiday to deal with the wave of violent riots.

The PM planned to get away to Europe with wife Lady Vic and their two children in their first break since the General Election.

But he will instead split the coming week between Downing

No summer break... Keir

By SOPHIA SLEIGH

Street and his Buckinghamshire country home Chequers.

A No10 source said: "Keir is first and foremost a public servant. He leads a government focused on delivering for working people and keeping them safe."

"That's why, like countless police officers who have cancelled leave

to crack down on violent thuggery, he'll continue working next week to keep the country safe.

"Make no mistake, government of self-interest is over. Government of public service is back."

Former PM Boris Johnson had said Sir Keir should take a summer getaway, as his leadership had made "no difference".

But when he was London mayor

Mr Johnson initially rejected calls to return from his own break as looters took to the streets in 2011.

And in 2021, then-Foreign Secretary Dominic Raab was fiercely criticised when he failed to come back from a plush break in Crete as Afghanistan fell to the Taliban.

Mr Raab was forced to deny reports he was paddleboarding during the chaos.

Moving migrants 'tax rises'

LABOUR'S plan to scatter migrants around the country will lead to council tax increases, critics warn.

Asylum seekers will be sent to private accommodation, former care homes and student blocks instead of big military bases and the Bibby Stockholm base, according to reports.

The Local Government Association said equal dispersal will help prevent disproportionate pressures on councils.

But Tory MP Neil O'Brien warned: "They've dropped deporting people and the large sites. Which leaves you only with expensive options."

Riots Fallout — Pages 10 & 11

IN BRITAIN'S BEST-SELLING SUNDAY PAPER

TONY PARSONS



You've averted civil war, PM... now do something about the boats

PAGE 13

TARA EVANS



Are you owed compensation from the credit card companies?

PAGE 36



FREE

No1 for TV & fashion



PREM FANS LOVE BARD

**4-4-2 BE
OR NOT
TO BE**

believe but a quarter of Premier League football supporters are William Shakespeare fans, a poll has revealed.

And it is the top-flight club geographically closest to the home of the playwright that has the most admirers.

A surprising 43 per cent of fans of Aston Villa, whose stadium is less than 40 miles from Stratford-upon-Avon, claimed to have read at least one of his plays or sonnets since leaving school.

Newcastle United have the fewest – with just 15 per cent saying they have looked at his work, which includes Romeo and Juliet, Macbeth and Hamlet. Across the 20 clubs, the figure was 26 per cent.

The results, ahead of the start of the new Premier League season on Friday, came from a survey of 2,000 football fans, with 100 from each club, by the bingo site WhichBingo.co.uk.

Company spokesperson Susan Potter said: "If anyone would have understood the triumph and tragedy of being a Premier League fan it is certainly the Bard."

FANS WHO READ SHAKESPEARE	
Aston Villa	43%
Arsenal	41%
Manchester City	39%
Fulham	35%
Brighton	35%

- LINES WILL ALMOST WRITE**
- Alas poor Yorath
 - Is this a Dagenham and Redbridge I see before me?
 - Midsummer Night's Dream Team
 - West Hamlet United
 - Much Edu About Nothing

Picture: CHILLI MEDIA

ROSIE IS ON SONG

By JONATHAN KANENGONI

TALENTED Rosie Mac is a cover star as she poses on a bed — before heading off to Nashville to record her own music.

The 27-year-old, Emilia Clarke's body double in Game of Thrones, has won over fans by belting out favourites on her social media accounts.

Now, she's off to the home of country music in Tennessee. She told fans: "Living my dream."

MEDAL MARVELS

THE Olympic Games come to an end tonight with the closing ceremony, after a golden year for Team GB. To celebrate their incredible sporting success, we've scattered the outstanding achievements of some of our gold medalists throughout today's Sun on Sunday.

EXCLUSIVE: CIPRIANI WIFE

ENOUGH IS

By RACHEL DALE

DANNY Cipriani's wife clashed with the ex-England rugby ace over his "daily" drug taking and told him: "Enough is enough."

Victoria Cipriani has filed for divorce from the star – who is filming for Netflix series *Bear Hunt* – saying she "had the wool pulled over her eyes".

She said she found messages from him to other women, and revealed he would take magic mushrooms from midday.

He is now dating US actress AnnaLynne McCord and mum-of-two Victoria, 42, said: "He left, I was heartbroken. Then he got together with AnnaLynne."

"I felt humiliated by him but now I want to move on with my life."

"He is so into taking psychedelics that I don't believe he knows what is reality and what is not."

The pair met via a mutual friend in November 2019 and Victoria said he started "love-bombing" her.

She said: "He was liking my Instagram pictures and messaging me. I went to see him and we had sex. He went to Malibu."

"We messaged a lot but then Covid hit. It was a phone relationship after that."

Victoria discovered she was pregnant with Danny's child, a boy.

She said: "I was shocked and I didn't really know what to do."

"I had to tell him over the phone because he was stranded in Malibu due to lockdown."

"He said, 'I am all in'. He said we would raise our baby together."

"I didn't take it to mean that we'd be in a relationship. I don't think either of us knew what would happen. But we were both going to do our best for the baby."

When Danny returned to the UK in May 2020, he and Victoria began living at his home in Cheltenham.

She said: "When we saw each other again I was blown away with him. It was like the pregnancy made him want to be a better person. He knew he had to step up and wanted to do that for us."

"He told me everything. All about the women he has been with. It was hard to go through everything together, but it was like we both purged out what we had experienced in life. I started to really trust in him."

"It was lockdown still so it was a strange time. We were in this bubble of love."

But Victoria also began to learn about the extent of his substance abuse, saying he would take choc bars laced with mushrooms.

She claims he spent around £400-£600 a month on the narcotics, which he usually bought on Instagram. His favourite was an LA-made bar called Fusion. She said: "I got so sick of it. It started to upset me. Everyday he said he wouldn't do drugs. Then by midday he'd be back on them."

"The thing with Danny is, he could be on mushrooms and talking to you and you would have no idea. He functions so well on



DIVORCING CIPRIANIS



Victoria and Danny. Above, him in London last week. Below, wedding



● Danny would be back on drugs by midday



them. Then he has times he will take lots to get high and be on another planet. Most of the time it was taking small amounts. Constantly eating bits of the chocolate throughout the day." In his autobiography *Who Am I?* Danny, 36, – in *England action*, left – spoke about an episode on mushrooms in 2020 when he became convinced Victoria was trying to kill him. Victoria added: "Danny genuinely believes it is helping him on his quest for inner peace. "One day he took a large

amount and just lay on the floor. I thought I would be able to help him and he said he wanted to stop taking drugs. Danny was taking loads of prescription drugs and I just said, 'Enough is enough.'" Tragically in June 2020 Victoria and Danny lost their baby boy, who they named River, at 23 weeks. Fighting tears, Victoria said: "Not long after that I started IVF. Danny desperately wanted a baby. I had back-to-back IVF for 19 months." Victoria told how Danny bought three engagement rings and would cover her car in Post-it notes gushing about his love for her. The

pair wed in April 2021 and enjoyed lavish holidays once Covid restrictions were lifted. She added: "He was incredibly romantic, he'd tell me he loved me every few minutes. There would be rose petals on the bed." But once Danny stopped playing for Bath, Victoria noticed a change in their relationship. She said: "I found out he had a number of apps and messages to other women on his phone. I knew his reputation as a ladies' man but honestly believed he had changed." Last November, at the Four Seasons in London, Victoria recalled

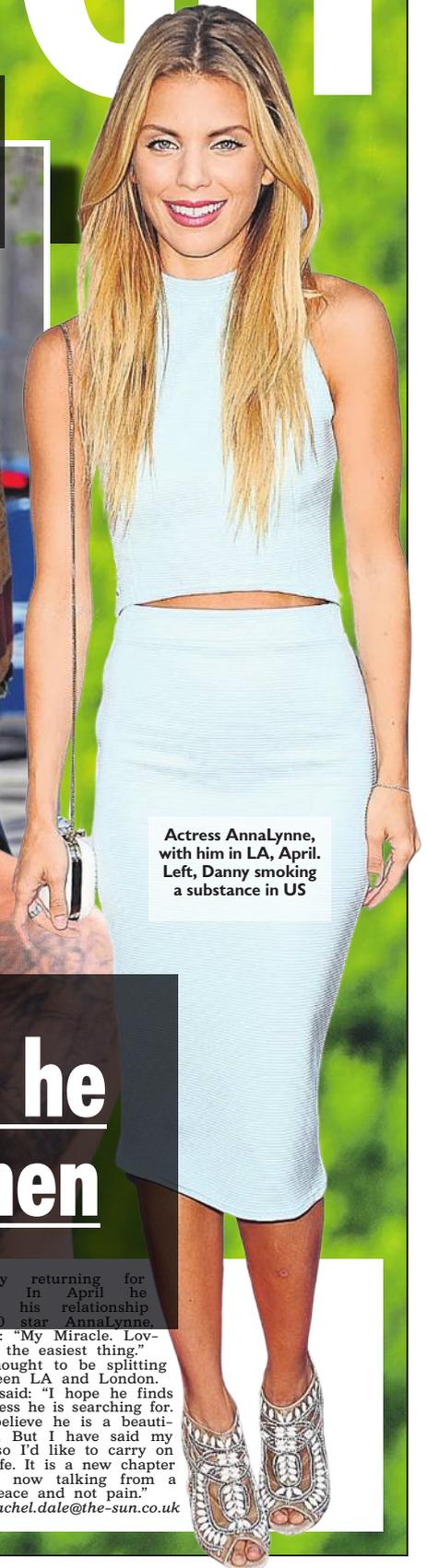
ON FILING FOR A DIVORCE

ENOUGH



DAN'S AMERICAN BEAUTY

I was heartbroken. Then he got together with AnnaLynne



Actress AnnaLynne, with him in LA, April. Left, Danny smoking a substance in US

● I saw messages he sent to other women

the bust-up that "triggered the end". She said: "It was an event with a self-help guru. Danny was sat near women he knew from spiritual circles and I started to see more than just friendship. "I admit I did not deal with it well. I shouted at him. I confronted the women and told them he was my husband." Victoria later went through his phone where she claims she found "inappropriate" and "flattering" messages to women. She said: "I was shocked, heartbroken. "They weren't sexts but they were telling women they were beautiful,

and about the connections he felt to them. Not the kind of thing you want to read your husband sending. "There were messages to a woman he'd met a few weeks before. I knew then it was over. I knew his reputation but thought he was a new person. I don't think he was ever unfaithful to me in our marriage. "I confronted him about the messages but he dismissed me. We had a huge row and he left, taking four pairs of jogging bottoms. "Next thing I knew he posted that we had come to an agreement to split. I couldn't believe it." Danny moved out on November 11,

2023, only returning for belongings. In April, he announced his relationship with 90210 star AnnaLynne, 37, writing: "My Miracle. Loving you is the easiest thing." He is thought to be splitting time between LA and London. Victoria said: "I hope he finds the happiness he is searching for. "I still believe he is a beautiful person. But I have said my side now so I'd like to carry on with my life. It is a new chapter and I am now talking from a place of peace and not pain." rachel.dale@the-sun.co.uk

Sir study leave sex

A TEACHER who had sex with an A-level student has been banned for life. Steven Jackson, 53, gave her his number and she visited him "around five times" during study leave. After exams she told the Birkenhead school and he quit in 2020. A misconduct panel has now ruled his actions were sexually motivated. Jackson also admitted pursuing a friendship with a second girl but denied they had sex. He faced no criminal charges.

TO DIALECT FOR

Actress Emma Watson's accent is sexiest for Brits followed by pop's Dua Lipa, a Netflix poll found.

KEM: I'M NO BULLY

Badenoch slams claims in Tory leadership race



KEMI Badenoch slapped down bullying allegations in the first showdown of the Tory leadership race.

She tore into The Guardian after the paper published claims by officials of her behaviour in Government.

Former Business Secretary Ms Badenoch said The Guardian "does not like" what she has to

Favourite... Ms Badenoch

EXCLUSIVE by SOPHIA SLEIGH, Political Correspondent

say on things like race relations and gender ideology.

The frontrunner to replace Rishi Sunak was replying to questions from party members at a private hustings in Cirencester, Gloucs, yesterday.

She said the paper was "scared", adding: "Having someone like me as leader of the Conservative Party, when they have tried to portray us as a

racist party, the party that doesn't like women, and they make all awful arguments about our country's history.

"Having me lead the party is a refutation of every single thing that they stand for and we must not let them win."

James Cleverly told the event he was in a "unique" position to unite the party having served as Home Secretary, Foreign Secretary and party chairman.

He said: "A leader has to be in a position to reach across all of

the viewpoints within the Conservative family. I can do that."

Ex-Immigration Minister Robert Jenrick said he wanted to spend three per cent of GDP on defence and would cut the aid budget if necessary to fund it.

Former Pensions Secretary Mel Stride said they must make the party "ready to win", starting with May's council elections. Former Home Secretary Priti Patel and ex-Security Minister Tom Tugendhat also took part.

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Recall... choc egg

Kid-treat warning over nuts

By EMILY-JANE HEAP

A MAJOR store chain is at the centre of a food safety scare over kids' choc treats which could kill people with allergies. The Food Standards Agency issued a nationwide alert after finding hazelnuts in The Smileys Surprise Egg.

It is stocked by Heron Foods, which has 330 stores across the North and the Midlands.

The FSA warned "Hazelnuts are not mentioned on the label. It's a health risk for anyone with an allergy to nuts."

The Anaphylaxis Campaign, which helps sufferers, said "It's a severe and potentially life-threatening allergic reaction which can affect the airways, heart, circulation, gut and skin."

Heron Foods, based in Melton, East Yorks, was asked for comment.



'Shooter' in court

A MAN has appeared in court over a drive-by shooting involving a child.

The girl, nine, was seriously injured after a motorcyclist fired shots at a restaurant in Dalston, East London, on May 29.

Javon Reilly, 32, of Farnborough, Hants, appeared at Westminster magistrates' court charged with four counts of attempted murder.

He was remanded and will appear at the Old Bailey on September 6.



Death spiral... final moments on video

DEADLY WRECK



By LUKE CHAFER

WRECKAGE from a plane crash killing all 62 on board lies strewn across the ground. Rescue teams worked through the night to recover remains from the turboprop which spiralled into a residential area.

Brazil's Voe Pass airline confirmed there were no survivors when Flight 2283 came down in Vinhedo, São Paulo state, on Friday.

At least 21 bodies had been recovered by yesterday morning.

AGONY AT PANORAMA SHOW

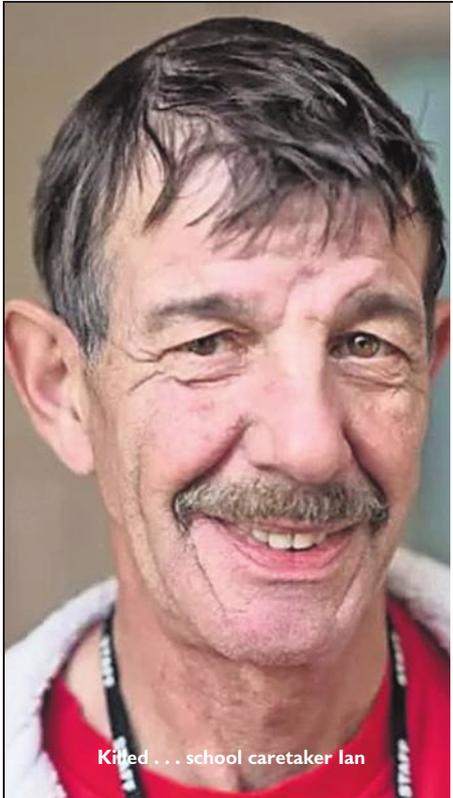


One in 51,800 . . . toy fish

Shark is first lost Lego find 27yrs on

By JONATHAN KANENGONI

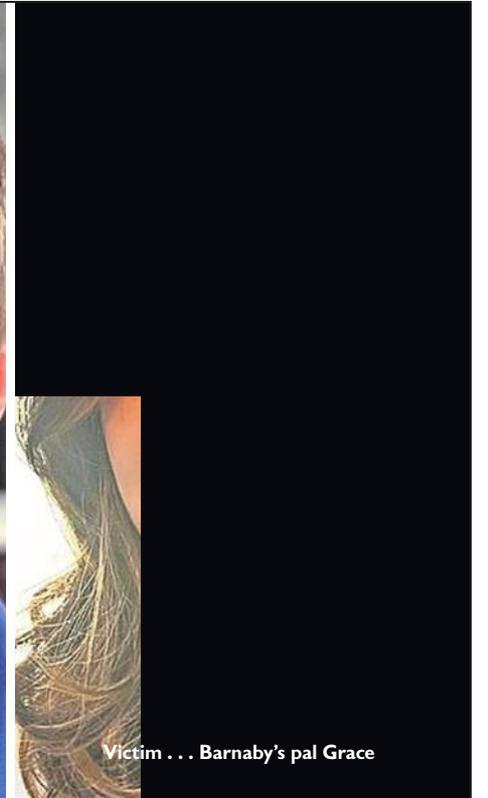
A TINY Lego shark lost from a cargo ship 27 years ago has become a fisherman's biggest catch. The 2in piece was found tangled in his net by Richard West, 35. It is the first of 51,800 plastic sharks – lost when a wave smashed into the Tokio Express in 1997 – to be recovered. Richard, of Plymouth, found it as he fished for monkfish, sole and doreys 20 miles off Penzance, Cornwall. He said: "I'm so happy about it. It's way better than any fish I've caught all week." Nearly five million Lego pieces were lost when 62 containers were washed off the Tokio Express as it headed to New York. Tracey Williams, who records Lego pieces lost at sea, said: "Only another 51,799 to find."



Killed . . . school caretaker Ian



Tragic . . . student Barnaby



Victim . . . Barnaby's pal Grace

MEDAL
GYMNAST Bryony Page won Team GB's first Olympic gold in trampolining – adding to her previous silver and bronze medals – with a score of 56.48 points.
MARVELS

Pret cam move for thief jobs

SANDWICH chain Pret A Manger is giving bodycams to staff to help them deal with aggressive and abusive shoplifters. The retailer has begun a trial in six London stores, where signs went up to warn customers. Only senior staff will have the devices, which will remain switched off for most of the time. Access to the footage will also be limited to the business's security team, the company said. Pret is the latest high street business to introduce bodycams, with the British Retail Consortium warning that shop staff have to deal with up to 1,300 cases of violence and abuse every day. Shoplifting cases also reached a historic high of 430,000 last year.

MEDAL
ROWING duo Imogen Grant and Emily Craig won gold in the lightweight women's double sculls, finishing the 2,000m race in 6mins 47.06secs.
MARVELS

KNIFE VICTIM MUM'S FURY AT BBC



EXCLUSIVE by EMILY-JANE HEAP

THE mum of a Nottingham knife attack victim says she feels "let down" after learning the BBC's Panorama will air interviews with the family of the killer.

Emma Webber's son Barnaby and his friend Grace O'Malley-Kumar, both 19, and school caretaker Ian Coates, 65, were stabbed to death by Valdo Calocane in June last year. Paranoid schizophrenic Calocane, 32, got a hospital order for manslaughter by diminished responsibility.

Emma says she is now facing "unimaginable horror" after being told two weeks ago that the BBC will air an episode of Panorama tomorrow titled The Nottingham Attacks: A Search For Answers.

The programme is understood to be about the decline in Calocane's mental health and his treatment by NHS services leading up to the attack.

But Emma said the victims' families were not offered the chance to contribute to it – and the BBC is refusing to let them see it before it airs or give them an idea of its content.

She raised her concerns with Health Secretary Wes Streeting, who was understood to have contacted the BBC about the lack of engagement with the victims' families and urged them to let them see it before broadcast.

Emma, 51, said: "All three families feel very disappointed and alarmed at the way they have managed this.

"We feel very let down, very disappointed. We expected better – we deserve better.

"The thought of seeing that family – seeing their faces and hearing their voices – brings me unimaginable horror.

"It's so alarming and it's causing so much stress and trauma to people who are already shattered. It's almost cruel."

After learning about the programme Emma complained – but was told by Panorama's editor that it was in the public interest so will be going ahead.

Emma accused the Beeb of failings in its duty of care and with its editorial policy.

She said: "This is my son that we're talking about. This is a story on this monster that brutally and ferociously attacked and killed him.

"It's absolute horror. Every waking moment

'Let down' . . . Emma



Killer . . . mentally-ill Calocane

Interviews with family of murderer

my thoughts are haunted by what that individual did to my son.

"Any investigative journalism that helps to uncover all of the failings of this horror is welcomed. But the way this has been carried out by the BBC concerns me, because I can't see how it's balanced without us being involved or having prior knowledge of the contents."

The BBC said: "The documentary has been produced in accordance with the BBC's editorial guidelines."

emily-jane.heap@the-sun.co.uk

£7BN EXPERT CULL

Consultancies chopped in Whitehall war on waste



CONSULTANCIES charging taxpayers rip-off fees are facing the chop in a £7billion war on government waste.

They will be sidelined as Whitehall departments are ordered to crack down. Meanwhile, new figures lay bare how much they 'We'll do better'... Ms Gould

EXCLUSIVE by SOPHIA SLEIGHT

have been raking in. More than £1.5billion of taxpayers' money has been wasted on woke schemes, vanity projects and wasteful initiatives, a Sun on Sunday investigation discovered. Now the Cabinet Office has pledged to reduce £7.38billion spent every year on consultants, temporary staff and contractors. Consultants advise departments on how to improve – but the companies are often accused

of charging whopping fees. Cabinet Office Minister Georgia Gould said: "The scale of the problem is clear for all to see. "Hardworking Brits deserve better. They deserve a government of service, one that's on their side. That's why we won't be continuing this indefensible practice of wasting taxpayers' money on expensive non-essential consultants." Official analysis found that in 2022-23 total spending on consultancy was £1.2billion, up from

£997million in 2017-18. Among the highest spenders in 2022-23 were the Department for Health and Social Care at £281million and the Department for Transport at £225million. It comes after Chancellor Rachel Reeves set out a plan to fill a £22billion black hole in the nation's finances left by the previous government. Ms Reeves has declared she has no choice but to increase taxes in the autumn budget. *sophia.sleight@thesun.co.uk*



High... Malpass

10yrs for kill driver on booze and gas

By PAUL SIMS

A DRIVER drank booze and inhaled laughing gas before a high-speed crash that killed his girlfriend. Connor Malpass, 25, was doing more than 80mph seconds before the crash in a 30mph zone. Natasha Woroch, 24, died at the scene of the crash in Belton, Lincs, in July last year. Two others in the VW Golf suffered serious injuries. CCTV showed Malpass getting out of the wreckage with a balloon in his mouth. He also removed a bag with alcohol and nitrous oxide in and gave it to one of the injured passengers to dispose of. Malpass, of Doncaster, South Yorks, admitted causing death and serious injury by dangerous driving. He got ten years and six months' jail and a 17-year driving ban.

Stolen kit returned

RESCUE kit stolen as fire crews saved a baby goat has been returned. Flashing warning Pulsar lights and Police Slow signs worth thousands were nabbed during the rescue from a cliff on Tuesday evening. But they were returned to the fire station within 48 hours after an outcry about the theft at Cheddar Gorge, Somerset. The thieves were earlier seen showing off the equipment in a pub. The fire service said "There is a huge amount of goodwill in the community."

MEDAL
EQUESTRIAN team Laura Collett, Tom McEwen and Ros Canter won Team GB's first gold of Paris 2024 in eventing. Laura later won individual bronze.

MARVELS

One leg isle swim

A SWIMMER with one leg has become the first amputee to complete a lap of a Channel isle. Jonty Warneken – who lost his limb in a car crash 30 years ago – swam anti-clockwise round Jersey in 11 hours and 33 minutes. He said: "There's great scenery but I breathe to the right to compensate for the missing leg so just saw the side of the boat." The 52-year-old from Harrogate, North Yorks, swam 34.5 miles between Northern Ireland and Scotland in September.



TODAY: The day will see spells of sunshine in the South of England. Elsewhere can expect cloud, with brief sunny periods. Northern Ireland is forecast to see rain from late evening. Light winds.
TONIGHT: A dry start to the night before thunderstorms spread in across Northern Ireland and Scotland through the early hours, with some for Northern England. Dry, warm and clear elsewhere.
OUTLOOK: Heavy rain arriving in the north on Monday. Overcast on Tuesday, with rain forecast in the south. Sunshine and showers on Wednesday. Heavy showers and cloud for all on Thursday.
THE warmest and sunniest August for England and Wales was recorded in 1995 with average temperatures of 19.1C and just 9.1 mm of rain.

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HEALTH LOTTO: 7, 8, 23, 25, 33. Bonus 27.

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Retail Industry awards 2023

FRESH PRODUCE RETAILER OF THE YEAR MULTIPLE WINNER

ASDA

THAT'S MORE LIKE IT

Selected stores. Subject to availability. Asda Fragrant and Crunchy Spring Onions was 65p now 39p each. Asda Extra Special Hand Picked Tenderstem Broccoli was £1.35 now 89p. 160g (36 per 100g). Asda Sharp and Sweet Passion Fruit was £1.29 now 89p per pack. Asda Sweet and Juicy Sweetcorn Twin Pack was £1.50 now 69p per pack. Asda Crisp and Crunchy Little Gem Lettuce was 89p now 59p per pack. May exclude small stores: ASDA.com/smallstores

OLYMPIC ACE TO EARN FORTUNE

Green and lean . . . trim Keely relaxes on yacht after 800m win in Paris, right



EXCLUSIVE by ROBIN PERRIE and JULIA ATHERLEY

SPEED queen Keely Hodgkinson basks in Olympic gold-medal glory — as she races towards a £2million fortune.

The 800m champ was spotted sunning herself on a luxury yacht in Marbella and toasting her Paris victory with a glass of sangria.

And experts reckon she should be getting used to the high life — with her endorsements and other earnings certain to rocket.

Brands guru Marcel Knobil, who has worked with Coca-Cola and Yamaha, said: “Her estimated earnings prior to these Olympics were around £250,000 thanks to the likes of Nike and Omega.”

“Now, thanks to her exceptional talent, golden success and attractive personality and looks — Keely can look forward to earnings way beyond £2million next year alone.”

The 22-year-old grew up in the former mining community of Atherton, Greater Manchester, but has hardly looked back since she stepped on to a running track.

It culminated in Olympic gold at the Stade de France in front of 70,000 fans on Monday.

Her victory earned her nothing from Team GB but she will get £39,000 from World Athletics.

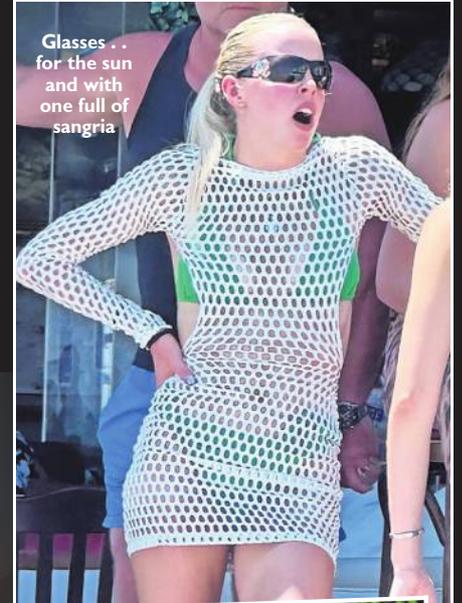
Although she had said she would treat herself to a gold Cartier ring and a Porsche, she had a family celebration in Marbella in mind immediately after her win.

She said: “My parents and me, what we’d love is just some quality time together. I don’t get to see them very often. That’s enough for me, to be honest.”

Keely had about 100 relatives wearing Team Keely T-shirts and cheering her on in Paris.

A group of eight were with her in Marbella where they enjoyed jet skiing and relaxing on the yacht with a banner saying: “Congratulations on your gold medal Keely Hodgkinson.”

Glasses . . . for the sun and with one full of sangria



£2M GOLD TREASURE FOR KEELY

Medal winner . . . Keely with only gold that really matters



Picture: SPLASH

MORE MEDAL MAGIC
PAGES 14 & 15

HEARTBREAK OF KILLING

LAD, 13, AMONG YOB 750



ANDREW STEWART, 37
2 1/2 YEARS



BRANDON KIRKWOOD, 20
2 1/2 YEARS



CHARLIE BULLOCK, 21
18 MONTHS



OZZIE KUSH, 20
46 WEEKS

TEEN thugs as young as 13 were among a string of yobs nailed for rioting yesterday. Some wept as they admitted offences including burglary, affray and violent disorder.

A lad of 13 tearfully admitted his role, which included smashing up a bus.

He was among 200 thugs who hurled bricks and bottles at migrants in Newton Heath, Manchester, on July 31.

The boy told a court in the city he was just "caught up" in the violent scenes at a hotel for asylum seekers and refugees. District Judge Lucy Hogarth granted him conditional bail.

As he was led away from the dock, his mum told the judge: "Thank you so much."

A boy, 15, faces sentencing after hurling beer kegs at windows in a riot in Sunderland, Tyne and Wear.

His parents watched him plead guilty to violent disorder and burglary. He will be in court next week.

A lad of 16, who stole £15,000 of vapes, cried in the dock in Liverpool as he confessed to violent disorder, burglary and criminal damage.

He also pleaded guilty to assaulting a police officer. He was bailed and will be sentenced on September 17.

Meanwhile, Andrew Stewart, 37, and Bran-

don Kirkwood, 20, both from Hull, were each jailed for two-and-a-half years on Friday.

They admitted violent disorder after riots in the city. Stewart targeted migrants housed at a hotel. Kirkwood clashed with police.

Charlie Bullock, 21, from Middlesbrough, was jailed for 18 months for violent disorder after pelting police with rocks in the town last Sunday.

And Ozzie Kush, 20, from Reading, Berks, got 46 weeks in a young offender institution after pleading guilty to assaulting an emergency worker in London on July 31.

Nearly 750 arrests have been made and 302 charges brought.



Assessed threat . . . BJ Harrington

WARNING YEAR AGO

SENIOR police officers were warned about immigration riots in a secret intelligence report a year ago, The Sun on Sunday can reveal.

They identified the threat from new far-right groups but thought it would be minor.

They wrote: "The majority of protest groups are increasingly reluctant to commit criminality at street level."

The report by the National

By SCARLET HOWES

Police Coordination Centre, seen by The Sun on Sunday, was led by the chief constable of Essex Police, BJ Harrington, who is the national lead for public order.

It includes intelligence about the threat to immigration centres from so-called cultural nationalism (CN) groups. The report said:

"Anti-immigration protest is almost certain to continue.

"Localised tensions around the use of designated or repurposed accommodation has a realistic possibility of galvanising CN activity.

"Media reporting – whether mainstream or social – on offences committed or alleged to have been committed by asylum seekers, is likely to be exploited by CN groups."

OUR STAR BEBE

Family's tribute as they reveal sister saw attack

By SARAH RIDLEY

THE parents of one of the Southport murder victims paid tribute to the six-year-old yesterday – and revealed that her sister saw the attack.

Bebe King was the youngest of three girls stabbed to death when an attacker burst into a Taylor Swift-themed dance class.

Almost two weeks on from the tragedy, mum Lauren and dad Ben told of their grief – and revealed Bebe was knifed in front of her sister Genie, nine.

They said in a statement: "Our world was shattered by the loss of our precious daughter.

"Bebe was taken from us in an unimaginable act of violence that has left our hearts broken beyond repair. Our beloved Bebe was full of joy, light, and love, and she will always remain in our hearts as the sweet, kind, and spirited girl we adore.

"Our hearts are broken, but we find some comfort in knowing that Bebe was so deeply loved by all who knew her.

"She will forever be our shimmering star, and we will carry her with us in everything we do."

They went on: "We want to acknowledge our older daughter, Genie, who witnessed the attack and managed to escape. She has shown incredible strength and courage, and we are so proud of her. Her resilience is a testament to the love she shared with her little sister.

"We will continue to support her as we navigate this painful journey together as a family."

The attacker stabbed 11 kids and two adults on July 29.

Online lies about his identity fuelled riots.

Mr and Mrs King's statement, released via police, praised "beautiful souls" Elsie Stancombe, seven, and nine-year-old Alice Dasilva Aguiar, who also died.

They added: "Our thoughts are with everyone involved in this tragedy. To the children who witnessed this terrible event, we send our love and hope that they too can begin to heal, surrounded by the care and support of those who love them."

Bebe's family suffered further heartbreak on Tuesday when her great-grandfather Keith King passed away aged 96. Son Michael, 62 – Bebe's grandfather – wrote on Instagram: "He'd been unwell for a few weeks following a fall. He was not aware of the events of the previous 10 days."

Michael also thanked those who have donated £70,000 to a fundraiser for her parents, saying it will "undoubtedly be a long while" before they are able to return to work.

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Murdered . . . Elsie, seven, and Alice, nine, also died in Merseyside horror

BEFORE LIES FUELLED RIOTS



Danger . . . riot cop & burning car

POLICE SPREAD THIN

A FORMER riot-trained police officer says investigations are being put on hold — as colleagues are called to deal with protests nearly every week. They said day-to-day crime work was “being dealt with by a handful of officers”. Writing on mumsnet, they said: “You have no idea of how few there really are. “To wear riot gear, officers

By SCARLET HOWES

must be what we call at least Level 2 public order trained. It's actually a voluntary skill. “I did it when I was younger in service but it's an absolutely thankless task. “There's nowhere near enough of you, practically every weekend off gets cancelled to go to a football

match or a protest. And 90 per cent of those officers are the same ones that answer your 999 calls and deal with your crimes.” Meanwhile, Met cops have claimed the force is so stretched for riot officers that it has been sending beat bobbies on two days of training — so it can fill gaps left by those sent to help elsewhere.



Arrest in Newcastle . . . flag wearer is held

SHOW OF PEACE AS 14 HELD

By AMIR RAZAVI

ANTI-racism protesters were out in force again yesterday to take on the far-right at gatherings around the country. In Newcastle, hundreds drowned out a small group which included one person waving a white nationalism flag. The counter-protesters held pre-printed Stand Up to Racism placards. Homemade signs said “Newcastle is united” and “smash racism”. Others chanted: “Refugees welcome here.” The rival groups were kept apart by an army of cops, who had been given extra powers to stop and search. A dispersal order imposed a temporary ban on face coverings. A man was among 14 people detained at an anti-immigration rally in the city after allegedly being found with a hammer. Others were arrested for failing to comply with either stop-and-search or dispersal orders. Elsewhere, more than 1,500 grouped together in Manchester's Piccadilly Gardens to take a stance against racism. Hundreds of demonstrators gathered outside the HQ of MP Nigel Farage's Reform Party in Westminster in the afternoon — holding aloft a black-and-white banner which read: “No to Farage. No to racism. No to hatred.” In Belfast, about 15,000 people took part in an anti-racism rally, following a week of unrest and disorder in the city.



HAPPY FAMILY

Ben and Lauren with Bebe, also seen left, and her sister Genie



Peaceful protest . . . demonstrator with placard

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£1.19
Asda Ripe and Sweet
227g

~~£1.95~~
£1.69
Asda Ripe and Sweet
400g

~~£2.50~~
£2
Asda Ripe and Sweet
600g

ASDA

THAT'S MORE LIKE IT

Tony Parsons



Follow me on Twitter @TonyParsonsUK



POWERED ON... Noah

QUICK U-TURN

WHEN did our attitude to Covid change?

Not sure, but the pandemic certainly seemed a long time ago when we learned that American sprinter Noah Lyles won bronze in the 200 metres two days AFTER testing positive for Covid.

Asked if he considered pulling out of the race, Lyles emphatically replied: "No."

Only a few years ago, you could not sit with your family at a loved one's funeral even if you DIDN'T have Covid.

And now you can run the 200 metres final in the Olympics – even if you do.



ALYSHA NEWMAN, the Canadian pole vaulter, sparked controversy at the Paris Olympics by joyfully twerking after she won her bronze medal.

"I'm not sure about that!" gasped the commentator for the BBC.

The crowd were more approving.

If only they gave medals for the best celebration.

BALLSY MOVE

THE Good Morning Britain producers must have thought it a great idea when presenter Ed Balls interviewed his missus, Home Secretary Yvette Cooper.

But Ofcom has received more than 8,000 complaints so far. Funnily enough, it was a pretty good interview.

Balls asked Cooper about "two-tier policing" – the perception that some protests are dealt with more harshly than others.

Good question, Ed! But getting a presenter husband to interview his politician wife must be what breakfast television is like in North Korea.

Civil war avoided but what **are** you doing about the boats, PM?

ELON MUSK has been proved dead wrong – civil war in the UK is far from "inevitable".

The nation was steeling itself for more than 100 far-right rallies on Wednesday night. And they did not happen.

The police presence was ramped up. Shamed rioters were being banged up.

The Prime Minister's background as Director of Public Prosecutions during the 2011 riots makes him the best person alive to crack down hard on civil disorder.

But mostly the explosion of far-right riots did not happen because the people turned up.

It was a non-violent version of the Battle of Cable Street in 1936 when East Enders prevented Sir Oswald Mosley's British Union of Fascists from goose-stepping through their neighbourhood.

On Wednesday night, vast crowds came out on the streets of our towns and cities in their thousands – counter demonstrations that made a mockery of Musk's theory that this tolerant, multi-racial country is teetering on the edge of civil war.

The far right will raise their hate-filled heads again. But after this week, we know now that they will never win. This is not a racist country. Too many of us

have grown up in modern Britain. Too many of us have spent our lives with friends and neighbours of every faith, colour and creed.

Too many of us are in mixed marriages, have mixed-race children and find nothing remarkable about a diverse United Kingdom.

After the appalling murder of those three small girls in Southport, the nation looked as though it was falling apart.

On Wednesday night the nation came together. And then breathed a sigh of relief. But let's not kid ourselves that everything is now sweetness and light.

Labour councillor Ricky Jones has been arrested after being caught on camera saying, "We need to cut all their throats!"

In a Jewish neighbourhood in North London, anti-far right protests included the distribution of leaflets calling for "Zionists" to be evicted from the area – which the director of think tank British Future called "an allusion to ethnic cleansing".

But then the nutters of the far left will always attempt to hijack protests against the nutters of the far right. And there is no question the ordinary British



PROBLEM... Keir

man and woman were sickened at the sights we have seen in recent days.

The thuggery, the looting, the racism, the hate, the violence. There are no excuses for attacking mosques, for setting fire to hotels containing asylum seekers, for bricking Filipino women who are going to their work as nurses in an NHS hospital. You do not "get your country back" by starting a war on foreigners.

But the anger behind these ugly scenes did not come out of nowhere.

There are – I repeat – no excuses for the wanton yobbery we have seen since the terrible murders in Southport.

It was mindless violence that was inflamed by lies promoted by morally bankrupt social media platforms and exploited by extremists.

But we need to start facing some hard truths. Labour, like the Tories before them, seem totally clueless about how to gain anything resembling control of our borders. It should not be forbidden to state that current levels of immigration – legal and illegal – are unsustainable.

And it is correct to state this country needs immigrants. We don't train enough young people to do the jobs we need.

If you or a loved one has been anywhere near a hospital lately, then you will be aware that the NHS would not function without the likes of those Filipino nurses who had rocks thrown at them by anti-immigrant thickos.

But successive governments have been unable to concede that every immigrant needs housing, healthcare and education for their children.

Sense of embitterment

And that fact does not change because a bunch of violent pea brains run amok outside an asylum centre. It is admirable to stand up to racists. This is a tolerant, diverse, and progressive country.

It is good to assert fundamental British values of tolerance. But shouting "Refugees are welcome here!" as though our public resources have no limit will not build one new house. And waving Palestinian flags will not stop the small boats.

For me, the image that will endure from the riots is an overweight shirtless man in Sunderland proudly displaying his swastika tattoo.

This would have been unthinkable a few years ago. That swastika is the symbol of a regime that tried to obliterate this nation. My father's body was a mass of scar tissue because he fought against that regime.

Many of his friends, boys of 19 and 20, gave their lives fighting that tyranny.

But I know that far too many of our people feel left behind, unheard and ignored. They are not going to throw rocks at foreign NHS nurses. But their sense of embitterment is real.

They voted for Brexit, and their lives did not change. They voted for Boris, and their lives did not change.

Four million of them just voted for Reform – or nobody at all – and discovered that, once again, their lives are not going to change any time soon.

And they have concerns that deserve to be heard. They, and their ancestors, built this country.

They fought its wars, they paid its taxes – and they deserve to be heard. They are the poorest members of the working class, and they have legitimate concerns.

For example, 4,000 souls have illegally arrived in small boats since Keir Starmer moved into 10 Downing Street.

What are you going to do about them, Keir? Because they are your problem now.



HOPEFUL... Kamala

BIDEN A LOST CAUSE

AS the odds on America's first female President grow shorter, the burning question is – what happens if Donald Trump loses to Kamala Harris?

Joe Biden was asked by Robert Costa of CBS News if he was confident that there would be a peaceful transfer of power in January 2025.

"If Trump wins, no, I'm not confident at all," Biden blurted. Er – we know what you mean, Joe. The opposite!

Just as he did when he introduced Volodymyr Zelensky as Vladimir Putin, Biden hastened to correct his mistake.

"If Trump LOSES, I'm not confident at all," he said. I don't know if Kamala Harris will be President in January.

But she should surely be President right now.

AFTER the greatest humiliation of his murderous career, Vladimir Putin howls with protest as Ukrainian troops invade the Russian region of Kursk. You started it, comrade.

CHILLED GARETH

SOME say that former England manager Gareth Southgate looks the same on holiday in Portugal as he did when he was taking our boys to within touching distance of the Euros in Germany.

It's not true. You can tell when Gareth is taking a sunny break in the Algarve. He very slightly loosens the collar of his polo shirt.



COOL... Southgate on hols. Top, at Euros



Becks is the only man with socks appeal

THIS is the sun-splashed time of year when the fashion police warn men not to wear sandals with socks.

But David Beckham has never been ashamed to step out in them. At wife Victoria's Paris fashion show last September, Becks, that modern man who casts his influential shadow over every other modern male, was wearing sandals with socks.

And of course David, with his daughter Harper, looked as adorable as ever.

So if you don't avoid wearing sandals with socks this summer, please do make sure that you are David Beckham.

PARIS 2024 TEAM GB'S SUPER



Great kicker . . . Cunningham



A TAEK-WONDER

PART-TIME model Caden Cunningham won silver in the taekwondo final last night. Cunningham, 21, was beaten by Iran's Arian Salimi, 20, over three rounds. Six years ago he had to launch a crowd-funding appeal to help pay for his trip to the World Championships in Tunisia. So his silver medal completes a remarkable rise through the ranks for the young fighter from Huddersfield, West Yorks. Cunningham said: "I've no problem losing to a guy who was better than me on the day, and he was. "It is the start of whatever I want it to be. "If I stay in this, I will be the king of taekwondo in the next four years."

NOHS-DIVE WINS BRONZE FOR GB

By JULIA ATHERLEY

BRIT diver Noah Williams admitted he was "pretty shocked" to win a surprise bronze medal in his 10m platform final yesterday.

The 24-year-old had already bagged himself a silver in the synchro event with diving partner Tom Daley earlier in the Games.

And he managed to place third at yesterday's event after scoring 497.35 in front of a crowd full of Union Flags.

Londoner Williams stood on the podium below China's Cao Yuan, who took gold with a 547.50 score, and Japan's Rikuto Tamai, who got 507.65.

The Team GB star said after winning his second medal: "I don't think it's sunk in - it's literally a dream.

"I know I said that last time in the synchro, but winning an individual medal is on a whole other level.

"It must not have sunk in because I'm nowhere near as emotional as last time."

He nailed his final



Just pike that . . . Noah dives to third place

two dives to propel himself up the leaderboard - after his fourth attempt out of six proved the most disappointing.

Williams, watched by Daley in the stands, added: "I was saying, 'it's now or never'. Luckily it was now, I guess."

The diver plans on celebrating with a new tattoo - and added he would let silver medallist Tamai pick out what he will get next.

He said: "Eiffel Tower is a bit basic, isn't it? I'm letting random people pick them at this point."



Tongue twister . . . Noah after winning bronze



EQUESTRIAN trio Ben Maher, Harry Charles and Scott Brash won gold in team jumping, picking up only two time penalties as they cleared the course.



Ollie's hell as Dutch track rival 'nuts' him



Crash . . . the duo collide

By CHRIS DYER

TEAM GB's Ollie Wood said he felt as if he'd been "rear-ended by a lorry" in the men's cycling madison final.

He appeared to be headbutted by a Dutch rival before crashing painfully to the track.

The collision came with 40 laps remaining.

Wood was sent flying to the floor after his helmet was struck from behind by Jan-Willem van Schip as the Dutch rider passed him.

TV replays did not fully show if the contact was deliberate.

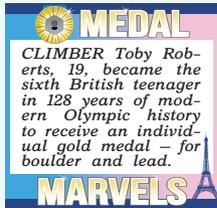
Wood needed a concussion test before he could remount his bike.

Afterwards, he said: "He hit me so hard. I felt like a crash test dummy. I got hit really hard from behind by literally the biggest rider on the track."

It put paid to his and Mark Stewart's chances of Olympics glory.

The pair - current world silver medallists - finished ninth as Portugal won a historic first Olympic gold on the track.

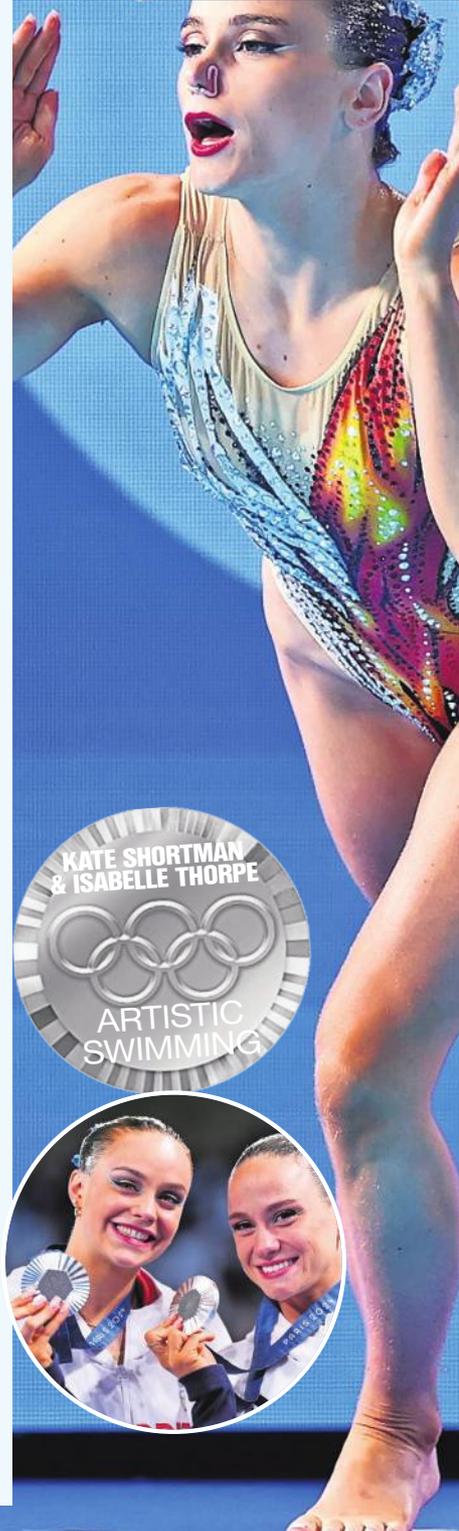
Six-time Olympic champion Chris Hoy, commenting for the BBC, blamed the Dutch for the collision. But Van Schip received no warning and Team GB did not protest.



CLIMBER Toby Roberts, 19, became the sixth British teenager in 128 years of modern Olympic history to receive an individual gold medal - for boulder and lead.



Making a splash . . . Izzy, on the left, and Kate see they've won



SATURDAY MEDALS SWEEP

BELL IS BUZZING

JUBILANT Georgia Bell ran the race of her life last night in the 1500m.

She looked out of it in fourth with the race nearly over but nicked bronze by overtaking Ethiopia's Diribe Welteji just before the finishing line — and came within a whisker of silver.

Bell grabbed a Union Jack and ran to celebrate with her family.

The Londoner had given up on athlet-

By **ROBIN PERRIE**

ics after injuries but decided to start again three years ago to keep fit.

She is the daughter of Channel 5 News political editor Andy Bell and was born in France while he was based there for the BBC. The 30-year-old said: "I don't think I've ever been this happy." Team GB's Laura Muir came fifth.



WE DID IT, MUM

- **Silver duo keep it in family**
- **Men and women Relay joy**

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

BEST friends **Kate Shortman** and **Izzy Thorpe** last night won silver in the artistic swimming — after being coached by their mums.

It was the first time that Team GB had earned a medal in the event, which used to be known as synchronised swimming.

The duo were ecstatic when they realised they had clinched silver, with just the Chinese yet to perform.

The Bristol pair, who can hold their breath for three minutes, hugged and wiped away tears after their stunning routine called Rising Phoenix.

They said they owed a debt to their mothers.

They are the daughters of **Karen Thorpe** and **Maria Shortman** — who swam together for Team GB in the 1990s and are now the girls' coaches.

Karen and Maria narrowly missed out on competing at the 1996 Atlanta Games but have been coaching their daughters.

Mum Karen is head of per-



formance for Team GB's artistic swim squad, leading the pair into the Paris Olympics.

She said she did not initially push Izzy into swimming, adding: "I thought she'd make a good gymnast."

Then, aged 12, she walked out of a gym session to inform me that she and Kate were doing swimming instead."

Izzy, who first performed with Kate aged eight, said their mums had told them to "just enjoy it" and savour the honour of competing for Team GB.

She said: "That's the main thing that they always say. It's just, enjoy every moment what-

ever happens." On a frantic Saturday night of athletics, both our 4x400m relay teams took home bronze medals.

Less than an hour after Georgia Bell's superb 1500m run, the men's team powered across the line to finish third after the US and Botswana.

Charles Dobson, 24, carried Team GB to the finish after Alex Haydock-Wilson, 25, Matthew Hudson-Smith, 29, and Lewis Davey, 23.

Hudson-Smith, who also won 400m silver last week, said after getting a bronze: "I need a beer, man. It was an amazing Olympic Games. I wanted to

come away with two medals and to do this one for the boys. I've got the best team in the world, it's an amazing feeling."

Just minutes after the men's relay, Team GB's women's 4x400m team also won bronze — setting a national record.

Amber Anning, 23, took them over the finish line in 3:19.72 after Victoria Ohuruogu, 31, Laviai Nielsen, 28, Nicole Yeargin, 26, passed on the baton.

Winners the USA were 100m ahead of the rest of the field — with the Netherlands in second.

Julia.atherley@the-sun.co.uk

THE Sun
ON SUNDAY
SAYS 11 | 08 | 24

“NO FACE, no case”. That was the sickening message sent to rioters on social media last week before they embarked on their orgy of violence and destruction.

It urged them to cover their faces as they threw bricks and bottles at the police so they couldn't be identified and dragged into court.

A proposal to ban masks at marches was first made in January by government advisor Lord Walney. Then it was sparked by

fanatics wrapped in scarves and chanting anti-Jewish slogans, waving pro-Hamas banners and clashing with police at Palestine demos.

Now ministers are considering action following mindless rioting which swept Britain last week.

Policing Minister Dame Diana Johnson writes today: “Do not tell me that someone is in a crowd for peaceful reasons when they are wearing a balaclava to avoid being identified.”

Dame Diana is spot-on. Yobs who

cover their face are not exercising their freedom to protest, they are abusing it.

But nobody should imagine any ban would be easy to implement.

Civil liberties activists and human rights lawyers would no doubt line up against it and the police would face an uphill battle to enforce it.

Yet sadly civil disturbances are becoming all too common in our cities.

And as technology such as high-resolution CCTV becomes ever more effective, so thugs on all types of protest will increasingly cover up to avoid detection.

Despite the difficulties, a ban on face masks at protests merits careful consideration.

Bosses in the gutter

IT IS a scandal that water company chiefs are pocketing huge bonuses while they dump sewage in our rivers, seas and lakes.

Thames Water, Yorkshire Water and Northumbrian Water were last week fined a record £168million by the regulator Ofwat for a “catalogue of failings”.

But bosses at these firms raked in “performance” rewards totalling £1.69million on top of already generous salaries.

If those undeserved payouts were returned, 20,000 customers would not face water bill rises to pay for the mess.

The bosses should be forced to hand their bonuses back immediately.

Tres formi-Del-ble!

WHAT a fortnight of fun and games.

The Paris Olympics may have got off to a soggy start, but Team GB have made it a scorcher with their brilliant haul of medals. Tonight it's time to say au revoir, mon amis.

As Del Boy would put it: It's been bonnet de douche.

the SUNDAY ISSUE

TWO VIEWS ON DISGRACEFUL RIOTS THAT BROUGHT BRITAIN TO BRINK

CONCERNS OF DECENT PEOPLE REMAIN



By **LORD IAN AUSTIN**
Former Labour MP

ORDINARY, decent Brits do not riot and are not racist.

They despise the thugs who exploited Southport to wreak havoc on our streets.

But many are concerned about issues like immigration and crime.

And their concerns are not going away.

You don't need to be a knuckle-dragging thug to worry about the impact of immigration on the NHS and schools.

Or where they will live in the middle of a housing shortage.

The last government allowed 1.2million people to come to Britain last year (although 532,000 left).

Working people know that is completely unsustainable and they want Sir Keir Starmer to deal with it.

The Prime Minister knows he must confront the underlying issues. It's not about appeasing the

rioters. The police and courts will deal with them.

But if the Government doesn't defend our borders and tackle crime, I fear extremists will try to fill the vacuum and stir up hatred on our streets once again.

We also need to be able to talk robustly about integration.

If you want to live in Britain you must believe in democracy, equality between men and women, freedom, fairness and tolerance.

And speak English too – how else can you play a full role in our society? This is obviously not a racist country. We've just had a Hindu PM,

a Muslim First Minister in Scotland and a black First Minister in Wales. And we have always welcomed refugees fleeing persecution abroad.

My dad came here in 1939 as a ten-year-old Jewish lad escaping the Nazis. He grew up to be the country's youngest headteacher and was honoured by the Queen with an OBE for education and charity work.

If you work hard and contribute to the country, the sky is the limit.

Sir Keir Starmer took tough action to take on the rioters this week. He demanded the cops crack down on extremist thugs terrorising people. And he opened the courts to impose stiff sentences. Quite right too.

But hard-working Brits also want to see a crackdown on crimes such as burglary, car theft and antisocial behaviour with the same speed.

Gangs of thugs can't be allowed to take over our streets and intimidate people.

Violent left-wing extremists smashed a van into a defence company linked to Israel this week. Police and workers were attacked.

Let's get them rushed in front of the courts and locked up like the far-right thugs too.

And I can't be alone in wondering why victims of rape wait years for their day in court if it is possible to take the swift action we saw this week.

It's also high time we got a grip on racism, extremism and lies on social media.

We are all still reeling from the horrific scenes of recent days.

It is an unenviable in-tray for a new Prime Minister.

But if he gets the response right, the British public will thank him.



Covered . . . rioter

No place in UK for faceless thuggery

Someone in a balaclava or a mask is NOT at a protest for peaceful reasons



STREETS OF SHAME . . . rioting outside hotel in Rotherham

IN too many of our communities over recent days, the police have faced truly unacceptable violence.



By **DAME DIANA JOHNSON**
Policing Minister

They have been hit by bottles, bricks, fireworks and other missiles. They have been spat at, subjected to vile abuse and sustained broken bones.

No one in our society should ever have to face what those officers have been through, let alone those who spend their daily lives protecting the rest of us.

But we can all feel proud of the professionalism, courage and resilience the police have shown in the face of that violence.

And no one is prouder of that than me, in my role as Policing Minister. With the

those numbers will continue to rise in the coming days and weeks.

Through the justice system, we are demonstrating that criminal disorder has consequences, and that no excuses will be tolerated for this kind of violence.

Dangerous thugs

Do not tell me that individuals who come armed with flares, fireworks and petrol bombs to a location advertised online with fire emojis are just there to protest.

Do not tell me that someone is in a crowd for peaceful reasons when they are wearing a balaclava to avoid being identified, or swinging a stick or pole.

These are dangerous thugs, plain and simple, and they

will be treated as such. Our police forces are prepared and ready for anything.

Six thousand public order-trained officers remain on duty, ready to be deployed wherever trouble occurs.

And our message remains clear.

If you engage in violent activity in our streets or incite hatred online, it does not matter who you are, you will face the full force of the law.

So think twice before you act. Or expect a knock at the door, and years behind bars as a result of your actions.

We will never let hate and division win, and we will continue to give our utmost support to the police who are in the front line of that fight.

They have our backs, and we will always have theirs.



Fatal crash . . . Peter

Balloon warning over DIY tragedy

By RHYS JAMES

THE regulation of hot-air balloon-flying in Britain needs to be reviewed after the death of a pilot, a coroner has said.

Peter Gregory, 25, was killed when his home-built balloon stalled and crashed to the ground.

An Air Accident Investigation Branch report said it had not been required to complete any formal testing.

An inquest ruled his 2023 death in a competition race in Ombersley, Worcs, was an accident.

Worcestershire coroner David Reid has now sent the Civil Aviation Authority a Prevention of Future Deaths report.

He said it should consider regulation of the design, build, inspection and testing of amateur or home-built crafts, and of competition flying.

Death in home fire

A DEVASTATING house blaze left a man in his 40s dead yesterday.

Fire crews needed ten engines to bring the flames under control.

They were still on the scene hours later, damping down hotspots.

The blaze broke out just after midnight, with neighbours in Faversham, Kent, being urged to keep windows closed.

The victim's next of kin have been informed.

Police and the fire service said they were investigating the cause.

MEDAL

CYCLISTS Emma Finucane, Sophie Capewell and Katy Marchant won the women's team sprint in 45.186 seconds, setting a new world record for the race.

MARVELS

A seal of approval

SEAL populations have boomed by up to two-thirds in 20 years in parts of Britain.

Experts used light aircraft to accurately count numbers around Wales.

They spotted 1,313 seals at 58 sites – with 70 per cent of grey seals being found in North Wales.

Dr Thomas Stringell, who led the Natural Resources Wales study, said: "We believe 25 per cent of seals could be counted. So it represents a total population of at least 5,300 grey seals."



Family farewell . . . brother Zak, right, with coffin. Left, tearful mum Debbie

By KATIE DAVIS and SARAH RIDLEY

THE mother of tragic Jay Slater wept at his funeral yesterday as 500 people said goodbye to the 19-year-old who died on holiday in Tenerife.

Brother Zak, 24, helped to carry the blue coffin and pals of the bricklayer wore T-shirts saying "Forever 19". Many mourners watched the chapel service on an outdoor screen in rainy Accrington, Lancs.

Mum Debbie Duncan, 55, and dad Warren Slater, 58, wiped away tears for Jay who was found 29 days after falling into a ravine. Sarah Barton, who officiated, read three eulogies from friends. One said: "He lit up any room with that goofy smile of his."

The Order of Service said: "If there was anyone dancing on the way to the other side, it was him."

Picture: PAUL COUSANS

BANKRUPT MODEL'S SPLURGE

Broke Katie blew £10K in a month



At court . . . Price on Friday

KATIE Price blew £10,000 in a month on takeaways and clothes – after being declared bankrupt.

The ex-glamour model splurged about £7,000 during a single visit to Selfridges, pals say.

Another £500 or so went on takeaways including Domino's pizzas in the same month. She spent £2,500 on shoes.

A friend said she frittered the cash at the end of 2020 – the year after she was

EXCLUSIVE by AMIR RAZAVI

declared bankrupt for the first time, owing creditors £3.2million. On Friday, Price appeared at the High Court, having been arrested at Heathrow as she returned from a trip to Turkey.

A further hearing was set for August 27, with Price told she must not go abroad.

A judge had issued a warrant for her arrest on July 30 when she failed to attend a hearing over her second bankruptcy, which was declared in March over a £760,000 unpaid tax bill.

A pal said: "Katie is a

spendaholic. It's incredibly worrying. She burns through obscene amounts in one go. She doesn't care about blowing cash when she should be paying her debts."

In December 2020, Price was pictured buying 14 pairs of shoes from Selfridges. She had six holidays that year.

At this year's July 30 hearing, the court was told Price has failed to pay her 12 creditors any money.

She was paid £84,000 by TikTok to create content for three months – but blew the lot, it was alleged.

A rep for Price was approached for comment.

WHAT SHE SPENT

Designer gear from Selfridges	£7,000
Takeaways	£500
Shoes	£2,500
TOTAL:	£10,000

MUSIC SHOW CRUSH CHAOS



Party... fans packed The Point at Boardmasters

Festival fans hurt

FESTIVAL-GOERS were crushed in a crowd surge which led to a huge speaker crashing down on a stage.

Around 25 people were pulled to safety at Boardmasters. Seven were taken to hospital. Witnesses said fans piled towards The Point stage to watch DJ Sammy Virji at 8pm on Friday. One said: "A speaker collapsed and people were crushed in the surge."

By JOE HADDEN

Another man said he helped pull people on to a viewing platform for the disabled. The witness added: "It was overcrowded. A mosh pit started then everyone hit the deck. It was like a skittle effect. "It looked like one person was having a seizure. They were being attended to by medics. Stewards were struggling to cope."

A mother said it "started getting very, very crowded" during singer Tom Odell's earlier set. She said: "My husband stayed outside the barriers with our youngest but my older daughter wanted to go inside."

"We couldn't get out as there were still so many people streaming in."

"We got crushed against the barriers so I heaved her up and over then pulled myself out."

Reverellers also had Set... DJ Sammy



"The festival said yesterday: "Following a crowd collapse at The Point last night, seven attendees were transferred to hospital nearby for precautionary examination."

"They have been treated for minor injuries and have all since been discharged." The DJ set was cancelled. Devon and Cornwall Police confirmed it had been notified of a crowd surge which had "left a small number of attendees injured".

MEDAL
SWIMMERS Matt Richards, James Guy, Tom Dean and Duncan Scott successfully defended their Tokyo 2020 gold with a win in the men's 4x200m freestyle relay.
MARVELS

MEDAL
ROWERS Lauren Henry, Lola Anderson, Hannah Scott and Georgina Brayshaw won gold in the women's quadruple sculls in six minutes 16.31 seconds.
MARVELS

AFTER EMMERDALE STAR'S



'It's not like I'm a porn star having orgies with different people every week. I'm just having some fun and making some money for my future and my pension. I've got my life to live'

GRIN AND BARE IT... Courtney swapped estate agent job for OnlyFans work



By JOHN SIDDLER and GRAEME CULLIFORD

IT is the website that revolutionised the sex industry and brought overnight riches to those who are willing to bare all.

But OnlyFans stars warn that the internet subscription service, which rakes in more than **£4BILLION** a year, is tearing apart families as those who take off their kit are in turn cast off by nearest and dearest.

The Sun on Sunday told last week how ex-Emmerdale actress Sammy Winward has fallen out with her daughter, Mia, 19, over the teenager's OnlyFans work.

Mia insists that by interacting with her fans on the site, she makes ten times more than she would in most other jobs she could aspire to. But she adds: "I absolutely love my mum. I love all of my family, but none of them speak to me now."

Similarly, former Southampton footballer Matt Le Tissier previously saw red with his son Mitchell and daughter-in-law Alex - who have four children - over her OnlyFans modelling. He admitted in 2022: "I do not want anything to do with them any more."

But *The Sun on Sunday* can reveal these celebrities are far from the only ones to have been devastated by their loved ones selling, in their view, body and soul for online riches.

Former estate agent Courtney Sins, who made **£1.1million** on OnlyFans last year, admits she has paid the price of being cut off by her sister and parents.

Courtney, 41, from Northamptonshire, gave up her **£50,000-a-year** job to join the site, selling raunchy custom videos for up to **£1,200** a go.

'Pension money'

She says: "Some of my family didn't like that I was having these online relationships with people and we haven't spoken since. I might have regrets going forward if I can't heal the damage with my family. But I've got to do what makes me happy."

"I'd been on OnlyFans for a couple of years when I thought it was time to come clean to them. They were absolutely disgusted."

"I've tried speaking to my sister, but she won't have anything to do with me."

"Since I've been cut off, it's been so upsetting. I do hope in time we can rebuild the bridges."

"It's not like I'm a porn star having orgies with different people every week. I'm just having some fun and making money for my future and my pension. I've got my life to live."

Courtney expects to pay **£75,000** in tax, adding: "I'm a limited company, I pay VAT and it's all legit. People think I just sell myself online, but I'm a serious businesswoman and this is a serious business."

"I'm making money I could only dream of. I spend it on clothes and lingerie because it's tax-deductible, and put money away in my pension. I'm working every day."

Meanwhile, former *Bella Italia* assistant restaurant manager Elena Xonta also had a heart-breaking bust-up with family after changing careers to tout her wares on OnlyFans.

Romanian-born Elena, 31, of Luton, who earns up to **£50,000** a month, started posting in March 2021 and her dad John, 56, no longer speaks to her.

Jobless John and her nurse mum Floria, 50, were devastated when a neighbour in Bacau, Romania, told them what she was secretly doing.

But Elena will not be put off, as her income has enabled her to buy a **£500,000** house.

She says of OnlyFans: "I gave it a go to make a bit on the side while working in a

NAME: Courtney Sins, 41, of Northamptonshire
INCOME: £1.1million
TAX: £75,000
SPLIT: No longer speaking to her sister and parents after giving up **£50,000-a-year** estate agent job to go on site.

COURTNEY SAYS: Since I've been cut off, it's been so upsetting.

But I'm making money I could only dream of. I do hope in time we can rebuild the bridges.

People think I just sell myself online, but I'm a serious businesswoman and this is a serious business.



ROW WITH DAUGHTER, WOMEN SAY...



THIGH EARNER . . .
former restaurant
worker Elena

‘I gave it a go while working in a restaurant. I made £25,000 in six months so I resigned. There was no point working 40 hours a week for £1,800 when I could make that much’

ALL BUSINESS . . .
Elena insists she is a hard worker who pays a stack of tax

Pictures of Elena: SONJIA HOFFSMAN



Families cut us off for doing



restaurant. The first month I made £800, the second £2,500, and then I made £25,000 in six months, which was crazy.

“I decided to resign from the restaurant because there was no point in me working 40 hours a week for £1,800 when I could make that much.”

She now makes between £20,000 and £50,000 a month, adding: “I sell naked pictures in private, but focus more on the relationship stuff where we just talk, and it’s nice.”

“I have about 3,000 subscribers right now and work ten or 12 hours a day. One day I was calling my

mum and she told me a neighbour had showed her photos from my Instagram. I said, ‘What’s the problem?’.

“My dad then came on the phone and was really rude to me and doesn’t really talk to me now. He says I disappointed him – and he might be right.”

“But at the same time, I just bought a half-million-pound house.”

“He says, ‘Only whores do this type of work’. It hurts, to be honest, but I’m 31 and old enough to look after myself.”

Elena insists she is a hard-working businesswoman. She says:

“People have the impression we are selling our souls, but if you want to make money you have to put in a lot of work.”

“Last year I made £345,000 and I paid £35,000 for myself in personal tax and £56,000 in corporation tax.”

“That’s after I have taken off my deductible costs, including for my office, camera, lighting, outfits and microphones. I have lots of expenses, and a marketing company.”

“I think I pay too much tax because it’s almost £100,000 for the year. But I love my job because I can work from anywhere – and the money is really good.”

NAME: Elena Xonia, 31, of Luton

INCOME: £345,000

TAX: £35,000 personal and £56,000 corporation (total £91,000)

SPLIT: No longer speaking to her father after a neighbour tipped him off that Elena had given up her management job at a Bella Italia restaurant to go on the site.

ELENA SAYS: My dad came on the phone and he was rude to me and doesn’t really talk to me now.

He says I disappointed him – and he might be right. But at the same time, I just bought a £500,000 house.

IT’S A MYTH YOU ARE IN CONTROL

SALLY LAND, The Sun on Sunday’s Agony Aunt, says:

“It’s easy to see the attraction of becoming an OnlyFans star – unlike the rest of the sex industry, it seems performers can control their work and image. Then there’s the money. Lots of

women who chose this talk about empowerment, and anyone has the right to make choices. But no one who makes content can retain control. Once published, it’s susceptible to being screen-grabbed, recorded and posted to other sites. People paying

for gratification can develop a sense of entitlement to you, and there are people who research private details of OnlyFans creators then publish them. Finally, I’m not sure losing your family is a worthwhile price to pay. dearheidre@the-sun.co.uk

TODAY'S YOUR LAST CHANCE TO JOIN IN



THE Sun
SUPERDAYS

Get **TWO**
tickets to
Warwick
Castle



NO DAY IS OFF LIMITS

SAVE UP TO £44

IT'S YOUR PERFECT day to enjoy stunning action with Wars of the Roses LIVE!

LOWEST PRICE guaranteed

IT'S your last chance to join in with the latest Sun Superdays offer and save up to £44 on two tickets for Warwick Castle.

Back at the Castle by popular demand, Wars of the Roses LIVE is an unmissable jousting spectacular.

Get ready to choose your side as the story of the Wars of the Roses comes vividly to life through stunning equestrian stunts, awesome jousting, and a fearless finale.

In the show Falconer's Quest, Warwick Castle brings you 60 stunning birds from all over the world. Marvel at the UK's largest bird of prey display as they swoop, loop and wing their way towards you.

The birds include the Andean condor, Steller's sea eagle, bearded vulture and bald eagle. There's still much more to enjoy, with Britain's

largest working siege machine at the Castle in action-filled show: The Legend of the Trebuchet.

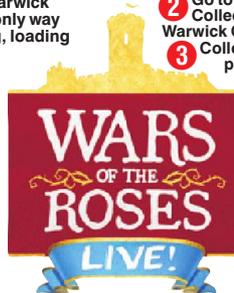
Get ready to join a band of unlikely heroes as they defend Warwick Castle from attack in the only way they know how – by winding, loading and firing the mighty catapult against oncoming invaders before it's too late.

And children will love to step into the world of Zog at Warwick Castle, inspired by Julia Donaldson's books and Axel Scheffler's illustrations.

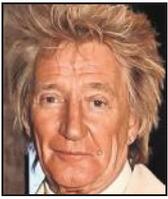
Young dragons can explore the interactive trail Zog and The Quest for the Golden Star, and enjoy the roarsome Zog Live Show, and the world's first Zog Playland.

To book your two tickets, follow these easy steps:

- 1 Either download the Sun Savers app or visit sunsavers.co.uk.
- 2 Go to Offers section and click "Start Collecting" on the Sun Superdays – Warwick Castle page.
- 3 Collect FIVE Sun Savers codes. We will print one code daily in the paper until Thursday, August 15. You can find today's Sun Savers code on Page 24. You should enter or scan your FIVE Sun Savers codes on the app or website as you collect them.
- 4 Booking is now open. Click 'Redeem booking code' and hit 'Book' you will then be directed to the Sun Superdays Warwick Castle website to book your tickets.



● THIS year you can book Sun Superdays offers – and more – with The Sun Digital Newspaper. You can get every page of The Sun and The Sun on Sunday newspapers as printed including supplements, magazines and puzzles, direct to your device daily for £6.99 per month or £54.99 annually. And now it includes access to all our great Sun Superdays offers, without the need to collect any Sun Savers codes. To find out more, and subscribe, go to thesun.co.uk/newspaper.



Residency . . . Stewart

Covid-hit Rod has to miss 2 concerts

By **LUKE CHAFER**

SIR Rod Stewart had to postpone two more shows after contracting a "summer strain of Covid". The 79-year-old singer announced on Friday that he would not perform that night in Stateline, Nevada, or Lincoln, California, last night.

It comes after he cancelled his 200th residency celebration show in Las Vegas earlier last week.

That was blamed on a bout of the bacterial infection strep throat.

A statement on his Instagram told fans: "The Lincoln concert will now be on August 18 and Stateline on August 20".

The shows are part of Rod's North American tour, with the next performances on Tuesday and Wednesday in Saratoga, California. His Vegas residency ends next June.

Workers' wee peril

A WORKER crushed to death as he took a wee next to a lorry at the roadside has prompted a coroner's warning.

Thomas McAuley, 56, was by the 32-ton grabber in roadworks when the driver pulled away.

The resurfacers suffered catastrophic injuries in Ferndown, Dorset, in 2022.

At his inquest, coroner Brendan Allen was told it was common practice for road crews to relieve themselves by vehicles.

Mr Allen has written to health and safety chiefs highlighting the dangers.

MEDAL

ALEX Yee won gold in the men's triathlon, beating New Zealand's Hayden Wilde by six seconds in the 10km run. His winning time was 1h 43m 33s.

MARVELS

250 hit by 'blaze lad'

A BOY of 12 has been arrested over a warehouse blaze that forced hundreds of residents to leave their homes.

He was held on suspicion of arson as flames tore through the disused warehouse, sending smoke billowing into the sky.

More than 250 properties in Crewe, Cheshire, had to be evacuated.

About 150 were without power as an electricity substation was hit.

Firefighters were called to the scene on Friday afternoon and crews were still there yesterday.

JOWITA'S HIT FOR WICKS



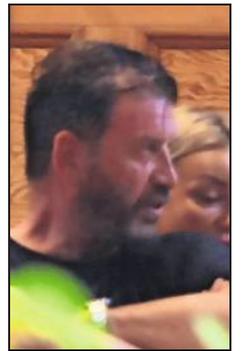
Przystal clear . . . Strictly star Pete with pro Jowita

By **EMILY WEBBER**

STRICTLY Come Dancing contestant Pete Wicks smiles with pro dancer Jowita Przystal as he takes a break during rehearsals.

The former Towie star, 36, was spotted laughing with Jowita, 29, outside a London studio on Friday. Elsewhere, DIY SOS presenter Nick Knowles, 61, was seen practising with pro Luba Mushtuk, 34, ahead of the 20th anniversary series, which starts next month.

Meanwhile, the BBC has confirmed that Montell Douglas, 38, who is Fire on Gladiators, will also be taking part this year.



In good Nick . . . Knowles



STRICTLY GIO PROBE TWIST

BBC QUIZ AMANDA ON SEX CLAIMS

EXCLUSIVE by **HANNAH HOPE** and **EMILY WEBBER**

AMANDA Abbington has been quizzed for a second time by BBC bosses about crude remarks allegedly made by Giovanni Pernice.

The news emerged as Strictly execs recruited 15 new staff to monitor rehearsals.

Sherlock star Amanda, 50, was questioned via video-call last week by two ex-Met detectives probing her allegations about her former pro partner Giovanni, 33. It is believed they discussed "new evidence" as well as claims of sexual comments during rehearsals.

Those claims, first reported by The Sun on Sunday last month, are vehemently denied by Giovanni.

Last night a source close to the inquiry said: "The BBC is taking this extremely seriously."

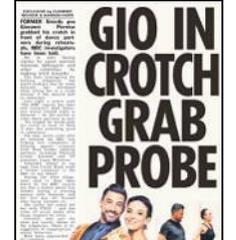
Bosses had been expected to announce the findings a week ago, but it is thought it was delayed by the Huw Edwards scandal.

The source added: "Giovanni maintains he's done nothing wrong, and Amanda insists everything she has told the BBC is true."

"So whatever decision the BBC comes to, it is unlikely to be the end of the matter."

Meanwhile "training room researchers" will now sit in on rehearsals for eight hours a day

Video-call . . . Amanda



Allegation . . . story last month

across four days a week throughout the series.

A source said: "It will also be protocol for the researchers to move between different training rooms so they don't become too pally with the professional dancers and celebrities."

A BBC spokeswoman said: "Our processes are kept under constant review."

"We will not be commenting on individuals." hannah.hope@thesun.co.uk



..AND HIRE FIFTEEN CHAPERONES FOR STARS

This week who I would...

SNOG



CHARLI XCX after she became the first British artist to score a No1 single in the UK this year.

MARRY



OLYMPIC gold medal winner **KEELY HODGKINSON**, who triumphed in the 800 metres.

AVOID



BAT experts pausing filming on the new **BRIDGET JONES** movie over fears for the wildlife.



HANNAH HOPE'S



ADVICE ... Grace and Jack with, centre, our Emily

BOB'S TIP TO CLEAN UP IN MUSIC BIZ

CLEAN BANDIT have revealed that **SIR BOB GELDOF** gave them advice when the band were starting out in the music industry.

Rockabye hitmakers **GRACE CHATTO**, plus brothers **JACK** and **LUKE PATTERSON**, said they bumped into the Irish singer in a bar in Majorca when they were at a crossroads in their career.

Speaking to Biz on Sunday's Emily Webber, Jack revealed: "We were trying to get advice on whether or not to do this [music] deal."

Grace added: "We went into this tiny bar at the top of a mountain and there was **STEREOPHONICS**, Bob Geldof and, I think, **DAISY LOWE**."

"We asked Bob what we should do. "We said, 'We have been offered this record deal', and he was like, 'If anyone ever offers you money for your music, just take it.'"

The electronic music group, who formed at Cambridge University in 2008, have since had four No1 hits and, earlier this week, released Cry Baby with **ANNE-MARIE** and **DAVID GUETTA**.

Asked how it feels to be in an international band but still live an ordinary life, Jack said: "When you hear a song of yours come on the radio in an Uber, if you want a bit of glory, you can be like, 'I actually wrote that!'"

Grace joked: "I have done that, but they never believe me. They are like, 'Oh yeah ...'"



SPARKLER ... singer

ADELE: I'M GETTING MARRIED

ADELE has finally confirmed that, yes, she is engaged to boyfriend **RICH PAUL**.

The **Easy On Me** hitmaker celebrated the news with fans at a show for her residency in Munich.

She had spotted a sign in the stadium crowd of 80,000 fans that begged her: "Will you marry me?"

She then declared: "I can't marry you because I'm already getting married!" – before turning her hand so her huge four-carat diamond ring could be seen on the arena's giant screens.

The moment comes after The Sun revealed how American sports agent Rich, who has been dating Brit star Adele since 2021, proposed to her in London last month. The couple toasted with champagne at celeb haunt Chiltern Firehouse the following evening.

But now she has proudly shouted out her happy news for all to hear.

After Adele poured heartbreak into her songs, I can't wait to see her walk down the aisle.

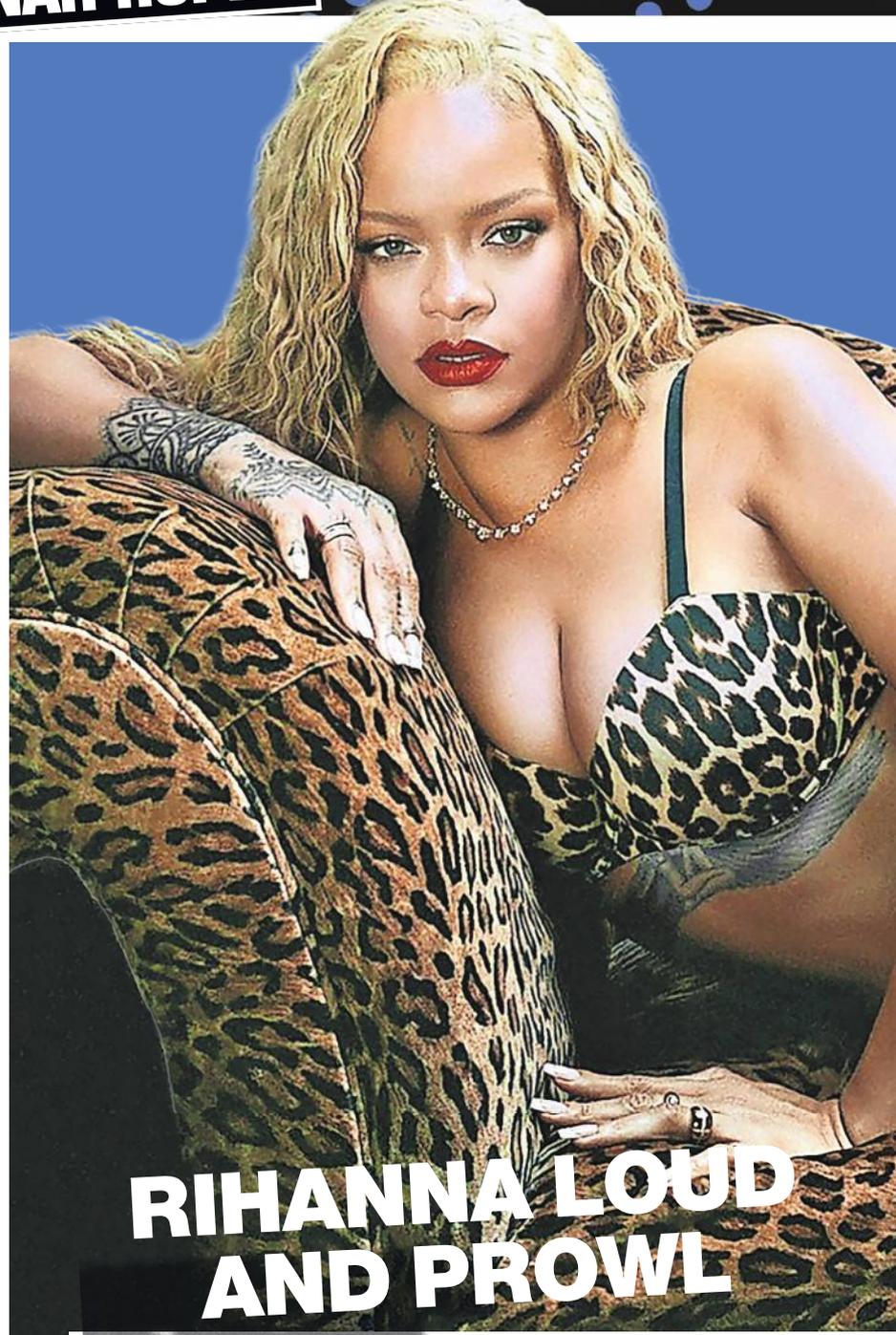
KENDALL: I GET SO LONELY

KENDALL JENNER has told how her jet-set modelling life is not always all it seems.

She says: "It's really lonely, I've had really dark nights where I've been in random cities, I haven't been home in three months and I've been pretty much alone the entire time."

"There's been a lot of moments where I'm like, 'What is going on? Is this all worth it?'"

Kendall, who is dating rapper **BAD BUNNY**, told the podcast Anything Goes with Emma Chamberlain: "I'm not going to say I've had the toughest journey. I've been extremely fortunate. But I also have had my own challenges, whether it's [being] over-worked or not getting a job I would've really loved."



RIHANNA LOUD AND PROWL

RIHANNA shows off her wild side as she poses in leopard-print lingerie and killer heels from her **Savage X Fenty** range.

It comes after **RiRi** and her boyfriend, American rapper **ASAP ROCKY**, were recently spotted enjoying a day at the beach while on holiday in her

home country Barbados. Umbrella singer **Rihanna** also looked sensational earlier this week when she thrilled fans in Barbados by turning up at the **Crop Over Festival** there for the first time in four years. She is certainly making the most of her summer.

THIS heart-wrenching play grips the audience from start to finish.

The single-act performance sees **AMANDA ABBINGTON** as the mother of a rape victim, and follows the impact of the crime on her family.

With the four-strong cast – **Amanda, ROSIE DAY, MILES MOLAN** and **TOK STEPHEN** – on stage throughout the 90-minute production at the Park Theatre in North London's Finsbury Park, the beautiful script of writer **Tawni O'Dell** takes the audience on an emotional journey that is nevertheless punctuated with humour.

Amanda warmly and deftly holds your attention, delivering word-perfect monologues.

It ends with a shocking statistic about sexual assault – an important story to be told.



★★★★

WHO HAVE YOU SPOTTED?



BILL NIGHY wearing trendy Cubitts glasses while walking down London's Old Compton Street on Thursday.



SAM SMITH relaxing at coffee shop Grind, in London's Soho, on Saturday after performing for the BBC Proms.

ON SUNDAY

JAUNTS JOB FOR JOSIE

MOVE over, cruise queen **JANE McDONALD**, the talents of **JOSIE GIBSON** on This Morning have been noticed by rival Channel 5 – which has signed her for a glamorous new travel series. The ITV1 daytime star will front three-parter The First Class Travel Show, exploring five-star hotels, royal clientele and the most Instagrammable holiday destinations. A source said: “Channel 5 bosses are delighted to have snapped up Josie for the series.” “She’s bubbly and relateable and is the perfect presenter to bring viewers closer to luxury holidays.” It’s a tough job, but someone has to do it, eh?



HOLS...
Josie

Got a story? Call or WhatsApp 07929 209431

HARRY'S WILD FOR OLIVIA No2

NOEL GALLAGHER seems to be going from rock 'n' roll star to grumpy crank. The former **OASIS** rocker went on an epic rant and branded modern pubs rubbish because they're... dog-friendly. He moaned: "What I've found is creeping in now, what you see now in pubs, that you didn't used to see back in the day, is f***ing dogs!" Joking about his wildman days, he added: "I don't recall stepping over loads of f***ing dogs to go to the f***ing bogs in a pub in the Nineties to do a line in the toilets. Kids and dogs, f*** 'em off. Get home." As a dog lover, I have to disagree. Don't Look Back In Anger, Noel



HE had a hit song called **Music For A Sushi Restaurant** – but it seems **HARRY STYLES** likes to take a date to a less fancy eatery.



BURGER DATE... Harry and Olivia

I can reveal that the former **ONE DIRECTION** star was spotted with rising neo-soul singer **OLIVIA DEAN** at a branch of high-street burger chain **Five Guys**.

An insider said: "Harry and Olivia have known each other for a while. They have loads in common with their music taste and are enjoying getting to know each other out of the spotlight."

"Harry loves nothing more than cycling and trying out new food spots in the capital and Olivia is a London girl so knows all the best places."

It seems he maybe has a bit

of a thing for the name Olivia because he previously dated US actress and director **OLIVIA WILDE**.

Harry split from Canadian actress **TAYLOR RUSSELL** in May after we revealed they were dating last year.

Meanwhile a source close to the latest Olivia in Harry's life said she and Harry – who also had a brief romance with **TAYLOR SWIFT** a few years ago – are good friends. Olivia rose to fame earlier

this year when she was nominated for Best New Artist, British Artist of the Year and Best Pop Act at the Brit Awards.

The Messy singer, who went to London talent academy the Brit School, revealed that her three nominations at the Brits were a "full-circle moment" in her life.

Of the recognition, she added: "I feel proud of myself because I have worked really hard. It is easy to feel like things just happen overnight but I have wanted to do this my whole life."

On Friday, Olivia released stunning new visuals for her new single **Time**, which were filmed at London's Heathrow Airport and include planes flying overhead.

I hope Harry raised a toast to her success, with a Five Guys milkshake.



EAT IS ON... pair at Five Guys

SHANE'S TAKEN A SHINE TO KIM

SHANE COLEEN and **RICHIE NOLAN**'s son Shane Jnr has found love again, we can reveal.

It comes after the singer's one-year marriage to Miss Great Britain **Maddie Wahdan** fell apart last year.

I can reveal Shane has now found love with mortgage manager **Kimberley Sallis**, who has a 12-year-old daughter, and things are moving on quickly after the pair moved in together.

He tells me: "I was really gutted about the marriage breakdown and didn't think I would meet anyone again."

"So I threw myself into my gigging career and started performing all

Europe. Then in February I met Kim in Crete and we instantly hit it off.

"She has changed my life. I used to be a party playboy but now I am a family man."

"I have never been more sure of a relationship in my life."

"We get on really well, we haven't argued since we met, and we laugh all the time."

Shane's famous parents are both equally happy, having already given Kim their seal of approval.

Shane Jnr said: "My mum loves her. I took her to watch my dad in panto – he really likes her and approves."

"This is the real deal."



SMITTEN... couple

Romance 2

ARABELLA IS BELLE OF PING-PONG BALL

SHE vowed to never date a footballer again after splitting from Manchester City player **RUBEN DIAS** last year.

But it seems Love Islander **ARABELLA CHI** has swapped the beautiful game for table tennis, after a night out with businessman **Billy Henty** to ping-pong bar **Bounce Battersea** in South London.

I'm told they were openly flirting with each other while on the double date with another twosome.

A source said: "The pair were clearly at ease in each other's company and were joking and

laughing together during the evening. Later on, they had their arms around each other as they left the venue together and walked around Battersea Power Station.

"Arabella seemed totally relaxed with Billy and was definitely showing off her competitive side during the table tennis."

She has been enjoying the single life since her latest romance, with Love Islander **ADAM MAXTED**, abruptly ended after their time in the All Stars villa in January.

She said: "I've been so unlucky in love."

"I've dated people I thought at the time were the one, which was a mistake I've since learnt from."

I hope she has found a good one this time.



Romance 3



TABLE-TENNIS DATE... Arabella



SHORE FUN... RiRi and A\$AP Rocky

Picture: SAVAGE X FENTY

TELLY doctor **RANJ SINGH** at London's Leicester Square Tube station on Wednesday.

BOND villain **STEVEN BERKOFF** at posh nosherie **Le Pont de la Tour**, at London's Tower Bridge, on Saturday.

FASHION designer **HENRY HOLLAND** enjoying lunch at **180 House** in central London on Friday.



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SAVE: £2.75



DON'T GET IN A PICKLE WITH PRESERVES

Jamboree!

JARS at the ready - it's time to make use of nature's bounty.

Using fruit from outdoors, you can create some tasty jams and chutneys for little cash.

Follow our tips for the pick of the preserves...

GET FRUITY: Ursh Stevens, a preserving expert, picks wild raspberries or blackberries for her favourite jam recipe. She washes a kilo of the berries and pops them in a large pan with the juice of a lemon and a kilo of sugar.

Ursh says: "Use a potato masher to crush the fruit. Keep stirring until the sugar is melted, then increase the heat. "Hold at a rolling boil for five

By MEL HUNTER

minutes." To check it is set, have a plate ready that's been in the freezer for 15 minutes. Put a spoonful of jam on the plate and run your finger through it - set jam should wrinkle and not flood back in to fill the gap.

Pour into sterilised jars and seal.

WHAT A GIFT: Yes, Christmas is months away, but you can save money on gifts by getting busy now.

Ursh, who shows her present ideas on Instagram at [_thebermonths_](#), says: "Edible gifts you can make during the summer include elderberry cordial, rose-hip syrup, damson jam, and damson, blackberry or raspberry gin or vodka.

"You could also make tomato chutney or pickled radishes."

TOP TOMS: If you have a glut of home-

grown tomatoes, all you need is vinegar, sugar and spices to make a tasty sauce.

The recipe for tomato-and-chilli chutney at [realfood.tesco.com](#) is tasty as part of a picnic, with cheese or even as part of a barbecue spread.

KEEP IT CLEAN: It is important to use sterilised jars when making jams and pickles to prevent mould and keep your preserves fresh.

Preheat the oven to 140C, fan 120C, gas mark 1.

Wash the jars in warm, soapy water. Place upside down on a baking tray and warm in the oven for at least half an hour.

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

TOP SWAP



£3.60

SLURP an Innocent strawberry, raspberry and apple smoothie, above, £3.60 for a pack of four at Sainsbury's, or try The Juice Company fruit smoothies from Aldi, £1.49.

SAVE: £2.11



£1.49

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SPEND £60 or more at any Prezzo restaurant and you will receive a scratch card for the chance to claim an instant prize, from a free starter to a meal for two. You can also enter the draw to win a tasty £10,000.



Little helper

BOOK any journey through Virgin Trains Ticketing until September 1 and get a £5 discount on your next fare. All customers can also claim double Virgin points this month. The ticketing site can be used for any train and operator.

THE Sun

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SAVE: £4.15

HOT RIGHT NOW

B&M has three for £3 on snacks, including Cadbury Dairy Milk Chocolate Buttons, £1.25 for a five-pack.



Zero target... Norwich

It's naked fury over city strip club ban

By **LEN READ**

A BID to ban new strip clubs in a city has seen a council branded "uptight". Norwich is limited to four venues. Councillors aim to have none amid anti-social behaviour fears, and want to stop new ones taking their place. But Tyrese Malik, owner of one club, Entice, said: "Look at the day and age we live in — people can watch and do what they want." "The council don't have to be so uptight. We've never had the police at our door and are just trying to earn a living." Independent councillor Cate Oliver said: "This isn't meant to destroy existing businesses, and we want to head toward zero without closing any." A public consultation will launch tomorrow.

Gull killer on loose

A SEAGULL killer is feared to be at work in a resort where ten birds have been found dead. The bodies were in a skip, on the ground and on a warehouse roof. One is thought to have been shot in the chest. The RSPCA, which is investigating the deaths in Great Yarmouth, Norfolk, was sent a video of gulls on a roof scattering as gunshots are heard. Officer Tom Brodie said: "It is suspicious they were found in the same area and there was a large number of them."

MEDAL
CYCLIST Tom Pidcock clinched gold in the men's mountain biking, completing the 4.4km course in one hour 26 minutes — despite getting a puncture.

MARVELS

Pot stash in crash

A DRUG courier's cannabis stash was discovered in his car when he was rescued after a crash. Zhengqin Wang, 40, was injured and became trapped in his Audi. But after freeing him fire crews found 91 vacuum packs of cannabis worth £364,000 at the scene in Warrington, Cheshire, in May. Chef Wang, of Salford, Gtr Manchester, admitted possession of drugs with intent to supply. The dad of three was jailed for 20 months at Liverpool crown court.

'CUFF LOVE FOR SONIA



EXCLUSIVE by **HANNAH HOPE**

EASTENDER Sonia Fowler is nicked at her engagement party after being framed for the murder of her fiancée's ex-wife. Dramatic scenes to be screened this week see nurse Sonia, played by 41-year-old Natalie Cassidy, being handcuffed in the Queen Vic along with partner Reiss Colwell, right.

NEW RUSSIA HUMILIATION

UKRAINE GRABS PUTIN GAS PLANT



At plant... Ukrainian troops

UKRAINE claimed to have captured a major Russian stronghold yesterday during its surprise incursion across the border.

Thousands of its troops were reported to be up to 12 miles inside the country, with more than 76,000 Russian civilians said to have been evacuated. Video posted on Ukraine media purported to show soldiers in control of the town of

By LEN READ
Sudzha, home to a gas facility in Russia's Kursk region. Military personnel posed with a Ukraine flag outside the plant owned by Russia's Gazprom energy giant. The metering facility is a major hub from which Russia sends natural gas to Europe. Ukraine's offensive is the biggest attack on Russian territory since the start of the war in 2022. It began when troops, supported by swarms of drones and heavy artillery fire,

rammed through the Russian border early on Tuesday. Sabotage units have pushed deeper into Kursk, according to Russian war bloggers. Moscow's defence ministry said intense battles were now taking place around the towns of Malaya Loknya, Olgovka and Ivashkovskoye. The Kremlin imposed a counter-terrorism operation, restricting the movement of people and vehicles in the region and allowing the use of phone tapping. President Vladimir Putin branded Ukraine's offensive "a

major provocation", as forces were reportedly rushed in to halt the surprise advance. Blogger Yuri Podolyaka said: "A full-scale military operation is under way against a very serious enemy." Observers believe Ukraine wants to show the West it can still muster major military operations. Some reports said Ukraine's forces were heading for the Kursk nuclear plant, which supplies a big chunk of southern Russia's electricity. len.read@thesun.co.uk

NEW BARRYMORE POOL PROBE CALL

THE brother of the man found dead in Michael Barrymore's swimming pool has urged the new Attorney General to approve a second inquest. Stuart Lubbock, 31, died from horrific injuries during a party at the TV star's £2million mansion in March 2001. His father Terry, who died of cancer aged 76 in 2021, fought to

EXCLUSIVE by ANDY ROBINSON

get justice as no one was ever charged. Now Stuart's older brother Kevin, 56, has taken up the campaign.

He told The Sun on Sunday: "I won't rest until I get the answers we need. Stuart deserves that at least."

"He was sexually assaulted. That is a fact. I hope that with a new government in power we can finally see

Tragedy... Stuart

action taken." The Rt Hon Lord Richard Hermer KC was appointed Attorney General in July.

The first inquest in 2002 returned an open verdict.

Barrymore, now 72, has always denied involvement in the death in Roydon, Essex.

He was arrested in 2007 with two others but all were released without charge.

Last night a police spokesman said: "We remain committed to finding answers to provide closure."



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VOTE FOR



- 1** **SPORTS** coaching student Roman Quane, 19, of Thurrock, Essex, is also a cage fighter and speaks Italian, Spanish and French. He says: "My motto is: Confront the unknown and embrace it."
- 2** **WEBSITE** designer Dil Malik, 26, of Ealing, West London, is a fitness coach and also helps underprivileged youngsters. He says: "I'd be honoured to represent our country with a purpose."
- 3** **BAL TATTLA**, 26, of Greenford, West London, is an assistant manager at financial services company Deloitte and also works with underprivileged kids. He says: "I am determined to help others who have not been so fortunate."
- 4** **CIVIL** engineer Tommy Dodd, 32, of Tenterden, Kent, supports the British Heart Foundation after losing his dad Adrian in 2022 to a heart condition. He says: "Life is too short - you have to make the most of it and push your boundaries."
- 5** **SECURITY** specialist Christian Hawkins, 25, of Reigate, Surrey, is also a competitive natural body-builder, restores classic cars and does clay pigeon shooting. Christian says: "Now I'm hoping to hit the target as Mr England."
- 6** **PERSONAL** trainer Joe Hardcastle, 21, of Leicester, turned to fitness as an outlet during a tough childhood, founding the charity Active Lives Community. He says: "Now I teach others with similar struggles that there are simple ways out, you just need to be led down the right path."
- 7** **CELEBRITY** personal trainer Ash Bailey, 27, of Beaconsfield, Bucks, has worked with the cast of Jurassic World Dominion and Ted Lasso. He says: "Stars or not, they have to work at it just like everyone else."
- 8** **NATHAN ANGEL**, 21, of Purbeck, Dorset, is a sheep farmer by day and wrestler by night. He says: "There isn't much difference between wrestling a sheep and a human, really."
- 9** **MODEL** Daniel Rodzoch, 23, from Manchester, supports cancer charity Sam's Diamonds, as his mum had the disease. He says of survivors: "They showed me that when life is darkest we find something inside to help us to reach heights beyond our expectations."
- 10** **FOR** physiotherapist Sean McKitterick, 25, of Newcastle on Tyne, his proudest achievement is giving a woman struggling to walk a new lease of life. He says: "Working on cases like that is incredibly rewarding."
- 11** **KINGS** Guard Manuel Alcantara-Turner, 22, who is based at Windsor, Berks, says he joined the Army aged 16 knowing it would make or break him. He adds: "It turned me from a boy to a man."
- 12** **PROPERTY** company CEO Usman Janjua, 24, from Birmingham, models, boxes and loves travel. He says: "It's wonderful to take in other cultures, you learn so much and it is money well spent." Usman also volunteers with a children's charity in Pakistan.

HOPES...
Christian Hawkins

THE HUNK IN TRUNKS

4

5

EXCLUSIVE by JAN JACQUES

HERE we reveal the Mr England finalists chosen for their big hearts and brains, not just knockout looks. And you can vote for the winner!

The 12 hunks in this exclusive picture, selected by a panel of judges, include a King's Guard and a wrestler.

The winner of the contest - which supports charity Balls to Cancer - will be crowned on August 20 in Leicester and will represent England at the Mr World contest in Vietnam next month. Vote at mrengland.org.

9

11



12



Picture: OLIVIA WEST

£500K DIGGER WRECKED IN SEA

By JONATHAN KANENGONI

A 90-TON digger was knocked out of action when it was swamped by the incoming tide.

The £500,000 excavator - being used for coastal defence work - was stranded on a beach by a mechanical failure.

Efforts began to repair the giant scooper before the tide came in.

But when workers realised they could not repair it in time, they switched their efforts to trying to stop fuel leaking into the water.

The cab of the mechanical shovel was then submerged when the sea level rose in Aberaron, Ceredigion.

It was later recovered but extensive work is needed to get it fixed.

A witness said: "My guess is it will need to be repaired on site."

"It had special transport to get there so it can't be easily moved."

"The engine will need stripping down and electrics will need replacing because of salt water damage."

The digger was being used to help build the town's £32million inner harbour flood defences.

The project, which started in November 2023, involves creating a rock breakwater and flood walls, as well as rebuilding a pier head.

Despite the digger calamity, the scheme is said to be progressing well. Cllr Elizabeth Evans said: "It's going great. It's been horrible weather, we've high tides coming but everyone is in great spirits."



Digging a watery grave... machine disappears under waves

DUG.. GLUG! GLUG!

57YRS..AND IT'S STILL BUDE-IFUL

A COUPLE have clocked up more than 37,000 miles holidaying in the same Cornish resort for the past 57 years.

Colin and Doreen Hunt have eschewed the delights of Blackpool close to home in favour of peaceful Bude.

They first visited in 1967 and have not missed their annual pilgrimage since – despite the 650-

mile trip, which before motorways used to take 12 hours each way.

Their son, a baby during their first visit, learned to walk there and his older sister loved it so much she has gone to live there. Colin, 87, and Doreen, 88, have travelled all over the world but insisted:

The Hunts... on Bude hol

"We've never been to a better place for a family holiday."

The couple, from Preston, were drawn to the north Cornwall town because of its renowned beaches.

They even took up surfing, for years using a home-made belly board.

Another attraction is the South West Coast path, which they had completed, albeit in stages, by 2000.

Doreen added: "Bude has everything."



AS WATER FIRMS

GET RID OF PAY PERKS

LIBERAL Democrat environment spokesman Tim Farron says: Make no mistake, this is a scandal – our stunning rivers, seas and lakes pumped full of raw sewage.

It is environment vandalism on a daily basis. And the real stinker, Brits have to pay for the clean-up through bill hikes.

But it is not just the environment suffering at the hands of these greedy firms. It is bill payers, too.

The water companies want you and me to pick up the tab for their failure to invest.

As they do so, execs are taking home massive bonuses, which could have spared thousands of customers from having to pay for their failings.

The Government should ban these bonuses until this sewage scandal has ended.

We need to reform the industry from top to bottom, and that starts with abolishing Ofwat and replacing it with a new regulator – a Clean Water Authority with real powers to clamp down on these polluting firms.



INQUIRY CALL... campaigner Feargal



By **ASHLEY ARMSTRONG**
Business Editor

MORE than 20,000 customers could be spared a water bill increase if bosses of three firms at the centre of the sewage dumping scandal gave back their bonuses.

Thames Water, Yorkshire Water and Northumbrian Water chiefs got a combined **£1.69million** windfall to boost their salary, despite a probe by watchdogs into waste spills.

The regulator, Ofwat, has declared the firms were flouting licence rules by routinely discharging into rivers and seas. They were fined a record **£168million** between them for the breach this week.

But we can reveal that if the companies stopped doling out extra money to execs amid the "catalogue of failure", some 20,373 customers would not need to pay more to plug any financial shortfall.

Campaigners have branded water companies "brazen" for paying bonuses while hiking bills. Charles Watson, chairman of River Action, said: "These water companies have been systematically breaking the law over many years through repeated illegal sewage discharges."

'Brazen behaviour'

"It beggars belief that a business that is being subject to these huge fines for such illegal activity could even think it reasonable to reward their CEOs with massive bonuses."

"Any business leader with a conscience would forgo their bonus under these circumstances."

"But, sadly, we have come to expect this kind of brazen behaviour from the water industry – where putting profit before the environment, whatever the cost, is now the name of the game."

Heidi Mottram, boss of Northumbrian Water, was awarded a **£315,000** bonus, which took her total pay packet, including pension and other perks, to **£812,000**.

Meanwhile, customers of the firm are being charged an additional **£45**. But if Ms Mottram gave up that extra money, 7,000 households could be spared any rise in water costs.

At Yorkshire Water, where **£107** is being added to bills, chief executive Nicola Shaw had a **£371,000** bonus included in her **£1.03million** total income. And finance chief Paul Inman received an extra **£245,000**, taking his pay packet to **£681,000**.

If they handed back their bonuses, 5,757 of their customers would not face an extra squeeze.

Meanwhile, at cash-strapped Thames Water, new boss Chris Weston got a **£195,000** bonus, pushing his total pay to **£437,000** for the three months to the end of March.

Finance chief Alastair Cochran, who acted as co-chief executive for part of last year, was given a **£446,000** top-up, making his pay **£1.3million**. His former co-chief exec, Cathryn Ross, pocketed a **£113,000** bonus, earning a total of **£418,000**.

But if they gave their bonuses back, as households brace themselves for an additional **£99** on their bills, it would cushion 7,616 customers from an increase. The firms face

'The water companies want you and me to pick up the tab for their failure to invest. As they do so, their execs take home massive bonuses'



massive fines for releasing sewage into rivers and seas when the weather was not bad.

The regulator only allows water companies to use storm overflows to discharge diluted sewage in exceptional circumstances, such as heavy rainfall, to avoid it coming into people's homes and bursting pipes.

Singer turned clean water campaigner Feargal Sharkey has called for a public inquiry into the water industry. Last month, he said: "We have ended up with every river in England being polluted, while £72billion of your money has been stripped out."

Thames Water could have to pay a **£104million** penalty for its actions, it is a planned **£47million** for Yorkshire Water, and Northumbrian Water's

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Never Judge A Book By It's Cover !

This 3-CD 60 track collection is housed behind a cover that is a prime example of 60s psychedelic CD artwork which contains 60 genuine chart-topping number 1s, all of which were performed by some of the finest artists and bands ever to have entered a recording studio! **Marvin Gaye : I Heard It Through the Grapevine ... Sonny & Cher : I Got You Babe ... Scott McKenzie : San Francisco ... The Spencer Davis Group : Keep On Running ... Bobbie Gentry : I'll Never Fall In Love Again ... Fleetwood Mac : Albatross ... The Searchers : Needles and Pins ... The Beach Boys : Good Vibrations.**

Track listing

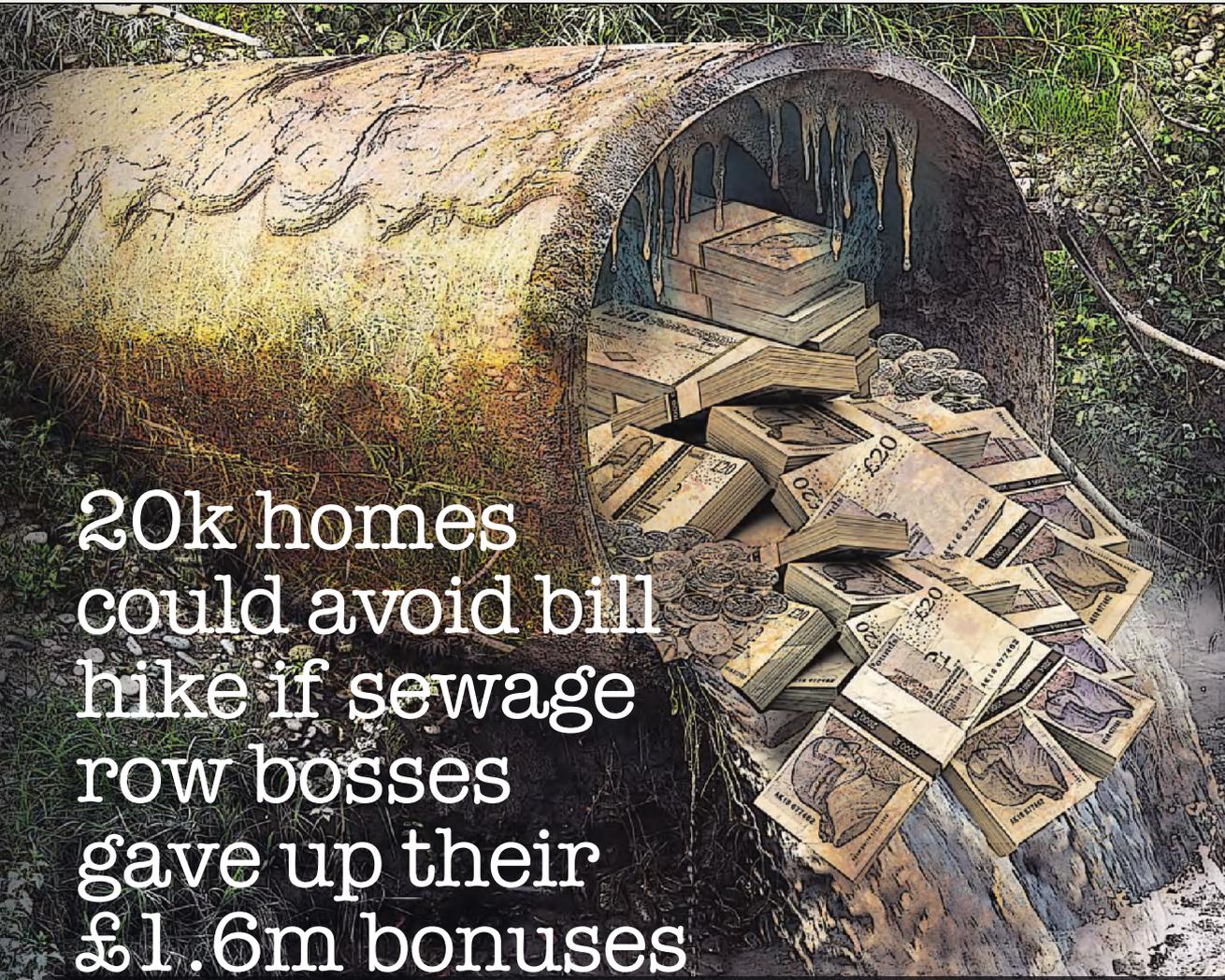
- | | | | |
|--|---|--|---|
| Disc 1 | 1 Good Vibrations – The Beach Boys | 8 Blackberry Way – The Move | 14 Baby Love – The Supremes |
| 2 Mr Tambourine Man – The Byrds | 9 A Whiter Shade of Pale – Procol Harum | 15 Reach Out I'll Be There – Four Tops | 16 I'm Into Something Good – Herman's Hermits |
| 3 I'm a Believer – The Monkees | 10 Albatross – Fleetwood Mac | 17 Little Children – Billy J. Kramer & The Dakotas | 18 With a Girl Like You – The Troggs |
| 4 Everlasting Love – Love Affair | 11 San Francisco (Be Sure to Wear Some Flowers in Your Hair) – Scott McKenzie | 19 I'm Alive – The Hollies | 20 Ob-La-Di, Ob-La-Da – Marmalade |
| 5 I Got You Babe – Sonny & Cher | 12 Where Do You Go To (My Lovely) – Peter Sarstedt | 21 Many Many – Tommy James & The Shondells | 22 Do You Love Me? – Brian Poole & The Tremeloes |
| 6 Long Live Love – Sandie Shaw | 13 This Is My Song – Petula Clark | 23 A World Without Love – Peter & Gordon | 24 Release Me – Engelbert Humperdinck & Laurie Holloway |
| 7 You'll Never Walk Alone – Gerry & The Pacemakers | | 25 Reach for the Stars – Shirley Bassey | 26 Tears – Ken Dodd |
| Disc 2 | | 27 I'll Never Fall in Love Again – Bobbie Gentry | 28 Stay – The Scaffold |
| 1 You've Lost That Lovin' Feelin' – The Righteous Brothers | 7 House of the Rising Sun – The Animals | 29 Michelle – The Overlanders | 30 Runaway – Del Shannon |
| 2 Make It Easy on Yourself – The Walker Brothers | 8 Fire – The Crazy World of Arthur Brown | 31 Needles and Pins – The Searchers | 32 Yeh, Yeh – Georgie Fame & The Blue Flames |
| 3 I Heard It Through the Grapevine – Marvin Gaye | 9 Keep on Running – The Spencer Davis Group | 32 Cinderella Rockefella – Esther & Abi Ofarim | 33 Apache – The Shadows |
| 4 Telstar – The Tornados | 10 All or Nothing – Small Faces | 33 King of the Road – Roger Miller | 34 Green Green Grass of Home – Tom Jones |
| 5 In the Year 2525 – Zager & Evans | 11 The Legend of Xanadu – Dave Dee, Dozy, Beaky, Mick & Tich | 34 Israelites – Desmond Dekker & The Aces | 35 Silence Is Golden – The Tremeloes |
| 6 Something in the Air – Thunderclap Newman | 12 Have I the Right – The Honeycombs | 35 Baby Now That I've Found You – The Foundations | |
| Disc 3 | 13 Walkin' Back to Happiness – Helen Shapiro | | |
| 1 Oh Pretty Woman – Ray Orbison | | | |
| 2 Cathy's Clown – The Everly Brothers | | | |
| 3 It's Now or Never – Elvis Presley | | | |
| 4 Moon River – Daniell Williams | | | |
| 5 What a Wonderful World – Louis Armstrong | | | |
| 6 I'll Never Fall in Love Again – Bobbie Gentry | | | |
| 7 You Don't Have to Say You Love Me – Dusty Springfield | | | |

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ARE FINED RECORD £168m FOR FAILINGS



20k homes could avoid bill hike if sewage row bosses gave up their £1.6m bonuses

WHAT A STINKER



Boss: Chris Weston
Salary: £197k
Bonus: £195k

WHAT OFWAT REPORT SAID: Thames Water failed to meet its duties and obligations. More than two thirds, 67 per cent, of wastewater treatments had capacity and operational issues; 16 per cent of its storm overflows were found to be in breach.

Last year 40 per cent of its sewage spills were due to operational and maintenance issues. Even more striking was the increase in the duration of spills from these sites, with spills recorded to have lasted for a total of 141,738 hours in 2023.

This was significantly higher than the duration of spills recorded in 2022 (considered a drier than average year), but was also 64 per cent higher than the duration of spills from Thames Water's high spilling in 2021.



Boss: Nicola Shaw
Salary: £585k
Bonus: £371k

WHAT OFWAT REPORT SAID: Failings relate to the management, operation and maintenance of its wastewater treatment works and collecting systems.

These are vital assets used to clean and treat sewage which have a direct impact on the environment.

Over 80 per cent of storm overflows have spilled on 20 or more occasions in at least one of the last four years, and over 50 per cent on more than 60 occasions.

Yorkshire Water has failed to demonstrate that these spills resulted from exceptional circumstances.

Yorkshire did not have appropriate processes and controls. It took too long to investigate and address potential issues that it did identify. Senior management and board had inadequate oversight.



Boss: Heidi Mottram
Salary: £483k
Bonus: £315k

WHAT OFWAT REPORT SAID: Northumbrian Water has lacked adequate and routine processes to enable it to properly monitor and assess compliance with the full range of its environmental obligations.

For example, 47 per cent of its storm overflows spilled more than 60 times in 2021, 61 per cent spilled more than 40 times and 75 per cent spilled 20 or more times in that year.

There is a strong correlation between high spills and operational issues, which points to Northumbrian Water not having properly operated and maintained a significant proportion of its waste water treatment works.

We also identified high spill frequencies from storm overflows on the rest of Northumbrian Water's wastewater network.

levy is set to be £17million. Ofwat chief David Black said its investigation showed "excessive spills from storm overflows". He added: "The level of penalties... signals the severity of their failings."

'Real health risk'

Thames Water, which had suffered underinvestment, and Yorkshire Water have both defended their bonuses and said some cash was discounted from what bosses could have pocketed.

Yorkshire revealed it was "to take into account the company's environmental performance not being where we want it to be".

The planned bill hikes by Thames, Yorkshire and Northumbrian are part of a bid to fix their

leaky pipes and reduce sewage spills from storm overflows. It comes after previous owners prioritised dividends over much-needed investment.

Ofwat has already reduced the amount that water firms can increase bills.

The regulator's investigation found all three water companies were regularly discharging sewage. Its probe highlighted a strong link with the state of disrepair at treatment sites.

The release of waste damages the surrounding environment and poses a real health risk for those swimming in the water.

The Environment Agency found that the number of spills at Northumbrian Water rocketed last year,

from 29,697 to 46,492, with more than 280,029 hours of sewage being discharged. Yorkshire Water had 69,455 spills in 2023, a 46 per cent increase from 47,435. And Thames's sewage spills also doubled from some 8,014 to 16,990 last year.

Thames Water has already been put in special measures by Ofwat.

The regulator has, for the first time, appointed an independent monitor to track the firm's performance.

Thames has already warned it has only 11 months of cash left. And the planned £104million fine will weaken its finances further.

The company said its board had "reduced the bonus payable for 2023-24". It added: "In making this decision, the committee gave par-

ticular consideration to the fact that, while the environmental measures in the bonus scorecard were all at or above target, this did not translate through to outcomes, specifically the increased number of pollution events recorded."

A Yorkshire Water spokesman said that its bosses had still been awarded 61 per cent of the maximum allowance. But he revealed that the bonus had been reduced by "around a third to take into account the company's environmental performance not being where we want it to be".

The water company said that it was contesting Ofwat's penalty.

Northumbrian Water did not respond to a request for comment.

The Sun on Sunday Says - Page 16

BRIT LOOKALIKE EARNING £700 A DAY



REAL THING... Taylor

EXCLUSIVE
by GRAEME CULLIFORD
and NADIA COHEN

KELSEY DELL bears such a striking resemblance to music megastar Taylor Swift that the singer's fans refuse to believe she's not the real deal.

The incredible look-alike has spent around £400 on cowboy boots, dresses and accessories to look exactly like the pop icon.

She can't even go to the cinema without being mistaken for the Shake It Off star.

Now Kelsey is making the most of her looks by working as a Taylor Swift impersonator – and raking in up to £700 a DAY, making £10,000 in the past six months.

'1 study videos'

The 18-year-old, of Andover, Hants – who quit a college hair and make-up course six months ago to be a full-time doppelgänger – said: "Whenever I go out I notice people around me nudging each other and whispering.

"It's amazing how many people think I actually am her. They are always so nice about it, even when they don't believe me and start arguing I must be her. It's funny.

"I can't sing, but I study all of Taylor's videos so I can dance and lip sync just like her when I make guest appearances at events.

"People love it and want to have their photo taken."

As the real Tay, 34, prepares to return to London with her Eras tour, The Sun on Sunday hit the streets with Kelsey – and Swifties could not believe their eyes.

We visited a string of hotspots linked to the singer, including Wembley, where she is performing five dates from Thursday. Outside the



SEEING DOUBLE... Kelsey is the image of singer Taylor



CHEERS... sipping cocktail in Black Dog



WOWED... with Katka & Jan at Wembley



CAKE IT EASY... Tay-themed treats



MEAT UP... Danica's kebab shop selfie



ON TOUR... Kelsey takes open-top Tootbus trip around streets of central London

A Taylor 2 Swifties

arena, teacher Katka Muchaova, 30, and her firefighter partner Jan Riha, 33, asked for Kelsey's autograph.

Katka said: "Wow, she really does look like Taylor. We are over here on holiday from the Czech Republic and we know that lots of celebrities live in London – but we were not expecting to see one walking down the street." Dan Romila, 34, a construction manager, asked for a picture

after spotting Kelsey sporting Tay's iconic red lipstick, a tassel romper and silver cowboy boots.

He said: "She looks incredible, just like the singer."

Favourite cocktail

At the star's favourite kebab house, Kentish Delight in Kentish Town, North London, fans were sampling her preferred order – a large chicken doner at £9.90.

Computer programmer Danica Vladic, 26, was stunned to spot Kelsey at the counter, admitting: "I didn't know what to think."

And at the Black Dog pub, in Vauxhall, South West London, which

has been swamped with Swifties since being mentioned on album The Tortured Poets Department, our lookalike sampled Taylor's favourite French Blonde cocktail as fans gawped outside.

We then hopped on the open-top Tootbus, which has "Swiftie Tours" of London on August 16 and 17.

Kelsey, who charts her career on Instagram, is among the country's top lookalikes, appearing at birthday parties, weddings and corporate functions.

But while most bashes are for kids under the age of 11, she revealed it's the MUMS who get most excited by her appearance.



Savings... in Dover

A £580m waste in lighting

By JADA BAS

TAXPAYERS are being hit for hundreds of millions of pounds a year by councils leaving on lights and heaters in public buildings when not needed, analysis shows.

Installing smart sensors to switch them off in offices, hospitals, libraries and schools could save £580million a year.

It would also save enough electricity to power 300,000 homes a year and cut CO2 emissions by 1.43million tons.

A town the size of Dover, with 40,000 residents, could save £350,000 a year on energy bills.

The savings would start to accrue within two or three years, according to analysis by Vodafone.

It says sensors could be controlled via the latest superfast 5G networks.

Chancellor Rachel Reeves has pledged to cut waste to help plug a £22billion financial black hole in the country's finances.

Dead nan rings lost

A HOSPITAL has apologised after jewellery went missing from a gran after her death.

Iris Phillips, 91, was wearing three rings in a photo taken just before she passed away in April.

Daughter Anne Challis, 69, has sought them since.

This week Dartford and Gravesend NHS Trust in Kent admitted they were lost. It has stressed that staff must complete a patient property list.

Anne said the apology had brought closure but added: "I'd hate it to happen to someone else."

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STAR WARS SUBS

Chinese planning navy lasers to blast satellites

CHINA wants to install high-powered lasers on its nuclear submarines to knock out enemy spy satellites.

Defence scientists reckon the Star Wars-style weapons could zap orbiting tech and enemy aircraft in a fraction of a second using a targeted beam of light. The UK has around seven

EXCLUSIVE by SEAN RAYMENT

military satellites which are now vital for command and control of its forces around the world, while the US has 247.

Details of the plans have been published in the Chinese Defence magazine Command Control & Simulation.

Researchers explained in the article how a laser could fire by breaking the surface while the rest of the craft remained beneath the waves. The article

said: "A submarine with a megawatt-class, solid-state, laser weapon installed in its midsection could stay submerged while it raised a retractable mast to fire at satellites.

"When the satellite enters the attackable range, the laser weapon is raised. After the attack is completed, the submarine can submerge and wait for the next mission."

Satellite internet swarms – similar to SpaceX's Starlink – are becoming a crucial part of

warfare. They enabled Ukraine to keep troops connected when existing internet and satellite communications were destroyed.

It explains why China is looking at ways of taking them out.

But some experts say laser subs will take years to develop. Chris Carlson, a former US Defense Intelligence Agency naval analyst, said: "A submarine at periscope depth is anything but a stable firing platform. Just a little wiggle in will yank the beam off target."



At sea... Chinese vessel

Gloom is so fruitful

BRITAIN'S cloudy June and July could bear fruit – with bigger and juicier raspberries.

Crops can be hit by late frosts and early season heatwaves, but a mild year so far has mostly avoided both.

Recent sunnier spells should now help the berries ripen and produce more sugar. Nick Marston, chairman of British Berry Growers, said: "The cloud cover has created the ideal conditions."

BAT-TLE STATIONS

Protesters aim to block a housing scheme in Thetford, Norfolk, by putting up bat boxes to lure the protected animals.

No6 FOR BANKSY

By SAM CREED

A BANKSY fan found his sixth animal-themed stencil art in as many days. Simon Stephenson, 53, "immediately knew" the silhouette of a cat on a billboard was the graffiti artist's work. Banksy posted the design in Cricklewood, North West London, on Instagram yesterday. But last night contractors removed it. His recent work includes a goat, elephants, monkeys, a wolf and pelicans.

Starting off... a goat and two elephants

Clinging to a rail bridge... three monkeys

On dish and chip shop... wolf and pelicans



Evans... 53 years inside

Long jail predator 'free' bid

EXCLUSIVE by ANDY GARDNER

A KILLER and rapist who is the UK's longest-serving prisoner has applied for early release, claiming he is no danger to women.

Ron Evans, 83, has spent a total of 53 years in jail. His current four-year term is for a 2023 sex assault on a vulnerable woman, with a parole hearing set for October.

A source said: "He thinks he'll be freed despite his horrific record." Evans served 11 years for murdering Kathleen Heathcote, 21, in 1963.

On release he carried out several sex assaults in Bristol from 1977-79.

He was caught attacking an undercover cop.

The Parole Board said: "Decisions are focused on what risk a prisoner represents if released."

MEDAL

RUNNER Keely Hodgkinson stormed to gold in the women's 800m in one minute 56.72 seconds, following in the steps of Dame Kelly Holmes in 2004.

MARVELS

Builders brewing

CHEEKY homeowners have turned the tables by asking tradesmen to make a cuppa for them, a survey found.

More than one in ten builders, plumbers and electricians said they have been asked to brew up for clients.

The survey of 1,000 tradesmen by DIY store Toolstation also found 15 per cent had been asked to feed pets – and 12 per cent have been asked to put out the bins.

FAMILY RACE DAY FUN

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Baby girl... Bennetts

Birth on dash to hospital

By LEN READ

A MUM gave birth to her daughter while her husband was driving their Land Rover.

Cat and Duncan Bennett were dashing to hospital after her waters broke at home.

Her contractions got "worse and worse" as they drove along the A358 in Somerset, with Cat joking: "I thought I could manage one contraction per junction."

Amelia "popped out" as they approached Taunton's Obridge roundabout. Cat said: "I just thought, 'Thank God the contractions had stopped.'"

Staff rushed to the couple's aid when they finally arrived at the town's hospital.

Duncan said: "We started the journey with two of us in the car and 20 minutes later there was three of us and we hadn't stopped anywhere."

Cat was recovering well and was back home in Burnham-on-Sea with the couple's first-born, Edward, two.

QUOTES OF THE WEEK

Professor Paul Graham
On how to stop dive-bombing seagulls

"Staring at a bird and pointing will stop it coming towards you"

Freddie Flintoff
Cricket legend on his Top Gear crash

"I genuinely should not be here after what happened"

James Cleverly
Ex Home Sec on tech bosses failing to stop social media lies

"It is unacceptable for them to take the profits but not comply with their responsibilities"

Tom Kerridge
TV chef on his boozy past

"If there were an Olympics for drinking, I'd have been Sir Steve Redgrave"

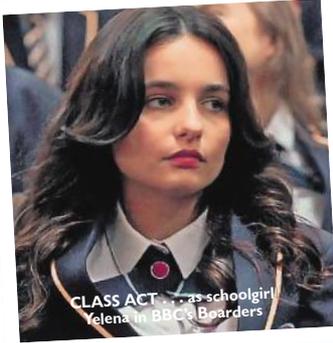
Nikola Howard
Businesswoman on 100 trysts with men and woman

"I had a lot of sex with members of the English Civil War re-enactment society"

VOTE OF CONFIDENCE

The creators of a "secure" online voting system are offering \$10,000 to hackers who can find any flaws, in Las Vegas.

CORRIE STAR ON DATING, SOCIAL M



CLASS ACT... as schoolgirl Yelena in BBC's Boarders



EXCLUSIVE by **SUSAN HILL**

SHE has been at the heart of an ill-fated love affair in Coronation Street - now actress Ruxandra Porojnicu reveals why she hasn't yet met "The One" in real life.

In her sexiest ever photoshoot, the gorgeous 31-year-old - who made her dramatic return to the cobbles last week as Alina Pop - explains she has been single for the past three years.

In stark contrast to her character's doomed relationship with Tyrone Dobbs, Ruxandra says she is a "hopeless romantic" and hopes to find true, lasting love.

Speaking exclusively to The Sun on Sunday, she said: "I believe in fairytales, I think that's why I'm still single."

"Men do slide into my DMs. But I'm more of a romantic person and would love to meet someone in real life when out and about or in a coffee shop."

"I've been single for the last few years. I'm a hopeless romantic and hope to find true love one day."

Romanian Ruxandra admits she is focused on her career and briefly tried to meet someone online.

Suffered racist abuse

She said: "I tried the dating apps once but they are not really my cup of tea. A pretty picture doesn't really say much. You need to see the person's personality, how they think and their attitude. That's the whole package, not just perfect looks."

"It's really hard, I'm a very career-driven person and I think you have to go out all the time and socialise, so I find it a bit of a challenge."

"I like it more when it happens organically. You go to a coffee shop and you see a guy, he sees you and it just happens like that."

"They can be from any industry as long as they are nice, we connect and he's a beautiful person inside and out."

The soap star, who was born in Bucharest, previously spent two years in Coronation Street from 2019 and was involved in the show's hard-hitting modern slavery storyline, where she was trafficked to work in the UK in a nail salon.

During that time her character enjoyed a romance with Tyrone, played by Alan Halsall, 41, causing him to split from long-term love Fiz though it ended in heartache for her.

She also met a real-life victim of trafficking with the Salvation Army while researching the modern slavery role which received widespread acclaim.

Shockingly, despite her success on the show, she suffered racist abuse on social media, with vile comments such as "get back to your own country", which led her to decide to block anyone from writing anything on her posts until recently.

She said: "A few years ago I had quite a few racist comments on social media, so what I did was turn off my comments so no one could comment on my pictures or stories. When it



Picture: OLIVIA WEST



Corrie star on dating, social media

started happening I blocked everything because it's just not worth it. People would never say it to you on the street."

Ruxandra's character was last seen leaving Weatherfield in 2021 to return to Romania - and tenderly touched her stomach.

The move left viewers wondering if she was still pregnant despite leading Tyrone to believe she had suffered a miscarriage when he chose Fiz - played by Jennie McAlpine - over her. She got the call inviting her to return to Corrie at the beginning of the year and now, in a sensational

storyline, Tyrone finally discovered this week that she had his baby, a little boy she called Dorin.

Ruxandra said: "I always hoped there would be a chance that I could come back, especially with the way things ended. We saw her touching her tummy before getting on a plane."

"I had hope as I'd really enjoyed working on Corrie and feel that I grew up so much as an actor and working with everyone. So it was great to get the call."

"But I was very nervous because obviously I left and everyone continued working, they got better and more experienced whereas I was off doing other projects."

"Luckily, my first scene back was with Jennie McAlpine, who I just love so much. She's a great actress, but also a great person to be around."

"Like Alan, she is amazing. I was

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MEDIA AND SOAP LOVE TRIANGLE



DRAMA... in the latest Corrie series with son Dorin, meeting Tyrone and Ruby



BACK AND BETTER... Ruxandra outside iconic TV pub

‘I tried dating apps but they are not my cup of tea. A pretty picture doesn’t say much. You need to see personality, how they think and their attitude ... the whole package, not just perfect looks?’

still believe in fairytales... that’s why I’m single

Says
RUXANDRA POROJNICU



ALL WHITE... actress celebrates her return to Coronation Street

definitely nervous but because Alina has a baby now it automatically felt different.” And she loves working with two-year-old Henry, who plays her son. Ruxandra said: “Little Henry really ended on a personal level too. I have a wonderful niece and a nephew, which is not that much as they are back in Romania. When I saw them last I was so much better with them, and that’s all in the time I spent with little Henry. Working with him was such a beautiful and unique experience. He’s just two years old and doesn’t have a lot of lines, he’s just so funny. He knows me and Alan as Amy Alina and Daddy Tyrone, so every time he would react in the way that he matched perfectly with the character. He was cracking us up. We

were in awe of his talents.” On Alina’s decision not to tell Tyrone she had his son, Ruxandra said: “She loved him very much and hoped that they would be together. “She wanted to marry him. But he never chose her back with his heart, she knew deep down that his one and only is Fiz. “There will be trouble for sure, but there will also be a lot of love.” Her character is back in Weatherfield to testify against the people traffickers. She added: “It’s so brave for her to do, and it was important that Corrie showed that. “As a mother she is more cautious and more protective of the baby, so for her to risk everything for the process of helping other people, it’s courageous. “She went to Romania but it wasn’t safe for her back home because there

were people from the gang looking for her. So she moved back to the UK.” Ruxandra is also currently filming the second series of BBC teen comedy-drama Boarders, where she plays schoolgirl Yelena. The show centres around the lives of five teenagers who earn scholarships to study at a boarding school. She said: “I play a 17-year-old, which is amazing as I’m 31. Thank god for the genes! “I look after my skin, I moisturise and use SPF but genes play an important role. I try to sleep. “I get asked for ID all the time. I don’t really drink alcohol, occasionally if I’m on holiday I might have a glass of wine with a meal but it’s not my thing. I do love Baileys though, as a dessert.” Ruxandra also keeps fit, and has plans to run the London Marathon for the Salvation Army. Covid restrictions stopped her competing in

2020 so she did the 26 miles on her own in her local park. She added: “I do a lot of strength training, Pilates, yoga. I will try and run the London Marathon again next year for the Salvation Army. They opened my eyes and I want to help open other people’s eyes.” Away from Corrie, Ruxandra appeared in the 2023 Adam Deacon movie Sumotherhood alongside Linda Robson, Jennifer Saunders and singer Ed Sheeran. She also had her London stage debut in the play Stray Dogs. As with all the roles she has previously taken on, Ruxandra welcomes new challenges and opportunities. She said: “When you make plans it feels like God has other plans for you. I’m someone who loves to think forward and plan ahead but at the same time it brought a lot of disappointment, so now I’m trying to live in the present, not in the past and not in the future.”

the **Sunday**

THERE’S SO MUCH MORE TO COME...



Food Page 34 & 35



Money Page 36



Pets Page 37



Health Page 38 & 39



Puzzles Page 40-42



Travel Page 47-49



29 pages of Sport



TV and listings pullout

ALMOST half of Brits have experienced adult acne, and I'm one of them. So there's not many over the counter spot solutions I haven't tried. Now there's a new breed of treatments that target far more than just spots. So I put three to the test.

you

BEAUTY

with TARA LEDDEN



budget The Ordinary Balancing and Clarifying Serum, £20.20 for 30ml, theordinary.com:

Designed to reduce congestion, minimise shine, and improve the appearance of pores for clear looking skin, this new launch from The Ordinary marks a step away from the brand's one ingredient roots.

The sophisticated formula feels more luxe than most I've tried from this brand, and I love that you don't need to layer multiple products for effective results.

It's water-based but left a slightly oily-feeling residue that I didn't love, and I have yet to notice an improvement in my spots. But it has definitely made my skin feel smoother. The jury is still out on this one.



mid-range Kiehl's Truly Targeted Blemish-Clearing Solution, £26 for 15ml, lookfantastic.com: Kiehl's was the first luxury skincare brand I tried and, over the decades, it has never disappointed me.

This product was no exception and it is my favourite of the three I tried.

It creates a barrier over spots so you can apply make-up on top during the day, and you can use it all over your face, too, if you have large areas of breakouts.

It reduced the redness and inflammation in my skin after the first use. I've also noticed it really helps under-the-skin spots come to the surface faster, which is a godsend.

Alongside the unclogging salicylic acid, there's niacinamide which helps soothe and reduce the appearance of pores, and liquorice root which boosts radiance. I can definitely tell the difference when I use this.

luxury Emma Lewisham Supernatural Blemish Face Serum, £68 for 30ml, spacenk.com: This clever dual serum is basically a two-in-one product and is nothing like any spot treatment I've ever used.

Rather than relying on exfoliating actives, it puts probiotics to work to kill acne-causing bacteria on the surface of the skin, which means there's less chance of irritation or dryness. If you want dramatic results quickly, this isn't the product for you.

The results are gradual but as soon as I stopped using this serum I could tell the difference, which is always a good sign. It has made my skin feel much calmer and smoother and I've noticed that my spots don't scar so badly when I'm using it.



pick of the week BARGAIN alert! The new LOOKFANTASTIC x Lorna Luxe Beauty Edit, £60 (but worth over £185) launched this week and is one of the best value beauty bundles I've ever seen.

It contains eight cult products from the likes of ELEMIS, Elizabeth Arden, and Philip Kingsley, six of which are full-sized and the other two are generous travel sizes so will last you weeks, if not months. Shop now, and be fast, at lookfantastic.com.



THE Sun BINGO!

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PLEASE PLAY RESPONSIBLY

BeGambleAware.org

I'm back with my married lover after he accused me of betrayal

dear deidre PAGE 44

the Sunday

thesun.co.uk

Perfect pastry without the rolling pain

MAKING pastry dishes was once a lengthy job but now with fresh and frozen versions you can rustle up some of your favourite meals in minutes.

Today Sun on Sunday chef Miguel Barclay - who believes that nobody needs to spend more than £1 per head for a meal - shares some of his perfect pastry recipes...



Sun ON SUNDAY FOOD

Vegan mushroom Wellington

MIGUEL SAYS: "This is a vegan dream come true, perfect for special occasions. Imagine tucking into this, with all the trimmings, at Christmas. Why not grab that puff pastry out of the freezer and give this a try?"

(Makes four portions)

YOU NEED:

- 4 onions, diced
- 1kg mushrooms, sliced
- 4 garlic cloves, sliced
- A few sprigs of thyme, leaves picked and stalks discarded (or 1 tsp dried thyme)
- 1 sheet of frozen vegan puff pastry, defrosted
- Olive oil
- Salt and pepper

TO MAKE: Start by pan-frying the onions in a glug of olive oil over a low heat with a big pinch of salt for about 15 minutes until sticky and caramelised.

Remove from the pan and put to one side. Pan-fry the mushrooms in a splash of olive oil over medium heat for about ten minutes, adding

the garlic and thyme halfway through and seasoning to taste. Once the mushrooms are cooked, return the onions to the pan, mix it all together, then remove from the heat and allow to cool.

Preheat your oven to 180C/gas mark 4 and line a baking tray with greaseproof paper.

Lay your puff-pastry sheet on the lined baking tray, then spoon the filling in a line down the middle.

Fold one side of the pastry over the other and seal the edges by pushing down gently with your fingers. Lightly score the top with a knife to create a criss-cross pattern, then brush with a little oil.

Bake in the oven for about 25 minutes, or until golden brown and flaky.



- Food ● Money ● Pets ●
- Motors ● Health ● Puzzles
- Deidre ● Travel



East End pie & liquor

MIGUEL SAYS: "A proper East End pie is traditionally a puff pastry case filled with minced beef and onion, which is pretty easy to make at home. The liquor (parsley sauce) accompaniment was a bit more tricky, but I've created something similar using store cupboard ingredients that you will probably already have at home."

(Makes four servings)

YOU NEED:

- Olive oil
- 2 onions, diced
- 400g minced beef
- Salt and pepper
- 2 tbsp beef gravy granules
- 100ml water
- 500g block of frozen puff pastry, defrosted
- 1 egg, beaten (optional)
- 400ml milk
- 4 tsp butter
- 4 tsp flour
- 1 vegetable stock cube
- 1 tsp dried parsley (or handful of fresh, chopped)

TO MAKE: Pan-fry the onions in a splash of olive oil over a medium heat for five minutes until softened, then add the minced beef and continue to fry for ten to 15 minutes until nicely coloured.

Season, add the gravy granules and water. Simmer for a minute or so, then remove from the heat and allow to cool.

Preheat your oven to 180C/gas 4. Lightly oil four small individual ovenproof dishes (or a large dish). Cut the block of pastry into four equal pieces and roll out to fit your dishes and create a lid. Line the dishes with pastry, spoon in the filling, then cover with a pastry lid. Brush the top with beaten egg or a little of the milk, then bake for about 25 minutes, or until golden brown and flaky.

Meanwhile, to make the liquor, melt the butter in a saucepan over a medium heat and add the flour, stirring well for one minute to cook the flour and make a paste. Now add the milk, a little at a time, while stirring continuously to create a creamy sauce.

Crumble in the stock cube and once dissolved, remove from the heat and stir in the parsley.

Serve the pies with the liquor.



Red onion tarte tatin

MIGUEL SAYS: "This one is really easy but looks like you've spent ages making something posh. It would definitely be more impressive if you made your own pastry, but there's nothing wrong with a shortcut. So, grab some pre-made puff from the freezer and you'll see that it's no effort at all."

(Makes four portions)

YOU NEED:

- 8 red onions, cut into wedges
- Olive oil
- Salt and pepper
- 1 sheet of frozen puff pastry, defrosted
- Squeeze of balsamic glaze
- A few sprigs of thyme, leaves picked and stalks discarded (or 1 tsp dried thyme)
- 1 egg, beaten (optional)

TO MAKE: Preheat your oven to 180C/gas mark 4. Set out a circular oven-

proof dish about 15cm in diameter (or four small dishes).

Chuck the red onion wedges into the baking dish, drizzle with olive oil, season with salt and pepper, then roast for about 25 minutes until softened and cooked.

Remove from the oven and allow to cool.

Meanwhile, lay out your sheet of puff pastry and cut out a circle 30cm in diameter. If you want to make four individual portions, cut out four smaller circles that will

line the dishes with a 5cm overhang.

Add a squeeze of balsamic glaze to the onions, along with some thyme, then place the pastry on top and tuck in the sides.

Brush with beaten egg if you want a professional finish then bake in the oven for about 25 minutes or until golden brown and flaky.

To serve, invert the tart on to a plate.

This can be made in advance and cooked from frozen.



with **MIGUEL BARCLAY**

Cheese & onion potato rolls

MIGUEL SAYS: "Here's a great veggie alternative to a sausage roll that uses tinned potatoes to make it even easier for you."

(Makes four portions)

YOU NEED:

- 2 x 300g tins of potatoes, drained
- Bunch of spring onions, thinly sliced
- Salt and pepper
- Big handful of grated Cheddar cheese
- Sheet of frozen puff pastry, defrosted
- 1 egg, beaten

TO MAKE: Preheat your oven to 180C/gas mark 4 and line a baking tray with greaseproof paper.

Grab a bowl, tip in the potatoes and mash them with a fork. Season, then mix in the spring onions and Cheddar.

Cut the puff pastry into rectangles about 15 x 17cm.

Add a tablespoon of the filling to each rectangle and roll up from the short end. Lay the rolls on the lined baking tray, brush with beaten egg and bake for about 25 minutes, or until golden brown.

These rolls can be made ahead of time and cooked from frozen.



Photography by DAN JONES

FREE INSIDE TODAY

Fabulous

AUGUST 11, 2024

REAL LIFE
'HOW I
LEARNED
TO LOVE MY
JJ BOOBS'

#WINNERS
WHO'S BEEN
CROWNED
THE BEST
IN BEAUTY?

SUNSHINE STATE OF MIND

Divorce, dating and living life to the max – A Place In The Sun presenter **LAURA HAMILTON** has it licked



PHOTOGRAPHED FOR FABULOUS BY MARK HAYMAN

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FabDAILY & Sunhealth+ all week

Monday
Sex & Love

Tuesday
Health

Wednesday
Homes & Families

Thursday
Beauty & Celebrity

Friday
Fashion

Saturday
All about you

ENERGY DEALS AXED

THE best fixed-energy deals are starting to disappear ahead of bills rising this winter.

Several suppliers, including Outfox The Market and EDF, have withdrawn their cheapest fixed-rate offers this week.

The energy price cap is expected to rise by £155 to £1,723 a year from October, up from £1,568, according to analysis firm Cornwall Insight.

British Gas, Octopus Energy, and Co-Op Energy have also increased the cost of their fixed tariffs, says comparison site Uswitch.

The best deals are now between £7 and £103 more



expensive. Suppliers often adjust or remove fixed-rate tariffs due to fluctuating wholesale market conditions.

Despite this, some bargains remain available.

For example, Outfox The Market is currently offering the cheapest deal on the open market to new and existing customers. Its Fix'd

Dual Aug24 v2.0 tariff costs a typical household £1,564 a year.

This means it is £4 cheaper than Ofgem's current price cap and £159 less than the forecasted cap from October. This comes with a £25 exit fee per fuel, or £50 if you lock in with a dual-fuel tariff.

Elise Melville, energy expert at uswitch.com, said: "It's important to prepare now for future price rises and consider locking in rates while there are competitive deals to choose from, as deals could get more expensive over winter."

JAMES FLANDERS

BROADBAND 'RIP-OFF' WARNING

MILLIONS of households are facing a huge broadband "rip-off".

Customers could be paying up to £100 a year more for "superfast" internet that is actually ten times SLOWER than the fastest deals on offer, analysis by The Sun has found.

Broadband firms often bamboozle customers with confusing and complex names for their products.

Most households connected to Openreach's network are promised "superfast" internet.

But they often experience significantly lower speeds compared to the best connections.

In contrast, homes with "full fibre" or Virgin Media connections enjoy speeds up to ten times faster for the same cost.

Ofcom, the telecoms watchdog, states that 97 per cent of UK households have access to superfast broadband, yet speeds can vary widely. Sabrina Hoque,

telecoms expert at Uswitch, says:

"Unfortunately, it can be a lottery based on which type of broadband is available to your premises."

Slower speeds do not guarantee cheaper prices.

For example, a 24-month contract with speeds between 30Mbps and 60Mbps costs £24.09 a month on average, while a tariff with speeds between 100Mbps and 500Mbps is £22.58 a month, according to Uswitch.

But Alex Tofts, a broadband expert at Broadband Genie, said others could be "ripped off and left spending up to £100 more for slower connections".

Virgin Media's entry-level M125 fibre broadband deal offers 130Mbps speeds



and costs £26 a month. But it is only available to 54 per cent of the UK.

That means those who are unable to access it are limited to firms using the Openreach network.

One of the most popular deals from BT, with speeds up to 50Mbps, costs £29.99 a month over 24 months direct from the telecom giant.

Compared to Virgin's deal, a customer would end up paying £100 more and receive slower speeds under BT's offer, just because of where they live.

BT declined to comment. From September 16, new guidance will require broadband providers to offer clear, easy-to-understand descriptions of their services.

JAMES FLANDERS

Got money worries? We can help. Email us at money@the-sun.co.uk or write to Sun Money, News UK, 1 London Bridge Street, London SE1 9GF

Sun
ON SUNDAY



Money news and advice to help you fix your finances

MONEY

Edited by **TARA EVANS**

MILLIONS could be due refunds on unaffordable credit cards - and may get compensation.

As customer complaints soar, **HARRIET COOKE** takes a look at who is owed cash.

WHAT'S HAPPENING?

LENDERS have a responsibility to check whether a borrower can afford to pay back credit before handing it out.

The Financial Conduct Authority brought in rules in 2018 requiring credit card providers to contact customers if they have paid more in interest and charges than their debt over the past 18 months.

More than 13,000 complaints were made to the Financial Ombudsman Service about credit card providers lending irresponsibly in the last financial year, up a staggering 264 per cent per cent on the previous 12 months.

The FOS has upheld 45 per cent of the objections it has so far resolved on the problem of irresponsible credit card lending in the year up until April.

Claims management firms targeting borrowers are partly the cause of the rise in complaints.

The majority were about firms' decisions to provide credit or increasing the credit limit without carrying out proper checks for affordability, and sometimes both.

WHO COULD CLAIM?

AROUND 34million consumers - 64 per cent - have at least one credit card, with the average balance at £1,780, according to the analytics firm Fico.

If you pay the full amount back each month at the end of the billing period, you will not owe any more than what you have borrowed.

But almost half of outstanding balances are incurring interest, the trade body UK Finance has reported, with the average annual rate now at 21.28 per cent.

If you believe you were given a credit card that was unaffordable or had a high spending limit then you may be able to claim.

Even if you have paid the credit card back and closed the account, you can still claim. Adam Butler, of the debt charity StepChange, said: "The ombudsman cases show firms often aren't looking hard enough at whether people can repay without experiencing difficulty."

"It's too easy to take on multiple credit cards and for the limits on



Are you owed credit card compo?

PAYBACK TIME
...lenders may have not followed rules

MILLIONS HAD LIMITS HIKED TO UNAFFORDABLE LEVELS

those cards to drift higher as customers spend more, drawing them into difficulty."

HOW MUCH COULD YOU GET?

YOU will not get everything back. The ombudsman usually orders firms to repay the interest paid by the customers, any extra charges, plus eight per cent on top.

You still need to repay anything you have borrowed. For example, a

customer who earned £27,500 a year applied for a credit card.

It was approved with a £250 limit but then gradually increased to £1,500 over the space of two years.

The lender said it carried out checks but the customer complained and the ombudsman ruled it should not have increased over a certain limit. The bank was ordered to repay all interest, fees and charges above £600.

In extreme cases of irresponsible

lending, the entire debt could be written off, says Liz Hunter, director at Money Expert.

HOW TO MAKE A COMPLAINT

FIRST, complain to your lender in writing. Citizens Advice provides a free letter template to get you started. If the lender does not get back to you in eight weeks, or if you are unhappy with the response or do not hear back, get in touch with the Financial Ombuds-

man Service straight away. They will need to know basic personal information, what the problem is and how you want it to be solved, along with details of the policy or account the complaint relates to.

If the investigator decides you have been treated unfairly, you might get compensation. They may also order your lender to remove any negative records on your credit file relating to the account. They should also remove any negative records on your credit file.

IN ASSOCIATION WITH

Tails.com

Paws & Claws



STAR of the WEEK

SPEEDY the tortoise is celebrating her 80th birthday this week – with a Rich Tea biscuit dunked in a cuppa. Owner Andy Harris, 62, of Glemsford, Suffolk, was given her as a pet when he was ten and she was already 18. He said: “Speedy could live to up to 150, so we know she’s going to outlive us. “But she will be passed on to our children. Once a year, on her birthday, she gets a Rich Tea biscuit – but she will only eat it if it’s dunked in tea. “That’s her annual treat and she loves it, along with fruit cake. “The rest of the year she has a healthy tortoise diet and she loves her fruit and veg.” But Andy added: “Everyone deserves a blowout on their birthday.”

WIN Pet health test

WE’VE teamed up with pet medical pioneers Labrador to give ten readers an at-home test worth either £34.99 or £39.99 for the 12 most common and serious pet viruses and infections. It swabs a dog or cat’s saliva, stool or vomit to give results in ten minutes, with 97 per cent accuracy. To enter, send an email with either Doggy Diarrhoea Test, Doggy Cough Test, Sneezey Cat Test or Cat Diarrhoea Test in the subject line to sundaypets@the-sun.co.uk by August 25. See labrador.fyi. T&Cs apply.



No sweat for piggies

HEAT CAN KILL RODENTS

IS it true that guinea pigs don’t sweat?

Do I need to do anything to keep our pair, Pinky and Perky, cool in this warm weather we’re having? **HELEN BRIGHT**, Colchester, Essex
Sean says: It’s strange but true – guinea pigs don’t have sweat glands so can suffer in hot weather and need protection if it gets really warm. Temperatures over 30C can be fatal, so it’s important to provide them with shade, bring them indoors to a cool room if possible, use a fan to blow air over a bowl of ice into one corner of their enclosure and have plenty of water available, as well as fresh veg to keep them hydrated and cool.

WHICH food is best for dogs? Dry, wet or a combination? And are liver and chicken a good idea to add in for variety?

My greyhound Woody is really fussy, but also has a delicate tum, so what would you recommend?
HELEN BOOKER, Exeter, Devon
Sean says: How long is a piece of string? As we say at tails.com, every dog is different and what works for one may not suit another.

The basic idea is to feed a diet that is complete (has everything they need) and balanced (has important elements in the right quantities) for their lifestyle, age and other factors.

In terms of diet formats, you can go dry, wet or freshly cooked. If feeding a high-quality brand formulated by a qualified animal nutritionist, then there is no need for any added extras like liver and chicken. They’re fine as an occasional treat, but if you start using them as a bribe to get Woody to eat, you risk creating a food monster as he will no longer want his normal food.

Dogs are clever. They know how to manipulate us to give them something tastier, which isn’t always in their best interests.

MY horse Bob has lost his field companion recently and is down in the dumps.

He has a donkey with him and they rub along OK, but should I look at introducing another horse companion? Might it cheer him up?

KATE WALKER, Launceston, Cornwall
Sean says: Sorry to hear that. Unfortunately, donkeys do not make the best companions for horses, and vice versa. They really do each need the company of their own kind, as



Pet VET
SEAN MCCORMACK

HE is on a mission to help our pets . . . and is here to answer YOUR questions. Sean, who is the head vet at tailored pet food firm tails.com, has helped with owners’ queries for ten years. He says: “If your pet is acting funny or is under the weather, or you want to know about nutrition or exercise, just ask. I can help keep pets happy and healthy.”

Send your questions for the Pet Vet to vet@the-sun.co.uk

they speak their own language and have their own species preferences.

In fact, in many European countries it’s illegal to keep donkeys alone.

So, in short, I think it’s a great idea to look for another horse companion for Bob. You may find a mutually convenient situation with someone nearby in the same boat.

MY cat Freddie keeps on peeing in the corner of my sitting room behind the sofa.

He’s been neutered. What can I do to stop it? He is an only pet, has two litter trays and is a house cat. I really want to solve this issue.

LUCY MEADOWS, Colchester, Essex
Sean says: Once he gets used to that habit and the spot smells of wee, it’s a really strong draw for Freddie to keep going to the toilet there.

To retrain him, first block the route to the back of the sofa or even keep him out of the room for a while.

Cats and dogs have a much keener sense of smell than us, so make sure the urine scent is gone. You’ll need to thoroughly shampoo the carpet, then treat it with an enzymatic pet deodorising spray. But don’t use cleaning chemicals containing ammonia.

Two litter trays is a great move, but make sure they are hidden away from busy parts of the house.

LABS ARE WURST FOR STEALING BBQ FOOD

HUNGRY hounds are bringing a whole new meaning to the term sausage dog – by nicking barbecue grub.

A fifth of pet owners admit their dog has swiped a treat from the grill.

Bangers proved the most popular, followed by burgers and fish, according to a Pets at Home poll.

Labradors, Jack Russell terriers, cocker spaniels and cheery chihuahuas are the worst culprits. However, 26

per cent of owners admitted their greedy pooch’s antics resulted in a visit to the vet.

Dr Samantha Butler-Davies, director of clinical services at Pets at Home, said: “It’s important to ensure that barbecue food is not left unattended, as certain ingredients can be harmful to pets.

“Beware of onions in burgers, as they are toxic for dogs and cats.

“Corn on the cob can

cause an obstruction in a dog’s digestive tract, and cooked ribs can splinter.

“Barbecue food also has a high fat content that can lead to stomach upsets for pets. So ensure all food, including leftovers, is out of reach and resist feeding them tit bits from your plate.

“Keep sticks and skewers out of sight. If ingested, they can cause damage to stomach walls and potentially nearby organs.”



THIEF . . . hungry mutt

Mystic Meg

with **MAGGIE INNES**

ARIES March 21 – April 20



The mind planet revisits your sector of creative ideas and dreams, bringing a second chance at a first impression. If love feels more like labour, Venus can change this with a few words. So if you want to speak up, this can be your week. If you’re fancy-free, someone who appears so serious has such a fun passion proposal.

TAURUS April 21 – May 21



Your standing in a family may have felt shaky these last few weeks, but now you can firm things up. You know the role you want, and only you can spell this out. The Jupiter effect on your cash chart is noticeable by its generosity and luxury – the more you give away this week, the more you could receive. Try it and see.

GEMINI May 22 – June 21



This week, the moon brings resilience. When one emotional approach doesn’t hit the spot, you can try others and keep on trying. But do set a personal limit, in your mind and heart, before you start. Rewinding a work conversation and starting again can fill in some gaps you may not have noticed.

CANCER June 22 – July 22



You’re not a sign that’s ruled by money, but this week getting to grips with spending challenges is one of your key tasks. It’s sensible to make sure your side of a deal is fair. Venus connects partners in unexpected, warm ways. If you’re single, your soulmate is the first to raise their hand and ask a key question.

LEO July 23 – August 23



As Mercury reverses into the personal heart of your chart, you find strength to try deep inner changes. Most important is the voice you use to talk to yourself – be your own best friend and so much can fall into place. The moon highlights a business linked to making families or homes look and feel better.

VIRGO August 24 – September 22



A dream you assumed was gone for good is back, bigger than ever, from the start of this week. Don’t waste this chance to examine what you want and how you can get it. Your love zone is all about shared values – if partners are on different commitment pages, you are able to correct this.

LIBRA September 23 – October 23



All kinds of reunions, in person and online, are starred by Mercury as worth your attention this week. Going back may not be your usual approach but there’s a lot to learn, and maybe a lot to love, too. A money moon grows all week so you can find ways to make ideas work – make sure you do your research.

SCORPIO October 24 – November 22



The best ambitions for this week can be those you’ve already written off – so step back into your wish list and see what leaps out. Your instincts are strong, as you start the week with a personal moon, plus Mars staying power and Venus charisma. If you truly want something to work, you’re already halfway there.

SAGITTARIUS November 23 – December 21



The best journeys are an adventure in themselves. This week, you have a star ticket to ride, in search of something special. The moment this comes into your mind, you will know the right direction. In love? Expecting more from passion may mean giving more – so are you ready for this?

CAPRICORN December 22 – January 20



Who you allow to enter in your closest circle is this week’s theme. People may impress you, yet be hard to truly connect with. The shrewd eyes of Mercury will help you spot the difference. You may resist revealing your softer self, especially at work, but vulnerability can reinforce people’s respect for you.

AQUARIUS January 21 – February 18



If love feels like unfinished business, it’s your time to search for closure or a new set of commitment rules. Only you know what you most need to take your heart forward. Keep this in mind as you make your moves. Cash pulls you in two very different directions, but you have the brains to make the best of both.

PISCES February 19 – March 20



Work that links to history – your own or other people’s – can take a larger stake in your success. This starts with a casual set of questions, which should be taken seriously. If you’re with a partner, a moon of adventure opens two hearts, then loosens two opposing sets of views. So anything can happen.

Phone Meg’s psychics for a chat on **0905 005 8102**

Or to pay by credit/debit card call **08000 356 684** or mobile users call **020 7111 6406**

Text a psychic. Just text **MEG** then a space and your question to **60016**

Calls cost £1.50 per minute plus your telephone company’s network access charge. You must have bill payer’s permission. Calls recorded for your protection. Max call duration 19 mins for 0905 numbers. Over 18s only. These services are for entertainment only. SMS cost £1 per received message, max 3 messages per reply. UK only. To opt out of three promo messages call Helpline: 0330 114 0300. SP: Inveroak.com, PO Box: 10015, CM1 9HH.

ask alfie



Used car specialist

Q&A

Send your questions to motors@the-sun.co.uk

Q I HAVE a 2017 Vauxhall Insignia 1.5 that broke down mid-journey. The engine just cut out.

It has done 58,000 miles and is always serviced by the main dealer. An independent garage looked at it but couldn't do a diagnostic. Vauxhall then did, charged me £120 and found the same faults suggested by the independent, one of which involved a new fuel pump module at £450.

Vauxhall says replacing the module might not fix things – it could be the wiring loom. Is it reasonable to charge me for jobs that don't fix the problem?

NIGEL COLEY, Leicester
A I guess the response of the Vauxhall dealer isn't very confidence-inspiring. If I was paying 120 notes for a check-up to find out what was wrong, I'd want to know for sure that another £450

would definitely rectify the problem. This is a case of getting a clear second opinion. Find another Vauxhall dealership, or a really rock-solid independent, that can definitely identify the cause.

Q I'd like a convertible. For security reasons, I'd prefer a hard-top and I also want a four-seater.

Can you give me some idea of the choices on the second-hand market?

CHRISTINE JOYCE

A If the hard-top roof is essential, you have a lot of choice at the budget end.

In the mid-2000s until about 2010, there was a trend to create four-seater convertibles with folding hard-tops out of fairly regular fare – so you can look at the Ford Focus CC, Peugeot 208CC, Renault Megane CC and Vauxhall Astra TwinTop, among others.

All of those are pretty old now, they weren't the greatest things to drive or look at, and many will likely be in the sub-£2,000 category and need work. Look at BMW.

From 2005-2011, the fifth-generation 3 Series convertible had a three-piece folding hard-top and the latest examples from 2010 and 2011, if still low-mileage, well kept and with a bigger engine (like the 335i), will be lovely things to drive, for about £10,000-£12,500.



READER'S CAR OF THE WEEK

TO my eyes, this is one of the best-looking modern motors going.

It belongs to Alex Jones, who says: "Here's my 2008 BMW Z4 Coupe in Ruby Black. I bought it in January last year and

I haven't seen another one on the road since.

"It's got to be one of the nicest-looking cars BMW has ever produced."

● Send pictures of your beloved motor, with details, to motors@the-sun.co.uk.

THREE . . . LUXURY SALOONS FOR £7.5K



2012 (62) Mercedes-Benz E 350 CDI V6 BlueEfficiency Sport 4dr, 57k, Smart Motors, Birmingham (smart-motors.co.uk): The 350 was the big-boy diesel of this generation E-Class. You get a silky 620Nm and a 6.2-second 0-62mph time, yet around 46mpg.



2009 (59) Audi A6 3.0 TFSI V6 S line Tiptronic quattro 4dr, 62k, TG Performance, Greenfield, Beds (tg-performance.co.uk): You get a 286hp petrol-powered Audi A6 with all the tech goodies you'd want – Tiptronic auto, quattro AWD. Lovely, fast wattmobile.



2010 (60) BMW 325d SE 4dr, 58k, LM Select Limited, Chesterfield, (Imselect.co.uk): Everyone thinks they want the 330d in the E90 body style but the 325d is a gem. The same straight-six turbodiesel but a less-stressed 204hp. Smooth, and frugal economy.

BMW'S JOURNEY GAME-CHANGER

FOR £100, drivers can play Who Wants To Be A Millionaire on the touchscreen of which car?

- A) BMW
- B) BMW
- C) BMW
- D) BMW

Correct. Every new Beemer comes

with a free in-car gaming app featuring Millionaire, Battleship, Mario Kart-style driving games and more.

But it only works when stopped for charging or sitting in a jam.

Mini drivers get the same AirConsole app



because a Mini is really a little BMW. I'm told family favourite Uno is next. Love a game of Uno.

If you don't own a BMW or a Mini, don't sweat it. Here's some suggestions to make family road trips more fun.

Yellow Car: Spot a yellow car, punch the person next to you. Also includes AA vans, DHL vans and JCBs.

Dog Tractor: Spot a dog, punch the person next to you. Spot a tractor, punch the person next to you.

Spot a dog on a tractor, two hits. You're welcome.

TRIED & TESTED



with JANE ATKINSON

FESTIVAL fun continues throughout August and although they are one of the greatest ways to spend your summer, they should also come with a bit of a health warning.

Many people are ill when they come home thanks to bugs, dehydration, and a lack of sleep and decent nutrition. Today, I look at some of the ways to combat festival fallout . . .

● Food ● Money ● Pets ● Motors

DEHYDRATION

TO prevent dehydration caused by alcohol and hot weather, add electrolytes – mineral salts such as sodium chloride, magnesium and potassium – into your water.

They support faster hydration by balancing the fluid throughout the body. Viridian's Electrolyte Fix is

a great option as it is a liquid while many are powders you have to whisk in. Just 2.5ml turns any drink into an electrolyte-fuelled beverage.

Sourced from the Great Salt Lake, it contains no artificial fillers.

It costs £13.85 for 100ml, victoriahealth.com.



- + FITNESS
- + FAMILY HEALTH
- + DIET & NUTRITION
- + SLEEP & WELLBEING
- + MENTAL HEALTH

Sun ON SUNDAY

By LUCY GORNALL

WITH sunny days comes UV rays, which we all know can cause serious damage to our skin.

While you might crave that "healthy summer glow", doctors warn there is no such thing.

Just a few bouts of sunburn as a child drastically increases your risk of skin cancer, leading dermatologist Dr Jonathan Kentley, ambassador for Melanoma Research Alliance, told Sun on Sunday Health.

Meanwhile nine in ten cases of melanoma, the deadliest skin cancer, could be prevented by staying safe in the sun and avoiding sun beds, Cancer Research UK estimates.

The bad news does not end there.

Dr Omar Tillo, medical director at the CREO cosmetic surgery clinic in London, warns those UV rays can also wreak havoc with your looks.

"UV rays from the sun can cause damage to the skin in many ways," he says.

"This includes speeding up the decline of skin fibres, collagen and elastin, which can lead to wrinkles and sagging skin."

Dr Tillo adds that UV rays can also increase the number of active melanocytes responsible for producing melanin, leading to age spots and pigmentation.

They can dehydrate the skin causing dryness, and they damage DNA, which can lead to precancerous cells.

As it is our biggest organ, it is important that we care for and protect our skin.

Yet research by Nivea Sun and Cancer Research UK has found that 21 per cent of us say we do not take more care in the sun in the summer or spring compared to winter and autumn.

But there are ways to care for skin that has been damaged by the sun to prevent any further effects. Notepads ready!

ALOE THERE: Even if you religiously apply SPF30, skin feels the effects of a day in the sun. Sasha Core, award-winning skincare expert, says: "Soothe the skin by applying a budget-friendly aloe vera gel."

"Aloe vera has incredible cooling properties that help reduce redness and inflammation."

"You can find pure aloe vera gels at drug stores or online without spending a lot."

Aloe Pura Laboratories



Organic Aloe Vera Gel (£3.49, Superdrug) is an affordable way to soothe skin.

BROAD BRUSH: It's worth a reminder to meticulously apply – and reapply – sunscreen to prevent skin cancer and skin damage.

However, the type of sunscreen is pivotal.

Dr Tillo says: "The most crucial step in preventing further damage is to use a broad-spectrum sunscreen containing both UVA and UVB protection, with SPF30

or higher as part of your daily skincare regime."

Plus, if your sunscreen is part of your moisturiser, Dr Tillo recommends using a moisturiser that contains other ingredients such as hyaluronic acid, ceramides, niacinamide and glycerin.

These can help to hydrate the skin and restore its natural moisture barrier, which can be compromised by sun exposure.

FEED YOUR SKIN: Whether it is in your skincare or your food, antioxidants are the skin's best friend.

Though they were once a

See Tuesday's Sun for **THREE PAGES** of health

DON'T MISS **motors** EVERY THURSDAY

NUTRITION

PUTTING something in your backpack that can give you some decent fuel for breakfast following a day of partying isn't a bad idea.

Bol Foods's new Power Shakes are a 100 per cent nutritionally complete and plant-powered breakfast in a bottle. Each bottle has at least 20g of protein to keep

you full, plus 26 essential vitamins and minerals in each 410g bottle to boot.

Additionally, it has no added sugar, artificial sweeteners, colours, flavours or preservatives.

It comes in three flavours – vanilla, chocolate or salted caramel, which I loved, as it wasn't overly sweet. The

drink is a mix of oat milk, banana puree, soya protein, dates, nut butter, coconut cream, vitamins, cornflour and natural flavourings.

Plus each bottle comes in at 229 calories and 2.8 per cent fat.

It costs £3.25 (or £2.25 with a Clubcard) at Tesco. See bolfoods.com.



GUT HEALTH

TAKING a regular probiotic tablet is a great idea for gut health but packing some kombucha, which will hydrate too, for a festival is a sensible idea.

Remedy Kombucha is perfect because it comes in a can while many are in a bottle, so it is really convenient. Plus with their range

of fruity flavours such as wild berry, peach and raspberry lemonade, they make great mixers too.

The drink is brewed for 30 days using water, sugar, black tea and green tea leaves using a traditional kombucha culture with natural flavourings. But no sugar remains by the time

you drink it thanks to the traditional long fermentation.

It is also raw, vegan and unpasteurised.

I love the new Orange Squeeze flavour: refreshing, fizzy, good for you and just four calories in each 250ml can.

It costs £1.53 per can, remedydrinks.co.uk.



HEALTH 



Edited by **LIZZIE PARRY**

How to care for your sun-damaged skin... **UV** been warned



DARK SPOTS . . . reverse the signs of sun damage

pricey addition to skin care, Dr Tillo says: "There are now more affordable skincare lines that include antioxidant serums like vitamin C, vitamin E, resveratrol or green tea extract which can help combat free radicals and reduce the oxidative stress caused by sun damage."

Antioxidants are in an abundance of foods.

Turn to dark chocolate (ideally 70 per cent cacao and over), green veg such as broccoli and spinach, and purple foods.

Blueberries are sky-high in

antioxidants – try throwing a handful into a smoothie or scatter on top of Greek yoghurt for breakfast.

STRIKE A TONE: Noticed some discoloured patches on your skin as you've got older?

Abi Cleeve, founder of online shop SkinSense, says: "After the

risk of skin cancer, one of the long-term consequences of sun damage is pigmentation.

"Pigmentation is a top skin worry for many, as an uneven skin tone can be ageing.

"Brown patches of pigmentation, or darker patches in rich-coloured skin, appear on hands,

face and décolletage areas and are caused specifically by UVA rays, which penetrate deep into your skin.

"These rays stimulate the melanocytes – dark cells that are there to protect us – and they may become more visible.

"For some, pigmentation is semi-permanent and fades when out of the sun for a prolonged period. For others, it stays year round."

Aside from using an SPF with a high UVA filter (ideally 90 per cent or above) year-round on your face, Abi recommends adding products that contain hexylresorcinol, vitamin C, retinol or niacinamide to your night-time skincare routine.

She says: "These all contribute to mitigating existing pigmentation and preventing more occurrences, and can brighten and support the texture of the skin's appearance."

Dr Tillo adds that there is also prescription-only hydroquinone, which can combat pigmentation. Visit your GP to discuss.

GUT INSTINCT: You are what you eat, and probiotics do not just do our gut a world of good, they can also help our skin.

In fact, our skin has its own microbiome – the collection of micro-organisms, both good and bad, that are needed to stay healthy.

Probiotics are live bacteria, which research has found could help to reduce skin damage caused by UV rays.

Prebiotics, on the other hand, are essentially types of fibre that feed good bacteria and help them to thrive.

Try Dr Vegan's Skin Saviour supplement (£24.99, drvegan.com) which contains a variety of live probiotics, prebiotics and botanicals designed to keep your gut and your skin as healthy as it can be.

BE WARY OF . . . Although retinol has been dubbed the Holy Grail when it comes to reversing the signs of ageing caused by the sun, Amish Patel, skincare expert at Intrigue Cosmetic Clinic in Kent, advises cutting down on retinol products in the summer or before a holiday abroad.

He says: "Vitamin A, known as retinol, can make your skin more sensitive to the sun."

But if you do use it in summer, Amish recommends using a sunblock at all times and keeping your face covered to avoid damage.



ASK Dr Zoe

Expert advice from Dr Zoe Williams, our resident specialist and NHS GP

Q I AM a 79-year-old man, recently retired, and have pains in my hip down to my ankle.

After scans, I have been told the wear on my hip is as you would expect for my age. But I am unable to walk far or stand for long.

It has been like this for 15 months and is getting me down.

A Pain as we get older, especially due to osteoarthritis, is normalised and many people end up believing that they just have to live with it.

This is dangerous as it leads to a vicious cycle of people becoming more inactive, which makes the joint pain worse and can add the complication of weight gain which exacerbates the problems.

Osteoarthritis is common in older age and often thought of as "wear and tear" but this is unhelpful.

It implies that our joints are cartilages, which inevitably degrade with time. But we are not and our joints are made up of complex, living tissues that our bodies can repair.

So I tend to talk about "wear and repair" and this brings us to the first, and most accessible treatment for osteoarthritis, which is physical activity. I know that this can feel unachievable but with good pain relief and support, there's great evidence to prove that physical activity can improve symptoms.

Programmes such as ESCAPE-pain educate you on exercise when managing hip or knee arthritis.

There are many other treatments and solutions such as medication, steroid injections and surgery for some people.

But we must not normalise arthritis and not underestimate the importance of movement in preventing and treating this.

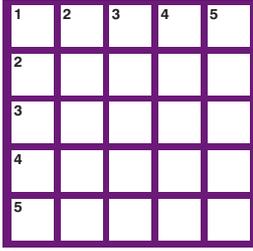


EMAIL **Dr ZOE**

health@thesun.co.uk

WORD SQUARE

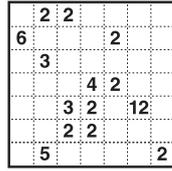
- ACROSS**
 1 Desolate
 2 Bird of prey
 3 Point of view
 4 Dig (out)
 5 Campers' shelters



- DOWN**
 1 Animal
 2 Cavalry spear
 3 Encourage (3,2)
 4 Distribute
 5 Retains

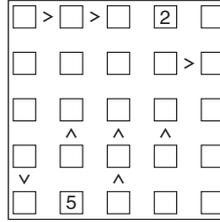
CELL BLOCKS

Divide the grid into blocks that are either square or rectangular. Each block must frame a single number, and each block must contain the same amount of cells as the number it frames.



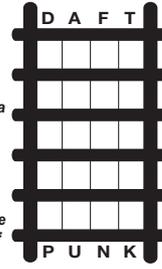
FUTOSHIKI

Use the greater than (>) and less than (<) signs to fill in the squares with the numbers 1-5. The same number cannot occur more than once in any row or column.



WORD LADDER

Change one letter at a time (but not the horizontal position of any letter) to make a new word - and move from the word at the top of the ladder to the word at the bottom using the exact number of rungs provided.



SPOT THE SAYING

Which two well-known sayings or expressions can be found below?

- _____
- ALL ≠ LOST

WORDSEARCH

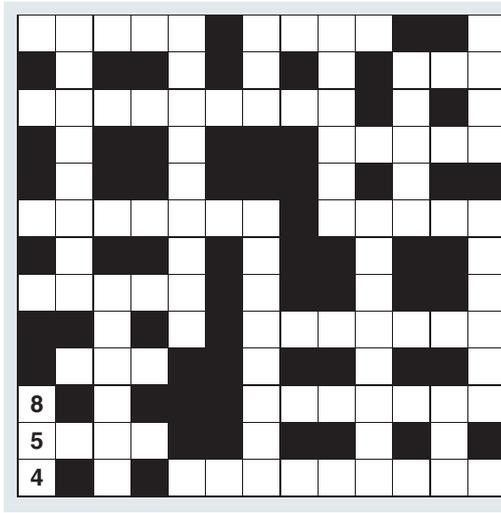
These items relating to volcanoes can all be found in the grid. Words may run either forwards or backwards, in a horizontal, vertical or diagonal direction, but always in a straight, unbroken line.



- | | | | |
|-------------|----------|----------|------------|
| ACTIVE | ETNA | GAS | SPEW |
| ASH | EXTINCT | HEKLA | STEAM |
| CINDER CONE | FIRE | KRAKATOA | STROMBOLI |
| COTOPAXI | FISSURE | LAVA | VENT |
| DEBRIS | FLOW | MAGMA | VESUVIUS |
| DORMANT | FUJI | PUMICE | VILLARRICA |
| ERUPT | FUMAROLE | SHIELD | VULCANO |

NUMBERFIT

All of the listed numbers fit into the grid and there's only one way to do it. One number has been provided to get you started.

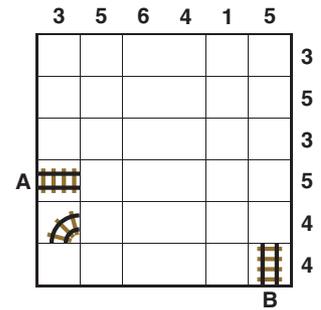


- | | | | | |
|----------|----------|----------|----------|-----------|
| 3 digits | 4 digits | 6 digits | 8 digits | 9 digits |
| 220 | 1766 | 237232 | 12894107 | 616482075 |
| 587 | 2437 | 365235 | 43113807 | 778338624 |
| 672 | 5036 | 757734 | 54222314 | 967344486 |
| 728 | | | | |
| 854 | 5 digits | 7 digits | | |
| | 24236 | 1513174 | | |
| | 54237 | 8858811 | | |
| | 55527 | 9752137 | | |
| | 56245 | | | |
| | 87272 | | | |

SOLUTIONS TO ALL PUZZLES ARE IN THE SUN TOMORROW

TRAIN TRACKS

Lay tracks to enable the train to travel from town A to town B. The numbers indicate how many sections of rail go in each row and column. There are only straight rails and curved rails. The track cannot cross itself.



MISSING LINK

Find a word that can follow the word on the left and precede the word on the right. When you have filled in all the answers, the shaded squares will spell out something found in the bedroom (5,5).

PLAY				CONDUCT
COMBINATION				HORNS
BRIDGING				SHARK
CABIN				CUT
GOLD				HOST
FACE				ANIMAL
SET				ALONG
FOREIGN				ART
CROCODILE				BOTTOM
PEARLY				CRAB

NUMBERCRUNCH

Starting at the top with the number provided, work your way down the three lines one at a time, applying all the mathematical instructions to your running total.

EASY	MEDIUM	HARDER
65	121	462
- 27	+ 155	÷ 7
Half of it	÷ 12	+ 3686
+ 113	+ 407	3/8 of it
÷ 4	÷ 10	+ 1665
+ 288	- 39	25% of it
÷ 3	× 8	- 459
- 58	+ 337	Third of it
÷ 7	÷ 9	+ 4373
× 9	+ 445	Half of it
ANSWER	ANSWER	ANSWER

MINI FIT

Which one of the listed words won't fit in each of these mini grids?

AIR	A	COY	Y	ADZE	
EYE		DRY		BLOC	
RAY		DYE		DALE	
RUT		NAG		ETCH	
WAG		ROC		TOOL	E

MINI JIGSAW

Fit the pieces in the grid to spell out a word indicating 'false' in each row.

MIND THE GAP

Place one of the three-letter words in the space of each row to reveal a seven-letter word in the shaded squares.

D	E	I		E	S	
P	U	R	C		E	D
U	N	S	K		E	D
A	R			H	O	K
C	R	O			I	L
E	M			G	O	E
E	N			M	E	N

BAR
CAT
COD
HAS
ILL
JOY
TIC

MINI CODE

Eight letters have been given a number from 1 to 8. Break the code to complete the crossword.

A D E I L R S T

Not Available in Stores

Nature's Primal Soul Revealed in Al Agnew's Masterpiece Lamp

Spirits of the Forest Table Lamp

- Showcases Al Agnew's powerful 'Winter Majesty' artwork on the 10 inch lamp shade with fabric trim
- Handsculpted tree lamp base with wolf pair, birch trees and rocky winter terrain are handpainted in lifelike detail

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AL AGNEW

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YES! Please order ___ (Qty) of the *Spirits Of The Forest Table Lamp* for me as described in this advertisement.

Complete today or Call 0333 003 0019

Name (Mr/Mrs/Miss/Ms)..... (PLEASE PRINT)

Address

Postcode..... Telephone.....

Mobile

Email Address.....



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Or call on **0333 003 0019** and quote reference code 451390



Scan me!

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Since 1975

01-19317-701U

Order Ref:451390



Edited by
SALLY LAND
Team: Jane Allton, Hilary
Freeman, Kally Lewis, Catherine
Thomas and Chloe Stratton

No matter what the issue, I answer every single problem

FAMILY FORUM

Dear Deidre

SINCE the pandemic, my husband works long hours. He is based at home now, which I thought would mean he would have more time, not less.

But he's always doing overtime, eats three meals in front of his computer and is constantly on his phone checking work emails, even when he's not at the desk.

I hardly see him any more because he works every hour of the day. I'm 40, my husband is 45, and we've been married for 11 years. We have two young daughters.

In the early years we were head over heels in love, but now we never see each other.

I didn't think it was possible to miss a man who is living in the same house as you.

By 8am, he is working at his desk and when I go to bed, he's still there.

And I have noticed there isn't much of a relationship between him and our children any more.

He never asks the kids how they are doing in lessons or takes them to after-school clubs, and we have not had sex for more than a year.

I've tried to speak to him but he brushes me off, saying he's working hard for our future.

But surely the present is just as important and he's been neglecting us for a long time now.

I worry that once my kids become more independent, I will lead a very lonely life.

How can I get my husband back?

DEIDRE SAYS: If your husband carries on in this way there may not be much of a future, not for your relationship, or with his children.

It's time to talk to him again and insist on some boundaries.

Can you both agree to set aside some family time? Say no phones at the dinner table and that he turns off all tech at 8pm?

And perhaps he could take your children to one after-school activity a week?

Tell him you miss him and that you want to spend time with him. Living as housemates won't do your marriage any favours.

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

hot topic

WITH all the details and decision-making, wedding planning can be a source of stress as well as excitement.

There is often a lot of pressure to create the "perfect day" and the checklists and paperwork involved can sometimes feel overwhelming.

Eight in ten brides report struggling to manage ahead of and during their big day, many deeming it the most stressful event of their lives.

If you need help, email me for my support pack, Wedding Worries.

stories deidre's photo casebook

JODIE'S JEALOUS STREAK: FINAL DAY



Dear Jodie, JEALOUSY is incredibly destructive and arrives hand in hand with a deep sense of insecurity.

You felt threatened, so turned to another man to prop up your insecurities and make you feel wanted again.

But the truth was always that Noah loved and valued you. He never had any intention of straying.

You may well have had a bad experience previously – perhaps an ex cheated on you. But unless you can learn to trust again, you are likely to keep self-sabotaging.

My support pack Dealing With Jealousy will help.

Deidre

Clothes by boohoo and boohooMAN

Dear Deidre

WHEN my son was accused of rape, my life totally fell apart.

He's currently out on bail but I'm devastated. I know he hasn't done this. Every waking moment I'm worried about what is going to happen to him. He's only 25 and I'm 50.

I'm trying to continue on as normal but I am completely broken.

My husband and friends tell me to stop thinking of the worst outcome and that I need to be strong for my family.

But my mind has now

gone to the darkest corner it possibly can.

DEIDRE SAYS: You will be under huge pressure and stress and need both practical and emotional support.

Get in touch with the False Allegations Support Organisation (false-allegations.org.uk, 03335 779 377) which helps anyone affected by a false allegation of abuse, including their families.

It can put you in contact with solicitors, help you navigate the criminal justice system and assist in finding a counsellor.

Dear Deidre

I CAN'T stop cleaning my brother's house.

I'm a woman of 50 and my brother is 48. Ten years ago, our mother died and my brother inherited her home, where we'd grown up. My brother is lazy and I'm convinced he's never cleaned the house himself.

Whenever I turn up, it's filthy, with mouldy food everywhere and he never takes the bins out.

I couldn't bear to see it fall apart so I began cleaning it... but I've now become my brother's weekly cleaner

and he doesn't pay me a penny. My friend said if he chooses to live in fifth then I should let him but I can't bear to see my childhood home in such a state.

How do I stop this cycle of behaviour?

DEIDRE SAYS: Listen to your friend's good advice.

By cleaning up your brother's mess you're enabling him to live in this way because he knows you'll pick up after him.

If you leave him to his own devices he may decide he doesn't want to live in a mess after all.

Married lover accuses me of betraying him

Dear Deidre

MY married lover refuses to leave his wife and only sees me for a 30-minute quickie each week.

Our affair began a year ago after he'd been chasing me for six months.

We met at work and he soon started flirting. I told him I didn't sleep with married men but my refusal just made him work harder.

I enjoyed the feeling of being desired but was determined not to break my morals – until we went out for some work drinks. I'm 32 and he's 39.

We began talking and I admitted that I'd been feeling lonely since my divorce.

Fuelled by a few large glasses of wine, we ended the night lying together in a hotel room, exhausted after an incredibly energetic sex session.

This blew my mind, and soon we began regularly sleeping with each other.

It didn't take me long to fall in love with him, but he always insisted I should meet someone else. I didn't want to be some

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

dirty secret, so I called the affair off and met a great guy.

Things were going well until I told my lover I was dating someone. He admitted he'd fallen in love with me too and was hurt by my "betrayal".

How can I have betrayed him when I was single and he even encouraged me to find someone else?

Now I'm back with my lover and I only see him for 30 minutes a week.

He's got a different job, so I

don't even see him at work any more. He's refusing to leave his wife because she has had issues with her mental health. They have four children and he worries she may get depressed again.

I long for a real relationship with passion, and don't want to feel like I'm second best any more. We call and text each other all day long, but it just feels like a fake romance now.

I'll break my own heart if I split up with him, but I'm not sure what to do as he will never choose me over his wife.

DEIDRE SAYS: You have said it yourself, this man will never choose you. Better to stop imagining how life might look with him because it's not realistic. You are wasting your time.

He is married with children and won't leave his partner. This man is only thinking of his own needs, not what is best for you.

Someone who loves you will respect you and commit to a proper relationship.

My support pack Your Lover Not Free is about being in love with a married man. It will explain the pitfalls of this relationship and help you see this situation more clearly.

Another support pack Ending A Relationship will also help you.

GET IN TOUCH

My team is here to help. Please feel free to contact us 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

Dear Deidre

AM I an embarrassment to my girlfriend because I'm not as clever as her or her family?

She comes from an academic background. Her father is a lecturer at a university and her mother is a lawyer.

Last year, my girlfriend qualified as a doctor and is now working for the National Health Service.

Meanwhile, I'm trying to build a surfing clothing brand that has yet to get off the ground.

I fund my dream by working full-time in a pub and living with my parents. I'm 27 and my girlfriend is 25.

She has always said my dream is unrealistic, and that it's about time I got a degree "like anyone with ambition would".

Her dad has even told me he would never give me permission to marry his daughter until I can provide for her.

But I never wanted to go to university

GIRLFRIEND IS ASHAMED OF MY JOB

because I have dyslexia and struggled in school, barely scraping together a handful of GCSEs.

When my girlfriend graduated, her parents decided to throw her a party to celebrate.

They had hired out a nice bar and really splashed the cash. All of her university friends were invited, but I soon realised that I would not be welcome.

I asked her why, and she simply said there wasn't enough capacity for me to attend because she was prioritising her family and university friends.

But the excuse was weak. I knew there was more than enough space for

me when I saw how small the guest list was.

I assume she didn't want me to socialise with her friends who were also graduating with her.

I feel cast aside. I shouldn't be made to feel ashamed of my dreams. How can I resolve this?

DEIDRE SAYS: The background to your education has nothing to do with your girlfriend or her parents.

They should be encouraging you as you start up your company, not shaming you about it.

Ask yourself if you want to be involved with such an unsupportive family.

Talk to your girlfriend and explain how this treatment is affecting you. This is the time for her to offer you real reassurance.

My support pack Finding The Right Partner For You will help you decide if you want to be with this woman any longer.

SAVE UP TO £70 ON THE VAX SPOTWASH RANGE TODAY!

VAX SPOTWASH

HOME DUO

Spot Washer

Quickly and easily remove spills, stains and pet messes from anywhere in the home and car.



Don't just take our word for it...

Freddy56 ★★★★★

So useful - I bought this as we have a new puppy and relatively new carpets. It's been great for little accidents and muddy feet. Easy to use, does what it says and doesn't take up too much space.

Read all our customer reviews at vax.co.uk



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Tools For Every Task

Must Have Cleaning Companion

The VAX SpotWash Home Duo is the perfect cleaning tool for accidental spills, stains and pet messes. Whether you have a busy home with kids or pets, or you're a car enthusiast, the VAX SpotWash Home Duo is ideal for cleaning multiple surfaces around the whole home. And when the accidental spills and stains are in hand, it's great for cleaning soft furnishings, and refreshing and reviving upholstery.

Remove Spills & Stains

Just fill the VAX SpotWash Home Duo with water and SpotWash cleaning solution and it's ready to go. A trigger on the handle allows you to target the solution on the spill or stain, and the VAX SpotWash Home Duo will do the rest, cleaning and lifting the mess into the dirty water tank, which is simply lifted out and poured away - leaving the area looking and smelling clean.

Tools For Every Task

Complete with a selection of tools for multiple tasks, the VAX SpotWash Home Duo is equipped to help you clean anywhere in the home and car. For those particularly unsightly messes, there is also a dedicated messy tool, so you'll not need to worry about any cross contamination of cleaning tasks.

Compact & Convenient

The VAX SpotWash Home Duo has been designed to be portable and easy to grab for when those unexpected messes appear. With its compact design, it fits neatly into cupboards for storage and the tools and tanks are easily removed for cleaning and emptying. Plus, for added reassurance, each of the cleaning attachments have an antimicrobial treatment which helps protect against the growth of bacteria and fungi. Order the Vax SpotWash Home Duo direct from vax.co.uk today for just £129.99 was £169.99 saving £40.

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MAX DUO

30% More Suction Power*

Large Tank Capacity

SAVE £70 TODAY
NOW £149.99
WAS £219.99

FREE Stain Removal Kit Worth £30

FREE with the
VAX SpotWash
Home & Max Duo
when purchased
at vax.co.uk.



*When compared to existing Vax SpotWashers. Orders before 7pm Monday-Friday will be next day delivery. Outside of these times, orders will be despatched next working day. Offer only while stocks last.

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SAVE £75
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"Best bit of gardening equipment bought in a long time. Has cut down (no pun intended!!) the time spent on hedge trimming by at least half. Well made, well balanced, not too heavy and a pleasure to use."
Donald B. ★★★★★

"Extremely pleased with my hedge trimmer. My hedge which used to take a day to cut was completed in one full charge of the g tech."
William L. ★★★★★

The secret to a beautiful hedge is regular trimming – Gtech’s innovative cordless HT50 makes trimming hedges a pleasure.

No cord, no fuss

Moving around your garden is a joy with the HT50’s extended 60 minutes of run time.* There are no cables, or petrol engines to refill, just freedom to roam. A high torque 18V motor, supplies the HT50 with power directly when needed, while the lightweight but strong drive system is precise and quiet to run. But don’t be fooled – the laser cut precision blades power through branches up to 25mm thick – encouraging growth of a healthy, luscious hedge.

Extra reach

With an adjustable head that rotates through 135°, the HT50 gives you ultimate control over cutting your hedge. Adjust the head downwards so you can cut the top of your hedge easily, and upwards to slice through thorny branches without scratching your arms. The 50cm blade helps you reach up to 10ft†, cutting flat along the top of hedges for an immaculate finish. Power through foliage, leaving behind clean cut, healthy stems which will bud into a beautiful, rich textured hedge.

Perfectly precise

Weighing only 2.94kg and accompanied by the harness, you can move freely around your garden without feeling anchored down. The HT50 is well balanced giving you a more enjoyable gardening experience without worrying about the weight.

Individual RRP of the HT50 is £249.99 and Branch Cutter is £24.99 which gives a total RRP of £274.98. Offers valid until 30/09/2024 or while stocks last and cannot be used in conjunction with any other offer. 30-day money-back guarantee, excluding £10 collection fee. Limited 2-year warranty. † Depending on the height of the user. Order before 7pm for Next Day Delivery to UK mainland (excludes Scottish Highlands) See website T&Cs for details. *Runtimes quoted may vary depending on condition of branches being cut.

Includes Branch Cutter

Make light work of sawing through branches of up to 60mm thick with this cutting attachment – offering the ultimate in versatility.



Get the **HT50 Long Reach Hedge Trimmer and Branch Cutter bundle** for just **£199.98** (RRP ~~£274.98~~) saving **£75** if you order before **30.09.24**. Order now at **www.gtech.co.uk** call **0800 030 81 25**

or scan the QR code:



Inventor & Owner, Nick Grey

"We designed the HT50 with a longer blade, so you cut a bigger area at once. This means you'll spend less time working and have more time to enjoy your garden – ideal."

Nick

www.gtech.co.uk



Gtech's rating is 4.8 out of 5 after 130,000 reviews



Free tracked next day delivery and 2-year warranty

● **KIDS** can now sleep among prehistoric dinosaurs when they book a special new experience at the Natural History Museum. The London attraction has released new dates for its Dino Snores events, which allow guests after-hours access to the exhibitions. Once young campers have picked their sleeping spot, underneath the skeleton of

a 25-metre blue whale called Hope, they will part from parents and set off on a tour by torchlight, led by one of the museum's scientists. Before bedding down for the night, little ones will get stuck into a dinosaur T-shirt workshop and be treated to a bedtime story. While tots are cared for, parents can tuck into a three-course dinner, followed

by a pub quiz, stand-up comedy and late-night movie marathon. Both grown-ups and children will be served cooked breakfast the next day. The event takes place from 6.30pm to 10am the following morning and costs from £100pp or £150pp for a VIP ticket with a pre-made camp bed. Members tickets cost £90. See nhm.ac.uk for more details.

● **A BLUE** Sherman wartime tank has fired into action again as it made its way to Yorkshire this week. The M50 tank Mother, built in 1942, is appearing at Eden Camp Modern History Museum for a special weekend-long event. Visitors to the the Yorkshire Wartime Experience will be able to see the only tank of its kind in the UK and get stuck into a "range of exhibits, live battles, and displays from different eras". See yorkshirewartime.co.uk.

hot spot **MEXICO** is 34C. Seven nights' all-inclusive at the Grand Palladium Kantenah Resort & Spa on the Riviera Maya is from £919pp including flights from Gatwick on September 5. See firstchoice.co.uk.

hot spot **EGYPT** is 37C. Seven nights' all-inclusive at the 5★ Makadi Spa Hotel in Hurghada is from £885pp including flights from Gatwick on September 13. See redseaholidays.co.uk or call 0207 332 2670.

Edited by **LISA MINOT** Follow me on X @lisaminot



TRAVEL

PULL UP IN PULA ON JET2

JET2 is adding the seafront city of Pula to its summer roster for next year. The low-cost airline will begin operating up to five weekly flights from Birmingham, Manchester and Stansted to the Croatian hot spot from May 1, 2025. Jet2holidays will also be launching new travel packages for families with a choice of 3★ to 5★ accommodation across Pula and the Istrian Coast. And holidaymakers will be able to bag free child places to the destination with spots available on every flight. Packages include seven nights' B&B at the 4★ Park Plaza Belvedere in Medulin from £789pp, based on a family of four sharing and including flights from Stansted on May 3. Or get seven nights' half-board at the 4★ Isabella Valamar Collection Island Resort in Porec from £979pp, based on a family of four sharing with flights from Manchester on May 8. See jet2holidays.com.



VIEW . . Dorset's Hut 409

HUT-TERLY TRANQUIL

TALK about sea views! This holiday home is as close to the beach as you can get. Hut 409, on the Mudeford Spit sandbank in Dorset, is a traditional beach hut fitted with two single beds so that you can spend the night. The recently renovated cabin also features a front porch with a small deck for barbecues, a living/seating area and even a kitchen with gas hobs, a sink and an oven. It offers impressive views of the harbour nature reserve and comes with free bodyboards and kayaks. Beachhuts.com's Lily Smith says: "Many holidaymakers would love to hear the waves lap on the beach right outside their hut. "Traditionally, that was only a pipe dream for most staycationers. It is now easier for holidaymakers to find freehold beach huts and chalets whose owners offer overnight accommodation." See beachhuts.com.

5★ LUXURY FOR A FRACTION OF THE COST IN SANTORINI!

On the right Rhodes for adult fun

RELAXING
... hotel suite

LUXURY ...
on-site spa

SINK IN . . .
to pool at
Elissa Lifestyle
Beach Resort

THE hotel terrace sparkles in the sunshine, the pool shimmering and everyone lounging around it has a glass of something boozy.

I'm somewhere decidedly adult – and very fun. Rising from my sunbed, I head off in search of another drink. Suddenly, the silence is shattered by the laughter of children and the soundtrack of Disney's Frozen. As I head to the bar, I wander too far in the wrong direction and find myself near its family-friendly sister resort. I retreat hastily back to the Elissa Lifestyle Resort. This haven on the Greek island of Rhodes offers a retreat for adults at a fraction of the price of upscale neighbours such as Santorini and Crete. The 5★ hotel focuses on gourmet dining, fine wine, and wellness – leaving its next-door sister resort, Helea, to look after the families. Elissa is a grown-ups' playground, with boutique shops, tennis courts, fitness studios and a spa. Opt for the premium package and you will even

GO: RHODES

GETTING THERE: EasyJet flies to Rhodes from Gatwick, Luton, Manchester, Bristol and Birmingham with fares this October from £26.99 one way. See easyjet.com
STAYING THERE: Seven nights' B&B at the 5★ Elissa Lifestyle Beach Resort is from £617pp with flights from Gatwick on October 16, transfers and 23kg luggage. See easyjet.com/en/holidays.
MORE INFO: For details on the hotel, see ellaresorts.com/our-resorts/elissa-resort

get a free car to explore the area, though you will not want to leave. The rooms are calming and comfortable. My spacious mid-range suite includes luxurious amenities such as a bathrobe, Hermes toiletries and two TVs. But the best part is having a bright-blue pool directly outside my room – which I share only with my immediate neighbours. While I spend most of my time outdoors, I also visit the spa for a

back-and-shoulders massage, perfect for a desk dweller like me. My evenings are spent at Greek wine-tastings in the on-site private cellar, watching classic films at the outdoor cinema, and enjoying live music with a nightcap at one of the hotel bars. It's also a food-lovers' paradise. A highlight was Kavos, a seafood oasis with a menu curated by Michelin-starred chef Alexandros Tsiotinis.

Private beach

I enjoyed crispy calamari followed by delicate sea bass and prawns. But the standout dish was the giant bowl of steaming mussels in a spicy nduja sauce. The next night – for a completely different vibe – I headed to Masari for a taste of Japanese cuisine. We sat in traditional sunken-style seats and watched a stunning selection of sushi make its way to our table. The buffet at Fanes restaurant provides many options for the days when you feel less adventurous. Then there is the unique Breakfast Stories experience – for those willing to fork out a bit. Think of it as

an elevated version of your typical brekkie, accompanied by live music for some extra pizzazz. Most restaurants require booking, but Iстриo near the main pool was my go-to for casual daytime bites. From a distance, you would struggle to tell Elissa and Helea resorts apart. Both have the same sleek design, natural-toned interiors, and sit on the same private beach in Kallithea, just a ten-minute drive from Rhodes' Old Town. The difference only became clear to me during a Pilates session that had to be relocated to the family-friendly Helea's gym following unexpected rain, and a golf buggy took us there, passing the resort's waterpark, Ella Splash Land. While holding the downward-dog position, I heard giggling from the back of the room and spotted three kids mimicking us, kicking their legs in the air and chanting: "Om!" However much you adore your kids, sometimes you need to focus entirely on yourself – and Elissa is perfect for just that.

ISABEL SHAW



HOLIDAYMAKERS will have a chance to question one of the UK's most famous quiz whizzes, on MSC Virtuosa this summer and autumn. The Chase's Shaun Wallace, aka The Dark Destroyer, below, is stepping on board the 18-deck cruise ship, above, for selected dates in August and September with special Q&As and a lecture series.

stay with the stars

The TV favourite will join West End performer Darren Day, who is playing songs from his roles in Greece and Joseph And The Amazing Technicolor Dreamcoat. MSC Cruises' Antonio Paradiso said: "We are always looking for the best entertainment

options for our guests and I am so excited." The special celebrity cruises include a 12-night Iberian Coast, Mediterranean and Canary Islands sailing departing on August 10, as well as 14-night Iberian Coast, Canary Islands and Madeira sailing on September 7. Departing from Southampton on September 28, a 14-night Iberian Coast and Mediterranean sailing with Darren and Shaun costs from £1,119pp. It will call at La Coruna, Cadiz, Malaga, Alicante, Palma de Mallorca, Barcelona and Valencia in Spain as well as Lisbon in Portugal. See msccruises.co.uk for more details on the trips.



lates **COSTA BRAVA:** Seven nights' half-board at the 3★ Hotel Iberosol Sorra D'Or is from £243pp including flights from Stansted on September 19. See onthebeach.co.uk. **LONDON:** Enjoy a two-day coach break to see The Lion King at London's Lyceum Theatre, from £209pp. Includes pick-up from select points in England, one night's B&B, matinee ticket for show and free time for shopping and sightseeing. See omegabreaks.com for more information. **BAHAMAS CRUISE:** Nine-day voyage from New York on board the Carnival Venezia is from £1,019pp including return flights from Gatwick on November 19, all meals, entertainment and calls at Miami, and Half Moon Cay, Nassau and Freeport in the Bahamas. See carnival.com. **YORKSHIRE:** Seven nights' self-catering at Orchard Cottage in Lothersdale is from £764 in total, based on six sharing, arriving August 23. See sykescottages.co.uk. **CAPE VERDE:** Seven nights' B&B at the 4★ Hotel Sobrado on Santa Maria is from £425pp including flights from Newcastle on August 26. See loveholidays.com.

essential **KOPPABERG UV STICKERS, free in pubs across the UK** HOW do you know if your sunscreen is really working? And when is the best time to re-apply?

These new UV stickers from the fruit cider brand Kopparberg will tell you just that. Shaped like a strawberry, the small indicators can be stuck anywhere on the body after you have applied SPF. The colour will then change from clear to purple when it is time to slap on another layer.

The stickers are part of Kopparberg's Drink Responsibly This Summer campaign, in partnership with UK charity Melanoma Fund and can be picked up from selected pubs in Leeds, London, Glasgow and Dundee.

Venues dishing out the freebies include Green Room in Leeds, Vodka Wodka in Glasgow and The Star in Shoreditch in East London.

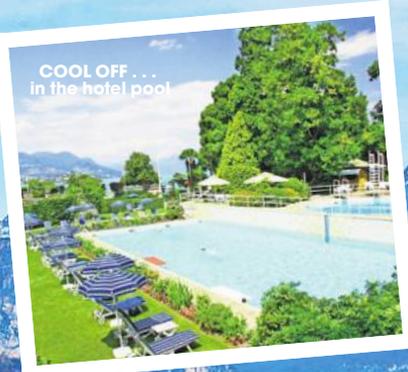
And the best part is – they are free. So you can grab a packet from the bar the next time you are sinking pints in the pub garden. See kopparberg.co.uk/drink-responsibly-this-summer for the full list of pubs.



ISLAND PALACES, ALPINE PANORAMAS AND



HANDMADE ... Mory at a pasta-making class



COOL OFF ... in the hotel pool



FEAST ... at Pizzeria La Papagollo



Magical Lake

SIPPING espresso on the terrace of the Hotel Grand Des Iles Borromees is a moment I will never forget.

It is the perfect spot in the Italian town of Stresa, on the banks of Lake Maggiore, to feast your eyes on the sparkling water fringed by forested mountain peaks.

I am not the only one to have been seduced by the scenery – Queen Victoria once rented a villa here, and the five-star historic hotel has been welcoming royalty, celebrities and dignitaries for more than 160 years.

Named after the family who own the lake's three Borromeo Islands it is certainly grand after a glossy multi-million pound restoration.

Oozing classic Italian grandeur and set in landscaped gardens, the hotel shimmers as brightly as the lake. Murano chandeliers sparkle in the marble corridors and in every ornate, gilded room.

Roman statues are dotted around and attentive staff are dressed as footmen in dark-green uniforms.

I even imagined the author Ernest Hemingway, who was nursed back to health at

GO: LAKE MAGGIORE

GETTING / STAYING THERE: Four nights' B&B at the 5★ Hotel Grand Des Iles Borromees is from £931pp including flights from Gatwick on August 26. Or head there in May next year with four nights from £819pp. See tui.co.uk

OUT & ABOUT: Lake Maggiore experiences booked via Tui Musement. Cooking with Cesarina, £73pp. Al Buscion wine-tasting, £17.20pp. Lake Maggiore Express train ride including return ferry to Stresa, £44pp. Half-day tour to Lake Orta, £47pp. See tuimusement.com

the hotel following World War One, might tip his hat and give me a wink from across the piano bar.

There's a risk you won't want to leave this heavenly hotel, spending sleepy afternoons in its fancy new spa or lounging by the pool.

My room alone was difficult to depart, with its intricate corniced ceilings, chandelier and damask walls.

But a smorgasbord of experiences bookable through Tui Lakes and Mountains will lure you away.

A thrilling train ride into the Swiss Alps and seeing a (long departed) saint up close provided us with more amazing

memories – as did spending mornings swimming in the lake.

But pasta-making in Italy had to be the bucket-list moment. Stresa resident Gisella Motta invited us into her gorgeous home to learn secrets passed down in her family's restaurant.

For the tastiest pasta, she told us to crack two eggs into a well of 200g of flour, when most recipes call for just one. Then whisk with one finger, knead until ready to roll, and keep rolling.

Endless sprinkling of flour keeps the dough dry.

Our sauce was just four ingredients – Gorgonzola, Parmesan, milk and walnuts. It was the best pasta I'd ever tasted – and Gisella's wine-pairing and dessert of homemade Margherita di Stresa biscuits, named after the first queen of Italy who grew up in Stresa, topped off the night.

Mouth-watering places at which to eat abound in Stresa.

Lo Stornello serves up traditional local cuisine such as polenta, risotto and fish from the lake.

Pizzeria La Papagollo offers unforgettable pizza with dough that has risen for 24 hours then rested for 36 more. I vowed to go back just for the Contadinella, topped with apples, Gorgonzola, and pistachio.

Wine-tasting at Al Buscion is 20 euros a head – including generous pours of Pied-

CHIMINEY SWEEP MUSEUM

VIBRANT...
flowers of
Isola Madre



ELEGANT...
Grand Hotel des
Iles Borromees

ENCHANTING...
Isola Bella island,
Lkae Maggiore



Maggiore

mont whites and reds, and a dreamy cheeseboard paired with delicious meats and moist focaccia bread.

Another Tui experience not to be missed is the Lake Maggiore Express train ride from Domodossola to Locarno in neighbouring Switzerland.

It promises two hours of jaw-dropping views of lush Alpine scenery and pretty villages, as the train crosses stone bridges and passes through mountain tunnels.

The on-board trolley serves up Aperol spritz as well as snacks and other drinks.

Island palaces

We hop off at Santa Maria Maggiore for a visit to the Chimney Sweep Museum, which shares stories of Italian children sent to work in cities across Europe in the Victorian era. It now hosts an annual festival to honour them and sweeps visit from all over the world.

Arriving in Locarno, we had time for a quick caprese salad of mozzarella, fresh tomatoes and basil before boarding a boat at the northern tip of Lake Maggiore, where it reaches into Switzerland, for our return to Stresa past the Borromeo islands of Madre, Bella and Pescatori.

Owned by the Borromeo family, the islands' palaces and botanical gardens are now open to the public. The Borromeos were so rich they once had their own

army – and the Isola Bella palace, where marble columns line the ballroom, gives Buckingham Palace a run for its money.

Beneath the palace are grotto vaults made of volcanic stone which acted as the family's natural air-con in summer.

On Isola Madre, the family's "summer house" is another stunning mansion – with a theatre room filled with antique dolls and puppets that would probably terrify modern kids.

We also visited Pescatori (Fisherman's Island) for an al fresco lunch at Belvedere restaurant. I devoured a plate of pike on a bed of capers with anchovies from the Cantabrian Sea.

No matter how tempted I was to collapse on to a sun lounger on my last day, I am so glad we also made the pilgrimage via car and taxi boat to Isola San Giulio on nearby Lake Orta.

The body of Saint Giulio is on display in a glass cabinet in the island's very special church. Attached to the ancient basilica is a convent that is home to a community of 75 silent nuns, who stay there for life. After paying our respects, we follow the island's Meditation Walk around the religious house.

This part of Italy may just be my happy place, and I thank our Tui guide for bringing me here. I know I'll be back.

MARY GALLAGHER

VISITORS TO ITALY FACE NEW TAX

HOLIDAYMAKERS heading to Italy may have to pay a new tourist tax.

Ministers are considering imposing the levy on overnight visitors, to combat overtourism, reports Italian newspaper La Repubblica.

Like the tourist tax already existing in Italy, the rate would vary depending on the type of accommodation tourists have booked, and range from €5 (£4.29) to €25 (£21.44) per night.

For example, holidaymakers who have booked to stay in a hotel room that costs less than €100 (£85.77) per night would pay the minimum €5 (£4.29) charge.

Tourists staying in rooms that cost €100 (£85.77) and €400 (£343) could be charged €10 (£8.58) per night, while rooms costing between €400 (£343) and €750 (£643) could see holidaymakers charged €15 (£12.87) per room.

Holidaymakers staying in ultra-luxury hotels that cost more than €750 (£643) per night would pay €25 (£21.44).

It is thought the proposed levy would not be included within the cost of booking a holiday, and instead tourists would pay their accommodation provider.

Unlike Italy's current tourist tax, the new proposed charge could be extended to cover all hotels in Italy.

So towns and villages that are not provincial capitals, tourist cities or cities of art could also charge holidaymakers a tourist tax.

Proceeds would help reduce the impact of overtourism, and with rubbish collection.



FLIP HOORAY... spectacle

DOLPHINS SQUEAK IN TONGUES

MARINE experts have discovered the dolphins that live in the sea around the Channel Islands have developed unique regional accents.

The bizarre phenomenon, which has been recorded throughout the world, has been spotted among the islands' 400 bottlenose dolphins, which make different clicks compared to other dolphins around the globe, according to Jersey marine biologist Dr Paul Chambers.

The Channel Islands' dolphin population has surged in recent years, with the most common species bottlenose and common dolphin, although harbour porpoises, Risso's dolphins and minke whales have also been found nearby.

Earlier this year, a group of children returning from Sark to Jersey spotted a humpback whale.

Dolphins are commonly spotted on ferries between the islands, including the short hop from Guernsey to its sister islands of Herm and Sark.

Those wanting to learn more can embark on a Herm Explorer Wildlife Voyage with Guernsey RIB Voyages, starting from £32.50 per adult and £22.50 per child. See islandribvoyages.com

Or get up close with a two-hour kayak tour around Herm, from £50pp. See outdoorguernsey.gg



PLAY TIME... new Skypark at Butlin's Minehead

BUTLIN'S ON A HIGH WITH ITS KIDS' SKYPARK

A £2.5MILLION playground has opened at a Butlin's resort to make sure all its young guests have their share of fun.

The Skypark at its seaside centre in Minehead, Somerset, has been designed with inclusivity at the forefront.

It means children of all abilities can play together and no youngster is left on the sidelines.

The playground features a 42-metre swingline – the longest in the UK – as well as a wheelchair-friendly seesaw and a wheelchair-accessible trampoline.

Young visitors can also enjoy a pair of intertwining slides, which light up as they zoom down, for an after-dark experience.

The Skypark has a section for kids up to the age of six and another for older ones, aged seven and above.

The playground is divided into six zones and each area is represented by a different colour to reflect the different "positive joy emotions" including joy, calm, excitement, happiness, surprise and curiosity.

There are also sensory features and a Sound Domo, featuring sounds from nature, and peaceful areas for children to sit down.

Use of the playground is included in the price of a break or day pass, so guests won't need to spend a penny.

Craig Goodwin, resort director at Butlin's Minehead, said: "We believe it's the UK's most exciting playground. It's absolutely transformed this resort corner of the resort into a truly inclusive playground filled with colour and light, and with fully accessible facilities and features. "We're always trying to be more inclusive and more accessible and that's definitely something that we have been able to achieve here. "Our guests are always looking for

value for money, and things that are included in the cost of a break, so this ticks all of those boxes. It's a fantastic facility."

And while the children are letting off steam, the adults can keep an eye on them from the comfort of the Beachcomber Inn Terrace, which looks out on to the playground.

The revamped restaurant has been extended to provide a new terrace with outdoor seating.

Minehead is the largest of the three Butlin's resorts – alongside Bognor Regis and Skegness sites – and the work is part of a £23million investment at the Somerset site this year.

'Fast-paced'

This includes the renovation of 400 apartments, which were damaged by flooding in September 2023.

Craig added: "We've come a long way since the devastating floods last year. "I am proud of all these new openings and what our resort has to offer our guests."

"Since completing the renovations, guest feedback for those staying in these units has been overwhelmingly positive."

Butlin's has a line-up of headline acts for the summer holidays, including The Masked Singer and children's favourite Justin Fletcher, aka Mr Tumble.

TV host Stephen Mulhern will also be making regular appearances at all three sites throughout the summer.

The Dancing On Ice presenter – who started his career as a Redcoat in Minehead – will be entertaining guests with his latest live show, Beyond Belief.

Mike Godolphin, entertainment director for Butlin's, said: "This is a very fast-paced show. "It's a variety show, so there's lots of magic, audience interaction and certainly lots of laughter."

BECKY DICKINSON



SHOWTIME... Mulhern

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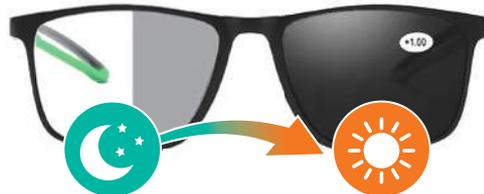
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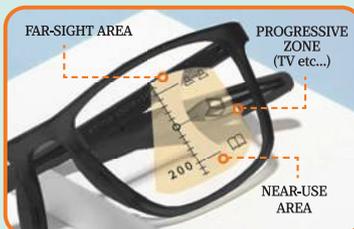
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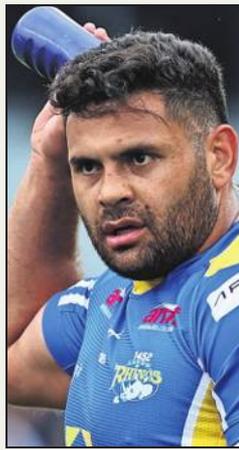


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Luke out for London trap



LUKE YATES has warned Warrington to be wary of a London 'ambush'. Wolves' Aussie forward, 29, cut his Super League teeth at the Broncos and knows how they will try to pull off a repeat of last Sunday's win over Catalans. Yates said: "The mentality there is to try and ambush teams. They know where they're at and I feel like they embrace that and try to go after teams. "That's the main thing — beware of the ambush. I know the mentality there and when I was down there, we beat all the big teams. "They love it when the big teams come down, so we'll need to be at our best."



MARTIN... 18-point haul

ARTHUR JOB

Rhinos ordered to complete play-off bid

By GARY CARTER

BRAD ARTHUR told his Leeds stars to 'back up' their play-off bid after thumping Wigan.

Rhyse Martin got a try and seven goals to stop the Warriors going back top of Super League and leave Rhinos four points off the top six. After four games as Leeds boss, Aussie Arthur said: "In the two

Leeds.....30 Wigan.....4

games we've lost under me we'd falter around the 25-minute mark but this was close to what we've been working on coming together. "The team don't always get it right but is having a red-hot crack. "That does not mean anything, though, unless we can back it up."

The visitors' indiscipline gave Leeds chance after chance to kick penalties — and Martin obliged. Liam Marshall's try got Wigan on the board but team-mate Harry Smith saw red for elbowing James Bentley at the end of Warriors' third game in ten days. Wigan boss Matt Peet said: "I don't want to use the three games as an excuse and I was disappointed with our discipline."

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THE Sun

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HULL... strong finish

Hull of a fightback

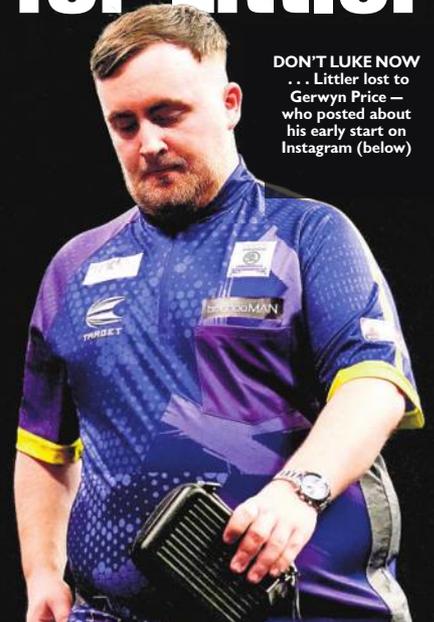
By DAVID FACEY

CHARLEY HULL believes her Olympics fightback has boosted chances of winning a first golf Major title in two weeks. That sort of claim would have been laughed at when Hull shot a nine-over-par 81 in the first round at Le Golf National. But she put that down to being unable to practice for five weeks after injuring a shoulder. And the GB golfer bounced back to play the remaining 54 holes in eight under, with rounds of 71, 69 and 68. Only two players went lower in the final three rounds, including Kiwi gold medalist Lydia Ko. Hull said: "I'm proud of the way I fought back. I was incredibly rusty after missing so much practice. "I've got the Scottish Open this week and then the British at St Andrews. I can't wait for those." Hull finished in 27th, four shots ahead of GB team-mate Georgia Hall.

Kiwis jolt by Pumas

ARGENTINA shocked New Zealand with a 38-30 victory in Wellington. The All Blacks built an early 10-0 lead but the Pumas battled back, with Mateo Carreras' superb 37th-minute try the pick of their four touchdowns. Ex-Sale forward Agustin Creevy crossed late on to give the visitors a five-point lead, before Santiago Carreras' penalty wrapped up a famous win. Defending their Rugby Championship title, it was the most points New Zealand have ever conceded at home. Kiwi No 8 Ardie Savea said: "It's hugely disappointing. That's not All Blacks standard."

McStuffin for Littler



DON'T LUKE NOW... Littler lost to Gerwyn Price — who posted about his early start on Instagram (below)



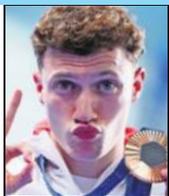
By PHIL LANNING

LUKE LITTLER saw his dream debut **Down Under** turn into a NIGHTMARE as he crashed to one of his worst defeats. Teenager 'Nuke' was dumped 8-1 in the Australian Masters final by Gerwyn Price, who revealed his win was fuelled by a 5am McDonald's breakfast. Price, 39, said: "I've been up since half-four! I was like I hopefully can get through my first game and probably just get knocked out because I felt a bit tired." Littler, 17, beat ex-world champ Michael Smith 6-4 and then Dimitri Van den Bergh 7-6 — with a 146 checkout — in the semis. But he paid the price for missing early doubles in the final as the Iceman roared into a 5-0 lead. Price added: "I'm not sure what happened but I just felt re-energised. "I think Luke missed a couple of doubles, probably could have won another two or three legs ... and then it's a different story."

OLYMPICS



JOY FOR US OF HAYES



WILLIAMS... bronze

Noah did it for Dave

From JOSHUA JONES

NOAH WILLIAMS dedicated his second diving medal of the Games to former coach Dave Jenkins.

The Londoner, 24, took bronze in the men's 10m platform — then admitted the sport is his therapy in a long-running battle with his mental health.

Jenkins was just 31 when he died of sudden adult death syndrome in 2021, after being found unconscious in a pool in Antalya, Turkey.

Williams, who teamed up with Tom Daley to win silver in the 10m synchro 13 days ago, said: "I 100 per cent dedicate this to Dave. It's so special for that reason."

"My mental health has always been pretty bad."

"I have struggled for a long time. I have been on anti-depressants for a few years. Even without the grief of Dave my coach, it's something I have to live with."

"I am just sad quite a lot of the time but that doesn't stop me from getting up and training."

"Competing is my form of therapy."

Williams, who only scraped into the final, was cheered on by Daley, knitting in the stands.

A poor dive in the fourth round left Williams in fifth and seemingly out of the running.

But scores of 93.60 and 94.35 from his final two dives took him to 497.35 points — and a bronze behind Japan's Rikuto Tamai and winner Cao Yuan of China.

Brit Kyle Kothari finished in 11th place.

Emile to aim high

From ROB MAUL

EMILE CAIRESS fancies a crack at London Marathon glory after Britain's best Olympic display over 26.2 miles for 40 years.

The runner came fourth in 2hr 7min 29sec — 29 seconds off bronze won by Kenyan Benson Kipruto.

Brit Charlie Speeding won bronze in 1984. Jon Brown was fourth in 2000 and 2004 but Cairess' time was quicker.

It is 31 years since a Brit male, Emamonn Martin, won the London Marathon.

Cairess, 26, said: "It's always been my target but you have to give respect when I've run one marathon there and done 2:08."

"Not many people win London. You could turn up in 2:02 shape and not win. It's still my goal."

Ethiopia's Tamirat Tola won gold with an Olympic record of 2:06:26.

Emma in Cruise to glory

TOM CRUISE joined the Emma Hayes appreciation club as the former Chelsea boss grabbed Olympic gold.

Just 11 weeks after leaving Stamford Bridge for the USA women's job, Hayes steered the Stars and Stripes past Brazil 1-0 at Parc des Princes.

Mallory Swanson's 57th-minute strike proved the difference as Hayes' half-time gee-up transformed her side.

Film star Cruise was among the crowd as the Englishwoman, who cut her coaching teeth in an eight-year spell in the States, savoured Olympic glory.

She said: "This win came

From MARTIN LIPTON

from love, just love. I love America. It made me.

"I was desperate to do it for this country. It's not every day you win a gold."

"My mum has been up there getting her photo taken with Tom Cruise and having a blast."

Hayes (right), who lost her father last year, kissed her necklace at the end because of its sentimental value. She added: "It's an American eagle my father gave me."

"I had a moment to myself, a reminder of what I've been through in my life and to show gratitude to my parents."

It has been a rough year. This time last year my father was dying and I didn't think I would have the courage to do this.

"I am not thinking about anything more than this moment. I have been so present in it. That was for my dad up in heaven."

Swanson struck as she ran clean through and tucked home, with the Brazil backline looking for offside against Sophia Smith.

Defeat for Brazil brought a tearful farewell to legend Marta, 38, who retired with Olympic silver.



AMERICAN DREAM... Mallory Swanson's winner secured US women's first Olympic gold since 2012

I'll have Cunningham plan for LA gold

CADEN VOW AFTER TAEKWONDO SILVER

CADEN CUNNINGHAM vowed to become the "king of taekwondo" in Los Angeles 2028 after claiming a bittersweet silver.

The 21-year-old from Huddersfield lost 2-1 to Iran's Arian Salimi in his bid to become Team GB's first male Olympic gold medal winner in the sport.

Cunningham (right), appearing at his first Games, said: "I'm gutted I didn't get the gold for myself, my coach, my family and for Britain."

"However, I'm very proud to be here today. It was good fun."

"I have a lot of respect for that athlete. Like myself, once he's in there he is ready to kill."

"I've got no problem losing if the man is better than me on the day — and that's what he was."

"You've got to be positive. I'm 21, I tore my ACL not long ago and I came back very quickly."

"To qualify for this was hard. This is the start of whatever I want."

"If I stay with this, I'll be the king of taekwondo for the next four years, no problem. One fight does not define me

From MARTIN LIPTON

as a fighter." Cunningham started on the front foot, forcing two penalties to ensure he took the first round 6-3.

It meant he was only two minutes away from British history in the +80kg category.

But in the second round, Salimi, 20, landed to the head to open up a three-point gap. He extended that lead to win 9-1 and take the tie into a decisive third round.

With the crowd roaring, Salimi scored with a kick to the trunk with 30 seconds left. And a blow to Cunningham's head saw him surge clear, before running down the clock for a 6-3 win and gold.

Cunningham's disappointment came just minutes after Scotland's Rebecca McGowan lost her bronze play-off against Turkey's Nafia Kus Aydin, 29, despite taking the first round.

McGowan, 24, admitted: "It's gutting, heartbreaking."



ALIVE AND KICKIN'... Cunningham strikes Salimi

ARTISTIC SWIMMING

Duet Final: 1 L Wang & Q Wang (Chn) 566.478pts. 2 K Shortman & I Thorpe (Gbr) 558.5367. 3 B de Brouwer & N de Brouwer (Ned) 558.3963.

ATHLETICS

Men's 800m Final: 1 E Wanyonyi (Ken) 1min 41.19secs. 2 M Arop (Can) 1:41.20. 3 D Sedjati (Alg) 1:41.50. 4 B Hoppel (USA) 1:41.67. 8 M Burgin (Gbr) 1:43.84.

Marathon Final: 1 T Tola (Eth) 2hrs 06mins 28secs. 2 B Abdi (Bel) 2:08:47. 3 B Kipruto (Ken) 2:07:00. 4 E Cairress (Gbr) 2:07:29. 46 P Sesemann (Gbr) 2:13:08. 57 M Mahamed (Gbr) 2:15:19.

Women's 100m Hurdles Final: 1 M Russell (USA) 12.33secs. 2 C Samba-Mayela (Fra) 12.34. 3 J Camacho-Quinn (PUR) 12.36. 4 N Visser (Ned) 12.43.

Men's 5000m Final: 1 J Ingebrigtsen (Nor) 13mins 13.66secs. 2 R Kwemai (Ken) 13:15.04. 3 G Fisher (USA) 13:15.13.

Women's 1500m Final: 1 F Kipyegon (Ken) 3mins 51.29secs. 2 J Hull (Aus) 3:52.56. 3 C Bell (Gbr) 3:52.61. 4 D Welteji (Eth) 3:52.75. 5 L Muir (Gbr) 3:53.37.

Men's 4 x 400m Relay Final: 1 United States 2mins 54.43secs. 2 Botswana 2:54.53. 3 Great Britain 2:55.83. A Haydock-Wilson, M Hudson-Smith, D Lewis, C Dobson. 4 Belgium 2:57.75.

Women's 4 x 400m Relay Final: 1 United States 3mins 15.27secs. 2 Netherlands 3:19.50. 3 Great Britain 3:19.72. V Ohuruogu, L Nielsen, N Yeargin, A Anning. 4 Ireland 3:19.90.

Men's High Jump Final: 1 H Kerr (Nzl) 2.36m. 2 S McEwen (Usa) 2.36. 3 M Barshim (Qat) 2.34. 4 S Sottile (Ita) 2.34.

Women's Javelin Final: 1 H Kitaguchi (Jpn) 65.80m. 2 J van Dyk (Rsa) 63.93. 3 N Ogrodnikova (Cze) 63.68.

BASKETBALL

Men's Final: France 87 United States 98.

BEACH VOLLEYBALL

Men's Final: Sweden 2 Germany 0.

BOXING

Men's 57kg Final: A Khalokov (Uzb) bt M Seitbek Uulu (Kgz) 5-0. Men's +92kg Final: B Jalolov (Uzb) bt A Ghaadri Driissi El Aissaoui (Esp) 5-0.

Women's 57kg Final: Y Lin (Tpe) bt J Szejnremeta (Pol) 5-0. Women's 75kg Final: Q Li (Chn) bt A Bylon (Pan) 4-1.

BREAKING

B-Boys Final: Phil Wizard (Can) bt Dany Darrn (Fra) 3-0.

CANOE SPRINT

Men's Kayak Single 1000m Final: 1 H Lovemore (Rsa) 3mins 27.94secs. 2 A Winkelmann (Ger) 3:28.04. 3 F Cubelles (Esp) 3:28.10.

Women's Kayak Single 500m Final: 1 L Carrington (Nzl) 1min 47.36secs. 2 T Csipes (Hun) 1:48.44. 3 E Jorgensen (Den) 1:49.76. 4 A Fisher (Nzl) 1:49.91. Women's Canoe Single 200m Final: 1 K Vincent (Can) 44.12secs. 2 N Harrison (USA) 44.13. 3 Y Cirilo Duboys (Cub) 44.36.

CYCLING TRACK

Men's Madison, Final: 1 I Leitao & R Oliveira (Por) 55. 2 S Consonni & E Viviani (Ita) 47. 3 N Larsen & M Moerkoye (Den) 41. 12 O Wood & M Stewart (Gbr) -29.

Men's Keirin, First Round Heat 2: 1 H Lavreyssen (Ned) 5secs. 2 J Carlin (Gbr). 3 S Vigier (Fra). 4 Y Zhou (Chn). Repechages 2: 1 H Turnbull (Gbr). Women's Sprint, 1/8 Finals: E Finucane (Gbr) bt K Clonan (Aus). 5 Capewell (Gbr) bt S Fulton (Nzl).

DIVING

Men's 10m Platform Final: 1 Y Cao (Chn) 547.50pts. 2 R Tamai (Jpn) 507.65. 3 N Williams (Gbr) 497.35. 11 K Kothari (Gbr) 401.55.

FOOTBALL

Women's Final: Brazil 0 United States 1.

GOLF

Women's Individual Stroke Play Final Round: 1 L Ko (Nzl) 278. 2 E Henseleit (Ger) 280. 3 X Lin (Chn) 281. 27 C Hull (Gbr) 289. 38 C Hall (Gbr) 293.

HANDBALL

Women's Final: Norway 29 France 21.

MODERN PENTATHLON

Women's Individual Semi-Finals: 1 K Bryson (Gbr) 1402pts. 5 K French (Gbr) 1398.

SPORT CLIMBING

Women's Overall: 1 J Gambret (Slo) 168.5pts. 2 B Rabouatou (USA) 156.0. 3 P Pilz (Aut) 147.4. 5 E McNeice (Gbr) 127.6.

TAEKWONDO

Men's +80kg Gold Medal Contest: A Salimi (In) bt C Cunningham (Gbr) 2-1.

Women's +67kg Gold Medal Contest: A Laurin (Fra) bt S Osipova (Uzb) 2-0. Repechages: R McGowan (Gbr) bt A Bathily (Civ) 2-0.

VOLLEYBALL

Men's Final: France 3 Poland 0.

WATER POLO

Women's Final: Australia 9 Spain 11.

WEIGHTLIFTING

Men's 102kg: 1 H Liu (Chn) 406kg. 2 A Djuraev (Uzb) 404. 3 Y Tskhantsou (Ain) 402. 4 G Karapetyan (Arm) 398. Men's +102kg: 1 L Talakhadze (Geo) 470kg. 2 Y Lalyan (Arm) 467. 3 G Misayyan (Brn) 461.

Women's 81kg: 1 S Koanda (Nor) 275kg. 2 S Ahmed (Egy) 268. 3 N Dajomes Barrera (Ecu) 267.

WRESTLING

Men's Freestyle 74kg Final: R Jamalov (Uzb) bt D Takatani (Jpn). Men's Freestyle 125kg Final: G Petriashvili (Geo) bt A Zare (In). Women's Freestyle 62kg Final: S Motoki (Jpn) bt I Kotladenko (Ukr).

OLYMPICS

OUR TRACK ACES



BYE GEORGE... winner Ingebrigtsen cruises past Mills

Fiery Mills finally stays chill at last

GEORGE MILLS went down without having a fight in the Olympic 5,000 metres final as Jakob Ingebrigtsen seized the gold medal.

Brit Mills – very much the son of fiery former England footballer Danny – was involved in a flare-up with French athlete Hugo Hay after a tumble in his heat. The Yorkshire athlete was one of four fallers to be reinstated by officials and handed a place in the final.

But the 25-year-old finished next to last in a field of 22 in his first Olympic final yesterday.

Although at least there was no effing and blinding at rivals this time.

Norwegian Ingebrigtsen – the 1500m rival of Britain's Josh Kerr – powered to victory over the final lap, comfortably beating Kenya's Ronald Kwemai into second, with American Grant Fisher taking bronze.

Ingebrigtsen bombed in defence of his metric-mile

From **DAVE KIDD**

Olympic crown on Tuesday when he led from the front but then up ended fourth, with Kerr taking silver behind American shock winner Cole Hocker.

And Britain's surprise package Max Burgin – who made the 800m final despite being ranked 124th in the world – finished last of the eight runners.

The Halifax runner, 22, trailed in after Kenya's Emmanuel Wanyonyi pipped Marco Arop of Canada for gold in a photo finish.



DOWN 'N OUT... Wood hits the deck in the madison

Ollie hurt by a Dutch helmet

OLLIE WOOD "felt like a crash test dummy" after being whacked on the back of the HEAD by a Flying Dutchman's helmet.

Team GB cyclist Wood, 28, was taken down with 40 laps left of the 200-lap men's madison on the penultimate day of track cycling at the Velodrome. TV replays were inconclusive and Holland's Jan-Willem van Schip escaped punishment after appearing to headbutt Wood as they clashed on a bend.

Wood, who was hobbling off his bike, said: "He hit me so hard I felt like a crash test dummy."

"I'm all right. I'll survive. I didn't see anything. I'll live to fight another day. It's not my first crash."

"It's just a bit different when you get hit from

From **ROB MAUL**

behind as you don't see it coming."

Wood and Mark Stewart finished 10th out of 15 as Portugal claimed gold.

It followed complaints by the Dutch, who accused Scot Jack Carlin of "rugby on wheels" after his bronze medal win in the men's individual sprint.

But six-time Olympic cycling champ Sir Chris Hoy said: "It was clearly Van Schip's error. You're trying to skim past the rider and not go too far on the bend but he misjudged it and whacked him on the head."

Emma Finucane is in the women's sprint semi-finals today but fellow Brit Sophie Capewell went out in the quarter-finals.

BELLS &



MEDAL TABLE

	G	S	B	TOT
China	39	27	24	90
USA	37	42	42	121
Australia	18	18	14	50
Japan	18	12	13	43
France	16	23	22	61
Great Britain	14	22	27	63
South Korea	13	8	9	30
Holland	13	7	12	32
Germany	12	10	8	30
Italy	11	13	15	39
Canada	9	7	11	27



METAL MEN... bronze for 4x400m relay team



RELAY WAHEY... women match men's feat



KILTY... delighted with bronze

KILTY MEDAL REALITY JOY

RICHARD KILTY will show off his Olympic medal to his young son – two years after the last one was stripped off him.

The sprinter damaged his Achilles in the heats for the men's 4x100 metres relay but still got the baton round so Team GB could make the final.

On Friday night he was subbed out as Zharnel Hughes, Nethaneel Mitchell-Blake, Louie Hincliffe and Jeremiah Azu won bronze.

Kilty, 34, stood on the podium in Paris and celebrated the gong having gone through an emotional wringer following Tokyo in 2021.

Back then, the Brits won relay silver but the squad had to hand them back in February 2022 as

From **ROB MAUL**

team-mate CJ Ujah had failed an in-competition drugs test.

Ujah served a 22-month ban and Kilty was furious that a doping situation out of his control had robbed him of a place in the record books.

The Teesside Tornado said: "This one makes it even more special because of the journey."

"The other one's gone – it doesn't exist in history. That was an amazing moment back then. But what a journey it has been to have this one for ever."

"Certainly for me, Nethaneel and Zharnel, we have finally got one. For these youngsters they

have a massive future ahead. It's crazy how the stars aligned for us to leave with medals around our necks.

"For 95 per cent of athletes, it's hard to qualify for the Olympics. And most people who come to the Olympics leave with nothing."

"I will definitely show this medal to my son."

Mitchell-Blake, 30, added: "It feels good to know that I have a piece of hardware. The older you get, the more you realise how hard they are to come by."

"What Kilty has done this season should not be understated. Sacrificed his health for the team."

"It goes to show the togetherness and camaraderie we have."

GO OUT WITH A REAL BANG

WHISTLES



Georgia sparks a Brit bronze blitz

GEORGIA BELL went from her couch to the Olympic podium via local Park Run to achieve one of the most extraordinary British medals of the Games.

The Londoner, 30, stormed to a 1500 metres bronze, having been off the track for five years until 2022.

Bell is still not even a professional athlete, currently taking absence from her job as a cyber-security expert to compete in Paris, the city in which she was born.

After an injury-hit spell in American college athletics, Bell gave up running altogether before she did a Park Run in London's Bushy Park two years ago. But after linking up with 800m queen Keely Hodgkinson's coach, Trevor Painter, Bell has been Britain's most improved athlete this year.

And she slashed four seconds off her personal best to overtake Diribe Welteji of Ethiopia and claim a sensational podium finish with a British record of 3min 52.61sec.

It was part of a decent final night of track and field for Britain, with both 4x400m relay teams winning bronze medals.

Bell said: "When I did that Park Run, I wasn't thinking about reaching the Olympics - that would have been bonkers."

"But I will be doing a Park Run on Christmas Day. Last Christmas I did one in Tunbridge Wells, this year's is to be decided

By **DAVE KIDD**
In **PARIS**



but I'll advertise it on social media.

"When I shut my laptop in May, my boss said 'will you be back even if you win an Olympic medal?' but I didn't think I would, so we will have to see now."

"I watched the last Olympics on my sofa, so I didn't expect this!"

Bell finished behind gold medalist Faith Kipyegon of Kenya and Australia's Jessica Hull, with GB teammate Laura Muir fifth.

And Bell said: "I don't know if I have ever been this happy. That was an absolutely crazy race. 'I woke up really calm and in a really good mood. I just thought, I am not the fastest person in that race but if I was brave and just got stuck in, then I could make something special happen."

"I am over the moon, an Olympic medalist."

"When I saw them coming through, the first lap in 59.6, I was like, 'oh!'. But I knew it was going to be painful. I just thought, 'I know I can finish strong'."

"I knew that as long as I didn't let a gap go and I was there with 100 metres to go, I thought I would be able to do it."

"I had to dig deep in the middle and I didn't realise how fast it was until I crossed the line."

"I zoned out after that first lap and tried not to overthink it. I did a 800m a couple of weeks ago at the

London Diamond League. That reality showed me that I have got some good speed. That gave me confidence coming in."

"That is definitely my strength, as a 1500 metres runner, I can close hard."

"It was just thinking, 'dig deep'."

Bell, the daughter of ITV political journalist Andy, added: "On the start line, I was telling myself that I was born for this - in the sense that I was born in Paris 30 years ago!"

"I just felt like I have nothing to lose, I had no pressure on me."

"I am so happy I came back to athletics. Mainly I am so happy with what running has given me."

"When I got back into running, the goal wasn't to try to make the Olympics."

"It was just going back to something that I really loved and taking the time away showed me that I actually do love it being part of my life."

Scot Muir said: "I ran a personal best, so I thought 'at least I have the British record' but I don't even have that now but I am so pleased for Georgia."

"I ran a second faster than Tokyo, where I got silver, so it shows how much this event is improving."

Britain's 4x400m women - Victoria Oshurugbo, Lavai Nielsen, Nicole Yeargin and Amber Anning - closed the Olympic track programme with bronze behind the American and Dutch teams.

Earlier, GB's men - Alex Haydock-Wilson, Matt Hudson-Smith, Lewis Davey and Charlie Dobson - were also third, after the USA held off Botswana for gold.

IOC won't go Bach to future

THOMAS BACH will stand down as IOC boss next year after a 12-year reign.

There was speculation the German, 70, was thinking of extending his term in office by four more years.

But in Paris, the 1976 fencing gold medalist (right) said: "I concluded I shouldn't ask for my term to be extended to protect the credibility of the Olympic movement. I'm a promoter of term limits."



Brit Seb Coe, Zimbabwe's Kirsty Coventry and Spain's Juan Antonio Samaranch Jr are all potential successors.

TODAY'S BRIT MEDAL HOPES

Cyclist Emma Finucane (below) can secure her second gold and third medal of Paris 2024 with the women's sprint (11.45am).

Jack Carlin is targeting keirin glory, with Hamish Tammill also involved (from 10.30am).

Emily Campbell goes in the women's +81kg weightlifting final after silver in Tokyo (10.30am).

And Kerensa Bryson and Kate French chase women's modern pentathlon gold (10am).

BRITS TO WATCH

Clara Evans, Rose Harvey and Calli Hauger-Thackery feature in the women's marathon (7am).

Neah Evans and Elinor Barker are the two Brits in cycling's women's omnium (10am).

GLOBAL STARS

It is a repeat of yesterday's men's basketball final as hosts France face superstars USA (2.30pm).

The Americans are eyeing a record eighth straight title.

FANCY SOMETHING DIFFERENT?

It is the Olympics' final day and that means there is, of course, the closing ceremony. It begins at 8pm in the Stade de France.

STATS MAD

Today is the last time we will see horses in the so-called modern pentathlon.

The showjumping element is being dumped for LA 2028, with an 'obstacle' event coming in.

Fencing, swimming, running and shooting will all remain.



KJT... tattoo is an inspiration

KATARINA MARIO MOTIVATOR

KATARINA JOHNSON-THOMPSON has a Mario Kart tattoo to remind her of her bleakest Olympic days.

The Liverpool athlete was two seconds off heptathlon gold on Friday night, just failing to keep far enough ahead of Nafi Thiam of Belgium in the final 800 metres event.

What made her silver medal so impressive was her tortuous journey over the past eight years.

She had failed to perform at two previous Olympics and also went into the Tokyo Games three years ago off the back of a ruptured Achilles.

And above the scar on her tendon is a tattoo of the blue shell, a menace known to any fan of the Mario games.

KJT, 31, is a massive gamer and loves playing on the Nintendo console

From **ROB MAUL**

with GB runner Adam Gemili. She explained to Eurosport: "My Achilles completely ruptured, split in two, so that had to be sewn together eight months pre-Tokyo."

"I'd been going in there in a really good place before that happened."

"Likewise on Mario Kart, when you are in the front and there's a blue shell, it knocks you down a level. That's what that tattoo symbolises."

"I was talking to my coach about the video game and obviously Nafi Thiam is an incredible competitor."

"She was the final-level boss - and I was unable to beat her!"

TV viewers may have noticed that Johnson-Thompson was grimacing if

she did not perform to her best during the two days and seven events.

And the reigning world champion says she made a conscious effort to express her emotions for a change.

She added: "I feel like I'm quite controlled in every aspect of my life."

"But at some point, you just have to act and compete and that's what I really wanted to do. I think that was apparent as a lot of my best attempts were when I was under pressure."

KJT also gave a clear sign she intends be at the Los Angeles Games in four years' time and attempt to upgrade her silver to gold.

She said: "I feel like I have got a bit of longevity in this event now."

"If I'm still competitive, I will be there in LA."

Pals Kate 'n Izzy make a splash

LIFELONG pals Kate Shortman and Izzy Thorpe won artistic swimming silver as they were beaten by brilliant Chinese twins.

The Bristol 'sisters' (left), whose names swam together 30 years ago, did the hardest final routine to finish behind Wang Qianyi and Wang Liuyi.

There were tears of joy as they became GB's first medalists in the discipline.

Shortman mouthed, "Oh my God!", after hugging Thorpe. They can hold their breath under water for 3min 30sec but it was taken away by the Wang siblings, who won by seven points.



Toffees receive a welcome Text

JOHN TEXTOR is making a new bid for Everton — as he looks to dump his Crystal Palace shares.

Eagles co-owner Textor has found new allies and is aiming to do a deal with Farhad Moshiri for the Merseyside outfit.

American Textor (right) was overlooked in the last round of bidding but is keen to get a Premier League club he can control after growing frustrated at Selhurst Park. After the Friedkin Group pulled out, Textor made contact with leading Everton figures

By **ALAN NIXON**

in the past few days in a bid to broker a deal.

He already knows the numbers of the debt from his previous bid and he is willing to sift through the problems relating to the ownership.

Billionaire Textor, 58, has been in touch with the Premier League previously about his status if he buys into another club while still involved at Palace. But there is optimism he can sort out that issue if he can win the battle for power at Goodison.

SPORTS ROUND-UP: RESULTS & FIXTURES

FRIENDLY MATCHES

BOURNEMOUTH (1) 3 GIRONA (1) 2
Kluivert 6 (pen) Stuaani 35
Sinisterra 72 Rocca 50
Jebbison 80

B DORTMUND 2 ASTON VILLA 0
Can 33 (pen) Brandt 35

HOFFENHEIM 0 FULHAM 2
Smith Rowe 34 Traore 64

LENS 3 LEICESTER 0

Danso 47 Fulgini 52, 57

TOTTENHAM (1) 2 BYN MUNICH (3) 3
Kulusevski 1, 62 Upamecano 16
Gnabry 31 Muller 44

WEST HAM 2 CELTA VIGO 2
Bowen 6 Ristic 22
Lucas Paqueta 35 Duran 66

WOLVES 0 R VALLECANO 1
Palazon 12

IPSWICH 1 NICE 0
Tuanzebe 58

SOUTHAMPTON 0 CETAFE 0

BRIGHTON 4 VILLAREAL 0
Joao Pedro 14 Welbeck 40, 85 (pen) Minteh 70

NEWCASTLE 1 BREST 0
Barnes 15

EVERTON (0) 1 ROMA (1) 1
Calvert-Lewin 62 Pellegrini 39

CRICKET

RUGBY LEAGUE

BETFRED SUPER LEAGUE

LEEDS (8) 50 WIGAN (0) 4
Leeds - Tries: Newman, Miller, McDonnell, Martin. Goals: Martin (7).
Wigan - Tries: Marshall.

P	D	L	F	A	Pts
Hull KR	21	16	0	5	539 264 32
Wigan	21	16	0	5	529 296 32
Warrington	20	14	0	6	504 267 28
St Helens	21	13	0	8	518 278 26
Catalans	21	13	0	8	398 308 26
Salford	21	13	0	8	395 399 26
Leeds	21	11	0	10	401 368 22
Leigh	20	9	1	10	398 314 19
Huddersfield	21	7	0	14	372 478 14
Castleford	21	6	1	14	342 559 13
Hull	20	3	0	17	274 612 6
London Br	20	2	0	18	210 735 4

LEAGUE ONE - Cornwall 26 Hunstall 33.

WOMEN'S SUPER LEAGUE

Warrington 14, St Helens 56 Featherstone 6, Palazon 12

P	W	D	L	F	A	Pts
St Helens	11	10	0	1	414	80 20
Leeds	11	9	0	2	446	74 18
Wigan	11	8	0	3	434	104 16
York	10	7	0	3	355	84 14
Barrow	11	0	0	8	120	344 6
Huddersfield	10	3	0	7	146	44 4
Warrington	11	3	0	8	96	461 6
Featherstone	11	0	0	11	94	494 0

RUGBY UNION

THE RUGBY CHAMPIONSHIP

AUSTRALIA (0) 7 S AFRICA (21) 33
Australia - Tries: Palsami. Cons: Lynagh.
South Africa - Tries: Kolisi, P, du Toit, Arendse (2).
Smith, Cons: Feinberg-Mngomezulu (4).
N ZEALAND (20) 30 ARGENTINA (15) 38
New Zealand - Tries: Darry, Liemert-Brown, Telea. Cons: McKenzie (3). Pens: McKenzie (3).
Argentina - Tries: Luna, J, Carreras, Molina, Creevy. Cons: S. Carreras (3). Pens: S. Carreras (4).

GOLF

USPGA WYNDHAM CHAMPIONSHIP (Greensboro, North Carolina). 1st Rnd (US unless stated) - 60 B Hossler, 64 A Eckroat, M Kuchar, B Todd, 65 C Gotterup, B Griffin, M Meissner, J Suh, V Whaley, 66 P Coody, B Kohles, V Perez (Fra), D Thompson.

TODAY'S SPORT

CRICKET

First Test Match—day 5 of 5: West Indies v South Africa (Port of Spain, 3pm).

The Hundred: Oval Invincibles v London Spirit (The Kia Oval, Women 11am, Men 2.30pm), Manchester Originals v Northern Superchargers (Emirates Old Trafford, Women 2.30pm, Men 6pm).

One-Day Cup - Group A: Kent v Durham (Canterbury, 11am), Middlesex v Somerset (Lord's, 11am), Northamptonshire v Lancashire (Northampton, 11am), Worcestershire v Hampshire (New Road, 11am). **Group B:** Leicestershire v Glamorgan (Leicester, 11am), Nottinghamshire v Essex (Nottingham, 11am), Sussex v Surrey (Hove, 11am), Warwickshire v Yorkshire (Rugby, 11am).

MOTORCYCLING

WORLD SUPERBIKE CHAMPIONSHIP GRAND PRIX OF PORTUGAL (Portimao): Race 1 - 1 T Razgatoglu (Tur) BMW 33mins 44.53secs, 2 A Bautista (Spa) Ducati +0.780, 3 D Petrucci (Ita) Ducati +1.450, 4 G Gerloff (USA) BMW +4.313, 5 A Lowe (GB) Kawasaki +4.690.

BRITISH SUPERBIKE CHAMPIONSHIP (Thruxton): Race 1 - 1 K Ryde (GB) Yamaha 25mins 42.22secs, 2 R Vickers (GB) Yamaha +0.168, 3 J O'Halloran (Aus) Kawasaki +0.502, 4 T Bridwell (GB) Honda +0.650, 5 B McNeill (Aus) Honda +1.044.

TENNIS

WTA National Bank Open (Toronto): 3rd Rnd - L Samsonova (Rus) bt E Mertens (Bel) 6-2 4-4, D Schneider (Rus) bt C Gauff (USA) 6-4 6-1, A Sabalenka (Bir) bt K Boulter (GB) 6-3 6-3.



EVERTON will start the season with the threat of another points deduction hanging over them. The Premier League claims Everton breached their PSR rules by an extra £6.5million for the 2022-23 season.

EXCLUSIVE by MATT HUGHES overspend in April. They had already been hit with the loss of TEN points for breaches in the 2021-22 campaign the previous November — a sanction which was reduced to six points on appeal.

interest payments should be added to their losses. But it will look again at £6.5m worth of payments, which it has said could represent another breach.

as stadium costs do not count towards PSR calculations. Everton were initially docked five points last season for the £6m breach, which was reduced to two points due to an early guilty plea and the fact they were being punished for overspending in successive seasons.

It comes on top of the £16m overspend they have been docked points for, as a result of interest payments linked to their new stadium at Bramley-Moore Dock. Everton were docked two points by an independent commission for their 2022-23

The Premier League claims the disputed £6.5m should be added to the club's spending as it was used for day-to-day running costs. But Everton insist it should be removed

The club are contesting the alleged £6.5m breach so will not be let off lightly if found guilty, meaning another two-point penalty is possible. Everton are confident they will not face PSR charges for the 2023-24 season.

The club are confident they will not face PSR charges for the 2023-24 season.

PREMIER LEAGUE SHEIKHS STIRRED

TOUCH AND GO

Saudis lying in wait for Salah and KDB

THE Saudi Pro League WILL bid for Mo Salah or Kevin De Bruyne this summer — if an opportunity arises.

By **DAN KING**

But following last summer's game-changing shopping spree, the transfer market's biggest new powerhouse is prepared to wait until the time is right to make superstar signings for the next phase in its development.

from Aston Villa to Al-Ittihad is the only major deal done so far this summer. The money is still there if SPL clubs need it. The Player Acquisition Centre of Excellence had an eight-year budget for international transfers when it was established last year.

now would not boost the current TV revenues of £100m per year.

Only £10-15m of that comes from broadcasters outside the Arab world.

At least a couple of big-name arrivals can be expected soon.

But that could change dramatically with the right signing at the right time and players like Salah and KDB would increase rights in every market.

But there is an acceptance Salah (right) and KDB (left) may be tricky to sign now and could be available for no fee if they do not agree new contracts.

The emphasis of future transfer spending will be on quality rather than quantity. And the desire to make the SPL more competitive is set to see talent spread around more evenly in future.

There is another good reason why it might make sense to wait until at least January.

A knock-on effect of the lack of Saudi spending has been a factor in restricting Prem spending so far.

All of the SPL's media rights contracts expire at the end of the upcoming campaign, due to start later this month and end in May. Bringing in a new superstar

Dr Tom Bason, from Coventry University's Centre for Business in Society, said: "Last year's summer window was kick-started by the cash injection from Saudi Arabia, whether that was a transfer fee which allowed clubs to spend money or clubs being able to get players on big contracts off the books."



Trent on LaLiga radar

REAL MADRID and Barcelona are watching Trent Alexander-Arnold's situation at Liverpool closely.

By **DAN KING**

Reports in Spain say the LaLiga giants think the England ace is willing to leave following the progress of 21-year-old right-back Conor Bradley.

Virgil van Dijk, 33, who are the only two players at Anfield who earn more than TAA, and whose contracts will also expire in June 2025.

TAA is in the final year of his contract and the Reds will offer him a new deal that would increase his £180,000-per-week wages — but they are not willing to break the bank. Anfield bosses also have to sort out what to do with Mo Salah, 32, and

It still seems very unlikely Liverpool would cash in on Academy graduate Alexander-Arnold, 25, this summer as it would be a wrench for both parties. But Real and Barca, along with other top clubs, are looking at what might be possible in the next 12 months or so.

Without Saudi money, many clubs just don't have as much cash to spend."

But Peter Hutton, an SPL board member, said: "The growth of the league is a long-term project. Solid budgets are in place for the league to acquire players, and the new players are positive influences as we try and raise standards." Liverpool, Manchester City and the rest of the Premier League should not be lulled into a false sense of security.

Alan Nixon

BOSS OF GOSS



SUNSPORT'S MAN IN THE KNOW FOR RED-HOT TRANSFER NEWS

LUTON have had interest in their strikers Joe Taylor and Cauley Woodrow — as boss Rob Edwards looks for his own reinforcements. Huddersfield are leading the chase for Taylor, 21, while 29-year-old Woodrow has come on to Derby's radar. But the Hatters are trying to sign a forward before letting any go.

BRIGHTON will be choosy about where they send keeper Carl Rushworth on loan. They are looking for the 23-year-old's wages to be covered in full. But Seagulls are keen for Rushworth to go to a leading Championship club with a view to a £1m promotion bonus. Sheffield United are favourites.

Szmodcs 'n blockers

IPSWICH are haggling over a deal for Blackburn striker Sammie Szmodcs — with the teams just £500,000 apart on a fee.

They have been debating the guaranteed sum starting point and Ipswich are at £8.5million but will not

budge to the £9m demanded.

The package for Szmodcs (left), 28, includes extras for goals, a survival bonus and even a promotion pay-out if Ipswich are relegated but then come straight back up to the Prem.

However, the negotiators cannot sort out the first sum, to the frustration of all parties and the player.



BIRMINGHAM are ready to hand winger Siriki Dembele a new contract.

Dembele, 27, has attracted interest since the Blues went down to League One — and the club could offer a pay hike to fend off rivals.

Fee takes the Michael

KEEPER Michael Cooper is being valued at a hefty £6million by Plymouth.

The fee scared off Sheffield United and left Crystal Palace planning to snatch Cooper (right), 24, at a later date.

Cooper's Home Park deal is running down — but Argyle are still demanding a top fee for one of the better No 1s outside the Prem.

Plymouth are looking at Bolton's Nathan Baxter, 25, as a replacement.



CHUK'S AWAY!

Eagles swoop for Carney

CRYSTAL PALACE are willing to spend big on Chelsea midfielder Carney Chukwuemeka.

England Under-21 ace Chukwuemeka, 20, could be squeezed out of the first-team picture at Stamford Bridge under new coach Enzo Maresca.

The ex-Aston Villa prospect is looking to play regularly and Palace are waiting for the nod to make an offer for him.

Eagles would shell out over £20million for Chukwuemeka (left), as they have been looking for some extra attacking magic since selling Olise to Bayern Munich for £50m last month.

He fits their bill of a rising star who could develop like Michael Olise and Eberechi Eze.

The ambitious South London outfit

would also take centre-half Trevoh Chalobah, 25, on loan from Chelsea — but are shying away from a £25m buy.

Blues want a permanent deal but if that stance changes towards the end of the window, then Palace will come in.

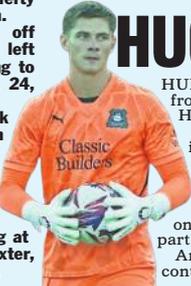
Eagles coach Oliver Glasner is also a fan of French centre-half Maxence Lacroix, 24, at German side Wolfsburg but Chalobah is the alternative.

Palace's England hero Marc Guehi is still waiting to see who might come in for him. Newcastle have been trying but are not a major step up for the defender, 24, and the Londoners think they can see off that threat.

However, a move from a leading trophy-chasing contender like Liverpool may be a different story.

START THE CAR... Chukwuemeka is wanted

HUGHES PICKLE



HULL will have to pay more cash up front for Wigan centre-half Charlie Hughes to break a transfer deadlock.

The Tigers have been trying to bring in the highly-rated defender, 20, for a fortnight now.

But they want to pay their £7million offer in stages, including add-ons.

Latics, however, want more money in one hit and at a decent level before they part with their outstanding young player.

And boss Shaun Maloney said he would continue to select Hughes to play.



HUGHES... transfer wrangle

ROVER 'N OUT

BLACKBURN'S Icelandic star Arnor Sigurdsson is fancied by Greek side PAOK Salonika.

But PAOK are looking at a loan deal for the midfielder (right), which is not ideal for Rovers.

Blackburn have lined up Japanese forward Ryo Germain, 29, but they do not have a space for him as a 'non work permit' player unless another leaves.

QPR are also interested in Sigurdsson, 25.



BIG AL'S Wicked Whisper

WHICH Prem star came back from the Euros carrying a bit too much timber?

The player did not feature for his country but sitting on the bench and then taking a break left him carrying extra pounds.

His condition did not go down well and he has been left out of some pre-season action.

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ENGLAND

FOCUS ON NEW BOSS

By TOM BARCLAY



LEE CARSLY was once the hairless hardman Everton fans joked Real Madrid should have signed when Thomas Gravesen was struggling at the world's biggest club.

But as a coach, Carsley is a "loving, kind" and modern boss likely to be adored by his squad now he has the most prestigious job in England.

'Cars', as the interim Three Lions boss will be happy for Harry Kane and Co to call him, had a respectable if unspectacular playing career as a disciplined, defensive midfielder for Derby, Blackburn, Birmingham and Coventry.

But he is best remembered for a six-year stint scurrying around the middle of the park at David Moyes' Everton — where he shone alongside Gravesen before the Danish doppelgänger's shock move to Spain.

Yet the football Carsley aspires to create as a coach is far easier on the eye.

His Young Lions team that won last summer's Under-21 Euros were breathtaking at times playing his tiki-taka 'Carsball' — though their 1-0 victory over Spain in the final was all grit and determination.

Carsley, 50, who could be in charge for all six Nations League games this autumn, will face unprecedented scrutiny in his new position.

It remains to be seen how he deals with it but what can be expected is his new charges will warm to him instantly.

Anthony Gordon described "Lee" as the best manager he had experienced so far during last summer's Euros and hailed the manager's tactical nous.

The latter was on show throughout that tournament, with Carsley creatively playing Gordon through the middle in the absence of a traditional centre-forward and using Curtis Jones in a deep-lying role to masterful effect.

Ashley Cole, his No2 in Georgia and likely to be again with the seniors, said of his boss: "He is kind, loving, someone that thinks about the players more than himself."

Any fatherly approach to his players would come naturally given he is a dad of three.

His second son Connor, who was born just after Carsley moved to Blackburn for £4million in 1999, needs particular care as he has Down's syndrome.

Carsley Snr, a patron for Solihull

GONNA BE LOVE LEE!



LEE-DER OF THE PACK ... England Under-21s chief Carsley is stepping up to manage the seniors

3 Lions will adore Cars at the wheel

Down's Syndrome Support Group, explained to SunSport last summer: "I could be playing in the Premier League on a Saturday to an NHS waiting room on a Monday to meet a speech therapist.

"I was quite sheltered as a player in terms of if you went to hospital, you went to a specialist. A car took you in, waited, you went straight in, back in the car and away.

"We went from that to no, this is the real world, if you want a speech therapist you have to get in the queue with everyone else.

"It made me a lot more aware of the bigger picture, the bigger world, of how much support families need because money is obviously important but it didn't help us."

Football also runs through the

family as Connor's elder brother Callum is assistant technical director at League One Birmingham.

Carsley was born in the Second City but played for the Republic of Ireland. Ironically, his first game in caretaker charge is against the Irish in Dublin next month.

One of his 40 caps for the Boys in Green came at the 2002 World Cup where Roy Keane stormed out of camp after an infamous, expletive-laden tirade at boss Mick McCarthy.

Yet Carsley was so in his own world that he barely noticed it had happened — before he and Jason McAteer were then grilled by the media the following day.

Speaking last summer, the Brummie said: "As a player, you're so selfish. I probably wouldn't have

noticed if Roy was happy or sad. The press conference the next day, it was me and Jason in front of the world's press, with no prep. Nobody got prepped. Just crack on."

Safe to say Carsley will be far more prepared for his new gig.

The self-confessed "football obsessive" is known for waking up at 5am and messaging training plans to his staff.

The FA — and Carsley himself — have made it clear that he is very much holding the fort as the search goes on for Gareth Southgate's permanent successor.

Yet a clamour could emerge for him to get the role full-time should he be able to translate the thrilling fare he served up with Under-21s to the big boys.



BUONANOTTE

Buona's seeking net gain

By GRAEME BRYCE

NEW Leicester attacker Facundo Buonanotte wants to provide the goals the Foxes have lost since Kiernan Dewsbury-Hall moved to Chelsea.

KDH's 12-goal haul played a massive part in their promotion last term.

But since he left, Steve Cooper's side have struggled to score, firing blanks in their last three pre-season friendlies against Palermo, Augsburg and Lens.

Buonanotte, 19, was not used by Cooper in yesterday's 3-0 defeat by French Ligue 1 side Lens.

But the Argentine — signed on a season-long loan from Brighton — says he is ready to chip in after scoring three goals in 17 starts for the Seagulls last season.

He said: "Obviously I would like to score as many goals as possible."

"I want the fans to be able to enjoy some great goals and victories."

"I'm here to do my best and help the club finish as high as possible."

"It's a big opportunity for me and for this reason I had no doubts about coming here."

"Speaking a lot with the manager, he filled me with confidence — it was an easy decision for me."



MOWBRAY ... return

Mow's big Boro day

By COLIN YOUNG

TONY MOWBRAY made an emotional return to Middlesbrough, admitting he has been through the toughest time of his life.

The former Boro boss joined a half-time presentation during their 1-0 win over Swansea.

Mowbray, 60, who was sacked by Sunderland last October, made his first public appearance since serious illness forced him to quit Birmingham in February.

He told the cheering Riverside crowd: "It's been the toughest six months of my life."

"I'm just a lad from Redcar and to have so many people care so much about my life is humbling and means the world to me."

Match report — Goals P3

THE GATE'S BEEN LEFT OPEN

IF Gareth Southgate was good enough to be considered for the job of England boss, then so is Lee Carsley.

That is what ex-FA technical director Les Reed told SunSport last October.

And if Carsley impresses on and off the field in the Three Lions' Nations League campaign, there is reason to believe that the interim head coach could take on the role permanently.

Southgate's final game in charge, the Euro 2024 final, strengthens Carsley's case.

Veteran coach Luis de la Fuente, 63, was not a showbiz or popular choice. He had not managed a senior side since leaving Alaves in 2011.

But his experience of leading Spain's Under-19 and U21 teams to European titles was crucial, as players who had worked with him in those triumphs

myView

By DAN KING

SunSport England reporter



were a key part of the squad. If De la Fuente can do it, why not Carsley?

He led England to their first European U21 title in 39 years in 2023, beating the Spanish in the final.

Cole Palmer, Anthony Gordon and Jarrad Branthwaite, to name but three, were part of the squad and Carsley looks as well placed as anyone to turn them and others into senior stars.

If the FA want to continue former U21 manager Southgate's policy of bringing players through the age groups, then Carsley is a great fit.

But FA chiefs Mark Bullingham and

John McDermott are looking at other candidates for the permanent role.

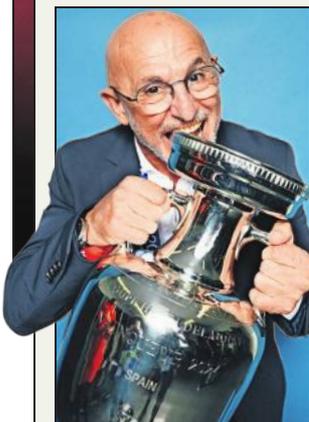
Putting Carsley in temporary charge gives them time before qualification for the World Cup begins in March.

Graham Potter, Eddie Howe and Gary O'Neil are homegrown candidates. Pep Guardiola and Jurgen Klopp would be dream appointments but neither is likely to be available.

Thomas Tuchel's star has waned and in the case of Mauricio Pochettino, there are mixed messages. One minute we are told he could never return to Argentina if he took charge, the next we hear he would love the job.

In the meantime, Carsley, 50, has the same chance that Southgate had after Sam Allardyce's dramatic fall from grace in 2016, to show he can take England forward.

If he grabs it with both hands, it might be the perfect solution all round.



BITE ... De la Fuente won Euros

TONIGHT is auction night for my fantasy league, which is much more interesting when only one player can have Erling Haaland. Last year a rival blew a big chunk of his bidding budget on Harry Kane — only for the England captain to move to Bayern Munich a few days later!

Could whoever buys Mo Salah today be taking a similar risk? Maybe, as Saudi Pro League clubs have been suspiciously quiet so far this summer.

Dan King

SPORT UNCOVERED



GALLAGHER... pushed

WRONG GALL AT BLUES

CONOR GALLAGHER'S Chelsea exit feels like a significant moment.

In 1999, Blues were the first English side to field a starting 11 with no British players.

And they pioneered the model of making big money from selling Academy graduates of all nationalities.

But to sell Gallagher — deemed important enough to be captain for much of last term — really underlines the disconnect between modern football and traditional values.

Boss Enzo Maresca apparently thinks he lacks the quality on the ball to fit his system and fine, that's his call.

But how the midfielder was ushered towards an exit, with the prospect of being exiled from first-team training, is shabby.

So was a decision to axe fellow homegrown ace Trevoh Chalobah from their US tour.

If Chelsea are not careful they are going to undermine further the connection between the club and supporters who grew up on 'one of our own' John Terry leading the glory charge.

And if the team struggles like it did at times last season then things could turn toxic pretty quickly.

IT MUZ BE SAID

ANDY MURRAY and Novak Djokovic were born a week apart in 1987 and spent years as rivals.

So it felt fitting they both overcame physical problems to reach landmark moments — albeit different kinds — at the Olympics.

Murray, with his artificial hip and dodgy back, teamed up with Dan Evans to provide two more matches of exquisite torture before losing in the doubles quarter-finals.

Djok defied a knee injury to claim gold, complete his collection of major prizes and end the debate about who is the greatest player of all time. Or male player, as Murray would point out.

Running rings around football

OLYMPIANS DRIVER

PARIS 2024 ends this evening, graciously leaving the Premier League a few days to crank up the hype machine.

But the Olympics has run rings around football this summer when it comes to delivering top-level sporting spectacle.

Euro 2024 was a very average tournament. The best team, Spain, won but in terms of overall entertainment, it was not a great month.

And one of the big reasons was the under-par performances of some of the game's biggest names.

Just when you wanted to see the best players hitting their peak, too many looked jaded.

Kylian Mbappe, Jude Bellingham and Harry Kane, to name just three, all failed to hit the heights of their club seasons.

You could argue that the tactics of Didier Deschamps and Gareth Southgate failed to bring out the best of the star trio.

But the real problem with them, and many other stars, was that they were knackered after long club seasons and contesting a winter World Cup just 18 months before.

Southgate admitted his England squad just weren't in the physical shape to play the high-energy pressing style he wanted.

The Olympics have been a wonderful antidote to the Euros anticlimax. So many of the planet's greatest athletes have delivered.

Noah Lyles recorded a personal best to win what was, overall, the fastest 100 metres final of all time.

Swimmer Leon Marchand lived up to his billing as Paris poster boy by winning four individual gold medals.

That total included an unprecedented breaststroke-butterfly double

in one evening session, both in Olympic record times in what was meant to be a slow pool.

American gymnast Simone Biles, with the eyes of the world upon her, topped the podium three times.

Some Brits also produced their very best when it mattered most.

Reigning Olympic champion Tom Pidcock overcame a puncture to win one of the most thrilling races on land or water at any Olympics, in the cross-country mountain bike event.

Hold my E.coli-laced beer, said pre-race favourite Alex Yee in the men's triathlon, somehow making up 15 seconds on the final running lap for glory.

And then there was Keely Hodgkinson, a Brit under pressure.

The Olympic 800m final was Hodgkinson's ninth major race over the distance in 2024, partly because of injury but mainly because she wanted to peak for her shot at glory.

And she wrote her name into the history books as only the tenth Brit woman to win a track-and-field gold.

No one is saying top footballers like Bellingham should play only a dozen or so games per year.

But if these Olympics have taught us anything, it is that less is more.

Although every sport has its own domestic, continental and world championships, it's the Games that happen every four years that matter the most for the majority of disciplines.

In football, a Euros or World Cup comes round every two years.

The ever-expanding football calendar and increased demands on players are affecting the quality of what are supposed to be showpiece events.

European leagues and players' unions have united to bring a competition law case to the European Commission against Fifa.

There's an element of hypocrisy to

this. Teams in Uefa's revamped Champions League will play two more group-stage games this season and no domestic leagues are in a hurry to cut the number of matches.

Nor are they or the players volunteering to give back some of the billions they receive in media rights and other commercial deals.

But they have a point about the competition that has prompted them to say enough is enough.

Next summer the USA will host the first edition of the ridiculous 32-team, four-week-long Fifa Club World Cup.

The final will be held on July 13, 2025. Which means that participating clubs like Real Madrid, Manchester City and Chelsea, and players like Bellingham, Phil Foden and Cole Palmer, face an 11-month campaign.

Then, after minimal preparation time, they will stagger into the 2025-26 season which ends with the obscurity that is the next World Cup.

The numbers for the expanded tournament are shocking enough: 48 teams playing a total of 104 games across four time zones and three countries over a period of five weeks.

And the toll it will take on everyone involved — players, fans, workers and, yes, media — is huge. Not to mention the disgraceful environmental damage caused by all the travel.

In pure sporting terms, it is likely to be a disappointment.

But all football seems to care about is wheeling the stars out as often as possible and counting the cash, rather than the cost to the quality.

For the very best athletes producing their very best performances in blockbuster style, you'll have to wait until the Olympics head to Tinseltown at Los Angeles 2028.



KEELY GOOD ... Hodgkinson peaks at right time to win gold



MARC MY WORDS... Palace want £65m for Toon target Guehi

Howe waits on third Guehi bid

By GARY STONEHOUSE

EDDIE HOWE says Newcastle chiefs are “working away” on new additions as they prepare to make a **THIRD** bid for **Marc Guehi**.

The 24-year-old Crystal Palace defender is open to a move to the North East and his wage demands will not cause any issues for Toon, either.

That just leaves the problem of the transfer fee as the final hurdle before Howe gets his man.

Palace have rejected two offers for the England Euro 2024 star – the second of which was believed to be £50million in midweek. They are holding out for £65m for the ex-Chelsea ace, who has two years left on his contract.

Harvey Barnes’ goal beat Brest in the Sela Cup at St James’ Park yesterday.

But an injury scare for Fabian Schar highlighted the need for defensive reinforcements.

And when pressed for an update on Guehi, Howe said he has left it to new sporting director Paul Mitchell to deliver the goods in time for Saturday’s Prem opener against Southampton.

He said: “I’m just focusing on the players that we do have.

“The games are challenging enough and all my focus now is on Southampton and making sure that we are ready.

“Other people are working away behind the scenes. I’ll let them do that and I’ll focus on the team.”

On Schar, Howe added: “I hope he’s not too bad. It seemed like an ankle twist.”

Palace are planning for Guehi’s exit by opening talks with Wolfsburg over a deal for their 24-year-old French defender Maxence Lacroix.

“We will build up his fitness during the week.”

Fab £27.5m exit is Bees-knees

FABIO CARVALHO is closing in on a move to Brentford after the Bees agreed a £27.5million deal.

The Liverpool star, 21, has attracted interest from several Prem clubs this season including newly-promoted Leicester and Southampton.

But Brentford made the decisive move for the Portugal Under-21 ace – who joined Liverpool from Fulham for £5m in 2022 – and struck a deal that includes a 17.5 per cent sell-on clause.

Carvalho has featured prominently during Liverpool’s pre-season US tour in the absence of a number of senior players. But he is set to slip down the pecking order once the season begins.

The youngster’s imminent departure will mark

By PHIL CADDEN

the latest stage of Arne Slot’s efforts to reshape his squad before the end of the transfer window.

The new Reds boss remains hopeful of bringing in Real Sociedad midfielder Martin Zubimendi, who is weighing up a move with the Anfield club set to trigger the Euro 2024 winner’s £52m release clause.

Meanwhile, Lewis Koumas has signed a new long-term Liverpool deal – and then joined Stoke on a season-long loan.

The Wales striker, 18, son of ex-Premier League star Jason, made his Reds senior debut last term and scored in the FA Cup against Southampton.

And Stoke sporting director Jon Walters declared: “In Lewis, we are signing a player of huge potential.”

SPOTLIGHT ON SPURS



Heart

and

So!

IN AND OUT... Solanke will fill gap left by Kane (right)

KANE & DOMINIC FEEL THE LOVE

ONE left Tottenham to try to achieve his football ambitions, the other has joined to fulfil his.

Harry Kane was back at Spurs yesterday just as Dominic Solanke took his first steps on the N17 turf as the Tottenham Stadium’s new striking hero.

Solanke was presented to the supporters before this 3-2 friendly defeat to Kane’s Bayern Munich.

That came just four hours after his switch from Bournemouth was confirmed, in a deal worth £55million up front with a further £10m in add-ons.

Solanke – who has signed a contract until 2030 – was over the moon at joining Ange Postecoglou’s “ambitious” North Londoners.

The one-cap England man, 26, said: “I feel delighted. It’s a huge club with great ambitions I want to be part of.

“There’s a great manager with great players and I feel it definitely suits my style of play. I can’t wait to get started and do my stuff on the pitch.

“I love winning, so hopefully we can win a few things together.”

Solanke, who started out at Chelsea, struggled under the weight of expectation earlier in his career at Liverpool and Bournemouth.

But last term he blossomed under Cherries chief Andoni Iraola, scoring 19 Premier League goals, and was unlucky to miss out on Gareth Southgate’s squad for the Euros.

Solanke, who already knows new team-mate James Maddison from their England Under-21 days, added: “I’ve had a lot of ups and a lot of downs but I think that’s made me who I am today on and off the pitch.

“I’m improving all the time and I’m full of confidence. I feel like my game’s improved a lot.

“I feel I’m at that point in my career where it’s all starting to come together.” Boss Postecoglou added: “He was one I was very keen to get in. It took a while to get over the line. I think he’ll be a great fit for us, the kind of player he is, the point in his career he’s at.

“We’re a bit light in that front third. In terms of adding quality not just to the squad but to our team, he certainly

By TOM BARCLAY



does that. He had his setbacks early in his career but he’s fought his way back.

“He’s become a really good Premier League striker and wants to push on.”

On whether Solanke is ready to start at Leicester a week tomorrow, Postecoglou added: “I don’t see any reason why he shouldn’t be, considering he’s played most of pre-season.”

Dressed in a black shirt and trousers, Solanke waved to his new fans as he was presented along with fellow fresh signings Archie Gray from Leeds and Lucas Bergvall from Swedes Djurgarden, both 18, before kick-off.

Having not trained for his new side yet, the striker was never going to be involved – unlike his teen team-mates.

That was after two of Spurs’ former stalwarts, Kane and Eric Dier, were presented with two little cockerel trophies to mark their service to the club by former skipper Ledley King.

England captain Kane, 30, left Spurs for Bayern this time last year in an £86m switch, having become Tottenham’s record scorer with 280 goals.

Dier followed his close mate six

months later, initially on loan before signing for free in the summer.

Kane admitted it would be “strange” both for him and for the Spurs fans to see him in an away shirt at the ground where he was so loved.

But both he and Dier enjoyed warm applause on their return.

Defender Dier was introduced at half-time – by which point his side were already 3-1 up. Dejan Kulusevski had given the hosts the lead after just 26 seconds but Spurs’ nasty habit from last season of poorly defending set-pieces reared its head again.

Dayot Upamecano diverted in Mathys Tel’s header from a free-kick to equalise and Thomas Muller nodded home from another dead-ball.

Those goals came either side of Serge Gnabry making Spurs keeper Guglielmo Vicario pay for an awful pass out from the back.

Kulusevski reduced the deficit after the break following fine work from Bergvall, before Dier was booked for booting the ball away.

With ten minutes to go, on came Kane to a rapturous reception and he quickly made a half-chance for himself, firing over from outside the box.

The Three Lions skipper did not look himself during the Euros and was regularly subbed off by manager Gareth Southgate in Germany.

He denied he had been troubled by a back problem whenever he was asked throughout the tournament – and he said the same again yesterday.

Kane said: “The back’s all good. Obviously I had that issue towards the end of last season but throughout the Euros it was fine and hasn’t bothered me since. So hopefully that one stays away.

“I’ve been doing a lot of work in my own time to make sure that stays away. That’s part of football. You have to go through a high physical demand. You’re always going to have moments where you have to fight through stuff.

“But so far I feel really fit, really ready to go and the body is in good shape.”

Bayern boss Vincent Kompany named Manchester United targets Nussair Mazraoui and Matthijs De Ligt on his bench yesterday – but neither came on.



COOL KUL... Kulusevski celebrates opener

COMMUNITY SHIELD VERDICT



TODIBO... excited

It's Clair Irons are thriving

By CHRIS HUGHES

JEAN-CLAIR TODIBO is ready to fulfil his Premier League dream after becoming West Ham's seventh summer signing.

The Irons have secured the Nice centre-back on a season-long loan with the option to make the move permanent next summer.

And Todibo, 24, said: "I am really excited to be signing for West Ham."

"It is a dream come true to play in the Premier League, the best league in the world."

"This is an amazing opportunity for me, at a club with huge ambition who want to really make progress under the new head coach. "It feels like the right time to be coming to West Ham, in the heart of London, with an amazing, passionate fanbase."

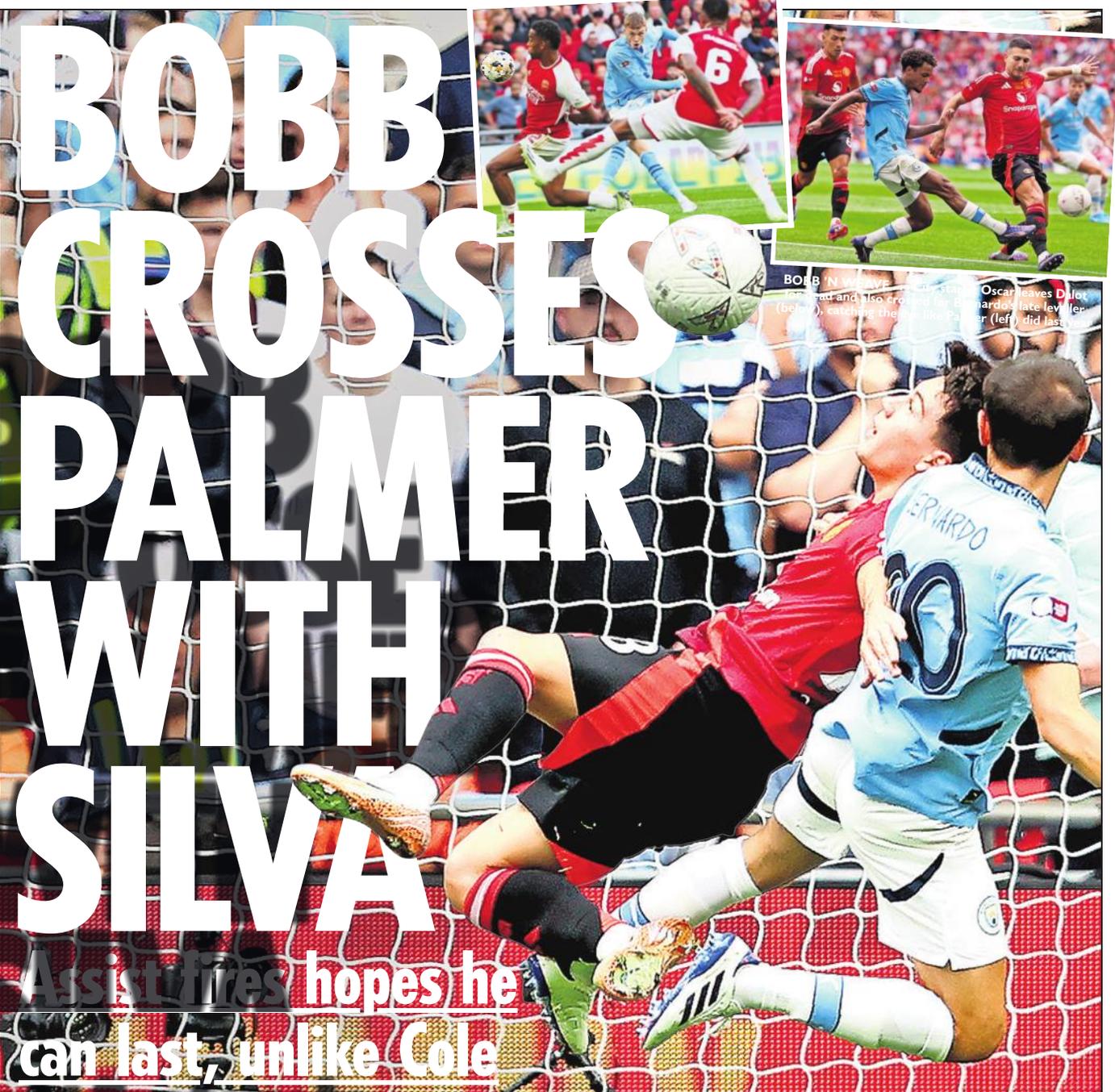
The defender, who has been capped twice by France, started his career at Toulouse and spent two years at Barcelona before joining Nice in 2021.

He joins fellow new-boys Max Kilman, Niclas Fullkrug, Guido Rodriguez, Crisencio Summerville, Luis Guilherme and Wes Foderingham in boss Julen Lopetegui's squad.

Hammers sporting director Tim Steidten said: "It's no secret that Jean-Clair is a player we've been tracking for some time, so we're delighted to get this over the line."

"He's got proven pedigree in European football, especially in France where he's shone in recent years."

Jarrod Bowen and Lucas Paqueta were on target as West Ham drew 2-2 with Celta Vigo, before edging a penalty shootout 6-5 to win the Betway Cup at the London Stadium.



BOBB PALMER WITH SILVA

Assist fires hopes he can last, unlike Cole

BOBB 'N WAVE... Oscar leaves D.J. (below), catching the ball like Palmer (left) did last

PREM COUNTDOWN 5 DAYS TO GO

RIO FERDINAND (below) crossed the Pennines to join Manchester United from Leeds in 2002 and went on to win six Premier League trophies in their **No5** shirt — 2002-03, 2006-07, 2007-08, 2008-09 2010-11 and 2012-13.

Ferdinand made his switch for a then record fee for a defender of £29m.

OSCAR BOBB aims to succeed where Cole Palmer could not by making himself a Manchester City regular this season.

This time last year against Arsenal, the England Euro 2024 hero scored for Pep Guardiola's team in the traditional curtain-raiser.

Yet by then Palmer had decided he could not wait any longer for first-team football with his boyhood club.

So just over three weeks after that lovely curling effort he was sold to Chelsea — and the rest is history.

He is now a 22-year-old superstar for both club and country.

Twelve months on and another wideman, Bobb, is among the kids trying to make their mark.

The Norwegian, 21, has really caught the eye during pre-season and did his cause no harm with his brilliant assist for Bernardo Silva's goal late on here.

He could not have done much more to impress the boss over the last three weeks while his team-mates were recovering from Euro 2024.

We know a bit about him already of course — his last-minute winner at Newcastle in January was one of the moments of last season for City.

Even so it won't be easy for him to get regular football — it never is at City with the quality they have. New

By **MARTIN BLACKBURN**



£33.6million signing Savinho, 20, showed some exciting signs of promise on his first appearance and will also have his eye on that right-hand spot.

Guardiola confirmed on Friday that midfield duo James McAtee, 21, and Nico O'Reilly, 19, will be promoted to the main group this season.

Meanwhile like Bobb, Rico Lewis, 19, will be expecting more action this season after cutting his teeth in the last couple of years.

All four of them could not have done any more to further their cause in recent weeks.

The problem now is that 13 players who went to the latter stages of the Euros are now coming back into the fold. So the question is... where and when are Pep's Pups going to get their opportunities?

Sure, there will be more games than ever as this will be the longest season in City's history.

The expanded Champions League and the Club World Cup next summer will make sure that everybody is needed at some point.

But even so, there is some serious

quality they have to get past in order to make their mark.

Guardiola is a huge fan of McAtee and likes the idea of him playing in the No10 role. But Phil Foden will fancy that, too — as will Kevin De Bruyne, Bernardo and Co.

Then there is another homegrown starlet in O'Reilly, who has been hailed by Guardiola as someone who can deputise for Rodri — much to his surprise as he has rarely played in that position.

That is a position which has caused the City boss plenty of headaches in recent seasons, meaning the Spanish linchpin has rarely had a break.

Yet Mateo Kovacic, Bernardo, Lewis, Matheus Nunes, even Kalvin Phillips, all want that role as well.

And that is before you mention the defenders who have stepped up, such as John Stones and Manuel Akanji, in recent seasons.

They know the manager has spoken in glowing terms about them but will he really trust them when the real business gets going next weekend?

Guardiola likes to play with a small squad so just being in that group is an achievement for a young player.

But they might have to be patient for their chances — and when the opportunities come they will have to take them.

● **JACK GREALISH** faces a race against time to be fit for the big Prem kick-off. The Manchester City midfielder was ruled out of yesterday's Community Shield win after SunSport revealed he had injured a hamstring in training. Grealish, 28, watched the Wembley showpiece at home and posted a pic (above) on Instagram.



MAZRAOUI... close

DEAL

From Back Page

signed for an initial £42m, rising to £52m.

Meanwhile, the Old Trafford outfit have also agreed a £16.8m deal with the German giants for full-back Mazraoui.

A deal for the 26-year-old Moroccan, which will see them pay around £12.8m up front, has been in place for some weeks.

The defensive pair previously worked with Ten Hag at Ajax.

Mazraoui is also a former Ajax team-mate of Antony — United's £85.5m Brazilian flop. It is hoped Mazraoui's on-pitch connection will turn around Antony's fortunes.

The deals for De Ligt and Mazraoui have always hinged on 26-year-old Aaron Wan-Bissaka moving on and the former Crystal Palace man is putting the finishing touches to a move to West Ham.

The Hammers have a full agreement with United for Wan-Bissaka, who will travel to London tomorrow morning to likely start his medical in the afternoon.

That should allow the Mazraoui transfer to be completed.

Ten Hag last night refused to comment on the twin swoop but confirmed he would welcome defensive reinforcements.

The United boss said: "When we have some news, we will announce it. "Until that point, we will work with the squad that is available.

"It's clear we have the problems and we have to work, the players have to work to be available and the staff have to work.

"But together it should be a good collaboration with the players who are available."

Bayern beat Tottenham 3-2 yesterday in a friendly in London.

Munich boss Vincent Kompany named Mazraoui and De Ligt on his bench but neither came on.

If both deals proceed, the Red Devils will have committed to spending £148m on new recruits this summer, taking into account the signing of £36.5m forward Joshua Zirkzee, 23, from Bologna.

De Ligt's imminent arrival means United have given up for now on their pursuit of Everton's Jarrad Branthwaite.

The defender, 22, is valued at around £70m by the Toffees.

Why Cars can drive Lions
SEE P58

COMMUNITY SHIELD



MAN

BERNARDO 89

SUITED &

Erik left hot under the collar as his

By **DAN KING**



THE heat was on for Erik ten Hag — and not just because of his choice of outfit.

The Manchester United boss' smart clobber, compared to Pep Guardiola's casual T-shirt, reflected how seriously the two clubs took this curtain-raiser.

And the inconvenient truth is that while the Old Trafford suits looked on, Ten Hag's side ended up on the losing side to a major rival for the third time in pre-season.

The four wise men of the new United regime — Ineos supreme Sir Dave Brailsford, chief executive Omar Berrada, sporting director Dan Ashworth and technical director Jason Wilcox — looked ominously down from the stands as the Dutchman tried to pass an important test.

If United had put on another Muppet Show, there was a double dose of Statler and Waldorf to deliver a withering critique.

As it was, United were the better team for almost an hour.

A City side that was not quite second string, but definitely less strong than their rivals, were second best.

But in the final analysis, United lost the penalty shootout and have now been beaten by City, Arsenal and Liverpool before a kick of the new season proper.

No one will or should draw any conclusions from a glorified friendly.

Yet this was an opportunity missed for Ten Hag and his team to go into Friday's opening Premier League game against Fulham on a high.

Instead, the pressure will be that little bit more intense — and Ten Hag will know, regardless of his contract extension, that failure will not be tolerated.

For about six minutes towards the end of normal time, it seemed like Ten Hag's decision to field a strong side would pay off after sub Alejandro Garnacho gave them the lead.

But Bernardo Silva's undeserved 89th-minute equaliser took the game straight into a shootout. And after showing a decent amount of verve, United failed the test of nerve.

Poor old Jadon Sancho, who missed one of England's penalties in the Euro 2020 final against Italy, suffered more Wembley woe when Ederson saved United's fourth kick to cancel out Silva's earlier miss.

From then on, a City side that were otherwise under-par and undercooked showed the ruthlessness of champions, scoring all their remaining penalties.

After Jonny Evans sent his spot-kick high into the United fans behind the goal, Swiss international Manuel Akanji enjoyed a bit of redemption after his shootout miss in the Euro 2024 quarter-final against England.

You wonder what United's off-field

MAN CITY		MAN UTD	
9	TOTAL SHOTS	8	
1	SHOTS ON TARGET	2	
56%	POSSESSION	44%	
505	PASSES	399	
441	SUCCESSFUL PASSES	342	
26	TOUCHES IN OPP BOX	19	
6	CORNERS	2	
10	FOULS CONCEDED	9	
2/0	YELLOW/RED CARDS	0/0	



EVANS ABOVE... misery for United's veteran defender as his spot-kick sails over the crossbar

bosses made of it all. Going forward, the team looked good.

At the back, you could see why they will have spent £100million on defenders this summer if deals for Matthijs de Ligt and Noussair Mazraoui go through.

Those signings would take the total outlay under Ten Hag to more than half a billion.

For the first quarter of the game, you wondered yet again where the money had gone.

Yes, injuries in defence meant 36-year-old Fergie throwback Evans had to play, with Lisandro Martinez as a makeshift left-back.

But a team that nevertheless contained 11 full internationals looked

an undodly mess. City were also sloppy by their own higher standards, but still dominated possession and territory and created the first good chance.

Shortly after Oscar Bobb had fired over, the Norwegian picked up Martinez's loose pass and found James McAtee, whose shot came back off the post.

United responded well. Though Amad Diallo should at least have shot after a one-two with Casemiro, but instead chose to attempt a square pass to Mason Mount for a tap-in, which did not come off.

Another United move ended with Casemiro rolling the ball to Marcus Rashford, whose attempted Thierry

Henry-style far-post finish was well off target.

United had the ball in the net shortly after the break but Fernandes' lovely shot did not count because Rashford had been offside in the build-up.

Ten Hag's side lost a little momentum after he made a quadruple change before the hour.

But they still made the better chances.

Fernandes' pass set Garnacho away and his cross was perfect. But with the goal at his mercy, Rashford went for a first-time shot with his left foot that hit Ederson's right-hand post.

Moments later Rashford connected well with a header from the corner

HOW SHOOTOUT UNFOLDED



1	2	3	4	5	6	7	8
✓	✓	✓	✗	✓	✓	✓	✗
Fernandes	Dalot	Garnacho	Sancho	Casemiro	McTomlinay	Martinez	Evans

6



1	2	3	4	5	6	7	8
✗	✓	✓	✓	✓	✓	✓	✓
Bernardo	De Bruyne	Haaland	Savinho	Ederson	Nunes	Dias	Akanji

7

CITY 1 MAN UTD 1 MAN CITY WIN 7-6 ON PENS

GARNACHO 82

BOOTED

outfit are dlobbered in shootout



BERNARDO... leveller

HAG

From Back Page

result to take. When the performance is right, when you lose, everyone feels this. It hurts in your stomach.

"We managed to be on an equal level with Man City. We created chances, we got pressure on the ball and we had some very good chances, so there are many positives.

"We are disappointed, we have to feel the pain and everyone feels the pain, that's a good signal. We have to hurt.

"We performed well, we could've won this game. We were twice leading, in the game and in the penalties, but we lost and we're disappointed. We have to take this belief into the league."

United, who finished eighth in the league last season, were set to repeat their shock FA Cup final triumph over City in May when substitute Garnacho gave them the lead with just eight minutes left.

But Bernardo equalised with 60 seconds of normal time left and his own penalty miss did not prove to be costly as his team-mates kept their nerve in the shootout.

City boss Pep Guardiola said it was hard to draw

We have to feel pain, we have to hurt
— ERIK TEN HAG

conclusions from the game but was delighted to be going into the season with some silverware already in the cabinet.

Although, only one of the last 13 Community Shield winners have gone on to win the Prem title.

Guardiola said: "To start the season with a title is good.

"We lost a lot of balls and after transitions they are one of the best teams in the world. They are so dangerous.

"But in the end we did it. We could have lost, we were close to losing.

"I saw many things today that I like. The first 35 minutes were beyond excellent and unexpected for the time we have been together.

"Some players are still on holidays, so we are far from our best. It's normal but it's better starting with one trophy won."

Oscar Bobb, who delivered the cross for Bernardo's headed equaliser, said: "It's a great feeling. It's the first time we have won it in three or four years and to do it with a young group is great.

"It's another trophy, it's a great start and gives us a lot of confidence."



DRESS CODES... Guardiola 'n Ten Hag



MARGINAL PAINS... Brailsford (left) and Red Devils' top brass watch on



PERFECT NACH... United winger Garnacho fires his side ahead at Wembley



MANUEL LABOUR... City's Ake earns his pay with the winning penalty

and Scott McTominay could only manage an airshot when trying to divert the ball goalwards.

But United were not to be denied. With City defenders back-peddalling, Garnacho cut inside and then tucked a left-foot shot just inside the near post.

Just when it seemed that the goal would be enough to deliver victory, Bobb crossed from the right, Facundo Pellistri got under the ball and allowed Bernardo to head home.

Five minutes of added time failed to deliver a winner, so it was straight to penalties.

Fernandes scored, then United's Andre Onana saved from Bernardo. Diogo Dalot (just), Kevin De

Bruyne, Garnacho and Erling Haaland all scored before Sancho's horrible case of deja vu.

Savinho, Casemiro, Ederson, McTominay, Mathus Nunes, Martinez and Ruben Dias all did their duty to take the score to 6-6.

But then poor Evans sent his spot-kick well over the bar and Akanji did the business to give City an undeserved win.

HOW THEY LINED UP

MANCHESTER CITY: Ederson, Lewis, Akanji, Dias, Gvardiol (Ake 90), O'Reilly (Nunes 63), Kovacic, McAtee (Bernardo 80), Bobb (De Bruyne 90), Haaland, Doku (Savinho 63).

MANCHESTER UNITED: Onana, Dalot, Maguire (Pellistri 58), Evans, Martinez, Casemiro, Mainoo (Collyer 59), Amad (Garnacho 59), Mount (McTominay 58), Rashford (Sancho 83), Fernandes.

1 THE team who has won the Community Shield has gone on to win that season's Prem title in only **ONE** of the last 13 campaigns (Man City in 2018-19).

20 ALEJANDRO GARNACHO (20y 40d) is the youngest to net in a Shield game since Cesc Fabregas in 2005 (18y 95d).



MARTIN BLACKBURN'S BIG-MATCH VERDICT: PAGE 61

thesun.co.uk/sport **Sun Sport**



GEORGIA A CYBER ACE

GEORGIA BELL won a brilliant Olympic 1500 metres bronze in a national record on a great last night of track action for Team GB. The cyber software worker (left) smashed her PB by four seconds in

From ROB MAUL in Paris a time of 3:52.61. Bell said: "I don't know if I've ever been this happy." Britain also took bronze in both the men's and women's 4x400m relays.

Artistic swimming duo Kate Shortman and Isabelle Thorpe plus taekwondo star Caden Cunningham won silvers. Diver Noah Williams grabbed bronze in the men's 10m platform diving. Olympics special — Pages 53-55

MIXED DAY FOR MAN UTD

AGONY

Ten Hag: Loss on pens a kick in the stomach

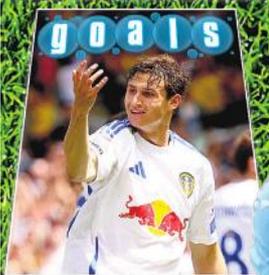
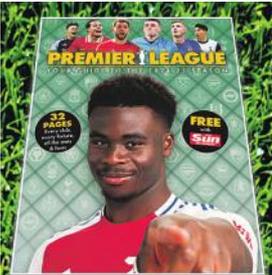
Manchester City.....1
Manchester United.....1

Man City won 7-6 on penalties

By DAN KING

ERIK TEN HAG said Manchester United's Community Shield shootout defeat to bitter rivals City was a kick in the guts. Bernardo Silva's 89th-minute equaliser cancelled out Alejandro Garnacho's opener to force spot-kicks at Wembley. Manuel Akanji hit City's decisive penalty after misses by United duo Jadon Sancho and Jonny Evans. And under-pressure Red Devils boss Ten Hag said: "It is a tough Turn to Page 63

IT'S COMMUNITY SPIRIT... City's Haaland shows off shield after win



4 FREE PULLOUTS INSIDE!



Red Devils do £51m double Bayern deal

By MARTIN BLACKBURN

MANCHESTER UNITED are close to sealing a £51MILLION defensive double deal for Matthijs de Ligt and Noussair Mazraoui.

And Erik ten Hag's swoop for the Bayern Munich pair will take the Red Devils' spending on new defenders to £93.3m this summer.

United have agreed a £38.5m deal for centre-back De Ligt with £4.2m in add-ons.

Personal terms are expected to be a formality.

They hope the Dutchman, 24, will link up in the long term with 18-year-old Leny Yoro, the French centre-back already injured after being

Turn to Page 62



WELCOME MATT... De Ligt is set to sign for United



Hayl storms home

BRILLIANT Hayley Turner bagged a double as she fired her Girls team to glory in the Shergar Cup at Ascot. Sunracing's Hayley lifted her side over the line with a stunning late show as they landed a one-two in the final race to come from last to first to retain their crown. Hayley (right) made all on Ranch Hand in the Stayers and then came late to win the final race of the day on New Image. That bagged Hayley, 41, a

By TOM PEPPER
record-breaking third Silver Saddle, the prize for the meeting's top jockey. The Girls ended up beating Europe by 11 points and Hayley grinned: "It's brilliant. I love the Shergar Cup and we put on a show. "There will be some party now. I've got all my friends and family here. It's fantastic and we even supplied a fairytale finish! It's been a perfect day."



LEVEY LOVES A SWEET WIN

QUEEN Victoria reigned for Sean Levey at Newmarket. Ballydoyle old boy Levey deputised for Ryan Moore on filly **Lake Victoria** who romped home in the Sweet Solera. Levey said: "This is big for me."

Maat floors rivals

JIM CROWLEY enjoyed a Maat finish to the Rose Of Lancaster Stakes. Anmaat (below) returned for his first run in over a year for trainer Owen Burrows. And the six-year-old battled all the way to the line for Crowley to beat Certain Lad by a neck in the Haydock Group 3. Crowley said: "It's a great effort by Owen and his team. Anmaat dug deep and will come lots for the run. It's not easy to get

By TOM PEPPER
these Group 1 horses back to their best after injury but credit to Owen." Burrows said: "I am delighted. He will take a huge step forward now. "It's a relief to have him back. He had to be tough out there." In Ireland, Ger Lyons saw his exciting filly **BABOUCHE** down Ballydoyle hotpot Whistlejacket to win the Group 1 Phoenix Stakes.



Sunday, August 11, 2024

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DEAU BOYS (AND GIRL)

Brit stars chase £1m in French thriller

By CALLUM JAMIESON

THE Brits are in town to win a bit of the French bread.

Today's £1million Group 1 Jacques Le Marois at Deauville – live on Sky at 3.04 – has drawn a stellar field of eight with the locals desperate to fend off the raiders. **Inspirale**, with Ryan Moore on board instead of Kieran Shoemark, is chasing a third on the spin in the mile showpiece. In one of the races of the season so far, Roger Varian's brilliant Queen Anne hero **Charyn** and Richard Hannon's hard-as-nails **Haatem** in the mix. **Quddwah**, Simon and Ed Crisford's unbeaten four-year-old, is the unknown quantity in the high-class line-up. Varian, trainer of Charyn, hopes his star can continue his upward rise having won three of his four starts this year. He said: "He's the finished article now and has done his talking on the track. "We hope he can keep it up. "We've always thought the world of him and that is why he had some very lofty targets last season, but thankfully he has justified that now. "He's a big old horse and maybe just needed a bit more time than we thought. "We didn't go to the Sussex Stakes to give us a bit more time and hopefully that will pay off in France." Haatem won the Jersey at Royal Ascot

IN IT TO WIN IT ... Britain's raid on France with (l-r) Quddwah, Haatem, Inspirale and Charyn

Turn To Page 4

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Favourite HOME OF RACING FIRST PAST THE POST

RIPON RUNNERS 'N RIDERS

GOING: GOOD

2.10 THE OLD DEANERY APPRENTICE HANDICAP (6); £5,234; 1m (12 runners)

Table with 12 rows of race details including runner names, jockeys, trainers, and odds. Includes a 'Sunracing Form' section for this race.

TEMPLEGATE TOM PEPPER

Table with 5 rows of race details for Tom Pepper's runners at Templegate.

TEMPLEGATE'S TRIO: St Pancras (Ripon) and Lady Wingalong (double, Leicester) with Easy Peeler (Ripon). TOM PEPPER'S DOUBLE: Papagei (Leicester) and Jez Bomb (Ripon). SUNRATINGS' NAP: LATIN FIVE (4.10 Ripon). SIRIUS, Sun On Sunday, nap: ST PANCRAS (3.40 Ripon).

6 7342 DARK THUNDERSTORM 23 (A Haynes 9-2) £2,458 Placed: 2 Front runner, not beaten far on hcab debut, needs a bit extra, e-w shout

7 546 MARRY THE NIGHT 83 (T Easterby 8-11) £507 Gelled since three modest runs to start his career, can only be watched

4.10 DAVID CHAPMAN MEMORIAL HANDICAP (6); winner £5,234; 5f (9 runners)

1 131180 GOLDEN RAINBOW 15 (V;D) R Menzies 5-9-10 £42,380 Suffered since trio of wins, heavy defeat in this grade two back, left

2 242442 PROTEST RALLY 9 (D) L Bailey 4-9-7 £15,307 Very game to win at Musselburgh on Friday, will be dangerous again

4 871026 GUNNERSIDE 11 (D) G Tur 7-9-5 £42,465 In and out, claims on near miss at Redcar two back but obvious risks

Table with 5 rows of race details for Sunracing Form section.

SUNRACING FORM GOLDEN RAINBOW (10-7) 11-1 in touch, short-lived effort 1f out, 15th of 18 (bn 7/4) to Night On Earth (11-10) (York 5f hcab (4) £12,885 good to firm).

4.40 GBR OWNERSHIP DAY MONDAY AUGUST NOVICE STAKES (5); winner £5,400; 1m (6 runners)

1 49 HARTUR D'OUADRIRES 8 B Ellison 7-9-11 £21,674 644 BURSINEL 41 (B) W Haggas 3-9-4 £12,423

5.10 TED MYERS 90 ON AUGUST 29 HANDICAP (6) 3-Y-0; £5,234; 1m 2f (7 runners)

1 242144 EVELYN'S PHOENIX 6 (T Easterby 9-10) £12,415 Carlsie winner has been held since, return to this trip handy, chance

SUNRACING FORM EVELYN'S PHOENIX (9-6) 3-1 tracked leaders out wide, home turn, pulled along 3f out, ridden over 2f out, 4th and no impression final 2f, 4th of 9 (bn 4/4) to Stratocracy (9-7) (Ripon) 1m hcab (6) £3,664 good.

TIC-TAC: Right-handed oval track, 1m 5f in extent, which joins the straight course more than 5f from the finish. DRAW: Low best on the sprint course. FAVOURITES: (2019-2024): 194 have won out of 563 races (34.5%).

ON SKY 'N NOT TRAINERS with best record in last 14 days: W Haggas 16 wins from 36 runners; N Tinkler 6 from 31; E Bethell 3 from 18; A Haynes 4 from 29; R Carr 3 from 24; J Owen 3 from 24; D O'Meara 6 from 56; R Fahey 5 from 27; C Johnston 5 from 75; T Easterby 4 from 89.

TOP TRAINERS 2019-2024 T Easterby 76-567, R Fahey 29-199, D O'Meara 27-229, W Haggas 19-54, P Midgley 19-112, N Tinkler 15-117, R Fell & S Murray 13-106, B Haslam 11-65, E Bethell 10-44, K Ryan 8-56, F Haggas 7-2, T Easterby 6, R Fahey 6, P Midgley 4, T Coyle & K Wood 4.

TOP JOCKEYS 2019-2024 D Allan 53-297, J Fanning 18-105, D Nolan 16-100, C Rodriguez 14-17, D Fentiman 13-116, S James 12-96, J Hart 12-99, T Marquand 11-50, B Garrity 9-49, R Scott 8-92, TH SEASON: D Nolan 8, D Allan 5, B Garrity 4, C Rodriguez 3.

TRAINER TRACE FIRST RACE FOR NEW YARD: 2.10 Volenti F Brennan to B Haslam; Witchford Hammond to S Ender; 3.40 Huxley D O'Brien (Ire) to M Attwater; 4.10 Takana J Andrew Fawley (Ire) to S Ocsko-Moore; 4.40 Versatile J Harrington (Ire) to M Attwater; RACEFAX: T Easterby won the 2.10 in 2022 & 2023.

IN THE MONEY MONEY TALKS: Hurstwood (4.10) opened 5-2, second at 2-1; Dunnington Lad (4.10) opened 9-2, unplaced at 7-2; I We Dare To Dream (unplaced) opened 18-1, second at 10-1; Sonic Blue (3.10) opened 6-1, third at 9-2.

UNDER ORDERS SEVEN-DAY WINNERS: None. FIRST TIME BLINKERS: 3-10 Stirrup Cup, 4-10 Takana, 4-10 B. WISDOW FIRST TIME: 2-10 Pinball Wizard, FIRST RUN SINCE: WIND UP: None. WEIGHTWATCHER: 2-10 Rievaulx Raver (won off 69 down 8lb to 6); 4-10 Gunnside (won off 59 down 3lb to 56); Hurstwood (won off 58 down 3lb to 55); JOB JOCKEY: F Marsh rides Monsieur Melee (3.40) for J O'Keefe, 4 from 14, 29% S D Bowen rides Pinball Wizard (2.10) for James Owen, 9 from 38, 24%; C Rodriguez rides Calcutt (2.40), Oosterpark (3.40) for E Bethell, 54 from 245, 22%.

TEMPLEGATE ST PANCRAS can go like a train (3.40 Ripon, nap). He took his form to a new level when steaming in on handicap debut at Pontefract last time. The handicapper has been fair with a 4lb rise in the weights for that promising effort and this trip is ideal. LADY WINGALONG can fly to victory (4.00 Leicester, nb). She is rarely out of the frame and was in winning form at Salisbury before a close third on the all-weather at Wolverhampton. This is much

SUNRACING FORM BOWOW (8-13) 16-1 travelling well looking for room 2f out, switched, angled out, good headway if out, strong challenge, led on line, bt Adelabelia (9-2) sh hd (14r) (Doncaster 1m hcab (6) £3,768 good to firm).

PINBALL WIZARD (10-1) 10-3 chased leaders, ridden 1f out, 4th of 6 (bn 8/4) to Fillyfudge (9-1) (Newmarket 1/2m hcab (6) £3,768 good to firm).

2.40 KARL BUDGE 60TH BIRTHDAY EBF NOVICE STAKES (5); 2-y-o; value to winner £5,234; 6f (7 runners)

1 55 CALLOUT 11 E Bethell 9-7 £28,680 3 76 CAPRICORN KING 16 J & S Quinn 9-7 £28,680 4 98 FOCUS ON ZAAM 12 I Furtado 9-7 £28,680

EACH-WAY THIEF MAKALU (2.10 Ripon) is in fine form and has run well here before. Have an each-way double with DUNNINGTON LAD (4.10 Ripon) when you close at Catterick last time and looks capable of hitting the frame at this level.

PROBETS SUPER SPEED: JEZ BOMB (5.10 Ripon) was speedy when winning at Redcar. GAMBLER ON: LASER (5.10 Ripon) has been sent off favourite on his past three outings.

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LEICESTER GOING: GOOD TO FIRM (GOOD IN PLACES)

TEMPLEGATE

2.00 Power Of Twins
2.30 Spectacular View
3.00 Silent Flame
3.00 Laser Focus
4.00 Lady Wingalong (nb)
4.30 Cerulean Summer

TOM PEPPER

2.00 Law Degree
2.30 Nightwalker
3.00 Ultramarine
3.30 PAPAGE (nap)
4.00 Too Much Trevor
4.30 Bay Dream Believer

TIC-TAC: Right-handed oval 1m 5f with a 5f straight. There is a straight mile.
DRAW: Low best on the straight course.
FAVOURITES: (2019-2024): 294 have won out of 884 races (33%).

LIVE ON RACING TV

HOT N NOT

TRAINERS with best record in last 14 days: C Appleby 8 winners from 17 runners; W Haggas 16 from 38; R Beckett 12 from 45; N Tinkler 6 from 31; M Appleby 6 from 38; A Balding 9 from 76; A Carroll 5 from 51; R Hannan 4 from 54; C Johnston 5 from 75; T Easterby 4 from 89. **JOCKEYS with best record in last 14 days:** D Keenan 5 wins from 20 rides; H Crouch 5 from 22; C Fallon 4 from 21; L Morris 8 wins from 48; D Muscutt 7 from 43; B Loughnane 9 from 61; P J McDonald 4 from 36. **TRAINERS who have had the most runners since last week:** D Shaw 41; M Tregoning 27. **JOCKEYS who have had the most rides since last week:** L Pearson 98; A Elliott 41; S M Levey 41.

TOP TRAINERS

2019-2024 A Carroll 20-163, W Haggas 16-62, M Appleby 16-141, R Beckett 15-83, C Cox 15-90, G Boughey 14-54, P Evans 13-86, R Hannan 13-116, Sir M Stoute 12-47, T Easterby 10-93. **THIS SEASON:** A Carroll 5, G Boughey 4.

TOP JOCKEYS

2019-2024 D Probert 11-84, David Egan 11-94, S M Levey 9-50, C Fallon 9-52, D Muscutt 9-68, Billy Loughnane 8-43, H Crouch 7-42. **THIS SEASON:** B Loughnane 5, D Keenan 3.

TRAINER TRACE

FIRST RACE FOR NEW YARD: 2.00 Off The Bench D Loughnane to E Smyth-Osbourne. **RACEFAX:** M Herrington won the 4.00 in 2022 & 2023. **LONGEST TRAVELLERS:** Silent Flame (3.00) & Ajrad (4.00) trained by B Millman, Cullompton, round trip of 362 miles; Rebel Angel (3.00) trained by D Pipe, Wellington, round trip of 352 miles. **Asmund (4.00), D Carroll, Malton, round trip 292 miles. Golden Duke (3.00), N Tinkler, Malton, round trip 292 miles. Law Degree (2.00) & Beguiling (4.00), T Easterby, Malton, round trip 292 miles.**

IN THE MONEY

MONEY TALKS: Available Angel (4.00) opened 9-1, second at 6-1, Lady Wingalong (4.00) opened 8-1, third at 8-13f; First Encounter (4.30) opened 5-1, won at 4-1. **TOP EARNERS:** 3.00 Lihou £181,577; 3.00 Ultramarine £81,742; 3.00 Toussarak £57,425.

UNDER ORDERS

SEVEN-DAY WINNERS: None.
BLINKERED FIRST TIME: 2.00 Under The Sea. **VISORED FIRST TIME:** 3.00 Crafty Spirit. **FIRST RUN SINCE WIND UP:** None. **WEIGHTWATCHER:** 3.00 Silent Flame (won off 75, down 12lb to 63); Lihou (won off 82, down 13lb to 69); Autumn Angel (won off 62 down 7lb to 55); Yoshimi (won off 68 down 8lb to 60); Ajrad (won off 61 down 15lb to 46).
JOB JOCKEY: T Eaves rides High Violet (3.00) for D Loughnane, 3 from 9, 33%. S M Levey rides War Director (3.30) for D Meneisier, 5 from 18, 28%.

S BEST BETS

her best distance and she still looks ahead of the handicapper for canny trainer David Evans.
★ **EASY PEELER** can get under the skin (3.10 Ripon, treble) of the bookies. She went close on debut here before a game win at Catterick last time. She had lots in the tank and is capable of scoring again.
★ **SILENT FLAME** (3.00) Leicester) is bright for a Lucky 15 after a fine third in better company at Newbury. This looks a good opening.

2.00 WELCOME TO FAMILY DAY NEWBURY (Class 6); 2-y-o; value to the winner £4,187; 7f. (9 runners)

1 (8) 7822 POWER OF TWINS 9 R Hannan 9-11. Sean Levey 96
2 (4) 355 WASHINGTON DANCER 7 P Evans 9-11. David Probert 85
3 (6) 9885 LIBERTY BIRD 36 (D) C Johnston 9-10. Billy Loughnane 94
4 (1) 4754 LAW DEGREE 7 (D) T Easterby 9-9. Sean Kirrane 99
5 (9) 6440 OFF THE BENCH 33 E Smyth-Osbourne 9-8. Taylor Fisher (9) 91
6 (5) 057 CORROS 81 M Tregoning 9-7. Trevor Whelan 90
7 (2) 3005 UNDER THE SEA 30 (B*) A Haynes 9-2. Darragh Keenan 81
8 (3) 469 MAJESTIC HEIGHTS 97 R Hannan 9-1. Joe Leavy (5) 82
9 (5) 006 AL WASEELA 13 (P*) W Haggas 8-9. Cieren Fallon 75

BETTING: 2 Power Of Twins, 11-2 Al Waseela, 13-1 Washington Dancer, 15-2 Law Degree, Under The Sea 10 Liberty Bird, Corriamo, Majestic Heights

WHERE FAVOURITES FINISHED: 4-5 4
2023: Royal Blaze 9-10 Dougie Costello 9-4 (M Tregoning) drawn 11, 11 ran.

Sunracing FORM

POWER OF TWINS (8-13) 11-4 headway 3f out, pushed along 1f out, led 1f out, ran on well and clear, jockey eased down finish and headed final stride, btm nk by Lovestruck Romeo (9-7) (9 ran) (Bath 6f mdn (4) £5,211 firm).

WASHINGTON DANCER (9-1) 25-1 held up, pushed along 2f out, 5th of 6 (b/m 11) to Columist (9-6) (Chester 6f mdn (2) £15,288 good to soft).

LIBERTY BIRD (9-5) 9-1 rear, headway 1f out, one pace, never on terms, 5th of 7 (b/m 4/4) to Greek Gift (9-0) (Carlisle 7f hcap (6) £3,402 good).

LAW DEGREE (8-13) 11-1 rear, effort 2f out, stayed on but held, 4th of 8 (b/m 7/4) to New Bombay (9-2) (Chester 7f hcap (5) £7,644 good to soft).

OFF THE BENCH (9-1) 16-1 prominent, ridden 1f out, faded, last of 8 (b/m 12) to Griselida (9-4) (Pontefract 6f hcap (6) £3,664 good to soft).

CORRIAMO (9-0) 16-1 in rear, effort 2f out, no impression, 7th of 11 (b/m 12) to Brian (9-0) (Newbury 6f mdn (3) £16,200 good to soft).

UNDER THE SEA (8-2) 22-1 ridden 1f out, kept on, held, 5th of 6 (b/m 3) to Dukes Of Haather (8-12) (Chester 7f hcap (4) £2,221 good to soft).

MAJESTIC HEIGHTS (9-2) 25-1 chased leaders, pushed along halfway, last of 9 (b/m 11) to Star Anthem (9-7) (Bath 5f mdn (4) £5,211 good to soft).

AL WASEELA (9-2) 28-1 mid-distance, plugged on final 2f, held, 8th of 14 (b/m 8) to Invictus Gold (9-7) (Southwell 6f mdn (5) £3,402 good).

2.30 IRISH STALLION FARMS EBF NOVICE STAKES (4); 2-y-o; value to the winner £4,860; 7f. (6 runners)

1 (6) MARCHOGION A Balding 9-7. David Probert
2 (1) MATAURI BAY R Beckett 9-7. Hector Crouch
3 (5) NIGHTWALKER Sir M Stoute 9-7. Richard Kingscote
4 (4) SHAH G Boughey 9-7. Billy Loughnane
5 (2) SPECTACULAR VIEW C Appleby 9-7. Pat Dobbs
6 (3) SICK NOTE BRITAIN 13 P Evans 9-7. P J McDonald

BETTING: Spectacular View, 5-2 Matauri Bay, 5 Marchogion, Nightwalker, 6 Shah Whelan

WHERE FAVOURITES FINISHED: 2 2
2023: Mortlake 9-7 Rossa Ryan 15-2 (R Beckett) drawn 2, 8 ran.

3.00 LEICESTER RACECOURSE WEDDING VENUE HCAP (5); winner £5,234; 6f (11 runners)

1 547263 LIHOU 7 (D) P Evans 9-9-13. David Probert 99
Runs: 87 Wins: 11 (2S,F,A,2GS) Places: 19 £181,577
Long in the tooth but retains plenty of ability, good mark, dangerous

2 7-0641 SOVEREIGN SLIPPER 30 (D) H Candy 6-9-12. Trevor Whelan 98
Runs: 16 Wins: 4 (3A,GS) Places: 1 £16,038
Snapped losing run at Chepstow, has won off higher than this, chance

3 829-65 GOLDEN DUKE 8 (CD) N Tinkler 5-9-12. Hayley Turner 96
Runs: 28 Wins: 3 (F,A,G) Places: 7 £23,626
Fast finisher, hasn't had a strong pace to aim at this year, one to note

4 -78241 HIGH VIOLET 18 (CD) D Loughnane 3-9-10. Tom Eaves 97
Runs: 8 Wins: 1 (F) Places: 1 £6,616
Hit the line hard when winning at Leicester, 6lb rise is fair, go close

5 787058 ULTRAMARINE 8 (D) P Evans 5-9-10. Alexandra McDonnell (7) 88
Runs: 36 Wins: 4 (4A) Places: 9 £81,742
Slow starter, modest form this year despite sliding mark, best watched

6 490-00 TOUSSAROK 20 (D) A Carroll 6-9-8. William Carson 85
Runs: 46 Wins: 6 (3F,2A,G) Places: 11 £57,425
Form nosedived for last stable, no improvement for this yard, avoid

7 421823 NOISY MUSIC 23 (D) M Appleby 3-9-8. Billy Loughnane 95
Runs: 7 Wins: 1 (F) Places: 3 £9,859
Consistent, remained in good form since Windsor win, frame fodder

8 056413 SILENT FLAME 17 (B;D) B Millman 6-9-7. Lewis Edmunds 98
Runs: 35 Wins: 6 (2S,F,GS,2G) Places: 7 £56,251
Only edged out late at Newbury off this mark, this is weaker, big player

9 3-6166 PERIANTH 36 (P*;CD) P Sly 3-9-4. Shane W Kelly 87
Runs: 6 Wins: 1 (S) Places: 1 £4,678
Won on handicap debut but really struggled since, far from obvious

10 -01662 CRAFTY SPIRIT 26 (V*;BF,D) C Cox 3-9-2. Richard Kingscote 93
Runs: 7 Wins: 1 (A) Places: 1 £4,614
Not beaten far in blinkers last time, view now swapped on, interesting

11 6096-7 TIGER TRAP 17 (2) T Tate 4-9-9. Andrew Elliott 77
Runs: 10 Places: 1 £571
Struggling, mark continues to nose down but no signs of a revival

BETTING: 4 Sovereign Slipper, 9-2 Silent Flame, High Violet, 6 Lihou, 7 Noisy Music, Crafty Spirit, 10 Golden Duke, 16 Periant, Ultramarine, 20 Tiger Trap, 50 Toussarak

WHERE FAVOURITES FINISHED and 2023: No corresponding race.

Sunracing FORM

LIHOU (8-12) 33-1 led until 2f out, close up, battled on gamely run-in, 3rd of 15 (b/m 7/4) to Trilby (9) (Haydock 6f hcap (4) £10,360 good).

SOVEREIGN SLIPPER (9-8) 7-2 in rear, headway 1f out, switched, every stride led final strides, but Small (9-10) sh 1d (7 ran) (Chepstow 5f hcap (6) £2,983 good to soft).

GOLDEN DUKE (9-12) 17-2 midfield, ridden 2f out, headway final furlong, faded, 5th of 8 (b/m 3) to Another Baar (9-6) **ULTRAMARINE (9-10) 17-2** rear, ridden 2f out, kept on final furlong, last (b/m 4) (Doncaster 6f hcap (5) £4,397 good to firm).

HIGH VIOLET (9-9) 8-1 in touch, headway 2f out, led off, ran on, but (3 run) (9-1) 1/4 (9 ran) (Leicester 6f hcap (6) £3,140 good to firm).

TOUSSAROK (9-3) 100-1 13th of 15 (b/m 5/4) to Bona Fortuna (9-8) (Windsor 6f hcap (4) £5,853 good to firm).

NOISY MUSIC (9-6) 5-1 in touch, rear, ridden and headway 1f out, stayed on one pace, 3rd of 9 (b/m 3/4) to Dance And Romance (9-9) (Nottingham 6f hcap (5) £4,187 good to soft).

SILENT FLAME (9-4) 17-2 raced near side of group, tracked leader, led 2f out, ridden and ran on 3rd of 9 (b/m hd) to State Flag (9-7) (Newbury 7f hcap (5) £5,757 good to firm).

PERIANTH (9-5) 9-1 handy, outpaced halfway, soon beaten, last of 6 (b/m 7/4) to Connie's Rose (10-4) (Leicester 6f hcap (5) £4,187 good).

CRAFTY SPIRIT (9-8) 15-8 fav ridden to lead 1f out, headed run-in stayed on same pace, held, btm 7/4 by Sergeants Legacy (9-6) (12 ran) (Kempton 6f hcap (6) £3,140 good).

TIGER TRAP (8-1) 50-1 rear, pushed along and struggling 2f out, headway final furlong, held, 7th of 13 (b/m 5/4) to Thapa VC (10-1) (Doncaster 7f hcap (5) £4,397 good to firm).

3.30 KUBE PREMIER EVENTS VENUE HCAP (6) winner £4,187; 1m 4f (12 runners)

1 811223 LASER FOCUS J16 (BF,D) J Owen 6-10-4. Charlie Maggs (7) 99
Runs: 9 Wins: 2 (2F) Places: 3 £12,508
Looked in need of this trip when lashing home latest, dangerous late

2 1268-0 BLUENOSE BELLE 95 R Phillips 6-10-2. David Probert 80
Runs: 17 Wins: 2 (2A) Places: 2 £12,577
Beaten 110 lengths on final 2023 start, tailed off on return latest, avoid

3 -616P5 QUEENSLAND BOY 31 (P*) I Williams 4-10-1. Richard Kingscote 82
Runs: 16 Wins: 2 (S,GS) Places: 4 £14,745
2m winner at Nottingham, no form since, big drop in distance, left out

4 637355 REBEL ANGEL 24 (D) D Pipe 4-10-0. Cieren Fallon 93
Runs: 27 Wins: 6 (2S,A,GS,2G) Places: 6 £52,051
Held up, would appreciate this turning into a proper test, each-way

5 753123 BOBACIOUS 16 (BF) G Nicholls 6-10-1. Joshua Bryan 95
Runs: 8 Wins: 1 (F) Places: 3 £6,971
Edged out late over 1m2f last time, this test should suit him, noted

6 359119 TROJAN TRUTH 17 (B;CD) E De Gules 5-9-13. Luke Morris 87
Runs: 23 Wins: 4 (3F,A) Places: 4 £20,871
Unreliable, has paid the price for three wins this year, vulnerable again

7 -73875 THE PUG 19 S Kirk 4-9-12. Shariq Mohd (7) 82
Runs: 19 Wins: 3 (3A) Places: 4 £16,773
All wins on AW, flattered by how close he finished latest, not obvious

8 -31633 PAPAGE 22 J Ferguson 3-9-8. Daniel Muscutt 98
Runs: 8 Wins: 1 (G) Places: 3 £7,084
Improving, good run in a better race latest, new trip to suit, in the mix

9 53-142 DUBAWI TIME 18 (BF,D) W Knight 3-9-7. David Egan 94
Runs: 7 Wins: 1 (A) Places: 1 £10,923
Showed quirks when held on stable debut, needs to find more, place

10 662342 LIVINTHELIFE 23 (H) A Haynes 3-9-5. Daugh Keenan 98
Runs: 11 Wins: 1 (A) Places: 2 £9,235
Reliable, will keep on rolling and remains unexposed at this trip, chance

11 30-505 WAR DIRECTOR 17 D Meneisier 3-9-5. Sean Levey 75
Runs: 6 Places: 1 £1,619
Promise last year folded tamely in all three runs this term, little chance

12 -77254 SQUEAKER 36 C Hobson 3-9-4. Marco Ghiani 83
Runs: 11 Places: 3 £9,214
Okay runs this year but looks very one-paced, will find a few too good

BETTING: 10-3 Laser Focus, 9-2 Bobacious, 11-2 Livinthelife, 15-2 Dubawi Time, Papage, 10 Rebel Angel, Squeaker, 14 The Pug, 16 Trojan Truth, War Director, Queensland Boy, 25 Bluenose Belle

WHERE FAVOURITES FINISHED: 1
2023: Selenachorus 3-9-5, K Shoemaker 4-6 Fan (M Bell), dr 4, 9 ran.

Sunracing FORM

LASER FOCUS (9-1) 13-8 fav held up in rear, travelling well 3f out, soon ridden, kept on, 3rd of 11 (b/m 11) to Lucky's Dream (9-7) (Newbury 1m 3f app hcap (6) £5,757 good to firm).

BLUENOSE BELLE (9-10) 40-1 raced keenly in rear, never a factor, 12th of 13 (b/m 13) to Damascus Steel (9-10) (Kempton 1m hcap (6) £3,140 good).

QUEENSLAND BOY (9-1) 10-1 headway 3f out, held, 5th of 8 (b/m 7) to Western Stars (9-12) (Newbury 1m 5f hcap (6) £5,757 good to soft).

BOBACIOUS (9-2) 5-4 fav strong pace, our lengths clear, reduced lead 2f out, headed finish, btm 7/4 by Carp Kid (9-1) (Newbury 1m hcap (9-9) 16-1 kept on, 5th (b/m 6/4) (13 ran) (Chepstow 1/2m hcap (6) £2,983 good).

BOBACIOUS (9-12) 4-5 fav led, headed final furlong, 3rd of 10 (b/m 2/4) to Meet Me In Meraki (9-1) (Chepstow 1/2m hcap (6) £2,983 good to firm).

TROJAN TRUTH (8-8) 22-1 9th of 10 (b/m 9/4) to Thruby (9-11) (Newbury 1/2m hcap (5) £5,757 good to firm).

THE PUG (9-4) 12-1 led until final furlong, one pace, 5th of 12 (b/m 3/4) to Dillydillydilly (9-0) (Whampden 1/2m hcap (6) £2,983 AW).

PAPAGE (9-8) 9-1 led until headed final furlong, kept on, 3rd of 9 (b/m 3/4) to City Of Delight (9-6) (Newmarket 1/2m hcap (5) £4,397 good to firm).

DUBAWI TIME (8-5) 5-1 evens fav ridden 2f out, kept on, btm 3/4 by Thrilling Dream (9-4) (4 ran) (Leicester 1/2m hcap (6) £3,140 good to firm).

LIVINTHELIFE (9-1) 5-1 led and keen, good pace, soon clear, reduced lead 2f out, carried head high, headed final 2f, kept on, btm 7/4 by Spanish Hustle (10-2) (8 ran) (Hamilton 1/2m hcap (5) £5,757 good to firm).

WAR DIRECTOR (9-7) 12-1 handy, pushed along 2f out, held, 5th of 8 (b/m 9/4) to Nicotaur (9-1) (Newbury 1/2m hcap (5) £5,757 good to firm).

SQUEAKER (9-8) 11-1 every chance, never a threat, 4th of 10 (b/m 4) to It's Not Risky (9-5) (Nottingham 1/2m hcap (6) £3,402 good).

4.00 LEICESTER RACECOURSE IDEAL PARTY VENUE HANDICAP (6); winner £4,187; 7f. (11 runners)

1 (1) 415730 DION BAKER 17 (D) M Wigham 5-10-0. Darragh Keenan 95
2 (8) 066409 YOSHIMI 17 (CD) M Herrington 7-9-12. Tom Eaves 91
3 (10) 142223 LADY WINGALONG 13 (BF,D) P Evans 5-9-12. David Probert 99
4 (3) 0-38538 TOO MUCH TREVOR 24 (B) A Haynes 3-9-8. David Egan 88
5 (11) 6-469 BEGUILING 55 T Easterby 3-9-7. Sean Kirrane 93
6 (6) 3887306 BAY DREAM BELIEVER 11 (H) M Walford 5-9-8. P J McDonald 94
7 (5) 575648 BAULAC 242 A Carroll 4-9-5. William Carson 85
8 (4) 440818 ASMUND 14 (B;BF,C,D) D Carroll 7-9-4. Billy Loughnane 93
9 (7) 722809 STORM ASSET 12 (D) D Shaw 5-8-12. Alistair Rawlinson 82
10 (9) 107674 AJRAD 18 (D) B Millman 6-8-12. Lewis Edmunds 92
11 (2) 0-66702 AVAILABLE ANGEL 12 J Mackie 4-9-6. Luke Morris 80

BETTING: 5-2 Lady Wingalong, 5 Available Angel, 6 Dion Baker, 15-2 Ajrad, 8 Asmund, 10 Too Much Trevor, 12 Baulac, Autumn Angel

WHERE FAVOURITES FINISHED: 3 5 7
2023: Yoshimi 6-0 Tom Eaves 7-1 (M Herrington) drawn 6, 8 ran.

4.30 TICKET DEALS ONLINE AT LEICESTER RACECOURSE. CO.UK HANDICAP (6); £4,187; 1m 2f. (9 runners)

1 (1) 5165724 ROSE LIGHT 24 A Forbes 5-9-9. non-runner 98
2 (6) 8348533 CITY ESCAPE 32 (E;E,D) M Loughnane 7-9-8. Billy Loughnane 97
3 (3) 4444358 BAY DREAM BELIEVER 11 (H) M Walford 5-9-8. P J McDonald 94
4 (5) 3272545 HIGH COURT JUDGE 19 (BF) D Dennis 4-9-6. Luke Morris 83
5 (7) 7-76343 KHANGAI 25 (B,D) M Rimell 4-9-5. David Probert 92
6 (8) 8850863 CERULEAN SUMMER 19 (B) D Cunha 3-9-1. David Egan 86
7 (4) 5700-46 BREAK THE SPELL 14 D Jeynes 4-9-9. William Carson 85
8 (2) 0-107076 GAZZOO 12 (B) S Harris 5-9-9. Laura Pearson 70
9 (7) 7-22041 FIRST ENCOUNTER 18 (C) J Gallagher 3-8-7. William Cox 99

BETTING: 7-2 City Escape, First Encounter, 11-2 High Court Judge, Khangai, 7 Bay Dream Believer, Cerulean Summer, 20 Break The Spell, 50 Gazzoo

WHERE FAVOURITES FINISHED: 2
2023: Stintino Sunset 3-9-5 Hollie Doyle 10-3 (J Feilden) drawn 4, 9 ran.

WAR DIRECTOR (3.30 Leicester) shapes as though this move up in distance will be wise after a promising effort over 1m2f at Newbury last time out.

Favourite The BIGGEST BEST

DEAUVILLE

+++LIVE ON SKY SPORTS RACING+++

3.04 JACQUES LE MAROIS (GROUP 1); winner €547,826; 1m. GOING: GOOD. (8 runners)

1	122612	MARHABA YA SANAFI 28 (D)	8
	(7)	A Schutz (Ger) 4-9-5 Mickael Barzalona 95	
	Runs: 15	Wins: 5 (2S,2A,G,S)	Places: 5
		€638,709	
		Consistent, has won at Gr1 level, any rain would be helpful, placings	
2	11-11	QUDDWAH 29 (D)	7
	(1)	S/E Crisford (UK) 4-9-5 Callum Shepherd 96	
	Runs: 4	Wins: 4 (2G,2S,G)	Places: 5
		€123,572	
		Promising, only does what's required, impressive at Ascot, dangerous	
3	3-1121	CHARYN 54 (D)	6
	(1)	R Varian (UK) 4-9-5 Silvestre De Sousa 98	
	Runs: 15	Wins: 5 (S,F,G,S,G)	Places: 4
		€962,037	
		Top class, won the Queen Anne at Royal Ascot, ground perfect, player	
4	-87819	KING GOLD 37 (C,D)	5
	(2)	N Cauley 7-9-5... Stephane Pasquier 95	
	Runs: 41	Wins: 9 (2S,4A,G,S,G)	Places: 10
		€421,982	
		Unreliable, Gr1 winner over six furlongs, stamina in doubt, outsider	
5	221-60	BIG ROCK 54 (D)	4
	(3)	M Guarnieri (Ita) 4-9-5 Cristian Demuro 95	
	Runs: 13	Wins: 5 (2S,2A,G,S)	Places: 5
		€1,351,204	
		Second last year, has been useful this campaign, obvious risks now	
6	11-46	INSPIRAL 53 (CD)	3
	(1)	J & T Gosden (UK) 5-9-2... Ryan Moore 99	
	Runs: 15	Wins: 9 (5F,3G,S,G)	Places: 2
		€3,024,600	
		World class at her peak, has won the last two runnings, one to beat	
7	11-53	METROPOLITAN 54 (CD)	2
	(6)	M Baratti (A) 20-12... Alex Pouchin 97	
	Runs: 5	Wins: 3 (S,2G)	Places: 1
		€432,689	
		Won the French 2000 Guineas, good run at Royal Ascot since, chance	
8	5-1321	HAATEM 50 (D)	1
	(8)	R Hannon (UK) 3-8-12... James Doyle 96	
	Runs: 13	Wins: 4 (F,G,S,2G)	Places: 5
		€433,844	
		Placed in the English and Irish Guineas, game Royal Ascot win, in mix	

BETTING: 9-4 Inspiral, 3 Charyn, 9-2 Haatem, 6 Marhaba Ya Sanafi, 7 Big Rock, 14 Quddwah, Metropolitian, 33 King Gold

TEMPLEGATE'S VERDICT

CHARYN has been brilliant this season and can add the Prix Jacques Le Marois to his trophy cabinet. He kicked off the season winning a Doncaster Listed contest before stepping up to take the Group 2 Bet365 Mile at Sandown. That earned Roger Varian's colt another tilt at the highest level and he ran a great race when second in the Lockinge at Newbury ahead of Inspiral before taking his form to a new level when winning the Queen Anne at Royal Ascot. There could even be improvement to come. Inspiral has a bit to prove now after two flat efforts this season but the booking of Ryan Moore is a major plus. John Gosden's mare finished last season winning at the Breeders' Cup over 1m2f but this has always been her trip and she has won the race the last two years. She should be spot on. Big Rock was an easy winner of the QEII Stakes at Ascot so sound ground last October and a repeat of that effort would bring him right into this. Quddwah did well to land the Group 2 Summer Mile at Ascot last month and could improve with few miles on the clock although this is his toughest test yet. Richard Hannon's Haatem has a great attitude and is as hard as they come. He won a right ding-dong for the Jersey and can't be ignored coming here after a nice little break.

3.39 NUREVEY LISTED STAKES; 3-y-o; value to the winner €90,130; 1m 2f. (9 runners)

1	(2)	8-414	WAIKATO 63 (M)	D Delzanges 8-13	Aurélien Lemaitre 89
2	(8)	13-639	WAR ROOMS 51 (V*)	O Burrows (UK) 8-13	Silvestre De Sousa 93
3	(9)	11	OMBSUDS 24 (D)	J & T Gosden (UK) 8-13	Ryan Moore 97
4	(1)	13-363	SONS AND LOVES 12 (C)	Chappell-Hyam (UK) 8-13	Hollie Doyle 99
5	(5)	12-371	INVOLVEMENT 50 (D)	S & E Crisford (UK) 8-13	Callum Shepherd 95
6	(4)	11-320	STROMBERG 52 (O)	Brien (Ire) 8-13	Christophe Soumillon 95
7	(6)	11-231	SOLDIER'S GOLD 32 (D)	A De Mieux 8-13	James Doyle 96
8	(7)	0-6124	SOFT WINDS 26 (H)	Pantalà 8-10	Mickael Barzalona 88
9	(3)	516-59	SHAY 12 (P)	Clifford 8-10	A Pouchin 80

BETTING: 11-4 Ombsuds, 4 Soldier's Gold, 9-2 Sons And Love, 5 Involvement, 13-2 Stromberg, 8 War Rooms, 12 Waikato

DOWNPATRICK RUCKER MEMORIAL

2.18 ITBA MARES MAIDEN HURDLE; value to the winner €6,000; 2m 2f. (10 runners)

1	22-	BORN IN PURPLE 317 (H)	W P Mullins 5-11-7	Paul Townend 97
2	6P-716	PEPPERPTS 36 (D)	B Walsh 6-11-7	Mr Barry Walsh (7) 87
3	1290-82	SHARP OBJECT 57 (B)	J McConnell 5-11-7	Ben Harvey 99
4	0-4	GINA MOND 27 (B)	W P Mullins 5-11-3	Sam Ewing 70
5	1520-80	JED OF WINDYBUSH 11 (M)	S & E Crisford 5-11-3	Donagh Meyer 89
6	U99-30	TUSCALOOSA ANNA 288 (S)	W P Mullins 5-10-13	J J Slevin -
7	7	GIVE HER HOLLIE 27 (C)	Collins 4-10-10	Kate Kearney (5) 74
8	0	GORTMERE LADY 92 (C)	Collins 4-10-10	Eoin Walling 72
9	60	LSCAHAN UNITED 38 (P*)	C Collins 4-10-10	Jordan Gainford 70
10	7022	SHE CAN DO IT 27 (L)	Lennox 5-11-10	Alex Harvey (7) 95

BETTING: 7-4 Born In Purple, 9-4 She Can Do It, 5-2 Sharp Object, 10 Gina Mond WHERE FAVOURITES FINISHED: 8

2.48 CONGRATULATIONS TO PINKERTON TOTE GALWAY PLATE RATED HURDLE; €9,600; 2m 2f. (8 runners)

1	6-9241	DOLLAR VALUE 3 (C,D)	T McCour 9-11-11	Alex Harvey (7) 98
2	1P27-07	THE BIG CHAP 7 (P*)	P Flynn 7-11-5	Kevin Sexton 86
3	24-127	INSTANT TENDANCE 12 (G)	Elliott 6-11-4	Jordan Gainford 95
4	63-322	MORDOR 13 (G)	Elliott 4-11-4	Sam Ewing 99
5	0504-4	SR ALLEN 161 (A)	Slattery 5-11-10	Philip Donoghue (5) 89
6	U99-30	GLOBAL EXPORT F17 (G)	Cromwell 6-11-2	Patrick O'Brien (7) 80
7	020-00	LEGACY THOR 253 (S)	Crawford 10-11-2	J J Slevin 74

BETTING: 5-2 Mordor, 3 Dollar Value, 7-2 Semblance Of Order, 6 Instant Tendence WHERE FAVOURITES FINISHED: 1

3.18 SHORTCROSS GIN HANDICAP HURDLE (80-95); value to the winner €6,000; 2m 2f. (11 runners)

1	0004-	SUNDEYMAN F96 (T*)	J McConnell 8-12-0	Alex Harvey (7) 81
2	0007-	JIKE BOX ROCK 20 (C)	Comyn 6-11-3	Keith Donoghue 74
3	03-0465	UP AND OUT 6 (G)	Elliott 6-11-2	Finbar Brackley (7) 99
4	800-904	RENARD DE NOIR 57 (J)	Black 6-11-10	Richard Deegan 91
5	00-0P	KARTEL AND CO 88 (P*)	R Pothwell 4-11-0	Tom Power (Roc) 73
6	0P00-30	MONEYBANK 36 (C)	Donoghue 6-11-8	Philip Byrnes 76
7	870/825	PETTIGO 35 (M)	McNeill 6-11-5	Philip Enright 92

BETTING: 5-2 KarTEL and Co 88 (P*) R Pothwell 4-11-0, Tom Power (Roc) 73, M MoneyBank 36 (C) Donoghue 6-11-8, Philip Byrnes 76, 870/825 Pettigo 35 (M) McNeill 6-11-5

RACING RESULTS ROUND-UP FROM YESTERDAY'S EIGHT MEETINGS

MOISIN MURPHY kept up his charge to be crowned champion jockey with fabulous four-timer at Newmarket to bring up a century of winners this season. He is now 36 winners ahead of nearest challenger Rossa Ryan. Reigning champ William Buick is a further two behind and has all but given up.

ASCOT
Going: Good (good to firm in places)
1.35: 1 **HOLKHAM BAY** Rachel Venniker (4-1); 2: **Kyllian** (12-1); 3: **Dream Composer** (10-1); 10: **run 2/4; shd.** W Knight; 11: **run 2/4; shd.** W Knight; 12: **run 2/4; shd.** W Knight; 13: **run 2/4; shd.** W Knight; 14: **run 2/4; shd.** W Knight; 15: **run 2/4; shd.** W Knight; 16: **run 2/4; shd.** W Knight; 17: **run 2/4; shd.** W Knight; 18: **run 2/4; shd.** W Knight; 19: **run 2/4; shd.** W Knight; 20: **run 2/4; shd.** W Knight; 21: **run 2/4; shd.** W Knight; 22: **run 2/4; shd.** W Knight; 23: **run 2/4; shd.** W Knight; 24: **run 2/4; shd.** W Knight; 25: **run 2/4; shd.** W Knight; 26: **run 2/4; shd.** W Knight; 27: **run 2/4; shd.** W Knight; 28: **run 2/4; shd.** W Knight; 29: **run 2/4; shd.** W Knight; 30: **run 2/4; shd.** W Knight; 31: **run 2/4; shd.** W Knight; 32: **run 2/4; shd.** W Knight; 33: **run 2/4; shd.** W Knight; 34: **run 2/4; shd.** W Knight; 35: **run 2/4; shd.** W Knight; 36: **run 2/4; shd.** W Knight; 37: **run 2/4; shd.** W Knight; 38: **run 2/4; 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goals

Sunday, August 11, 2024

in association with

William HILL

Driven round round Brend

AARON'S EL OF A DAY

Leeds.....3
Portsmouth.....3

By JUSTIN ALLEN

BRENDEN AARONSON went from jeers to cheers and back to jeers again in an Elland Road cracker.

The American midfielder riled fans when he jumped the relegated ship last summer to spend a season on loan at Union Berlin – and they have still got the hump.

But he came off the bench with 18 minutes left to fire home a leveller five minutes into stoppage time before missing a sitter to win it.

Leeds boss Daniel Farke said: "Words were not needed in the dressing room afterwards. Brenden was the most disappointed lad in the dressing room."

"After coming back he wants to prove his worth. He had made a couple of mistakes when he came on but he fought back into

Turn to Page 3



TURNING POINT . . . Brenden Aaronson celebrates his late leveller for Leeds – but then misses an even later sitter (inset)



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CHAMPIONSHIP



PORTSMOUTH became the first side to take the lead in the 90th minute or later of a Championship match but not go on to win since Nottm Forest v Hull in May 2022.



GOOD CHIMES, POMPEY
... Callum Lang celebrates scoring his penalty — but Leeds denied the visitors with an even later leveller

TODAY
(3.0 unless stated)

SKY BET CHAMPIONSHIP
Sheff Wed v Plymouth 4.0
WILLIAM HILL SCOTTISH PREMIERSHIP
Aberdeen v St Mirren 12.30
Hibernian v Celtic 12.30
Kilmarnock v St Johnstone
FRIENDLY MATCHES - Crystal Palace v Nantes, Liverpool v Sevilla.
(7.45 unless stated)

TOMORROW
(3.0 unless stated)

SKY BET CHAMPIONSHIP
Luton v Burnley 8.0
THE PITCHING IN ISTHMIAN PREMIER - Carshalton Ath v Wingate & Finchley.
THE PITCHING IN SOUTHERN PREMIER CENTRAL - Barwell v Banbury Utd, Redditch Utd v Halesowen Tn, St Ives Tn v Lowestoft Tn.

TUESDAY

CHAMPIONS LEAGUE 3RD QUALIFYING ROUND 2ND LEG
Rangers (1) v Dynamo Kiev (1)
EUROPA LEAGUE 3RD QUALIFYING ROUND 2ND LEG
New Saints (0) v Petrolub (1) 6.30
CARABAO CUP FIRST ROUND
Barrow v Port Vale
Bolton v Mansfield
Bristol City v Coventry
Bromley v AFC Wimbledon
Burton Albion v Blackpool
Cambridge Utd v QPR
Cardiff v Bristol Rovers
Carlisle v Stoke 7.30
Charlton v Birmingham
Colchester v Reading
Crawley Town v Swindon
Derby v Chesterfield
Fleetwood Town v West Brom
Grimsby v Bradford
Huddersfield v Morecambe
Lev Orient v Newport City 7.30
Lincoln City v Harrogate Town
Northampton v Wycombe
Norwich v Stevenage
Oxford Utd v Peterborough
Portsmouth v Millwall
Preston v Sunderland
Rotherham v Crewe
Salford City v Doncaster
Sheff Utd v Wrexham 8.0
Shrewsbury v Notts County
Stockport City v Blackburn 7.30
Swansea v Gillingham
Tranmere v Accrington
Walsall v Exeter
Watford v MK Dons
Wigan v Barnsley
SPL TRUST TROPHY SECOND ROUND - North Dundee Utd U21 v Dundee U21, East Fife v St Johnstone U21, Elgin v Banks ODee, Fraserburgh v Forfar (8.0). **SOUTH** - Albion v Cowden, Dumbarton v Berwick, Stranraer v Bonnyrigg Rose.

THE PITCHING IN ISTHMIAN PREMIER - Bognor Regis Tn v Lewes, Bowers & Pitsea v Cheshunt, Canvey Island v Hashtag United, Chatham Tn v Billerica, Cray Wanderers v Cray Valley (PM), Dartford v Pottery Bar Tn, Dover v Folkestone Invicta, Dulwich in Hendon, Horsham v Chichester City, Whitehawk v Hastings Utd.

THE PITCHING IN NORTHERN PREMIER - Bamber Bridge v Hyde Utd, Basford Utd v Leek Tn, Blyth Spartans v Hebburn Tn, FC United of Manchester v Workop Tn, Gainsborough Trinity v Morpeth Tn, Macclesfield v Prescot Cables, Matlock Tn v Whitley Tn, Mickelover v Ilkeston Tn, Warrington Rylands v Ashton Utd, Workington v Lancaster City.

THE PITCHING IN SOUTHERN PREMIER CENTRAL - AFC Sudbury v Biggleswade Tn, AFC Telford v Stourbridge, Alvechurch v Harborough Tn, Bedford Tn v Royston Tn, Bromsgrove Sporting v Stratford Tn, Kettering v Spalding Utd, Leiston v Bishops Cleeve, Stamford v Hitchin Tn.

THE PITCHING IN SOUTHERN PREMIER SOUTH - Basingstoke v Swindon Supermarine, Frome Tn v Merthyr, Gloucester v Plymouth Parkway, Hanwell v Bracknell, Hungerford v Gosport Borough, Poole v Taunton, Sholing v AFC Totton, Tiverton Tn v Dorchester Tn, Walton & Hersham v Marlow.

WEDNESDAY

UEFA SUPER CUP
Real Madrid v Atalanta 8.0
CARABAO CUP FIRST ROUND
Hull v Sheff Wed
Leeds v Middlesbrough
Plymouth v Cheltenham
SPL TRUST TROPHY SECOND ROUND SOUTH - Clyde v Rangers, East Stirling v East Kilbride.

THE PITCHING IN NORTHERN PREMIER - Stockton Tn v Guiseley.
THE PITCHING IN SOUTHERN PREMIER SOUTH - Havant and W v Chertsey Tn, Winchester City v Wimborne Tn.

THURSDAY

UEFA EUROPA LEAGUE 3RD QUALIFYING ROUND 2ND LEG
Shamrock R (0) v CM Celje (1) 8.0
UEFA EUROPA CONFERENCE LEAGUE THIRD QUALIFYING ROUND 2ND LEG
Brann (1) v St Mirren (1) 6.0
Larne (1) v Balkani (0) 8.0
S Bakou (0) v St Patrick's (1) 8.0
Tromso (2) v Kilmarnock (2) 8.0
FRIDAY
PREMIER LEAGUE
Man Utd v Fulham 8.0
SKY BET CHAMPIONSHIP
Coventry v Oxford Utd 8.0
JD CYMRU PREMIER - Aberystwyth Tn v Conna's Quay Nomads (8.0), Bala Tn v Briton Ferry, Cardiff Met Utd v Barry Tn United, Flint Tn United v The New Saints FC, Penybont v Newtown.

SATURDAY
(3.0 unless stated)

PREMIER LEAGUE
Arsenal v Wolves
Everton v Brighton
Ipswich v Liverpool 12.30
Newcastle v Southampton
Nottm Forest v Bournemouth 5.30
West Ham v Aston Villa 5.30

SKY BET CHAMPIONSHIP
Bristol City v Millwall
Burnley v Cardiff
Derby v Middlesbrough 12.30
Norwich v Blackburn
Plymouth v Hull
Portsmouth v Luton 12.30
Sheff Utd v QPR
Swansea v Preston
Watford v Stoke
West Brom v Leeds 12.30

SKY BET LEAGUE ONE
Blackpool v Stockport County
Cambridge Utd v Crawley Town
Charlton v Leyton Orient 12.30
Huddersfield v Stevenage
Lincoln City v Barnsley
Mansfield v Burton Albion
Northampton v Exeter
Reading v Wigan
Rotherham v Bristol Rovers
Shrewsbury v Peterboro 12.30
Wycombe v Birmingham
SKY BET LEAGUE TWO
Accrington v Harrogate Town
Bradford v Salford City
Bromley v AFC Wimbledon 12.30
Carlisle v Barrow 12.30
Colchester v MK Dons
Crewe v Chesterfield
Grimsby v Cheltenham
Morecambe v Gillingham
Newport County v Doncaster
Pork Vale v Tranmere
Swindon v Walsall
PREMIER SPORTS CUP SECOND ROUND - Aberdeen v Queen's Park, Dundee v Airdrieonians, Falkirk v Hearts, Rangers v St Johnstone (5.45), Spartans v Ross County.

WILLIAM HILL CHAMPIONSHIP - Ayr v Hamilton.
WILLIAM HILL LEAGUE ONE - Alloa v Stenhousemuir, Arbroath v Kelly Hearts, Cove Rangers v Dumbarton, Inverness CT v Montrose, Queen of South v Annan Athletic.
WILLIAM HILL LEAGUE TWO - Clyde v Strirling, East Fife v Forfar, Edinburgh City v Bonnyrigg Rose, Peterhead v Stranraer.

VANARAMA NATIONAL - Boston Utd v Forest Green, Braintree Tn v Yeovil, Eastleigh v AFC Fylde, Ebbsfleet United v Barne, FC Halifax v Aldershot, Hartlepool v Southend, Rochdale v B&B Solihull Moors v Maldenhead Utd, Sutton Utd v Altrincham, Wealdstone v Oldham, Woking v Gateshead, York v Tamworth.

VANARAMA NORTH - Alfreton Tn v King's Lynn Tn, Buxton v Farsley Celtic, Chester FC v Brackley, Chorley v Hereford FC, Kidderminster v Radcliffe, Leamington v Spennymoor Tn, Needham Market v Southport, Oxford City v Hartlepool, Scarborough Athletic v Rushall Olympic, Scunthorpe v Marine, South Shields v Curzon Ashton, Warrington Tn v Peterborough Sports.

VANARAMA SOUTH - Aveyley v Tonbridge Angels, Bath City v Welling, Chelmsford v Hampton & Richmond, Chesham Utd v Boreham Wood, Dorking Wanderers v Chiptham, Enfield Town v Weston-S-Mare, Farnborough v Torquay, Hornchurch v Eastbourne Borough, Malden Utd v Truro City, Salisbury FC v Slough, St Albans v Worthing, Weymouth v Hemel Hempstead.

THE PITCHING IN ISTHMIAN PREMIER - Billerica v Dover, Bowers & Pitsea v Chatham Tn, Chichester City v Carshalton Ath, Cray Valley (PM) v Cheshunt, Dartford v Canvey Island, Dulwich v Whitehawk, Hastings Utd v Bognor Regis Tn, Hendon v Cray Wanderers, Horsham v Posters Bar Tn, Lewes v Hashtag United, Wingate & Finchley v Folkestone Invicta.

THE PITCHING IN NORTHERN PREMIER - Bamber Bridge v Workop Tn, Basford Utd v Morpeth Tn, Blyth Spartans v Lancaster City, FC United of Manchester v Ilkeston Tn, Gainsborough Trinity v Whitley Tn, Macclesfield v Prescot Cables, Matlock Tn v Hebburn Tn, Mickelover v Ilkeston Tn, Warrington Rylands v Ashton Utd, Workington v Leek Tn.

THE PITCHING IN SOUTHERN PREMIER CENTRAL - AFC Sudbury v Biggleswade Tn, AFC Telford v Stourbridge, Alvechurch v Harborough Tn, Bedford Tn v Royston Tn, Bromsgrove Sporting v Stratford Tn, Kettering v Spalding Utd, Leiston v Bishops Cleeve, Stamford v Hitchin Tn.

THE PITCHING IN SOUTHERN PREMIER SOUTH - Basingstoke Tn v Dorchester Tn, Frome Tn v Bracknell Tn, Gloucester v Wimborne Tn, Hanwell Tn v Swindon Supermarine, Havant and W v Plymouth Parkway, Hungerford Tn v Taunton Tn, Poole Tn v AFC Totton, Sholing v Marlow, Tiverton Tn v Chertsey Tn, Walton & Hersham v Merthyr Tn.

THE PITCHING IN SOUTHERN PREMIER - Stockton Tn v Guiseley.
THE PITCHING IN SOUTHERN PREMIER SOUTH - Havant and W v Chertsey Tn, Winchester City v Wimborne Tn.

FRIDAY

PREMIER LEAGUE
Brentford v Crystal Palace 2.0
Chelsea v Man City 4.30
SKY BET CHAMPIONSHIP
Sunderland v Sheff Wed 12.0
SKY BET LEAGUE ONE
Bolton v Wrexham
SKY BET LEAGUE TWO
Notts City v Fleetwood Town 1.0
PREMIER SPORTS CUP SECOND ROUND - Celtic v Hibernian, Dundee Utd v St Mirren (2.0), Motherwell v Kilmarnock (2.0).

THE PITCHING IN SOUTHERN PREMIER - Stockton Tn v Guiseley.
THE PITCHING IN SOUTHERN PREMIER SOUTH - Havant and W v Chertsey Tn, Winchester City v Gosport Borough.

MATCH STATS

LEEDS UTD	VS	PORTSMOUTH
22	SHOTS	5
10	SHOTS ON TARGET	4
68%	POSSESSION	32%
493	PASSES	243
413	COMPLETED PASSES	149
39	TOUCHES IN OPPOSITION BOX	6
12	CORNERS	0
19	FOULS CONCEDED	21
2/0	YELLOW/RED	4/0
ATTENDANCE: 36,432		
MATCH TIME: 101m 12s		
BALL IN PLAY TIME: 47m 49s		

CHAMPIONSHIP

TEAM	P	W	D	L	F	A	P
Blackburn	1	1	0	0	4	2	3
West Brom	1	1	0	0	3	1	3
Sunderland	1	1	0	0	2	0	3
Oxford Utd	1	1	0	0	2	0	3
Walsall	1	1	0	0	3	2	3
Middlesbrough	1	1	0	0	1	0	3
Stoke	1	1	0	0	1	0	3
Sheff Utd	1	1	0	0	2	0	1
Portsmouth	1	1	0	0	3	3	1
Leeds	1	0	1	0	3	3	1
Bristol City	1	0	1	0	1	1	1
Hull	1	0	1	0	1	1	1
Burnley	0	0	0	0	0	0	0
Luton	0	0	0	0	0	0	0
Plymouth	0	0	0	0	0	0	0
Sheff Wed	0	0	0	0	0	0	0
Coventry	1	0	0	1	2	0	1
Swansea	1	0	0	1	0	1	0
Derby	1	0	0	1	2	4	0
QPR	1	0	0	1	3	0	0
Cardiff	1	0	0	1	0	2	0
Norwich	1	0	0	1	0	2	0
Preston	1	0	0	1	0	2	0

*Sheff Utd deducted 2pts

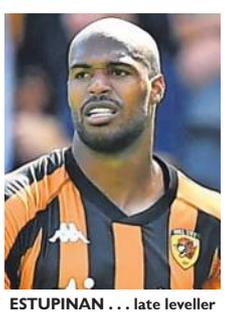
TIM'S OSCAR WINNER

By DAVID FLETT
NEW boss Tim Walter insisted Oscar Estupinan still has a Hull future after the loan ranger fired in a last-gasp equaliser.
Estupinan, 27, returned from Brazil last month having spent the summer playing for Bahia. The Colombian international also spent the bulk of last term farmed out to French outfit Metz. But his first EFL goal since

Hull 1
Bristol City 1

March 2023 – a 91st-minute penalty – cancelled out Robins debutant Felly Mayulu's 84th-minute strike. Ex-Hamburg chief Walter praised his new charges' "big balls" and, on Estupinan, he added: "I was happy with him. He worked hard and had other chan-

ces to score, so I think he deserved to get his penalty." Sub Mayulu, 22, beat Ivor Pandur for the Robins' opener. But Joe Williams clattered into Marvin Mehlem to give Estupinan the chance to score at the death. Robins boss Liam Manning said: "I think it was a penalty but I would never want to take that desire to put his body on the line out of Williams' game. "I was more frustrated by the mistakes that led to that situation."



ESTUPINAN ... late leveller

2010

OXFORD were the first newly promoted side to win their Championship opener by a margin of 2+ goals while keeping a clean sheet since Millwall in 2010-11 (3-0).

9m 29s

FASTEST GOAL
Pascal Struijk (Leeds) v Portsmouth

94m 20s

LATEST GOAL
Brenden Aaronson (Leeds) v Portsmouth

in association with



LEED THE WARNING

Proof it won't be easy for United

By JUSTIN ALLEN

ANYONE who thought Leeds were all set to steamroller the Championship this season can think again.

Daniel Farke's side kicked off the campaign as the overwhelming title favourites.

But, after missing out in May's play-off final against Southampton, Leeds had to swallow some pain.

Losing their boy wonder Archie Gray to Spurs was hard to take.

But to also lose Championship player-of-the-season Crysencio Summerville to West Ham and Glen Kamara to Rennes leaves a huge gaping hole of quality.

They have brought in Jayden Bogle from Sheffield United and Joe Rothwell from Bournemouth – but right now they are a weaker squad than last season.

Despite this they produced what Farke described as the best opening 20 minutes he has ever seen at Elland Road.

They hit the bar **THREE** times in the first **SIX MINUTES** with Wilfried Gnonto, Ethan Ampadu and Ilija Gruev all denied.

But Pascal Struijk converted a tenth-minute penalty to get Leeds up and running.

Two brilliant goals – one from Elias Sorensen after a defence-splitting pass from Marlon Pack – and another a 25-yard stunner from Callum Lang put newly-promoted Portsmouth into the driving seat at the break.

Gnonto hauled Leeds level after the restart. Yet the home fans were stunned into silence when Bogle hauled down Christian Saydee in the box – which saw Lang duly fire home the penalty two minutes into added time.

But unlikely hero Brenden Aaronson, who came on for the

Leeds.....3
Portsmouth.....3

last 18 minutes, fired past Will Norris **FIVE** minutes into stoppage time, before being played in by Joel Piroe and firing wide.

Farke said: "I'm not angry we didn't win this game because it's the Championship but even during such a dominant performance you must be switched on."

"You can never underestimate anything in this league. We started so much on the front foot and this was one of the best 20 minutes at Elland Road I've ever seen. We hit

the crossbar three times and the game should have been buried.

"But you cannot be so dominant for 90 minutes otherwise you'd win 22-0 and this never happens."

"You have to be a bit smarter during those periods when the game calms down."

"We got the equaliser and should have scored the third but we were then untidy and they got a very doubtful penalty. But we managed to get a point and we have to be happy not to lose."

Farke opted to show huge faith in 20-year-old Spaniard Mateo Joseph. The young striker has been on fire during pre-season and started ahead of Piroe and

Patrick Bamford. And in the opening spell they laid siege to the Pompey goal.

First Bogle threaded through Georginio Rutter. He unselfishly pulled it back to Gnonto, whose shot came back off the woodwork.

Ampadu slammed the bar with a downward header from the resulting corner.

Then, unbelievably, they struck it again when Gruev beat Will Norris with a 25-yard free-kick.

Yet there was no stopping Leeds moving into a tenth-minute lead when livewire Dan James was sent tumbling in the box and Struijk converted from the spot.

But Pompey were back on terms against the run of play thanks to a wonderful piece of craftsmanship from skipper Pack.

The midfield ace fooled Leeds with a disguised defence-splitting pass down the left for Sorensen to fire home on his debut.

Lang then executed a goal that will take some beating this weekend. Pack's lofted pass was headed away by Ampadu but only as far as Lang who thumped a rocket past keeper Illan Meslier.

But the Leeds faithful were celebrating a minute after the restart.

Jordan Williams was appealing for a foul after a coming together with Rutter on the left touchline.

And Gnonto picked up the loose ball before charging forward and firing past Norris.

Pompey moved in front in stoppage time. Bogle was trying to hold off Saydee outside the box but as the Portsmouth ace charged into the 18-yard area he pulled him down by his neck.

Ref Oliver Langford pointed to the spot and Lang converted.

But Aaronson fired home after being played in by Piroe. And the American could have won it but dragged that last-ditch effort wide.

ROUND BREND

From Page 1

this game and scored a great equaliser. In life it's not as easy as you can just come back, push a magic button and everything goes great and be a hero.

"Brenden has to win people over and get their trust back. But he must not dwell on that miss at the end."

"To be the hero would have been much better but you have to compliment his work-rate."

Farke (right) added: "We should have won but in the end I'm happy we didn't lose it."

In a bonkers match, Leeds hit the bar **THREE** times in the first

six minutes before Pascal Struijk converted a tenth-minute penalty.

But a strike from Pompey's Elias Sorensen and a wonder goal from Callum Lang four minutes before the break turned the game on its head.

Wilfried Gnonto put Leeds level after the restart but Pompey's Lang converted from the spot after Christian Saydee was brought down two minutes into added time, before the late drama.

Pompey chief John Mousinho said: "It was a great point. If I was a Premier League manager, I'd look to sign some of these players in the coming weeks."



JACK HIGH... O'Nien gives Clarke a lift

Jack's Cats got cream

Cardiff.....0
Sunderland.....2

By CARL LONG

REGIS LE BRIS urged Jack Clarke to stay with Sunderland after his stunning performance at Cardiff.

Clarke fired past Bluebirds' Ethan Horvath late on, after Luke O'Nien gave the Black Cats an early lead.

The ex-Leeds and Spurs youngster has attracted interest from the likes of Burnley, Lazio and Southampton.

But new Black Cats boss Le Bris reckons Clarke, 23, will benefit from another season in the Championship.

The Frenchman said: "I think him being with us is perfect. Keep growing and keep improving, stay with us because we need this kind of player."

Cardiff were punished for poor defending on 18 minutes when Dennis Cirkin headed Patrick Roberts' free-kick towards O'Nien, who fired in.

And Clarke darted past Perry Ng before curling home on 89 minutes.

Cardiff chief Erol Bulut said: "We didn't score but the goals will come."



CAM-TASTIC... Brannagan's fizzer for 2-0

Loyal Cam a sparkler

Oxford Utd.....2
Norwich.....0

By GARETH DAVIES

CAM BRANNAGAN fired in a rocket after pre-match fireworks marked Oxford's second-tier return after 25 years.

Striker Mark Harris scored the club's first goal at this level since May 1999 with his 28th-minute shot.

And man-of-the-match Brannagan, 28 – who signed a new deal in the summer – nailed No 2 on 58 minutes.

Boss Des Buckingham said: "Cam embodies what this club is about."

"He's been here six years and worked extremely hard to get himself and the club to this level."

"I'm delighted with the way we performed against a team that I'm sure will finish near the top of the table."

New Norwich chief Johannes Hoff Thorup admitted: "It wasn't good enough. We made too many mistakes and there is some way to go for us."

SEVEN-UP FOR MANU

By COLIN YOUNG

MIDDLESBROUGH opened the season with a win for the first time in a decade thanks to Emmanuel Latte Lath's seventh goal in seven games.

The Ivorian striker struck from the penalty spot to become the first Boro player to notch seven in a row since Brian Clough more than half a century ago.

Latte Lath converted after

Middlesbrough.....1
Swansea.....0

Azeem Abdulai clipped Isaiah Jones' heels in the 24th minute.

One goal did not reflect Boro's domination but boss Michael Carrick said: "I knew it would be a hard game because they're a good team and make you work for it."

"I was really pleased with the discipline and attitude of the

players to stick to the plan. And with the amount of chances we could have made it easier."

"I'm pleased for Manu. I kind of knew about it but it went out of my head because it's really not that important."

Swansea chief Luke Williams admitted: "We were really very anxious at the start with so many unforced errors and the penalty was a reflection of that."

"This is a tough place to come. They were good value for the win."



SPOT ON... Latte Lath converts winner

goals CHAMPIONSHIP

6

EDO KAYEMBE'S opener for Watford was their first goal at Millwall in 6hr 57min since April 2015.

Maj-ical hat-trick for Josh

QPR.....1
West Brom.....3

By IAN McCULLOUGH

JOSH MAJA put his injury woes behind him with a sizzling hat-trick as the Baggies bounced at Loftus Road.

The West Brom striker missed most of the previous season with two ankle issues after signing from Bordeaux last summer.

But the one-cap Nigeria forward, 25, was back to his best with two fine headers and an acrobatic finish in his first start since December.

QPR were revitalised late last season under boss Marti Cifuentes and stayed off relegation following the dismal reign of Gareth Ainsworth.

And they got off to a flier here by taking 17th-minute lead when Lucas Andersen nodded home Rayan Kollif's cross.

Maja levelled soon after when he rose above Jake Clarke-Salter to meet impressive debutant Torbjorn Heggen's centre.

And he put his side in front just after half-time with a carbon-copy finish from a Tom Fellows cross.

The hosts huffed and puffed but were unable to



CLEVER BOY... Hornets' boss Cleverley thanks the travelling fans



TRIBUTE... paying respects to ex-Millwall goalkeeper Matija Sarkic



MAJA... big comeback

capitalise on a series of corners. And Maja killed them off with an athletic effort after a cross was deflected into his path by Rangers' Sam Field.

Albion manager Carlos Corberan praised Maja for his pre-season workload to get fit but admitted he must not overload the injury-plagued forward.

He said: "He suffered a very unfair situation but came back with a mentality to do his best, get playing again and score goals."

"When a player doesn't play many minutes in the previous year, you need to be very careful and manage him really well."

"But he's worked really hard. When we were all on holidays, he was working. Had he not done that, we wouldn't have seen a performance like that."

Cifuentes accused his players of sitting too deep after taking the lead and allowing West Brom to take control of the game.

He said: "I'm not satisfied with our performance. We had more chances but the boxes made a big difference."

"After we scored we were far too passive."



FAN-TASTIC... Stoke's Schumacher celebrates

Millwall.....2
Watford.....3

By BEN BACON

TOM CLEVERLEY finally received the early birthday present he wanted most.

The Hornets boss, who is 35 tomorrow, was driven to hell and back before getting the victory he craved.

He watched in disbelief as his side blew a two-goal lead but managed to clinch the points thanks to Mileta Rajovic's 90th-minute winner.

If Millwall fans went home deflated, they can take heart in having been privileged to watch a real humdinger. No wonder Cleverley and his opposite number Neil Harris looked exhausted at the final whistle.

Cleverley said: "The win certainly makes my birthday sweeter now."

"I don't need anything else, although a win on Tuesday against MK Dons would be good."

"I definitely aged over the 90 minutes. And it's my first 90th-minute winner as a manager."

Watford were cruising at 2-0 until Millwall launched a comeback courtesy of two-goal Duncan Watmore.

First, though, Congo international Edo Kayembe scored direct from a corner

to put the visitors ahead on 22 minutes. Then Georgia star Giorgi Chakvetadze hit a screamer from a

25-yard free-

kick on 55 minutes.

No one could foretell the drama that was about to come.

Yet Millwall had been unlucky in front of goal, twice hitting the woodwork through George Honeyman and George Saville.

Former Manchester United and England midfielder Cleverley must have played in more intimidating atmospheres but The Den yesterday was still a seething pit of hostility.

That aggression was 100 per cent compassion pre-match, though, when Millwall celebrated the life of goalkeeper Matija Sarkic, who died suddenly in June aged just 26.

Watford fans also held aloft a banner which read 'RIP Matija Sarkic'.

Unfortunately, Sarkic's successor, Dane Lukas Jensen, must shoulder some blame for the opening goal as he was caught flapping as Kayembe's corner flew past him.

Watmore gave Millwall hope when he scored from close range in the 74th minute. And Lions fans were in dreamland when Watmore drilled in from the right side of the penalty area in the 88th minute.

But just two minutes later, substitute Mileta Rajovic netted with a header from a looping deflection after Tom Dele-Bashiru's shot.

Nothing was going to stop Cleverley's party.

Deflated Millwall chief Harris admitted: "The occasion affected us. And understandably so as Mati was popular."

"I'm disappointed with the result. We threw away a good comeback."

MILLWALL		V		WATFORD	
16	SHOTS	9			
4	SHOTS ON TARGET	4			
54%	POSSESSION	46%			
403	PASSES	363			
305	COMPLETED PASSES	272			
27	TOUCHES IN OPPOSITION BOX	12			
5	CORNERS	5			
11	FOULS CONCEDED	15			
2/0	YELLOW/RED	3/0			
MATCH TIME: 101m 10s					
BALL IN-PLAY TIME: 49m 35s					

CHAMPIONSHIP						
	P	W	D	L	F	A Pts
Blackburn	1	1	0	0	4	2 3
West Brom	1	1	0	0	3	1 3
Sunderland	1	1	0	0	2	0 3
Oxford Utd	1	1	0	0	2	0 3
Watford	1	1	0	0	3	2 3
Middlesbro	1	1	0	0	1	0 3
Stoke	1	1	0	0	1	0 3
Sheff Utd	1	1	0	0	2	0 1
Portsmouth	1	0	1	0	3	3 1
Leeds	1	0	1	0	3	3 1
Bristol City	1	0	1	0	1	1 1
Hull	1	0	1	0	1	1 1
Burnley	0	0	0	0	0	0 0
Luton	0	0	0	0	0	0 0
Plymouth	0	0	0	0	0	0 0
Sheff Wed	0	0	0	0	0	0 0
Millwall	1	0	0	1	2	3 0
Coventry	1	0	0	1	0	1 0
Swansea	1	0	0	1	0	1 0
Derby	1	0	0	1	2	4 0
QPR	1	0	0	1	1	3 0
Cardiff	1	0	0	1	0	2 0
Norwich	1	0	0	1	0	2 0
Preston	1	0	0	1	0	2 0

WE'RE LEW 'N IMPROVED

By GRAHAM HILL

BOSS Steve Schumacher reckons the feelgood factor is back at Stoke.

Lewis Baker bagged the Potters' 78th-minute winner just three minutes after going on as a sub.

And it could spell lift-off for Stoke after some tough years, with season ticket sales up and a better atmosphere. Schumacher said: "We felt it was building last season."

"We ended the season incredibly well

Stoke.....1
Coventry.....0

and the fans could tell, they were enjoying the performances and how we were trying to go about things.

"There is a lot of work going on behind the scenes with a new fans' zone. That made a big impact here and we need to harness that."

Off-colour Coventry's kit may make

them look like Manchester City - but the similarity ended there.

Luis Binks was off-target with a free header from close range and Baker made him pay for the miss moments later, shooting home after a one-two with Dutchman Million Manhoef.

Sky Blues boss Robins said: "It was an eye-opener, we failed to get to grips with it and that was disappointing."

"We talk about courage and bravery, but what we saw in the build-up to the game, we didn't see enough of here."



WAT ABOUT THAT? Watford's Mileta Rajovic celebrates his winner

5

WATFORD have picked up victories in their opening game of the season in five successive league campaigns for the first time since 1922-23 to 1927-28 (a run of 6).

3

STOKE have won their opening league game in three of the last four seasons (L1), having failed to win any of their previous 11 season openers (D4 L7).

in association with



Clew early birthday gift from Raj



MILETA LATE GOAL PERFECT PREZZIE FOR GAFFER TOM

ROO'S SO PRE-PARED

WAYNE ROONEY claims his Plymouth players now know what makes him tick. And he believes they can reap the rewards of having a full pre-season working with their new manager – starting in today's opener at Sheffield Wednesday.

Rooney was installed as Pilgrims boss in May, giving him time to run the rule over his new squad. He said: "Having a pre-season is vital for the players to understand

Sheff Wed v Plymouth
Today, 4pm

important and I have been really pleased from that point of view. "The difficult part now is to pick a team. You are going to have 11 players happy and quite a few not so happy. It's my job to make sure I do that in the best way."

Rooney knows he will be under intense scrutiny as he attempts to draw a line under last season's unsuccessful stint at Birmingham. He added: "The opening day, it's always important to try to get a positive result. No different for us."

FA COMMUNITY SHIELD	WILLIAM HILL PREMIERSHIP
MAN CITY (0) 1 MAN UTD (0) 1 Bernardo Silva 89 Garnacho 82 Att: 76,146 Man City win 7-6 on penalties.	DUNDEE (3) 3 HEARTS (0) 1 Tiffoney 23 Kent 61 Taylor 45 (og) Att: 7,266 McCowan 45 (pen)
SKY BET CHAMPIONSHIP	RANGERS (2) 2 MOTHERWELL (1) 1
CARDIFF (0) 0 SUNDERLAND (1) 2 G'Nien 18 Clark 83 Att: 21,401	Desslers 13 Propper 17 (og) Cerny 24 Att: 48,529
HULL (0) 1 BRISTOL C (0) 1 Estupinan 90 (pen) Mayulu 84 Att: 21,011	ROSS CNTY (0) 1 DUNDEE UTD (0) 1 Hale 90 Babunski 48 Att: 4,169
LEEDS (1) 3 PORTSMOUTH (2) 3 Struijk 10 (pen) Sorensen 23 Gnonto 46 Lang 41, 90 (pen) Aaronsen 90 Att: 36,432	P W D L F A Pts
MIDDLESBRO (1) 1 SWANSEA (0) 0 Latts Lath 25 (pen) Att: 26,610	Dunfermline 2 1 1 0 5 3 4 Rangers 2 1 1 0 2 1 4 Celtic 1 1 0 0 4 0 3 St Mirren 1 1 0 0 3 0 3 Aberdeen 1 1 0 0 2 1 3 Dunfermline 2 0 2 0 3 3 2 Ross County 2 0 2 0 1 1 2 Motherwell 2 0 1 1 2 1 1 Hearts 2 0 1 1 1 3 1 St Johnstone 1 0 0 1 1 2 0 Hibernian 1 0 0 1 0 3 0 Kilmarnock 1 0 0 1 0 4 0
MILLWALL (0) 2 WATFORD (1) 3 Watmore 74, 88 Kayembe 22 Chakvetadze 55 Rajovic 90 Att: 16,456	WILLIAM HILL CHAMPIONSHIP
OXFORD UTD (1) 2 NORWICH (0) 0 Harris 28 Branagan 58 Att: 11,333	Dunfermline 0 Falkirk 2, Morton 0 Hamilton 0, Rathfriland 1 Partick 0, Played Friday - Apr 5 Airdrieonians 0, Queen's Park 1 Livingston 1.
OPR (1) 1 WEST BROM (1) 3 Andersen 16 Maja 26, 51, 65	P W D L F A Pts
STOKE (0) 1 COVENTRY (0) 0 Baker 78 Att: 25,037	Ayr 2 2 0 0 7 0 6 Falkirk 2 2 0 0 4 1 6 Livingston 2 1 0 3 1 4 Rathfriland 2 1 0 1 1 3 Airdrieonians 2 1 0 1 1 5 3 Morton 2 0 2 0 0 2 Queen's Park 2 0 1 1 2 3 1 Partick 2 0 1 1 0 1 1 Hamilton 2 0 1 1 0 2 1 Dunfermline 2 0 2 0 4 0
Played Friday	WILLIAM HILL LEAGUE ONE - Annan Athletic 1 Inverness CT 0, Arbroath 0 Montrose 0, Dumbarton 3 Alloa 3, Kelly Hearts 2 Slanhousemuir 0, Queen of South 2 Cove Rangers 1.
BLACKBURN (1) 4 DERBY (0) 2 Dolan 19 Nelson 67 Weimann 72 Wilson 88 Szmodycs 77 Ohashi 84	P W D L F A Pts
PRESTON (0) 0 SHEFF UTD (1) 2 Att: 17,948 Arbiter 12 Hammer 55	Annan Ath 2 2 0 0 4 1 6 Kelly Hearts 2 1 1 0 3 1 4 Queen of Sth 2 1 1 0 2 1 4 Stenithmuir 2 0 1 2 3 3 3 Dumbarton 2 0 2 0 4 2 2 Alloa 2 0 2 0 3 2 Montrose 2 0 2 0 1 1 2 Arbroath 2 0 1 1 1 2 1 Inverness 2 0 1 1 2 2 1 Cove Rangers 2 0 0 2 5 0
SKY BET LEAGUE ONE	WILLIAM HILL LEAGUE TWO - Clyde 1 Stranraer 0, East Fife 2 Edinburgh City 0, Peterhead 2 Forfar 1, Spartans 2 Bonnyrigg Rose 0, Stirling 0 Elgin 1.
BIRMINGHAM (0) 1 READING (1) 1 May 87 (pen) Ehibitationhan 42 Att: 27,895	P W D L F A Pts
BRISTOL R (0) 1 NORTHAMPTN (0) 2 Akono Bilongo 90 Att: 8,529	Elgin 2 2 0 0 5 2 6 Peterhead 2 2 0 0 3 1 6 Spartans 2 1 1 0 4 2 4 Clyde 2 1 1 0 1 0 4 East Fife 2 1 0 1 4 4 3 Stirling 2 1 0 1 2 2 3 Stranraer 2 0 1 1 3 1 Forfar 2 0 1 1 1 2 1 Edinburgh 2 0 2 1 4 0 Bonnyrigg R 2 0 0 2 3 0
BURTON ALB (2) 2 LINCOLN C (2) 3 Godwin-Malfie 5 O'Connor 9, 86 Bodin 41 Darikwa 22	VANARAMA NATIONAL - AFC Fylde 3 Solihull Moors 2, Aldershot 3 Forest Green 3, Altrincham 1 Woking 0, Boston Utd 0 Rochdale 3, Dag & Red 2 Wealdstone 1, FC Halifax 2, Barnet 1, Gateshead 5 Ebbsfleet United 1, Maidenhall Utd 0 Eastleigh 2, Olcham 3 Braintree Town 0, Southern 1, York 1, Tamworth 1 Sutton Utd 1, Yeovil 0 Hartlepool 1.
CRAWLEY TN (2) 2 BLACKPOOL (0) 1 Hepburn-Murphy 16 Fletcher 74 Quilina 33 Att: 2,718	VANARAMA NORTH - Brackley 0 Scunthorpe 3, Buxton 2 Leamington 1, Curzon Ashton 3 Needham Market 0, Darlington 1 Kidderminster 2, Hereford FC 3 South Shields 0, King's Lynn Town 3 Warrington Town 1, Marine 1 Oxford City 1, Peterborough Sports 0 Chorley 1, Radcliffe 3 Scarborough Athletic 3, Rushall Olympic 2 Farsley Celtic 3, Southport 3 Alfreton Town 1, Spennymoor Town 3 Chester FC 0.
EXETER (0) 1 ROTHERHAM (0) 0 Watts 71	VANARAMA SOUTH - Boreham Wood 1 Bath City 0, Chippenham 1 Farnborough 2, Eastbourne Borough 1 Chesham Utd 1, Hampton & Richmond 1 Hornchurch 3, Hemel Hempstead 2 Salisbury 2, Slough 2 Chelmsford 1, St Albans 0 Maidstone Utd 1, Tonbridge Angels 3 Weymouth 2, Torquay 2 Enfield Tr 1, Truro City 1 Dorking 2, Welling 1 Aveley 0, Weston-S-Mare 3 Worthing 4.
L ORIENT (1) 1 BOLTON (1) 2 Kelman 38 Charles 8 Adeboyejo 75 Att: 7,895	THE PITCHING IN NORTHERN PREMIER - Ashton Utd 2 Blyth Spartans 2, Guiseley 2 Workington 0, Hebburn Town 1 Warrington Rylands 0, Hyde Utd 1 Mickelover 1, Ilkeston Town 2 Gainsborough Trinity 2, Lancaster City 3 Basford Utd 2, Leek Town 0 Stockton Town 2, Morpeth Town 0 FC United of Manchester 1, Prescot Cadets 0 Matlock Town 0, Whitley Town 1 Sarnber Bridge 2, Worksop Town 0 Macclesfield 1.
PETERBORO (0) 0 Huddersfld (2) 2 Evans 38 Whies 45	THE PITCHING IN SOUTHERN PREMIER CENTRAL - Banbury Utd 1 AFC Sudbury 1, Biggleswade Town 1 AFC Telford 1, Bishop's Cleeve 2 Alvechurch 1, Halesowen Town 2 Kettering 1, Harborough Town 0 Stamford 1, Hitchin Town 1 Bromsgrove Sporting 3, Lowestoft Town 0 Redditch Utd 1, Royston Town 3 Barwell 2, Spalding Utd 1 Bedford Town 0, Stourbridge 1 St Ives Town 0, Stratford Town 3 Leiston 0.
STEVENAGE (0) 1 SHRWSBURY (0) 0 List 58 Att: 3,357	THE PITCHING IN ISTHMIAN PREMIER - Billericay 3 Whitehawk 0, Cheshunt 3 Bognor Regis Town 2, Chichester City 2 Canvey Island 0, Cray Valley (RM) 1 Dartford 2, Fekesstone Invicta 1 Carshalton Ath 1, Hashtag United 0 Cray Wanderers 2, Hastings Utd 2 Horsaam 0, Hendon 2 Bowers & Plessey 1, Lewes 2 Gatham Town 0, Potters Bar Town 0 Dover 8, Wingate & Finchley 3 Dulwich 2.
STOCKPORT (1) 2 CAMBRIDGE (0) 0 Barry 5 Wootton 76 Att: 9,457	THE PITCHING IN SOUTHERN PREMIER SOUTH - AFC Totton 1 Walton & Hersham 0, Bracknell Town 0 Poole Town 0, Chertsey Town 4 Hungerford Town 1, Dorchester Town 1 Havant and W1, Gosport Borough 0 Frome Town 1, Marlow 1 Winchester City 1, Merthyr Town 6 Tiverton Town 0, Plymouth Parkway 1 Basingstoke Town 3, Swindon Supermarine 1 Sholing 2, Taunton 3, Gloucester 3, Wimborne Town 1 Hanwell Town 0.
WIGAN (0) 0 CHARLTON (0) 1 Jones 81 Att: 9,564	LOWLAND LEAGUE - Berwick 1 Broomhill FC 1, Bo'ness Utd 2 Albon 1, Broxburn Athletic 3, Cambuslang Colts 0, Calderonian Braves 3, Civil Service Strollers 0, Celtic B 5, East Stirling 1, Cowdenbeath 4 Gala Fairydean 1, East Kilbride 7 Stirling University 0, Gretna 2001 1, Linlithgow Rose 3, Played Friday - Hearts 5 0 Tranent 1.
WREXHAM (2) 3 WYCOMBE (0) 2 Cleworth 9 Kona 58 Marriott 29 Vokes 89 Fletcher 83 Att: 13,214	
Played Friday	
BARNSLBY (1) 1 MANSFIELD (2) 2 Connell 32 S Quinn 13 Gregory 18	
SKY BET LEAGUE TWO	
AFC WIMB'DN (3) 4 COLCHESTER (2) 2 Ball 13 Goodliffe 1, 9 Reeves 30 Att: 7,924 Burgell 51 SARREWS (pen) Barnes 22 Vassell 22 Att: 3,585	
CHELTENHAM (2) 3 NEWPORT (2) 2 Colwill 22, 90 Baker-Richardson 31 (pen) Dulston 27 Greaves 43 Att: 4,613	
DONCASTER (1) 4 ACCINGTON (0) 1 Molynaux 43, 62 Walton 47 Gibson 68 Att: 6,423 Sheep 67	
FLEETWOOD (1) 1 GRIMSBY (0) 0 Helm 18 Att: 3,525	
GILLINGHAM (1) 4 CARLISLE (0) 1 Dieng 2 Mellish 65 Wakeling 48 Att: 7,037 Nolan 77 J Williams 87	
HARROGATE (0) 0 BROMLEY (0) 2 Cheek 62 Grant 71	
MK DONS (1) 1 BRADFORD (2) 2 Gilbey 20 Pattison 3 Sherrington 5 (og) Att: 7,561	
SALFORD (0) 0 PORT VALE (1) 2 Garity 45, 69 Att: 3,318	
TRANMERE (0) 0 NOTTS CO (0) 0 Att: 8,198	
WALSALL (1) 1 MORECAMBE (0) 0 Allen 20 Att: 5,226	
Played Friday	
CHESTERFOLD (1) 1 SWINDON (0) 1 Dobra 15 Wright 64 Att: 9,262	
JD CYMRU PREMIER - Barry Town United 1 Bala Town 1, Flint Town United 1 Cardiff Met Uni 2. Played Friday - Newtown 4 Aberystwyth 1.	
HIGHLAND LEAGUE - Banks ODee 4 Naim County 0, Biora 6 Forfarline United 2, Fraserburgh 0 Brechin 0, Buckie Thistle 1, Inverurie Loco Works 2 Clachnacuddin 0, Rothes 0 Keith 1, Strathspay Thistle 1 Forres Mechanics 6, Turriff United 1 Lossiemouth 0, Wick Academy 0 Deveronvale 1.	

ABLE... Rooney had time with team

goals LEAGUE ONE

Saga pure Hollywood

Dragons back with a bang

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LEAGUE ONE ROUND-UP
By NEIL SILVER

ALFIE MAY came to Birmingham's rescue as he earned a point with an 87th-minute penalty in a 1-1 draw at home to Reading.

It was hardly the dream start to life in League One for the club who are part-owned by American Football legend Tom Brady.

But it at least meant they avoided defeat on the opening day of the season, following their embarrassing relegation from the Championship.

May (*above*) won the League One Golden Boot with Charlton Athletic last season to earn a move to St Andrew's — and proved he was reliable from the spot by converting six penalties.

Birmingham needed that poise to ensure they avoided defeat, after trailing to Nigerian striker Kelvin Ehibhatiomhan's goal just before half-time.

The Blues appointed Tottenham assistant boss Chris Davies as their new manager this summer in the hope of bouncing straight back to the top tier of the EFL, after a comedy of errors in their managerial appointments last season. As a result, they were relegated

ALFIE GETS BLUES OUT OF A SPOT

from English football's second tier for only the third time in their history — and for the first time in 30 years.

And in stark contrast, **Huddersfield** showed why they are among the favourites to make an immediate return to the Championship as they won 2-0 at **Peterborough**.

The Posh were last season's top scorers in League One, but they failed to break their duck as they went down to first-

half goals from Antony Evans (*left*) and Ben Wiles.

The result meant Huddersfield went top and Peterborough went bottom after the opening round of fixtures.

It was not such a good day for another team tipped to do well this season, **Rotherham**.

They slipped to a 1-0 defeat at **Exeter**.

Substitute Caleb Watts scored the winner midway through the second half from Johnly Yfeko's cross to disappoint manager Steve Evans

following his recent return to the Millers.

Evans' old club **Stevenson** enjoyed a winning start to Alex Revell's second stint in charge as Elliott List's (*right*) second-half goal was enough to see them beat **Shrewsbury**.

Crawley enjoyed a winning start to life in League One for the first time in a decade, following last season's promotion. They triumphed 2-1 at home to

LEAGUE ONE

	P	W	D	L	F	A	Pts
Huddersfield	1	1	0	0	2	0	3
Stockport Cty	1	1	0	0	2	0	3
Lincoln City	1	1	0	0	3	2	3
Wrexham	1	1	0	0	3	2	3
Bolton	1	1	0	0	2	1	3
Mansfield	1	1	0	0	2	1	3
Crawley Town	1	1	0	0	2	1	3
Charlton	1	1	0	0	1	0	3
Bristol Rovers	1	1	0	0	1	0	3
Exeter	1	1	0	0	1	0	3
Stevenage	1	1	0	0	1	0	3
Reading	1	0	1	0	1	1	1
Birmingham	1	0	1	0	1	1	1
Wycombe	1	0	1	0	1	2	0
Burton Albion	1	0	1	0	1	2	0
Blackpool	1	0	1	0	1	2	0
Barnsley	1	0	1	0	1	2	0
Leyton Orient	1	0	1	0	1	2	0
Northampton	1	0	1	0	1	2	0
Rotherham	1	0	1	0	1	2	0
Shrewsbury	1	0	1	0	1	2	0
Wigan	1	0	1	0	1	2	0
Cambridge	1	0	1	0	2	0	0
Peterborough	1	0	1	0	2	0	0

Blackpool after first-half goals from Rushian Hepburn-Murphy and Armando Junior Quitirna, with sub Ashley Fletcher replying in the second half for the Tangerines.

It was a good day for the men named Jones as **Charlton Athletic** carried on their good run since Nathan Jones took charge, opening the season with a 1-0 win at **Wigan**.

The victory courtesy of a late goal from defender Lloyd Jones.

A debut goal for USA international striker Charlie Kelman, on loan from QPR, was not enough to stop **Leyton Orient** slipping to a 2-1 defeat at home to **Bolton**.

Dion Charles (*above*) put Wanderers ahead after eight minutes but Kelman equalised before the break.

Zach Hemming's howler for the O's gifted Victor Adeboyejo the winner after 75 minutes, keeping up the good scoring day for Nigerian strikers in the division.

Lincoln City edged a five-goal thriller, winning 3-2 at **Burton Albion** with the help of two goals from skipper Paudie O'Connor.

Bristol Rovers left it late to claim a 1-0 win at home to **Northampton Town**, as Bryant Bilongo struck with a 92nd-minute header.



4

IN Mansfield, Wrexham, Stockport and Crawley, four newly promoted sides won their opening game in a third-tier EFL season for only the third time (also 1991-92 & 1964-65)

4m 7s

FASTEST GOAL
Louie Barry (Stockport) v Cambridge

91m 4s

LATEST GOAL
Bryant Bilongo (Bristol Rovers) v Northampton

in association with



TOP NOTCH
... Steven Fletcher is all smiles after his strike for Wrexham



By **GRAEME BRYCE**

HOLLYWOOD FC are on the march again.

Phil Parkinson's side made a winning return to League One in their 5,000th league fixture. But Tinseltown owners Ryan Reynolds and Rob McElhenney were kept sweating until the final scene before celebrating.

Welshman Sam Vokes – of all people – threatened to spoil the party when he headed home in the 89th minute to give Wycombe a chance.

But the Dragons held on to win a five-goal thriller... thanks to Braveheart!

Veteran Scot Steven Fletcher came off the bench to put Wycombe to the sword as he grabbed a stunner.

Elliot Lee's shot was beaten out by goalie Nathan Bishop and Alex Hartridge attempted to clear despite being flat out on the turf.

Hartridge only succeeded in setting up Fletch, who took a

Wrexham.....**3**
Wycombe.....**2**

touch then produced a sublime chip to leave Bishop stranded as the ball flew into the far corner. Not bad for a 37-year-old!

McElhenney said: "Wow! I was trying to figure out whether that was fun or not!"

"It was fun for periods of time for sure. But we really looked like a League One team who could compete.

"I was really happy with all the goals – well not all the goals – but three of them!"

Wrexham fans had waited 19 long years to return to League One – but they waited less than ten minutes for a goal.

Lee whipped in a corner and Max Cleworth won his wrestling bout with Hartridge to steer the ball right-footed beyond Bishop.

It was a belated birthday present for the Academy graduate who had celebrated his 22nd

birthday 24 hours earlier. After back-to-back promotions Wrexham's confidence is sky high – rightly so – and poor Wycombe did not know what had hit them as the Dragons gave them a first-half roasting.

Ryan Barnett threatened to beat Bishop, who managed to save at full-stretch, before Ollie Palmer then had a shot deflected into the side netting.

Wanderers were reeling and Tyreeq Bakinson was booked for hauling back Jack Marriott as the forward skipped past him.

But Marriott swiftly gained revenge, however, as he smashed in a sensational volley to double Wrexham's lead just before the half-hour.

Lee clipped the ball into the box, Palmer flicked it back to Marriott who took it down majestically on his chest before volleying a stunning shot beyond Bishop from 15 yards.

The Dragons support could dare to start dreaming of a hat-trick of promotions. However,

Wycombe woke up! Matt Bloomfield's men clawed their way back into the game and twice in first-half stoppage time they hit the woodwork through Josh Scowen and Richard Kone.

The visitors' confidence surged back and the Chairboys pulled one back just before the hour after Wrexham failed to clear their lines following a throw-in.

The ball crashed off George Dobson and landed at the feet of Kone, who smashed a shot home off the underside of the crossbar.

The big Ivorian then fired over with the goal at his mercy as Wrexham wobbled.

Phil Parkinson responded by bringing on Fletcher for Palmer and then George Evans and Sam Dalby for Andy Cannon and Marriott.

And it was Fletcher who made his mark with that sensational third goal before Vokes came off the bench to make his mark, too.

However it was too little too late. Welcome to League One!

TAP BOOST ON YOUR BET



DAZZLER...
Barry launches audacious lob

DISTANCE SCORED
29.1yds

LOUIE'S BEAUTY

LOUIE BARRY scored a Goal of the Season contender to help Stockport start their life in League One with a win.

The former Barcelona prospect – on loan from Aston Villa for a second season – netted a strike that would have made Nou Camp legend Lionel Messi proud.

After just five minutes, a long

Stockport.....**2**
Cambridge Utd.....**0**

clearance by keeper Corey Addai was headed on by Kyle Wootton and Barry launched a stunning lob from almost 30 yards out.

Wootton was rewarded for his

assist with a 76th-minute strike of his own to see off Cambridge.

Forward Barry, 21, was a fan favourite last season in an electric loan spell. He scored nine times in 20 appearances as County won the League Two title.

He was at West Brom's Academy before joining Barcelona's youngsters in 2019.



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goals **LGE 2** **FASTEST GOAL** 53s Ben Goodliffe (Colchester) at Wimbledon **LATEST GOAL** 95m 12s Joel Colwill (Cheltenham) v Newport



SHARP... 250th goal

He's still so Sharp

By NEIL SILVER

BILLY SHARP marked his fairytale return to Doncaster with a goal which helped his team thump Accrington 4-1.

The striker, 38, who has started his third spell at Rovers, rounded off an easy win by adding to goals from Luke Molyneux (2) and Jordan Gibson.

It was just the start Grant McCann wanted, as he had warned his rivals that Rovers were going for the title after losing out in last season's play-offs.

Donny boss McCann said: "It's the first time we've won at home on the first day of the season for 20 years so we've got that monkey off our back."

"And it was great to see Billy score his 250th league goal a decade on from his last appearance."

Elsewhere, Gary Neville had a disappointing start as the majority share owner of SALFORD CITY.

His side slumped to a 2-0 home defeat thanks to a double from PORT VALE skipper Ben Garrity.



A Cheeky grin does the trick!

RAVENS OFF TO FLIER

By KEN LAWRENCE

MICHAEL CHEEK made history for himself and Bromley with the club's first goal in the EFL.

The strike from last season's 23-goal top scorer was hardly a classic.

He made contact with Idris Odutayo's low cross from the right with a 62nd-minute diving header, true enough.

Not that it mattered one bit. The 32-year-old was living the dream, just like he and his team-mates did back at Wembley in May.

That penalty shootout win over Solihull Moors in the National League play-off final led them to this new adventure away at Harrogate.

And just to seal the League Two debut deal for the 132-year-old club, Kamarl Grant nodded in No2, this time a near-post flick, nine minutes later.

No wonder Ravens boss Andy Woodman was ecstatic at the final whistle. He said: "If anybody deserved to make that piece of history it was Michael."

"He's a great club man, he's been brilliant for me, brilliant for Bromley."

"But what is also brilliant is we had seven players making their EFL debuts here and, no disrespect to Harrogate, I thought we deserved this."

"It's our first win, first clean sheet, our first goals at this level but the best of it was we maintained our DNA."

"Just because we've come up, we are not going to change from grafting hard and working our socks off." Around 350

Harrogate.....	0
Bromley.....	2

Lillywhites fans made the five-hour, 246-mile trip north and in the 11th minute they thought that they were witnessing a historic first strike in England's fourth tier.

Corey Whiteley, part of the core of the side Woodman made sure to stick with after their promotion drama, connected brilliantly with a low right-foot volley.

But defender James Daly was there to force off the line and within seconds midfielder Matty Daly - no relation - delivered a searing strike that Grant Smith did superbly to divert

That early scare apart Bromley looked at home in their new environment.

Midfielder Jude Arthurs sent one attempt a couple of feet over while Cameron Congreve went even closer.

Simon Weaver's men also got lucky, in one way at least, in the 38th minute.

Toby Sims dropped his Sulphurites in deep trouble but keeper James Belshaw came to the rescue with a brave grab ahead of the striker who would later etch his name in the Bromley annals.

Cheek's challenge earned him a yellow but the real blow was suffered by Belshaw, whose bravery brought a shin gash that saw him replaced by Mark Oxley.

Harrogate's substitute stopper then excelled himself, tipping over a fierce 18-yard drive from Arthurs.

The DNA that Woodman so celebrates was then there for all to see as the basis of that second-half drive to new heights... and more history.

ALL WHITE ON THE NIGHT... scorers Grant (left) and Cheek celebrate a memorable win for Bromley

LEAGUE TWO

	P	W	D	L	F	A	Pts
Doncaster	1	1	0	0	4	1	3
Cillingham	1	1	0	0	4	1	3
AFC Wimbledon	1	1	0	0	4	2	3
Bromley	1	1	0	0	2	0	3
Port Vale	1	1	0	0	2	0	3
Cheltenham	1	1	0	0	3	2	3
Bradford	1	1	0	0	2	1	3
Barrow	1	1	0	0	1	0	3
Fleetwood	1	1	0	0	1	0	3
Walsall	1	1	0	0	1	0	3
Swindon	1	0	1	0	1	1	1
Chesterfield	1	0	1	0	1	1	1
Notts County	1	0	1	0	0	0	1
Tranmere	1	0	1	0	0	0	1
Newport City	1	0	1	0	2	0	0
MK Dons	1	0	0	1	1	2	0
Crewe	1	0	0	1	0	1	0
Grimby	1	0	0	1	0	1	0
Morcambe	1	0	0	1	0	1	0
Colchester	1	0	0	1	2	4	0
Harrogate	1	0	0	1	0	2	0
Salford City	1	0	0	1	0	2	0
Accrington	1	0	0	1	1	4	0
Carlisle	1	0	0	1	1	4	0

MATCH STATS

HARROGATE		BROMLEY
11	SHOTS	13
2	SHOTS ON TARGET	5
57%	POSSESSION	43%
357	PASSES	269
267	COMPLETED PASSES	172
15	TOUCHES IN OPPOSITION BOX	25
5	CORNERS	7
8	FOULS CONCEDED	14
1/0	YELLOW/RED	4/0
ATTENDANCE: 2,236		
MATCH TIME: 102m 35s		
BALL IN PLAY TIME: 49m 58s		

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your registration into our Reg Checker.

check-my-vehicle-reg.co.uk

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Get a rapid online decision

★ CORONATION STREET ★



unto himself?

Corrie airs for an hour on Monday, Wednesday & Friday at 8pm

Joel is on thin ice this week as Dee-Dee begins to smell a rat (at long last). When a notification pops up on his laptop asking him to rate his experience at Belfast airport, Dee-Dee is perplexed. And quite frankly, so are we – who signs up for marketing messages when they're going out of their way to keep their whereabouts a secret? Anyhow, Dee-Dee questions her fiancé about his covert jaunt across the Irish Sea and Joel fobs her off by saying he was supposed to go for work but the trip was cancelled. A plausible enough explanation if you didn't know he was a raging sociopath with a Lauren-shaped secret to hide. With the Belfast trip seemingly forgotten, Dee-

Dee later gives Joel's ex Emily a fairy charm for her daughter Maeve and says she'd like her to be a flower girl at their wedding. Emily is confused by the choice of gift and tells Dee-Dee that Maeve doesn't own a charm bracelet. She then adds that Dee-Dee should be wary as Joel is still paying rent on his old flat – news that catches Dee-Dee unaware and plants a seed of doubt in her mind. Back home, Dee-Dee spies Joel's briefcase and finds the keys to the flat inside. Quicker than you can say 'suspicious', the solicitor is rummaging through cupboards trying to find evidence of an affair. Oh, if only you knew the whole devastating truth Dee-Dee – and it's only a matter of time...

If, like *TV Soap*, you've been staring open-mouthed at your telly watching Nick and Toyah's affair, you're going to tumble off your sofa this week when Nick admits that he's actually *fallen in love* with her. Having a fling is one thing, but saying the L-word will open up a whole fresh can of worms...

Smarmy Rowan has convinced Leanne that she should look out for number one and distance herself from her sister while she's going through her health crisis, so it falls to Nick to be Toyah's rock as she undergoes surgery. At the hospital, Nick waits for news about her op and is approached by a consultant who gravely tells him that Toyah has suffered complications. Panicked, Nick calls Leanne

and tells her to get to the hospital... pronto! Meanwhile, Amy excitedly informs Aadi of her plans to chuck her inheritance down the drain... sorry, 'invest in the Institute'. But Aadi's not buying the dream that Rowan's peddling and urges her to think twice. Later, Leanne tells Rowan about Amy's decision, but dismisses a debrief, saying she's got to get to the hospital – leaving Rowan vexed that she won't drop everything to listen to him spout off. After an emotional reunion between the Battersby sisters at the hospital, Nick unwisely decides that now's the time to tell Toyah that he loves her and he's going to confess this to Leanne, which messes with Rowan's evil blackmail plans somewhat.

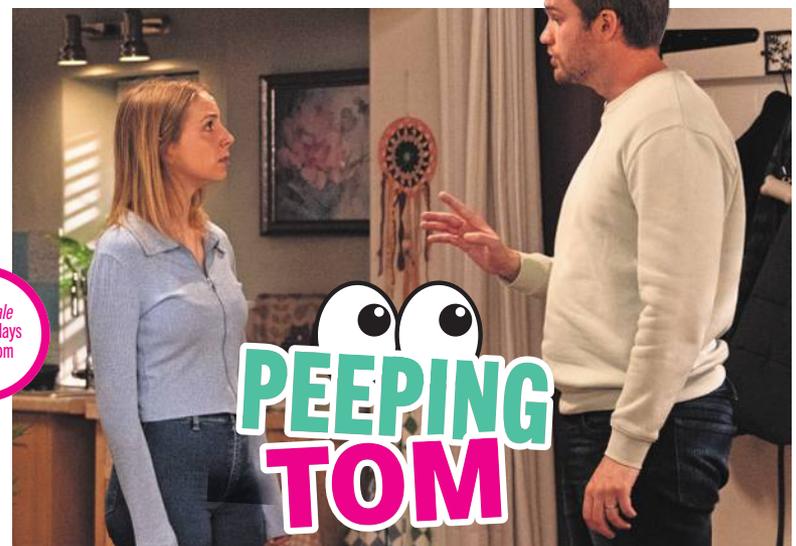


★ EMMERDALE ★

Mandy's saucy side hustle as a financial dominatrix has only just begun, but it comes crashing down as Bear uncovers her secret just before her wedding to his son. At the start of the week, Tracy voices her concerns when she finds out about Mandy's new 'job', but the beautician explains that she's being careful and it's only temporary until her finances improve. Talk turns to a more exciting topic when Amelia arrives and gifts Mandy a karaoke headset, before revealing that she's organising a hen do. The following day, Mandy is buzzing for her party, but she's struggling with her workload and asks Amelia to take her appointment with Bear, while

she returns to her fin-domination clients. As Bear waits alone in the salon, he's lost for words when Mandy's call plays through the karaoke speakers. The disgusted dad takes matters into his own hands and confronts Mandy, who explains that she's just raising cash for the wedding, but he's having none of it and demands that she tell Paddy the truth – or he will. Later, having had enough of Mandy's lies, Bear pretends to be her client and shows the vet what she's been up to! Paddy is distraught, and on the morning of their big day, Mandy races across the village in her wedding frock to beg the groom to join her at the altar.

Emmerdale airs weekdays at 7.30pm



Since Belle's horrific ordeal with Tom during their recent Welsh getaway, she's been taking some much-needed time out from both the village and her abusive husband. But as she bravely returns to the Dales this week, the violent vet is determined to win her back and gain control once more. On Thursday, Belle is surprised when she's welcomed home by Sarah, who reveals that Tom has left his wife a homecoming gift. Instead of all the usual romantic clichés like flowers or chocolates, he's got her a retro Mini Cooper. Later, Tom continues to try to worm his way back into Belle's life when he lets himself into Dale Head

without knocking. Belle can't help but feel stressed as he says he wants to talk about working on their marriage and getting back together, but she finds the strength to reject his advances and admits that she won't be accepting his present. So, Tom opts for another tactic as he tries to pull at her heart strings, but Belle refuses to back down and boldly tells him that she doesn't want to see him. She expects Tom to fly off the handle, so she's surprised when he agrees to her terms and leaves. Of course, he's not going to let her go that easily, and we soon see him sitting outside The Woolpack, watching Belle through his secret security cameras.

★ EASTENDERS ★



With the court case looming, Linda needs all her strength right now – which is tricky when she's battling Dean and doing a better impression of a jelly than a steely force to be reckoned with. She's struggling to stay sober, but as Dean ups the ante – telling henchwoman Bernie to send abusive texts as well as letters – Linda crumbles and tells Johnny that she can't meet the lawyer. Johnny knows he'll have to take control, but when prosecutor Tamara comes to quiz Linda, it's clear that she is – how shall we put this? – *refreshed*. Pair her regular high heels with a wobbly state of mind and Linda could struggle to stand up, let alone take the stand.

Going on an all-night bender doesn't help steady Linda's nerves, so Gina tells Johnny to switch on his best legal brain to find a solution while she 'babysits' Linda – but he comes back later and gets into a major ruck with his mum. After going away to calm down, Johnny returns to find Linda in a life-threatening situation...

Before long, paramedics are tending to the stricken landlady while Johnny tells Gina to move out of the pub. As the pressure gets to him too, Johnny turns to Callum for help. But mistaking a shoulder to cry on for a come-on gets awkward when Johnny moves in for a kiss.

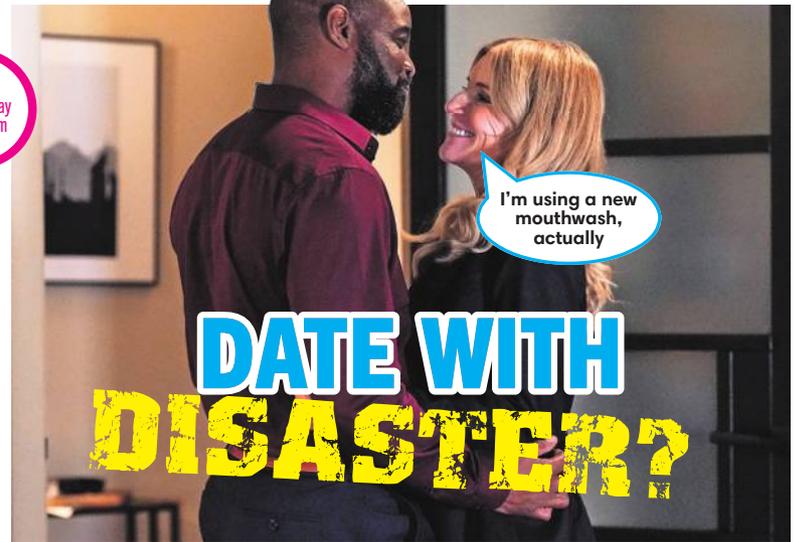
Having a secret affair in Albert Square isn't easy at the best of times. Even a devious minx like Cindy needs luck on her side to carry on her passionate romps with Junior when there's a partner, child or ex around every corner. When it comes to illicit lust, she's met her match with Junior, and hearing Peter, Lauren and Gina discussing why Cindy promoted Bobby – hardly E8's answer to Lord Sugar – above him, Junior offers Peter a job, thinking it will keep him out of their way. But Cindy's not happy.

When Peter does the honourable thing and refuses to nick Bobby's job, Cindy instead trashes Junior's reputation

to Lauren – which might make you wonder if Peter really can be the shameless schemer's son, but let's not complicate things. Before long, Cindy's getting glammed up for a steamy catch-up. Meanwhile, Junior opens his front door to find Gina looking for a place to stay. It's awkward, to say the least, given that he's expecting her naughty mum instead – and Gina's sent away, crushed.

If Ian and George ever fit the pieces together and see the whole picture, Cindy could be looking for her next escape route, with Junior banished in disgrace too. Another near-miss should ring alarm bells, but saucy Cindy's never been one for playing it safe...

Monday to Thursday at 7.30pm



★ HOLLYOAKS ★

Warren's never come up against such a formidable foe as Blue, the mysterious crime lord who's come out of retirement to take down The Loft boss for reasons that become terrifyingly clear this week. Norma's already fallen foul of the masked vigilante, being gunned down in her own flat where her body is waiting to be discovered by her oblivious son. But on Monday, Warren believes his mum is missing from the twins' naming ceremony as she's 'taking care of business' in Italy.

During the event at the McQueens', Warren gets a notification saying there's an intruder in his house. He races home only to find Rex, who reveals that

Blue wants Warren to hand over his drugs, which floors Mercedes, who's followed her partner back and believed that he'd gone straight. After the couple row, Warren decides to hand over the drugs.

Alas, it could all be too late to stop Warren's life being torn apart – as we discover that Blue is, in fact, Dave! Flashbacks reveal how the family man went back to his criminal ways after Lizzie died from Warren's dodgy pills and he's not in a forgiving mood. But he may just get his revenge when Joel, grieving for baby Noah, raids his dad's drug stash and heads to Norma's flat for a heroin binge. What horror will Warren find when he turns up there?



Weeknights 7pm E4, with first-look episode streaming on Channel 4 from 7.30pm



It's Nancy's plea hearing, and as she prepares herself for court, she still can't work out why Frankie has accused her of pushing her down the stairs. Over at the Osborne house, Frankie is excitedly reading about dance school, convinced that this is her way of finally escaping her abusive twin brother. JJ has big news of his own, as he learns that he's won the contract with United, and the family celebrate their apparent golden boy.

Nancy later confides in Darren that she's worried she'll be found guilty and tells him that if the defendant family can't live together, he'll have to choose between her and the twins. Despite doing

all he can to reassure his wife, Darren later sits down with Frankie to go over the events of her fall – and the guilt-ridden teenager's caginess leaves him suspicious.

On Friday, the Osbornes head to the football club to celebrate JJ's achievements, and the clan have never seemed happier, but Frankie's left traumatised when JJ menacingly tells her that he intends to visit her at dance school. It's the final straw for Frankie, and as her loved ones hold a Party for JJ at The Dog's flat, she finally opens up to Darren in the abandoned bar below about the abuse her brother's subjected her to over the years.

★ NEIGHBOURS ★



Couldn't Harold get some bespoke takeaway cups made?

Custody *fearing*

Streams Monday to Thursday on Amazon Freevee from 7am

Just when it seemed that Kiri and Nicolette were finally back on track, that weird situation with Sasha the cheating church leader rears its ugly, confusing head again. Kiri wants to attend the final mass with Sasha's congregation before they disband for good, but Nic objects and argues that she'll always come second to religion in her girlfriend's heart. Kiri insists that this isn't true and the couple seem stronger than ever... until the next day.

That's when Kiri finds a dossier on Nicolette's phone, detailing Aaron's breakdown in the wake of David's cliff-based death. It seems she's been looking into gaining custody of Isla and breaking

the surrogacy agreement she signed with the couple. Kiri's furious and points out that this is just another example of Nic's selfish behaviour, but when she sees how good her other half is with Isla, she agrees that maybe Nicolette was just trying to be a decent mother to her daughter.

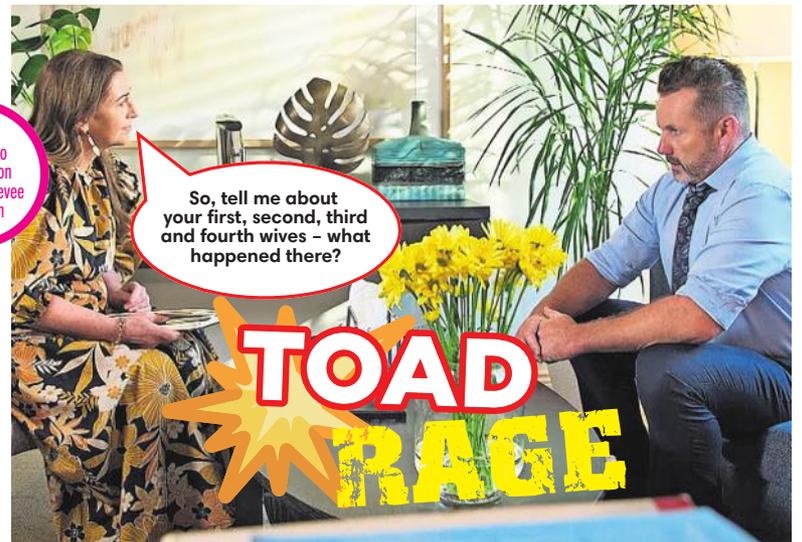
Still, now that Aaron's back on the straight and narrow, Nic stresses to Kiri that she's had second thoughts and is committed to supporting the widower as he faces being a single parent. She promises that she's called off her lawyers, so Kiri is furious when she spies Nicolette reading through a legal document about her custody application.

One couple who do seem to be love's young dream are Nell and JJ, and Nell can't keep her excitement to herself. She confides in Terese that she's feeling loved-up but isn't ready yet for anything physical to happen, before urging her stepmother not to tell Toadie while he's in such a fragile state. Terese agrees to keep Nell's romance a secret from her dad, but does seek reassurances from Cara and Remi over JJ's intentions.

With Toadie continuing his therapy sessions with Rhonda, Terese later broaches the subject of a joint session, but her troubled husband claims that he needs to sort through what's going on in his own

head first. Indeed, his next meeting proves to be very confronting as Rhonda comments that he and Terese never properly dealt with Toadie sleeping with Melanie, and suggests that cheating seems to be a regular pattern of behaviour for him.

Later, on the advice of Cara and Remi, Terese arranges an appointment of her own with Rhonda, only to arrive at her office and find that Toadie's returned for an impromptu session. However, he assumes that Terese has ignored his wishes and turned up for couples' therapy after all. As Toadie lets rip at both his wife and counsellor, is this finally the end of his marriage to Terese?



So, tell me about your first, second, third and fourth wives - what happened there?

TOAD *RAGE*

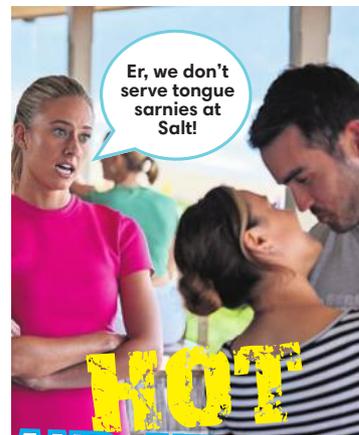
★ HOME AND AWAY ★

They say that blood is thicker than water - and Mali has certainly proved his family loyalty when it comes to his brother Iluka...

This week, Rose tells Bree that the Allens have been charged with attempted murder and adds that she didn't recognise the Mali she witnessed having a vicious fight with Gordie Allen... To be fair, watching your brother get battered and bruised by a roadside would make any sibling see red. Mali is still reeling that Elandra went to the police - this is not the way the Hudsons operate - but she stands by her decision, pointing out that he probably would have died if she hadn't.

The following day, the pair visit Iluka at the hospital, but Bree informs them that he left in the middle of the night. However, it's not long before Mali finds his brother sleeping in the sand dunes... It appears that roughing it under the stars has given Iluka a whole new perspective, and he makes a heartfelt apology to Levi - but Mac's having none of it. Meanwhile, Rose dumps Mali, leaving him doing his best lovesick puppy impression.

Elsewhere, Tane speaks to Iluka about the impact his actions are having on his brother, and Iluka later tells Mali that he's going home with Elandra, as working together in the shop was never his dream.

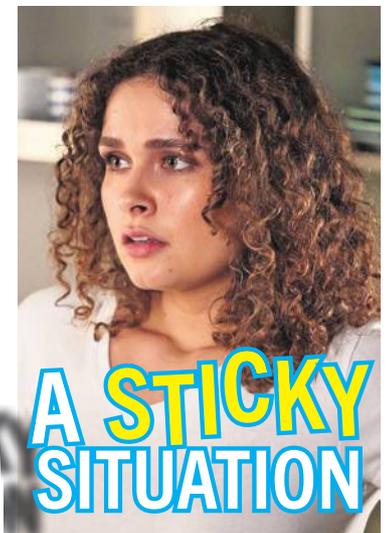


Er, we don't serve tongue sarnies at Salt!

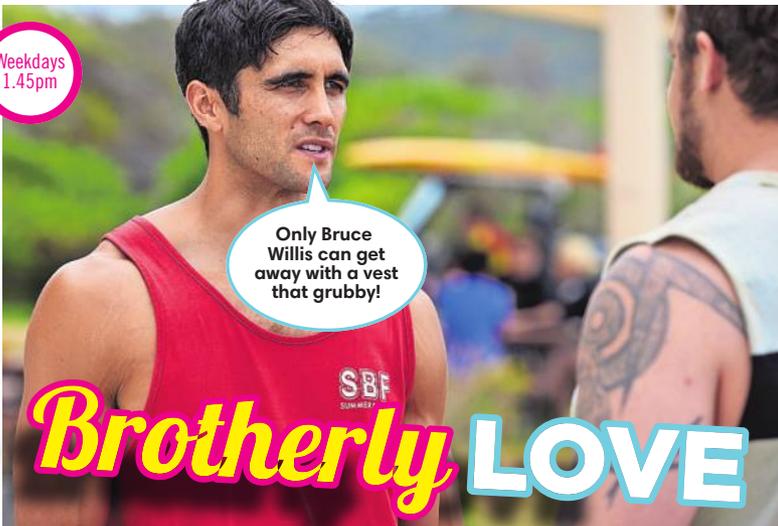
HOT *AND HEAVY*

It may be winter in Australia, but temperatures are rising in Summer Bay this week. Clearly taking inspiration from a 1980s labourer on a UK building site, a tattooed newcomer wolf-whistles as girls walk past. Felicity is offended by his outdated approach and confronts him, but Rory has the gift of the gab, and Felicity's fizzing anger quickly turns to butterflies. Rory smoothly gives her his number, and although she says she won't call, a shy smile crosses her face - which doesn't go unnoticed by Eden, who's started working at Salt and doesn't have a shy bone in her body. In fact, Felicity later steps in when Cash and Eden fail to tone down their public displays of affection.

Dana is determined to expose Bronte, but it seems that she's messing with the wrong woman this week. She confronts Bronte again for scamming Irene and the mask slips as the scheming newcomer tells her: "Prove it!" So Dana sets out to do just that and covertly searches for Bronte's records at the hospital, but is caught red-handed by Bree, who reluctantly offers to help. With no records of Bronte's contamination in existence, Dana accuses Bronte again. This time, Bronte is truly rattled and, with the help of a male accomplice, they cover Dana's mouth with duct tape to muffle her screams...



A STICKY *SITUATION*



Only Bruce Willis can get away with a vest that grubby!

Weekdays 1.45pm

Brotherly *LOVE*

SUNDAY 11 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast (S)
- 6.50 **LIVE Olympics: Paris 2024** Coverage of the women's marathon, track cycling at the Saint-Quentin-en-Yvelines Velodrome and modern pentathlon at the Chateau de Versailles on the final day of the Games. (S)
- 11.00 **LIVE Olympics: Paris 2024** Further coverage of the final day of the Games. (S)



6pm Countryfile

- 1.15 BBC News (S)
- 1.30 **LIVE Olympics: Paris 2024** The Games conclude with the final of the women's basketball at the Bercy Arena, where the American team will be expected to claim the final gold medal of Paris 2024. (S)
- 5.35 BBC News (S)
- 5.50 BBC Regional News (S)
- 6.00 Countryfile Adam Henson and Charlotte Smith present from the Royal Welsh Show, and look back on the event's 120-year history. Including **Weather for the Week Ahead** (S)
- 7.00 **LIVE Olympics: Paris 2024 - Closing Ceremony** Clare Balding introduces a look back at the highlights of the Paris Games, before handing over to Hazel Irvine and Andrew Cotter for the closing ceremony at the Stade De France. (S)
- 10.30 BBC News (S)
- 10.55 BBC Regional News (S)
- 11.00 **FILM Blinded By The Light** A teenager learns to live his life, understand his family and find his own voice through the music of Bruce Springsteen. Coming-of-age drama, starring Viveik Kalra. (2019) ★★★★★ (S) Then **Weather** (S)
- 12.55-6am BBC News (S)

REGIONAL VARIATIONS

BBC TWO WALES As main BBC TWO except: 2pm Blue Planet II: Into The Blue 2.10 FILM This Beautiful Fantastic (2016) 3.40 FILM Dial M For Murder (1954)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.50 am Breakfast (S)
- 8.00 Countryfile (R,S)
- 9.00 Beechgrove Garden (R,S)
- 9.30 Saturday Kitchen Best Bites Series highlights. (S)
- 11.00 Nigel Slater's Simple Suppers Recipes. (R,S)
- 11.20 **FILM The Cruel Sea** Second World War nautical drama, with Jack Hawkins, Donald Sinden, Stanley Baker and Denholm Elliott. (1953) ★★★★★ (B/W,S)



8pm Antiques Roadshow

- 1.20 Songs Of Praise (S)
- 2.00 **FILM This Beautiful** Fantastic Drama, starring Jessica Brown Findlay. (2016) ★★★★★ (S)
- 3.25 Great White Shark - A Living Legend: Natural World A quest to understand more about the great white shark. (R,S)
- 4.15 **FILM Dial M For Murder** Alfred Hitchcock's thriller, starring Ray Milland, John Williams and Grace Kelly. (1954) ★★★★★ (S)
- 6.00 Flog It! Making a profit at auction. (R,S)
- 7.00 Cornwall With Simon Reeve Part two of two. The environmental challenges facing the county. (R,S)
- 8.00 Antiques Roadshow Fiona Bruce and the team are at Lytham Hall in Lancashire. (R,S)
- 9.00 **NEW Vienna Blood** (2/2) Oskar finds himself framed for murder. (S)
- 10.30 Corridors Of Power: Should America Police The World? (1/8) The US's complicated relationship with Iraq. (R,S)
- 11.30 **FILM The Elephant Man** Fact-based drama, starring John Hurt. (1980) ★★★★★ (B/W,S)
- 1.30 Sign Zone: The Bidding Room (R,S,SL)
- 2.15-2.45am Spent (R,S,SL)

5.25 Inside Classical: Grieg's Piano Concerto With Zee Zee 7.00 Wynne's Welsh 8.05 Penblwyddi Cwyr 9.00 Am Drol 10.00 Garddio A Mwy 10.30 Cynffwrdd

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am James Martin's Saturday Morning (R,S)
- 8.25 Jimmy & Shivi's Farmhouse Breakfast (S)
- 9.25 ITV News (S)
- 9.30 Love Your Weekend (R,S)
- 11.25 Jason Atherton's Dubai Dishes (R,S)
- 12.25 ITV News (S)
- 12.30 **FILM Flushed Away** Animation, featuring the voice of Hugh Jackman. (2006) ★★★★★ (S)



8pm Midsomer Murders

- 2.15 **FILM Thunderball** James Bond spy adventure, starring Sean Connery. (1965) ★★★★★ (S)
- 4.50 ITV News (S)
- 5.05 Regional News (S)
- 5.10 **FILM Harry Potter And The Half-Blood Prince** Fantasy adventure sequel, starring Daniel Radcliffe and Michael Gambon. (2009) ★★★★★ (S)
- 8.00 Midsomer Murders (3/4) Barnaby and Winter are sent to investigate when a beekeeper and aristocrat, who has produced a honey said to have extraordinary healing power, is attacked. Imogen Stubbs and Griff Rhys Jones guest star. (R,S)
- 10.00 ITV News (S)
- 10.15 **NEW The Other Mrs Jordan** (1/3) Documentary about the serial bigamist, fraudster and conman William Jordan. (S)
- 11.15 Piglets (4/6) Bob gets in touch with his inner Spider Man. (R,S)
- 11.45 Made In Britain Discover how one firm makes the wheelbarrows that helped rebuild Britain. (R,S)
- 12.10 Shop On TV
- 3.00 Motorsport UK (R,S)
- 3.50 Unwind With ITV (S)
- 5.05-6am Jason Atherton's Dubai Dishes (R,S,SL)

11.30 Ffasiwn Drefn 12noon Y Sioe Fwyd 12.30pm Adre 1.00 Bywyd Y Fet 1.30 Trefi Gwylt Iolo 2.00 Gwesty Aduniat 3.00 Pabwl Y Cwm: Y Cymeryadau 3.30 Cefn Gwlad 4.30 Rallio+ 5.00 Sgorio 7.15 Newyddion A Chwaraeon

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104 Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.10 am Countdown (R,S)
- 6.50 Frasier Triple bill. (R,S)
- 8.05 Everybody Loves Raymond Three episodes. (R,S)
- 9.30 Sunday Brunch Tim Lovejoy and Simon Rimmer host the food and chat show. (S)
- 12.30 The Simpsons Double bill. Homer questions the behaviour of his fellow man. Then, Bart gets the chance to save the school from closure. (R,S)



7pm World's Most Secret Hotels

- 1.25 The Simpsons (R,S)
- 1.50 A Place In The Sun (R,S)
- 2.50 Four In A Bed Five episodes of the B&B contest. (R,S)
- 5.25 C4 News (S)
- 5.55 Paris 2024 Paralympics: Meet The Athletes (R,S)
- 6.00 The Secret World Of Crisps Documentary about the biggest players in Britain's crisp industry. (R,S)
- 7.00 World's Most Secret Hotels (1/6) The most hidden and remote hotels on the planet, including John and Angharad's unique site in Wales, and a secluded island 250 metres off the coast of Devon. (R,S)
- 8.00 **NEW Titanic In Colour** (2/2) Documentary about the doomed ship, featuring colourised footage. (S)
- 9.00 **FILM Jack Reacher: Never Go Back** The vigilante tries to save an army major who has been framed for murder. Action thriller sequel, starring Tom Cruise and Cobie Smulders. (2016) ★★★★★ (S)
- 11.20 **FILM Ben-Hur** Ancient Roman drama, starring Jack Huston and Rodrigo Santoro. (2016) ★★★★★ (S)
- 1.35 Paris 2024 Paralympics: Meet The Athletes (R,S,SL)
- 1.40-2.35am 24 Hours In A&E Memorable stories. (R,S)

7.30 Eisteddfod Genedlaethol Cymru 2024 9.00 Lwp: Maes B '24 10.00 Y Babell Lén 2024 11.00-11.35pm Cymry Ar Gyntaf

CHANNEL 5

HD: Freeview 105 Sky 105 Virgin 105 FreeSat 105

- 6.00 am Milkshake!
- 8.55 SpongeBob SquarePants Animation. (R,S) Followed by Entertainment News
- 9.20 Cruising With Susan Calman The comedian concludes her epic trek to Antarctica. (R,S)
- 10.10 Susan Calman's Grand Week By The Sea The comedian visits seaside resorts in the UK, starting in Great Yarmouth. (R,S)



8pm 22 Kids & Counting

- 1.05 The Hotel Inspector (R,S)
- 3.05 Coastal Devon & Cornwall With Michael Portillo (R,S) Then 5 News Weekend
- 5.10 When TV Goes Horribly Wrong A selection of less-than-perfect moments from some of the nation's best-loved cookery shows. (R,S)
- 8.00 22 Kids & Counting (4/6) Daniel's big move to Australia is under threat, while Aimee's hairdressing career could be over before it's even started. Noel marks National Pie Week. (S)
- 9.00 Mums On Strike (4/6) Two more couples swap who does the household chores, with Vicky taking over from her partner Sean, and John tackling the jobs his wife Chrissy usually does. (S)
- 10.00 The World's Most Luxurious Cruise (4/4) The Seven Seas Splendor docks in Gibraltar, before sailing around the Canary Islands to celebrate the company's 30th anniversary. (S)
- 10.55 1974: Most Shocking Moments A look back at outrageous events from the year. (R,S) Followed by Entertainment News On 5
- 1.00-3am PlayOJO Live Casino Show Gambling. (S)

SUNDAY'S TOP TV

ITV2

- 11.45am Dress To Impress 1.45 Family Fortunes 2.45 In With A Shout 3.45 In For A Penny 4.15 FILM! Madagascar. Animated comedy, with the voice of Ben Stiller. (2005)
- 6.00 Wheel Of Fortune 7.00 Celebrity Catchphrase 8.00 FILM! Jurassic World. Adventure sequel, starring Chris Pratt. (2015) 10.30 Family Guy 11.30 American Dad! 12.30 Iain Stirling's CelebAbility 1.15 All American 2.15-2.45am Totally Bonkers Guinness World Records

ITV3

- 11.15am FILM! Carry On Abroad. Comedy, with Sid James and Kenneth Williams. (1972)

- 1.00 Poirot 5.55 Wycliffe 8.00 The Real Crown: Inside The House Of Windsor 9.00 Joanna Lumley's Spice Trail Adventure 10.00 Poirot 12.00 After The Flood 2.00-2.30am Bless This House

ITV4

- 11.10am LIVE SPORT! British Touring Car Championship. Steve Rider presents coverage of the seventh meeting of the campaign, held in Knockhill. 6.20 British Touring Cars 6.30 River Monsters 7.00 Sharpe 9.10 FILM! Tomorrow Never Dies. James Bond spy adventure, starring Pierce Brosnan, Teri Hatcher and Michelle Yeoh. (1997) 11.30 Auf Wiedersehen, Pet 12.35 The Professionals 1.35 The Motorbike Show 2.30-3am Unwind With ITV

BBC THREE

- 7pm EastEnders 8.00 Top Gear. A race between a car and a yacht. 9.00 NEW EPISODE! Stacey Dooley Sleeps Over 9.45 FILM! Children Of Men. Thriller, starring Clive Owen and Claire-Hope Ashitey. (2006) 11.25 Juice 12.20 Top Gear 1.20 Eating With My Ex 1.50 Mobility 2.00 Glow Up: Britain's Next Make-Up Star 3.00 Juice 3.30-3.50am Becoming.. Furiosa



BBC3 9.45pm Children Of Men

BBC FOUR

- 7pm Eisteddfod 2024 With Huw Stephens. Huw reports on all of the highlights from the National Eisteddfod of Wales. 8.00 NEW EPISODE! NYO Plays Mahler's First At The Proms. Featuring music by Mahler, Wagner, Missy Mazzoli and Dani Howard. 10.05 The Alehouse Sessions 11.05 Clive James: Postcards From Paris. Clive returns to the city he calls his spiritual home. 11.55 FILM! I Am Not Your Negro. Documentary examining race in America. (2016) 1.20 Art On The BBC: Van Gogh - Life And Art 2.20-3.20am The Alehouse Sessions

E4

- 11.40am Ramsay's Kitchen Nightmares USA 12.40 FILM! Charlotte's Web (2006) 2.35 The Big Bang Theory 5.30 FILM! Men In Black 3 (2012) 7.35 Young Sheldon 8.30 NEW EPISODE! Animal Control. A bear is in a hot tub. 9.00 FILM! Infinite. Sci-fi thriller. (2021) 11.00 Gogglebox 12.05 Naked Attraction 1.05 First Dates: Valentine's 2.10 Animal Control 2.40 Modern Family 3.25-6am Hollyoaks Omnibus

MORE4

- 12noon Four In A Bed 2.40 Come Dine With Me 5.25 Four In A Bed 8.00 Emergency Helicopter Medics 9.00 NEW EPISODE! 999: On The Front Line 10.00 NEW EPISODE! Surgeons: Life In Their Hands 11.00 Emergency Helicopter Medics 12.05 999: On The Front Line 1.10 Surgeons: Life In Their Hands 2.05 Emergency Helicopter Medics 3.10-3.45am Food Unwrapped

SUNDAY 11 AUGUST

U&DAVE

7.10am Whose Line Is It Anyway? USA
8.00 Storage Hunters UK **9.00** Abandoned Engineering **11.00** Top Gear **1.00** Storage Hunters UK **3.00** Gino's Italian Coastal Escape **5.00** Motorhoming With Merton & Webster **6.00** Simon Reeve's South America **7.00** Special Ops: Crime Squad UK **9.00** Have I Got A Bit More News For You **10.00** QI **10.40** Mock The Week **11.20** Live At The Apollo **12.20** Hate Thy Neighbour **1.20-4am** Room 101

5USA

9.10am Blue Bloods **1.00** NCIS **2.00** NCIS **6.00** NCIS **9.00** NCIS: Hawai'i. The wife of a naval weapons officer disappears. **10.00** Law & Order: Special Victims Unit **2.00-3.50am** The Blacklist

5STAR

8am Shoplifters: Caught Red Handed **1.00** Traffic Cops **5.00** Police Interceptors **9.00** FILM! Dangerous Minds. Fact-based drama, with Michelle Pfeiffer. (1995) **11.10** FILM! The Courier. Thriller, starring Olga Kurylenko. (2019) **1.10** It's Your Fault I'm Fat **2.10-3.50am** Police Interceptors

SKY MIX

6am Border Patrol **8.00** Moominvalley **8.25** Bad Nature **8.40** Let's Game **8.50** MC Grammar: It's A Summer Holiday! **9.00** Monkey Life **11.30** 999 Frontline **12.00** Brit Cops: Law & Disorder **1.00** Caught Red Handed **3.00** Border Security: Australia's Front Line **5.00** Highway Cops **6.00** Caught Red Handed **6.40** Caught Red Handed **8.00** Nothing To Declare **9.00** Snapped **10.00** FBI: Most Wanted **11.00** Murder On Middle Beach **12.00** Caught On Dashcam **1.00** Brit Cops: War On Crime **2.00** Motorway Patrol **4.00-6am** Border Patrol

REALLY

6am Celebrity Fantasy Homes **8.00** Celebrity Fantasy Homes **10.00** Dr Pimple Popper **1.00** A Place In The Sun **6.00** The Derbyshire Auction House **7.00** 1000lb Sisters **9.00** Body Bizarre. Three episodes. **12.00** Paranormal: Caught On Camera **1.00** The Dead Files **4.00-6am** Dr Jeff: Rocky Mountain Vet

U&W

6.10am Tipping Point **11.00** My Family **1.00** Miranda **3.00** Michael McIntyre's The Wheel **7.00** Inside The Operating Theatre **9.00** Love Me. Aaron receives some news. **10.00** Brothers & Sisters **12.00** Louis Theroux: Talking To Anorexia **1.15** Bang On Budget **2.05-3am** 16 Kids And Counting

U&VESTERDAY

6.10am Inside The Factory **8.00** Secret Nazi Bases **12.00** Great British Railway Journeys **3.00** Greece With Simon Reeve **5.00** Find It, Fix It, Flog It **8.00** 'Allo! 'Allo! Four episodes. **10.15** Bangers & Cash **11.20** Secrets Of The London Underground **12.20** Retro Electro Workshop **1.15** Abandoned Engineering **2.10-3am** Great British Railway Journeys



Sky Sports Main Event 6pm
The Hundred Live

TALKING PICTURES

6am FILM! Bulldog Drummond's Revenge (1937) **7.10** FILM! Bait (1954) **8.50** FILM! Profile (1954) **10.10** FILM! Devil Girl From Mars (1954) **11.45** FILM! Journey To The Center Of The Earth (1989) **1.25** Batman **2.00** The Adventures Of Robin Hood **2.30** FILM! The Day The Earth Stood Still (1951) **4.20** Look At Life **4.30** Out Of Town **5.00** The Footage Detectives **6.00** FILM! Someone At The Door (1950) **7.10** FILM! What The Butler Saw. Comedy, starring Edward Rigby. (1950) **8.25** A Lifetime Ago With The Baim Collection **9.00** Love For Lydia **10.05** FILM! Red King, White Knight. Espionage thriller, starring Tom Skerritt. (1989) **11.50** The Heritage Chart Show **12.55** FILM! Blind Rage (1976) **2.35** FILM! Pit Of Darkness (1961) **4.10** FILM! Not Wanted On Voyage (1957) **5.50-6am** Look At Life

SKY ATLANTIC

6am Urban Secrets **7.50** Fish Town **9.30** Riviera **2.30** The Sopranos **7.45** The Lovers **9.00** House Of The Dragon **10.25** Yellowjackets **11.30** Big Little Lies **12.35** House Of The Dragon **2.00** The Leftovers **3.05** We Own This City **4.10-6am** Fish Town

SKY WITNESS

6am Sun, Sea And A&E **8.00** Border Patrol **10.00** UK Border Force **11.00** The Real A&E **12.00** 911 Crisis Centre **1.00** Bondi Rescue **2.00** Nothing To Declare **8.00** Elsbeth **9.00** Fire Country **10.00** The Cleaning Lady **11.00** The Rookie **12.00** Law & Order: Special Victims Unit **1.00** Transplant **2.00** NEW SERIES! The Cleaning Lady **3.00-6am** Nothing To Declare

GOLD

7.20am Only Fools And Horses **6.50** Dad's Army: The Lost Episodes **7.30** Hancock's Half Hour In Colour **8.10** Only Fools And Horses **9.20** Ghosts **11.15** Hancock's Half Hour In Colour **11.55** Britain's Greatest Comedy Character **2.55-4am** Ghosts

COMEDY CENTRAL

8am Home Improvement **9.00** Friends **4.00** FILM! Sweet Home Alabama (2002) **6.10** Friends **9.00** FILM! Prizzi's Honor. Black comedy drama, with Jack Nicholson and Kathleen Turner. (1985) **11.00** Michael McIntyre: Hello Wembley! **12.00** AI Murray Live - Barrel Of Fun **1.35** Jack Whitehall: Comedy Central Live **2.05** Ed Byrne: Spoiler Alert **3.05** Beavis And Butt-Head **3.30** South Park **4.15-5am** Guessable?

SKY COMEDY

8am The Conners **10.30** Young Rock **1.00** Dice **4.00** Will & Grace **6.30** The US Office **9.00** Barry **11.40** Katherine Ryan - Missus **1.00** Nikki Glaser: Someday You'll Die **2.15** Flight Of The Conchords **2.55** Enlightened **4.25-5am** Camping (US)

SKY MAX

6am MacGyver **9.00** NCIS: New Orleans **1.00** Grimm **5.00** The Walking Dead **10.00** The Walking Dead: Daryl Dixon **11.10** Funny Woman **12.10** Brassic **1.10** The Force: Manchester **3.10** Road Wars **4.00-6am** Sun, Sea And A&E

SKY SCI-FI

6am Most Haunted **11.00** Star Trek: Deep Space Nine **4.00** Stargate SG-1 **9.00** FILM! Simulant. Sci-fi thriller, with Robbie Amell, Jordana Brewster and Simu Liu. (2023) **11.00** Westworld **1.20** Intergalactic **3.15** Monstrous **4.05-6am** Star Trek: Enterprise

DISCOVERY

6am Kindig Customs **12.00** Alaska: Homestead Rescue **6.00** Gold Divers **7.00** How To Build... Everything **8.00** Alaskan Bush People **9.00** Alaska: The Last Frontier. Atz Sr unites seven Kilcher siblings to finish the interior of his legacy rebuild. **10.00** Shorty's Dream Show **11.00** Last Chance Garage **12.00** Kindig Customs **2.00** Bitchin' Rides **3.00** Kindig Customs **4.00-5am** How Do They Do It?

TLC

7am Say Yes To The Dress: Atlanta **8.00** Say Yes To The Dress **10.00** Little People, Big World **12.00** My Lottery Dream Home **1.00** My 600lb Life **3.00** 7 Little Johnstons **5.00** Sister Wives **6.00** Say Yes To The Dress: Atlanta **7.00** Brother V Brother **8.00** Dr Pimple Popper **12.00** Body Bizarre **1.00** Dr Pimple Popper **4.00** Extreme Couponing **5.00-6am** Say Yes To The Dress: Atlanta

SKY CINEMA PREMIERE

6.30am PREMIERE! The Inventor (2023) **8.15** Trolls Band Together (2023) **9.55** Under The Boardwalk (2023) **11.25** Robin And The Hoods (2024) **1.10** Trolls Band Together (2023) **2.45** PREMIERE! The Inventor. Animated adventure, with the voice of Daisy Ridley. (2023) **4.30** Under The Boardwalk (2023) **6.00** Mean Girls (2024) **8.00** Night Swim. Horror, starring Wyatt Russell and Kerry Condon. (2024) **9.45** Concrete Utopia. Drama, starring Lee Byung-hun and Park Seo-joon. (2023) **12.00** Upoar. Drama, starring Minnie Driver. (2024) **2.00** Robin And The Hoods (2024) **3.50-6am** Deep Sea (2023)



Sky Cinema Premiere 2.45pm The Inventor

SKY CINEMA COMEDY

8am Dazed And Confused (1993) **9.50** Robin Hood: Men In Tights (1993) **11.40** Little Monsters (2019) **1.25** Talladega Nights: The Ballad Of Ricky Bobby (2006) **3.35** The Fighting Temptations (2003) **5.50** Barbie. Comedy, starring Margot Robbie and Ryan Gosling. (2023) **8.00** Coming To America. Comedy, starring Eddie Murphy and Arsenio Hall. (1988) **10.10** Kangaroo Jack. Comedy, with Jerry O'Connell, Anthony Anderson and Christopher Walken. (2003) **11.55** Dazed And Confused. With Matthew McConaughey. (1993) **1.50** Robin Hood: Men In Tights (1993) **3.45** Clerks (1994) **5.30** The Cinema List: The 90s **5.50-7.40am** Heaven Can Wait (1978)

SKY CINEMA ACTION

6.05am Welcome To The Punch (2013) **8.00** Shane (1953) **10.10** Once Upon A Time In China And America (1997) **12.05** Little Dixie (2023) **2.05** Looper (2012) **4.10** San Andreas (2015) **6.15** The Dark Tower (2017) **8.00** Justice League. With Ben Affleck. (2017) **10.10** Shane. With Alan Ladd. (1953) **12.20** Once Upon A Time In China And America (1997) **2.10** Little Dixie. With Frank Grillo. (2023) **4.10-6.20am** Rumble Through The Dark. With Aaron Eckhart. (2023)

GREAT! MOVIES

9am FILM! Fatal Reunion (2005) **11.00** FILM! The Neighbourhood Nightmare (2018) **1.00** FILM! Vertical Limit (2000) **2.07** FILM! Vertical Limit (2000) **3.30** FILM! The Day Of The Jackal (1973) **6.25** FILM! Runaway Jury (2003) **9.00** FILM! Righteous Kill. Crime thriller, starring Robert De Niro and Al Pacino. (2008) **11.05** FILM! A Bronx Tale. Crime drama, directed by and starring Robert De Niro. With Chazz Palminteri. (1993) **1.35** FILM! Witness Unprotected (2018) **3.30** Wild West Chronicles **4.00-4.55am** FILM! Lethal Beauty (2018)

SKY SPORTS MAIN EVENT

6am Sky Sports News **7.00** Super League Gold **7.05** LIVE SPORT! NRL. Newcastle Knights v Wests Tigers. Kick-off at **7.05** **9.00** Good Morning Sports Fans **10.00** Sky Sports News **11.30** LIVE SPORT! SPFL. Hibernian v Celtic. Kick-off at **12.30**. **3.15** LIVE SPORT! EFL. Sheffield Wednesday v Plymouth Argyle. Kick-off at **4.00**. **6.00** LIVE SPORT! The Hundred Live. Manchester Originals Men v Northern Superchargers Men. Start-time at **6.00**. **9.00** LIVE SPORT! PGA Tour Golf. The Wyndham Championship. **11.00** LIVE SPORT! Tennis. The WTA National Bank Open presented by Rogers. **1.00-3am** LIVE SPORT! Tennis. The ATP National Bank Open presented by Rogers.

SKY SPORTS FOOTBALL

6am EFL Highlights. Blackburn Rovers v Derby County in the Championship. **6.15** EFL Highlights **11.30** LIVE SPORT! SPFL. Hibernian v Celtic. Kick-off at **12.30**. **3.15** LIVE SPORT! EFL. Sheffield Wednesday v Plymouth Argyle. Kick-off at **4.00**. **6.30** SPFL Highlights **6.45** EFL Highlights **8.30** SPFL **10.30** EFL Highlights

DON'T MISS

MORE OF TODAY'S
BEST TELLY



BBC4 7pm Eisteddfod 2024
With Huw Stephens



U&Dave 7pm Special Ops:
Crime Squad UK



ITV2 8pm Jurassic World



More4 8pm Emergency
Helicopter Medics



E4 9pm Infinite



U&W 10pm Brothers & Sisters

11.00 SPFL Highlights **11.15** EFL Highlights **11.45** SPFL Highlights **12.00** Retro League One **2.45** EFL Greatest Games **4.00** EFL Cup Highlights **5.00-6am** 1983: When Aberdeen Ruled Europe

TNT SPORTS 1

6am LIVE SPORT! AFL. Richmond v St Kilda. Bounce-up at **6.20**. **9.00** WWE Raw Highlights **10.00** WWE SmackDown Highlights **11.00** Pre-Season Football **12.00** Fishing: On The Bank **1.00** MLB Highlights **2.00** Ariel Helwani Meets **3.00** WWE Friday Night SmackDown **4.30** TNT Sports Reload **5.00** Tom Aspinall's Fight Lab **6.00** Premier League Preview **7.00** LIVE SPORT! Olympic Games Paris 2024: Closing Ceremony. Coverage from the Stade De France. **10.30** Pre-Season Football **11.30** The Football Archives: UEFA Champions League **12.00** LIVE SPORT! MLB. Seattle Mariners v New York Mets. Start-time at **12.10**. **3.15** MLB Plays Of The Week **3.45-4am** What I Wore

TNT SPORTS 2

7am LIVE SPORT! AFL. Adelaide Crows v Western Bulldogs. Bounce-up at **7.10**. **10.00** Badminton Weekly **10.15** Reload **10.30** Test Cricket **11.30** MLB Plays Of The Week **12.00** Cricket Reload **12.45** GT20 Cricket **1.45** Test Cricket Highlights **2.45** LIVE SPORT! Test Cricket. West Indies v South Africa. **11.00** Cricket Reload **11.30** Formula E Flashback **12.00-6am** AFL

TNT SPORTS 3

6am Premier League Review **3.00** The Fantasy Show **3.30** Premier League Stories **4.00** Original Documentary **4.30** Reload **4.45** LIVE SPORT! GT20 Cricket. Coverage of the final. **8.45** Reload **9.00** WWE SmackDown Highlights **10.00** UFC **1.00** Tom Aspinall's Fight Lab **1.45** UFC: The Ultimate Fighter **2.45** UFC Reloaded **5.15** Around The Block **5.30-6am** Reload

MONDAY 12 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast (S)
- 9.30 **NEW Animal Park** A new species of predator is introduced. Ben Fogle and Kate Humble present. (S)
- 10.15 **Countryside Treasures** (R,S)
- 11.00 **Home Under The Hammer** Properties in Kent, central London and the West Midlands are sold. (R,S)
- 12.00 **Bargain Hunt** Eric Knowles presents from Newbury, Berkshire. (R,S)



9.30am Animal Park

- 1.00 **BBC News At One** (S)
- 2.00 **Money For Nothing** (R,S)
- 3.00 **Escape To The Country** (S)
- 3.45 **The Repair Shop** (R,S)
- 4.30 **The Finish Line** (R,S)
- 5.15 **Pointless** (R,S)
- 6.00 **BBC News At Six** (S)
- 6.30 **BBC Regional News** (S)
- 7.00 **The One Show** Alex Jones and Lauren Laverne present topical stories and celebrity chat. (S)
- 7.30 **SOAP EastEnders** Nish desperately tries to upset Suki and Eve. (S)
- 8.00 **The Nottingham Attacks: A Search For Answers - Panorama** Current affairs report. (S)
- 8.30 **Scam Interceptors** A scam call centre is pretending to be a mobile provider. (R,S)
- 9.00 **Death In Paradise** (6/8) A desert island survival course goes wrong when the leader - a trained survival expert and ex-SAS soldier - is found dead in the forest of a remote island near Saint Marie. (R,S)
- 10.00 **BBC News At Ten** (S)
- 10.30 **BBC Regional News** (S)
- 10.40 **Have I Got News For You** (2/10) David Tennant hosts the news quiz. (R,S)
- 11.10 **FILM Crazy Rich Asians** Comedy, with Constance Wu. (2018) ★★★★★ (S)
- 1.10-6am **BBC News** (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.45 am **Saturday Kitchen: Matt's Dream Dishes** Matt Tebbutt selects some of his favourite recipes from the show, featuring dishes from Andi Oliver, Jack Croft and Will Murray, Thomasina Miers, Greg Marchand and Theo Randall. (R,S)
- 8.15 **Sign Zone: Bridge Of Lies** Quiz show, hosted by Ross Kemp. (R,S,SL)
- 9.00 **BBC News** (S)



8.30pm University Challenge

- 1.00 **Head Hunters** (R,S)
- 1.45 **Catchpoint** (R,S)
- 2.15 **A Countryside Summer** (R,S)
- 2.45 **Spy In The Wild** (R,S)
- 3.45 **B&B By The Sea** (R,S)
- 4.15 **Cornwall: This Fishing Life** (R,S)
- 5.15 **Flog It!** (R,S)
- 6.00 **Robson Green's Weekend Escapes** (R,S)
- 7.00 **NEW Iolo's Valleys** (1/4) Iolo Williams explores the valleys north of Swansea. (S)
- 7.30 **NEW Mastermind** (1/30) Clive Myrie returns, asking questions on Dad's Army, Liverpool FC, Jane Austen, and Shania Twain. (S)
- 8.00 **NEW Only Connect** (1/28) The Al Frescons take on the Midlanders in the opening heat. (S)
- 8.30 **NEW University Challenge** (1/37) Amol Rajan hosts as Queen's University Belfast take on Liverpool. (S)
- 9.00 **NEW My Tiger Family** The 50-year story of a wild tiger family in India. (S)
- 10.00 **Spent** (6/6) Mia and Jo's romantic tension reaches a head. (S)
- 10.30 **Newsnight** (S)
- 11.05 **FILM The Sense Of An Ending** Mystery drama. (2017) ★★★ (S)
- 12.50 **Sign Zone: Countryfile** Rural developments. (R,S,SL)
- 1.45-2.30am **Clean It, Fix It** (R,S,SL)

Nottingham Attacks: A Search For Answers - Panorama **ITV CENTRAL 1.55-2pm** **ITV News Central 5.45-6am** **Cyw 12noon** **Newyddion S4C Ar Twydd 12.05pm** **Caru Siopa 12.30** **Heno Aur 1.00** **Railo+ 1.30** **Tanwen Ac Ollie 2.00** **Newyddion S4C Ar Twydd**

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am **Good Morning Britain** News, current affairs and lifestyle features. (S)
- 9.00 **Lorraine** Entertainment and fashion news. (S)
- 10.00 **This Morning** A mix of celebrity chat, lifestyle features, advice and competitions. Including Local Weather. (S)
- 12.30 **Loose Women** Celebrity interviews and topical studio discussion. (S)



5pm The Chase

- 1.30 **ITV Lunchtime News** (S)
- 1.55 **Regional News** (S)
- 2.00 **Dickinson's Real Deal** (R,S)
- 3.00 **Tenable** (R,S)
- 4.00 **Tipping Point** (R,S)
- 5.00 **The Chase** Quiz, hosted by Bradley Walsh. (R,S)
- 6.00 **Regional News** (S)
- 6.30 **ITV Evening News** (S)
- 7.30 **SOAP Emmerdale** Noah asks Amelia if he can still be part of Esther's life. (S)
- 8.00 **SOAP Coronation Street** Leanne keeps her distance as Toyah undergoes an operation, Kit moves into The Rovers, and Steve misleads Cassie with an invitation to an evening of culture. (S)
- 9.00 **Long Lost Family** The stories of two women searching for siblings, including one who always had a feeling that she had a biological sister, and has since been proved right. (S)
- 10.00 **ITV News** (S)
- 10.30 **Regional News** (S)
- 10.45 **FILM Mission: Impossible III** Action thriller sequel, starring Tom Cruise and Philip Seymour Hoffman. (2006) ★★★★★ (S)
- 12.50 **Shop On** (S)
- 3.00 **Family Fortunes** (R,S,SL)
- 3.50 **Unwind With ITV** (S)
- 5.05-6am **Jimmy's Taste Of Florida** (R,S,SL)

2.05 **Prynhawn Da 3.00** **Newyddion S4C Ar Twydd 3.05** **Canu Gyda Fy Arwr 4.00** **Awr Fawr: Blociau Lliw 4.05** **Awr Fawr: Dreigiau Cadi 4.15** **Awr Fawr: Anfeiliaid Bach Y Byd 4.25** **Awr Fawr: Patrol Pawennau 4.40** **Awr Fawr: Dal Dy Ddannedd 5.00** **Stwnsh: Bwystril**

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104
Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.20 am **Cheers** Two shows. (R,S)
- 7.10 **Everybody Loves Raymond** Four episodes. (R,S)
- 9.00 **Frasier** (R,S)
- 11.00 **The Simpsons** (R,S)
- 12.00 **C4 News** (S)
- 12.05 **Paris 2024 Paralympics: Meet The Athletes** With Swimmer Maisie Summers-Newton. (R,S)
- 12.10 **A New Life In The Sun** A family move to France to open holiday lets. (R,S)



8pm Yorkshire By The Sea

- 1.10 **Car S.O.S** (R,S)
- 2.10 **Countdown** (S)
- 3.00 **A Place In The Sun** (R,S)
- 4.00 **The Great House Giveaway** (R,S)
- 5.00 **A New Life In The Sun: Where Are They Now?** (S)
- 6.00 **Come Dine With Me** (R,S)
- 6.30 **The Simpsons** (R,S)
- 7.00 **C4 News** (S)
- 8.00 **Yorkshire By The Sea** (2/4) In Scarborough, pioneering sea-farmer Wave checks out his seaweed harvest of sugar kelp, while newbie hoteliers Steph and Luke prepare for the busiest time of the summer. (S)
- 9.00 **NEW Emergency** A 38-year-old paratrooper arrives at the Royal London following a paragliding accident. He has lost sensation in his legs and needs specialist surgery to walk again. (S)
- 10.00 **Murder Case: The Digital Detectives** (1/3) Ground-breaking digital techniques helping police to solve murders. (R,S)
- 11.05 **Night Coppers** (1/6) On the beat with the police officers who patrol the city of Brighton after dark. (R,S)
- 12.00-2.40am **Murdered: The Baby On The Beach** A 1984 case involving a dead five-day-old baby boy. (R,S,SL)

5.10 **Stwnsh: Byd Rwtsh Dai Potsh 5.25** **Stwnsh: Y Stadiwm 5.40** **Stwnsh: Cer I Greu 6.00** **Cegin Bryn 6.30** **Bywyd Y Fet 7.00** **Heno 7.30** **Newyddion S4C Ar Twydd 8.00** **Trefi Gwylt Iolo 8.25** **Garddio A Mwy 8.55** **Newyddion S4C Ar Twydd 9.00** **Cefn Gwlad 10.00**

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

- 6.00 am **Milkshake!**
- 9.15 **Jeremy Vine** The broadcaster discusses the issues of the day. (S)
- 11.30 **Storm Huntley** The day's talking points. (S)
- 12.45 **Friends** Chandler lets slip about Ross's feelings for Rachel while the palaeontologist is on a trip to China, giving her time to decide what to do about the revelation. (R,S)



8pm Motorway Cops: Catching...

- 1.10 **Friends** Rachel struggles to deal with Ross's new relationship. (R,S) Followed by **5 News**
- 1.45 **SOAP Home And Away** Mackenzie is not in a forgiving mood. (R,S)
- 2.15 **FILM Gone Girl: The Disappearance Of Jennifer Dulos** Fact-based crime drama, starring Anubhav Gish. (2020) ★★★ (S)
- 4.00 **The Cruise: Fun-Loving Brits At Sea** (R,S)
- 5.00 **5 News At 5** (S)
- 6.00 **World's Most Scenic Railway Journeys** (R,S) Followed by **5 News Update**
- 7.00 **Traffic Cops** (3/20) A prolific car thief crashes and rolls a stolen car at over 100mph. (R,S) Followed by **5 News Update**
- 8.00 **Motorway Cops: Catching Britain's Speeders** (8/10) A suspect drives the wrong way down the A1. (S)
- 9.00 **NEW Forensics: Murder Scene** (1/6) The work of forensics teams in West Yorkshire. (S)
- 10.30 **Police: Hour Of Duty** (5/8) Factual crime. (R,S)
- 11.25 **Police 999: Clear & Present Danger** (6/6) (R,S)
- 12.25 **Traffic Cops** (R,S)
- 1.20-3.20am **PlayOJO Live Casino Show** (S)

Scgorio 10.30 **Cyffres Triathlon Cymru 2024 - Triathlon Caerdydd 11.00-11.35pm** Y Sin

FREEVIEW AND SATELLITE CHANNELS

ITV2

- 12noon **Dress To Impress** 1.00 In For A Penny 2.00 **Supermarket Sweep** 3.00 **Charmed** 4.00 **Dawson's Creek** 5.00 **Dress To Impress** 6.00 **Celebrity Catchphrase** 7.00 **Ant & Dec's Limitless Win** 8.00 **Bob's Burgers** 9.00 **Family Guy** 11.30 **American Dad!** 12.30 **NEW EPISODE!** **Bob's Burgers** 1.30 **Deal Or No Deal** 2.35-3am **Unwind With ITV**

ITV3

- 11.35am **Heartbeat** 1.40 **Classic Emmerdale** 2.40 **Classic Coronation Street** 3.50 **A Touch Of Frost** 6.00 **Heartbeat** 8.00 **Vera** 10.00 **Cracker** Part one of three. A teenager disappears. 12.05 **Poirot** 1.45 **Bless This House** 2.10-2.30am **Unwind With ITV**

ITV4

- 11.25am **BattleBots** 12.30 **Robin Of Sherwood** 1.35 **The Champions** 2.40 **Kojak** 3.50 **Minder** 4.55 **The Professionals** 6.00 **BattleBots** 7.00 **The Chase** **Celebrity Special** 8.00 **King Of The Roads** 10.05 **FILM Rambo III** (1988) Action adventure sequel. 12.10 **Motorsport UK** 1.05 **Auto Mundial** 1.30 **Motorsport Mundial** 1.55 **From Dusk Till Dawn** 2.45-3am **Unwind With ITV**

BBC THREE

- 7pm **Top Gear** 8.00 **NEW EPISODE!** **Shark Tank: Dragons' Den US** 8.40 **NEW EPISODE!** **The Catch Up** 8.45 **Press X To Continue** 9.00 **NEW EPISODE!** **Stacey Dooley Sleeps Over** 9.45 **High: Confessions Of An Ibiza Drug Mule** 10.30 **Drugs Map Of Britain** 11.20 **Him & Her**

BBC FOUR

- 12.20 **Eating With My Ex** 12.50 **High: Confessions Of An Ibiza Drug Mule** 1.35 **Drugs Map Of Britain** 2.25 **Lazy Susan** 2.40 **Him & Her** 3.40-3.50am **Mobility**
- 7pm **Great British Railway Journeys** 7.30 **Gareth Edwards' Great Welsh Adventure** 8.00 **The Impressionists - Painting And Revolution** 9.00 **Call My Bluff** 9.30 **Going For A Song** 10.00 **NEW EPISODE!** **The Sky At Night** 10.30 **Sex And Sensibility: The Allure Of Art Nouveau** 11.30 **Maggi Hambling: Making Love With The Paint** 12.30 **Romancing The Stone: The Golden Ages Of British Sculpture** 1.30 **Great British Railway Journeys** 2.00 **Gareth Edwards' Great Welsh Adventure** 2.30-3.30am **The Impressionists - Painting And Revolution**

E4

- 12noon **The Big Bang Theory** 2.00 **The Goldbergs** 3.00 **Modern Family** 4.00 **Young Sheldon** 5.00 **The Big Bang Theory** 7.00 **NEW EPISODE!** **Hollyoaks** 7.30 **NEW SERIES!** **Second-Hand Showdown With Vicky Pattison** 8.00 **NEW SERIES!** **Below Deck Adventure** 9.00 **Gogglebox** 10.00 **Naked Attraction** 11.05 **First Dates** 12.05 **The Big Bang Theory** 1.05 **Brooklyn Nine-Nine** 2.05 **Modern Family** 2.55 **Below Deck Adventure** 3.45 **Ramsay's Kitchen Nightmares** 4.35 **The Neighborhood** 5.25-6am **Brooklyn Nine-Nine**
- 11.25am **Find It, Fix 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

MORE4

- 11.25am **Find It, Fix 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

- Car S.O.S** 10.00 **Holidays From Hell: Caught On Camera** 11.05 **24 Hours In A&E** 12.10 **Paris 2024 Paralympics: Meet The Athletes** 12.15 **Emergency Helicopter Medics** 1.20 **999: On The Front Line** 2.20 **24 Hours In A&E** 3.25-3.55am **Food Unwrapped**

FILM4

- 11am **Tad The Lost Explorer And The Secret Of King Midas** (2017) 12.40 **Little Monsters** (1989) 2.30 **Roman Holiday** (1953) 4.50 **We Bought A Zoo** (2011) 7.10 **Made In Italy** (2020) 9.00 **Copshop** (2021) 11.10 **Nuns On The Run** (1990) 1.00-3.15am **Can You Ever Forgive Me?** (2018)

TALKING PICTURES

- 11.35am **The Outer Limits** 12.40 **FILM The Gallant Hours** (1960) 3.00 **The Saint** 4.05 **Steering Clear**

GREAT! ACTION

- 11.50am **Battle Honours** 1.00 **FILM Ride In The Whirlwind** (1965) 2.50 **FILM The Warrant** (2020) 4.45 **The Heroes Of WW2** 6.00 **Coast Guard Alaska** 9.00 **FILM Son Of A Gun** (2015) 11.20 **FILM Seraphim Falls** (2006) 1.40 **FILM NYC: Tornado Terror** (2008) 3.30 **War Machines** 4.30-5am **Wild West Chronicles**

REGIONAL VARIATIONS
BBC ONE WALES As main BBC ONE except: 8pm **Eisteddfod 2024** With Huw Stephens 8.30-9.00 **One Man And His Island - Our Lives** 10.40-11.10pm **The**

TUESDAY 13 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast** (S)
- 9.30 Animal Park** Keepers hand-rear fennec fox kits. (S)
- 10.15 Countryside Treasures** (R,S)
- 11.00 Homes Under The Hammer** Featuring properties in Cambridgeshire, Devon and the West Midlands. (S)
- 12.00 Bargain Hunt** Charlie Ross and the teams hit the antiques shops of Newark with experts Kate Bliss and Ben Cooper. (R,S)



4.30pm **The Finish Line**

- 1.00 BBC News At One** (S)
- 2.00 Money For Nothing** (R,S)
- 3.00 Escape To The Country** Searching in Devon. (R,S)
- 3.45 The Repair Shop** (R,S)
- 4.30 The Finish Line Quiz**. (R,S)
- 5.15 Pointless Quiz**. (R,S)
- 6.00 BBC News At Six** (S)
- 6.30 BBC Regional News** (S)
- 7.00 The One Show** (S)
- 7.30 SOAP EastEnders** Cindy tries to stop Peter from working for Junior. (S)
- 8.00 NEW Celebrity MasterChef** (1/18) John Torode and Gregg Wallace host as Craig Doyle, Charlotte Crosby, Edith Bowman, Snoochie Shy and Ian 'H' Watkins compete. (S)
- 9.00 NEW Freddie Flintoff: Field Of Dreams On Tour** (1/4) After transforming a cricket club and the lives of the boys involved in his hometown of Preston, the former England captain takes his team on tour. (S)
- 10.00 BBC News** (S)
- 10.30 BBC Regional News** (S)
- 10.40 NEW Pretty Little Liars: Summer School** Spookyspaghetti.com/Summer Lovin (1 & 2/8) Double bill. The drama spin-off returns. Then, the group try to make the most of their summer. (S)
- 12.25-6am BBC News** (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.30 am Animal Park** (R,S)
- 7.15 Escape To The Country** Nicki Chapman helps a couple who are hoping to move to Cheshire. (R,S)
- 8.00 Sign Zone: Dom Does America** (R,S,SL)
- 8.30 Great Coastal Railway Journeys** Michael Portillo samples the smallest public railway in the world. Last in the series. (R,S,SL)
- 9.00 BBC News Headlines**. (S)



6pm **The Hundred**

- 1.00 Head Hunters** (R,S)
- 1.45 Catchpoint** (R,S)
- 2.15 A Countryside Summer** Marcus Wareing sets a challenge for chefs visiting his kitchen garden. (R,S)
- 2.45 LIVE The Hundred** Northern Superchargers Women v London Spirit Women. Start-time at **3.00**. (S)
- 6.00 LIVE The Hundred** Northern Superchargers Men v London Spirit Men. Start-time at **6.30**. (S)
- 9.30 Mock The Week** (2/13) Dara O Briain and Hugh Dennis poke fun at the news in the company of Catherine Bohart, Ed Byrne, Darren Harriott, Rhys James and Felicity Ward. (R,S)
- 10.00 The Mighty Boosh** (6/6) Howard and Vince are marooned. (R,S)
- 10.30 Newsnight** Headline analysis of the day's events with Katie Razzall. (S)
- 11.05 FILM The Keeper** The true story of Bert Trautmann, the German PoW who became a footballing legend for Manchester City. Biopic, starring David Kross and Freya Mavor. (2018) ★★★★★ (S)
- 12.55 Sign Zone: The Travelling Auctioneers** (R,S,SL)
- 1.40-2.25am Bridge Of Lies** Quiz show. (R,S,SL)

School 1.15-6am BBC News **BBC ONE NORTH WEST**
As main BBC ONE except: 1.35-1.45pm North West Today; Weather
S4C 6am Cw 12noon Newyddion S4C Ar Tywydd
12.05pm Cwprwyd Epic Chris 12.30 Heno 1.00 Y Sioe

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am Good Morning Britain** News, current affairs and lifestyle features. (S)
- 9.00 Lorraine** Entertainment and fashion news. (S)
- 10.00 This Morning** A mix of celebrity chat, lifestyle features, advice and competitions. Including Local Weather. (S)
- 12.30 Loose Women** Topical debate from a female perspective. (S)



8pm **Cooking With The Stars**

- 1.30 ITV Lunchtime News** (S)
- 1.55 Regional News** (S)
- 2.00 Dickinson's Real Deal** (R,S)
- 3.00 Tenable** (R,S)
- 4.00 Tipping Point** (R,S)
- 5.00 The Chase** (R,S)
- 6.00 Regional News** (S)
- 6.30 ITV Evening News** (S)
- 7.30 SOAP Emmerdale** Nicola and Jimmy are devastated, while Bear is rattled by Mandy's betrayal. (S)
- 8.00 Cooking With The Stars** (3/6) Emma Willis and Tom Allen host as Abbey Clancy, Pasha Kovalev and Katherine Ryan cook their best date night dishes for their partners in a three-way cooking battle. (S)
- 9.00 Vera** (4/4) DCI Stanhope investigates the case of a wealthy betting shop tycoon who was murdered during a home invasion in front of his family. (R,S)
- 10.50 ITV News** (S)
- 11.20 Regional News** (S)
- 11.35 Champions: Full Gallop** (4/6) Paul Nicholls and former assistant Dan Skelton compete. (R,S)
- 12.25 Shop On TV**
- 3.00 Mel Giedroyc And Martin Clunes Explore Britain By The Book** (R,S,SL)
- 3.50 Unwind With ITV** (S)
- 5.05-6am Cooking With The Stars** (R,S,SL)

2024 2.00 Newyddion S4C Ar Tywydd 2.05 Prynhaen Da 3.00 Newyddion S4C Ar Tywydd 3.05 Hen Dy Newydd 4.00 Awr Fawr: Og Y Draenog Hapus 4.10 Awr Fawr: Sali Mali 4.15 Awr Fawr: Fferm Fach 4.30 Awr Fawr: Pentre Papur Pop 4.45 Awr Fawr: Aho! 5.00

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.20 am Cheers** Two shows. (R,S)
- 7.10 Everybody Loves Raymond** Four episodes. (R,S)
- 9.00 Frasier** (R,S)
- 11.00 The Simpsons** (R,S)
- 12.00 C4 News** (S)
- 12.05 Paris 2024 Paralympics: Meet The Athletes** (R,S)
- 12.10 A New Life In The Sun** A couple in Spain building a golf vacation business are facing build problems and money woes. (R,S)



10pm **First Dates**

- 1.10 Car S.O.S** (R,S)
- 2.10 Countdown** (S)
- 3.00 A Place In The Sun** (R,S)
- 4.00 The Great House Giveaway** Two strangers pair up to renovate a property in Weston-super-Mare. (R,S)
- 5.00 A New Life In The Sun: Where Are They Now?** (S)
- 6.00 Come Dine With Me** (R,S)
- 6.30 The Simpsons** (R,S)
- 7.00 C4 News** (S)
- 8.00 Worst House On The Street** (5/6) In Norbury, south London, Jamie and Adam set out to maximise their dated terrace's potential on a minimal budget. (S)
- 9.00 Emergency** A mum of three is rushed to St Mary's with a femur fracture and a broken knee. (S)
- 10.00 First Dates** Mark is hoping that Aire could be his perfect salsa partner. (S)
- 11.05 NEW Untold: The Rise And Rise Of Taylor Swift** The fame and impact of billionaire singer-songwriter Taylor Swift. (S)
- 11.40 Gogglebox** (1/16) Appraisals of The Masked Dancer and Married at First Sight UK. (R,S)
- 12.35 Women On Death Row** (S)
- 1.25 Paris 2024 Paralympics: Meet The Athletes** (R,S,SL)
- 1.30-3.30am The Rise And Fall Of Boris Johnson** (S,S,SL)

Stwnsh: Siwrne Ni 5.05 Stwnsh: Cath-Od 5.20 Stwnsh: Lego DREAMzzz 5.40 Stwnsh: Gwrach Y Rhibyn 6.00 Ffasiwn Drefn 6.30 Sgorio 7.00 Heno 7.30 Newyddion S4C Ar Tywydd 8.00 Pobol Y Cwm 8.25 Pobol Y Cwm: Y Cymeriadau 8.55 Newyddion S4C Ar Tywydd 9.00

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

- 6.00 am Milkshake!**
- 9.15 Jeremy Vine** The broadcaster discusses the issues of the day. (S)
- 11.30 Storm Huntley** Debate on the day's key talking points continues. (S)
- 12.45 Friends** Double bill. Phoebe manages to unwittingly disgust everyone. Then, the gang's strange neighbour Mr Heckles dies. Followed by **5 News** Headlines. (R,S)



7pm **Our Great Yorkshire Life**

- 1.45 SOAP Home And Away** Mali is downcast after being dumped by Rose. (R,S)
- 2.15 FILM The Baby Swindler** The friend of a woman in need of money says she knows people who would pay for positive pregnancy tests. Thriller, with Greta Carew-Johns. (2023) ★★★ (S)
- 4.00 The Cruise: Fun-Loving Brits At Sea** (R,S)
- 5.00 5 News At 5** (S)
- 6.00 Scotland's Most Scenic Railway Journeys** (R,S) Then **5 News Update**
- 7.00 Our Great Yorkshire Life** Emmerdale's Liam Fox and Dean Andrews learn about York's Roman past. (S) Then **5 News Update**
- 8.00 NEW The Yorkshire Vet** Peter Wright attempts to deliver a stuck lamb. (S)
- 9.00 NEW Warship: Life In The Royal Navy** (1/3) Julia Bradbury and JJ Chalmers present an unprecedented look at the Royal Navy. (S)
- 10.00 A Killer Makes A Call** (6/6) A man calls the police after his friend is found dead on a beach. (S)
- 11.05 Killer At The Crime Scene** (2/12) Factual crime. (R,S)
- 12.05 Motorway Cops: Catching Britain's Speeders** (R,S)
- 1.00-3am PlayOJO Live Casino Show** (S)

Gweinidog Iechyd Mewn Pandemig 10.00 Y Sgubor Ffiodau 11.00-11.35pm Bwyd Epic Chris

FREEVIEW AND SATELLITE CHANNELS

ITV2

- 12noon Dress To Impress** 1.00 In For A Penny 2.00 Supermarket Sweep 3.00 Charmed 4.00 Dawson's Creek 5.00 Dress To Impress 6.00 Celebrity Catchphrase 7.00 Ant & Dec's Limitless Win 8.00 Bob's Burgers 9.00 Family Guy 11.30 American Dad! 12.30 **NEW EPISODE!** Bob's Burgers 1.30 Deal Or No Deal 2.30-3am Unwind With ITV

ITV3

- 11.25am Heartbeat** 1.35 Classic Emmerdale 2.40 Classic Coronation Street 3.50 A Touch Of Frost 6.00 Heartbeat 8.00 Midsomer Murders 10.00 Cracker 12.00 Wild At Heart 1.40 Bless This House 2.05-2.30am Unwind With ITV

ITV4

- 11.20am BattleBots** 12.20 Robin Of Sherwood 1.30 The Champions 2.35 Kojak 3.40 Minder 4.50 The Professionals 5.55 BattleBots 6.55 The Chase Celebrity Special 8.00 World Superbike Highlights 9.00 Beat The Chasers 10.00 All Elite Wrestling: Rampage 11.05 **FILM** Alien Resurrection (1997) 1.10 Auto Mundial 1.35 Motorsport Mundial 2.05-3am Minder

BBC THREE

- 7pm Top Gear** 8.00 **NEW EPISODE!** Shark Tank: Dragons' Den US 8.45 Press X To Continue 9.00 **NEW EPISODE!** Stacey Dooley Sleeps Over 9.45 Zara McDermott: Revenge Porn 10.40 This Country 11.40 Drugs Map Of Britain 12.10 Top Gear 1.10 This Country

- 2.10 Drugs Map Of Britain** 2.40-3am My Mate's A Bad Date

BBC FOUR

- 7pm Great British Railway Journeys** 7.30 Gareth Edwards' Great Welsh Adventure 8.00 Keeping Up Appearances 8.30 Butterflies 9.00 The Ruth Ellis Files: A Very British Crime Story 10.00 **NEW EPISODE!** Corridors Of Power: Should America Police The World? 11.00 Watergate 12.40 Inside America's Treasure House: The Met 1.40 Great British Railway Journeys 2.10 Gareth Edwards' Great Welsh Adventure 2.40-3.40am The Ruth Ellis Files: A Very British Crime Story

E4

- 12noon The Big Bang Theory** 2.00 The Goldbergs 3.00 Modern Family

- 4.00 Young Sheldon** 5.00 The Big Bang Theory 7.00 **NEW EPISODE!** Hollyoaks 7.30 Modern Family 8.00 **NEW EPISODE!** Below Deck Adventure 9.00 Gogglebox 10.05 Naked Attraction 11.05 First Dates 12.10 The Big Bang Theory 1.10 Brooklyn Nine-Nine 2.10 Modern Family 3.00 Below Deck Adventure 3.50 Ramsay's Kitchen Nightmares USA 4.45-6am The Neighborhood

MORE4

- 11.25am Find It, Fix It, Flog It** 12.30 Come Dine With Me 3.10 Four In A Bed 5.50 Château DIY 6.55 Car S.O.S 7.55 Grand Designs 9.00 **NEW SERIES!** Country House Auction 10.00 Millionaire Hoarders 11.05 24 Hours In A&E 12.10 Country House Auction 1.15 Millionaire Hoarders 2.20 24 Hours In A&E 3.25-3.55am Food Unwrapped

FILM4

- 11am Playing With Fire** (2019)
- 12.55 Jingle All The Way** (1996)
- 2.40 Turner & Hooch** (1989) 4.40 Hue And Cry (1947) 6.20 Valerian And The City Of A Thousand Planets. Sci-fi adventure. (2017)
- 9.00 Old. M Night Shyamalan's** horror, with Gael Garcia Bernal. (2021) 11.10 Glass (2019)
- 1.45-3.40am** £Horror (2015)

TALKING PICTURES

- 12noon Worzel Gummidge** 12.35 **FILM** Meet Simon Cherry (1949) 1.55 Glimpses 2.15 Ruth Ellis And The Mystery Lover 3.50 **FILM** Please Sir! (1971) 5.55 The Beverly Hillsbillies 6.30 Scotland Yard 7.05 Batman 7.35 Dangerous Assignment 8.05 Rumpole Of The Bailey. Courtroom drama.

GREAT! ACTION

- 11.50am Battle Honours** 1.00 **FILM** Cowboy (1958) 3.00 **FILM** Waterloo (1970) 6.00 Cops Uncut 6.30 Air Rescue 7.00 Coast Guard Alaska 9.00 **FILM** Who Dares Wins. Action thriller, starring Lewis Collins and Judy Davis. (1982) 11.35 **FILM** Shout At The Devil (1976) 2.45 The Blitz On London 3.50-4.50am War Machines

WEDNESDAY 14 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast (S)
- 9.30 **Animal Park** Keeper Caleb tries to solve problems in the lion pride. (S)
- 10.15 **Countryfile Treasures** (R,S)
- 11.00 **Homes Under The Hammer** Featuring properties in Stoke-on-Trent, north-east Lincolnshire and Kent. (R,S)
- 12.00 **Bargain Hunt** Natasha Raskin Sharp presents the show from Shepton Mallet, Somerset. (R,S)



8pm The Repair Shop

- 1.00 **BBC News At One** (S)
- 2.00 **Money For Nothing** (R,S)
- 3.00 **Escape To The Country**
A young couple search in Buckinghamshire. (R,S)
- 3.45 **The Repair Shop** (R,S)
- 4.30 **The Finish Line** (R,S)
- 5.15 **Pointless** (R,S)
- 6.00 **BBC News At Six** (S)
- 6.30 **BBC Regional News** (S)
- 7.00 **The One Show Magazine** show with Lauren Laverne and Roman Kemp. (S)
- 7.30 **SOAP EastEnders** Johnny gets the wrong idea when Callum tries to comfort him in a time of need. (S)
- 8.00 **The Repair Shop** (7/25) Jay Blades hosts as experts restore a repurposed bench, a handmade guitar, a limited edition gold Etch-a-Sketch and a taxi badge earned by passing a memory test. (S)
- 9.00 **NEW Celebrity Race Across The World** (1/6) Kelly Brook, Kola Bokinni, Scott Mills and Jeff Brazier each team up with a loved one to compete. (S)
- 10.00 **BBC News At Ten** (S)
- 10.30 **BBC Regional News** (S)
- 10.40 **UEFA Super Cup Highlights** Real Madrid v Atalanta. (S)
- 11.20 **FILM Bridge Of Spies** Fact-based Cold War drama. (2015) ★★★★★ (S)
- 1.35-6am **BBC News** (S)

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except: 10.40pm Rewind: 60 Years Of Welsh Pop. Archive footage of Welsh pop artists from the 1980s.

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.15 am **Animal Park** Keepers hand-rear a pair of fennec fox kits. (R,S)
- 7.00 **Homes Under The Hammer** Featuring properties in Cambridgeshire and the West Midlands. (R,S)
- 8.00 **Sign Zone: Dom Does America** Dominic joins the coastguard of Corpus Christi, Texas. (R,S,SL)
- 8.30 **Big Little Crimes** (R,S,SL)
- 9.00 **BBC News** (S)



10pm Miranda

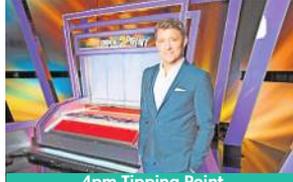
- 1.00 **Head Hunters** (R,S)
- 1.45 **Catchpoint** (R,S)
- 2.15 **A Countryside Summer** Allotment gardening. (R,S)
- 2.45 **Spy In The Wild** (R,S)
- 3.45 **B&B By The Sea** (R,S)
- 4.15 **Cornwall: This Fishing Life** Documentary series. (R,S)
- 5.15 **Flog It!** (R,S)
- 6.15 **LIVE The Hundred** Trent Rockets Men v Oval Invincibles Men. Start-time at 6.30. (S)
- 9.30 **Live At The Apollo** (1/6) Stand-up comedy from Hammersmith Apollo, where Chris McCausland introduces routines by Sophie Duker and Emmanuel Sonubi. (R,S)
- 10.00 **Miranda** (5/6) Penny and Miranda are forced to see a therapist. Comedy, starring Miranda Hart. (R,S)
- 10.30 **Newsnight** Analysis of the day's events. (S)
- 11.05 **Miriam Margolyes: A New Australian Adventure** (2/3) The actress scouts the freedom hotspot of Byron Bay on the easternmost point of Australia, a place where individualism and influencers thrive. (R,S)
- 12.05 **Sign Zone: Ambulance** Documentary. (R,S,SL)
- 1.05 **The Bidding Room** (R,S,SL)
- 1.50-2.35am **The Travelling Auctioneers** (R,S,SL)

11.10 UEFA Super Cup Highlights 11.50 **FILM** Bridge Of Spies (2015) 2.00-6am **BBC News** **ITV WALES** 9.00-10pm **Coast & Country** 10.45 **Irvine Welsh's Crime** 11.45 **Backstage** 12.10am **Wales On TV** 12.35-12.50am **Coast & Country**. Magazine show.

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am **Good Morning Britain** News, current affairs and lifestyle features. (S)
- 9.00 **Lorraine** Entertainment and fashion news. (S)
- 10.00 **This Morning** A mix of celebrity chat, lifestyle features, advice and competitions. Including Local Weather. (S)
- 12.30 **Loose Women** Topical debate from a female perspective. (S)



4pm Tipping Point

- 1.30 **ITV Lunchtime News** (S)
- 1.55 **Regional News** (S)
- 2.00 **Dickinson's Real Deal** (R,S)
- 3.00 **Tenable** (R,S)
- 4.00 **Tipping Point Quiz**, hosted by Ben Shephard. (R,S)
- 5.00 **The Chase** (R,S)
- 6.00 **Regional News** (S)
- 6.30 **ITV Evening News** (S)
- 7.30 **SOAP Emmerdale** Mandy is aghast when Bear confronts her. (S)
- 8.00 **SOAP Coronation Street** Nick declares his love for Toyah while Rowan applies more pressure. (S)
- 9.00 **Irvine Welsh's Crime** (3/6) Drummond finds herself blackmailed by her ex Keith for the revenge porn she sent him and Lennox is forced to protect his nemesis Richie Gulliver. (S)
- 10.00 **ITV News** (S)
- 10.30 **Regional News** (S)
- 10.45 **FILM Mission: Impossible 2** A secret agent battles a former spy-turned-criminal mastermind intent on stealing a deadly man-made virus. Action thriller sequel, starring Tom Cruise. (2000) ★★★ (S)
- 12.50 **Shop On TV**
- 3.00 **Champions: Full Gallop** With Sean Bowen. (R,S,SL)
- 3.50 **Unwind With ITV** (S)
- 5.05-6am **The Best Of Saint & Greasie** (R,S,SL)

5.40 6am Cw 12noon Newyddion 5.40 Ar Tŷwydd 12.05pm Ffasiwn Drefn 12.30 Heno 1.00 Bywyd Y Fet 1.30 Garddio A Mwy 2.00 Newyddion 5.40 Ar Tŷwydd 2.05 Prynhawn Da 3.00 Newyddion 5.40 Ar Tŷwydd 3.05 Cefn Gwlad 4.00 Awr Fawr: Olobobs 4.05 Awr

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126 Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.20 am **Cheers** Two shows. (R,S)
- 7.10 **Everybody Loves Raymond** US comedy series. (R,S)
- 9.00 **Frasier** (R,S)
- 11.00 **The Simpsons** (R,S)
- 12.00 **C4 News** (S)
- 12.05 **Paris 2024 Paralympics: Meet The Athletes** (R,S)
- 12.10 **A New Life In The Sun** A couple buy their dream home in Portugal with plans to open a glamping site. (R,S)



8pm Kirstie And Phil's Love It Or...

- 1.10 **Car S.O.S.** (R,S)
- 2.10 **Countdown** (S)
- 2.40 **A Place In The Sun** (R,S)
- 4.00 **The Great House Giveaway** Two strangers pair up to renovate a property in Llandudno, Wales. (R,S)
- 5.00 **A New Life In The Sun: Where Are They Now?** (S)
- 6.00 **Come Dine With Me** (R,S)
- 6.30 **The Simpsons** (R,S)
- 7.00 **C4 News** (S)
- 8.00 **Kirstie And Phil's Love It Or List It: Brilliant Builds** (2/3) A look back at a High Wycombe family who had outgrown their home. (R,S)
- 9.00 **Emergency Surgeons** use bone hooks to try pull a patient's pelvis out of his spinal canal. (S)
- 10.00 **Gogglebox: Celebrity Special For SU2C** (8/16) A special celebrity edition for Stand Up to Cancer. (R,S)
- 11.05 **First Dates** Best friends Emma and Dani go on a double date. (R,S)
- 12.05 **The Body Detectives** The body of a man found dead in the North Sea. (R,S,SL)
- 1.05 **Ramsay's Kitchen Nightmares USA** (R,S,SL)
- 1.55 **Paris 2024 Paralympics: Meet The Athletes** (R,S,SL)
- 2.00-3.50am **FILM Wind River** Drama, starring Jeremy Renner and Elizabeth Olsen. (2017) ★★★★★ (S,SL)

Fawr: Blero Yn Mynd I Ocido 4.20 Awr Fawr: Ein Byd Bach Ni 4.30 Awr Fawr: Cwaw A'i Ffrindiau 4.45 Awr Fawr: Awyr Iach 5.00 Stwnsh: Y Doniolis 5.10 Stwnsh: Chwarter Call 5.25 Stwnsh: Seligo 5.30 Stwnsh: Lego Ffrindiau: Amdani Ferched! 5.40 Stwnsh: Rhyfeddodau

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

- 6.00 am **Milkshake!**
- 9.15 **Jeremy Vine** The broadcaster discusses the issues of the day. (S)
- 11.30 **Storm Huntley** Debate on the day's talking points continues. (S)
- 12.45 **Friends** Double bill. Phoebe reveals that she is married. Then, Chandler dates a woman who left a message on his answering machine. (R,S) Followed by 5 News



8pm The Motorway

- 1.45 **SOAP Home And Away** Dana badgers Harper while she works out. (R,S)
- 2.15 **FILM PREMIERE Did I Kill My Son?** Thriller, starring Sarah Smyth. (2024) ★★★★★ (S)
- 4.00 **The Cruise: Fun-Loving Brits At Sea** (R,S)
- 5.00 **5 News At 5** (S)
- 6.00 **World's Most Scenic Railway Journeys** A trip to Portugal's Quinta de Vargellas vineyard. (R,S) Then 5 News Update
- 7.00 **Cumbria: The Lakes & The Coast** (5/5) In Brampton, chef Hrishikesh Desai reinvents his menu. (S) Then 5 News Update
- 8.00 **The Motorway** A 44-ton freight lorry crashes and overturns in the middle of the M6. (S)
- 9.00 **Cause Of Death** (4/5) Documentary. A man in his 30's is found deceased in a friend's flat. (S)
- 10.00 **Casualty 24/7: Every Second Counts** (6/20) A key member of staff calls in sick at the last minute, so Rachael has to manage a department overflowing with patients. (R,S)
- 11.05 **Ambulance: Code Red** (R,S)
- 12.05 **Police Interceptors: Pursuit And Capture** (R,S)
- 1.00-3am **PlayOJO Live Casino Show** Gambling. (S)

Chwilgogoch A Cath Ddu 6.00 Rallio+ 6.30 Bois Y Pizza 7.00 Heno 7.00 Newyddion 5.40 Ar Tŷwydd 8.00 Pabai Y Cwm 8.25 Bywd Epic Chris 8.55 Newyddion 5.40 Ar Tŷwydd 9.00 Eisteddfod Genedlaethol Cymru 2024 10.30-11.35pm Ym Am Ddim

FREEVIEW AND SATELLITE CHANNELS

ITV2

- 12noon **Dress To Impress** 1.00 In For A Penny 2.00 **Supermarket Sweep** 3.00 **Charmed** 4.00 Dawson's Creek 5.00 **Dress To Impress** 6.00 **Celebrity Catchphrase** 7.00 **Ant & Dec's Limitless Win** 8.00 **Bob's Burgers** 9.00 **Family Guy** 10.00 **Plebs** 11.00 **Family Guy** 11.30 **American Dad!** 12.30 **NEW EPISODE!** Bob's Burgers 1.35 **Deal Or No Deal** 2.35-3am **Unwind With ITV**

ITV3

- 11.25am **Heartbeat** 1.35 **Classic Emmerdale** 2.40 **Classic Coronation Street** 3.50 **A Touch Of Frost** 6.00 **Heartbeat** 8.00 **Midsomer Murders** 10.00 **Cracker** 12.00 **Wild At Heart** 1.45-2.10am **Bless This House**

ITV4

- 11.25am **BattleBots** 12.25 **Robin Of Sherwood** 1.35 **The Champions** 2.40 **Kojak** 3.45 **Minder** 4.50 **The Professionals** 5.55 **BattleBots** 6.55 **The Chase** **Celebrity Special** 8.00 **Monster Carp** 9.00 **FILM** Tomorrow Never Dies (1997) 11.25 **EFL Carabao Cup Highlights** 12.55 **All Elite Wrestling: Collision** 2.45-3am **Unwind with ITV**

BBC THREE

- 7pm **Top Gear** 8.00 **NEW EPISODE!** Shark Tank: Dragons' Den US 8.45 **Press X To Continue** 9.00 **NEW SERIES!** Kidnapped: The Chloe Ayling Story 10.00 **Suits** 11.25 **Fleabag** 12.20 **Kidnapped: The Chloe Ayling Story** 1.20 **Top Gear** 2.20 **Juice** 2.45 **Lazy Susan** 3.00-3.50am **Fleabag**

BBC FOUR

- 7pm **Great British Railway Journeys** 7.30 **Gareth Edwards' Great Welsh Adventure** 8.00 **Pole To Pole** 8.50 **Avocets - Born Survivors** 9.00 **The Fairytale Castles Of King Ludwig II** With Dan Cruickshank 10.00 **NEW!** Nathaniel Parker And Sharon Small Remember Inspector Lynley Mysteries 10.15 **The Inspector Lynley Mysteries** 12.45 **Great British Railway Journeys** 1.15 **Gareth Edwards' Great Welsh Adventure** 1.45 **Pole To Pole** 2.35-3.35am **The Fairytale Castles Of King Ludwig II**

E4

- 12noon **The Big Bang Theory** 2.00 **The Goldbergs** 3.00 **Modern Family** 4.00 **Young Sheldon** 5.00 **The Big Bang Theory** 7.00 **NEW EPISODE!** **Hollylocks** 7.30 **Modern Family**

- 8.00 **NEW EPISODE!** Below Deck Adventure 9.00 **Gogglebox** 10.05 **First Dates** 11.05 **Naked Attraction** 12.10 **The Big Bang Theory** 1.10 **Brooklyn Nine-Nine** 2.10 **Modern Family** 3.00 **Below Deck Adventure** 3.50 **Ramsay's Kitchen Nightmares USA** 4.45-6am **The Neighborhood**

MORE4

- 11.25am **Find It, Fix It, Flog It** 12.30 **Come Dine With Me** 3.10 **Four In A Bed** 5.50 **Château DIY** 6.55 **Car S.O.S** 7.55 **The Dog House** 9.00 **NEW EPISODE!** Great British Home Restoration. A 19th-century coach house. 10.00 999: On The Front Line 11.05 24 Hours In A&E 12.10 **Paris 2024 Paralympics: Meet The Athletes** 12.15 **Emergency Helicopter Medics** 1.20 999: On The Front Line 2.20 24 Hours In A&E 3.25-3.55am **Food Unwrapped**

FILM4

- 11am **Wonder Park** (2019) 12.45 **Diary Of A Wimpy Kid: The Long Haul** (2017) 2.30 **The Land That Time Forgot** (1975) 4.20 **The Legend Of Zorro** (2005) 6.55 **Assassin's Creed**. Action adventure, starring Michael Fassbender. (2016) 9.00 **Cowboys & Aliens**. Sci-fi Western, with Daniel Craig and Harrison Ford. (2011) 11.20 **Meet The Parents** (2000) 1.30-3.30am **The Girl And The Spider** (2021)

TALKING PICTURES

- 11.05am **FILM** Someone At The Door (1950) 12.20 **FILM** Master Spy (1964) 1.45 **Look At Life** 1.55 **The Brothers** 3.00 **Saddle Up** 3.05 **FILM** Abilene Town (1946) 4.45 **The Life And Legend Of Wyatt Earp**

GREAT! ACTION

- 11.50am **Battle Honours** 1.00 **FILM** Four Fast Guns (1960) 2.40 **FILM** The Last Days Of Frank And Jesse James (1986) 4.50 **The War In Europe** 6.00 **Cops Uncut** 6.30 **Air Rescue** 7.00 **Coast Guard Alaska** 9.00 **FILM** Hanover Street (1979) 11.20 **FILM** Stash House (2012) 1.30 **FILM** The Defender (2004) 3.30 **War Machines** 4.30-5am **Wild West Chronicles**

THURSDAY 15 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am **Breakfast** (S)
- 9.30 **Animal Park** (S)
- 10.15 **Countryfile Treasures** (R,S)
- 11.00 **Homes Under The Hammer**
Two brothers work on a house in Widnes, a couple aim to add value to an auction buy in Folkestone and a developer in Dalry rejigs a detached house. (S)
- 12.00 **Bargain Hunt** Anita Manning presents from Mona Showground. (R,S)



9pm Who Do You Think You Are?

- 1.00 **BBC News At One** (S)
- 2.00 **Money For Nothing** (R,S)
- 3.00 **Escape To The Country**
In Staffordshire. (R,S)
- 3.45 **The Repair Shop** (R,S)
- 4.30 **The Finish Line** (R,S)
- 5.15 **Pointless** (R,S)
- 6.00 **BBC News At Six** (S)
- 6.30 **BBC Regional News** (S)
- 7.00 **The One Show Magazine**
show with Alex Jones and Roman Kemp. (S)
- 7.30 **SOAP EastEnders** Things get worse for Reiss. (S)
- 8.00 **Celebrity MasterChef** (2/18) The remaining contestants are split into pairs and head off to take on a lunchtime service in a busy professional kitchen, before taking on a food truck challenge. (S)
- 9.00 **NEW Who Do You Think You Are?** (1/8) Line of Duty star Vicky McClure researches her ancestry, beginning by trying to find out why her paternal grandmother was given up by her family when she was a child. (S)
- 10.00 **BBC News** (S)
- 10.30 **BBC Regional News** (S)
- 10.40 **Kidnapped: The Chloe Ayling Story** (R,S)
- 11.40 **Freddie Flintoff: Field Of Dreams On Tour** (1/4) The former England captain takes his team to India. (R,S)
- 12.45-6am **BBC News** (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.30 am **A To Z Of TV Gardening**
The letter G. (R,S)
- 7.15 **Animal Park Problems**
in the lion pride. (R,S)
- 8.00 **Sign Zone: Gardeners' World** Adam Frost shares tips on how to build a green roof on a log store, and Arit Anderson visits a nurseryman who is bucking the trend in the world of houseplants. (R,S,SL)
- 9.00 **BBC News** (S)



7pm Inside The Factory

- 1.00 **Head Hunters** (R,S)
- 1.45 **Catchpoint** (R,S)
- 2.15 **A Countryside Summer** (R,S)
- 2.45 **Spy In The Wild** (R,S)
- 3.45 **B&B By The Sea** (R,S)
- 4.15 **Cornwall: This Fishing Life**
Documentary. (R,S)
- 5.15 **Flog It!** (R,S)
- 6.00 **Robson Green's Weekend Escapes** (R,S)
- 6.30 **Great Asian Railway Journeys** (R,S)
- 7.00 **Inside The Factory** (6/6) Gregg Wallace is at the factory where Polos are made. Cherry Healey visits a sugar beet factory. (R,S)
- 8.00 **Saving Lives At Sea** (10/10) The volunteers race to save a paddleboarder. (R,S)
- 9.00 **Interview With The Vampire** (3/8) Lestat revitalises a vampire coven in 1790s Paris, with consequences for Louis 150 years later. (S)
- 9.50 **Qi XS** (1/6) Clips from Qi where things seem to be getting out of control. (R,S)
- 10.00 **Nighty Night** (1/6) First episode of the comedy, starring Julia Davis. (R,S)
- 10.30 **Nightnight** (S)
- 11.05 **Colin From Accounts** (R,S)
- 11.30 **My Tiger Family** (R,S)
- 12.30 **Sign Zone: Miriam Margolyes: A New Australian Adventure** (R,S,SL)
- 1.30-2.15am **The Bidding Room**
A rickshaw. (R,S,SL)

12.10am **Freddie Flintoff: Field Of Dreams On Tour**
1.10-6am **BBC News**
BBC TWO WALES As main BBC TWO except:
7pm **Weatherman Walking: The Welsh Coast**
7.30-8pm **Beechgrove Garden**

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am **Good Morning Britain**
News, current affairs and lifestyle features. (S)
- 9.00 **Lorraine** Entertainment and fashion news. Hosted by Lorraine Kelly. (S)
- 10.00 **This Morning** Celebrity chat and lifestyle features. (S)
- 12.30 **Loose Women** The women put the world to rights once more and invite a guest to chat about what they are up to. (S)



3pm Tenable

- 1.30 **ITV Lunchtime News** (S)
- 1.55 **Dickinson's News** (S)
- 2.00 **Dickinson's Real Deal** (R,S)
- 3.00 **Tenable** Quiz show hosted by Warwick Davis. (R,S)
- 4.00 **Tipping Point** (R,S)
- 5.00 **The Chase** (R,S)
- 6.00 **Regional News** (S)
- 6.30 **ITV Evening News** (S)
- 7.30 **SOAP Emmerdale**
Mandy attempts to save her wedding. (S)
- 8.30 **Love Your Garden** The team make over a family garden in south Wales. (R,S)
- 9.00 **Irvine Welsh's Crime** (4/6) Lennox suspects DS Norrie Erskine when the killer strikes again, and seeks comfort in a dangerous place, while Drummond breaks the law to get rid of Keith. (S)
- 10.00 **ITV News** (S)
- 10.30 **Regional News** (S)
- 10.45 **FILM Thunderball** James Bond sets out to foil a plot by crime syndicate Spectre to detonate two nuclear warheads off the US coast. Spy adventure, with Sean Connery. (1965) ★★★ (S)
- 12.55 **Shop On TV**
- 3.00 **The Other Mrs Jordan**
A true tale. (R,S,SL)
- 3.50 **Unwind With ITV** (S)
- 5.05 **In For A Penny** (R,S,SL)
- 5.30-6am **Gino's Italian Family Adventure** (R,S,SL)

S4C 6am **Cyw** 12.05pm **Sain Ffagan** 12.30 **Heno**
1.00 **Cerys Matthews A'r Goeden** 1.30 **Adre**
2.00 **Newyddion S4C A'r Tjwydd** 2.05 **Prynhawn Da**
3.00 **Newyddion S4C A'r Tjwydd** 3.05 **Y Babell Lân**
2024 4.00 **Awr Fawr: Crads Bach** Y Troeth 4.05 **Awr**

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.20 am **Cheers** Two shows. (R,S)
- 7.10 **Everybody Loves Raymond**
Four episodes. (R,S)
- 9.00 **Frasier** (R,S)
- 11.00 **The Simpsons** (R,S)
- 12.00 **C4 News** (S)
- 12.05 **Paris 2024 Paralympics: Meet The Athletes** With Powerlifter Mark Swan. (R,S)
- 12.10 **A New Life In The Sun**
A family welcome their first guests to their holiday lets in France. (R,S)



9pm Emergency

- 1.10 **Car S.O.S** (R,S)
- 2.10 **Countdown** (S)
- 3.00 **A Place In The Sun** (R,S)
- 4.00 **The Great House Giveaway**
A home in Newcastle. (R,S)
- 5.00 **A New Life In The Sun: Where Are They Now?** (S)
- 6.00 **Come Dine With Me** (R,S)
- 6.30 **The Simpsons** (R,S)
- 7.00 **C4 News** (S)
- 8.00 **George Clarke's Old House, New Home** (4/4) Renovating a Georgian-style crescent house. (R,S)
- 9.00 **Emergency A** 56-year-old patient is coming out of a medically-induced coma, and 43-year-old moped delivery driver Maurilio is rushed to hospital after colliding with a car. (S)
- 10.00 **Ramsay's Kitchen Nightmares USA** (3/10) Revamping a country club and golf course restaurant in New Jersey. (S)
- 11.00 **8 Out Of 10 Cats Does Countdown** (4/5) (R,S)
- 12.00 **NEW Untold: Inside Britain's Dog Fighting Gangs** Investigating illegal dog fighting in the UK. (S)
- 12.30 **Ramsay's Hotel Hell** (R,S,SL)
- 1.20 **Come Dine With Me** (R,S)
- 2.15 **Paris 2024 Paralympics: Meet The Athletes** (R,S,SL)
- 2.20-3.55am **FILM The Guard**
Comedy, with Brendan Gleeson. (2011) ★★★ (S)

Fawr: Pablo 4.20 **Awr Fawr: Caru Canu A Stori**
4.30 **Awr Fawr: Sion Y Chef** 4.45 **Awr Fawr: Deian A Lolli** 5.00 **Stwnsh: Dennis A Dannedd** 5.15 **Stwnsh: Y Stadwim** 5.30 **Stwnsh: Telkers** 6.00 **Bywd Epic** Chris 6.30 **Ardorid** Cymru: Bae Ceredigion 7.00 **Heno**

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

- 6.00 am **Milkshake!**
- 9.15 **Jeremy Vine** Discussing the latest news. With views and opinions of the day. (S)
- 11.30 **Storm Huntley** The presenter takes your calls to discuss the biggest stories of the day. (S)
- 12.45 **Friends Double Bill** Monica inadvertently poisons Ross. Then, a drunk Rachel tells Ross she no longer craves his affection. (R,S)



7pm Air Fryers Vs Microwaves...

- 1.10 **Friends** (R,S) Then 5 **News**
- 1.45 **SOAP Home And Away**
Cash hasn't heard about his application. (R,S)
- 2.15 **FILM Murder 101: A Gabbi Luck Mystery**
Drama, starring Jackie Harry. (2023) ★★ (S)
- 4.00 **The Cruise: Fun-Loving Brits At Sea** (R,S)
- 5.00 **5 News At 5** (S)
- 6.00 **World's Most Scenic Railway Journeys** (R,S) Then 5 **News Update**
- 7.00 **Air Fryers Vs Microwaves: Which Is Better?** A show comparing the microwave to the speed, convenience and cost of the air fryer. (R,S) Then 5 **News Update**
- 8.00 **NEW Supermarket Prices: Are We Being Ripped Off?** Harry Wallop shines a light onto some of the practices UK supermarkets use to increase their bottom line, uncovering how they bring in huge sums of money. (S)
- 9.00 **Susan Calman's Grand Day Out** The presenter is in Barry Island, south Wales, made famous by the sitcom Gavin and Stacey. (S)
- 10.00 **Forensics: Murder Scene** (1/6) In West Yorkshire. (R,S)
- 11.30 **Cold Case Killers** (R,S)
- 12.30 **The Motorway** (R,S)
- 1.20-3.20am **PlayOJO Live Casino Show** (S)

7.30 **Newyddion S4C A'r Tjwydd** 8.00 **Pobol Y Cwm**
8.25 **Pobol Y Cwm: Y Cymeriadau** 8.55 **Newyddion S4C A'r Tjwydd** 9.00 **Cyfeir** 10.00 **Ni Yw'r Cymry**
11pm-12.05am **A'r Brawf**

FREEVIEW AND SATELLITE CHANNELS

ITV2

- 12noon **Dress To Impress** 1.00 **In For A Penny** 2.00 **Supermarket Sweep** 3.00 **Charmed** 4.00 **Dawson's Creek** 5.00 **Dress To Impress** 6.00 **Celebrity Catchphrase** 7.00 **Ant & Dec's Christmas Limitless Win**. Festive game show. 8.00 **Bob's Burgers** 9.00 **Family Guy** 11.30 **American Dad!** 12.30 **NEW EPISODE!** Bob's Burgers 1.35 **Deal Or No Deal** 2.35-3am **Unwind With ITV**

ITV3

- 11.25am **Heartbeat** 1.35 **Classic Emmerdale** 2.40 **Classic Coronation Street** 3.50 **A Touch Of Frost** 6.00 **Heartbeat** 8.00 **Vera**. A body is found in a slurry pit. 10.00 **Cracker** 12.10 **Wild At Heart** 2.00-2.30am **Bless This House**

ITV4

- 11.15am **BattleBots** 12.20 **Robin Of Sherwood** 1.25 **The Champions** 2.30 **Kojak** 3.35 **The Professionals** 4.45 **LIVE SPORT!** ITV Racing: Racing League Live 8.15 **World Of Sport** 8.30 **River Monsters** 9.00 **Auf Wiedersehen, Pet** 10.10 **FILM Lucy** (2014) 11.55 **The Professionals** 12.55 **Minder** 2.00 **Auto Mundial** 2.25-3am **Unwind With ITV**

BBC THREE

- 7pm **Top Gear** 8.00 **NEW EPISODE!** Shark Tank: Dragons' Den US 8.45 **NEW EPISODE!** The Catch Up 8.50 **Press X To Continue** 9.00 **NEW SERIES!** Daddy Issues 9.50 **Starstruck** 10.35 **Man Like Mobeen** 11.25 **Bend It Like Lillywood** 12.10 **Juice** 12.55 **Daddy Issues** 1.45 **Bend It Like Lillywood**

- 2.30 **Lazy Susan** 2.45 **Kidnapped:** The Chloe Ayling Story 3.45-3.55am **Press X To Continue**

BBC FOUR

- 7pm **Great British Railway Journeys** 7.30 **The Sky At Night** 8.00 **FILM Dial M For Murder**. Thriller. (1954) 9.40 **FILM Suspicion** (1941) 11.15 **Alfred Hitchcock: Talking Pictures** 11.55 **Hitchcock's Leading Actors: Talking Pictures** 12.30 **Corridors Of Power: Should America Police The World?** 1.30 **Great British Railway Journeys** 2.00 **Maggi Hambling: Making Love With The Paint** 3.00-4am **Sex And Sensibility: The Allure Of Art Nouveau**

E4

- 12noon **The Big Bang Theory** 2.00 **The Goldbergs** 3.00 **Modern Family**

- 4.00 **Young Sheldon** 5.00 **The Big Bang Theory** 7.00 **NEW EPISODE!** **Hollyoaks** 7.30 **Modern Family** 8.00 **NEW EPISODE!** Below Deck Adventure 9.00 **Gogglebox** 10.00 **Naked Attraction's Best Naughty Bits** 11.05 **First Dates** 12.05 **The Big Bang Theory** 1.05 **Rick And Morty** 1.35 **NEW EPISODE!** My Adventures With Superman 2.05 **Brooklyn Nine-Nine** 3.00 **Below Deck Adventure** 3.50 **Modern Family** 4.40 **The Neighborhood** 5.30-6am **Brooklyn Nine-Nine**

MORE4

- 11.25am **Find It, Fix It, Flog It** 12.30 **Come Dine With Me** 3.10 **Four In A Bed** 5.50 **Château DIY** 6.55 **Car S.O.S** 7.55 **Grand Designs** 9.00 **Guy Martin's Lancaster Bomber** 10.00 **24 Hours In A&E** 11.05 **Surgeons: Life In Their Hands**

- 12.05 **999: On The Front Line** 1.05 **Guy Martin's Lancaster Bomber** 2.10 **24 Hours In A&E** 3.15-3.45am **Food Unwrapped**

FILM4

- 11am **Dragonball Evolution** (2009) 12.40 **Bridge To Terabithia** (2007) 2.35 **Cutthroat Island** (1995) 5.00 **Carry On Constable** (1960) 6.45 **I, Robot** (2004) 9.00 **Deja Vu**. Sci-fi thriller, starring Denzel Washington. (2006) 11.25 **The Book Of Eli** (2010) 1.40-4am **Fanny Lye Deliver'd** (2019)

TALKING PICTURES

- 10.25am **FILM** Be My Guest (1965) 12.05 **FILM** White Cradle Inn (1947) 1.45 **FILM** What The Butler Saw. Comedy. (1950) 3.00 **Crown Court** 4.30 **Enemy At The Door**

- 5.35 **FILM** The Long Memory. Thriller, starring John Mills. (1952) 7.35 **Look At Life** 8.00 **The Brothers** 9.05 **Van Der Valk**. A psychic helps in a murder inquiry. 10.10 **Margery And Gladys** 12.10 **FILM** The Groundstar Conspiracy (1972) 2.05 **FILM** Wish You Were Here (1987) 3.50 **FILM** Conal Chorus (1940) 5.35-6am **Cartoon Capers**

GREAT! ACTION

- 12noon **The Panzer** 1.00 **FILM** **Ambush At Tomahawk Gap** (1953) 2.40 **FILM** Face Of A Fugitive (1959) 4.30 **Total War** 5.31 **Total War** 6.00 **Cops Uncut** 6.30 **Air Rescue** 7.00 **Coast Guard Alaska** 9.00 **FILM** Ninja (2009) 10.55 **FILM** Maximum Security (2017) 12.50 **FILM** Stormageddon (2015) 2.40 **The Panzer** 3.30 **War Machines** 4.30-5am **Wild West Chronicles**

FRIDAY 16 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am Breakfast (S)
- 9.30 **Animal Park** The keepers dare to believe that Yana the Amur tiger might be pregnant. (S)
- 10.15 **Countryside Treasures** (R,S)
- 11.00 **Homes Under The Hammer** The progress of lots in Co Durham, Derby and East Sussex. (R,S)
- 12.00 **Bargain Hunt** From Southwell Racecourse in Nottinghamshire. (R,S)



7.30pm **Our Lives: Two Sisters...**

- 1.00 **BBC News At One** (S)
- 2.00 **Money For Nothing** (R,S)
- 3.00 **Escape To The Country** (R,S)
- 3.45 **The Repair Shop** (R,S)
- 4.30 **The Finish Line** (R,S)
- 5.15 **Pointless** (R,S)
- 6.00 **BBC News At Six** (S)
- 6.30 **BBC Regional News** (S)
- 7.00 **The One Show** Live chat and reports with Alex Jones and Roman Kemp. (S)
- 7.30 **NEW Our Lives: Two Sisters, One Goal** The documentary strand returns with a film about a charity football match. (S)
- 8.00 **David & Jay's Touring Toolshed** (1/15) David Jason and Jay Blades meet talented crafters and hobbyists. (R,S)
- 8.30 **Would I Lie To You?** (4/11) With panellists Jack Carroll, Bridget Christie, Gabby Logan and Big Zuu. (R,S)
- 9.00 **Celebrity MasterChef** (3/18) The remaining three celebrities hope for a place in the semi-finals. (S)
- 9.30 **Daddy Issues** (1/6) Sitcom, starring Aimee Lou Wood and Aidam Morrissey. (R,S)
- 10.00 **BBC News At Ten** (S)
- 10.30 **BBC Regional News** (S)
- 10.40 **FILM Braveheart** Oscar-winning drama, directed by and starring Mel Gibson. (1995) ★★★★★ (S)
- 1.30-6am **BBC News** (S)

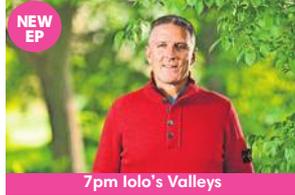
REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except: 8pm Amy Dowden's Dare To Dance 8.30-9.00 Kiri's TV Flashback 10.40 The Golden Cobra 10.50 The Golden Cobra

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.15 am **Animal Park** Hamza Yassin discovers what happens when eight lions try and play football. (R,S)
- 7.00 **Homes Under The Hammer** Properties in Widnes, Folkestone and Dalry. (R,S)
- 8.00 **Sign Zone: Dr Xand's Con Or Cure** A look at what separates medical cures from cons. (R,S,SL)
- 8.30 **Big Little Crimes** (R,S,SL)
- 9.00 **BBC News** (S)



7pm **Iolo's Valleys**

- 1.00 **Head Hunters** (R,S)
- 1.45 **Catchpoint** (R,S)
- 2.15 **A Countryside Summer** (R,S)
- 2.45 **Spy In The Wild** (R,S)
- 3.45 **B&B By The Sea** (R,S)
- 4.15 **Cornwall: This Fishing Life** In St Ives Bay. (R,S)
- 5.15 **Flog It!** (R,S)
- 6.00 **Robson Green's Weekend Escapes** (R,S)
- 6.30 **Great Asian Railway Journeys** (R,S)
- 7.00 **Iolo's Valleys** (2/4) Iolo Williams explores the valleys inland from Port Talbot in south Wales. (S)
- 7.30 **Beechgrove Garden** (20/26) Plants that can be added to ponds. (S)
- 8.00 **Gardeners' World** (21/32) Monty Don offers tips for gaps in borders. (S)
- 9.00 **Miriam Margolyes: A New Australian Adventure** (3/3) The actress heads to the town of Broken Hill. (S)
- 10.00 **Rev** (1/6) Comedy, starring Tom Hollander. (R,S)
- 10.30 **Newsnight** (S)
- 11.05 **FILM Moon** Sci-fi drama. (2009) ★★★★★ (S)
- 12.35 **Sign Zone: Murder Trial: The Disappearance Of Renee And Andrew MacRae** (R,S,SL)
- 1.35 **The Nottingham Attacks: A Search For Answers - Panorama** (R,S,SL)
- 2.05-2.35am **Spent** (R,S,SL)

11.05 **FILM Braveheart** (1995) 1.50-6am **BBC News** BBC TWO WALES As main BBC TWO except: 7.30-8pm Weatherman Walking: The Welsh Coast ITV WALES 7.00-7.30pm Coast & Country S4C 6am Cwyl 12noon Newyddion S4C Ar Tywydd

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am **Good Morning Britain** News, current affairs and lifestyle features. (S)
- 9.00 **Lorraine** Entertainment and fashion news. Hosted by Lorraine Kelly (S)
- 10.00 **This Morning** Celebrity chat and lifestyle features. (S)
- 12.30 **Loose Women** Guest panellists engage in topical debate and celebrity interviews from a female perspective. (S)



9pm **Champions: Full Gallop**

- 1.30 **ITV Lunchtime News** (S)
- 1.55 **Regional News** (S)
- 2.00 **Dickinson's Real Deal** (R,S)
- 3.00 **Tenable** (R,S)
- 4.00 **Tippling Point** (R,S)
- 5.00 **The Chase** (R,S)
- 6.00 **Regional News** (S)
- 6.30 **ITV Evening News** (S)
- 7.30 **SOAP Emmerdale** Aaron is happy to see Vinny finally moving on from Liv. (S)
- 8.00 **SOAP Coronation Street** Joel's ex sets alarm bells ringing for Dee-Dee, Mason encourages Betsy to report the man behind her bruises, and Tracy is unimpressed to find Cassie caring for Ken. (S)
- 9.00 **Champions: Full Gallop** (5/6) Cameras focus on participants in the Grand National. (S)
- 10.00 **ITV News** (S)
- 10.30 **Regional News** (S)
- 10.45 **FILM Spy** A deskbound CIA agent goes into action for the first time to battle an arms dealer and avert a global disaster. Comedy adventure, starring Melissa McCarthy and Jason Statham. (2015) ★★★★★ (S)
- 12.45 **Shop On TV**
 - 3.00 **Love & Death** (R,S,SL)
 - 3.50 **Unwind With ITV** (S)
- 5.05-6am **Jimmy & Shivi's Farmhouse Breakfast** With Jenny Ryan. (R,S,SL)

12.05pm **Dau Gi Bach** 12.30 **Heno** 1.00 **Gweinidog** Iechyd Mewn Pandemig 2.00 **Newyddion S4C Ar Tywydd** 2.05 **Prynhawn Da** 3.00 **Newyddion S4C Ar Tywydd** 3.05 **Cyfeffin** 4.00 **Awr Fawr: Nos Da Cwyl** 4.10 **Awr Fawr: Bendallbwmbwls** 4.20 **Awr Fawr: Anifellid Bach Y Byd**

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126 Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.20 am **Cheers** Two shows. (R,S)
- 7.10 **Everybody Loves Raymond** Four episodes. (R,S)
- 9.00 **Frasier** (R,S)
- 11.00 **The Simpsons** (R,S)
- 12.00 **C4 News** (S)
- 12.05 **Paris 2024 Paralympics: Meet The Athletes** With Rachel Choong. (R,S)
- 12.10 **A New Life In The Sun** In Portugal, a couple make progress with the permit for their glampsite. (R,S)



8pm **Celebrity PopMaster TV**

- 1.10 **Car S.O.S.** (R,S)
- 2.10 **Countdown** (S)
- 3.00 **A Place In The Sun** (R,S)
- 4.00 **The Great House Giveaway** A Hull property. (R,S)
- 5.00 **A New Life In The Sun: Where Are They Now?** (S)
- 6.00 **Come Dine With Me** (R,S)
- 6.30 **The Simpsons** (R,S)
- 7.00 **C4 News** (S)
- 8.00 **Celebrity PopMaster TV** (2/16) With Nikki Fox, Gareth Malone, Jean Johansson, Nish Kumar and Claire Richards. (R,S)
- 9.00 **8 Out Of 10 Cats Does Countdown** (5/5) Jimmy Carr hosts a combination of the comedy panel show and the words and numbers quiz, as Richard Ayoade and Kemah Bob take on Jonathan Ross and Maisie Adam. (S)
- 10.00 **Sarah Millican: Bobby Dazzler** A stand-up special touching on various adult themes. (R,S)
- 11.05 **Gogglebox: 10 Year Anniversary Special** Highlights from the first 10 years of the show. (R,S)
- 12.35 **Ramsay's Kitchen Nightmares USA** (R,S)
- 1.20 **Paris 2024 Paralympics: Meet The Athletes** (R,S,SL)
- 1.25-3am **FILM Snatched** Comedy, starring Amy Poehler. (2017) ★★★ (S)

4.30 **Awr Fawr: Guto Gwning** 4.45 **Awr Fawr: Kim A Cet A Twrch** 5.00 **Stwnsh: Cath-Od** 5.10 **Stwnsh: Ar Goll Yn Oz** 5.35 **Stwnsh: Y Gemau Gwylt** 6.00 **Y Sioe Fwyd** 6.30 **Garddio A Mwy** 7.00 **Heno** 7.30 **Newyddion S4C Ar Tywydd** 8.00 **Canu Gyda Fy Arwr**

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

- 6.00 am **Milkshake!**
- 9.15 **Jeremy Vine** The broadcaster discusses the latest news. (S)
- 11.30 **Storm Huntley** (S)
- 12.45 **Friends** Double bill. Ross draws up a list of Rachel's good and bad points. Then, Phoebe learns about her father, while a radiator makes Christmas celebrations steamier than anticipated. (R,S)



7pm **Motorway Cops: Catching...**

- 1.10 **Friends** (R,S) Then 5 **News**
- 1.45 **SOAP Home And Away** Dana searches for Bronte's records at the hospital. (R,S)
- 2.15 **FILM Crossword Mysteries: Riddle Me Dead** Mystery, starring Brennan Elliott. (2021) ★★★★★ (S)
- 4.00 **The Cruise: Fun-Loving Brits At Sea** (R,S)
- 5.00 **5 News At 5** (S)
- 6.00 **World's Most Scenic Railway Journeys** (R,S) Then 5 **News Update**
- 7.00 **Motorway Cops: Catching Britain's Speeders** (6/10) Officers are on the hunt for an uninsured driver who might be drunk. (R,S) Then 5 **News Update**
- 8.00 **NEW Rescue 999: Seconds To Save A Life** (1/6) Cameras follow UK rescue teams covering sea, mountain, land and air, beginning with Killin Mountain Rescue volunteers based in the Scottish Highlands. (S)
- 9.00 **Terror At 30,000 Feet** A flight from Heathrow to Valencia in Spain which descended into chaos. (S)
- 10.00 **When TV Stars Go Horribly Wrong** A compilation of moments soap stars would rather forget. (R,S)
- 1.00-3am **PlayOJO Live Casino Show** Gambling. (S)

8.55 **Newyddion S4C Ar Tywydd** 9.00 **Lwp: Maes B** '24 10.00 **Tisho Ffwr?** 10.30-11.35pm **Wracsam - Clwb Nil**

FREEVIEW AND SATELLITE CHANNELS

ITV2

- 12noon **Dress To Impress** 1.00 **In For A Penny** 2.00 **Supermarket Sweep** 3.00 **Charmed** 4.00 **Dawson's Creek** 5.00 **Dress To Impress** 6.00 **Celebrity Catchphrase** 7.00 **Ant & Dec's Limitless Win** 8.00 **Bob's Burgers** 9.00 **FILM Pitch Perfect 2** (2015) 11.20 **Family Guy** 12.20 **American Dad!** 1.15 **NEW EPISODE!** Bob's Burgers 1.45 **Deal Or No Deal** 2.45-3am **Unwind With ITV**

ITV3

- 11.25am **Heartbeat** 1.35 **Classic Emmerdale** 2.40 **Classic Coronation Street** 3.50 **A Touch Of Frost** 6.00 **Heartbeat** 8.00 **Doc Martin** 10.05 **Cracker** 12.00 **Wild At Heart** 1.45 **Bless This House** 2.10-2.30am **Unwind With ITV**

ITV4

- 12noon **Robin Of Sherwood** 1.05 **The Champions** 2.15 **Kojak** 3.20 **Minder** 4.25 **The Professionals** 5.30 **British Touring Car Championship Highlights** 7.00 **World Series Of Darts: New Zealand Masters** 11.00 **All Elite Wrestling: Dynamite** 1.00 **Minder** 1.55 **The Professionals** 2.50-3am **Unwind With ITV**

BBC THREE

- 7pm **Top Gear** 8.00 **NEW EPISODE!** **Shark Tank: Dragons' Den US** 8.40 **NEW EPISODE!** **The Catch Up** 8.45 **The Fast And The Farmer-ish** 9.15 **My Insta Scammer Friend** 10.00 **NEW SERIES!** **The Golden Cobra**. Animated comedy set in Ebbw Vale's worst takeaway. 10.30 **FILM** **People Just Do Nothing: Big In Japan** (2021)

- 12.00 **My Insta Scammer Friend** 12.45 **The Golden Cobra** 1.15 **Man Like Mobeen** 2.00 **Juice** 2.50 **Lazy Susan** 3.05-3.55am **Daddy Issues**

BBC FOUR

- 7pm **TOTP: 1988** 7.30 **TOTP: 1990** 8.00 **NEW EPISODE!** **Modern Movie Soundtracks At The Proms** 9.50 **FILM** **Woodstock: Three Days That Defined A Generation** (2019) 11.15 **Jimi Hendrix: The Road To Woodstock** 12.15 **Sounds Of The Sixties: The Folk Revival** 12.45 **Sounds Of The Sixties: 1967-68 Hip To The Trip** 1.15 **TOTP: 1988** 1.45 **TOTP: 1990** 2.15-3.15am **Jimi Hendrix: The Road To Woodstock**

E4

- 12noon **The Big Bang Theory** 2.00 **The Goldbergs** 3.00 **Modern Family**

- 4.00 **Young Sheldon** 5.00 **The Big Bang Theory** 7.00 **NEW EPISODE!** **Hollyoaks** 7.30 **Modern Family** 8.00 **NEW EPISODE!** **Below Deck Adventure** 9.00 **Celebrity Gogglebox** 10.00 **FILM** **Infinite** (2021) 12.05 **FILM** **Night School** (2018) 2.15 **Brooklyn Nine-Nine** 3.05 **Below Deck Adventure** 3.55 **Modern Family** 4.45-6am **The Neighborhood**

MORE4

- 11.25am **Find It, Fix It, Flog It** 12.30 **Come Dine With Me** 3.10 **Four In A Bed** 5.50 **Château DIY** 6.55 **Car S.O.S** 7.55 **Grand Designs** 9.00 **NEW SERIES!** **Hostage** 11.00 **24 Hours In A&E** 12.05 **Paris 2024 Paralympics: Meet The Athletes** 12.15 **24 Hours In A&E** 1.15 **Emergency Helicopter Medics** 2.20 **24 Hours In A&E** 3.25-3.50am **Food Unwrapped**

FILM4

- 11am **Gulliver's Travels** (2010) 12.40 **Think Like A Dog** (2020) 2.25 **The Karate Kid Part III** (1989) 4.35 **Earth Vs The Flying Saucers** (1956) 6.15 **Close Encounters Of The Third Kind** (1977) Sci-fi drama, starring Richard Dreyfuss. 9.00 **Alien: Covenant**. Sci-fi thriller, starring Katherine Waterston and Michael Fassbender. (2017) 11.20 **Life** (2017) 1.25-3.35am **Insidious: The Last Key** (2018)

TALKING PICTURES

- 10.40am **FILM** **Next To No Time** (1958) 12.30 **The Four Just Men** 1.05 **FILM** **Nearest And Dearest** (1973) 2.50 **Look At Life** 3.05 **FILM** **The Small Back Room** (1948) 5.15 **Look At Life** 5.30 **FILM** **The Angry Silence** (1960) Drama.

GREAT! ACTION

- 11.50am **Battle Honours** 1.00 **FILM** **Kentucky Rifle** (1956) 2.45 **FILM** **Hellgate** (1952) 4.40 **The Stuka** 6.00 **Cops Uncut** 6.30 **Air Rescue** 7.00 **Coast Guard Alaska** 9.00 **FILM** **Phantom** (2013) Cold War submarine thriller, starring Ed Harris. 11.10 **FILM** **Renegades** (2017) 1.25 **FILM** **Ice Twisters** (2009) 3.20 **War Machines** 4.20-4.50am **Wild West Chronicles**

SATURDAY 17 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

- 6.00 am **Breakfast** (S)
- 10.00 **Saturday Kitchen** With chefs Anthony Murphy and Ravneet Gill, and special guest Rob Rinder. (S)
- 11.30 **Marcus Wareing's Tales From A Kitchen Garden** Learning about different tomato varieties. (R,S)
- 12.00 **Football Focus** Alex Scott presents a look ahead to the opening round of Premier League fixtures. (S)



6.20pm **The Hit List**

- 1.00 **BBC News** (S)
- 1.15 **Bargain Hunt** (R,S)
- 2.00 **Money For Nothing** (R,S)
- 3.00 **Escape To The Country** In Pembrokeshire. (R,S)
- 4.00 **Final Score** (S)
- 5.15 **NEW Made In Korea: The K-Pop Experience** Reality show in which a British boy band is sent to South Korea and tutored in the ways of the K-pop business. (S)
- 6.00 **BBC News** (S)
- 6.10 **BBC Regional News** (S)
- 6.20 **NEW The Hit List** Music-based quiz show, with contestants from Ipswich, London and Belfast. Hosted by Marvin and Rochelle Humes. (S)
- 7.05 **The Weakest Link** (15/16) Contestants include Stacey Dooley, Josie Gibson and Rufus Hound. (R,S)
- 7.50 **Blankety Blank** (6/10) (R,S)
- 8.25 **Pointless Celebrities** (7/55) A star-studded version of the quiz. (R,S)
- 9.10 **Casualty** Tariq's future hangs in the balance, while Rash discovers some shocking revelations. (S)
- 10.00 **BBC News** (S)
- 10.20 **Match Of The Day** (S)
- 11.45 **FILM PREMIERE Hounded** Horror thriller, starring Samantha Bond and James Lance. (2022) ★★★ (S)
- 1.20-6am **BBC News** (S)

REGIONAL VARIATIONS

BBC TWO WALES As main BBC TWO except: 5.15pm Meet The Bears 5.25 We Are Strong Women - Our Lives 5.55 Wynne's Welsh 80s 6.25-6.55 Weatherman

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

- 6.45 am **Children's Programmes**
- 9.00 **One Zoo Three** (R,S)
- 9.25 **Gardeners' World Tips** for filling gaps in the summer borders. (R,S)
- 10.25 **FILM Believe** Football drama, starring Brian Cox. (2013) ★★★ (S)
- 12.00 **The Hairy Bikers' Chicken And Egg** Dave and Si head to Bromsgrove to taste some jerk chicken. Last in the series. (R,S)



9.10pm **Girls Aloud At The BBC**

- 1.00 **Caribbean Food Made Easy** Cookery show. (R,S)
- 1.30 **Lorraine's Fast, Fresh And Easy Food** (R,S)
- 2.00 **LIVE The Hundred** Coverage of the women's Eliminator, as the second and third-placed teams meet at The Kia Oval. Start-time at 2.15. (S)
- 5.15 **Flog It!** (R,S)
- 5.55 **Celebrity Race Across The World** (R,S)
- 6.55 **FILM PREMIERE In The Heights** Musical, starring Anthony Ramos and Corey Hawkins. (2021) ★★★ (S)
- 9.10 **NEW Girls Aloud At The BBC** A selection of archive BBC appearances by the group, including performances of Sound of the Underground, Can't Speak French, Call the Shots and Biology. (S)
- 10.10 **Girls Aloud: Tangled Up Live From The O2** Footage of the band's 2008 tour, filmed at the O2 Arena in London. (R,S)
- 11.40 **NEW All Saints At Radio 2 Live In Hyde Park 2018** A performance by the band at the festival. (S)
- 12.10 **TOTP2: Girl Groups** (R,S)
- 1.10-2.35am **FILM Good Morning Karachi** Pakistani drama, starring Amna Ilyas and Yasir Aqueel. (2013) ★★★

Walking: The Welsh Coast 9.10-10.10pm Eisteddfod 2024 With Huw Stephens
S4C 6am Cwyl 8.00-10.00pm Stwnsh Sadwrn 8.00 O! Orser 8.10 Byd Rwtsh Dai Potsh 8.20 Bwysffil 8.30 Dyffryn Mwrin 8.55 Pigo Dy Drwyn 9.20 Lego

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

- 6.00 am **Love Your Weekend** With Alan Titchmarsh (R,S)
- 7.30 **Cooking With The Stars** Date night dishes. (R,S)
- 8.25 **The Chris McCausland Show** With Russell Kane. (S)
- 9.25 **ITV News** (S)
- 9.30 **James Martin's Saturday Morning** (R,S)
- 11.40 **Jason Atherton's Dubai Dishes** Sustainable food. (S)
- 12.40 **James Martin's French Adventure** (R,S)



9pm **Piglets**

- 1.15 **ITV News** (S)
- 1.30 **LIVE ITV Racing: From Newbury** Coverage of a meeting headlined by the Hungerford Stakes from Newbury, plus action from Newmarket and Ripon. (S)
- 4.00 **The Chase Celebrity Special** (R,S)
- 5.00 **ITV News** (S)
- 5.10 **Regional News** (S)
- 5.20 **FILM Harry Potter And The Deathly Hallows: Part 1** Fantasy adventure, starring Daniel Radcliffe and Ralph Fiennes. (2010) ★★★ (S)
- 8.00 **The 1% Club** Quiz. (R,S)
- 9.00 **Piglets** Questioning/Change of Heart (5 & 6/6) Double bill. Melanie has a plan to discredit Julie, and has Leggo gone too far with Daz? Then, the new head of training is set to be announced. (S)
- 10.00 **Love & Death** (5/7) Detectives intensify their questioning, and Allan confesses to Betty's relatives about his affair. (S)
- 11.00 **ITV News** (S)
- 11.20 **English Football League Highlights** Action from the latest matches. (S)
- 12.40 **Shop On TV**
- 3.00 **Family Fortunes** (R,S,SL)
- 3.50 **Unwind With ITV** (S)
- 5.05-6am **Deal Or No Deal** Game show. (R,S,SL)

Frrindiau: Amdani Ferched! 9.30 Tekkers 10.00 Wallau'n Siarad 11.00 Garddio A Mwy 11.30 Garddio A Mwy 12noon Bwyd Bach Shumana A Catrin 12.30pm Cefn Gwlad 1.30 Pridodas Pum Mil 2.30 Cymry Ar Gyntas 3.00 Ffasiwn Drefn 3.30 Starf'r Iaitth

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104
Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

- 6.10 am **Frasier** Triple bill. (R,S)
- 7.25 **Paris 2024 Paralympics: Meet The Athletes** (R,S)
- 7.30 **Road To Tokyo** At the start of 2021, athletes begin to compete again. (S)
- 8.20 **Everybody Loves Raymond** Four episodes. (R,S)
- 10.20 **The Simpsons** (R,S)
- 12.50 **Couples Come Dine With Me** Three couples tackle the culinary challenge in Portsmouth. (R,S)



7pm **WW2: Women On The Frontline**

- 1.50 **Four In A Bed** Five episodes of the B&B contest. (R,S)
- 4.25 **A Place In The Sun** (R,S)
- 5.25 **C4 News** (S)
- 5.55 **Paris 2024 Paralympics: Meet The Athletes** (R,S)
- 6.00 **Bismarck: 24 Hours To Doom** Documentary about a famous Second World War naval battle. (R,S)
- 7.00 **WW2: Women On The Frontline** (3/3) The stories of the women who fought on the battlefields of the Second World War, from snipers in Soviet Russia to Queen Alexandra's Imperial Nursing Service. (S)
- 8.00 **Britain's Most Beautiful Road** (3/4) A takeaway truck serving the finest Highland produce. (S)
- 9.00 **FILM PREMIERE Honest Thief** A bank robber falls in love, and decides to turn himself in, only to be betrayed by two crooked FBI agents. Crime thriller, starring Liam Neeson. (2020) ★★★ (S)
- 11.00 **FILM Jack Ryan: Shadow Recruit** Spy thriller, starring Chris Pine. (2014) ★★★ (S)
- 1.00 **Ramsay's Hotel Hell** (R,S,SL)
- 1.50 **Paris 2024 Paralympics: Meet The Athletes** (R,S,SL)
- 1.55 **The Simpsons** (R,S)
- 2.15-3.10am **Come Dine With Me** In Kent. (R,S)

4.30 Sgwrs Dan Y Lloer 5.00 Ein Llwybrau Celtaidd 5.30 Grand Prix Speedway Caerdydd 2024 8.00 Newyddion A Chwaraeon 8.15 Noson Lawen 9.15 Pridodas Pum Mil 10.15 Pen Petrol 10.40-11.30pm Stryd Tr Sgrym

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

- 6.00 am **Milkshake!**
- 8.50 **SpongeBob SquarePants** (R,S) Followed by **Entertainment News On 5**
- 9.15 **Bargain Loving Brits By The Sea** Three episodes of the documentary. (R,S)
- 12.05 **Dogs Behaving (Very) Badly** Graeme meets boxer-dog Dre, who has a habit of destroying his owners home and causes trouble out and about. (R,S)



7.30pm **Sicily With Michael Portillo**

- 1.05 **Dogs Behaving (Very) Badly** Double bill. Graeme Hall meets a pug, who starts screaming at the sight of a vehicle. Then, Graeme meets a frenchie with a ball obsession. (R,S)
- 3.05 **Cumbria: The Lakes & The Coast** Last in series. (R,S)
- 4.10 **Norfolk And Suffolk: Country & Coast** (R,S)
- 5.10 **When Caravan Holidays Go Horribly Wrong** Disastrous caravan vacations. (R,S) Followed by **5 News Weekend**
- 6.35 **Bradley Walsh: All My Best Bits** The conclusion of the celebration of the actor and comedian. (R,S)
- 7.30 **NEW Sicily With Michael Portillo** The broadcaster explores the Italian island's capital Palermo. (S)
- 9.00 **NEW Meghan & Harry: The Rise & Fall** (1/2) A look at the Duke and Duchess of Sussex's relationship, a love story that captured the imagination of the world and changed the royal family for ever. (S)
- 10.30 **When TV Guests Go Horribly Wrong** TV's most memorable guests. (R,S)
- 12.25 **The World's Most Luxurious Cruise** (R,S)
- 1.20-3.20am **PlayOJO Live Casino Show** (S)

FREEVIEW AND SATELLITE CHANNELS

ITV2

- 11.30am **Dress To Impress** 1.30 **NEW EPISODE!** American Ninja Warrior 3.15 In With A Shout 4.15 **FILM** Madagascar (2005) 6.00 Wheel Of Fortune 7.00 **Celebrity Catchphrase** 8.00 **FILM** Jurassic World. Dinosaur adventure sequel, starring Chris Pratt. (2015) 10.30 Family Guy 11.30 American Dad! 12.30 Iain Stirling's CelebAbility 1.15 All American 2.15 Totally Bikers Guinness World Records 2.45-3am Unwind With ITV

ITV3

- 10.35am **A Touch Of Frost** 5.00 **Midsomer Murders** 9.00 **Granchester** 11.00 **Endeavour**. A murder stirs up old gangland conflicts in the city. 1.00 **Poort** 2.00-2.30am Unwind With ITV

ITV4

- 11.30am **The Best Of Saint & Greavsie** 12.30 **FILM** Rooster Cogburn (1975) 2.45 **Sharpe** 5.00 **World Series Of Darts: New Zealand Masters**. Day two from Globex Arena, Hamilton, featuring the quarter-finals, semi-finals and final. 9.00 **English Football League Highlights** 10.35 **FILM** Rambo III (1988) 12.25 **The Professionals** 1.25 **River Monsters** 2.25-3am Unwind With ITV

BBC THREE

- 7pm **EastEnders** 8.00 **Glow Up: Britain's Next Make-Up Star** 9.00 **NEW EPISODE!** Canada's Drag Race: Canada Vs The World. A challenging musical based on the classic Snatch Game. 10.00 **Two Pints Of Lager And A Packet Of**

- Crisps 10.55 **Tartan Around** With Lawrence Chaney 11.55 **Bend It Like Bollywood** 12.40 **Eating With My Ex** 1.40 **Spud** 2.00 **Two Pints Of Lager And A Packet Of Crisps** 3.00-4am **Tartan Around** With Lawrence Chaney

BBC FOUR

- 7pm **Great British Railway Journeys** 7.30 **Pubs, Ponds And Power: The Story Of The Village** 8.00 **Voyages Of Discovery** 9.00 **Parkinson** At 50 10.00 **Parkinson: The Dr Jacob Bronowski Interview** 11.05 **Parkinson** With Billy Connolly, Anna Raeburn, Rod Hull And Emu, And Frank Evans 12.10 **Parkinson** With Victoria And David Beckham 1.15 **Keeping Up Appearances** 1.45 **Butterflies** 2.15 **Voyages Of Discovery** 3.15-3.45am **Great British Railway Journeys**

E4

- 11.40am **Ramsay's Kitchen Nightmares USA** 1.40 **FILM** Charlotte's Web (2006) 3.30 **Modern Family** 5.30 **The Big Bang Theory** 6.55 **FILM** Men In Black 3 (2012) 9.00 **Celebrity Gogglebox** 10.00 **Gogglebox** 12.05 **First Dates** 2.10 **Gogglebox** 4.00 **Ramsay's Kitchen Nightmares USA** 4.50-6am **The Big Bang Theory**

MORE4

- 11.25am **A Place In The Sun** 12.30 **Location, Location, Location** 2.35 **Come Dine With Me** 5.15 **Four In A Bed** 8.00 **Country House Auction** 9.00 **24 Hours In A&E** 11.05 **8 Out Of 10 Cats Does Countdown**. Jimmy Carr hosts the quiz. 1.15 **24 Hours In A&E** 3.20-3.50am **Food Unwrapped**

FILM4

- 11am **Hue And Cry** (1947) 12.40 **The Cat In The Hat** (2003) 2.15 **Spies In Disguise** (2019) 4.20 **The Kid Who Would Be King** (2019) 6.40 **Deep Impact** (1998) 9.00 **Monster Hunter**. Fantasy adventure, starring Milla Jovovich. (2020) 11.05 **Predator**. Sci-fi thriller, starring Arnold Schwarzenegger. (1987) 1.15-3.35am **Mean Streets** (1973)

TALKING PICTURES

- 12noon **Hayweke & The Last Of The Mohicans** 12.30 **FILM** The Giant Claw (1957) 2.05 **R.A.F.** 3.00 **Captain Scarlet And The Mysterons** 3.35 **FILM** Gallant Journey (1946) 5.20 **FILM** Lost Lagoon (1957) 6.55 **Cinebox Memories** 7.00 **Dixon Of Dock Green** 8.00 **Budgie** 9.05 **FILM** Wuthering Heights. Adaptation of

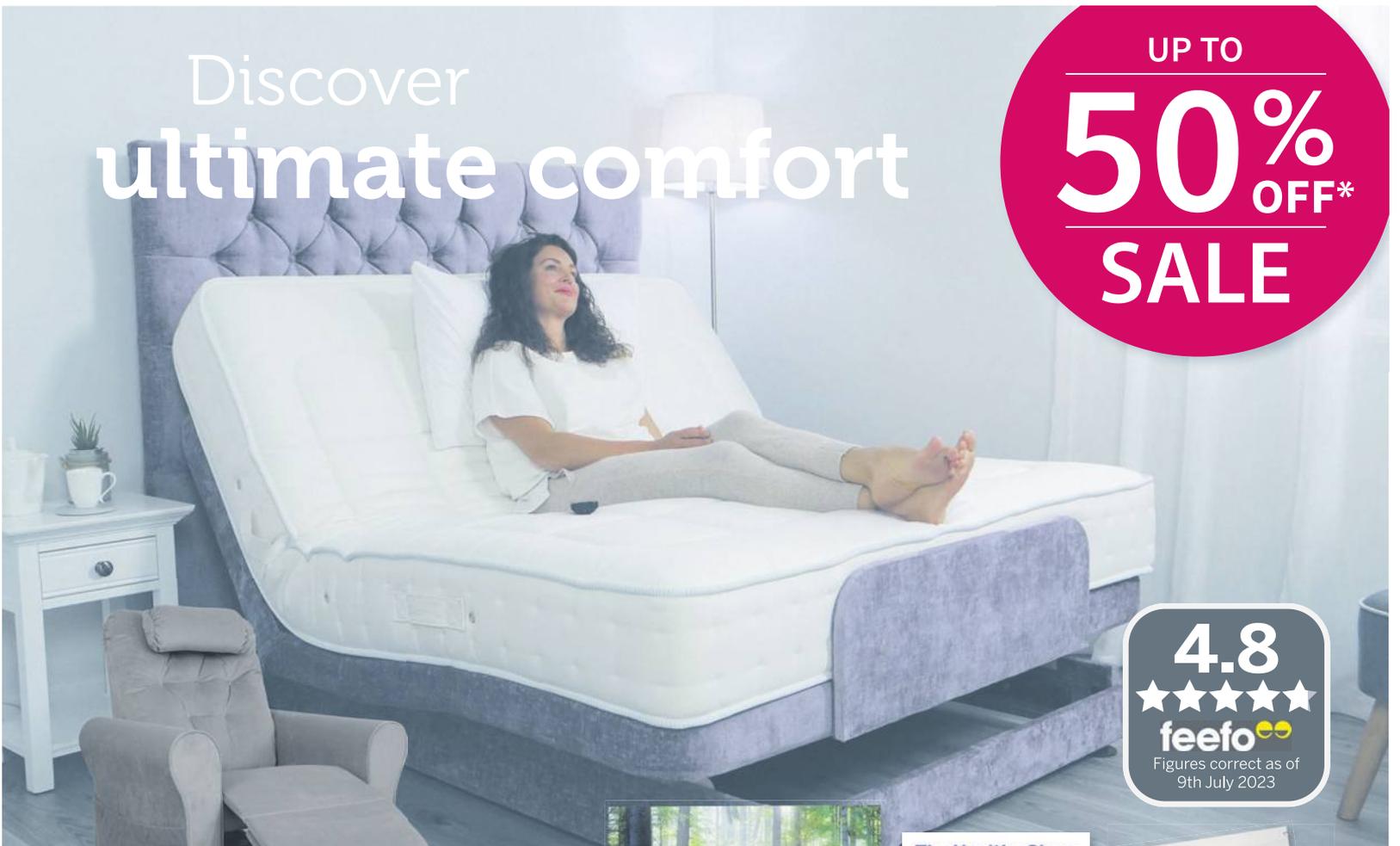
Emily Bronte's classic novel, starring Orla Brady. (1998) 11.25 **The Edgar Wallace Mystery Theatre** 12.35 **FILM** The Bedroom Window (1986) 2.50 **FILM** The Secret Of Seagull Island (1982) 4.55 **Sherlock Holmes** 5.30-6am **The Law & Mr Jones**

GREAT! ACTION

10.15am **FILM** Waterloo (1970) 1.00 **Wild West Chronicles** 1.30 **FILM** Whispering Smith (1948) 3.25 **FILM** Ambush At Tomahawk Gap (1953) 5.05 **FILM** Panhandle (1948) 7.00 **FILM** Cowboy. Western, starring Jack Lemmon. (1958) 9.00 **FILM** Trigger Point. Thriller, starring Jordan Hinson. (2015) 10.55 **FILM** Reprisal (2018) 12.55 **FILM** Apocalypse Of Ice (2020) 2.50 **The Blitz On Cologne** 3.55-5am **The Blitz On London**

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August 11, 2024

THE Sun

DREAM TEAM

£50,000

top prize

£3.0m
RODRIGO MUNIZ
(Fulham)

Getting your Muniz worth

By NICK ELLIOTT

IT'S all well and good picking a Haaland or a Salah — but there are cheaper ways to earn Dream Team points.

Rodrigo Muniz, for example, will cost you less than half the duo's hefty price tags.

Fulham's £3m Brazilian wears No 9 this term and averages a goal every 136.7 minutes in the Prem since early February.

Another £3m pick, Brennan Johnson, is expected to start on the right for Tottenham, with Europa League games to bulk out their fixture list.

And only Arsenal defenders earned more points through clean sheets last season than Everton's James Tarkowski — who is also available for £3m.



It's free to enter

RODRIGO CAN GET MORE POINTS FOR LESS



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MIDDLE GROUND

COLE PALMER (£6m), Bukayo Saka (£6m) and Phil Foden (£6.5m) lead the way in terms of midfield superstars.

But Dream Team managers will need some more affordable options to stay within their budget...

EBERECHI EZE (£4.5m)

The Palace talisman is among the most popular players in his position ahead of Gameweek 1 and it's easy to see why.

Eze averaged 7.3 points per game last season, a rate only bettered by THREE other midfielders.

And he will now take more set-pieces with Michael Olise gone.



LEON BAILEY (£4.0m)

Jamaican Bailey must be a tempting option after 12 goals and 16 assists in 2023-24.

That's a goal involvement every 108.5 minutes.

And Aston Villa are guaranteed at least eight Champions League games this term so the wideman will have ample opportunity to strut his stuff.



ANTHONY GORDON (£4.5m)

Newcastle's flying winger specialises in goals and assists at St James' Park.

So improving his form on the road while maintaining his performances at home will make Gordon a must-have asset.

And if he racks up points as fast as he runs, he'll be even more valuable!



MORGAN GIBBS-WHITE (£3.5m)

Nottingham Forest have the luxury of a relatively favourable start to the season fixture-wise, which makes MGW worth a look.

The 24-year-old is at the heart of everything his side does well.

And he's first-choice penalty taker — which all Dream Team bosses should consider when plotting a strategy.



How to spend your cool £50m

DREAM TEAM is back with a bang again this season.

You can now register to play The Sun's brilliant fantasy football game for free ahead of the 2024-25 campaign via our app or website.

Simply select 11 Premier League stars on an initial budget of £50million.

Your managerial mission is to earn as many points as possible through goals, assists, clean sheets and other decisive actions.

Goal-machine Erling Haaland will again start as the most expensive player in the game at £8.5m. Mo Salah is just behind at £7.5m or maybe you fancy a relative bargain like Newcastle midfielder Bruno Guimaraes (right) at £4m.

There is no limit on the number of players you can select from any one club, so if you really want to pick Ipswich's entire

By NICK ELLIOTT

starting XI then feel free. Once the action gets underway, you can boost your title battle by making transfers to keep your team fresh.

You will get two per Gameweek, so it should be easy enough to drop the duds and replace them with in-form gems.

If you do not make any transfers, which is sometimes the wise thing to do, one will roll over to the next Gameweek.

But the maximum you can have at any one time is four. Select a captain every week to double their points.

Your vice-captain will step in if your first-choice skipper does not play for any reason.

Choose when to play your three game-changing Boosters which, if used wisely, will provide a lorry-load of points in one fell swoop: Goal Bonus, Max Captain



and 12th Man. What sets Dream Team apart is scoring is not limited to the Premier League.

Players will also rack up points in both domestic cups and the three European competitions.

It goes without saying that you should ensure your team is packed with stars involved in the Champions League, Europa League and Conference League.

Then, once the group-league stages begin, there will be plenty of points on offer.

This season's overall winner gets £50,000 — with £1,000 each for ten runners-up.

There is £250 for the best-performing gaffer each Gameweek. Plus, there is a cool £5,000 for the gaffer who amasses the most points in Gameweek One!

Do not forget to round up mates, work colleagues and family members so you can show them who is boss in Mini Leagues.

The Gameweek One deadline is before Friday's big Prem kick-off at 8pm when Manchester United host Fulham.

● You are only eligible to win the £5,000 prize in Gameweek One if you DON'T activate a Booster. Players 18+ only.



£3.5m
EMILIANO MARTINEZ (Aston Villa)

GOALKEEPERS

David Raya	Arsenal	£4.5m
Emiliano Martinez	Aston Villa	£3.5m
Neto	Bournemouth	£2.5m
Mark Flekken	Brentford	£2.5m
Bart Verbruggen	Brighton	£3.0m
Filip Jorgensen	Chelsea	£3.0m
Robert Sanchez	Chelsea	£3.0m
Dean Henderson	Crystal Palace	£2.5m
Sam Johnstone	Crystal Palace	£2.5m
Jordan Pickford	Everton	£3.5m
Bernd Leno	Fulham	£3.0m
Christian Walton	Ipswich	£1.5m
Mads Hermansen	Leicester	£2.0m
Alisson	Liverpool	£4.5m
Ederson	Manchester City	£4.0m
Andre Onana	Manchester United	£4.0m
Nick Pope	Newcastle	£3.5m
Carlos Miguel	Nottingham Forest	£2.0m
Matz Selz	Nottingham Forest	£2.0m
Gavin Bazunu	Southampton	£2.0m
Guillelmo Vicario	Tottenham	£3.5m
Alphonse Areola	West Ham	£2.5m
Jose Sa	Wolves	£2.5m

DEFENDERS

Ben White	Arsenal	£5.0m	Marc Guehi	Crystal Palace	£3.5m
Gabriel	Arsenal	£5.0m	Tyrick Mitchell	Crystal Palace	£3.0m
William Saliba	Arsenal	£5.0m	Jochim Andersen	Crystal Palace	£3.0m
Riccardo Calafiori	Arsenal	£4.0m	Daniel Muñoz	Crystal Palace	£3.0m
Jurrien Timber	Arsenal	£3.5m	Tyrick Mitchell	Crystal Palace	£3.0m
Oleksandr Zinchenko	Arsenal	£3.5m	Chris Richards	Crystal Palace	£2.5m
Ezri Konsa	Aston Villa	£4.0m	Jarrad Branthwaite	Everton	£3.5m
Pau Torres	Aston Villa	£3.5m	James Tarkowski	Everton	£3.0m
Matty Cash	Aston Villa	£3.0m	Jake O'Brien	Everton	£2.5m
Lucas Digne	Aston Villa	£3.0m	Ashley Young	Everton	£2.0m
Alex Moreno	Aston Villa	£3.0m	Antonee Robinson	Fulham	£3.0m
Ian Maatsen	Aston Villa	£3.0m	Timothy Castagne	Fulham	£2.5m
Tyrone Mings	Aston Villa	£3.0m	Calvin Bassey	Fulham	£2.5m
Marcos Senesi	Bournemouth	£2.5m	Issa Diop	Fulham	£2.5m
Will Zabarny	Bournemouth	£2.5m	Kenny Tete	Fulham	£2.5m
Milos Kerkez	Bournemouth	£2.5m	Leif Davis	Ipswich	£2.5m
Nathan Collins	Brentford	£2.5m	Ben Johnson	Ipswich	£2.0m
Ben Mee	Brentford	£2.5m	Harry Clarke	Ipswich	£2.0m
Rico Henry	Brentford	£2.5m	Axel Tuanzebe	Ipswich	£1.5m
Ethan Pinnock	Brentford	£2.0m	Victor Kristiansen	Leicester	£2.5m
Lewis Dunk	Brighton	£3.0m	Ricardo Pereira	Leicester	£2.5m
Pervis Estupinan	Brighton	£3.0m	Wout Faes	Leicester	£2.5m
Adam Webster	Brighton	£2.5m	Jannik Vestergaard	Leicester	£2.0m
Joël Veltman	Brighton	£2.5m	Trent Alexander-Arnold	Liverpool	£5.5m
Valentin Barco	Brighton	£2.0m	Virgil van Dijk	Liverpool	£5.0m
Reece James	Chelsea	£4.0m	Andy Robertson	Liverpool	£4.5m
Malo Gusto	Chelsea	£3.5m	Ibrahima Konate	Liverpool	£4.5m
Axel Disasi	Chelsea	£3.5m	Joe Gomez	Liverpool	£3.5m
Levi Colwill	Chelsea	£3.5m	Jarell Quansah	Liverpool	£3.0m
Marc Cucurella	Chelsea	£3.5m	Conor Bradley	Liverpool	£3.0m
Benoit Badiashile	Chelsea	£3.5m	Josko Gvardiol	Manchester City	£4.5m
Ben Chilwell	Chelsea	£3.5m	Manuel Akanji	Manchester City	£4.5m



£3.0m
JAMES TARKOWSKI (Everton)

Marc Guehi	Crystal Palace	£3.5m	Diogo Dalot	Manchester United	£4.0m
Tyrick Mitchell	Crystal Palace	£3.0m	Luke Shaw	Manchester United	£4.0m
Jochim Andersen	Crystal Palace	£3.0m	Lisandro Martinez	Manchester United	£3.5m
Daniel Muñoz	Crystal Palace	£3.0m	Levy Yoro	Manchester United	£3.5m
Tyrick Mitchell	Crystal Palace	£3.0m	Harry Maguire	Manchester United	£3.0m
Chris Richards	Crystal Palace	£2.5m	Aaron Wan-Bissaka	Manchester United	£3.0m
Jarrad Branthwaite	Everton	£3.5m	Kieran Trippier	Newcastle	£4.0m
James Tarkowski	Everton	£3.0m	Fabian Schär	Newcastle	£3.5m
Jake O'Brien	Everton	£2.5m	Sven Botman	Newcastle	£3.5m
Ashley Young	Everton	£2.0m	Dan Burn	Newcastle	£3.0m
Antonee Robinson	Fulham	£3.0m	Tino Livramento	Newcastle	£3.0m
Timothy Castagne	Fulham	£2.5m	Lewis Hall	Newcastle	£3.0m
Calvin Bassey	Fulham	£2.5m	Murillo	Nottingham Forest	£2.0m
Issa Diop	Fulham	£2.5m	Neco Williams	Nottingham Forest	£2.0m
Kenny Tete	Fulham	£2.5m	Willy Boly	Nottingham Forest	£2.5m
Leif Davis	Ipswich	£2.5m	Kyle Walker-Peters	Southampton	£2.5m
Ben Johnson	Ipswich	£2.0m	Taylor Harwood-Bellis	Southampton	£2.5m
Harry Clarke	Ipswich	£2.0m	Jan Bednarek	Southampton	£2.0m
Axel Tuanzebe	Ipswich	£1.5m	Pedro Porro	Tottenham	£4.0m
Victor Kristiansen	Leicester	£2.5m	Cristian Romero	Tottenham	£3.5m
Ricardo Pereira	Leicester	£2.5m	Destiny Udogie	Tottenham	£3.5m
Wout Faes	Leicester	£2.5m	Micky van de Ven	Tottenham	£3.5m
Jannik Vestergaard	Leicester	£2.0m	Ben Davies	Tottenham	£2.5m
Trent Alexander-Arnold	Liverpool	£5.5m	Radu Dragusin	Tottenham	£2.5m
Virgil van Dijk	Liverpool	£5.0m	Emerson	West Ham	£2.5m
Andy Robertson	Liverpool	£4.5m	Vladimir Coufal	West Ham	£2.5m
Ibrahima Konate	Liverpool	£4.5m	Maximilian Kilman	West Ham	£2.5m
Joe Gomez	Liverpool	£3.5m	Konstantinos Mavropanos	West Ham	£2.5m
Jarell Quansah	Liverpool	£3.0m	Kurt Zouma	West Ham	£2.5m
Conor Bradley	Liverpool	£3.0m	Nayef Aguerd	West Ham	£2.5m
Josko Gvardiol	Manchester City	£4.5m	Rayan Ait-Nouri	Wolves	£2.5m
Manuel Akanji	Manchester City	£4.5m	Nelson Semedo	Wolves	£2.5m
Ruben Dias	Manchester City	£4.5m	Craig Dawson	Wolves	£2.5m
Nathan Ake	Manchester City	£4.5m	Toti Gomes	Wolves	£2.0m
John Stones	Manchester City	£4.5m			
Kyle Walker	Manchester City	£4.0m			
Rico Lewis	Manchester City	£4.0m			

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£6.0m

COLE PALMER
(Chelsea)

MIDFIELDERS

Bukayo Saka	Arsenal	£6.0m
Martin Odegaard	Arsenal	£5.0m
Declan Rice	Arsenal	£4.0m
Leandro Trossard	Arsenal	£4.0m
Gabriel Martinelli	Arsenal	£4.0m
Jorginho	Arsenal	£3.0m
John McGinn	Aston Villa	£4.0m
Leon Bailey	Aston Villa	£4.0m
Ross Barkley	Aston Villa	£3.5m
Youri Tielemans	Aston Villa	£3.0m
Boubacar Kamara	Aston Villa	£3.0m
Jacob Ramsey	Aston Villa	£3.0m
Morgan Rogers	Aston Villa	£2.5m
Ryan Christie	Bournemouth	£2.5m
Antoine Semenyo	Bournemouth	£2.5m
Marcus Tavernier	Bournemouth	£2.5m
Justin Kluivert	Bournemouth	£2.5m
Lewis Cook	Bournemouth	£2.5m
Bryan Mbembo	Brentford	£3.5m
Mathias Jensen	Brentford	£2.5m
Vitaly Janelt	Brentford	£2.0m
Kaoru Mitoma	Brighton	£3.5m
Yankuba Minteh	Brighton	£3.0m
Solly March	Brighton	£3.0m
Billy Gilmore	Brighton	£2.5m
Cole Palmer	Chelsea	£6.0m
Enzo Fernandez	Chelsea	£3.5m
Raheem Sterling	Chelsea	£3.0m
Moises Caicedo	Chelsea	£3.0m
Noni Madueke	Chelsea	£3.0m
Nkhalo Mudryk	Chelsea	£3.0m
Kiernan Dowdsbury-Hall	Chelsea	£3.0m
Eberechi Eze	Crystal Palace	£4.5m
Adam Wharton	Crystal Palace	£3.0m
Ismaila Sarr	Crystal Palace	£2.5m
Jefferson Lerma	Crystal Palace	£2.0m
Datchi Kamata	Crystal Palace	£2.0m
Cheick Doucoure	Crystal Palace	£2.0m
Dwight McNeil	Everton	£3.0m
James Garner	Everton	£2.5m
Abdoulaye Doucoure	Everton	£2.5m
Idrissa Gueye	Everton	£2.5m
Ilman Ndoye	Everton	£2.5m
Andreas Pereira	Fulham	£2.5m
Emile Smith Rowe	Fulham	£2.5m
William	Fulham	£2.5m
Alex Iwobi	Fulham	£2.5m
Tom Cairney	Fulham	£2.0m
Nathan Broadhead	Ipswich	£2.5m
Omar Hutchinson	Ipswich	£2.0m
Sam Morsy	Ipswich	£2.0m
Wes Burns	Ipswich	£2.0m
Stephy Mavididi	Leicester	£2.5m
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Bobby De Cordova-Reid	Leicester	£2.0m
Harry Winks	Leicester	£2.0m
Luis Diaz	Liverpool	£4.5m
Alexis Mac Allister	Liverpool	£4.0m
Dominik Szoboszlai	Liverpool	£4.0m
Harvey Elliott	Liverpool	£3.0m
Curtis Jones	Liverpool	£3.0m
Wataru Endo	Liverpool	£3.0m
Phil Foden	Manchester City	£6.5m
Kevin De Bruyne	Manchester City	£6.5m
Rodri	Manchester City	£4.5m
Bernardo Silva	Manchester City	£4.5m
Jeremy Doku	Manchester City	£4.0m
Jack Grealish	Manchester City	£3.5m
Savinho	Manchester City	£3.5m
Matteo Kovacic	Manchester City	£3.0m
Bruno Fernandes	Manchester United	£6.0m
Alejandro Garnacho	Manchester United	£4.0m



£4.5m

LUIS DIAZ
(Liverpool)

Scott McTominay	Manchester Utd	£3.0m
Casemiro	Manchester Utd	£3.0m
Jadon Sancho	Manchester United	£3.0m
Kobbie Mainoo	Manchester Utd	£3.0m
Antony	Manchester Utd	£3.0m
Mason Mount	Manchester Utd	£3.0m
Bruno Guimarães	Newcastle	£4.5m
Anthony Gordon	Newcastle	£4.5m
Harvey Barnes	Newcastle	£3.5m
Miguel Almirón	Newcastle	£3.0m
Joelinton	Newcastle	£3.0m
Morgan Gibbs-White	Nottingham Forest	£3.5m
Callum Hudson-Odoi	Nottingham Forest	£3.0m
Anthony Elanga	Nottingham Forest	£2.5m
Jota Silva	Nottingham Forest	£2.5m
Ryan Yates	Nottingham Forest	£2.0m
Adam Lallana	Southampton	£2.0m
Will Smallbone	Southampton	£2.0m
Carlos Alcaraz	Southampton	£2.0m
Flynn Downes	Southampton	£1.5m
James Maddison	Tottenham	£4.0m
Brennan Johnson	Tottenham	£3.0m
Dejan Kulusevski	Tottenham	£3.0m
Rodrigo Bentancur	Tottenham	£3.0m
Pape Sarr	Tottenham	£2.5m
Yves Bissouma	Tottenham	£2.5m
Giovani Lo Celso	Tottenham	£2.0m
Archie Gray	Tottenham	£2.0m
Mohammed Kudus	West Ham	£5.0m
James Ward-Prowse	West Ham	£3.5m
Lucas Paqueta	West Ham	£4.0m
Tomas Soucek	West Ham	£3.0m
Luis Guilherme	West Ham	£2.5m
Crysencio Summerville	West Ham	£3.0m
Pedro Neto	Wolves	£3.5m
Hwang Hee-chan	Wolves	£3.0m
Joao Gomes	Wolves	£2.5m
Mario Lemina	Wolves	£2.5m

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£250

HOW TO SCORE...

ALL PLAYERS

Goal.....	+6
Assist.....	+3
Shot on target.....	+1
Big chance created.....	+1
Tackles (per two).....	+1
Appearance (up to 60 minutes).....	+1
Appearance (60 minutes or more).....	+1
Yellow card.....	-1
Red card.....	-3
Own goal.....	-2
Penalty miss.....	-3

GOALKEEPERS AND DEFENDERS ONLY

Clean sheet (minimum 60 minutes played).....	+5
Each goal over one conceded.....	-1

GOALKEEPERS ONLY

Saves (per two).....	+1
Penalty save.....	+3
• Players can also earn bonus points, with a maximum of five per fixture.	

STRIKERS

Kai Havertz	Arsenal	£4.5m
Gabriel Jesus	Arsenal	£4.5m
Eddie Nketiah	Arsenal	£2.5m
Ollie Watkins	Aston Villa	£6.0m
Jhon Duran	Aston Villa	£2.5m
Dominic Solanke	Bournemouth	£4.0m
Enes Unal	Bournemouth	£2.5m
Ivan Toney	Brentford	£4.0m
Yoane Wissa	Brentford	£2.5m
Joao Pedro	Brighton	£3.5m
Evan Ferguson	Brighton	£2.5m
Deniz Undav	Chelsea	£4.0m
Nicolas Jackson	Chelsea	£4.0m
Christopher Nkunku	Chelsea	£4.0m
Jean-Philippe Mateta	Crystal Palace	£3.5m
Jordan Ayew	Crystal Palace	£2.5m
Ousmane Edouard	Crystal Palace	£2.0m
Dominic Calvert-Lewin	Everton	£3.0m
Neal Maupay	Everton	£2.0m
Rodrigo Muniz	Fulham	£3.0m
Raul Jimenez	Fulham	£2.5m
Conor Chaplin	Ipswich	£2.5m
George Hirst	Ipswich	£2.0m
Liam Delap	Ipswich	£1.5m
Jamie Vardy	Leicester	£2.5m
Patson Daka	Leicester	£2.0m
Mohamed Salah	Liverpool	£7.0m
Darwin Nunez	Liverpool	£4.5m
Cody Gakpo	Liverpool	£4.5m
Diogo Jota	Liverpool	£4.5m
Erling Haaland	Manchester City	£8.5m
Julian Alvarez	Manchester City	£4.5m
Oscar Bobb	Manchester City	£2.0m
Rasmus Hojlund	Manchester United	£4.0m
Marcus Rashford	Manchester United	£4.0m
Joshua Zirkzee	Manchester United	£3.0m
Alexander Isak	Newcastle	£5.0m
Callum Wilson	Newcastle	£3.5m
Chris Wood	Nottingham Forest	£2.5m
Taiwo Awoniyi	Nottingham Forest	£2.5m
Paul Onuachu	Southampton	£2.5m
Adam Armstrong	Southampton	£2.5m
Ben Brereton Diaz	Southampton	£2.0m
Son Heung-Min	Spurs	£5.0m
Richarlison	Spurs	£3.0m
Jarrod Bowen	West Ham	£5.0m
Niclas Fullkrug	West Ham	£3.5m
Michail Antonio	West Ham	£3.0m
Mathews Cunha	Wolves	£3.5m
Jorgen Strand Larsen	Wolves	£2.5m



£5.0m

ALEXANDER ISAK
(Newcastle)

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