

DAILY

THE HEART OF BRITAIN

Mirror

Thursday, November 14, 2024

E- EDITION

NO HIDING
Jungle mates
Coleen Rooney
& Oti Mabuse

TV star
Timothy
is dead
at 90



FAREWELL
West with
his wife
Prunella
Scales

SEE PAGES 26&27



GET IT IN
TIME FOR
CHRISTMAS

WIN!
£10k
cash

Terms and conditions apply.

SEE PAGE 29

I'm a Celeb bosses reveal new tricks to torment stars..

Unhappy campers

SEE PAGES 8&9

DODGY BEAUTY FIRMS EXPOSED

WILD WEST OF COSMETIC SURGERY IN BRITAIN



RISKY Patient has liposuction in clinic
Picture: ITV NEWS

EXCLUSIVE
BY LUCY THORNTON

BEAUTY staff are carrying out potentially deadly cosmetic surgery with just hours of training, a documentary reveals.

ITV filmed an instructor letting a rookie do liposuction on a patient.

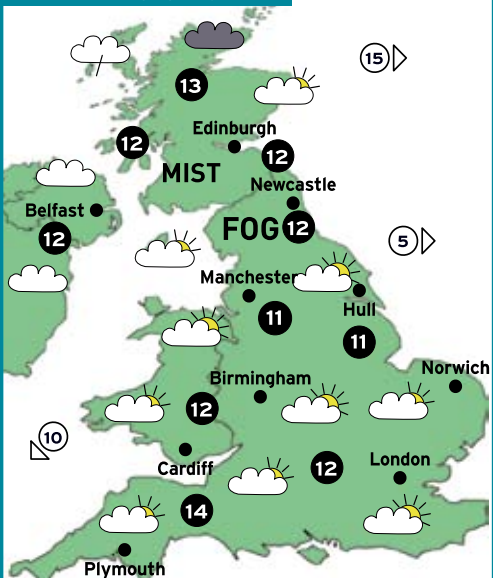
Health Secretary Wes Streeting, left, vowed a crackdown on the "Wild West operators".

FULL STORY: PAGES 4&5



Undercover clinic probe sparks government crackdown pledge

WEATHER & CLIMATE



TODAY Dry but cloudy with brighter spells in the north

Early patchy rain and drizzle will soon clear from the southeast. It will then be mainly dry but cloudy during the day although some bright spells will develop across northern areas during the afternoon. Mostly light winds.

5-day forecast

	Fri	Sat	Sun	Mon	Tue
London	11c	12c	11c	8c	6c
Newcastle	13c	11c	8c	6c	5c
Leeds	9c	9c	7c	4c	3c
M'chester	10c	11c	8c	6c	5c
Liverpool	12c	12c	9c	8c	7c
B'ham	9c	11c	9c	6c	5c
Cardiff	10c	12c	11c	8c	7c
Plymouth	13c	13c	12c	9c	8c
Belfast	12c	9c	7c	6c	5c

BIGGER PICTURE

Today's historical average high: 9.2
 November 2024 average high so far: 11.1
 November historical average high: 9.4
 All averages based on CET Mean Max Temp. Historical info from 1961-1990 (Source: Met Office)
CLIMATE FACT: Wild bird numbers in the UK are continuing to fall as a result of habitat loss, pesticide use, climate breakdown and bird flu - despite government promises to halt the nature decline by 2030.

10 MIN CROSSWORD

	1	2		3		4		
5								6
7				8				
9					10	11		
13		14				15		
	16							

ACROSS
 1 Charles III (3,4)
 7 Belonging to us (3)
 8 Chirping lizard (5)
 9 Male children (4)
 10 Head cook (4)
 13 Tenet (5)
 15 Granny (3)
 16 Jute (7)

DOWN
 2 Great Lake (5)
 3 Legwear (4)
 4 The Big Apple (1,1,1)
 5 Bedew (7)
 6 Restrict (7)
 11 Skin dye (5)
 12 New Testament book (4)
 14 Rush (3)

WEDNESDAY'S SOLUTIONS
 Across: 2 Suffer, 5 Port, 6 Arabic, 7 Ways, 8 Hod, 11 Icon, 13 Oblong, 14 Idle, 15 Insect. Down: 1 Coda, 2 Stash, 3 Fibs, 4 Reckon, 7 Whoopi, 9 Digit, 10 Plus, 12 Oily.

THE LOTTERY

WEDNESDAY'S LOTTO: 11, 12, 28, 29, 41, 54. Bonus: 17. Estimated £2m jackpot.
THUNDERBALL: 4, 28, 30, 34, 38. Thunderball: 11. Top prize £500k.
HEALTH LOTTERY: 4, 18, 20, 23, 29. Bonus: 47.
TUESDAY'S EUROMILLIONS: 10, 11, 12, 22, 50. Lucky Stars: 1 & 10. Tomorrow's est jackpot £127m.
ALL OR NOTHING: 1, 5, 7, 11, 12, 14, 15, 16, 17, 18, 23, 24.

Post Office plan 'as tone deaf as it is immoral'..



ON THE ATTACK
 Union chief Mr Ward has spoken out

Union raps move to offload 115 sites and risk 1,000 jobs

BY **GRAHAM HISCOTT**
 Head of Business

THE Post Office has drawn flak over plans to close 115 branches and put 1,000 jobs at risk in the wake of the Horizon scandal.

Bosses unveiled the shake-up yesterday, which could involve handing the sites it owns to retailers such as WH Smith.

Hundreds of further roles are under threat at its HQ.

Communication Workers Union general secretary Dave Ward said: "For the company to announce the closure of hundreds of Post Offices hot on the heels of Horizon is as tone deaf as it is immoral."

"CWU members are victims of the Horizon scandal, and for them to now fear for their jobs ahead of Christmas is yet another cruel attack." The

Post Office claims the shake-up will boost incomes for sub-postmasters by £250million over five years.

Hundreds of such workers were wrongfully convicted of theft in the Horizon IT scandal.

The Post Office is keen to move on from that, despite the ongoing inquiry into the shameful blunders.

Chairman Nigel Railton said: "The Post Office has a history of

public service, we want to secure that for the future by learning from past mistakes and moving forward for the benefit of all postmasters."

The government is said to have been consulted on the plan to offload branches to other firms.

Retailers such as WH Smith and Tesco currently operate around 2,000 Post Office branches.

All of the 115 sites at risk are the only ones the Post Office, which had 400 in 2010, still owns.

The Department for Business and Trade said: "The government is in discussion with Nigel Railton on plans to put postmasters at the centre of the organisation and strengthen the Post Office for its long-term future."

SCANDAL Railton

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 @Grahamhiscott

“For them to fear for jobs is another cruel attack”

DAVE WARD UNION BOSS ON THREAT TO WORKERS



Mocking for Farage over rare PMQs appearance

BY **ASHLEY COWBURN**
 Political Correspondent

KEIR Starmer mocked Nigel Farage yesterday for making a "rare appearance" in the Commons after his jaunts to the US in support of Donald Trump.

The PM said the Reform UK leader had been away so much since becoming an MP in July he was "half expecting to see him on the immigration statistics".

Mr Farage's chum Mr Trump was elected to the White House last week.

REVIEW

At Prime Minister's Questions, the Clacton MP smirked as he suggested all MPs congratulate Mr Trump on his victory.

He also suggested the government proscribe Iran's Islamic Revolutionary Guard as a terrorist organisation after Trump assassination plot claims.

He said it would "maybe mend some fences, given the whole Cabinet has been so rude about him".

Mr Starmer said he congratulated Mr Trump last week and would keep the question of proscription "under review".

Strike at sixth form colleges

SIXTH form college teachers in England plan to strike over pay.

The National Education Union said its members at 32 colleges will walk out on November 28, December 3 and December 4.

Daniel Kebede, NEU general secretary, said the teachers "stand ready" to ensure a 5.5% pay rise.

A Department for Education spokesman said: "Sixth form colleges are responsible for setting appropriate pay."

CORRECTIONS & COMPLAINTS Regulated

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SPARKLING Star Connie Nielsen on red carpet



FILM ROYALTY Movie great Denzel Washington and Mescal meet King



GLAMOUR Pedro Pascal's sister Lux



THRILLED King Charles smiles at the royal premiere

Gladiator's ready

King gives thumbs up to epic sequel's premiere



TOUCHING Ridley Scott and Paul Mescal share a moment on the red carpet at last night's screening



PAUL Mescal's got his glad rags on - in the form of a dinner suit rather than a leather tunic and boots. The *Gladiator II* star was at the epic

sequel's royal premiere, attended by King Charles. Mescal, 28, plays Lucius, the son of Russell Crowe's character in the 2000 original. He joked with director Ridley Scott, 86, at the screening in Central London.



FIGHT CLUB From left, Denzel Washington, Joseph Quinn, Connie Nielsen, Ridley Scott, Paul Mescal, Fred Hechinger and Pedro Pascal

BY CHRIS HUGHES

Defence and Security Editor

RUSSIA launched almost 100 bombs at Kyiv yesterday, the first major attack there in 73 days.

The onslaught of six ballistic and cruise missiles and 90 drones on the Ukrainian capital lasted hours.

Defences downed four missiles and 37 drones, the Ukrainian air force said, with another 47 drones stopped by electronic jamming.

Casualty reports have not yet emerged. The assault came as it emerged most of the 10,000-plus North Korean troops sent to help Russia are in the Kursk region.

A Ukrainian army incursion into Kursk three months ago has succeeded in holding a broad area, embarrassing the Kremlin.

Russia's military has trained the

Kyiv suffering under Putin's bombs again

North Koreans in artillery, drone use and trench-clearing, Pentagon deputy spokesman Vedant Patel said.

Russia has in recent months been assembling forces for a counteroffensive in Kursk, according to the Institute for the Study of

War think-tank. The Kremlin's plans in Kursk coincide with political uncertainty over how US President-elect Donald Trump will act once in power in January.

He has spoken against paying billions to help Kyiv and there are fears he might push for a peace deal with Russian leader Vladimir Putin unfavourable to Ukraine.

Perhaps attempting to minimise the risk of losing US support, Ukrainian President Volodymyr Zelensky has suggested his soldiers could replace some US troops in Europe after the war.



DESTRUCTION Debris near Kyiv after bomb hit

THE WILD

LIVES



SHOW CHAT

Keylea, left, recalls ordeal

EXCLUSIVE
BY LUCY THORNTON



THE large tube of metal plunges deep into a patient's neck, close to vital nerves and arteries, as the liposuction fat removal begins.

A trainee then takes over the delicate cosmetic surgery procedure. But this is no medical student with a senior doctor overseeing them.

The person now in control has had just 30 minutes of theory training by a female "aesthetic practitioner" who says they have only damaged a few nerves and severed one artery. Beauty firms are offering potentially deadly cosmetic surgery by people who have had only hours of practical training, an ITVX documentary has revealed. They include liquid Brazilian butt lifts and liposuction.

Now, Health Secretary Wes Streeting warned the dodgy procedures are putting patients in danger and vowed to crack down on them.

He said: "I think it is absolutely disgusting that there are Wild West operators practising, dangerously, in cosmetic surgery and putting people's lives at risk. We need to act."

Mr Streeting put no time frame on the clampdown, but plastic surgeon Professor Iain Whitaker urged him to act fast to prevent further harm after it was revealed there have been almost 1,193 ambulance callouts to beauty or aesthetics businesses since 2021.

Cases included chest pain, threats to life and major trauma.

In September, mum-of-five Alice Webb, 33, became the first person to die following a liquid BBL procedure in a UK clinic.

Trainees are paying £1,500 for quick courses on "non-invasive fat reducing". An ITVX undercover reporter witnessed the liposuction. The

“How she can be allowed to do this with zero training is beyond belief. It disgusts me

PROF IAIN WHITAKER PLASTIC SURGEON ON LIPOSUCTION FILM

TRAINER

Women shows student ropes

aesthetic practitioner tells students: 'It looks quite scary... but it's not, no pain, everything is fine.' But it becomes too much for the reporter and she leaves.

Despite not finishing the training, the instructor declares: "Don't worry. I will give you a certificate."

Prof Whitaker said: "How she can be allowed to do this with zero training or medical background is beyond belief. It disgusts me. I never thought I'd see an invasive surgical procedure carried out by essentially a beautician. It's very

VOW Wes Streeting

SUPER 6

100% HAPPY
FRESH GUARANTEE
OR YOUR MONEY BACK

Conference Pears
WAS £1.49
NOW **99p**
610g

This week's fresh deals!

Mango
WAS 95p
NOW **69p**
each

Braeburn Apples
WAS £1.49
NOW **99p**
6 pack

Persimmons
WAS £1.19
NOW **89p**
3 pack

Premium Extra Fine Beans
WAS £1.29
NOW **89p**
200g

Large Brown Onions
WAS 89p
NOW **69p**
3 pack

This week's amazing Super 6
In store 14 - 20 Nov

Everyday Amazing.

Conference Pears 610g, £1.62 per kg, Mango, 69p each, Braeburn Apples 6 pack, 16.5p each, Premium Extra Fine Beans 200g, £4.04 per kg, Large Brown Onions 3 pack, 23p each. Fruit and Veg offers available from Thursday 14 November 2024, until Wednesday 20 November 2024, Persimmons 3 pack, 29.7p each, Available from Friday 15 November 2024 until Wednesday 20 November 2024. New offers start on Thursday 21 November 2024. Products and prices are correct at time of going to print but, due to growing conditions, are subject to change. Please see in store for latest offers. Products and prices may vary across stores, Aldi Local and Scottish stores. Fresh Guarantee - terms and conditions apply, please see aldi.co.uk/fresh-guarantee for details.

WEST OF COSMETIC SURGERY

ARE AT RISK



» Butt lift & lipo fears in beauty clinics

» Wes pledge on untrained practitioners



RECOVERY

Keylea. Inset, her stomach

“I can still recall the burning hot probe that was inserted in me. I squealed out

KEYLEA GRIFFITHS WHO HAD FAT DISSOLVING PROCEDURE AT CLINIC



GOING IN

Metal tube is inserted in neck

Trainer: And the knife going... almost halfway

Pictures: ITV NEWS

high risk in the wrong hands. How is this is non-invasive? Sticking a large piece of metal into someone. We need to take a hard look at the regulations.”

ITV filmed two cosmetic training courses at two clinics in London.

Keylea Griffiths, a former patient at one, had a fat-dissolving procedure.

She said: “I recall the burning hot probe that was inserted, I squealed.” Keylea ended up with suspected bladder damage but later recovered.

Campaign group Save Face director Ashton Collins said: “These so-called training academies are unsafe.” Tragic

TRAGEDY Mirror’s report on Alice Webb who died after BBL

Alice’s partner Dane Knight wants “Alice’s law” to ban non-medics from performing these procedures. He said: “The process could be speeded up more. It is yet to be seen if they are taking it seriously.”

Campaigners also want cosmetic treatments to be licensed. The



Two arrests over 1st UK death linked to procedure

Department of Health said it is concerned about such cosmetic procedures and urged patients to find “a reputable, insured, qualified surgeon” for them. ■ Britain’s Backstreet Surgery Scandal is available to watch on ITVX from tonight.

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I was 20mins from death

HAIRDRESSER Louise Moller says she was 20 minutes from death after having a liquid Brazilian butt lift.

Louise, 27, ended up having emergency NHS surgery following filler injections in an Essex clinic last November. She told ITV after the BBL she felt heat and redness and the clinic sent antibiotics. But her temperature rose and

she started vomiting. Four days after the lift, she collapsed and was taken to a hospital. She said: “[The surgeon] said I ‘have sepsis’ and he needed to operate in 20 minutes or I wasn’t going to be here no more.”

Surgeon Paul Bagley also wept after he watched footage of the training given in the UK. He said: “The environment is unacceptable. It’s probably one of the most horrible videos I’ve seen.”



Using loaf to boost babies

BREAD and flour will be fortified with an essential vitamin in a bid to prevent birth defects in hundreds of babies every year.

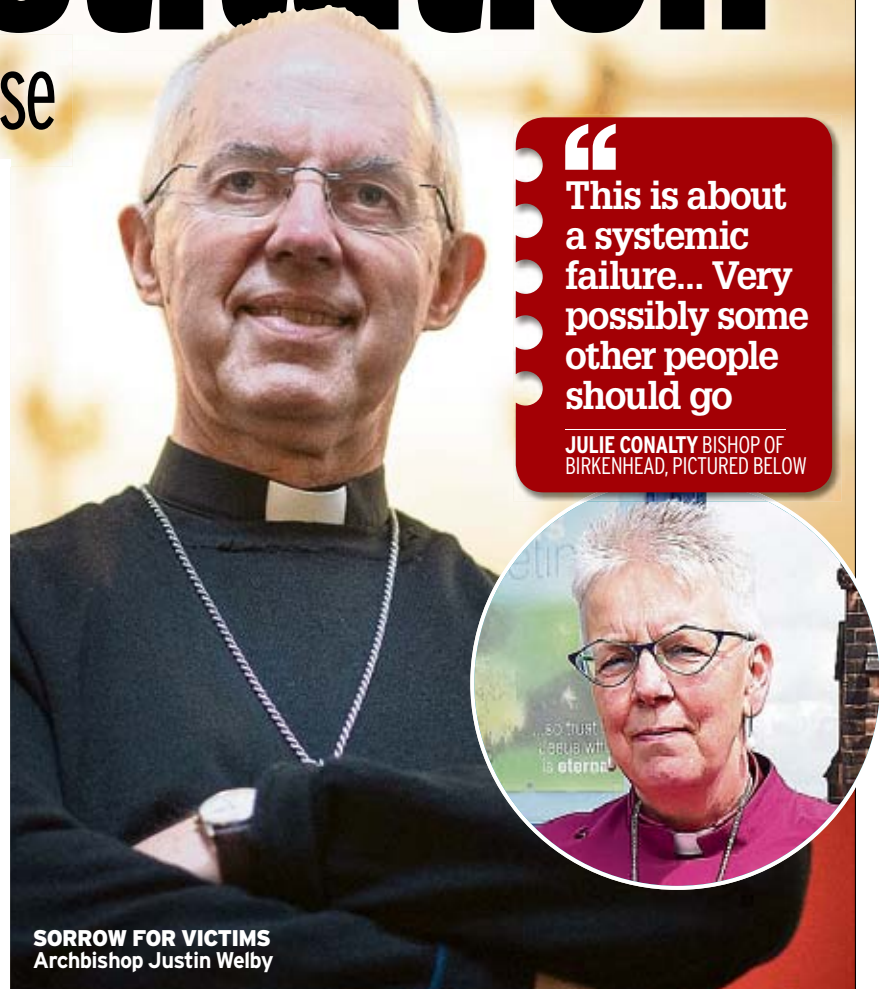
New legislation will require millers to add folic acid to non-wholemeal wheat flour from late 2026.

The synthetic form of vitamin B9 helps the body produce healthy red blood cells and new cells.

A deficiency in pregnancy can raise the risk of neural tube defects, such as spina bifida, and charities welcomed the law.

The Church 'is not a safe institution'

Bishop: Welby's exit won't end abuse



“This is about a systemic failure... Very possibly some other people should go

JULIE CONALTY BISHOP OF BIRKENHEAD, PICTURED BELOW

SORROW FOR VICTIMS
Archbishop Justin Welby

BY TOM PETTIFOR Crime Editor

THE Church of England is “not a safe institution” and it cannot be guaranteed that abuse has been stamped out, a bishop has said.

Julie Conalty, the deputy lead for safeguarding, was speaking after the Archbishop of Canterbury quit over a church cover-up that allowed a child abuser to continue his cruel attacks.

Justin Welby, 68, told of his “sorrow” for the victims and “a profound sense of shame” after John Smyth beat and abused boys at Christian camps.

A report found that if Mr Welby had told police about the abuse, the sadistic attacker could have faced justice before he died in 2018, aged 75.

Now, calls are growing for more senior members of the Church to face questions about what they knew about abuse.

Ms Conalty, the Bishop of Birkenhead, said yesterday: “It is frustrating because in many ways we have been working really hard at making churches safer places. No institution, nothing, can ever be totally safe but there has been loads of really good work going on.

“We still have this institutional problem where we are not putting victims and survivors at the centre.”

She added: “In some ways, we are not a safe institution.”

But the second most senior figure in the Church of England has said he does

not think any more bishops should resign in the wake of the independent Makin Review. Archbishop of York Stephen Cottrell said: “Those who actively covered this up [should resign], which was not bishops.

“When people speak about the Church of England, we are speaking about literally thousands of branches, parishes, chaplaincies.”

Ms Conalty said Mr Welby was right to resign but that alone will not solve the Church’s problems. She said: “This is about institutional changes, our culture and a systemic failure, so there must be more we need to do.

“Very possibly some other people should go. I’m not here to name names.”

Dr Helen-Ann Hartley, the only bishop who had publicly called for the Archbishop to resign, agreed.

The Bishop of Newcastle said Mr Welby was “right” to step down but that “does not solve the Church’s profound failure” on safeguarding “nor excuse others whose neglect of their duties is exposed by the Makin report”.

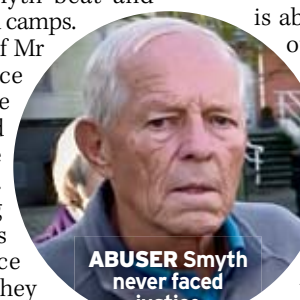
Mr Welby said he quit “in sorrow with all victims and survivors of abuse”.

Smyth is said to have subjected as many as 130 boys and young men in the UK and Africa to traumatic physical, sexual and psychological attacks.

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Scratch £10,000	Scratch £10,000
Scratch £10,000	Scratch £10,000
Scratch £10,000	Scratch £10,000
Scratch £10,000	Scratch £10,000

Subject to availability. Certain Scratchcards available in selected stores only. Rules & Procedures apply. Players (and gifters) must be 18+.



ABUSER Smyth never faced justice



LOST Elsie Dot Stancombe
**Girl stabbing
 kill accused
 snubs judge**

BY **HOLLIE BONE**

THE teenager accused of killing three children and injuring 10 people in July's Southport knife attack refused to speak or show his face in court yesterday.

Axel Rudakubana, 18, is charged with murdering Bebe King, six, Elsie Dot Stancombe, seven, and Alice da Silva Aguiar, nine.

He appeared at Liverpool crown court via video link from jail for a plea and trial preparation hearing.

But he covered his face with his jumper and refused to reply to Mr Justice Julian Goose.

He ignored the judge's request to confirm the audio was on but a guard confirmed it was.

Rudakubana, of Banks, Lanes, was not asked to enter a plea. He is next due in court on December 12 ahead of a trial next year.



ACTION PLAN Louise Haigh
**Haigh orders
 fare-dodging
 policy probe**

BY **MIKEY SMITH**
 Deputy Political Editor

MINISTERS have ordered a review of how train companies police fare-dodging after claims of rail operators taking heavy-handed action against commuters.

Transport Secretary Louise Haigh said: "Deliberate fare-dodging has no place on our railways and must be tackled but innocent people shouldn't feel like a genuine mistake will land them in court.

"It is clear ticketing is far too complicated, with a labyrinth of different fares and prices, which can be confusing for passengers."

Ms Haigh also told the Commons Transport Committee that legislation to create Great British Railways was due next year.

The body would begin operation by late 2026 at the earliest, she added.

Festive tradition rolls around again

IT'S THE JOHN LEWIS CAROL..



PREGNANCY DRAMA
 Sister goes into labour



FUN Getting their skates on



IT'S A WRAP
 Sally with ideal gift



SISTER WHISPER
 Sally is told what would be the perfect present

...and it's back to its tearjerky best

BY **NATASHA WYNARCZYK**
 Consumer Editor

JOHN Lewis tugs the heartstrings and dips into 90s nostalgia for its eagerly awaited Christmas advert.

After releasing two teaser ads, the retailer has finally unwrapped The Gifting Hour, its two-minute film about a woman's last-minute quest for the perfect present for her younger sister.

Heroine Sally races into a John Lewis at closing time and, as she frantically searches a rack of dresses, stumbles out of a wardrobe into her childhood home.

Viewers see her memories of her sister as they move through life together, including childhood snuggles on the sofa, teenage bedroom fights about borrowed clothing and Sally's sibling going into labour with her son.

Sally gets a brainwave and, thanks to the child version of her sister, leaves

John Lewis with a perfectly wrapped present, before meeting her sister to share a special moment.

As they walk away, Sally's sister is reflected in the John Lewis window as the child from her memories. It ends with the line: "The secret to finding the perfect gift? Knowing where to look."

The sequence was filmed overnight at John Lewis's flagship store on London's Oxford Street by Saatchi & Saatchi. Franki Goodwin, from the advertising agency, said: "The Gifting Hour is a glorious visual and emotional feast which is both grown-up and childlike at the same time."

In the past, John Lewis's festive ads have used cover versions of songs, such as Lily Allen singing Keano's Somewhere Only We Know in 2013.

This year features Richard Ashcroft's 2021 version of his band The Verve's

1997 song Sonnet. And John Lewis is launching a talent contest on TikTok to cover the soundtrack.

The winner's recording of Sonnet will be in a special version of the advert that will air on Christmas Day.

All proceeds from the winning single will support the John Lewis Partnership's Building Happier Futures programme, which helps care-experienced people build brighter futures.

John Lewis's Charlotte Lock said: "Each year we want to do something to surprise and entertain people, and we don't want to be predictable."

She hoped the story about a relationship with someone special at Christmas will chime with viewers.

The film will be available to view from 8am today.

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VERDICT

BY **NATASHA WYNARCZYK**



LAST year's advert featured a not-very-festive Venus flytrap and divided opinion. But John Lewis is now back on form.

This year's tale of two sisters, showing the highs and lows of their close but highly charged relationship, is an emotional rollercoaster, a real tearjerker.

The two-minute ad is packed with magical moments and relatable scenes. Every woman with a sister will have fought over clothes at some point.

It also sheds light on friendships and the panic of leaving buying gifts to the last minute. John Lewis has nailed the trend for the 90s by using a Richard Ashcroft song for the soundtrack.

This emotive, humorous and nostalgic ad will delight viewers this Christmas.

VOICE OF THE

DAILY **Mirror**

Get clinics regulated

THE Mirror has repeatedly warned of the dangers posed by an unregulated and profit-hungry cosmetic industry.

In the past few years lives have been lost and hundreds of others have been left maimed or scarred after botched beauty procedures.

With an ITV X documentary finding treatments such as liposuction and liquid Brazilian butt lifts being carried out by people with just a few hours training, Wes Streeting is right to describe the situation as the Wild West.

It is now imperative the Health Secretary fulfils his pledge to regulate the sector. The best way is to set up a licensing scheme.

To be registered, firms would need to prove the treatments on offer are surgically safe and that their staff are fully qualified and insured.

Responsible practitioners have nothing to fear – and rogue practitioners would hopefully be driven out of business.

A bitter pill

THE decision by pharmacists to take collective action is a cry for help from an under-funded and under-valued sector.

Members of the National Pharmacy Association will be fully aware that the work to rule will be a major inconvenience to their loyal customers and patients.

But they were left with no alternative after their pleas for more support fell on deaf ears.

In the past decade real-term funding for pharmacies in England has fallen by 40%.

More than 1,100 chemists have closed, more than a third of which were serving the most deprived areas, and many others have been forced to cut back opening hours.

If the situation does not change then more will be forced out of business, to the detriment of patients and the rest of the NHS.

Greatest role

TIMOTHY West was a giant of the stage and screen but he will also be remembered as a loving husband and father.

His marriage to Prunella Scales was one of the happiest and most enduring in show business. Our thoughts are with Pru and her family.

TRUMP MAGA-NANIMOUS IN VICTORY



na na na na na... I won, you lost

I'M A CELEB GETS MAJOR

A FAME OF TWO HALVES



ICONIC Myleene Klass in 2006 series

Modest stars to pour cold water on too-revealing shower scenes

A SHOW boss has admitted that the famous jungle shower is no longer a huge part of the show.

It was made iconic by Myleene Klass in her white bikini in 2006 but most contestants in the upcoming series have told producers they won't be flashing the flesh.

Tulisa Contostavlos has said she will wear black swimwear so as not to draw attention to herself.

Executive producer Olly Nash said: "The last person who used to shower regularly naked was [2008 contestant] Brian Paddick. He would stand there facing outwards, and it was quite a confronting sight.

"The only other person, really, in the past few years has been Nigel Farage, who just carried on anyway but obviously he faced the wall.

"It's funny, the celebs have all asked about that this year but most people just cover themselves up. The whole world has changed, hasn't it? People are less likely to flaunt themselves."

But despite the lack of exposure, Olly has high hopes this series' line-up will create a classic year.

He said: "They're all really celebrating and can't wait to get in.

"So I think that's really what we all want to see – a great year of positive, happy, funny camp.

"They all become one big family and this year I think there's a stronger chance of becoming a stronger family, and of those relationships continuing beyond the show.

"The great thing is that the camp exposes everybody, and it's just how you perform within this group. It's not really everything on the outside.

"There's obviously loads of stories people have to tell but once you're in here you have nothing but yourself."



COVERAGE Farage in '23

» First challenge to produce leader duo : » They'll get lodge while others slum it

BY MARK JEFFERIES Showbiz Editor in the I'm a Celebrity camp
I'M a Celebrity will kick off with a huge challenge and a new-look camp as part of a series revamp.

Executive producer Olly Nash gave the Mirror a guided tour of the set that now has a Leaders' Lodge with beds, rocking chairs and shelter from the rain.

A pair of celebs will be joint camp chiefs after winning an opening competition, dubbed Snakes and Leaders, which is a race to the finish line with the celebrities teamed up in pairs.

It is a major departure, as the show normally starts with a Walk The Plank-style opener atop a Gold Coast building.

But Olly explained: "Every year, we try to create something new, and try to create a better or different race to camp or different journey to camp.

"This year, we're going out for an ultra-competitive series.

"You've got a really positive cast. Everybody's really happy and up for it, very few nerves. Everybody's terrified but can't wait to get in."

While showing off the new area of camp, Olly added: "The reason why there's a leaders' chair for two and the Leaders' Lodge is because this



PLUSH New leaders' area has cosy beds

year, our walk-in, our journey to camp, is an epic race.

"All the celebrities will be pairing up and go head-to-head in a number of challenges.

"The winners will become the first leaders of camp, exempt from all chores, and live in the lodge. They'll be running the camp, setting it up the way they like for the first few days.

"There is also a twist coming,

which will give them more power than they expected.

"So there's more stuff to come, and there are additional perks. I would imagine they will be leaders at least until the end of that first week."

The new look was given the thumbs-up from last year's king of the jungle Sam Thompson, 32, who is back in Australia for an ITV2 spin-off show.

He said of the leaders' set-up: "This is going to be the most amazing sleep that they've ever had! It's going to be great because you'll get people seeing how the other half live in the camp."

Filming for the new series is expected to begin today.

■ I'm a Celebrity... Get Me Out Of Here! starts on Sunday on ITV1 and ITVX

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HOT SEAT The leaders' chair for two

REVAMP AS MIRROR JOINS IN FUN



LOAD OF BULL
Mark's face tells the story as he takes on trial



No guts, no glory.. but I finally bit off more than I could chew in trial run

BY **MARK JEFFERIES**

IN almost a decade of covering I'm a Celebrity, I have never failed a Bushtucker Trial - until a bull's penis got the better of me.

We were guinea pigs for the day, trying out a new trial dubbed Davy Jones's Cocker.

I had 60 seconds to eat food from the treasure chest and win a star but

if I failed I would be dropped into water below... and not just any water.

It contained 75kg of fish guts, plus a kilo thrown over my head.

But first I could try to avoid that by eating a chunk of a boiled bull's manhood on a cocktail stick.

I made a huge error by nibbling a small piece instead of putting it in my mouth whole, as many celebs do.

The texture was rubbery but then the revolting taste took over. My nose was also picking up on the smell of the fish guts below. I love my job but even I have my limits.

I spat into the sick bucket and gamely tried one more bite before I gave up. It had been like eating a car tyre and, with no water, swallowing seemed impossible.

As I was dropped into the water, I thought the celebrities had a lot more guts than me - not literally, I was covered in them.

The trials will come thick and fast this series, and the team have another 600kg of fish guts on order.

Insects, creepy crawlies and grim foodstuffs... I was glad to get me out of there before it all starts.



NIBBLE Mark tries second bite

Jungle king Sam thinks queen will replace him

BY **MARK JEFFERIES**

KING of the jungle Sam Thompson believes he will be dethroned by a queen this year.

Sam, 32, is co-hosting the new ITV2 spin off show I'm A Celebrity... Unpacked with comedian Joel Dommett and radio presenter Kemi Rodgers.

Asked to tip a winner, Sam would only say: "There are a

lot of strong women, really strong personalities which is going to be fascinating to watch. I think it will be a queen."

Passing on his tips, he said: "Everyone has up days and down days. It is about being yourself. I'd say to anyone wanting to go far, it will be the person who just lives the experience."



ADVICE Sam with Mirror's Mark

SMELLS OFFAL

Mirror's Mark has fish guts tipped over him in trial

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WAGE WOE Old George Inn

Pubs fear last orders due to Budget blows

BY **NATASHA WYNARCZYK**
Consumer Editor

A QUARTER of family-run pubs could close due to burdens imposed in the Budget, a trade body says.

The British Institute of Innkeeping cited cuts to business rates relief and higher employers' national insurance contributions.

Pub bosses have raised concerns over the measures announced by Chancellor Rachel Reeves in the Budget on October 30.

Rosie Nagaty, of The Old George Inn near Doncaster, South Yorks, also expressed fears about a minimum wage rise.

She said: "The wage bill is already high. I'd look at taking on fewer staff."

HM Treasury said: "We have been able to protect pubs by properly funding the NHS to support a healthy workforce."



RESULTS Prof Gillanders

Hopes soar for breast cancer job

BY **STEPHEN BEECH**

A NEW vaccine has shown promise in treating an aggressive form of breast cancer, scientists say.

In a US trial, 18 patients with triple-negative breast cancer, that had not spread to other organs, received a jab designed to prevent the recurrence of tumours.

Each had three doses of a vaccine tailored to recognise and attack key mutations in their tumour.

Fourteen showed immune responses to the jab and, after three years, 16 remained cancer-free

The trial used a therapy designed at Washington University School of Medicine in St Louis.

Study author Professor William Gillanders said: "These results were better than we expected."

"We are encouraged by what we're seeing."

Wes firm on name and shame idea

BY **MARTIN BAGOT**

WES Streeting has defended his plan to sack failing NHS bosses and name and shame badly performing hospitals.

The Health Secretary unveiled his plan to weed out managers who cannot improve patient care in a speech to NHS trust leaders in Liverpool. He said

it was a guilty secret of the NHS that failing chief executives were paid off to leave a leadership role, only to pop up in a similar job elsewhere.

Mr Streeting said at the NHS Providers annual conference: "I've not had anyone tell me I'm wrong about this because everyone knows it's true. For

those judged to be persistently failing, we will act. We will go from zero consequences for failure, to zero tolerance."

Experts have warned of unintended consequences of the performance table, which will rank all 215 NHS trusts in England on metrics such as

finances, delivery of services, patient access to care and leadership competency.

Saffron Cordery, deputy chief executive of NHS Providers, urged Mr Streeting to instead focus on what she called deep-rooted causes of pressures on the NHS.

RESOLUTE Streeting

RANKING
Hospitals will be on league table



PHARMACISTS VOTE FOR WORK TO RULE

BY **MARTIN BAGOT** Health Editor
PHARMACIES are to launch their first-ever industrial action, with many cutting their opening hours.

The National Pharmacy Association yesterday said its members have voted to conduct "work to rule" actions.

This can include stopping free medicine deliveries, emergency contraception services or addiction and stop-smoking support.

It says government real-term funding cuts of 40% in England over a decade have forced more than 1,500 community pharmacies to close and many more to slash their hours.

The unprecedented step, which will affect access to medicines in winter, comes after GPs launched a similar action for the first time in 60 years.

Both are technically collective action, rather than industrial action,

Cuts and closures force move

as GPs and pharmacists are restricting the services they provide to their NHS contractual minimum.

In the ballot, 99% of pharmacies in England, Wales and Northern Ireland voted to restrict services, on a turnout

of 64%. NPA chair Nick Kaye said: "The ballot result overwhelmingly shows the sheer anger and frustration of pharmacy owners at a decade of cuts that is forcing dedicated health professionals to shut their doors for good."

“The ballot results show sheer anger and frustration”
NPA CHAIR NICK KAYE ON FIRST-EVER ACTION

HIT Access to medicine will be affected



The NPA is giving the government until the end of the year to provide an improved pay deal and if it doesn't, collective action will start in January.

The association, which represents 6,000 community pharmacies and business owners, has called for a £1.3billion funding increase.

It comes after the government asked pharmacies to do more to take the workload from overstretched GPs.

Two-fifths of GPs in England are taking part in a work-to-rule action, meaning they are limiting the number of patients they see a day and refusing extra work from hospitals which are not strictly part of their contracts.

The Mirror is campaigning to save family chemists from closures, which are piling pressure on GPs.

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VOICE OF THE MIRROR: PAGE 8

Labour of love

BY **HOLLIE BONE**

A MUM who had to give birth prematurely after discovering at 36 weeks that she had aggressive breast cancer is celebrating her daughter's first birthday.

Laura Hudson, 34, and husband Sam were dealt the cancer news as they prepared to welcome their first child.

Laura was booked in for a C-section just a few days after her diagnosis and baby Aurora was delivered safe and well at 37 weeks.

Despite their ordeal, the family is set to party as Aurora turns one today, with scans confirming Laura is also cancer free.

The lawyer, from Astley in Greater Manchester, said: "Whenever I was having a particularly tough moment, I'd focus on Aurora.

"She's my Aurora in the truest

sense of the word – a beautiful light in the dark."

Laura has had chemotherapy, radiotherapy, a double mastectomy and will continue to have checks at The Christie specialist cancer centre in Manchester.

She said: "Aurora has been amazing. She has made the last year worth going through all that awful stage, because it now feels like it didn't happen, which is really strange."

Laura first realised something was wrong when she found a lump in her right breast but was stunned to learn it was cancer.

"My first thought was for my baby", she recalled. "We don't know what this means for having more children but we are so lucky to have Aurora. Other women are not so lucky."

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CARE The family at The Christie centre



Mum beats cancer to celebrate her girl's first birthday

TIME TO PARTY
 Laura and daughter Aurora



OUT Cricket balls are threat
Howzat for a reason to say no to flats?

BY **LUCY THORNTON**

LOW-FLYING cricket balls could leave a major flats development stumped.

Planners have to decide if it is safe to convert an office block near a cricket club into 139 homes.

Sport England fears residents could come under an aerial bombardment if the flats are allowed next to Crossflatts CC, in Bingley, West Yorks.

It said the plans, by Aire Valley Ltd, had underestimated cricketers' power.

It added: "Typically for a professional cricketer, the basis of a shot velocity is 50 meters per second.

"For a community player, assumption of 40m/s is a suitable speed."

Bradford planners now have to decide if a 10ft fence is enough protection.

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Drain? He'll fill swamp

DONALD Trump's cabinet picks are as stark a contradiction as one could get to his bid to "drain the swamp". Instead of dismantling the political elites he once criticised, he has shown he is intent on filling the Washington Wetlands with loyalists, many who embody the power he vowed to axe. His appointment of Elon Musk - arguably the world's most influential

ANALYSIS

BY CHRISTOPHER BUCKTIN US EDITOR



billionaire - raises questions about his commitment to reducing the influence of the wealthy in government. Musk is an emblematic figure of the establishment, making his inclusion in Trump's circle particularly worrisome.

The President-elect has shown experience matters not for the sycophants he is now appointing. What they all must possess, above all, is ultimate loyalty to their boss. In his first term, he fell out with almost every cabinet member whose allegiance to him was not unwavering. What is clear is Trump's definition of "draining the swamp" has shifted from

reducing corruption to ensuring absolute control over his regime. Expertise, competence and even public interest take a backseat. "Of the people, by the people, for the people," Abraham Lincoln famously proclaimed of democracy. In Trump's world, those "people" are no longer a broad, collective society - they are simply him.



PETE HEGSETH
Defence Secretary
Fox News host



ELISE STEFANIK
Ambassador to UN
Vocal Trump fan



LEE ZELDIN
Environment chief
Pro-fracking



ELON MUSK
Govt efficiency tsar
May slash costs

MARCO RUBIO
Secretary of State
Hawk on China



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VIVEK RAMASWAMY
Govt efficiency
Joins Musk in
Trump team



ELONATICS TAKING OVER THE USYLUM

» Ridicule as Musk joins Trump's team » He surrounds himself with loyalists

BY CHRISTOPHER BUCKTIN
US Editor

DONALD Trump has appointed billionaire pal Elon Musk to his White House team, as he surrounds himself with loyalists unlikely to question his motives.

The President-elect made the controversial X and Tesla boss leader of the Department of Government Efficiency, which will slash budgets. Trump also appointed others to key posts without any relevant experience, including ex-Fox News host Pete Hegseth as Secretary of Defence. Former New York congressman Lee Zeldin becomes head of the Environmental Protection Agency, just two years after he vowed to axe

a fracking ban Democrats imposed. He also voted against certifying Trump's 2020 election loss. Confessed dog killer Kristi Noem heads Homeland Security. The Trump fan railed against public health controls in Covid. Congresswoman Elise Stefanik is US Ambassador to the UN. She attacked Trump in 2016 but has become a loyalist, sparking claims she is prioritising political survival over principle. Musk's

appointment will raise eyebrows amid potential conflicts of interest. He has business in space travel and electric vehicles and his new department shares an acronym, Doge, with his favourite cryptocurrency. Trump said Musk will work with US entrepreneur Vivek Ramaswamy outside government to offer "advice". Former National Guard officer Hegseth, who supported Trump on Fox News, has no significant experience in military leadership.



IT'S LOOKING GRIN
Trump flashes smile



OVER TO YOU With Biden yesterday ship or defence policy. Democrat Senator Elizabeth Warren warned he would make the country "less safe". Marco Rubio - a one-time critic - was Trump's nominee for Secretary of State after evolving into one of the president-elect's fiercest defenders. Mr Rubio has pushed for a harder line against China and its TikTok

app. Controversial Republican Matt Gaetz becomes Attorney General. The Florida congressman had faced a two-year probe into whether he crossed borders for sex with underage girls but was not charged. Sources say Gaetz will go after those Trump feels wronged by. Trump has vowed to "drain the swamp" in politics. His first term as President was marred by walkouts by those who disagreed with him. Trump met Joe Biden in the White House, where the President pledged a "smooth transition" of power to prevent a repeat of the 2021 riots Trump's refusal to concede sparked.

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MEDICS ALLOWED AN OPT OUT ON ASSISTED DYING

Streeting: Moral objections a 'red line'

BY DAVE BURKE Political Correspondent

MEDICS who have moral objections to assisted dying will not be forced to help people end their lives, Wes Streeting said last night.

The Health Secretary had already revealed he will vote against a Bill that will make the controversial practice legal.

He added: "No one should be compelled to take part in assisted dying if they've got moral or ethical objections as clinicians. "That would be one of my red lines."

Mr Streeting also said he had ordered a report on the practicalities of offering assisted dying to terminal patients.

He said: "Now we've seen the Bill, I've asked my department to look at the costs that would be associated with providing a new service to enable assisted dying to go forward."

"Regardless of my own personal position or my own

BACKING MP Kim Leadbeater

vote, my department and the whole government will respect the will of Parliament. That work is now under way, so I can't give you a precise figure today."

The Health Secretary earlier warned: "There would be resource implications for doing it. And those choices would come at the expense of other choices."

The Bill, put forward by Labour MP Kim Leadbeater, includes prison terms of up to 14 years for anyone found pressuring a patient to end their lives.

MPs will get a vote on the Bill on November 29. If the legislation clears that hurdle, it will be scrutinised in the Commons and the Lords.

Critics have warned against it becoming law. Our Duty Of Care, representing medics, told the PM it was impossible to draft assisted suicide laws that include protection from coercion and future expansion.

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Cold, but we'll grin & bear it

POLAR bear cubs snuggle up to their mum on a first trip outside their den. Brit snapper Paul Goldstein captured the moment on Baffin Island, Canada.

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PRANKS John Krasinski
Office's Jim
sexiest man
alive, no joke

BY ELLIE IORIZZO

ACTOR John Krasinski, who starred in the US version of *The Office*, is *People* magazine's "sexiest man alive".

Krasinski, 45, known as prankster Jim Halpert in the comedy, also directed and starred alongside his wife Emily Blunt in 2018 thriller *A Quiet Place*, which has two sequels.

The dad of two said there was "a lot of joy involved" when *Oppenheimer* star Emily found out he had taken the title.

He joked: "I do think it's going to make me do more households chores but I'm willing to take the cons with the pros."

He took the crown from Patrick Dempsey, 58, of *Grey's Anatomy*. Previous winners include Luther star Idris Elba, George Clooney and Johnny Depp.



TRIAL Christopher Ballard
Man denies
encouraging
teen's suicide

BY LUCY THORNTON

A MAN is accused of encouraging a teenager to take her own life.

Factory worker Christopher Ballard, 42, allegedly told Gina Van Houten, 14, he worked in a hospital and had access to drugs.

Gina, from Amsterdam, had posted online about suicidal thoughts, and Ballard, of Bradford, made contact with her.

A month later, she was found dead at home.

Prosecutor James Bourne-Arton KC said Ballard had sent messages which suggested methods of suicide and places where they could do it.

Ballard said he had not sent the messages and did not know Gina.

He denies a charge of encouraging her suicide.

The trial at Bradford crown court continues.

'Woman trafficked by Al Fayed saw enough photos of victims to fill shoebox'



Accuser calls on brother to give evidence of the alleged crimes of store tycoon

WEALTHY BROTHERS
Mohamed Al Fayed and Ali Fayed

EXCLUSIVE
BY TOM PETTIFOR
Crime Editor



A WOMAN who says she was trafficked by Mohamed Al Fayed was shown enough Polaroid photos of sex abuse victims to "fill a shoebox", court papers claim.

The ex-Harrods worker said she saw them while being held captive when she was "raped and brutally abused".

Named only as Jane Doe, she makes the claims in a US lawsuit calling for evidence to be provided by Al Fayed's younger brother, Ali Fayed, 80.

She claims he was allegedly aware the ex-Harrods boss trafficked her and may be able to help prove the luxury store was complicit in the crime.

Ali Fayed, has a home in Greenwich, Connecticut, US, is a former director of the company and the current chairman of a 139-year-old British shirt-maker that supplies the Royal Family.

The court document states: "While she was held captive, she was shown explicit Polaroid photographs - enough to fill a shoebox - of other women or

girls who were physically and sexually abused." A medical check after her escape confirmed "signs of her physical abuse", the court documents claim.

She claims she was required to sign a non-disclosure agreement banning her from talking to anyone, including the police, about the alleged abuse.

The federal district court filing does not say who Ms Doe says she was abused by. She has instructed UK law firm Leigh Day to take a civil claim against Harrods and others who she said were complicit in facilitating her

alleged abuse. She said she is seeking evidence from Ali Fayed for use in that legal action.

She claims he has "unique and critical evidence regarding the direction, operation, and knowledge of a more than two-decade long trafficking scheme that ensnared and irrevocably injured what is reported to be more than 100 women."

Ms Doe said she was hired in the mid-90s, aged 19, as a Harrods salesperson but was soon interviewed by Al Fayed for the executive training

scheme, reporting to his office. She claims she was subjected to a medical examination, including an Aids test.

In the court filing, she said Al Fayed took her on a Harrods helicopter and private jet, and she was trafficked, raped and "brutally abused" over a "substantial period of time" while being subject to surveillance.

Ms Doe said she spoke to Ali Fayed a number of times during this period, detailing in the filing he joked about her working as a secretary, and that she heard him making plans for a woman to be made available to him in London.

A judge will now review the claim and Ali Fayed could be required to give evidence and disclose documents.

In response to the new allegations, Harrods said: "Mr Ali Fayed ceased to be a director when the business changed ownership in 2010."

The Mirror has contacted one of Ali Fayed's companies for comment.

A BBC documentary revealed a string of rape and abuse claims against Al Fayed, who died last year aged 94.

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LUXURY Harrods in Knightsbridge

“ He has unique and critical evidence of more than 20 years of trafficking

JANE DOE CLAIM ABOUT ALI FAYED IN A U.S. LAWSUIT

Mirror columnist Darren scoops top media gong

DAILY Mirror assistant editor Darren Lewis has been honoured by his peers for his outspoken weekly news column.

Our man scooped the Commentator of the Year (Popular) at the Media Freedom Awards on Tuesday night.

Judges at the Society of Editors event praised Darren for his honest and opinionated articles on everything from mental health to the Middle East.

A delighted Darren said: "It **AWARD** Darren Lewis



means a lot to be recognised for doing what the Mirror has always done – giving a voice to the people around the country who are not adequately represented. Particularly at a time when there is so much to concern us.

"There is still so much that unites us and I'm proud to use the column to remind our readers of that too."

Mirror political correspondent Sophie Huskisson received a "highly commended" in the Young Journalist category.

Renters fear losing homes

TWO-thirds of people who rent their homes privately worry about affording payments, a poll says.

The Big Issue magazine said its study also revealed half of adults feel more at risk of homelessness now than they did last year.

Alongside the research, the magazine has launched a film, The 12 Days of Homelessness, about the issue's causes.

Narrator Daniel Mays said: "The Big Issue exists to help people in extreme poverty rebuild their lives."

DANCERS WILL

Pete Wicks

The Towie star says he will be full of nostalgia, having visited the seaside town as a child.

Pete, 37, paid tribute to his "soul mate" nan during last week's performance, and now recalls of his childhood: "We didn't have much money when I was younger, so we always went to the seaside. I really enjoyed the arcades and the lovely vibe there."

Meanwhile, pro partner Jowita Przystal, 30, has been impressed by the "massive portion of donuts" the dancers tucked into at the Pleasure Beach.

The pair will perform a cha cha cha to I'm Too Sexy by Right Said Fred at the Blackpool venue.



"I really enjoyed arcades and the lovely vibe there"



Tasha Ghouri

Love Islander Tasha recalls driving past the tower as a child.

She says: "I remember driving down the promenade in my family's convertible car, looking at the illuminations at night with a blanket wrapped around me."

The 26-year-old will be bringing her soft toy Flat Ted along, explaining: "I can't go anywhere without him. He's my good luck charm."

Partner Aljaz Skorjanec, 34, says the ballroom gives everyone "an extra spark" - which they will count on for their paso doble to Torn by Nathan Lanier.



"I recall driving down the prom in family's soft-top"



JB Gill

The JLS star is hoping the venue's sprung dancefloor will give his quickstep some extra bounce.

The 37-year-old says of his childhood: "I remember going to lots of seaside towns with my great aunt. She was always doing camps and summer excursions.

"We always used to get a stick of rock wherever we went, like Skegness and Grimsby. I used to try to convince her that I was allowed to eat the whole stick in one go."

JB's dance to Never Gonna Give You Up, by Rick Astley, will now be with pro Lauren Oakley, 33, after injury forced 34-year-old Amy Dowden to pull out.



"We always got a stick of rock wherever we went"



Montell Douglas

Gladiator and Team GB star Montell compares the Tower dancefloor to an athletics track, thanks to its springiness.

The 38-year-old says: "I'm excited about trying out something completely new. In athletics, we talk about running on a Tartan track or on Mondotrack. Mondo is faster and nicer and harder, and it feels different. And I imagine it's going to be just like that."

Partner Johannes Radebe, 37, says: "Everyone wants to get to Blackpool so the excitement is off the scale." They will salsa to Thelma Houston's Don't Leave Me This Way.



"Mondo is faster.. the floor is going to be just like that"



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STEP UP GAME AT ICONIC VENUE...

Blackpool POWER

Strictly stars on their memories of resort

BY ASHLEIGH RAINBIRD Diary Editor

THE Strictly stars will climb the Blackpool Tower again this year, strutting their stuff at what has been dubbed the "Wembley for ballroom dancers".

Pet Shop Boys will be playing a medley of hits to kick off Saturday's special show at 6.45pm on BBC1.

While the pro dancers go misty-eyed at the mere mention of Blackpool, here we find out the celebrities' take on things...

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Chris McCausland

Comic Chris is looking forward to performing in the "Wembley for ballroom dancers" this week, as well as visiting the Pleasure Beach - and he might even go on a rollercoaster.

The 47-year-old says: "We used to go to Blackpool a lot when I was a kid. I've got loads of memories of the seafront, the beach and the fairgrounds.

"I'd never go on rollercoasters when I was that age. I think because I could see them, they terrified me, whereas now I can't see them, I'm not bothered so I'll go on anything."

Chris, pictured left as a teenager, jokes he prefers the carousel to a Ferris wheel as "I'm not in it for the view, am I?"

Pro partner Dianne Buswell, 35, says she "dreamed of performing in Blackpool" while growing up in Australia, and Chris adds: "To be able to get to Blackpool with Dianne and give her that opportunity to dance there again means more to me than me being able to go there myself."

The pair will perform the American smooth to Paul Anka's Jump.

Now I can't see the rides any more, I'll go on anything



Sarah Hadland

Unlike most of her fellow celebs, the Miranda star has mixed feelings about returning to the town having been traumatised by a donkey ride there as a child.

"My mum took me to Blackpool when I was little," she recalls.

"We got there and did the rollercoaster. When our photo came through everyone had their arms in the air but I'm nowhere to be seen. I'm in the brace position, probably screaming, 'Brace, brace!'"

"After that, my mum took us to go on a little donkey ride on the beach.

"I got on a donkey but it got spooked. I swung under the donkey and was dragged with my face in the sand. This donkey was called something like Brenda.

I swung under the donkey with my face in the sand



"It's like something in a horror film. After that, I think I was a bit traumatised and just came home."

Wynne Evans

The opera singer is grateful for the ballroom's unique sprung floor, joking: "Anything to help with elevation and bounce is most welcome."

Wynne, 52, recalls seeing end of the pier shows starring Ken Dodd, Mike Yarwood and Sir Lenny Henry, and says: "I know if my parents were still alive they would've loved to be there to relive old memories with me and they would not have been able to believe that I'm dancing on the dancefloor."

Partner Katya Jones, 35, says she feels like she is "coming home" when she visits the seaside town, where she feels compelled to bring "energy and spark" to the iconic location. "It means a lot," she says.

"Bringing dancing back to where it belongs with Strictly as a dancer is a big deal."

My folks would've loved to be there to relive old memories



Jamie Borthwick

Soap star Jamie Borthwick and Michelle Tsiakkas vow to "leave our hearts on the dance floor", while jiving to The Ketchup Song by Las Ketchup.

Jamie is a frequent visitor to Blackpool but even so, the excitement this week is palpable.

"Getting to Blackpool is a personal target I set myself when joining the show, so it's a real sense of personal

Getting to Blackpool is a target I set when joining the show

achievement that we're performing there," says the 30-year-old EastEnders actor.



Facial scans raise 'police state' fears

THE use of face scanners on high streets puts the UK at risk of becoming a police state, MPs heard.

The software, now used in London, South Wales and Essex, lets officers scan passers-by and check them against watchlists.

Several MPs raised concerns about the software misidentifying innocent people, particularly ethnic minorities.

Labour MP Bell Ribeiro-Addy said: "We're veering dangerously close to becoming a police state."

Such surveillance was a feature of the most authoritarian states, she said.

Policing Minister Dame Diana Johnson promised her concerns would be carefully considered.

Novichok on door handle in fatal doses

MANY lethal doses of novichok were applied to Sergei Skripal's door handle, the Dawn Sturgess inquiry heard.

The lead scientific adviser to police over the Salisbury poisonings, codenamed MK26, said a dose of the nerve agent "a third to a sixth of a grain of salt" could prove fatal.

Ex-Russian spy Skripal, daughter Yulia and former police officer Nick Bailey were all poisoned in the Wiltshire city in 2018.

Dawn, 44, died after being exposed to the nerve agent, which was left in a discarded perfume bottle.

MK26 said few people would have been capable of producing it safely.

The inquiry continues.

My Chitty Chitty banger

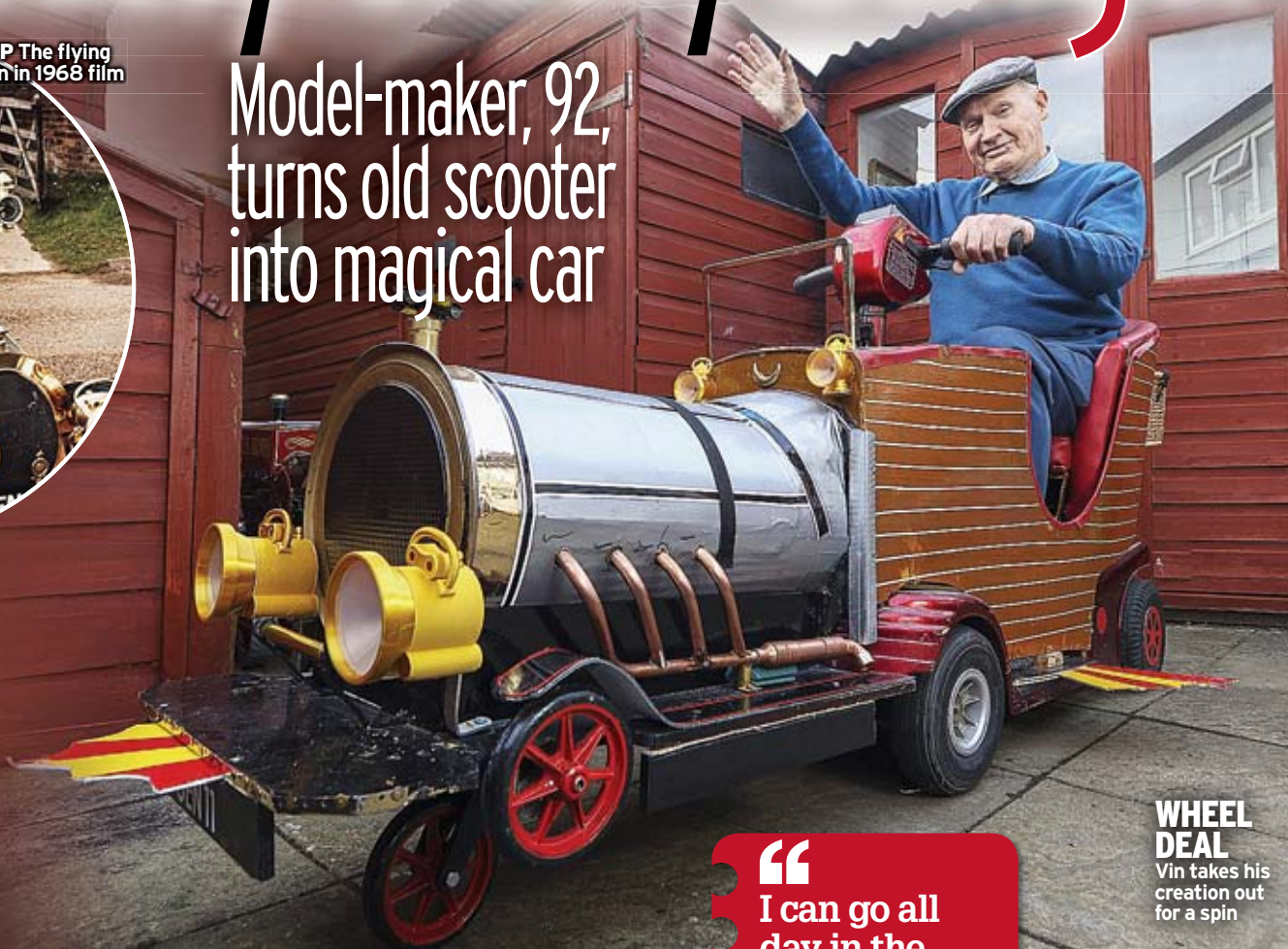


MOVIE ON UP The flying motor as seen in 1968 film

Model-maker, 92, turns old scooter into magical car



FENDERED FRIEND Replica is spot-on



WHEEL DEAL Vin takes his creation out for a spin

BY ED CHATTERTON

A GREAT-grandad has spent three months converting a mobility scooter into an 8mph replica of the Chitty Chitty Bang Bang car.

Vin Wardman, 92, worked for eight hours a day in his shed to construct the stunning model of the magical flying motor from the classic children's film.

The retired railway worker used household items and a scooter bought from eBay for under £300.

The wheels are from a pushchair he found at the tip, the front bonnet is a discarded pedal bin and the wind-

screen is a picture frame from a charity shop. Vin, of Craven Arms, Shrops, has been making models for mobility scooters for several years – but believes his latest creation is his best yet.

The inspiration came when a replica of the car from the 1968 film went on display at Ludlow Castle in August.

On September 1, the model maker set about crafting his own version from plywood, cardboard, Perspex and vinyl.

The dad of two, who has one grandchild and two great-grandchildren, said: "This is my best yet. It took me months and everyone seems to love it. It's basically mainly made from pedal

bins and plywood. I managed to get hold of a tub chair, which I attached to the scooter.

"I have a friend who runs a sign shop – he helped with the vinyl and many other things.

"There's a cake tin in there too and we've got gold headlights and sidelights. The imitation wheels are from a pushchair from the tip.

"The Perspex is from a scrap merchant in Church Stretton so I've had a lot of help. I've done the Flying Scotsman, Thomas the Tank Engine,

“ I can go all day in the shed. This is my best yet so if it's my last I'll be happy

VIN WARDMAN ON REACHING SCOOTER PINNACLE IN NINETIES

King Charles' royal train, a yellow submarine and a gypsy caravan. But this one is very special. I'm not sure how I could top it.

"The original Chitty Chitty Bang Bang was made by two men in

Oswestry and that is coming back to the town and I hope to show mine."

He added: "I have a pacemaker fitted but I can go all day in that shed and feel fine. At 92 years of age this is the best I've made so if it's my last I'll be happy."

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CORALS IN PERIL

NEARLY half the world's corals are feared to be at risk of extinction.

The conservation status of 892 warm-water reef-building coral species was reassessed for the International Union for Conservation of Nature's Red List.

It found that 44% are threatened, up from a third in 2008.

IUCN Director General Dr Grethel Aguilar said: "This assessment vividly illustrates the severe impacts of our rapidly changing climate and drives home the severity of the consequences."



ISLANDS' U.S. FEAR

DONALD Trump's vow to exit the Paris climate agreement is worrying vulnerable countries.

Dr Pa'olelei Lutero, chair of the Alliance of Small Island States, said the climate disaster threat is existential.

Lutero, who represents Samoa at the UN, said: "Our survival is at risk. Although we are at the forefront, it will come to everyone if we do not act. The US doesn't live on a different planet."

Trump has repeatedly dismissed climate science as a "hoax".



ECO INFO POLLUTED

SOCIAL media platforms are becoming dangerously polluted by falsehoods about the climate crisis, a report claims.

The oil and tech industries are helping to reframe extreme weather events and sow conspiracy theories about renewable energy, it said.

Climate Action Against Disinformation, which compiled the report, said too few leaders are at Cop29, adding: "The US has again elected a super-spreader of climate disinformation as president."



SWAMPED Flood water in Marbella



TORNADO Off coast of Spain



DELUGE Car carnage in Cadques; left, soldiers clean up Valencia

HOLD ON TIGHT... Mercedes in Malaga is flood-ready

CAR THAT PROVES WHY Cop MATTERS

» Spain set for more floods » PM calls for climate action

A MERCEDES is wrapped in plastic and chained to a post as Spain braces for more floods.

At least one car in Malaga might be spared the immediate effects of the mounting climate crisis.

But world leaders at the Cop29 summit know the rest of the planet needs a more permanent solution.

Thousands of people have been evacuated from their homes after the Civil Protection Agency warned of torrential rain in the Costa del Sol.

About 3,000 people were told to leave areas near the Guadalhorce River, Malaga. Regional minister

BY NADA FARHOUD ENVIRONMENT EDITOR IN BAKU



Antonio Sanz said: "We have not evacuated entire towns but specific areas linked to the riverbank."

A tornado was visible off the coast as flood water drenched the popular holiday resort of Marbella yesterday.

The Malaga area is expected to take the brunt of the weather phenomenon, known as a Dana.

It comes weeks after the east of the country was devastated by floods that have so far killed more

than 220 people. Experts say climate change contributed to a year's worth of rain falling in less than eight hours on October 29.

Eight Spanish areas were yesterday placed on alert for more downpours, with strong winds battering the Balearic Islands, Catalonia and Valencia. Residents and civic leaders in coastal areas of Valencia province were warned that 180mm of rain could fall within five hours.

The state weather agency Aemet



said: "The danger is extreme. Avoid moving around as rivers could flood."

Scientists have long said that storms will grow in intensity and frequency as a result of fossil fuel use.

At Cop29 in Baku, Azerbaijan, the president of Spain, Pedro Sanchez, said: "We need to undergo decarbonisation and adapt our towns and infrastructure."

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I STILL remember my first hotel stay. I was a kid in the Singing Nolans and the eight of us pulled up in our estate car outside London's Royal Lancaster fit to burst with excitement. The concierge took one look and turned around.

Mum and Dad handed us our key, we ran into our room and immediately began trampolining on the bed.

Fast forward half a century, erm, almost, to Sunday afternoon, and I was back in a hotel. Only this time I was in the bed. (Very much alone, folks - don't be buying a hat!) And that's where I stayed. I wasn't quite alone. My dear

Linda Nolan Speaking from the heart



friend Suzanne, who I've known since we met over the garden fence aged 11, drove up from London just to take me away for the night as a fabulous treat.

I was beyond touched but also nervous. I'm a woman with equipment these days. I have my frames, my stair lift, my rails - this week I have become

the proud owner of a bed guard (yep, I've caught myself falling out of bed twice now, and one black eye is enough). So upping sticks - literally - isn't as carefree as it once was.

She'd made us a booking for lunch and after that we headed to the room. Suzanne popped out to get something

from the car, and when she came back I was tucked up in my twin bed.

I had to be honest - I felt nauseous, fatigued but perhaps also anxious. I was so grateful for this beautiful stay but away from the security of Denise's house, I felt on edge. Suzanne, being the bestest friend you could have, immediately jumped on her twin bed and agreed this was where we'd stay.

It was brilliant. No pressure. We just sat there and chatted about the old days. About our home economics teacher, Miss Waddydogs (I'll leave explanations there); about my own

nickname, Linda Ding (for my love of a microwave); about our plan as kids to save a shilling a week to go and see Donny Osmond in America. One girl managed it - and married a Mormon.

It was also the best accessible room I've stayed in. A bathroom each, one accessible and one not (you know what I mean). Mine didn't feel in the least clinical and I couldn't have felt safer, with a walk-in shower and discreet aids.

The trip was a perfect tonic. Who needs trampolining when you can sit in bed with your best pal and remember Miss Waddydogs?

Dad 'takes full responsibility' for Sara death

BY TOM PETTIFOR Crime Editor

SARA Sharif's father has admitted hitting her with a cricket bat and throttling her, but insisted: "I did not want to hurt her."

Urfan Sharif, 42, had tried to blame the 10-year-old's stepmother Beinash Batool, 30, for a catalogue of injuries.

But under cross-examination at the Old Bailey, the taxi driver told jurors he took "full responsibility" for what happened.

He went on to admit hitting Sara with a cricket bat as she was bound in packaging tape, throttling her with his bare

ABUSES Sharif admitted attacking daughter Sara



hands – breaking the hyoid bone in her neck – and battering her over the head with a mobile.

As Sara lay dying in Batool's lap last August, Caroline Carberry KC, for Batool, said Sharif hit Sara in the abdomen with a pole. Sharif agreed and wept. Sara was found dead at the family home in Woking, Surrey. A postmortem found she suffered 25 broken bones.



Asked if he killed Sara by beating, Sharif replied: "Yes, she died because of me."

Sharif, Batool and her uncle, Faisal Malik, 29, deny murder and causing or allowing Sara's death. The trial continues.

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SITCOM RETURN
Show's cast reunite for new sketch



We're ready to Brock 'n' roll

CLASSIC sitcom Outnumbered is set to return tomorrow night.

The cast have filmed a new sketch to air for Children In Need.

It will be the first time Hugh Dennis, Claire Skinner, Tyger Drew-Honey, Daniel Roche and Ramona Marquez have reunited as

the Brockmans for eight years. The show first aired in 2007. An insider said: "The family are given a key role in the big night, but things don't quite go to plan. It's going to really make viewers giggle."

Children In Need kicks off tomorrow at 7pm on BBC1.

H · SAMUEL
LAB GROWN DIAMONDS

DIAMONDS REIMAGINED

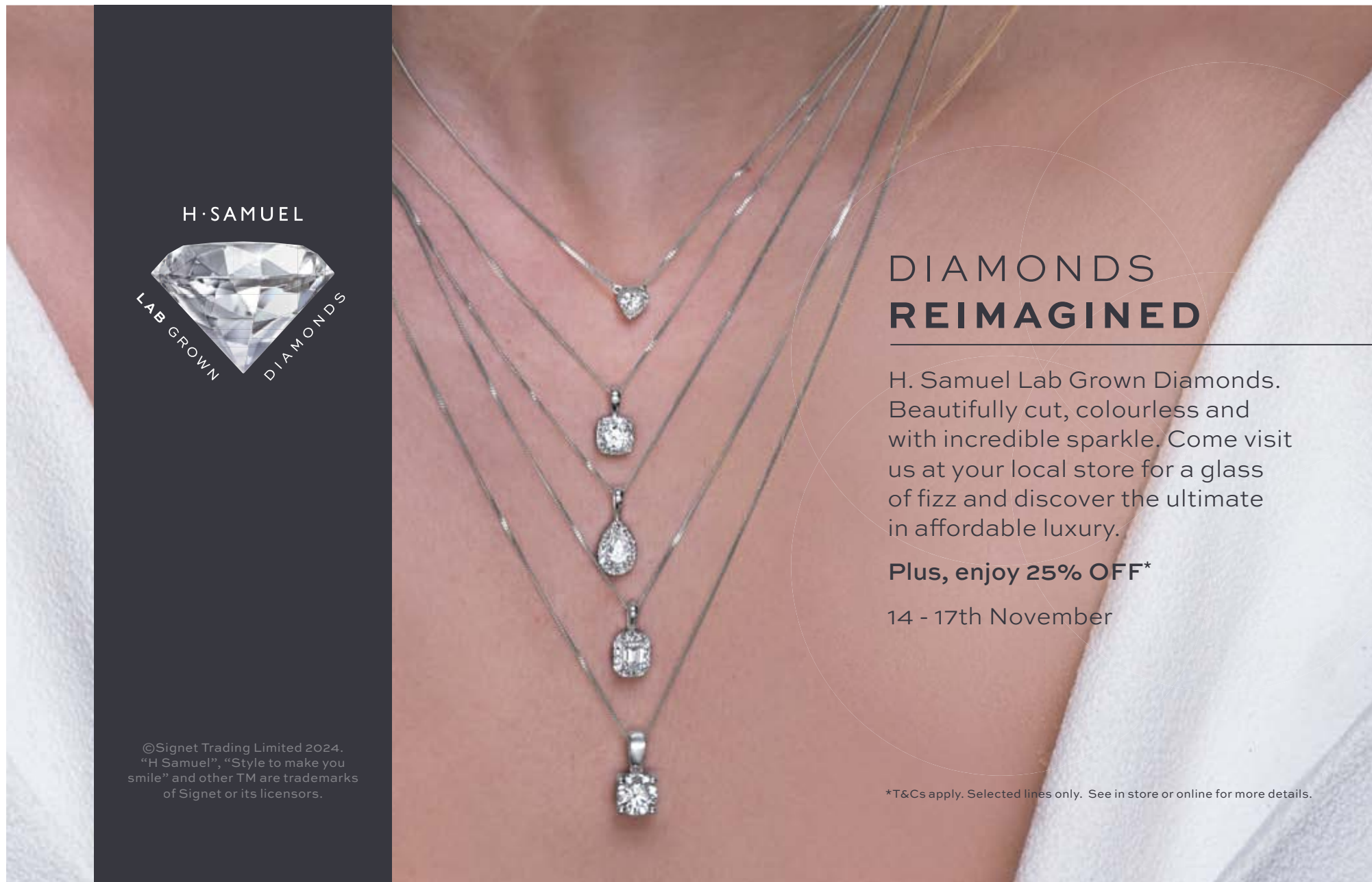
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BIDDING Auctioned vases
Kerching for Ming as jars make £9.6m

BY ADAM ASPINALL

A PAIR of Ming dynasty vases that survived Second World War bombing raids have sold for £9.63million at auction.

The matching wucaï “fish jars” were made in the 16th century for the imperial court of Emperor Jiajing in China.

They have been with the same German owners for more than 100 years.

During the war, the family from Wiesbaden put the vases into safe storage. It proved a wise move as their home was flattened by RAF bombers.

An Asian collector won the bidding war for the ultra-rare vases at Sotheby’s in London, smashing the £1m top estimate.

A spokesman said: “The jars are the only complete pair ever to have appeared at auction.”



RELICS Medals in the sale
A chance to own fearless pilot's gongs

BY ADAM ASPINALL

THE medals of an airman who scored a crucial hit on the Bismarck during the Second World War have emerged for sale.

In 1941 Sub Lt Anthony Beale made a daring solo attack in his Fairey Swordfish biplane, two days after Bismarck sank HMS Hood with the loss of 1,415 men.

His torpedo bomb disabled the battleship's rudder and the Royal Navy finished it off days later.

Lt Beale, of 810 Squadron, Fleet Air Arm, was awarded the Distinguished Service Cross.

But he was killed in action the next year.

Woolley & Wallis of Salisbury, Wilts, expect his medals to fetch £3,000 on November 27. Medals expert Ned Cowell said his brave attack had been “of the utmost importance”.



LOST LOVE Bridget with ghost of husband Mr Darcy



Is One Day Leo the one for Bridget?

NEW BEAU? Leo in Netflix's One Day



SLIPPERY Bridget's ex-boss Daniel is back

WIDOWED Bridget Jones is once again looking for love and has plenty of material for her diary as she hugs toyboy Roxster. In Bridget Jones: Mad About The Boy, the hapless heroine (Renee Zellweger) is heartbroken by the death of husband Mark Darcy (Colin Firth), who has left her with two young children. Her tangled love life involves Roxster, played by One Day star Leo Woodall, PE teacher (Chiwetel Ejiofor) and a return of Daniel Cleaver (Hugh Grant). The rom-com is the fourth in the series, which started with Bridget Jones's Diary in 2001, and is out on February 14.

FISHY XMAS TAIL



FINTASY Story read to fishes

BY SARA WALLIS

GRUFFALO creator Julia Donaldson's tale of a tiny fish telling whoppers swims on to screens at Christmas.

Ted Lasso star Hannah Waddingham narrates the story of fishy fantasist Tiddler, whose tall tales land him in trouble but also help him find his way home.

Other voices in the 30-minute animation include those of Rob Brydon, Lolly Adefope and Jayde Adams.

Julia, 76, was snorkelling when she devised the tale and the idea that Tiddler gets home by following reports of his own story. She said: “I think it was the best moment in my

GREAT HOOK Hannah is narrator

Catch kids' writer's toon Tiddler on TV

whole writing career. I was proud as it was the opposite of The Boy Who Cried Wolf. The moral here is ‘do tell stories’”

Speaking with artist Axel Scheffler at a Tiddler preview, Julia also admitted playing with an AI text generator. She said it wasn't very good – but Axel, 66, joked he would check her next manuscript carefully.

■ Tiddler, BBC One, Christmas Day.

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Enriching lives in the community



A Greater Manchester charity that helps isolated residents and struggling parents wins £5k award from Co-op

In today's digital world, it's easy to stay in touch with loved ones. However, there are still many people who go days or weeks without speaking to another person.

According to the National Institute on Aging, the health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day.

Transforming Lives Together (TLT), a charity based in the Diocese of Chester, supports Welcome – a network of spaces where people can meet others.

TLT chairman, Rev. Dr Andrew Knight, says, "Sometimes this is where people might have their only conversation of the week."

"We also offer advice on energy bills, bereavement support, finances and cooking skills."

Another initiative run by TLT is Filling the Gap, delivering food and activities during the school holidays.

The group has now been handed a huge boost by winning £5,000 thanks to a local Co-op member choosing it for the Winners Share It All prize draw.

Monthly until Decem-

ber, 10 Co-op members will be picked to win the cash prize for their chosen Local Community Fund cause, along with £500 to take home themselves. If you're not a member but would like to get involved, all you have to do is become one for just £1 via the Co-op app.

Thanks to its members, since 2020 Co-op has shared over £58million with over 20,500 local causes across the UK.

To help start changing lives with your next shop, choose your Local Community Fund cause via the Co-op website or app and spend £5,

either in-store or online via shop.coop.co.uk. Scan your membership card at the till to be entered automatically each month for a chance to win big for your community*. Members get additional entries for every £5 spend. "The money from Co-op will help fund more community workers and training opportunities for volunteers," says Andrew. "Co-op is all about grassroots funding for projects like ours."

“ Sometimes this is where people might have their only conversation of the week ”

REV. DR ANDREW KNIGHT CHAIRMAN OF TLT

- 1 Elaine Thompson**, 69, from North Shields, Tyneside, won £2,704,666 on Lotto on December 9, 1995
- 2 Viv Moss**, 73, from Newquay, Cornwall, won a £6,048,499 Lotto jackpot on October 3, 1998
- 3 Jackie King**, 68, from Humberston, Lincs, won £14,003,369 on Lotto on November 28, 1998
- 4 Ray Wragg**, 86, from Sheffield, won a £7,649,520 Lotto jackpot on January 22, 2000
- 5 Dean Allen**, 50, from Ongar, Essex, won a £13,861,061 Lotto jackpot on August 5, 2000
- 6 Julie Jeffery**, 63, from Watford, Herts, won £1,038,997 on Lotto on June 26, 2002
- 7 Sarah Cockings**, 40, from Whitley Bay, won a £3,045,705 Lotto jackpot on April 30, 2005
- 8 Geraldine Bradley**, 55, won a

- £3,570,063 share of a family syndicate win on Lotto on March 11, 2006
- 9 Hannah Hallsworth**, 35, from Sheffield, won £1,017,166 on Lotto on November 11, 2008
- 10 Brian Sharp**, 63, from Musselburgh, East Lothian, won a £2,033,705 Lotto jackpot on June 19, 2010
- 11 Gareth Bull**, 53, from Mansfield, Notts, won a

- £40,627,241 EuroMillions jackpot on January 20, 2012
- 12 Matt Myles**, 38, from Hereford, won a £1,000,000 EuroMillions prize on April 8, 2014
- 13 Donna Hendry**, 54, from West Lothian, won a £4,078,509 Lotto jackpot on January 7, 2015.
- 14 Peter Congdon**, 76, from Truro, Cornwall, won a £13,538,113 Lotto jackpot on May 27, 2015



BY ADAM ASPINALL

From boob jobs to classic cars, luxury holidays to charitable donations, the National Lottery has funded them all in the 30 years since it launched.

Since the first draw on November 14, 1994, the Lotto has paid out more than £100billion to thousands of prize winners.

To mark the anniversary, 30 millionaires from the last three decades came together to celebrate the big day and share stories of their lives after their big wins.

Some watched their numbers come up in a Lotto or EuroMillions draw, while others struck gold on a scratchcard or by playing an instant win game on their phone.

Celebrity photographer Rankin, who has snapped icons from Queen Elizabeth II to the Rolling Stones, gathered the winners at his London studio for a shoot.

He created both intimate individual portraits and a historic group shot of the 30 winners, who represent just a fraction of the 7,400 millionaires created since the first draw.

The winners – who between them scooped more than £194million – travelled from far and wide, with ages spanning from 25 to 80.



SNAPPER Rankin

A whole 30 winners from 30 years come

Rankin said: "I am extremely lucky that I get to meet and work with extraordinary people, from famous actors and models through to NHS nurses. I remember when the National Lottery first started and it was intriguing to meet the real winners and hear their stories."

"They are normal people who had an extraordinary thing happen to them. That is what we set out to capture."

Ray Wragg, 86, from

Sheffield, won £7.6m in January 2000 – and has given most of it to good causes. He retired as soon as his numbers came up and he and wife Barbara immediately began thinking about who they could help.

Ray said: "We gave £5.5m away to family and friends, hospitals and good causes."

The couple once paid £12,000 for war veterans to revisit the Second World War battlefield of Monte Cassino in Italy, and have taken 250 local schoolchildren on a trip to see Disney on Ice, among other things. Barbara

Find out more at coop.co.uk/communities



*UK, 18+. Co-op members only, 10/04/24-31/12/24. Co-op Group food stores and web purchases only; excludes independent co-operatives. Full Ts&Cs at coop.co.uk/terms/winners-share-it-all

15 Matt Evans, 44, from Barry, South Wales, won a £2,604,015 Lotto jackpot on July 8, 2015
16 Anne Canavan, from London, won £1,054,000 on EuroMillions on August 28, 2015
17 Natalie Cunliffe, from Blackpool, Lancs, won £1,000,000 on a National Lottery scratchcard on February 19, 2016
18 Jamie Heavens, 30, from Bournemouth, Dorset, won

£1,000,000 on a National Lottery scratchcard on September 9, 2016.
19 Lesley Higgins, 63, from Perth, won a £57,975,367 EuroMillions jackpot on July 10, 2018
20 Kate Donaghey, 34 from Gosforth, Newcastle, won £1,000,000 on a National Lottery scratchcard on September 13, 2018
21 Sylvia Odolant-Smith, 47, from Essex, won the Set For Life top prize of £10,000 a month for 30 years on

October 24, 2019
22 Jodie Langston, 27, from Birmingham, won £1,000,000 on a National Lottery Instant Win game on November 4, 2019
23 Debbie Gooding, 49, from Aldershot, Hants, won £1,000,000 on a National Lottery scratchcard on July 7, 2020
24 James Evans, 25, from Swadlincote, Leicestershire, won the Set For Life top prize of £10,000

a month for 30 years on December 28, 2020
25 Ben Lowther, 41, from Cambridge, won a £1,000,000 EuroMillions prize on October 1, 2021
26 Celeste Coles, 71, from Birmingham, won £3,665,079 on EuroMillions on July 12, 2022
27 Ceri Ann Roscoe-Roberts, 43, from Bangor, North Wales, won a £1,000,000 EuroMillions prize on November 3, 2023

28 Neil Leighton, 25, from Hereford won £1,000,000 on a National Lottery Instant Win game on November 3, 2023
29 Jonny Johnston, 46, from Co Fermanagh in Northern Ireland, won a £3,800,000 Lotto jackpot on December 16, 2023
30 Joanne Jobson, 51, from Hartlepool, Co Durham, won the Set For Life top prize of £10,000 a month for 30 years on February 22, 2024



Lotto love

together to celebrate the Lottery

died in 2018 but Ray has since found happiness again after meeting Anne on a cruise and they have just purchased a three-bedroom bungalow.
 Sarah Cockings, 40, from Whitley Bay, Tyneside, won £3m in April 2005 and decided to help her two sisters out by getting them boob jobs – but not before she finished university.
 She explained: “When I won, I was studying social care at Northumbria University.
 “It was my mum’s dream to see me graduate, so I went back.”
 Donna Hendry, 54, from West Lothian, won

£4m in January 2015 along with husband David. The couple had been together for 30 years.
 They gave up their jobs and bought a house, before taking Elvis fan David’s dream holiday to Memphis. But after returning from a trip to California to celebrate Donna’s 50th birthday in 2020, David was diagnosed with cancer.
 “He died four months later and our son was only 18 at the time,” Donna said. “He’s just graduated with a first and I know his father would have been so proud.”
 The line-up also included Lesley Higgins, from

Aberdeenshire, and Gareth Bull, from Mansfield, Notts, who won jackpots of £57.9m and £40.6m respectively on EuroMillions.

Other major winners include Jackie King, from Grimsby, Lincs, who won £14m in 1998, and Peter Congdon from Truro, Cornwall, who won £13.5m in 2015.

Earlier this year, the Mirror revealed how former bus driver Peter, 76, was using his fortune to change people’s lives.

He found his calling as a chauffeur after coming to the rescue of a stranded bride during the pandemic.

Peter stepped in to help when her wedding was cancelled four times and she could not get a car in time.

Now, the big-hearted grandad-of-10 has his own fleet of cars for the needy, from teens going to their prom to people facing the end of their lives in a hospice.

He has even bought homes that he rents out at low prices to young

“They are normal people, that is what we set out to capture

RANKIN ON GATHERING THE WINNERS TOGETHER

people to help them get on the property ladder.

Speaking about the bride who led him to his new life, Peter said: “It was such a memorable moment when the bride walked out, she was expecting to climb into her dad’s car and, instead, she looked up and saw my Bentley

parked across the street and realised she did have a beautiful wedding car.

“She wept so much that she had to go back in to get her make-up fixed.”

Waiving what would be a £500 fee, Peter said: “Since then, when I hear of a bride who can’t afford a car, I’ll step in.

“I think I’ve taken more than 25 Cornish brides to say ‘I do’.

“I turn up in my best suit to help make it the happiest day of her life, and the only payment I need is the joy on their faces.”



LUCKY NUMBER Ceri Ann Roscoe-Roberts, Matthew Evans & Geraldine Bradley

'I should have been braver over Letby'

WIN YOUR CHRISTMAS SHOP WITH Iceland | the food WAREHOUSE

DESSERTS



50 PRIZES UP FOR GRABS



FROZEN PARTY THE MAIN EVENT

STARTING IN SATURDAY'S

DAILY Mirror

TERMS AND CONDITIONS APPLY. SEE SATURDAY'S PAPER FOR DETAILS.



“Why didn't I? I lie awake thinking about this”

DR JAYARAM, LEFT, ON WHY HE DIDN'T DO MORE

TV doc tells inquiry of his remorse

BY PHIL CARDY

THE TV doctor who helped expose Lucy Letby has told an inquiry he should have had more courage in voicing his concerns.

Senior paediatrician Dr Ravi Jayaram had to resuscitate a baby girl after walking into a nursery room at the Countess of Chester Hospital where her breathing tube had been dislodged.

Former neonatal nurse Letby was later convicted of the attempted murder of Child K in February 2016.

The prosecution at Letby's trial said she was caught "virtually red-handed" by him, although he did not alert the hospital.

Giving evidence at the Thirlwall Inquiry, which is looking into the events surrounding the crimes, Dr Jayaram said he had been sitting outside the nursery reading medical notes when he realised Letby was alone with Child K.

He said he felt significant discomfort, but thought he was being irrational, and went in to ensure everything was fine.

Dr Jayaram, who has appeared on the BBC's *The One Show* and ITV's *Good Morning Britain*, said: "What I walked in and saw was a baby clearly deteriorating and when I went to assess Baby K the ET [endotracheal tube] was dislodged. My priority was to resuscitate Baby K, which I did successfully. I'll take

this with me to my grave. At that point I thought, 'How has that happened?'"

Explaining why he said nothing at the time, he said: "It is something of a mea culpa. Why didn't I? I lie awake thinking about this. It's the fear of not being believed. It's the fear of ridicule. It's the fear of accusations of bullying."

"I should have been braver and should have had more courage because it was not just an isolated thing. There was already a lot of other information."

He said he became aware Letby could be causing inadvertent or deliberate harm when he returned from leave after a baby girl, Child I, died in October 2015.

He recalled conversations among fellow consultants and in June 2016 he approached a hospital boss.

Dr Jayaram, who apologised earlier to parents, said: "I could have specifically said, 'You must remove her from the unit', and I didn't."

Letby, 34, of Hereford, went on to murder Child P, a baby boy, before being put on clerical duties in July 2016. Police were alerted in May 2017.

She is serving 15 whole-life orders for murdering seven infants and attempting to murder seven others, with two attempts on one victim between June 2015 and June 2016.

The inquiry, at Liverpool Town Hall, is expected to sit until early 2025.

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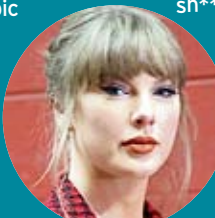
KILLER Jailed Lucy Letby

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THE DIARY

with Ashleigh Rainbird

Taylor Swift might have some eggnog lined up, or a nice festive whisky for when her epic Eras Tour wraps up next month. The megastar has been sober while on the road, according to support act **Beabadoobee**. "She said she was doing this tour sober, and it made everything make sense," the singer tells *Cosmopolitan*



DRY TOUR Swift

UK. "She's a beast, dude - three-hour long shows every night, choreo. All this crazy sh**. No supping on alcohol!" "She also helped me see that even when things are so epic, mistakes happen. You keep going. She helped me learn to stop freaking out about the little things." The December/January issue of *Cosmopolitan* UK is on sale from November 19.

Marveling at their Zen moment

Marvel bosses witnessed some real chemistry when they were casting for Spider-Man.

Zendaya and her now boyfriend **Tom Holland** first met during a script read-through in 2016 to test how they got on with each other.

And producers must have been beside themselves with how much chemistry emerged.

Zendaya, who plays MJ in the blockbuster franchise, is now working with her boyfriend as a result of the meeting and says it does not feel weird in the slightest.

"It's actually strangely comfortable," the 28-year-old tells *Vanity Fair*. "It's like second nature, if anything. You feel extra safe with the person you're acting beside."

"I love working with him. He's so talented, and so passionate about what he does. He always gives things 1,000%, even if he's absolutely worn down. I really appreciate that about him." She adds of 28-year-old Tom: "It feels

pretty normal. That's how we met. Literally, at a chemistry read."

The couple first starred opposite each other in 2017's *Spider-Man: Homecoming*, and were officially dating by 2021.

But *Euphoria*'s Zendaya has also had moments of cringe opposite her male co-stars, especially on the set of tennis film *Challengers*, in which she starred with **Josh O'Connor**.

"Man, I felt so bad with Josh," Zendaya grimaces. "I was like, 'I'm constantly just slapping you, and spitting on you. This is just so awful, I'm so sorry'."

"He was so cool about it."

Zendaya stars on the cover of *Vanity Fair*'s Hollywood edition, alongside **Nicole Kidman** and **Dev Patel**.

Read the full interviews at vanityfair.com



"I love working with him. He is so talented, passionate and always gives 1,000%"



INTERVIEWS
Vanity Fair's
Hollywood
edition

Love Islanders are made to wear so little in the villa, it's no wonder they like to wrap up warm in scarves when they're out and about.

This Brentford FC scarf seems a hot A/W '24 accessory thanks to **Olivia** and **Alex Bowen**, who met in the villa, and **Molly Smith** and her boyfriend **Tom Clare**, who coupled up on the All Stars version, who all sported them at the Gtech Community Stadium.



WARM Couples with Gtech's Nick Grey

Michael Ball once almost choked on a lozenge while on stage. The crooner, 62, always keeps one in his cheek as he performs, but once one got

lodged in the back of his throat while belting out *Love Changes Everything*. "I did a big breath in and it got stuck," he recalls. "I just



CHOKE'S ON YOU Michael

thought 'let's use the force of air' and it came flying out into the sixth row." Keep an eye out for flying lozenges at his gigs.



LIGHT & SHADE
Gardener
Caspar Todd

Happy to be on his Todd..

Fresh from *Married at First Sight*, newly single groom **Caspar Todd** is ditching dating apps in favour of getting back to nature.

The gardener - whose ill-fated marriage to **Emma Barnes** went downhill despite their best efforts - insists he won't be popping up on any other reality dating programmes, though he wouldn't turn down the chance to become the "**Joe Wicks** of gardening".

"I don't think many people would say gardening is sexy," he says. "Relationships, like plants, can flower - but they also have lean spells where they need more care."

"Like plants, some humans need different things. Some plants like wet and shade whilst others need sun and to be well drained."

"That sums up Emma and I - I'm a Forget Me Not and Emma is a Peony and we need different things."

This is a good way for TV addicts to learn how to tend to their plants.



BRIDE
Emma

"Singing is for real men."


Real man Liam Gallagher gets real ahead of Oasis' tour



In catastrophic news for biscuit fans, **Catastrophe's Rob Delaney** recommends cutting out flour and sugar for good health.

"I did an interesting thing, out of vanity, about a year ago," he tells the *Table Manners* podcast. "My weight would bounce back and forth... so I stopped eating flour and sugar. I figured I am pushing 50, I like my children, I like my wife, I'd like to be around, maybe if I could dial down the guarantee of some sort of cardiac event - why not?"

He's not taking the biscuits.



Picture: GORDON VON STEINER

Soldier 'spy' had a half-hour Iranian call while at US base

BY **GEORGE LITHGOW**

SUSPECTED spy Daniel Khalife had a 30-minute phone conversation with an Iranian agent while posted at a US army base, his trial has heard.

The former soldier was posted to Fort Hood in Texas in 2021 where he took part in a joint exercise, jurors were told.

While there, Khalife, 23, took photos on his phone of passwords, a floppy disk and a USB

PHONE CALL Daniel Khalife



stick used to access sensitive military communications systems, but denied sending them on to Iranian agents.

Prosecutor Mark Heywood KC said the call with an Iranian agent had "rekindled their interest" in him. But Khalife told Woolwich crown court, in south east London: "The narratives that I told in those phone calls were false."

Khalife admits escaping from a prison but denies spy charges. The trial continues.

OUR DAILY PUB QUIZ

- 1 Which educator and author said: "I am not a product of my circumstances. I am a product of my decisions"?
 - 2 What is the phenomenon where you hear a song and can't get it out of your head?
 - 3 Which fruit was once referred to as the "king's fruit"?
 - 4 What fruit contains the most protein?
 - 5 Which car firm made the Zephyr?
- ANSWERS: PAGE 43**

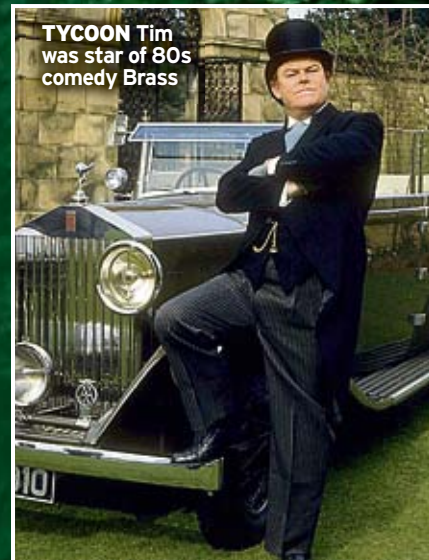
TRIBUTES FOR



TOGETHER Tim and Pru on canal in 2017



ROYAL ROLE As Edward VII in 1975 series



TYCOON Tim was star of 80s comedy Brass



LAST EVENT Timothy with Queen in May

BY **JANINE YAQOOB**

Over a 60-year career on stage and screen, Timothy West has taken on many titles – King, Prime Minister, Professor, Private. He was a captain of industry, a father figure and a love interest.

But what became clear in his later years is that one role meant more to him than any other: Husband.

Timothy, who has died aged 90, was the main carer to his wife of 61 years, Fawcety Towers star Prunella Scales, 92, who is living with dementia.

After her diagnosis in 2013, the pair threw open the doors to their lives for documentary series Great Canal Journeys, in which the veteran actors won over a new generation of fans touched by their love story and stoicism.

Over 10 series, keen narrowboaters Tim and Pru sailed waterways as far afield as Venice, Argentina, Canada and

Cambodia – as well as some closer to home. They spoke frankly about Pru's vascular dementia, earning praise from Alzheimer's Research UK for helping to destigmatise the condition.

Even after their last series ended in 2019, Timothy kept raising awareness of what was happening to his beloved wife before his eyes.

"Pru doesn't have much awareness of time so when she joins me in the living room, her face lights up as if we've been apart for days," he wrote in Pru and Me last year.

"The look on her face makes me realise how much I love her."

Gyles Brandreth, who alongside Sheila Hancock took over the boat show after Tim and Pru, said: "On stage, on screen, on a canal boat, on the end of a pier... in the garden with a glass of wine, he was just the best."

Dame Joanna Lumley, who

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STAR TIMOTHY WEST, DEAD AT 90

LOVE STORY
Timothy and
Pru in 1992



SOAP STAR As
EastEnders'
Stan in 2015

On stage, on screen, on canal boat... just the best



DRAMA With
Suranne Jones
in Gentleman
Jack in 2019

campaigning alongside Timothy to destigmatise dementia, said: "Timothy really will be a huge loss."

"Obviously, to Pru, but I think a huge loss to everybody who came to love and respect them."

"I think between them, Timothy and Pru did an amazing job of convincing people that dementia was not something that you should be always afraid of, but something that you could embrace and live with."

Born in Bradford on October 20, 1934, Timothy moved around and went to school in Harrow and Bristol.

The son of actor Lockwood West, he worked as a furniture salesman and a recording engineer before becoming assistant stage manager at the Wimbledon Theatre in 1956.

Timothy made a name for himself

during three seasons with the Royal Shakespeare Company, and in 1961 first met Pru while making BBC play *She Died Young*.

He became a household name in 1975 when he starred in the title role of *Edward VII*, a historical drama series, alongside his real-life sons Samuel and Joseph.

Something about Timothy was clearly suggestive of Winston Churchill, as he played the great war leader three times – in *From Churchill and the Generals* in 1979,

“ He was a remarkable talent... my heart goes out to Pru

NICHOLA MCAULIFFE, PLAYWRIGHT, ON TIMOTHY

1984's *The Last Bastion and Hiroshima* in 1995.

His other roles included Commissioner Berthier in 1973's *The Day Of The Jackal*, King Francis in *Ever After: A Cinderella Story* in 1998, and Nazi physician Karl Gebhardt in *Hitler: The Last Ten Days* in 1973.

On TV, he was tycoon Bradley Hardacre in *Brass*, Professor Furie in *A Very Peculiar Practice*, Jeremy Lister in *Gentleman Jack*, Eric Babbage in *Coronation Street* and Stan Carter in *EastEnders*, along with guest spots in *Midsomer Murders*, *Miss Marple*, *Poirot* and *Lewis*.

Timothy was appointed CBE in 1984 for his services to drama and continued to act until 2019, when he

played Private Godfrey in *Dad's Army: The Lost Episodes*. In one of his last public appearances, Timothy spoke to Queen Camilla at a garden party in Rye, Sussex, back in May. He was joined by Pru – of course.

Playwright Nichola McAuliffe said: "He was a remarkable talent. Even in the most serious scenes, there was a little twinkle that would just creep in. "And that giggle where his eyes would crease up so you could hardly see them. He was just hilarious."

"My heart goes out to Pru. They had such a real depth of love."

Timothy's children Juliet, Samuel and Joseph said in a statement: "He leaves his wife, a sister, a daughter, two sons, seven grandchildren and four great-grandchildren.

"All of us will miss him terribly."

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VOICE OF THE MIRROR: PAGE 8



FAMILY With Sam and Joe in early 1970s

Introducing the BBC's tip for top who has Myles of talent

BY CHARLOTTE MCLAUGHLIN

FOLK and pop singer Myles Smith has become the latest act to be crowned BBC Introducing's artist of the year.

The 26-year-old is best known for his hit Stargazing, which reached number four in the UK charts and has more than 16 million YouTube views.

Luton-born Myles said of the prize: "That's made my entire year, that's incredible."

"I literally cannot believe [it]. It **DELIGHTED** Singer Myles Smith



means so much to me to be awarded this award. All of the hard work and all of the sacrifices feel so worth it.

"BBC Introducing to me is more than just this small family. It's a real culture.

"It's a real thing that moves people's lives and changes people's lives in so many different ways.

"And going from the uploader to this award and now touring the world shows its impact."

Previous winners include Olivia Dean and Arlo Parks.

Fake gran is conman bait

O2 has created an AI elderly grandma to waste phone scammers' time.

The telecoms firm said it had created Daisy in response to a finding that 70% of us want to get our own back on con artists.

She has kept some scam callers busy for 40 minutes. Murray MacKenzie, of O2, said: "We're committed to playing our part."

Ahead of International Fraud Awareness Week beginning on Sunday, O2 urged recipients to forward scams to 7726 for free.



marie claire

Eva: I'm aiming for a Longer life

BY ASHLEIGH RAINBIRD

DESPERATE Housewives star Eva Longoria says she is embracing every anti-ageing trick available as a milestone looms.

Turning 50 next March, she says: "For me, age is just a number, but I'm excited."

"I refuse to believe my greatest success is behind me." Detailing her anti-ageing efforts, she says: "I'm cold-plunging, I've got red lights on, I strength train with weights, I meditate, I'm journaling..."

But with Donald Trump heading back to the White House, Texan-born Eva, husband Jose Baston, 56, and their son Santiago, six, now live in Spain and Mexico.

Speaking to Maire Claire about the US, the actress said: "If he keeps his promises, it's going to be a scary place."

The full article is in November's Marie Claire and at marieclaire.com.



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Snack mix

BY PAUL ANDREWS

THE vital ingredients of a night in include snacks, music and having nothing to do, according to a poll.

The study found the ideal time to get home and start snacking was 5.30pm.

For 55%, the first priority is to slip into something more comfortable.

Candles and music are essential for 29% of us and 13% like to use a spare evening to finish a video game.

But a huge majority, 74%, actively look forward to having nothing at all to do.

The study also found 66% prefer a night in to going out, and 52% would rather spend

Best bits of good night in revealed

that time alone. More than half, 55%, dread visitors on evenings in.

And 65% admit they have cancelled social plans just to enjoy some alone time instead.

With the nights drawing in, 15% say they are practising "gentle living" - a wellness trend meaning being kind, calm, and soft to yourself.

More than a third, 35%, feel



GENTLE LIFE Reading is fave



marie claire

and chill..

more in need of self-care once the clocks go back. The research was commissioned by Timotei as part of its podcast series A Gentle Start: The Showercast, designed to be enjoyed during a shower. Cleo Hector, from the haircare brand, said: "As we move from summer into the chillier months, many Brits are keen to slow down and be gentler to themselves. "Most are looking to boost their wellness routines this winter. A bath or shower is one of life's simple pleasures. "And with our new podcast you can unwind and learn about gentle living from inspirational women like Laura Whitmore and Martine McCutcheon."

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TOP 14

1. Read a good book
2. Enjoy a hot bath
3. Watch a classic film
4. Enjoy a hot shower
5. Light candles and play music
6. Binge-watch the new hot TV series
7. Order a takeaway
8. Bake something indulgent
9. Play board games
10. Care for houseplants
11. Listen to a podcast
12. Try out a new recipe
13. Yoga or stretching session
14. Home spa treatments

Parents add to maths woe

PARENTS are passing on their fear of maths to their children, a study found.

Some 41% of parents remember their mum saying "I'm not good at maths" or "maths is hard".

Only 14% remember dad saying something similar, Mumsnet and the charity National Numeracy found.

Some 35% admitted they make similar negative comments about maths in front of their children.

Mumsnet chief Justine Roberts said: "It has real consequences in life."

'Wolfman' killer's DNA hope of being cleared 37 years on

BY HOLLIE BONE

FRESH DNA evidence has called into question the murder conviction of a man jailed 37 years ago for the killing of a young bride-to-be.

Peter Sullivan, 66, was given life for the 1986 murder of Diane Sindall.

The 21-year-old was beaten with a crowbar, stripped and left in the street with bite marks across her body.

Sullivan was dubbed "The CASE REVIEW Peter Sullivan

Wolfman" after confessing to the murder in the Wirral, Merseyside.

He later retracted his confession and has applied for a case review, raising concerns about his police interviews, bitemark evidence presented in his trial and the alleged murder weapon.



The Criminal Cases Review Commission said: "A DNA profile was obtained which did not match Mr Sullivan. The CCRC has now sent [his] conviction back to the courts."

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array of amazing prizes – from luxury cars to once-in-a-lifetime holidays and, of course, huge cash giveaways. And the best part? It's all completely free to enter! Join the fun and enter now for your chance to win big this Christmas.

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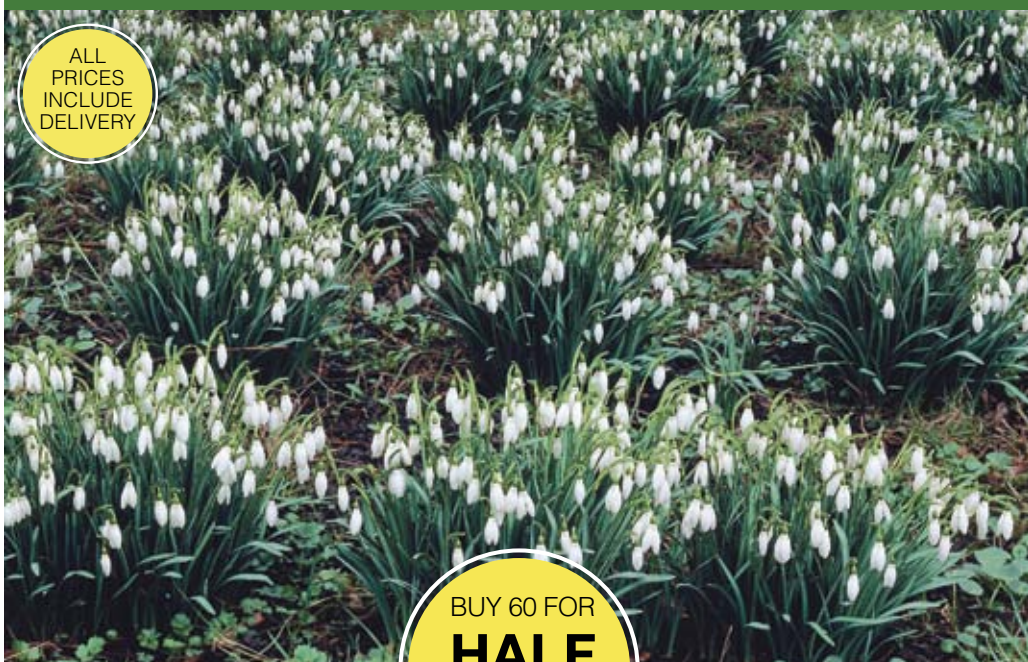
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TV STAR IN VIR

EXCLUSIVE
 BY MATTHEW BARBOUR

Death in Paradise star Ralf Little has landed a critical new role, fronting a hi-tech campaign to warn schoolchildren about the danger of knives.

Children use virtual reality headsets to follow the actor, as he interviews parents who have lost youngsters to knife crime, plus air ambulance pilots and police custody sergeants.

Ralf, whose brother is a surgeon at Royal Liverpool University Hospital, also goes into operating theatres, where victims are treated.

The VR tech immerses viewers in the situation as they can look all around, with a 360-degree perspective.

Ralf interviews Leeann White, whose 12-year-old daughter Ava was fatally stabbed at the Christmas lights switch-on in Liverpool on November 25, 2021.

They speak in Leeann's back garden, where there is a painted mural of her daughter.

Ava was stabbed in the neck by a 14-year-old after she objected to a group of boys filming her and some friends for a Snapchat video.

Leeann explains that she hasn't been able to work or enjoy Christmas since Ava's death and now devotes all her time to going into schools to talk about knife crime, as well as raising funds for bleed control kits.

After saying he understands her struggle, Ralf tells her: "It feels like what's the point?"

Praising the star, Leeann says: "Ralf just seemed to get it so quickly, my pain. He was simply lovely and it's amazing he has given his time to help."

Ralf, who stopped studying medicine when he landed a role in The Royle Family, also speaks to the family of Daniel Gee-Jamieson.

Daniel, 16, bled to death in 2018 in his mother's arms after being stabbed in a park in Liverpool.

The videos are a collaboration between The People's Learning Trust, an academy chain in Merseyside where they are being trialled this autumn; the north west charity KnifeSavers and award-winning production company Ark Immersive, run by film-maker and former Hollyoaks actor Matt Littler.

Aintree Hospital consultant trauma surgeon Nikhil Misra founded KnifeSavers in 2018.

The charity, which concentrates on installing bleed control kits in public places to save lives after stabbings, has provided lesson plans to go alongside the films in PHSE classes.

Nikhil said: "I started KnifeSavers after I lost a patient who was stabbed in a schoolyard brawl, and as a dad of two, I knew something had to be done."

"I was a sceptic about these VR videos at first but I'm a complete convert now. I was blown away at how sobering they are, really bringing home the horrible reality of what we are increasingly seeing in hospitals up and down the country."

"These videos transport you directly into my operating theatre to see the

Ralf g amaz to ba



TECH Ark Immersive's Matt Littler with Ralf

AID Ralf Little and Nikhil Misra with mannequin that has knife-type wounds to help train people in bleeding control



lived experiences of surgeons battling to save lives.

"You feel the ongoing pain of families ripped apart, you hear custody officers in police stations and air ambulance medics talk about being first responders, when they see a young life hanging by a thread."

"It's incredibly powerful." Funded by the Steve Morgan Foundation charity, the aim is for the films, which also show how to use bleed control kits, to be rolled out to schools nationwide next year.

Steve Baker, of The People's Learning Trust, says: "Matt Littler, from Ark, and I talked earlier this year about how the punitive approach to knife crime simply isn't working, and wanted to do something proactive so kids really

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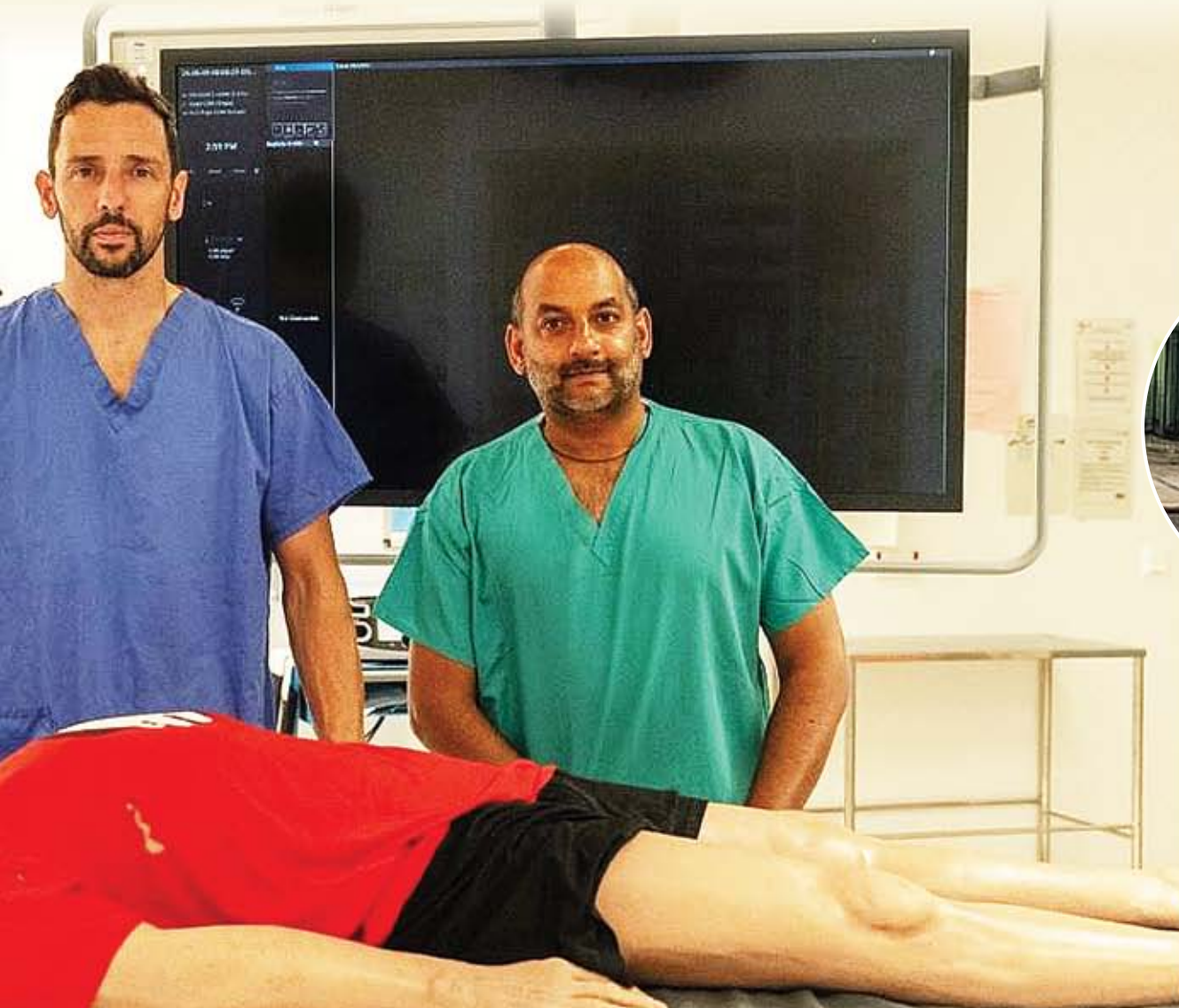
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GRIM Trauma nurse Andy Howell, Ralf and Matt at Royal Liverpool University Hospital



INTEREST Children in Kenya use VR headsets



STABBED Ava White



VICTIM Daniel Gee-Jamieson



AIR TIME Ralf, centre, with ambulance helicopter crew

derstood the consequences of their actions before they stabbed someone. These ground-breaking virtual reality films put the pupil directly into the awful and often terrifying situations that result from knife crime. It is a completely different experience to watching footage on a flat television screen – using cutting-edge technology to solve a problem that's growing exponentially. Hearing a parent talk years later about the going and devastating consequences of losing their child, or a surgeon explain the horror of losing a young life on an operating table,

we feel massively confident they will make a difference." Steve recently returned from a fact-finding trip to Kenya, where local children trialled the headsets.

"They transform what would be a passive, potentially boring experience into one that is instantly engaging and completely engrossing," he

says. The trust is providing 10 Meta Quest2 headsets, costing less than £200 each, for local schools during the current trial and is pledging further funds for schools in the region without access to them.

Steve said: "We're hoping that if this immersive experience proves successful, it can be rolled out into other problem areas, such as male

suicide and county lines. We're wanting to use the latest technology to solve issues which are causing massive problems in society."

The People's Learning Trust is also working with both Everton and Liverpool football clubs to help educate local children on the impact of knife crime.

An Everton FC spokesman said: "Everton, Everton in the Community and The People's Learning Trust play a vital role within our community.

"In a period when our region and country has been rocked by knife crime, this programme led by The People's Learning Trust seeks to not only bring forward the voices of victims' families, but uses the latest technology to speak directly to young people about the harsh realities of knife crime. It also

provides vital information to educate young people on how to behave, what to do and how to potentially save a life in such a situation."

Leeann said: "Ava was a massive Liverpool FC fan, and to link this project up with Liverpool and Everton is a brilliant idea. Football is the common language of all the kids around here, the perfect way to carry this message."

According to the Office for National Statistics, there were more than 50,000 violent knife crimes in England and Wales in the year to April 2024 – and 233 murders involving a knife or sharp instrument. Of the victims, 78 were under 25 and 10 were younger than 16. Many of the killers were teenagers.

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MUMS Leann White with Mandy Jamieson

“Ralf just seemed to get it so quickly.. he was lovely to have given his time
LEEANN WHITE WHOSE DAUGHTER WAS STABBED BY A TEENAGER

LIFE live it well

PITCH The sisters braved the Den



DOUBLE ACT Twins Carrie (left) and Tori love working together



Identical twin sisters who juggle their manicure gadget business with the school run are selling out after appearing on the BBC show - even though the investors rejected them

How we survived Dragons' Den

AS IDENTICAL TWINS AND entrepreneurs Carrie Salmon and Tori Deely prepare for the Christmas rush, they are giving thanks to some semi-mythical figures. No, not Santa and his elves but the BBC's feared multi-millionaire investors, the Dragons.

The sisters, 42, from West London, may not have raised the investment of £60k for 35 per cent of the business that they had hoped for when they appeared on Dragons' Den in April, but they have been stunned by the impact of simply being on the show.

When Carrie, Tori and their families gathered around their screen to watch their episode in which they showcased their patented portable nail-painting station, Nailpad, sales started almost immediately.

"Within five seconds we got a 'bing' on our website," says Carrie. "We sold out that night and then went straight to pre-orders. Then we were on the phone to the manufacturer again to fulfil them."

"The sales increase is over 1,000 per cent post-Dragons' Den."

Nail influencers including nail artist Kirsty Meakin, Wears My Money's Kate Hiscox and Carly Media Make Up (who used Nailpad on Helen Skelton) are also fans of their product and the twins are about to feature on the shopping channel ShopOnTV (on ITV and Freeview Channel 89) from mid November. Carrie and Tori are

delighted, especially as the business - which they run from the kitchen table during school hours as they have five primary school age children between them - came about thanks to a 'eureka' moment.

Ten years ago Tori was sitting on the sofa, painting her nails when she overshot her fingers and ruined a pair of jeans.

"I thought, 'there has to be a better way of doing this,'" she recalls. "I thought, wouldn't it be good if you had a round flat surface, with a fold-out fin that could go between your legs so it rests safe and secure on your knees. I jumped up and sketched it out."

Carrie picks up the story. "We were living in Hong Kong but over the phone Tori said, 'I have to run this by you'. My husband's background was in software so he set out to find a good designer."

Tori's husband Joe mocked up a wooden prototype and after testing a few different versions, they finally landed on their final Nailpad, which even has a well to hold a bottle of nail varnish.

By 2019 they were ready for market, but within months the country was in lockdown.

"But everyone was at home, and our product was there to help people do their nails," says Carrie, who works in marketing, while Tori's experience lies in HR. A lot of people kept saying to us that we should go on Dragons' Den. And we thought, 'what have we got to lose?'"

Tori adds, "Everyone kept telling us to do it, even people we didn't know. We had a stall at a Christmas market and a lady came up and said, 'you should do Dragons' Den'."

They applied, were accepted, and called in to film in June 2023.

"I panic-bought an outfit on the morning of filming," Carrie

laughs. "In the Den we gave everyone a Nailpad and a polish. Sara Davies and Deborah Meaden used it and helped demonstrate the product to the other Dragons."

"They all gave us ideas to talk about and consider - licensing, partnerships, collaborations... there was something from all of them."

But they received extra support from an unexpected quarter.

Carrie says, "Touker Suleyman was brilliant. He told us to come and meet his team. We met up with him and he gave us feedback and some business pointers to help us get to the next level."

When the sisters found out their transmission date - and realised they'd be in Austria together on a family skiing holiday - they had only a few weeks to prepare.

"We didn't know what would happen but we hoped we'd get more sales so we called our manufacturers in Malaysia," says Carrie.

"We managed to stream the show on our laptop," Tori adds. "From that five minutes of TV time we've gained new customers, international sales and a new demographic - men and women all buying Nailpads as gifts."

But the real joy for Tori and Carrie is working together. "A look says a

lot between us. There's nothing like celebrating the highs together!"

So what's their advice for others going on Dragons' Den? "Don't forget to breathe" says Carrie.

And don't feel bitter if you don't get the Dragons' cash.

"We just felt so fortunate to be part of the experience," says Carrie.

"And enjoy it," adds Tori. "It was the most amazing experience so embrace it as it's once in a lifetime."

INTERVIEW BY **LUISA METCALFE**

■ **For more information visit nailpad.co.uk or visit @nailpad at Instagram and TikTok**

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Edited by HANNAH BRITT

How faux can you go?

BY EMMA JOHNSON

Leather has long been a fashion staple and from coats to trousers, we have been leaning on the material for decades. Of course, these days it doesn't need to be the real thing as faux leather looks so good it can be hard to tell the difference.

But whether you go for faux for ethical or expense concerns there is plenty to choose from on the high street. Naturally, there is no shortage of black – but if you want to make a style statement, opt for faux leather in one of the shades of the season.

A khaki midi skirt teamed with a sweater is an on-trend weekend look. And, speaking of trends, buy anything in burgundy – from wide-leg trousers to a chic midi dress – and you are guaranteed to look like you have your finger on the fashion pulse.



Khaki popper dress £85, ankle boots £95, Sosander. Boots stylist's own



Knitted top £35, leather look trousers £39.50, bag £35, shoes £35, Marks & Spencer



Chocolate coat, £37.80, Simply Be. Other items stylist's own



Diamante jumper £20, faux leather skirt £20, Peacocks. Shoes stylist's own



Lipsy burgundy faux leather midi dress £65, Next. Accessories stylist's own

10 OF THE BEST... KNEE-HIGH BOOTS



Tan suede £111.75, Crew Clothing



Kitten heels £69.99, Zara



Snake-print £184, Mango



Silver high heels £59.99, New Look



Blue croc £36, H&M



Anna Field £49.99, Zalando



Black high-heeled boots £36.40, Boohoo



Silver ruched £90, River Island



Lotus Elsa boots £75, Debenhams

TOP of the SHOPS

We find out what's hot on the street this week

COOK

Spice up your life with two new hot sauces created by Brooklyn Beckham, eldest son of David and Victoria. The aspiring chef has launched Hot Habanero and Sweet Jalapeno, £14.99, under his own brand, Cloud 23. We can report that they are delicious and fruity with a real kick. Available in Whole Foods Market.



HOME

If you and your partner can't agree on how warm you want to be in bed, Eve Sleep's customisable duvet could be the answer. The Wunderflex Multiway Duvet, from £139, comes with 4.5 and 9-tog layers, and can be zipped together, giving you a different weight of duvet on each side. Visit evesleep.co.uk



BEAUTY

There's a bit of a buzz about Emma Bridgewater's new partnership with Wild. The ceramics brand has designed a whimsical refillable case for Wild's natural deodorant. Decorated with cute bumblebees, it's the perfect match for the Honey & Cactus Flower deodorant. The case plus one refill costs £18 at wearewild.com



DRINK

Give your morning cuppa a healthy makeover with Exhale Coffee. The beans are sourced and roasted in a way that enhances the levels of polyphenols, meaning you get more antioxidant goodness per cup than other types of coffee. We loved the Organic Dark(ish) Roast, £12.50. Visit exhalecoffee.com to order.



WEAR

Noughty, the natural hair-care brand, has teamed up with the women-led organisation Bluemadegreen in Kerala, southern India, which upcycles used and leftover fabrics, to create its Limited Edition Zero-Waste Scrunchies, which come in a pack of three for £8.99, with no two designs alike. Visit lovenoughty.co.uk for more.



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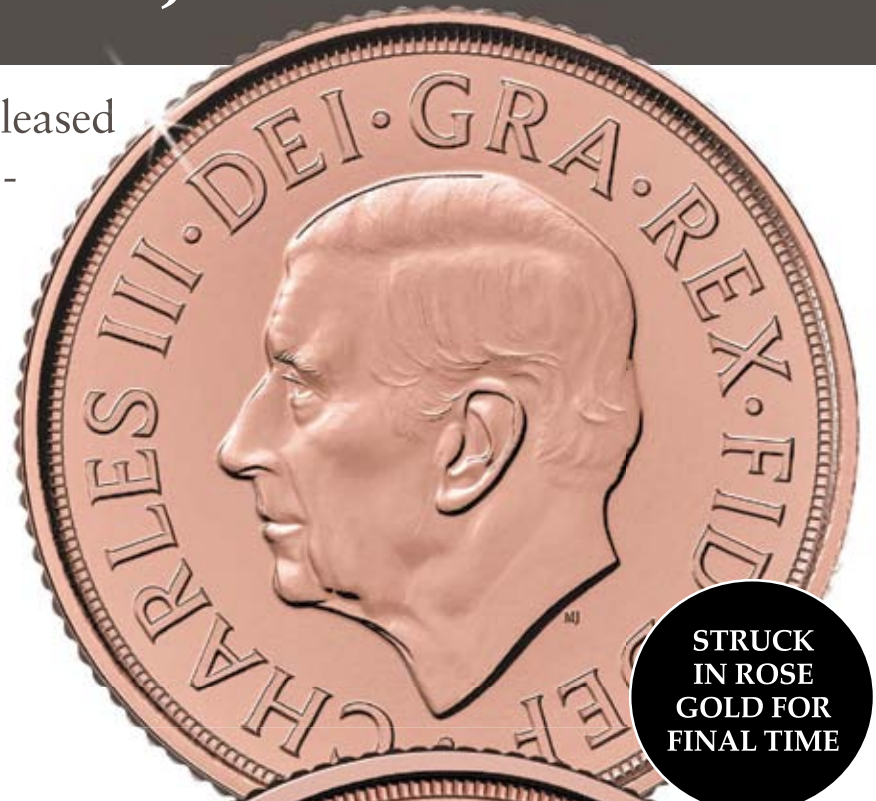
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dearcoleen@mirror.co.uk



DEAR COLEEN

Hubby's left home because he can't deal with our baby

Dear Coleen

Recently, my husband left to go and live with his mum, saying he couldn't cope any more and didn't know if he could "do the whole baby thing".

We have a son who is a year old and I suppose he came along quite late into our relationship because we've been together for eight years.

I was desperate to be a mum, so when it finally happened for us, I was over the moon. My husband was happy at first too, of course, but since the baby arrived he's struggled with fatherhood. He gets really snappy, and won't help out much, saying he does it all wrong and I'm better at it. He's just kind of checked out.

I feel so sad about all this and don't want to give up on our marriage, especially now we have a son, but I don't know what to do. His mum thinks he just needs some time to get his head straight, but my mum thinks he's a selfish and pathetic and needs to grow up.

I think there's probably some truth in what they're both saying. But right now I'm heartbroken and coping mostly on my own. I never expected things to turn out this way.

Coleen says

It sounds as if he's having a crisis and I hope he wouldn't have left unless he really felt there was no other option.

But I hear what your mum is



saying - if you were feeling panic and worried you weren't any good at parenting, you'd still have to stay for your son.

You both created this child together, so it's just not good enough to throw your hands up and say, "I can't deal with it. I'm out of here".

It does feel incredibly selfish. However, maybe his mum is right, too, in that he just needs some space to get his head around things.

I think he needs to communicate more around why he feels he can't cope.

Maybe it's the responsibility of looking after and providing for this tiny human that's freaking him out? Is it the change in lifestyle, the impact on your relationship, the exhaustion, or all of the above? Could he be feeling anxious or

even depressed? But if he misses out on this wonderful time in your son's life, then he's the loser.

Yes, parenting is very hard at times, but it's all worth it and you can cope if you help each other. I know you feel very angry and let down, but keep talking and try to understand a bit of what he's feeling and why.

And when you are together with the baby, try not to criticise him if he does something you wouldn't do. Try to give him bit of belief in himself.

Parenting is a steep learning curve and we all get things wrong. I hope you can work this out together with the support of your family but, if you're still struggling, then please encourage him to give some relationship counselling a go.

“ Does he need time or is he being selfish and pathetic? ”

COLEEN'S WORDS OF WISDOM

Never change yourself to fit in somewhere or to get people to like you. If you have to change then you're in the wrong place or with the wrong people. Stay true to who you are and you'll find your place and your people.

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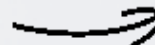
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TODAY'S TV

with SARA WALLIS



INVITE Nicola's going to the lunch with Teddy and Billy

EASTENDERS
BBC1, 7.30pm

Nicola introduces herself to Honey and manipulates an invite to the lunch she's arranged with Teddy and Billy. During lunch, Nicola puts Billy and Honey in the picture about her marriage to Teddy, making him squirm. The wedding planning is ramping up at The Vic as Johnny is put in charge of the hen do, while Elaine tries to persuade George to ask Junior to be his best man. And Bernie confronts Kathy, who apologises and asks for forgiveness.



HARASSED Diane, Anna and Paul star in pilot

MOTHERLAND
BBC2, 10pm

A chance to watch this excellent, totally relatable school-mum comedy from the very beginning. Starring Anna Maxwell Martin, Lucy Punch, Diane Morgan and Paul Ready, it follows these harassed parents as they deal with annoying kids, smug school-gate mums and the endless blessed juggle. In this pilot, Julia (Maxwell Martin) stupidly invites the entire class to her daughter Ivy's birthday party, hoping for reciprocal invites for childcare. But Ivy starts vomiting and the Animal Man entertainer only has cats.



LEAD Aldis Hodge plays Detective Alex Cross

PICK of the DAY

Spotlight on a serial killer

CROSS
Prime Video

BASED on the bestselling novel series by James Patterson, this is the highly anticipated TV adaptation starring Aldis Hodge in the lead role. Since the launch of the first Alex Cross book, there have been over 30 in the series, selling more than 400 million copies worldwide and

inspiring three movies starring Morgan Freeman and Tyler Perry. This adaptation promises to dig deeper into the world of the forensic psychologist and detective, discovering who the real Alex is. An obsessive learner, he's also a grieving widowed father of two, who is about to crack open the biggest case of his life. Aldis, who has starred in Straight

Outta Compton and Black Adam, says he was drawn to the role because of his love of true crime. He says: "I'm a fan of true crime for sure. I'm definitely a big psychology buff. I like to understand the nature of people's psychosis. "I hope people get pure joy and entertainment. It's a show that's fun, emotional, sexy and it has all the pieces. If you know the books, I hope you come and get what you feel you've been reading for ever." As the action kicks off, Cross faces a sadistic serial killer who has left a string of bodies around the city. As Alex and his partner John Sampson (Isaiah Mustafa) track this killer, a mysterious threat from Alex's past returns to destroy everything he's done to keep his family, career and life together.



OUT OF ORDER? Panic for David and dilemma for Fiona

EVERYONE ELSE BURNS
Channel 4, 10pm

This is the series finale of this sitcom about a family from Manchester who belong to an ultra-religious Order fearing the end of the world. And now, their world really is imploding... When Maude (Sian Clifford) reveals the break-in to Samson (Arsher Ali), he announces that David (Simon Bird) will be excluded from the Order. When David is told the news, he flies into a panic. Will the rest of the family leave with him, or can David

convince the Order to show mercy? Maude also has something to show David that all sounds deeply sinister. Fiona (Kate O'Flynn) has a lot of soul searching to do, suddenly having the furious revelation that 20 years of giving up everything for the Order would be completely pointless if she were to leave now. Amid the drama, wedding bells chime for Joshua and Heather, but when Joshua flees in a panic, Rachel (Amy James-Kelly) tracks him down for a heart-to-heart about the events that drove them apart.

TASKMASTER - THE FINAL
Channel 4, 9pm

It's been a close-run series, but now only one person can take home the prize, which Greg Davies calls: "A golden fibreglass effigy of the Lord Priest of silver foxes" Andy Zaltzman, Babatunde Aleshe, Emma Sidi, Jack Dee and Rosie Jones compete one last time, hoping for the points that will see them lift that golden trophy. Excitement levels are high - Jack even has red socks on. First they must

each bring in something that would make your buttocks clench. As a result, Greg is harassed with a rather large stick. In one task, they must count the number of chairs in a cinema while naming objects on the screen, but who will spot some tiny chairs? But their ordeal is not yet over. Who will eat raw onion? Who will punt a giant egg into the sky? Can anyone find a needle in a haystack? And, most importantly, why is Alex Horne honking?



ORDEAL Andy, Babatunde, Emma, Jack and Rosie

In the **DAILY MIRROR** Saturday



All the new shows, soap news and 7-day listings

More TV and film news online at mirror.co.uk/tv

Today's TV previews are on the previous page

All programmes are listed in Greenwich Mean Time (GMT).

film ratings

- ★★★★★ Brilliant
- ★★★★ Very Good
- ★★★ Good
- ★★ Average
- ★ Bad

(R) Repeat

BBC ONE

- 6.00am Breakfast** News headlines.
- 9.30 Morning Live** Magazine.
- 10.45 Rip Off Britain** A look at the issues with lightweight construction material RAAC.
- 11.30 Homes Under the Hammer** Featuring properties in Essex, Glasgow and East Sussex. (R)
- 12.15pm Bargain Hunt** Two teams of actors from the daytime drama Doctors compete.
- 1.00 BBC News at One; Weather**
- 2.00 Doctors** The final episode of the drama. Last in series.
- 2.35 Doctors: A Celebration** Documentary celebrating 24 years of the daytime drama.
- 3.00 Escape to the Country** Denise Nurse helps a couple find a new home in Cornwall.
- 3.45 The Bidding Room** Items include an astrolabe. (R)
- 4.30 Antiques Road Trip** Raj Bisram and Hettie Jago inspect items in Hertfordshire.
- 5.15 Pointless** Quiz show hosted by Alexander Armstrong, with guest co-host Sally Phillips. (R)
- 6.00 BBC News at Six; Weather**
- 6.30 Regional News; Weather**

BBC TWO

- 6.30am Escape to the Country** (R)
- 7.15 Antiques Road Trip** (R)
- 8.00 Sign Zone: Gardeners' World** Last in series. (R)
- 9.00 BBC News** Headlines.
- 12.15pm Politics Live** The latest from Westminster and beyond.
- 1.00 Impossible** Quiz show. (R)
- 1.45 The Tournament** (R)
- 2.30 Beat the Pack** Quiz. (R)
- 3.15 Dynasties II** A spotted hyena queen struggles to keep her grip on power. (R)
- 4.15 Wonders of Life** Professor Brian Cox is in Australia to explore how creatures adapt to the physical forces acting on their environments. (R)
- 5.15 Flog It!** At Muncaster Castle, items include First World War memorabilia. (R)
- 6.00 Richard Osman's House of Games** Josh Jones, Molly Rainford, Mark Rhodes and Sonia take part in trivia games.
- 6.30 Strictly: It Takes Two** Janette Manrara is back with more backstage gossip, and designer Vicky Gill takes a look at the couples' outfits.

ITV1

- 6.00am Good Morning Britain** A lively mix of news, current affairs and lifestyle features.
- 9.00 Lorraine** Entertainment and the latest fashion news.
- 10.00 This Morning** Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion.
- 12.30pm Loose Women** Celebrity interviews and topical debate.
- 1.30 ITV News; Weather**
- 1.55 Regional News; Weather**
- 2.00 Gary Barlow's Wine Tour: South Africa** The Take That star heads north with Jane McDonald as they touch down in the Kruger National Park.
- 3.00 Tipping Point: Lucky Stars** With Roisin Conaty, Chris Bavin and Jordan Banjo. (R)
- 3.59 Regional Weather**
- 4.00 Deal or No Deal** Contestant Carol tries to open the 22 red boxes in the right order.
- 5.00 The Chase** Quiz show, hosted by Bradley Walsh.
- 6.00 Regional News; Weather**
- 6.30 ITV Evening News** A round-up of the headlines; Weather

CHANNEL 4

- 6.25am Cheers** Triple bill. (R)
- 7.45 The King of Queens** (R)
- 9.10 Frasier** Four episodes. (R)
- 11.10 Ramsay's Kitchen Nightmares USA** (R)
- 12.05pm Channel 4 News Summary** Headlines.
- 12.10 Undercover Boss USA** (R)
- 1.10 Find It, Fix It, Flog It** Inside a former milking parlour. (R)
- 2.10 Countdown** Angela Scanlon is in Dictionary Corner.
- 3.00 A Place in the Sun** Double bill. A West Midlands couple search for a holiday home in Lanzarote; a man from Kent tries to secure a property in the Puglia region of Italy.
- 5.00 Four in a Bed** At Morag and Jonny's Braeview Glamping in Berwickshire, a day out on the railway sees a head of steam building up beneath the guests' smiles.
- 5.30 Help! We Bought a Village** The custodians of a French hamlet uncover some ancient farming equipment. (R)
- 6.30 The Simpsons** Mr Burns hires Homer to play pranks. (R)

CHANNEL 5

- 6.00am Milkshake!** Children's TV.
- 9.15 Jeremy Vine** Discussion.
- 11.30 Storm Huntley** Debate.
- 12.55pm 5 News at Lunchtime**
- 1.00 Home and Away** Claudia makes a move on Justin. (R)
- 1.30 FILM Christmas Love Letter** (2019, PG) After receiving an anonymous love letter, a relationship advice columnist returns to her hometown to uncover the identity of her admirer. Festive romance, starring Ashley Newbrough. ★★
- 3.15 FILM Magic in Mistletoe Country** (2023, PG) Premiere. A bad-tempered author returns to his home town for Christmas, where love blossoms with his publicist. Romantic drama, starring Paul Campbell. ★★★
- 5.00 5 News at 5** Headlines.
- 6.00 Dogs Behaving (Very) Badly** Graeme meets a boxer-dog with destructive tendencies, a German Shepherd who barks at everything and nothing, and two Chihuahuas at war with each other. (R); 5 News Update

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7

- 7.00 The One Show** With Alex Jones and Roman Kemp.
- 7.30 EastEnders** Nicola manages to get herself invited to lunch with Teddy, Billy and Honey, Johnny is put in charge of planning Elaine's hen do, and Bernie confronts Kathy.

8

- 8.00 MasterChef: The Professionals** The third quarter-final sees this week's most talented professionals return to the kitchen ready to battle for a place in knockout week. The invention test sees them create a dish using offal.

9

- 9.00 Ambulance** In north-east London, crew members Niamh, Isobel and Gary are dispatched to a 25-year-old patient who has fallen while scaling the walls at a climbing centre. Narrated by Christopher Eccleston.

10

- 10.00 BBC News; Weather**
- 10.30 Regional News; Weather**
- 10.40 Question Time** Fiona Bruce presents the topical debate, inviting a panel of politicians and other guests in Basingstoke, Hampshire, to answer questions from an invited audience on subjects that are making the headlines.

11

- 11.40 Newscast** A panel of BBC journalists hosts a weekly round-up from Westminster, delivering a mix of serious analysis and gossip about the biggest stories in politics.

12 midnight

- 12.10am Our Lives: The Boy Who Can Fly.** The uplifting story of a young Scotsman defying conventional expectations and gravity. Since he was young, growing up in Stonehaven, Liam Byrne has dreamt of flying like a bird. (R) **12.40 Weather for the Week Ahead** **12.45-6.00am** BBC News

- 7.00 Celebrity Antiques Road Trip** Duncan James and Antony Costa from the band Blue join antiques experts Ochuko Ojiri and Roo Irvine on an antiques hunt around the Cotswolds. They have £400 each to spend. (R)

- 8.00 The Warship: Tour of Duty** HMS Queen Elizabeth heads to the tropical island of Guam for vital maintenance. Soon, however the ship and its escorts are back at sea and sailing towards the disputed waters of the China Sea. (R)

- 9.00 Our War: 10 Years On** Soldiers recall the key events from the original series as they describe the impact that the conflict in Afghanistan had. (R)
- 9.45 Saving Lives at Sea** The volunteers battle to save a mother and her son. (R)

- 10.00 Motherland** The first episode of the comedy, starring Anna Maxwell-Martin and Diane Morgan. A mother reluctantly invites the entire class to her kid's birthday party. (R)
- 10.30 Newsnight** Headline analysis with Paddy O'Connell.

- 11.05 Secrets of the Spy Whale** Documentary exploring the mystery of the beluga whale that approached a Norwegian fishing boat in 2019, and was found to be wearing a camera mount bearing the words 'Equipment St Petersburg.' (R)

- 12.35am Sign Zone: MasterChef: The Professionals.** It's the second quarter-final of the series, which will see the best competitors compete for a place in knockout week. (R) **1.35 Sign Zone: Rick Stein's Food Stories** (R) **2.35 Sign Zone: The Cleaner** (R) **3.05-6.30am** This is BBC Two

- 7.00 LIVE UEFA Nations League** Greece v England (kick-off 7.45pm). Mark Pougatch presents coverage of the Group B2 match at Olympic Stadium in Athens. Greece prevailed 2-1 in the reverse fixture at Wembley Stadium, with Vangelis Pavlidis' second goal of the game proving to be the difference between the sides. Since that match it has been confirmed that Thomas Tuchel will take over from interim head coach Lee Carsley on a permanent basis in January, and Carsley will be determined to claim a victory here to give England a good chance of topping the group before he departs. Featuring analysis from Roy Keane and Ian Wright, commentary by Sam Matherface and Lee Dixon, and reports from Gabriel Clarke.

- 10.00 ITV News at Ten; Weather**
- 10.30 Regional News; Weather**
- 10.45 FILM Terminator 2: Judgment Day** (1991, 15) A reprogrammed killing machine is sent back in time to the 20th century to protect a teenage boy whose destiny is to save the human race from an advanced prototype terminator equipped with shape-changing powers. Sci-fi adventure sequel, starring Arnold Schwarzenegger, Linda Hamilton, Edward Furlong and Robert Patrick. ★★★★★

- 1.05am Shop on TV** **3.00 Inside M&S.** Filmed over a year and with unprecedented access, for the first time ever, cameras have been invited inside every corner of M&S. (R) **3.50 Unwind with ITV** **5.05-6.00am Deal or No Deal.** Carol gets her chance to open the iconic red boxes. (R)

- 7.00 Channel 4 News** A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.

- 8.00 The Great British Bake Off: An Extra Slice** Jo Brand reviews the events of the latest show, joined by judge Paul Hollywood and series fans Ellie Taylor and Layton Williams. Plus, an interview with the departing baker.

- 9.00 Taskmaster - The Final** The series reaches its climax as Jack Dee, Rosie Jones, Andy Zaltzman, Babatunde Aleshe and Emma Sidi battle to become the 18th Taskmaster champion. But why is Alex Horne honking? Last in series.

- 10.00 Everyone Else Burns** The day of Joshua and Heather's betrothal arrives, David is dealt a mighty blow and Fiona has to decide how much she is willing to sacrifice for her husband. Last in series.

- 10.35 Celebrity Gogglebox** Opinions on shows including Love Island, The Nevermets and The Yorkshire Vet. (R)
- 11.35 First Dates** Sixty-one-year-old raver Sandra is paired with part-time DJ Lance, and Pokemon player Isaac is on a date with book lover Molly. (R)

- 12.35am Untold: Cheat Detectives - The Loyalty Test** (R) **1.05 Ramsay's Hotel Hell** (R) **1.50 The Simpsons** (R) **2.15 FILM Happening** (2021, 15) Drama, starring Anamaria Vartolomei. In French. ★★★★★ **3.55 Jamie's One-Pan Wonders** (R) **4.05 Frasier** (R) **5.45-6.25am Countdown** (R)

- 7.00 30 Tips to Cut Your Christmas Costs** Advice on saving money during the festive season, including tips on slashing the cost of the food shop, finding the best deals on gifts, and making decorations. (R); 5 News

- 8.00 Ellis** Following a report of two missing honeymooners, DCI Ellis and DS Harper are called to the village of Brindleton to investigate. With the newlyweds' phones found at the edge of a dangerous stretch of river, the working theory becomes that of a murder-suicide. But when a severed hand is found near the newlyweds' camper van, it becomes clear that the pair have met with foul play. Detective drama, starring Sharon D Clarke and Andrew Gower. Last in series.

- 10.00 Police: Suspect No 1** Documentary. Officers are called to a Grimsby pub when two visiting businessmen are left with serious facial injuries after being assaulted on a work night out, but the situation soon escalates. (R)

- 11.05 Motorway Cops: Catching Britain's Speeders** Late at night in Newcastle, PC Brian Camsell goes in pursuit of a suspect refusing to stop, who goes speeding through residential areas, before crashing into a parked car. (R)

- 12.05am Police Interceptors** (R) **1.00 PlayOJO Live Casino Show** **3.00 Rich House, Poor House** (R) **3.50 Britain's Great Cathedrals** (R) **4.40 Great Artists** (R) **5.05 House Doctor** (R) **5.30 Entertainment News on 5** (R) **5.40 Milkshake! Monkey's Amazing Adventures** **5.45-6.00am Paw Patrol** (R)

ITV2 Freeview 6

6.00am CITV **9.00** Totally Bonkers Guinness World Records **10.00** Love Bites **12.00noon** Dress to Impress **1.00** Supermarket Sweep **2.00** Family Fortunes **3.00** Charmed **4.00** Gilmore Girls **5.00** Dress to Impress

6.00 **Celebrity Catchphrase** With Fiona Bruce, Josie Gibson and Scott Mills.

7.00 **The Masked Singer US** Three new mystery celebrities enter the singing game on DC Superheroes Night.

8.00 **The 1% Club** Quiz gameshow hosted by Lee Mack in which the questions are all about logic and common sense.

9.00 **Big Brother** A chance to catch up with the latest drama from the house.

10.00 **Big Brother: Late & Live** Companion show to this year's series, hosted by AJ Odudu and Will Best.

11.05 **Family Guy** Animated double bill.

12.00m't American Dad! **12.50** Bob's Burgers **1.40** The Stand Up Sketch Show **2.05-3.00am** Unwind with ITV

U&DAVE Freeview 19

7.10am Travel Man: 48 Hours in New York **7.35** Travel Man: 48 Hours in Helsinki **8.00** The Force: Behind the Line **10.00** Extreme Fishing with Robson Green **12.00noon** Storage Hunters UK **2.00** Guy's Garage **3.00** Top Gear **5.00** Rick Stein's Far Eastern Odyssey

6.00 **Rick Stein's Far Eastern Odyssey** The adventure ends in Bangladesh.

7.00 **Would I Lie to You?** With guest panellists Lucy Beaumont, Anton Du Beke, Desiree Burch and Ralf Little.

7.40 **Richard Osman's House of Games**

9.00 **QI XL** With guest panellists Jo Brand, Ben Goldacre and Andy Hamilton.

10.00 **Have I Got a Bit More News for You** Adrian Dunbar hosts, with guests Katherine Ryan and Tim Shipman.

11.00 **8 Out of 10 Cats** Guests include Stacey Solomon and Lou Sanders.

12.00m't Mock the Week **12.40** Would I Lie to You? **1.20** QI XL **2.50-4.00am** Whose Line Is It Anyway? USA

E4 Freeview 13

6.00am Brooklyn Nine-Nine **6.50** Rude(ish) Tube Shorts **7.00** Ramsay's Kitchen Nightmares USA **8.00** Married at First Sight UK **9.40** The Goldbergs **10.05** The Big Bang Theory **11.05** Modern Family **12.00noon** The Big Bang Theory **2.00** The Goldbergs **3.00** Modern Family **4.00** Married at First Sight UK **5.40** The Big Bang Theory: four episodes

7.30 **Modern Family** A family holiday.

8.00 **Love Triangle Australia** Sam struggles with revelations. Last in series.

9.00 **Married at First Sight UK** It is the final Reunion Ceremony. Last in series.

10.30 **MAFS UK: It's Official! With Chloe Burrows** All the gossip. Last in series.

11.35 **Gogglebox** From April 2021.

12.35am Married at First Sight UK **2.05** Rick and Morty **2.30** **NEW** Mike Tyson Mysteries: double bill **2.55** Gogglebox **3.50** The Big Bang Theory **4.40** Black-ish **5.05** The Goldbergs **5.30-6.00am** Brooklyn Nine-Nine

VARIATIONS & S4C

WALES As BBC1 except: **1.35-1.45pm** BBC Wales Today; Weather **6.30-7.00** BBC Wales Today. The latest headlines; Weather **10.30-10.40pm** BBC Wales Today; Weather

WALES As BBC2 except: **7.00pm** Scrum V: The Warm Up. A preview of Wales v Australia. **7.30-8.00pm** Lorraine Pascale: How to Be a Better Cook. The food writer helps builder Tony.

MERIDIAN As ITV1 except: **1.55-2.00pm** ITV News Meridian **6.00-6.30** ITV News Meridian **10.30-10.45pm** ITV News Meridian

CENTRAL As ITV1 except: **1.55-2.00pm** ITV News Central **6.00-6.30** ITV News Central **10.30-10.45pm** ITV News Central

ITV WALES As ITV1 except: **1.55-2.00pm** ITV News Cymru Wales **6.00-6.30** ITV News Wales at Six **10.30-10.45pm** ITV News Cymru Wales

WEST As ITV1 except: **1.55-2.00pm** ITV News West Country **6.00-6.30** ITV News West Country. A round-up of the headlines. **10.30-10.45pm** ITV News West Country

ANGLIA As ITV1 except: **1.55-2.00pm** ITV News Anglia **6.00-6.30** ITV News Anglia **10.30-10.45pm** ITV News Anglia

WESTCOUNTRY As ITV1 except: **1.55-2.00pm** ITV News West Country **6.00-6.30** ITV News West Country. The latest headlines. **10.30-10.45pm** ITV News West Country

S4C **6.00am** Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Bwrdd i Dri **1.30** Y Byd ar Bedwar **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** Teulu'r Castell **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cymry ar Gynfas. Dafydd Iwan has his portrait painted by Wil Rowlands. **6.30** Cais Quinell. Scott Quinell helps at a very special riding school. **6.57** Newyddion S4C **7.00** Heno. Nightly magazine programme. **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm. Jinx has to battle his guilt as he comforts Dani on the day of Seren's funeral. **8.25** Rownd a Rownd. Jason insists on continuing with the fundraising rowing challenge for Ben. **8.55** Newyddion S4C a'r Tywydd **9.00** Jonathan. With guests including Aled Sion Davies and Megan Jones. **10.00** Y Frwydr: Stori Anabledd. A look back at the 1960s and '70s, a period where many disabled people were being contained in big institutions. **11.00-11.35pm** Cymru, Dad a Fi

ITVBe Freeview 28

7.25am Chloe Madeley: A Family Affair **8.30** Dinner Date **9.30** The Real Housewives of Cheshire **10.30** Georgia and Tommy: Baby Steps **11.30** The Real Housewives of Potomac **12.30pm** The Real Housewives of Beverly Hills **1.20** The Only Way Is Essex **2.05** Dinner Date **3.10** Million Dollar Listing: LA **4.05** The Real Housewives of Potomac **5.00** The Real Housewives of Beverly Hills

6.00 **Making It Home with Kortney & Kenny** Transforming a big colonial house.

7.00 **Million Dollar Listing: LA**

8.00 **James Martin's Spanish Adventure** In Cordoba, James visits a food market.

9.00 **The Real Housewives of Orange County** Heather throws a party.

10.00 **Botched by Nature** A woman whose breasts never fully developed.

11.00 **Kavos Weekender** David makes sure the season goes out with a bang.

12.00m't The Only Way Is Essex. Reality series. **12.50-1.00am** Unwind with ITV

U&DRAMA Freeview 20

7.20am London's Burning **8.10** Doctors **9.20** Classic Holby City **10.40** Classic Casualty **11.40** The Bill **12.40pm** Classic EastEnders **2.00** London's Burning **3.00** Soldier, Soldier **4.10** Hetty Wainthrop Investigates **5.30** The Upper Hand

6.00 **'Allo 'Allo!** Rene and his staff disguise themselves as undertakers.

6.40 **Last of the Summer Wine** Double bill.

8.00 **Death in Holy Orders** The death toll at St Anselm's college continues to mount, leaving it threatened with closure.

10.00 **New Tricks** Part two of two. As the locals reel from the murder of shipping agent Gordon Fletcher, Sandra continues to suspect Harry Truman – but that does not stop her joining him for lunch.

11.20 **Murder in Mind** A woman is found dead in her bed by police who believe she committed suicide – until the pathologist's report proves otherwise. Diana Rigg stars.

12.35am Case Histories **2.25** Classic Holby City **4.00-6.00am** Teleshopping

MORE4 Freeview 18

8.55am Kirstie's Handmade Treasures **9.15** A Place in the Sun: Home or Away **10.05** A New Life in the Sun: Where Are They Now? **11.05** Find It, Fix It, Flog It **1.05pm** Car S.O.S **2.05** Four in a Bed: five episodes **4.50** The Dog House Australia **5.50** Escape to the Chateau: DIY

6.55 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a former rally driver's Mini.

7.55 **Grand Designs** A chef building a double-kitchen home in south London.

9.00 **Castle Secrets** A Gothic chapel erected over a supposed gateway to hell.

10.00 **Gladiators: Back from the Dead** Re-creating the world of the Roman arena, showing how gladiators lived, fought and died by analysing skeletons discovered over recent years.

11.05 **24 Hours in A&E** A five-year-old is rushed to A&E after being hit by a car.

12.05am The Emergency Ward **1.05** 999: On the Front Line **2.10** 24 Hours in A&E **3.15-3.45am** Food Unwrapped

BBC3 Freeview 23

7.00pm **Top Gear** The trio test high-performance hatchbacks.

8.00 **Race Across the World: The Reunion** Six months after finishing their race, the five teams reunite.

9.00 **RuPaul's Drag Race UK** The queens are tasked with giving drag makeovers to their family members.

10.10 **Ginger's House** In a bid to stay relevant, Ginger enlists Vanity to help her make a viral prank video.

10.20 **FILM** **I Give It a Year** (2013, 15) A couple marry after a whirlwind romance, but family and friends have doubts. Romantic comedy, with Rose Byrne and Rafe Spall. ★★★

11.55 **Juice** Double bill. Jamma tries to keep Winnie and Guy from talking to each other; Jamma tries to save the Megacentre and his relationship.

12.45am Charlotte in Sunderland: double bill **1.45** Top Gear **2.45-3.55am** RuPaul's Drag Race UK

BBC4 Freeview 9

7.00pm **Great Australian Railway Journeys** In Melbourne, Victoria.

7.30 **Canal Boat Diaries** Robbie concludes his journey. Last in series.

8.00 **When Coal Was King – Timeshift** A look at the lost world of coal mining and its impact.

9.00 **David Nicholls Remembers – Far from the Madding Crowd**

9.15 **FILM** **Far from the Madding Crowd** (2015, 12) Period drama, starring Carey Mulligan. ★★★★★

11.10 **The Sky at Night** The secrets of archaeology and astronomy.

11.40 **Hurricanes and Heatwaves: The Highs and Lows of British Weather** The forecast's evolution.

12.40am Great Australian Railway Journeys. In Melbourne, Victoria. **1.10** Canal Boat Diaries **1.40** When Coal Was King – Timeshift **2.40-3.40am** Mary Beard's Ultimate Rome: Empire Without Limit

5 USA Freeview 21

6.00am Home Shopping **9.00** NCIS **10.55** Entertainment News **11.00** NCIS **12.00noon** Law & Order

6.00 **NCIS Triple bill.** The team works to uncover the serial killer conspiracy; a corpse mysteriously explodes before Jimmy gets the chance to examine it; the death of an athletics trainer is investigated.

9.00 **Blue Bloods** Part two of two. When a member of the Reagan family is shot, Danny must track down the gang member responsible without letting emotions cloud his judgement.

10.00 **Law & Order: Special Victims Unit** Double bill. The team investigates the abduction of two girls; the detectives investigate the world of ultimate fighting.

12.00m't Law & Order: Special Victims Unit **12.55** The Blacklist **2.50** Blindspot **3.35-4.00am** 999: Criminals Caught on Camera



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Sport

SKY SPORTS MAIN EVENT

6.00am LIVE Women's Big Bash League Sydney Sixers v Brisbane Heat. At North Sydney Oval.
7.45 LIVE DP World Tour Golf The DP World Tour Championship. Coverage of day one of the final event of the season, held at Jumeirah Golf Estates' Earth Course in Dubai. Nicolai Hojgaard was the victorious player last year, finishing two strokes clear of the trio of Tommy Fleetwood, Viktor Hovland and Matt Wallace to win a first prize of three million dollars.
1.00pm LIVE Tennis The ATP Finals. Coverage of the first session on day five of the season ending event at Inalpi Arena in Turin, Italy.
3.00 LIVE LPGA Tour Golf The ANNIKA driven by Gainbridge at Pelican. Coverage of day one of the event at Pelican Golf Club in Belleair, Florida.
6.00 Sports Centre. All the latest updates.
7.00 LIVE Grand Slam of Darts Day five from Aldersley Leisure Village in Wolverhampton.
11.00 Sky Sports News. Latest headlines.
12.00m't LIVE NFL Philadelphia Eagles v Washington Commanders (kick-off 1.15am). The week 11 match at Lincoln Financial Field
5.00-6.00am LIVE Women's Big Bash League Perth Scorchers v Sydney Thunder. Coverage of the T20 match from Melbourne Cricket Ground.

SKY SPORTS CRICKET

6.00am LIVE Women's Big Bash League Sydney Sixers v Brisbane Heat. At North Sydney Oval.
7.45 International T20 Cricket 12.15pm Women's Big Bash League 3.35 Best of the Women's World T20 3.45 ICC Women's World Cup 2017 4.00 Women's Big Bash League 5.00 Ashes Memories 5.30 Best of the Women's World T20 6.00 Women's Big Bash League: five episodes 11.00 Ashes Memories 11.30 Best of the Women's World T20 12.00m't Women's Big Bash League 3.30 ICC Women's World Cup 2017 3.45 Women's Big Bash League 4.40-6.00am LIVE Women's Big Bash League Perth Scorchers v Sydney Thunder.

SKY SPORTS FOOTBALL

6.00am EFL Cup Highlights 8.45 EFL Greatest Games 10.00 Championship Season Review 11.00 EFL Cup Highlights 11.30 EFL 12.00noon EFL Highlights 1.00 WSL 1.30 EFL Highlights 3.00 Bundesliga Highlights Show 4.00 EFL Highlights 6.00 Bundesliga 6.30 Bundesliga Weekly 7.00 EFL Highlights 7.15 EFL Highlights 7.30 EFL Highlights 7.45 EFL Highlights 8.00 Scottish Premiership Round-Up 8.15 SPFL Highlights 8.30 WSL 9.00 Bundesliga Weekly 9.30 WSL 10.00 Scottish Premiership Round-Up 10.15 SPFL Highlights 10.30 Bundesliga 11.00 EFL Highlights 12.00m't Henrik Larsson: 20 Years On. Interview with the former striker 1.00 SPFL Special: Celtic's Invincibles 2.00-6.00am SPFL Highlights

TNT SPORTS 1

6.00am Fishing: On the Bank **7.00 One Day International Cricket.** Australia v Pakistan.
8.00 LIVE T20 Cricket Australia v Pakistan. Coverage of the first Twenty20 in the three-match series at The Gabba in Brisbane.
11.45 TNT Sports Cricket Reload 12.00noon One Day International Cricket 1.00 Serie A - Full Impact 1.30 UEFA Conference League Goals Reload 1.45 Ultimate Pool 3.15 TNT Sports Reload 3.45 One Day International Cricket 4.45 Premier League Reload 5.00 Premier League - The Big Interview 5.30 T20 Cricket Highlights 7.30 LIVE T20 Cricket West Indies v England. Coverage of the third Twenty20 in the five-match series at Daren Sammy Cricket Ground.
12.00m't Match Officials Mic'd Up 12.30 No Filter Football 12.45 Badminton Weekly 1.00-9.30am LIVE Badminton The Kumamoto Masters Japan. Coverage of the quarter-finals of the BWF World Tour Super 500 event.

TNT SPORTS 2

8.30am Badminton Weekly 8.45 TNT Sports Reload 9.00 MotoGP Highlights 12.00noon T100 Triathlon World Tour 1.00 WSL Championship Tour 5.00 WWE Friday Night SmackDown 6.30 WWE Monday Night Raw 9.00 Premier League Stories 9.30 Premier League Netbusters 10.00 Original Documentary 10.30 What I Wore 11.00 TNT Sports Reload 11.30 T20 Cricket Highlights 12.30am Ultimate Pool 2.00 UEFA Women's Champions League 3.00 Serie A - Full Impact 3.30 TNT Sports Reload 4.00 Fishing: On the Bank **5.00-6.00am T20 Cricket Highlights**

EUROSPORT 1

7.00am Cycling: Saitama Criterium **8.00 Ski Jumping 9.00 Snooker:** UK Championship Final 2016 **11.00 T100 Triathlon World Tour 12.45pm Cycling:** Tour of Flanders **1.00 FIA World Endurance Championship 3.00 Alpine Skiing 4.00 Cycling:** Saitama Criterium **5.00 Snooker:** UK Championship Final 2020. Judd Trump v Neil Robertson from Milton Keynes.
7.00 T100 Triathlon World Tour 8.00 T100 Triathlon World Tour 9.00 Cyclo-Cross 9.30 Cyclo-Cross 10.00 Alpine Skiing 10.30 Alpine Skiing 11.00 Cycling: Saitama Criterium **12.00m't Snooker:** Wuhan Open **2.00 Cyclo-Cross 3.00 FIA World Endurance Championship 4.00 Freestyle Skiing 5.00-7.00am Snooker:** Wuhan Open

Entertainment & Factual

ITV3 Freeview 10

6.00am Classic Emmerdale **7.00** Classic Coronation Street **8.05** Agatha Christie's Poirot **11.10** The Royal **12.15pm** Heartbeat **1.25** Classic Emmerdale **2.25** Classic Coronation Street **3.30** Midsomer Murders **5.35** Downton Abbey **6.55** Heartbeat. An outbreak of fleas. **8.00** Vera **10.00** Wycliffe **11.05** The Tower **12.00m't** Midsomer Murders **2.00-2.30am** Unwind with ITV

ITV4 Freeview 26

6.00am The Protectors **6.30** Minder **7.35** The Sweeney **8.35** The Champions **9.40** The Saint **10.45** Giant Lobster Hunters **11.45** BattleBots **12.45pm LIVE** Snooker: Champion of Champions **5.30** Made in Britain **6.30** The Best of the 80s **6.45 LIVE** Snooker: Champion of Champions. The evening session on day four. **10.15 FILM** Rocky V (1990/12) **★** **12.20am** Minder **1.20** Auto Mundial **1.45** Motorsport Mundial **2.15** The Protectors **2.45-3.00am** Unwind

5STAR Freeview 32

8.00am Rich Holiday, Poor Holiday **9.00** Bargain-Loving Brits in the Sun **11.00** Traffic Cops **2.00pm** Police Interceptors **5.00** Shoplifters: Caught Red Handed **6.00** Home and Away **7.00** GPs: Behind Closed Doors **8.00** Casualty 24/7: Every Second Counts **9.00** A&E After Dark **10.00** 999: Critical Condition **11.00** Ambulance: Code Red **12.00m't** Junior Doctors Down Under **1.00** Trauma Room One **2.00** Casualty 24/7: Every Second Counts **2.50** GPs: Behind Closed Doors **3.35-4.00am** Home and Away

REALLY Freeview 17

6.00am Fantasy Homes by the Sea **7.00** Cruise TV with LoveitBookit **8.00** Salvage Hunters **10.00** A Place in the Sun **12.00noon** Money for Nothing **2.00** The Repair Shop **3.00** Antiques Road Trip **5.00** The Derbyshire Auction House **6.00** Celebrity Yorkshire Auction House **7.00** Antiques Road Trip **9.00** The Repair Shop **11.00** Help! My House Is Haunted **1.00am** Unexplained: Caught on Camera **2.00** Teleshopping **4.00-6.00am** Salvage Hunters

5ACTION Freeview 33

9.00am Entertainment News **9.15** Motorway: Hell on the Highway **10.15** Traffic Cops **11.15** Police Interceptors **12.10pm FILM** The Gambler (1980/PG) **★** **2.15 FILM** The Yellow Mountain (1954/PG) **★** **4.00** Motorway: Hell on the Highway **5.00** Traffic Cops **6.00** Police Interceptors **8.00** Motorway Cops: Catching Britain's Speeders **9.00** Trucking Hell **10.00** Outback Truckers **11.00** Extreme Tow Truckers **12.00m't** Under the Dome **1.55** Trucking Hell **3.50-4.00am** Entertainment News on 5

SKY ARTS Freeview 36

6.00am Cameron Mackintosh - The First 50 Years **8.05** The Joy of Painting **9.05** Tales of the Unexpected **10.00** Alfred Hitchcock Presents **11.00** Discovering: Ronald Colman **12.00noon** Portrait Artist of the Year **1.00** Tales of the Unexpected **2.00** Discovering: The Cure **3.00** Discovering: Harvey Keitel **4.00** Classic Albums **5.00** Portrait Artist of the Year 2018 **6.00** Tales of the Unexpected **7.00** Portrait Artist of the Year 2024

BBC RADIO 1

97.6-99.8MHz 6.58am Newsbeat **7.00** Radio 1 Breakfast with Sam and Danni **10.30** Newsbeat **10.33** Rickie, Melvin and Charlie **12.45pm** Newsbeat **1.00** Matt and Mollie **3.00** Radio 1 Pop Anthems **3.30** Newsbeat **3.33** Going Home with Vick, Katie and Jamie on Radio **1 5.45** Newsbeat **6.00** Radio 1's New Music Show with Jack Saunders **8.00** Radio 1's Rave-Up with Arielle Free **10.00** BBC Introducing Dance **11.00** Radio 1's Residency **1.00am** Radio 1's Live Lounge **1.20** Radio 1's Live Lounge **1.40** Radio 1's Live Lounge **2.00** Radio 1 Anthems **4.00** Radio 1's Workout Anthems **5.00-6.58am** Radio 1 Early Breakfast with Sam and Danni

BBC RADIO 2

88-91MHz 6.30am The Zoe Ball Breakfast Show **9.30** Vernon Kay **12.00noon** Jeremy Vine **2.00** Scott Mills **4.00** Sara Cox **6.30** Sara Cox's Half Wower **7.00** Jo Whaley's Shiny Happy Playlist **7.30** Jo Whaley **9.00** The Country Show with Bob Harris **10.00** Trevor Nelson's Rhythm Nation. The DJ introduces a mix of soulful tunes. **12.00m't** OJ Borg **3.00** Alternative Sounds of the 90s with Dermot O'Leary **4.00-6.30am** Owain Wyn Evans. Early morning chat.

BBC RADIO 3

90.2-92.4MHz 6.30am Breakfast. Petroc Trelawny presents. **9.30** Essential Classics **1.00pm** Classical Live **4.00** Composer of the Week: Bud Powell **5.00** In Tune



Live T20 Cricket TNT Sports 1, 7.30pm
 The West Indies take on England in the third T20 International of the series in St Lucia. Liam Livingstone (left) will be looking to have an impact with bat and ball for the tourists.

8.00 Classic Movies: The Story of Brighton Rock **9.00** Discovering: Kate Winslet **10.00** The Directors **11.00** Comedy Legends **12.00m't** David Baddiel: The Not the Trilogy - My Family: Not the Sitcom **1.15** A Brush with Comedy **3.15** Mary Cassatt: Painting the Modern Woman **4.30** National Trust: National Treasures **5.50-6.00am** Sky Arts Ambassador Bursary Shorts

U&GOLD

7.05am The Fosters **8.15** On the Up **8.55** Keeping Up Appearances **9.30** On the Up **10.05** Are You Being Served? **10.40** Still Open All Hours **11.20** Last of the Summer Wine **12.35pm** On the Up **1.15** Keeping Up Appearances **1.55** The Vicar of Dibley **2.55** Still Open All Hours **3.30** Dad's Army **4.10** Are You Being Served? **4.50** Last of the Summer Wine **6.10** Still Open All Hours **6.50** Dad's Army **8.10** The Vicar of Dibley **9.00** Vicar of Dibley: Inside Out **11.00** The Vicar of Dibley **11.55** Live at the Apollo **12.55am** The Real McCoy **1.30** The Vicar of Dibley **3.10-4.00am** Live at the Apollo

U&YESTERDAY Freeview 27

6.10am Secrets of the London Underground **8.00** Abandoned Engineering **10.00** WW2 - Battles for Europe **11.00** Rise of the Nazis: The Downfall **12.00noon** Great Continental Railway Journeys **1.00** Antiques Roadshow **2.00** Bangers & Cash **4.00** WW2 - Battles for Europe **5.00** Rise of the Nazis: The Downfall **6.00** Antiques Roadshow **7.00** Our Guy in China **8.00** NEW Bangers & Cash: Restoring Classics. A 1971 Citroen DS21 Pallas. **9.00** Bangers & Cash **11.00** Abandoned Engineering **12.00m't** Great Continental Railway Journeys **1.00-3.00am** Secrets of the London Underground

U&ALIBI

7.15am Murdoch Mysteries **9.00** Father Brown **10.00** Unforgettable **11.00** Hudson & Rex **12.00noon** The Mentalist **1.00** Death in Paradise **2.00** Murdoch Mysteries **4.00** Unforgettable **5.00** Hudson & Rex **6.00** Elementary **7.00** The Mentalist **8.00** Death in Paradise **10.00** Father Brown **11.00** The Mentalist **12.00m't** Elementary **1.00** Justified **2.00-4.00am** Murdoch Mysteries

SKY MAX

6.00am Stargate SG-1 **8.00** Supergirl **9.00** Stargate Atlantis **11.00** DC's Legends of Tomorrow **12.00noon** Supergirl **1.00** S.W.A.T **3.00** Magnum P.I **4.00** MacGyver **5.00** DC's Legends of Tomorrow **6.00** Stargate Atlantis

Radio

CHOICE

The Infinite Monkey Cage Radio 4, 11am
 Brian Cox and Robin Ince kick off a new series by heading to Bletchley Park with comedian Alan Davies, and cyber experts Victoria Baines and Richard Benham. They decipher the fancy jargon in cyber land, from Trojan horses to phishing scams, and reveal how prolific these attacks actually are.

7.00 Classical Mixtape **7.30** Radio 3 in Concert **9.45** The Essay: Lundy, Fastnet, Irish Sea - Wales and Its Coastal Waters **10.00** Night Tracks **11.30** 'Round Midnight **12.30-6.30am** Through the Night

BBC RADIO 4

FM 92.4-94.6MHz 6.00am Today **9.00** In Our Time **9.45** Strong Message Here **10.00** Woman's Hour **11.00** The Infinite Monkey Cage **11.45** Book of the Week: Money **12.00noon** News **12.04** You and Yours **12.32** Toast **12.57** Weather **1.00** The World at One **1.15** The Moderators **2.00** The Archers **2.15** Drama: Eavesdropper **3.00** Ramblings **3.27** Radio 4 Appeal **3.30** Feedback **4.00** The Briefing Room **4.30** BBC Inside Science **5.00** PM **5.57** Weather **6.00** News **6.30** Unspeaking **7.00** The Archers **7.15** Front Row **8.00** The Media Show **9.00** Loose Ends **9.45** The Warsaw Ghetto: History as Survival **10.00** The World Tonight **10.45** Book at Bedtime: Precipice

8.00 Rob & Romesh vs F1 **9.00** Based on a True Story **10.10** The Walking Dead **11.05** Never Mind the Buzzcocks **12.00m't** The Walking Dead: Daryl Dixon - The Book of Carol **1.10** Entourage **2.20** The Force: Manchester **3.10** Magnum P.I **4.00** MacGyver **5.00-6.00am** Highway Patrol

SKY ATLANTIC

6.00am The Guest Wing **8.00** True Blood **10.05** Six Feet Under **12.15pm** Game of Thrones **1.20** Billions **3.25** True Blood (left) will be looking to Declare **8.00** Thrones **9.00** The Day of the Jackal **10.00** Sweetpea **11.05** The Penguin **12.25am** Watchmen **1.40** Game of Thrones **2.45** Euphoria **3.55-6.00am** The Guest Wing

SKY WITNESS

6.00am Air Ambulance ER **7.00** Border Security USA **8.00** Border Patrol **9.00** Highway Patrol **10.00** UK Border Force **11.00** Coroner **12.00noon** FBI **1.00** Chicago Med **2.00** Chicago Fire **3.00** Caught on Dashcam **4.00** Nothing to Declare **8.00** Chicago Fire **9.00** FBI: International **10.00** The Good Doctor **11.00** FBI **12.00m't** Law & Order: Special Victims Unit **1.00** Law & Order: Organized Crime **2.00** Law & Order: Special Victims Unit **3.00** Law & Order: Organized Crime **4.00** Road Wars **5.00-6.00am** Stop, Search, Seize

SKY COMEDY

8.00am Will & Grace **9.00** Ballers **10.05** Flight of the Conchords **11.20** Barry **12.45pm** American Auto **1.45** Betty **2.20** Flight of the Conchords **3.35** Barry **4.50** Will & Grace **5.50** The Office (US) **6.50** Ballers **8.00** Will & Grace **9.00** The Franchise **9.40** The Tonight Show Starring Jimmy Fallon **10.40** Girls **11.55** Somebody Somewhere **1.15am** Veep **2.35** 2 Dope Queens **3.40-5.00am** Flight of the Conchords

DISCOVERY

6.00am Deadliest Catch **7.00** Building Off the Grid **9.00** Fast N' Loud **11.00** Wheeler Dealers **1.00pm** Alaska: Homestead Rescue **3.00** Gold Rush: White Water **4.00** The Last Alaskans **5.00** Moonshiners **6.00** How It's Made: Dream Cars **7.00** Outback Truckers **8.00** Wheeler Dealers: Dream Car **9.00** Sin City Tow **10.00** Inside the Heist **11.00** Border Control Sweden **12.00m't** Expedition X **1.00** Sin City Tow **2.00** Inside the Heist **3.00-5.00am** Alaska: Homestead Rescue

NATIONAL GEOGRAPHIC

8.00am Food Factory **9.00** Air Crash Investigation: Special Report **10.00** Lost Treasures of Egypt **11.00** Drain the Great Lakes **12.00noon** Car S.O.S **1.00** Tornado Destruction: Caught on Camera **2.00** Air Crash Investigation **3.00** Nazi Megastructures **4.00** Vikings: The Rise and Fall **5.00** Car S.O.S **6.00** Seconds from Disaster **7.00** Air Crash Investigation **8.00** Disaster Autopsy **9.00** Ice Road Rescue. Following a team of salvage truck drivers on Norway's roads. **10.00** Life Below Zero: First Alaskans **11.00** Air Crash Investigation **1.00am** Border Protection Spain **2.00** Abandoned **2.30** Lords of War **2.55** Made in a Day **3.20** Food Factory **4.10-5.00am** Exotic Animal ER: Double Dose

Movies

FILM4

11.00am Far from the Madding Crowd (1967/U) Romantic drama, starring Julie Christie and Terence Stamp. **★★★★**
2.20pm The Last Hurrah (1958/U) Political drama, starring Spencer Tracy. **★★★**
4.50 The Art of Racing in the Rain (2019/PG) Comedy drama, starring Milo Ventimiglia and Amanda Seyfried. **★★★★**
7.00 Made in Italy (2020/15) Comedy-drama, starring Liam Neeson. **★★★★**
9.00 Terminator: Dark Fate (2019/15) Sci-fi, starring Arnold Schwarzenegger. **★★★★**
11.35 Nomadland (2020/12) Drama, starring Frances McDormand. **★★★★★**
1.45-3.50am No Looking Back (2021/15) Comic crime thriller, starring Viktoriya Korotkova and Anna Mikhalkova. **★★★**

SKY CINEMA PREMIERE

6.15am Journey to Bethlehem (2023/PG) See 2.10pm for details. **★★★★**
8.00 There's Something in the Barn (2023/15) See 12.20am for details. **★★★**
9.50 The Holdovers (2023/15) See 8.00pm for details. **★★★★**
12.05pm Lee (2023/15) See 10.15pm. **★★★★**
2.10 Journey to Bethlehem (2023/PG) Christmas musical, with Fiona Palomo, Milo Manheim and Antonio Banderas. **★★★★**
3.55 Ghostbusters: Frozen Empire (2024/12) Supernatural comedy adventure, starring Paul Rudd and Carrie Coon. **★★★**
6.00 The Radleys (2024/15) Horror comedy, starring Kelly Macdonald. **★★★★**
8.00 The Holdovers (2023/15) Comedy drama, starring Paul Giamatti. **★★★★**
10.15 Lee (2023/15) Biopic of war photographer Lee Miller, starring Kate Winslet and Andy Samberg. **★★★★**
12.20am There's Something in the Barn (2023/15) Festive comedy horror, starring Martin Starr and Amrita Acharia. **★★★**
2.10 Drive-Away Dolls (2024/15) Action comedy, starring Margaret Qualley. **★★★**
3.40 Sasquatch Sunset (2024/15) Comedy, starring Jesse Eisenberg. **★★★**
5.15-7.30am The Book of Clarence (2023/15) Comedy, starring LaKeith Stanfield. **★★★★**

SKY CINEMA CHRISTMAS

4.10pm Elf (2003/PG) Comedy, with Will Ferrell and James Caan. **★★★★**
6.00 Genie (2023/PG) Comedy, with Melissa McCarthy and Paapa Essiedu. **★★★**
7.45 Just Friends (2005/12) Comedy, with Ryan Reynolds and Amy Smart. **★★★**
9.30 Office Christmas Party (2016/15) Comedy, with Jason Bateman. **★★★**
11.25 Gremlins (1984/12) Comedy, with Zach Galligan and Phoebe Cates. **★★★★**
1.25am Fred Claus (2007/PG) Comedy, with Vince Vaughn and Paul Giamatti. **★★**
3.30 A Christmas Together with You (2021/PG) Drama, with Laura Vandervoort. **★★★**
5.10-6.10am Tom and Jerry: A Nutcracker Tale (2007/U) Animation, with the voices of Richard Newman and Garry Chalk. **★★★★**

SKY CINEMA FAMILY

4.00pm Scooby-Doo 2: Monsters Unleashed (2004/PG) Adventure sequel, with Sarah Michelle Gellar and Matthew Lillard. **★★★**
5.40 The Portable Door (2023/PG) Fantasy, with Christoph Waltz and Sam Neill. **★★★★**
7.40 Monster Trucks (2016/PG) Fantasy, starring Lucas Till and Jane Levy. **★★**
9.30 Little Vampire (2020/U) Animation, with the voice of Louise Lacombe. **★★★**
11.00 Beethoven's 2nd (1993/U) Comedy sequel, starring Charles Grodin. **★★★**
12.35am The Secret Kingdom (2023/PG) Fantasy, starring Sam Everingham. **★★★**
2.20 Ghost Squad (2015/PG) Fantasy adventure, starring Will Spencer. **★★★**
3.50 Save the Cinema (2022/12) Drama, with Samantha Morton and Tom Felton. **★★★**
5.50-7.40am It Takes Two (1996/U) Children's comedy, starring Kirstie Alley. **★★**

TALKING PICTURES TV

5.35pm The Small Back Room (1948/PG) Thriller, starring David Farrar. **★★★★**
8.00 The Brothers There is further strike action.
9.05 Sherlock Holmes: The Sign of Four
11.10 Hannibal Brooks (1969/U) Second World War comedy, with Oliver Reed. **★★★**
1.15am The Party's Over (1965/12) Drama, starring Oliver Reed and Louise Sorel. **★★★**
3.05-4.55am Day of the Nightmarer (1965/PG) Horror, starring John Ireland. **★★★**

GREAT! MOVIES

4.50pm The Stranger Inside (2016/PG) Thriller, starring Sofia Milos and Kelly Sullivan. **★★★**
6.40 The Bounty Hunter (2010/12) Action comedy, starring Gerard Butler. **★★★**
9.00 Baby Driver (2017/15) Action thriller, with Ansel Elgort and Lily James. **★★★★**
11.25pm Cut Bank (2014/15) Thriller, starring Liam Hemsworth and Teresa Palmer. **★★★**
1.30am Seraphim Falls (2006/15) Western thriller, starring Pierce Brosnan. **★★★**
4.00-5.40am Secrets That Kill (2020/12) Thriller, starring Jillian Murray. **★★★**

11.00 The Today Podcast **11.30** Today in Parliament **12.00m't** News **12.30** Book of the Week: Money **12.48** Shipping Forecast **1.00** As BBC World Service **5.20** Shipping Forecast **5.3**

YOUR VOICE Edited by AMANDA EVANS

Treasured memories

Every Monday we print your treasured family photos in our popular Your Memories section. So, if you have an old picture you'd like to share with us please email or write to Your Memories at yourvoice@mirror.co.uk or Daily Mirror, One Canada Square, London, E14 5AP and include the photo and some information about who's in it and when and where it was taken. Please don't send originals as we can't return them.

Shame doesn't ring true

■ The Archbishop of Canterbury Justin Welby has resigned after it emerged he "personally failed" to properly investigate a prolific Church of England sexual abuser. His profound sense of shame doesn't ring true to me. He only feels shame because he's been exposed publicly. If he had any sense of shame, he'd have acted years ago. He is like these politicians who think that so long as they apologise for their intentional mistakes, everything is OK. The public is getting wise to them. **Roy Tandy, Liverpool**

TAKE NOTICE... AND WIN £25

This funny sign was spotted by Caroline Jones from Pwllheli, Gwynedd, at a dog groomer's parlour, which made her smile.



■ Please send your funny signs to the address below. Sorry, but photos can't be returned.

We need clarity on End Of Life bill

■ CHIEF Secretary to the Treasury Darren Jones has stated that he will either vote against Kim Leadbeater's Assisted Dying Bill or that he will abstain from the vote. Mr Jones stated that private members' bills "don't get anywhere near the same level of scrutiny and debate as the bills put forward by the government", and that a private member's bill is "not the right way to try to introduce a change in a law on such a complex issue".

Robert Jenrick is calling for a Royal Commission into assisted dying as he also feels that Kim Leadbeater's assisted dying bill is "a recipe for bad legislation" and that Canadian legislation was "rushed through".

I hope Jones will support Jenrick's call for a Royal Commission. I also hope other MPs will follow his lead in allowing a week of debate with constituents on such an important issue.

Angela White
East Kilbride, South Lanarkshire

■ Ed Davey is concerned that making suicide easier will lead to those who are ill ending their lives because they think they are a burden. It is a bad reason to end it all and the government needs to do more to help those who are terminally ill, both financially and with palliative care.

However, those who are mentally competent, terminally ill and in pain should be able to make their own decision as to whether their situation is intolerable.

Brett Grainger
Rugeley, Staffs

THE BIG ISSUE

MPs are due to debate and vote on a proposed law to legalise assisted dying on November 29. The **Terminally Ill Adults (End of Life) Bill** was formally introduced in the House of Commons earlier this week. If passed, it would make it legal for over-18s who are terminally ill to be given assistance to end their own life. Labour MP Kim Leadbeater, who put forward the historic proposals, said people were still taking their own lives. You say...



■ Assisted dying is such an emotive subject and one that should rightly come before Parliament. There should be open discussions and arguments put forward on both sides.

The situation is not clear and there are many vulnerable people up and down the country who feel helpless and without a voice.

Esther Rantzen has fought valiantly on this subject and is quite rightly delighted that it is now being debated and voted on in the Commons.

Steven Barrett, Maidstone, Kent

■ Even if the bill is eventually passed, there will be some strict stipulations in place. The medication will need to be self-administered, with doctors not allowed to do so. People must also be terminally ill and expected to die within six months.

I fear that some people think that it will be a viable option for anyone who wants to end their life. This isn't the case. Before jumping to conclusions, I urge people to

take the time to read what the bill would actually mean in practice.

John Gold, Bristol

■ One alternative to assisted dying put forward by its opponents is palliative care. This ignores the fundamental point that someone who has had all they can take of an insufferable existence does not want their suffering to be prolonged any further.

Stefan Badham
Portsmouth

■ As a 73-year-old in relatively good health, I look forward to having the right to die if I have a life-threatening illness. However I would like to be able to "sign up" for it, just like I did for organ donation, so it is my decision that is final.

Paul McCrum, Mansfield, Notts

■ How much money will the government save from the legalisation of assisted suicide? It is not credible that they have not made that calculation yet!

D McMillan
Durrington, West Sussex

Scots need Trump help

■ Scotland's First Minister John Swinney gambled with the country's future and lost by backing Kamala Harris - and now we need to repair relationships with Trump.

He needs to be treated with respect as he can help Scotland in many important economic ways.

Swinney congratulated Trump but it sounded somewhat hollow.

And as First Minister he should be reminded that he speaks for all of Scotland and not just the SNP.

Dennis Grattan, Aberdeen

THE BIG QUESTION

Every day we'll be asking your opinion on one of Britain's big talking points. You can have your say and vote at mirror.co.uk

The Department for Work and Pensions will soon issue its annual Christmas bonus of £10 to millions of people claiming certain benefits. It is tax-free and does not affect any other benefits.

Is the DWP Christmas bonus enough?

YES
4%

NO
96%

No. It has been the same amount for decades and, as a disabled person, £10 is an insult.
SHIZZLER

Yes. I think it is a bit of a laugh really because it does not take into account inflation. Still, owt is better than nowt.
JOHN M D

No. Wouldn't even buy one meal.
RENTA

Yes. They get more than me and I work 45 hours a week, so be grateful.
STE1980

No. Think it should be linked to MPs' salaries.
TEZKAYSOUTH

Yes. It's better than nothing - beggars can't be choosers.
SUELLA

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Kate did us all proud

The Princess of Wales looked both regal and elegant on Remembrance Sunday - and after the horrendous year she has had, it was a delight to see her looking radiant on a sombre day of paying respect to the fallen and honouring those who have served their country. Kate did them and the whole nation proud.
Syd Vaughan
Birmingham

Tweet of the day

Broadcaster Piers Morgan pays tribute to veteran actor, Timothy West, who died peacefully in his sleep aged 90...
@piersmorgan - RIP Timothy West, 90. A wonderful actor and a delightful man. My Life Stories interview with him, as the love of his life Prunella Scales sat in the audience, was so moving. They were married 61 years, and his devotion to her after she developed Alzheimer's was profoundly touching.

■ There have been some stupid suggestions on how to help the NHS, but reports that GPs are using Artificial Intelligence as an assistant to type up surgery notes on patients etc seems to me to be incredibly foolish. We don't know enough about AI yet to really trust it.
Michael Calder, Hastings

Pub quiz answers

How many of our daily pub quiz brainteasers did you manage to get right?
1. Stephen Covey
2. Earworm
3. Pineapple
4. Guava
5. Ford



ON THE ROAD

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Polestar gives you more with the 4



SUPER-STYLISH NEW MODEL WILL BE A HIT WITH DRIVERS

Polestar seems to have gone into supercharger mode. Its first car, the Polestar 2, was launched over four years ago but since then there's been a promise of further models, but no sign of them in the metal.

Until now. In rapid succession the company has launched two brand new models: the Polestar 3, which we've tested, and the Polestar 4 which we're testing today.

Further models are on their way – the 5, which is a large saloon, and the 6 which is a convertible.

The 4 is a very striking-looking car. It's described by its maker as

a SUV coupe which is a description that doesn't really do the 4 justice.

The defining feature you might have already spotted from the photograph above – the car has no rear window.

There are a couple of reasons for this. Firstly, it gives rear seat passengers more headroom and, second, it allows for a more aerodynamic profile.

The designers could still have fitted glass but, because of the angle, it would be like looking through a letterbox. So, Polestar uses a rear-facing camera that projects an image on to the rear view mirror. Several vans use a

THE FACTS

Polestar 4 Single Motor Long Range Five-door SUV Coupe

Price: £59,990. Engine: single electric motor, 271bhp. 0-62mph: 7.1sec. Range: 385 miles



similar system. Audi and Honda both experimented with doing away with door mirrors and used cameras instead, both of which I found awkward to use. The Polestar arrangement is better, but you still have to get used to it.

Although Polestar is owned by Chinese firm Geely, the cars themselves have a strong Nordic flavour.

They are built in China but Polestar's HQ is in Sweden (the 5 and 6 are being developed in the

FULL UP IN A CHINA SHOP

Yet another Chinese brand will be arriving here next year. Called Xpeng it will have a mid-size coupe SUV on the market.

The G6 is electric of course but we've no specific numbers for range or charging speeds.

Xpeng will be imported and distributed by International Motors Ltd which is also responsible for Isuzu and Subaru in the UK. It's going to be interesting to see how



many of these new Chinese brands survive long-term in Europe.

It's easy to sell millions of cars in China to a new market that's hungry for them – but not so easy in mature markets like ours. We'll see.

MOKKA SALE BLOCKA

The updated Vauxhall Mokka has gone on sale priced from £24,705. That's £3,150 more than the car it replaces because the entry-level Griffin trim has been given the chop.

There's a hybrid version that starts at £27,305 and also a full EV at £33,245.

That last one is going to be hard to shift at that price as it's up against stiff competition with Chinese rivals like MG.

Expect heavy discounting on the Mokka electric from the start and very good PCP and finance deals.



with **COLIN GOODWIN**



Tickets for all three of Goodwood's motoring events are now on sale. First to come is the Members' Meeting on April 12-13, which is exclusively open to Goodwood Road Racing Club members. I'm not one but I've heard that it's a cracking weekend. The Festival of Speed runs from July 10-13 and finally the Revival meeting is being held on September 12-14.



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Volkswagen ID.7 Pro S Match
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POPPY POWER

Bentley has built a one-off special of its Bentayga SUV especially designed for Remembrance Day. The car has a poppy-themed look that includes a design of 80 poppies rising from a map of northern France.

Last weekend the car made a tour of events linked to Remembrance Day including a visit to Anglesey's race circuit where it did the duty of course car for the annual Mission Motorsport Race of Remembrance. It's a fantastic event that supports injured servicemen.

Not sure what happens to the car next but wouldn't it be fitting if it was auctioned off and the proceeds given to Mission Motorsport?

JAG OFF THE PACE



Jaguar has already taken all of its saloon cars, the electric I-Pace and the E-Pace, out of its showrooms which, with the death of the F-Type last year, means the F-Pace SUV is the only new car you'll find in a UK Jaguar dealership.

That was the case until last week when Jaguar announced the F-Pace will also not be sold.

So, you can't buy a new Jaguar until the new electric luxury saloon arrives in the summer of 2026 (at the earliest).

I've owned few Jags in my time and have driven hundreds. I fear that the company is going to wind up being Britain's Saab: a well-loved marque that disappeared before anyone could think of a way of saving it.



HOT MERC

Mercedes-AMG, the high performance wing of the car maker, is developing an electric SUV entirely in-house without help from the mothership.

AMG has a long history of building high-performance SUVs that started with the ML55 in 1999 and continues with the current G63.

The big question, however, is whether customers who loved those rorty and extrovert petrol-powered cars want a high-performance electric SUV.

If Lotus's Eletre (itself a high-performance electric SUV) sales figures are anything to go by, I'm not sure they will.

UK at a separate research and development centre).

The interior is typically Volvo/Scandinavian with lots of "good for the planet" materials and a very chilled atmosphere.

The lack of rear window doesn't affect the amount of light in the car because all 4s come with a full length glass sunroof.

That will make life pleasant for humans but I doubt your dog will like being cooped up in the boot with no glass above his or her head. It could easily lose Polestar sales.

We're driving the single motor long-range version of the car. It's the cheapest at £59,990 without

options. There's a dual motor model, too, which is seriously fast managing 0-62mph in under four seconds.

However, the single motor version is certainly fast enough at just over 7.0 seconds to 62mph, but the quicker one does come with adaptive suspension which is more comfortable on bumpy roads.

The Polestar 4 is built on a different platform to the 2 and 3 and that's evident in the dashboard, infotainment system and controls. Unlike the 2/3 the



There's no rear window, but a camera sends an image to the rear mirror

four has a landscape screen that measures 15.4in across.

The whole system is easier to use than the others because there is a shorter journey through the menus to find exactly what you are after.

There are still not enough physical buttons though.

Our single motor 272bhp car has a range of 385 miles, which should give you a real world range, even in cold weather, of at least 300 miles. That's plenty for most people.

Charging speed is up to 200kW

so if you can find a suitable charger then you will be able to go from 10% to 80% in half an hour.

Polestar bills the 4 as its sporty model but it's heavy at 2.23 tons so is never going to feel like a MX-5 to drive.

The steering works best on its heaviest setting; the ride is good and the car feels incredibly well built and is extremely quiet with barely any wind noise.

Polestar has created a very desirable and stylish new EV that should find quite a few customers.

Assuming those customers don't involve their dog in the buying decision.

VITARA'S STYLE UPGRADE

Suzuki is giving its popular Vitara SUV a refresh for 2025 that sees the addition of more kit as standard and some technical changes.

The car will also be using the Motion and Ultra trim names that were introduced for the S-Cross, Swace and Swift.

The Vitara's styling has been tweaked with a new front grille and bumper, a rear upper spoiler that also incorporates rear window side spoilers plus new 17in alloy wheels.

All powertrains available in the Vitara have been reworked to lower their emissions and improve fuel consumption. Prices start from £26,949 with the order books open now.



CALIFORNIA DREAMING

The new Volkswagen California is now on sale with prices starting at £63,376 for the Beach, £70,576 for the Coast and £77,476 for the top of the range Ocean.

Certainly not cheap, but as we've said many times, you're buying a lifestyle, not just a car. Besides, the



family will have more fun out of a new camper than it will out of a Porsche sports car. Also, depreciation is low on Californias so you will win in the end.

Deliveries will start over the winter, ready for holidays in the spring and summer.

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AFTER a 13-year career break to raise her kids, Rachel Morley-Jones had no real clue what she would do. But a Skills Bootcamp prepping her for the world of cybersecurity was what it took for Rachel, 40, from Hampshire, to launch a whole new career.

What does your day-to-day job involve?

I'm a cyber security consultant for cyber security firm Bridewell, and I work on projects that support and advise councils on cyber hygiene practices and their cyber resilience from threats. I also support councils in preparing for the Cyber Assessment Framework.

What do you love about it?

There's so much to learn on the job and I'm excited by the challenge. Threats are getting increasingly more advanced these days, so I have to constantly educate myself on the industry's changing landscape to ensure I'm doing the best job possible.

How do you juggle work and family life?

I currently work remotely, although I have the option of going to the office if ever needed to since my company has offices across the country. It means I can spend time with my family and still be around to help with childcare. My children are a bit older now (my son is 15 and my daughter is 14), but there are still things you need to tend to every now and again.

How long have you been doing this job?

I completed Bootcamp last year and I've been in this role for just under a year.

How did you find the job?

I discovered the role through LinkedIn. I did the interview and I was offered the position, and started the following week. That being said, I also got a lot of support from the Bootcamp, CAPSLOCK, to help me find a job.

Careers advisers helped me draft cover letters, my CV and even worked with me on my LinkedIn profile to ensure I was showcasing my skills well during my job hunt.

What was the Bootcamp like?

It was a really great experience. After being out of work for around 13 years, I was a bit nervous about going back. But having always been very career driven, I knew I wanted a new challenge and this was certainly that.

It was four months long and I completed it all remotely. I felt a bit awkward at first - I'd never done anything like this and felt strange hopping online to study with a group of people I didn't know. But

FRESH START
Rachel changed to a new career



BOOTCAMP KICKSTART

those nerves soon subsided, and I quickly came to appreciate and really bond with my course group.

There was a mixture of team and individual assessments I needed to complete.

Throughout the course I worked through various different modules that introduced me to the core concepts of cybersecurity, so I've come away with a really strong foundation that has helped me land a job at the end of it.

It was funded by the government completely, so I didn't have to cover any course fees.

How did you decide to join Bootcamp?

For me, it provided the perfect way to flexibly learn new skills in a new industry. Since cybersecurity was a completely new field for me, I needed a course that broke things down and made even the most complicated of ideas make sense, which is exactly what the Skills Bootcamp did.

I studied full time. The course hours were 9.30am to 2.30pm, which worked perfectly around childcare since I would finish up before the children came home from school.

What jobs had you done before?

I previously worked as a legal secretary. I went straight into full-time work at 16 as an office junior at a solicitors' firm who allowed me to go to college on day

release to study. As I progressed to a legal secretary, I continued my studies at night college gaining further legal qualifications.

Did you ever imagine you'd have a career in cybersecurity?

I didn't. But it's so fascinating and highly important, especially in today's tech-dominated world. I'm really happy in my current job which, to me, confirms I've made the right choice.

I'd definitely encourage others to explore the industry - and upskilling more generally. It's quite easy to box ourselves in and stay in our comfort zone, but if you're hungry for more and want to try something new, go for it. There's so much support these days - it couldn't be easier.



Check out skillsforcareers.education.gov.uk for free and flexible

training opportunities. Different areas include: digital, including data engineering, software development and marketing; technical, including construction and engineering; green, including electric vehicle maintenance and heat pump technology; health and social care, including care management and wellbeing; HGV driving, including if you're new to lorry driving or want to return; and business and administration, including project management and insurance.

2,000 jobs risk in store crash

HOMEBASE SHOPS GO UP FOR GRABS

DIY chain Homebase has gone bust putting up to 2,000 jobs at risk.

Bosses blamed an "incredibly challenging" market, the fall-out from the Covid crisis and poor summer weather.

After the appointment of administrators it was confirmed the owner of bargain chain The Range had agreed to buy up to 70 Homebase stores, saving 1,600 jobs.

CDS Superstores, controlled by billionaire Chris Dawson, said the stores will remain as Homebase until they're converted to The Range over the coming months. There are still concerns for 2,000 workers at the remaining 49 Homebase stores, and at its head office.

Administrators Teneo said they will carry on trading as normal while they

continue "active discussions with interested parties". Mr Dawson, nicknamed the "Del Boy billionaire", bought collapsed chain Wilko last year and has since set about opening a number of new stores.



Damian McGloughlin, Homebase boss, said: "We have taken many and wide-ranging actions to improve trading performance. These efforts have not been successful."

The government yesterday published draft legislation to cut business rates for retail hospitality and leisure properties from 2026.

Industry chiefs have urged ministers to bring it forward amid criticism of the employers' national insurance tax rise.

Andy Higginson, chairman of the British Retail Consortium, warned there could be a "significant inflation in prices".

THAMES RESCUE PLAN

Bosses at embattled Thames Water could bag perks to get them to see through a rescue plan. The industry giant yesterday moved a step closer to avoiding renationalisation by winning approval from the majority of its biggest creditors for a lifeline of up to £3billion.

Thames said 75% of its Class A lenders - who together control £12bn of its debts - are behind lending the firm even more.

The plan still needs court approval and could face a challenge from other creditors.

Lenders could demand Thames' bigwigs - including chief executive Chris Weston - commit to stay to oversee a restructuring, which they may get paid extra for.



Canadian pension fund PSP has bought the operator of

Glasgow, Aberdeen and Southampton airports for £1.5billion.

The swoop comes as Chancellor Rachel Reeves prepares to announce the UK's biggest set of pension reforms in decades.

They include proposals that mirror Canada, by pooling the assets from the 86 separate Local Government Pension Scheme authorities to unlock £80bn of investment.

FTSE 100

up 4.5 at 8030.3

Oil = 72.30

Abrdn	134.6	-2.1	Imperial Brands	2347.0	-2.0	Shell Plc	2525.0	+7.0
Anglo American	2232.0	+12.0	International Airlines Grp	236.3	-1.4	Smith & Nephew	951.4	-4.8
AB Foods	2217.0	+4.0	International Distribution Services	342.2	+1.6	Smiths WH	1301.0	+1.0
Admiral Group	2510.0	+38.0	ITV	61.9	-0.9	Standard Chartered	945.0	+21.6
AstraZeneca	10144.0	+154.0	JD Sports	116.3	-0.9	Taylor Wimpey	131.5	-2.9
Aviva PLC	454.7	+0.4	Kingfisher	287.4	-0.4	Tesco	340.2	-1.6
BAE Systems	1344.5	-37.0	Land Securities	571.0	-14.5	Unilever	4515.0	+2.0
B&M European	379.8	-0.8	Legal & General	215.6	+0.9	United Utilities	1048.5	+2.0
BAT	2778.0	+22.0	Lloyds	54.6	+0.7	Vodafone	69.1	+2.0
Balfour Beatty	431.0	+5.0	Marks & Spencer	364.2	-1.0	Whitbread	2930.0	-57.0
Barclays	258.9	+1.4	National Grid	960.6	-15.2	Reach PLC	92.2	-0.6
BR Land Co	371.8	-6.2	NatWest Group	389.2	+1.6			
BP	370.1	+2.8	Next	9674.0	-62.0			
BT	136.7	-1.2	Ocado	327.2	-4.5			
Capita Group	17.2	-0.1	Pearson	1191.0	-21.0	Euro		1.202
Carnival	1738.0	+22.5	Persimmon	1257.5	-22.0	Australian Dollar		1.952
Centrica	118.5	+0.6	Prudential	609.4	+1.4	Bulgarian Lev		2.367
Compass	2619.0	+7.0	Reckitt	4750.0	-12.0	Canadian Dollar		1.781
Currys Plc	77.3	-1.2	RELX	3607.0	-27.0	Egyptian Pound		62.321
Diageo	2332.5	-12.0	Rio Tinto	4748.5	+3.5	New Zealand Dollar		2.152
Direct Line	153.2	+0.6	Rolls-Royce	557.6	-0.4	Polish Zloty		5.232
Easyjet	519.4	-2.0	J Sainsbury	243.2	+1.4	South African Rand		23.121
Ferguson	16220.0	+90.0	SSE	1691.5	-9.5	Swiss Franc		1.121
Frasers Group	730.0	+2.5	Seyn Trent	2584.0	-30.0	Thai Baht		44.482
GlaxoSmithKline	1362.0	-7.5	Serco	154.4	-2.4	Turkish Lira		43.916
Halfords	137.2	-2.4				UAE Dirham		4.971
Hays	77.1	-0.2				US Dollar		1.281
HSBC	700.8	+6.9						

Holiday £

Euro	1.202
Australian Dollar	1.952
Bulgarian Lev	2.367
Canadian Dollar	1.781
Egyptian Pound	62.321
New Zealand Dollar	2.152
Polish Zloty	5.232
South African Rand	23.121
Swiss Franc	1.121
Thai Baht	44.482
Turkish Lira	43.916
UAE Dirham	4.971
US Dollar	1.281

GOLF

DP CHAMPIONSHIP
DUBAI, TODAY

DARTS GRAND SLAM



Plumber's AWOL on glory trail

CAMERON MENZIES admitted he might be forced to pull a sickie after his shock win over James Wade at the Grand Slam of Darts last night saw him storm into the quarter-finals.

The plumber, 35, edged a nail-biting decider 10-9 with Wade in Wolverhampton after a showdown which could have gone either way.

Scot Cammy revealed afterwards: "I went for the qualifiers, no hope just to see what happens - and now I'm in the last eight. I might have to phone in sick tomorrow!"

Wade came from 4-2 down to storm 7-5 in front before Menzies (above) levelled the scores at 7-7 and edging ahead.

Wade then came back to level again twice after Menzies had got his nose in front, eventually sending the tie to a deciding leg.

Menzies then missed three match darts, but landed double-tops at the third attempt to seal it.

Danny Noppert was also knocked out in a shock upset to world No.56 Michael Mansell, who cruised to a 10-7 victory.

Luke Littler will be in action tonight against Belgian Mike De Decker, while Gary Anderson meets Stephen Bunting. In the other ties last night, Rob Cross cruised to a 10-4 win over Ritchie Edhouse while Martin Lukeman beat Ross Smith 10-5.

STING WHEN I'M WINNING



Rory goes for his sixth European Order of Merit crown... but admits US Open meltdown still hurts



EQUALLING A LEGEND
McIlroy is closing in on the great Seve Ballesteros as he targets victory in Dubai

BY PHIL CASEY
RORY McILROY says his failure to win the US Open still "stings" as he bids to match Seve Ballesteros by winning a sixth Race to Dubai title.

Thriston Lawrence (right) is the only player who can prevent McIlroy topping the money list for the third year running by winning the DP World Tour Championship which starts today.

And even that will not be enough if McIlroy finishes 11th or better in the 50-man field in Dubai.

Equalling the tally of Ballesteros and edging closer to Colin Montgomerie's record of eight titles would be a fitting reward for a season which has seen McIlroy win three times and record nine other top 10s, but missing out on an overdue fifth Major title in June remains a painful memory.

McIlroy looked set to win his first Major since 2014 at

Pinehurst, but bogeyed three of the last four holes (inset above, 16th hole misery) to finish a shot behind Bryson DeChambeau.

"Incredibly consistent again," said McIlroy when asked to assess his season. "I think I've been really proud of that over the last few years.

"But then at the same time, you know, thinking about the ones that got away... I could be sitting up here with a fifth Major title and I am not. "So that stings and that's something that I have to come to terms with, but at the same time I've got plenty more opportunities.

"But I really just tried to focus on the positives this year of consistently performing at the highest level, still having three wins with an

opportunity to get a fourth here this week, to win another Race to Dubai title.

"Did I achieve every goal I set this year? Probably not. But I still consider it a successful season.

"You've got two guys (Scottie Scheffler and X a n d e r S chauffele) at the top of the world rankings winning M a j o r s . Scottie winning a Masters and a

Players (Championship) and the Olympics.

"They certainly separated themselves from the pack this year. I'm obviously very aware of that, and it only makes me more motivated to try to emulate what they did this year."

McIlroy's stated goal is to become the most successful European player of all time,

which - purely in terms of Major championship victories - would mean surpassing Harry Vardon's total of seven.

Nick Faldo is next on the list with six Majors and Ballesteros won five, although McIlroy acknowledges the charismatic Spaniard played an immeasurable part in the growth of European golf.

"I am a little too young to remember a lot of Seve's career and things that he did," said McIlroy, 35. "Seve is almost like a, not a mythical character to me, but was just a little bit before my time.

"But he was my dad's favourite player and (with) the immense impact he had on European golf from a Ryder Cup perspective and from what he did for the European Tour, he means a lot to the overall game of golf.

"So to draw level with him and to have a career that can somewhat stack up against his is very cool."



MOST ORDER OF MERIT WINS

- 8..... Colin Montgomerie
- 6..... Seve Ballesteros
- 5..... Rory McIlroy
- 4..... Peter Oosterhuis



TENNIS: ATP FINALS

ALCARAZ HAS ILL TO WIN

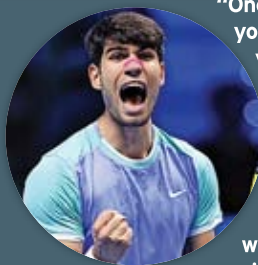
CARLOS ALCARAZ admitted he was surprised by his own ability to overcome sickness and storm to a straight-sets win over Andrey Rublev in the ATP Finals.

The two-time Wimbledon champion (right) struggled in a 6-1 7-5 defeat in his opening match against Casper Ruud on Monday.

The Spaniard then pulled out of a practice session after five minutes on the eve of his clash with Rublev.

But Alcaraz kept his hopes of a maiden ATP Finals title alive as he rallied to a 6-3 7-6 (8) victory.

"I surprised myself," Alcaraz said. "The way that I played today from the baseline, with my serve. I was really



calm. I just tried to be focused on my game and what I had to do and forget about that I'm not feeling well and that I'm sick.

"Once you step on the court, you have to forget everything, your struggles outside the court. I thought I did that pretty well."

World No.3 Alcaraz will take on Alexander Zverev tomorrow knowing realistically only a victory will send him through to the semi-final stage.

Zverev is all-but guaranteed a place in the last four after he beat sixth seed Ruud 7-6 (3) 6-3.

World No.1 Jannik Sinner faces Daniil Medvedev today while Taylor Fritz is up against Alex De Minaur.

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RESULTS

LINGFIELD

11.35: OBSIDIAN KNIGHT (A Keeley 6-4f) 1; Crafter (66-1) 2; Francesi (7-1) 3. 11 ran. ns. 1¼. (T Kent). Tote: £2.60; £1.20, £12.50, £2.20. Tote Exacta: £93.50. Tricast: £576.12. Trifecta: £1181.50. CSF: £153.11.

12.05: SUN DANCER GIRL (C Hutchinson 11-2) 1; Glimmer Of Light (evens) 2; Turner Girl (7-2) 3. 6 ran. 1½, 5½. (A Balding). Tote: £6.50; £2.40, £1.20. Tote Exacta: £13.30. Trifecta: £27.50. CSF: £11.51.

12.35: PRESENT TIMES (James Doyle 5-6f) 1; Venezuelan (14-1) 2; Sourdough (14-1) 3. 12 ran. 1¾, ¾. (C Appleby). Tote: £1.84; £1.10, £2.90, £3.20. Tote Exacta: £13.50. Trifecta: £97.20. CSF: £16.65.

1.05: CAPE BRETON (Rossa Ryan 15-8f) 1; Padua (125-1) 2; Killenaule (15-2) 3. 10 ran. hd, ½. (R Beckett). Tote: £2.88; £1.20, £13.30, £2.50. Tote Exacta: £158.40. Trifecta: £3951.00. CSF: £268.91. NRs: Happy Banner, Royal Favour.

1.37: BOBBY BENNU (J Mitchell 15-8f) 1; Tanmawwy (11-1) 2; Local Hero (11-2) 3. 9 ran. 1, ns. (R Varian). Tote: £2.88; £1.40, £3.30, £2.10. Tote Exacta: £29.50. Tricast: £98.38. Trifecta: £214.30. CSF: £24.61.

2.07: SEA THEME (Billy Loughnane 6-5f) 1; Beley (22-1) 2; Meribella (9-2) 3. 12 ran. 1¼, ¾. (W Haggas). Tote: £2.20; £4.00, £1.70, £1.20. Tote Exacta: £33.40. Trifecta: £119.40. CSF: £38.30.

2.40: DOOM (Rossa Ryan 5-2f) 1; Improvista (33-1) 2; Back See Daa (14-1) 3. 12 ran. 2¼, nk. (W Haggas). Tote: £3.50; £4.00, £1.40, £8.30. Tote Exacta: £84.40. Trifecta: £1167.00. CSF: £104.77.

3.15: HITCHED (L Morris 9-2) 1; Drifts Away (6-4f) 2; Book Of Life (13-2) 3. 12 ran. 3¼, 1¼. (D M Simcock). Tote: £5.50; £1.80, £1.20, £2.40. Tote Exacta: £17.40. Trifecta: £46.08. Trifecta: £90.20. CSF: £11.24.

3.50: PHOENIX MOON (T Heard 5-1) 1; Harb (10-1) 2; Professor Tickle (6-1) 3. 12 ran. 2-1f Walking On Clouds. 1¼, shd. (D Coakley). Tote: £6.00; £1.80, £3.00, £2.40. Tote Exacta: £65.70. Tricast: £318.57. Trifecta: £433.40. CSF: £55.03.

Placepot: £17.70. Quadpot: £9.40.

BANGOR-ON-DEE

12.25: JAGWAR (Jonjo O'Neill Jr 5-2) 1; Lowry's Bar (9-4f) 2; Garincha (16-1) 3. 15 ran. 3, 3¼. (O Greenall & J Guerrero). Tote: £3.50; £1.60, £1.40, £5.20. Tote Exacta: £11.50. Tricast: £76.00. Trifecta: £116.70. CSF: £7.74. NR: Cerequidipity.

12.55: SHECOULDWEANYTHING (S Bowen 7-2) 1; You Wear It Well (5-4f) 2; Party Vibes (16-1) 3. 6 ran. 1¾, 7. (G Elliott (IRE)). Tote: £4.50; £1.80, £1.30. Tote Exacta: £7.80. Trifecta: £68.70. CSF: £8.74.

1.25: CELEBRE D'ALLEN (C Pritchard 15-2) 1; Pull Again Green (5-1) 2; Monte Iguelido (16-1) 3. 10 ran. 18-5f Autonomous Cloud. 5¼, 4¼. (P Hobbs & J White). Tote: £8.50; £2.20, £1.80, £4.40. Tote Exacta: £49.20. Tricast: £98.20. CSF: £46.81.

1.55: DO IT AGAIN (M J O'Sullivan 10-1) 1; Red N Yellow (100-30) 2; Adsay Forever (18-1) 3. 7 ran. ¾, ¾. (N & A Zetterholm (FR)). Tote: £1.87; £1.80, £1.30, £1.30. Tote Exacta: £4.90. Trifecta: £31.00. CSF: £4.25. NR: Jack The Boss. Jack The Boss! Rule 4 applies to All Bets. deduct 5p in the pound.

2.25: JUNKER D'ALLIER (S Bowen 4-6f) 1; Jolite N Jiving (14-1) 2; Theatre Tom (33-1) 3. 11 ran. 6½, 11. (O Murphy). Tote: £1.67; £1.10, £3.00, £4.90. Tote Exacta: £13.70. Trifecta: £43.20. CSF: £13.25.

3.00: GENTLEMAN BILL (H Brooke 13-2) 1; I'm A Lumberjack (9-4) 2; Kadjar Des Mottes (40-1) 3. 10 ran. 13-8f Doctor Kildare. shd, 5½. (O Greenall & J Guerrero). Tote: £7.50; £1.60, £1.20, £7.30. Tote Exacta: £26.30. Trifecta: £65.10. CSF: £22.19. NR: Winchmore Hill.

3.35: MIGHT I (B Carver 7-2f) 1; Aston Martini (5-1) 2; West To The Bridge (11-1) 3. 11 ran. ¾, 1¼. (H Fry). Tote: £4.50; £3.30, £1.70, £1.80. Tote Exacta: £25.80. Tricast: £175.38. Trifecta: £300.40. CSF: £21.64.

4.05: BEAUFORT SCALE (J Bowen 2-1) 1; Carrig Kate (3-1) 2; Latenightrumble (15-2) 3. 8 ran. 15-8f Minella Rescua. nk, 8¼. (G Elliott (IRE)). Tote: £3.00; £1.10, £1.20, £2.00. Tote Exacta: £8.80. Trifecta: £35.00. CSF: £9.06.

Jackpot: £3,869.70.

Placepot: £14.60. Quadpot: £9.80.

AYR

12.45: IMMORTAL FAME (C Ward 7-5) 1; Steap Out (3-1) 2; 11-8f Kandor. 1¾. (Deborah Cole). Tote: £2.40; Tote Exacta: £5.00. Trifecta: £5.30. CSF: £5.23.

1.15: EVALUATION (D R Fox 4-9f) 1; Clondaw Fame (7-2) 2; Governec (11-2) 3. 7 ran. 7½, ½. (L Russell). Tote: £1.45; £1.10, £1.70. Tote Exacta: £2.80. Trifecta: £5.50. CSF: £2.53.

1.45: DALILEO (P J Kavanagh 15-2) 1; Summergrounds (11-4) 2; Balranald (7-1) 3. 10 ran. 9-4f Bathgate. ¾, ¾. (Miss L Harrison). Tote: £9.00; £2.20, £1.30, £1.70. Tote Exacta: £35.60. Tricast: £152.38. Trifecta: £172.20. CSF: £28.53.

2.15: ILIKEDWAYURTHINKIN (R McLernon 9-4) 1; No Regrets (15-8) 2; 3 ran. 6-4f Artic Row. 35l. (B Haslam). Tote: £3.25; Tote Exacta: £5.40. Trifecta: £4.40. CSF: £6.17. NR: Everyday Champagne.

2.50: KINBARA FIRSTDRAFT (D E Mullins 6-1) 1; Malangen (4-1) 2; Follow Charlie (9-2) 3. 8 ran. 13-8f Fourafakind. 1¾, nk. (S Crawford (IRE)). Tote: £7.00; £1.80, £1.40, £1.70. Tote Exacta: £29.20. Tricast: £117.61. Trifecta: £117.50. CSF: £30.37.

3.25: CASTLE CARROCK (D McMenamin 4-6f) 1; Jack Dempsey (33-1) 2; Shes All Pride (5-1) 3. 6 ran. 16l, ¾. (N Richards). Tote: £1.67; £1.10, £9.60. Tote Exacta: £20.70. Trifecta: £78.40. CSF: £26.02.

Placepot: £75.80. Quadpot: £26.40.

SOUTHWELL

4.30: SEX ON FIRE (G Wood 11-10f) 1; Immediate Effect (15-8) 2; Sahara Disco (7-1) 3. 11 ran. ¾, 1. (R Spencer). Tote: £2.10; £1.10, £1.10, £1.80. Tote Exacta: £4.70. Trifecta: £14.00. CSF: £3.51.

5.00: AQUACELL (M Ghiani 6-5f) 1; Enola Grey (10-1) 2; Triumph Of Peace (14-1) 3. Twirler (28-1) 3. 9 ran. ¾, ¾, dnt. (J Chapple-Hyam). Tote: £2.20; £2.20; Aquacell, Enola Grey, Twirler £2.80. Tote Exacta: Aquacell, Enola Grey, Twirler £13.90. Tricast: Aquacell, Enola Grey, Triumph Of Peace £58.25. Aquacell, Enola Grey, Twirler £112.58. Trifecta: Aquacell, Enola Grey, Triumph Of Peace £53.70. Aquacell, Enola Grey, Twirler £87.30. CSF: Aquacell, Enola Grey £14.80.

5.30: KILDONAN (A Farragher 11-1) 1; Trouble Man (11-1) 2; Impulse Buy (50-1) 3. 11 ran. 9-4f Miss Funky Monk. nk, ½. (Miss A Murphy). Tote: £12.00; £2.90, £3.40, £13.20. Tote Exacta: £121.00. Trifecta: £5117.40. CSF: £124.15.

6.00: PROMETEO (B Savette 13-2) 1; Haku (14-1) 2; Fantasy Believer (16-1) 3. 8 ran. 11-10f Primo Lara. ns, 1½. (M Bott). Tote: £7.50; £1.90, £3.00, £3.40. Tote Exacta: £56.00. Tricast: £1393.94. Trifecta: £650.90. CSF: £91.51. NRs: Haliphon, Magical Morning.

6.30: DESTINADO (S D Bowen 7-1) 1; Fityshadesaresdev (12-1) 2; High Court Judge (4-1) 3. 11 ran. 3-1f Camacho Man. ¾, 2¼. (James Owen). Tote: £8.80; £3.20, £2.60, £1.90. Tote Exacta: £107.40. Tricast: £387.20. Trifecta: £616.90. CSF: £90.05. NR: Sound Pressure.

7.00: HAPPIER (D Allan 2-1) 1; Lewis Barnes (7-2) 2; Fortunato Star (15-8) 3. 10 ran. 11, nk. (T Easterby). Tote: £3.00; £1.20, £1.10, £1.40. Tote Exacta: £8.60. Tricast: £15.08. Trifecta: £18.60. CSF: £8.68. NR: Beneficiary.

7.30: SIR JOSEPH SWAN (Laura Coughlan 4-1) 1; Arc Zoosve (11-8) 2; Brividi (7-2) 3. 6 ran. 4¼, 2¼. (A Watson). Tote: £5.00; £1.70, £1.40. Tote Exacta: £11.70. Trifecta: £74.20. CSF: £9.69. NR: Alex The Great.

8.00: SUPERNOVA STEPS (C Planas 9-1) 1; My Boy Jack (4-1) 2; Socialise (3-1) 3. 10 ran. 2-1f H Hah Toronto. 2¼, ¾. (D Loughnane). Tote: £10.00; £2.70, £1.50, £1.40. Tote Exacta: £43.00. Trifecta: £138.28. Trifecta: £183.40. CSF: £44.46. NR: Chiedoze.

8.30: HAVANA SKY (A Farragher 8-1) 1; You Are Everything (17-2) 2; Global Effort (9-2) 3. 10 ran. 7-4f Irish Dancer. 1, 2½. (E Dunlop). Tote: £9.00; £2.20, £1.80, £1.90. Tote Exacta: £36.30. Tricast: £354.25. Trifecta: £276.10. CSF: £73.50.

Placepot: £1,681.30. Quadpot: £321.70.

GREYHOUND RESULTS

NOVE. - 2.23 Punkrock Eclipse 7-1 (3-5-6, £39.05, TC: £28.25), 2.41 Lightfoot Stevie 4-1 (2-1-3, £13.39, TC: £0.00), 3.01 Gorgeous Girl 9-2 (4-5-3, £21.81, TC: £0.00), 3.19 Kilkenny Millie 3-1 (2-3-1, £18.86, TC: £53.61), 3.38 Burrows Swif 10-11 (9-1-2, £9.25, TC: £0.00), 3.57 Sky Wolf 7-4f (2-3-3, £6.49, TC: £22.91), 4.16 Pounding Sand 9-2 (5-6-4, £32.83, TC: £69.98), 4.34 Inane Luny 8-1 (3-5-1, £58.36, TC: £250.25), 4.53 Rapido Willow 7-2 (6-3-4, £22.24, TC: £0.00), 5.12 Hollyhill Lynx 11-10f (6-4-5, £9.87, TC: £40.17), 5.31 Claireketh Dove 7-4f (DH 2nd 4-3-2, £2.97, TC: £7.93, £2-3, £6.52, TC: £12.47), 5.49 Candolim Pearl 1-3 (2-4-1, £13.03, TC: £0.00).

NON-MORALE. - 11.01 Winterfield Jack 6-5f (1-2-3, £11.03, TC: £28.01), 11.18 Elderberry Miska 7-2 (1-6-5, £22.64, TC: £70.54), 11.34 Global Lagoon 6-1 (3-2-6, £23.93, TC: £48.84), 11.52 Elderberry Luna 4-1 (5-3-1, £21.56, TC: £55.44), 12.09 Ettas Boy 11-4 (6-2-5, £39.64, TC: £97.66), 12.26 Vikons Pipsqueak 4-1 (6-3-5, £58.20, TC: £132.08), 12.42 Kuda Bridie 5-1 (5-1-2, £20.37, TC: £75.28), 12.59 Morality 3-1 (5-1-2, £50.99, TC: £230.44), 1.17 Jives Mohawk 4-6f (1-5-2, £6.45, TC: £11.90), 1.33 Final Shot 2-1f (1-3-2, £18.75, TC: £64.34), 1.51 Bonita Girl 5-2f (1-2-6, £9.72, TC: £21.83), 2.07 Ballinakil Son 15-8f (1-5-6, £32.99, TC: £82.97).

NOTTINGHAM

11.09 Toolmaker Impact 3-1 (2-1-4, £16.34, TC: £82.78), 11.27 Seemra Valda 3-1 (2-6-3, £34.65, TC: £111.67), 11.43 Hitman Marshall 4-7f (6-5-2, £4.56, TC: £19.15), 12.01 Neaves Noodle 4-7f (6-5-2, £5.41, TC: £18.14), 12.18 Feora Loto 11-11f (6-1-3, £4.64, TC: £16.21), 12.34 Livingleadiva 6-8f (1-6-5, £6.11, TC: £13.27), 12.51 Jaymir Lace 3-1 (3-2-1, £32.60, TC: £146.48), 1.08 Killes Jewel 4-5f (6-2-1, £8.05, TC: £24.22), 1.26 Invincia Jewel 10-3 (3-6-4, £12.05, TC: £45.88), 1.42 Heaven Angel 7-1 (1-6-3, £47.37, TC: £187.99), 1.59 Macgalpine 3-1 (2-5-6, £14.34, TC: £33.18), 2.14 Baby Bono 4-1 (DH 3rd 1-4-6, £39.24, TC: £55.75, 1-4-2, TC: £64.27).



BY HARD Dysart Enos is reported fully fit for the Greatwood Hurdle

FER READY TO FLY WITH HOTPOT ENOS

BY DAVID YATES INEXPERIENCE rather than a lack of fitness is Fergal O'Brien's chief concern for favourite Dysart Enos in Sunday's Greatwood Handicap Hurdle. Unbeaten in three starts in bumpers and three outings over hurdles, William Hill's 5-2 market leader, forced to miss Cheltenham and Aintree last spring by a foot injury, makes her comeback after 294 days on the sidelines. But it is the step out of novice company - and not the lay-off - that weighs on the Irishman's mind. "I don't think it will be

fitness that will get her beat. She's been training very well, she's done a lot of work and she's had a couple of away days," said O'Brien (below). "If anything gets her beat, it will be a lack of experience against seasoned handicappers - whether she can take those experienced, older handicappers on. "That's the issue - a novice going into handicaps." The six-year-old was among the market leaders for the Ryanair Mares' Hurdle at Cheltenham last March when suffering a last-minute

setback. "She stood on the ball of her heel and it took longer than we would have hoped," added O'Brien, whose daughter of Malinas will be partnered by Johnny Burke following the retirement of Paddy Brennan. "But we're very happy with her and we felt 131 was an attractive mark to work towards and go for a big pot." JONBON will face three rivals in the Grade 2 Shloer Chase when Nicky Henderson's seven-time Grade 1 hero makes his reappearance at Cheltenham on Friday.



DAVID EGAN

SEDGEFIELD

12.05 CANINE PREMIER FLEX CONDITIONAL JOCKEYS' HANDICAP HDLE (5) 2m 4f Winner £3,248 (8 run) 1 33313P I'M TOO TIRED (205) J Candlish 4 12-0 (C) L Stones 95 S 2 74-123 FOSTER'S FORTUNE (9) C Grant 5 11-12 (C) Connor Rabbitt 100 G 3 353- LOVE TRUE (227) O Greenall & J Guerrero 4 11-4 (F) Ben Smith (8) 94 S 4 47P-7 THREE PLATOON (F13) (B) R Menzies 6 11-4 (EW) William Maggs 24 G 5 -60300 GIEVES (59) H McMahon 6 11-2 Dobb (3) 108 S 6 069472 SUITABLY SURPRISED (9) S England 5 10-2 (SF) C Maggs (3) 111 G 7 P7P-0 SOLWAY STAREE (17) Miss L Harrison 6 10-2 P J Kavanagh 73 GS 8 06P6 INOUE (66) Paul Robson 4 10-2 E Austin 61 GS

BETTING: 13-8 Love True, 9-4 Foster's Fortune, 5-2 Suitably Surprised, 12 Three Platoon, 20 I'm Too Tired, 25 Inoue, 50 Gieves, 100 Solway Staree. 2023: LEJ EBF 6 10 7, C Rabbitt 6-4 Fav (A B Hamilton), 8 ran.

12.40 VICKERS-BET JUVENILE HURDLE (4) (3-Y-0) 2m 1f Winner £4,193 (8 run) 1 15 MALINKA (F16) (H) J Candlish 11-0 (D) (EW) Sean Quinlan 104 S 11-2 (10-12) Last of 5, 39l behind Liam Swaggart (11-0) at M Rasen 2m 1f 3yo hdl (2) gd 2 25 MILL STREET (123) B Pauling 11-0 (BF) (SF) B R Jones 105 G 11-10fav (11-0) 5th of 6, 25l off Battle Of Omdurman (10-1) at Stratford 2m 3yo hdl (4) gd 3 18 ON THE BUBBLE (F17) (H) B Haslam 11-0 R McLernon 94 S 20-1 (11-0) 8th of 12, well behind Play Pretend (11-0) at M Rasen 2m 1f 3yo hdl (4) gd 4 4 SWEET SOUL MUSIC (25) B Ellison 11-0 Craig Nichol 76 G 9f (11-2) 4th of 5, 38l behind Continuance (11-2) at Sedgefield 2m 1f 3yo mdn hdl (4) gd 5 2554 TRAFALGAR SQUARE (14) (B) O Greenall & J Guerrero 11-0 H Brooke 97 S 20-1 (11-0) 4th of 5, 18l off Ambiente Amigo (10-7) at Newcastle 2m 1f 3yo hdl (4) gd 6 VINNY'S DREAM (F35) B Brookhouse 11-0 (F) T Cannon 14f (9-7) 3rd of 8, 4f behind Buon Viaggio (9-7) at Chelmsford City (5) psi in Oct (flat) 7 JAILBIRD (F10) T Collier 10-7 R Chapman - 7-2 (9-3) Won at Lingfield 0-55 (6) gf in Jul bt Make A Scene (9-10) by Shd, 8 ran (flat) 8 3244P MASONBROOK MEADOW (18) Seamus Mullins 10-7 M G Nolan 103 G 33-1 (10-7) PU, in a race won by East India Dock (11-0) at Wincanton in Oct, 10 ran

BETTING: 9-4 Vinny's Dream, 11-4 Mill Street, 5 Masonbrook Meadow, 13-2 Trafalgar Square, 7 Malinka, 14 Jailbird, 16 On The Bubble, 25 Sweet Soul Music. 2023: FEACH AMACH 10 7, Lorcan Murtagh 33-1 (N Hawke), 8 ran.

1.15 LAKELAND DAIRIES & BIDFOOD CLASSIC COLLABORATION NOVICES' HANDICAP CHASE (5) 2m Winner £3,248 (8 run) 1 13P343 NEIGH BOTHA (22) O Greenall & J Guerrero 7 12-0 (D) (SF) H Brooke 101 GS 2 46f-6 SOCKS OFF (30) (V) M & D Easterby 7 11-13 (C, D) P W Wade 72 G 3 08-04P NATURAL ABILITY (42) C Grant 6 11-12 (F) D McMenamin 97 GF 4 02880P DARKEST DAY (39) W Young 9 11-2 (D) S Coltherd - - 5 37P-PP FLANA BAY (69) M Barnes 7 10-9 P J Kavanagh (3) - - 6 798156 MISS FEDORA (24) Seamus Mullins 5 10-8 O Palmer (7) 90 G 7 68P-07 EDMOND DANTES (33) F Murtagh 8 10-3 L Murtagh 66 GF 8 -28559 COFFICIONADO (44) D McCain 4 10-2 (EW) B Hughes - -

BETTING: 11-8 Neigh Botha, 24 Natural Ability, 9-2 Cofficionado, 6 Miss Fedora, 8 Socks Off, 20 Darkest Day, 25 Edmond Dantes, 33 Flana Bay. 2023: No corresponding race.

1.50 FAIRLIGHT STUDIO WORKSHOPS AT SEDGEFIELD RACECOURSE MARES' MAIDEN HURDLE (4) 2m 4f Winner £4,193 (8 run) 1 F- DAZZLEKETHIS (340) O Greenall & J Guerrero 5 11-4 (SF) H Brooke - - 5-1 (11-1) Fell, in a race won by Jokers 'N' Clowns (11-1) at Tattersalls in Dec, 12 ran 2 0-042 DEVON SKIES (14) P Kirby 5 11-4 J Williamson (3) 98 G 16-1 (10-8) 2nd of 8, 12l behind Sayya (11-3) at Newcastle 2m 1f mdn hdl (4) gd 3 /22-88 FLORITA (36) S England 6 11-4 J England 43 G 100-1 (10-11) 8th of 10, well off Strictly Tango (11-4) at Sedgefield 2m 1f mdn hdl (4) gs 4 55-0 MYFAVOURITESISTER (18) P Neville 5 11-4 Craig Nichol 20f (11-2) 2nd of 12, well behind Kapability (11-1) at Aintree 2m 1f (2) gd in Oct 5 4 REEL ROSIE (13) J Candlish 5 11-4 Sean Quinlan 81 GS 14-1 (11-6) 4th of 10, 23l behind Railway Bell (11-6) at Uttoxeter 2m mares mdn hdl (4) gd 6 8-53 TRYSTING THORN (36) I Duncan 5 11-4 C O'Farrell 20f (11-2) 3rd of 12, 7l behind Riviera Walk (11-1) at Sedgefield 2m 1f (4) gs in Oct 7 0-6623 WINDS OF WINTER (49) I Jardine 6 11-4 (F) B Hughes 97 S 4-1 (11-0) 3rd of 12, 5l behind Heart Above (10-13) at Perth (0-95) (3yo+) (5) gd in Sep 8 UF-9 CRACKERJACK QUEEN (27) T Ellis 4 11-3 Mr J Andrews (3) - - 20-1 (10-12) 9th of 12, 7l behind Dream Shadow (11-2) at Uttoxeter 2m (5) gs in Oct

BETTING: 9-4 Dazzlelkeithis, 11-4 Devon Skies, 3 Winds Of Winter, 11-2 Trysting Thorn, 8 Reel Rosie, 33 Crackerjack Queen, Myfavouritesister, 66 Florida. 2023: No corresponding race.

2.25 WOODLANDS HOSPITAL DARLINGTON - CIRCLE HEALTH GROUP HANDICAP CHASE (5) 3m 2f Winner £3,248 (5 run) 1 39-3U1 ZWICKY (25) P Kirby 7 12-0 (C) (SF) J Williamson (3) 105 G 2 -P6552 ILLOGICAL LOGIC (15) Christian Williams 6 10-12 (F) B Hughes 106 G 3 -34485 LADY MENDOZA (14) (V) R Menzies 7 10-11 R Chapman 101 G 4 536466 CROAGH PATRICK (14) (V) S England 9 10-4 J England 104 GS 5 2P-563 OLD PAGE (36) D Thompson 7 10-2 E Collier (7) 91 G

BETTING: 5-4 Zwicky, 6-4 Illogical Logic, 8 Lady Mendoza, 10 Croagh Patrick, 14 Old Page. 2023: LARGY NIGHTS 7 11 4, Lilly Pinchin(3) 3-1 (C Longsdon), 6 ran.

3.00 PAXTONS NO1 CASEIH DEALER IN UKIRELAND NOVICES' LIMITED HANDICAP HURDLE (5) 2m 4f Winner £3,248 (12 run) 1 -U3426 SEFTON WARRIOR (44) H McMahon 7 11-12 E Austin (5) 95 GS 2 0/78-P BAMBOO BAY (F26) T Waggett 6 11-9 Charlotte Jones 91 GF 3 67f-6 ACHNAMARA (9) P Kirby 5 11-8 B Lynn 90 G 4 0-3P65 UPFORDEBATE (66) P Neville 5 11-6 Craig Nichol 93 S 5 1-0447 MYSTIC MAN (42) R Potter 7 11-5 (BF, D) J England - - 6 0909-0 SUPREME AUTHORITY (18) C Grant 5 11-4 D McMenamin 73 G 7 87U-6 MORANDI SECOND (F26) (B) P Neville 5 11-3 (F) H Brooke 93 G 8 67F-7 STAR VANTAGE (17) (H) R Menzies 7 11-0 R Chapman 80 G 9 -2144U GINGER POINTE (44) D Brooke 7 10-10 B Hughes 98 S 10 942211 CLEAN GETAWAY (9) P Kirby 7 10-10 (C) (SF) J Williamson (3) 106 G 11 423632 BLENDED STEALTH (6) Lizzie Quinlan 7 10-8 Sean Quinlan 101 S 12 0-072P SWIFT REPLY (25) S Waugh 8 10-8 (EW) C Maggs (7) 98 GS

BETTING: 7-4 Clean Getaway, 4 Morandi Second, Blended Stealth, 12 Ginger Pointe, 14 Sefton Warrior, Mystic Man, 16 Swift Reply, Star Vantage. 2023: No corresponding race.

TODAY'S FAB 4 TIPS

NORTHERNER'S NAP FLYING FLETCHER (7.30 Chelmsford) WESTCOUNTRY'S BEST JONY MAX (2.50 Taunton) TOPSPOT CLEAN GETAWAY (3.00 Sedgefield) SPEEDHORSE ULTRAMARINE (6.00 Chelmsford)

STAT OF THE DAY

Trainer Darryll Holland and jockey David Egan have a 75 per cent strike rate when teaming up at Chelmsford - three wins from four runners for a level-stake profit of £15.83. So look out for FANTASY MASTER (7.30).

SINGLE SHOT STAR

(Top in-form jockey with just one booked ride) Harry Cobden: GENTLEMAN JACQUES (2.50 Taunton)

NEWSBOY 12.05 SUITABLY SURPRISED 12.40 MILL STREET 1.15 NEIGH BOTHA 1.50 DEVON SKIES 2.25 ZWICKY 3.00 CLEAN GETAWAY BOUVIERE 12.05 SUITABLY SURPRISED 12.40 VINNY'S DREAM 1.15 NEIGH BOTHA 1.50 DEVON SKIES 2.25 ILLOGICAL LOGIC (NB) 3.00 CLEAN GETAWAY

GOING: Good. COURSE: Left-handed, undulating oval track of 1m

TAUNTON

NEWSBOY 12.30 JET OF DREAMS 1.05 MR ZEE 1.40 TUXEDO JUNCTION 2.15 GORE POINT 2.50 SCHOOL FOR SCANDAL 3.25 SWEET CARYLINE

12.30 ROYAL OAK AT HILLCOMMON NOVICES' H'CAP CHASE (4) 2m 2f Winner £7,024 (2 run)

1 6-2259 THIRTYFOUR THIRTY (28) Anthony Charlton 5 11-6 (D) J Best 120 G 2 2-1132 JET OF DREAMS (11) W Greatrex 6 11-2 (SF) J Bowen 120 G

1.05 COUNTY STORES REMEMBER CYBORGO CONDITIONAL JOCKEYS' H'CAP HURDLE (5) 2m 104yds Winner £5,281 (9 run)

1 479-3P AMERICAN LAND (18) J Tizzard 6 12-0 (SF) F Gingell 100 GS 2 3/3286 MORDRED (10) H H Dickinson 11-13 B Harris (3) -

1.40 SOUTH WEST RAIL SOLUTIONS LTD NOVICES' HURDLE (4) 2m 104yds Winner £4,955 (5 run)

1 521424 KAUTO THE KING (18) J Tizzard 10 11-2 (D) F J Powell - 2 274 LOKI'S MISCHIEF (23) Mrs J Williams 4 11-2 D Noonan 96 GS

1.40 KAUTO THE KING (18) J Tizzard 10 11-2 (D) F J Powell - 2 274 LOKI'S MISCHIEF (23) Mrs J Williams 4 11-2 D Noonan 96 GS

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GOING: Good to Firm-Good in places. 1ST TIME BLINKERS: 1.05 Stray Bullet. CHEEKPICES: 12.30 Thirtyfour Thirty, 1.05 Galactic Glow, Go On Ya Goodthing, Mr Zee, Phoenix Risen, 1.40 Kauto The King, 2.50 Lock Out, 3.25 Fashionelle.

2.50 SOUTH WEST RAIL SOLUTIONS LTD HANDICAP CHASE (5) 2m 7f Winner £5,968 (6 run)

1 467-P4 GENTLEMAN JACQUES (22) E Lavelle 5 12-0 H Cobden 94 G 13-2 (10-10) 4th of 6, 141 behind Roger Pol (11-1) at Southwell 0-120 (4) gd in Oct

3.25 THOROUGHbred BREEDERS' ASSOCIATION MARES' HANDICAP HURDLE (4) 2m 3f Winner £6,073 (7 run)

1 324-43 LINDA MOON (68) N King 5 12-0 J Quinlan 113 GS 4-1 (11-12) 3rd of 6, 41 behind Get Sky High (12-0) at Warwick 0-110 (4) gd in May



HIGH HOPES David Evans trains today's Nap

Marine to make a splash

NEWSBOY'S DAILY DOUBLE ULTRAMARINE can get back to winning ways in the Betfair Racing Podcasts Handicap (6.00) at Chelmsford this evening.

David Evans' son of Zoffany has a fine 25 per cent strike-rate on the all-weather and gained his fifth victory on artificial surfaces when scoring at Wolverhampton three starts ago.



David Evans' son of Zoffany has a fine 25 per cent strike-rate on the all-weather and gained his fifth victory on artificial surfaces when scoring at Wolverhampton three starts ago.

Raised 8lb for a two-and-a-half-length margin from The Bitter Moose at Dunstall Park, Ultramarine didn't get the breaks when a three-and-three-quarter-length second to Local Music over this course and distance next time.

And my selection came from the back under Jordn Williams for another silver medal behind Stanley Spencer when dropping back to six furlongs at Kempton 15 days ago.

The evidence of both runs is that Ultramarine is capable of winning from his revised British Horseracing Authority mark of 76 and, with a couple of front runners in the field, the race could be set up for a finisher.

An hour and a half later, FLYING FLETCHER is well treated under a penalty in the betting.betfair.com Handicap (7.30).

Richard Fahey's (above) top weight carries an additional 6lb as a result of his two-and-a-half-length beating of Sacred Falls at Newcastle nine days ago - but is still 21lb ahead of the assessor on official figures.

BEST LONGSHOT UNITED FORCE (7.00 Chelmsford) PRO-BET No bet today

MARKET RASEN

NEWSBOY 12.20 DARK MIX 12.55 RULA BULA 1.30 KELCE 2.05 EYED 2.40 BREAD AND BUTTER 3.15 WESTERN GLEN

GOING: Good. COURSE: Right-handed, undulating, oval course of 1m 2f, seven easy fences per circuit and a run-in of 250 yards.

12.20 NUNNS ISUZU SUBARU AND MAZDA GRIMSBY MAIDEN HDL (4) 2m 1f Winner £3,540 (13 run)

1 63242-2 ACHILLE DES ROCS (200) L Morgan 5 11-4 A Wedge - 2 45-PP CHANTILLY MOON (30) P Niven 5 11-4 T Midgley (3) -

12.55 BOOK BOXING DAY AT THE RACES EBF MARES' NATIONAL HUNT MAIDEN HURDLE (4) 2m 5f Winner £3,540 (8 run)

1 9/UP-7 AFTER MIDNIGHT (170) J S Smith 7 11-4 H Bannister 73 G 2 1 NATUS VINCERE (80) L Morgan 5 11-4 F Wedge -

1.30 INOUI MACHIN (21) N Mulholland 6 12-0 D Johnston (3) 81 G 7-4 (11-3) Last of 3, 421 behind Ask Brewster (10-6) at Ludlow 3m nov hcp chs (3) gd in Oct

2.05 LUCAS MACHINERY HANDICAP CHASE (5) 2m 5f Winner £3,961 (10 run)

1 53-152 KANKIN (24) A Hales 8 12-0 (D) F Wedge - 2 624-42 EYED (18) H Morrison 7 12-0 (BF) (SF) B Bass 106 G

3.15 ENJOY YOUR CHRISTMAS PARTY AT THE RACES HANDICAP HURDLE (5) 2m 7f Winner £3,697 (9 run)

1 9/436 NATCHEZ TRACE (F27) D Carroll 7 12-0 R T Dunne 94 G 2 9457-5 GEORDIE NIGHT (194) N Kent 5 11-9 (EW) C Hammond 102 G

LONGEST TRAVELLER By road, trainer Christian Williams sends ILLOGICAL LOGIC (2.25) on a 309-mile trip from Ogmere-By-Sea, Giamorgan to Sedgfield.

TOP DOG'S BAGS CRAYFORD 2.23 Mustang Beyonce (1-2-2) 2.41 El Ripido (5-2-6) 3.01 Killeheen Bride (5-4-1) 3.19 Chelms 3.01 Killeheen Bride (5-4-1) 3.19 Chelms 3.01 Killeheen Bride (5-4-1) 3.19 Chelms

CHELMSFORD JACKPOT

NEWSBOY 5.00 MAGIC GLOW 5.30 NEEDLEPOINT 6.00 ULTRAMARINE (NAP) 6.30 RESPIRO SOLITARIO 7.00 ELTERWATER 7.30 FLYING FLETCHER (NB) 8.00 WAR ZONE 8.30 AYE SPYED

5.00 'CONFINED' RESTRICTED MAIDEN FILLIES' STAKES (5) (2-Y-0) 7f Winner £4,187 (15 run)

1 (11) AMELIA SEDLEY M Attwater 9-2 P Bradley - 2 (12) ANTALYA Jack Jones 9-2 Dylan Hogan -

5.30 BETFAIR EXCHANGE RESTRICTED NOVICE STAKES (5) 7f Winner £4,187 (6 run)

1 (5) 1- NEEDLEPOINT (515) Miss A Murphy 3 9-7 (SF) L Edmunds - 2 (1) 332 SPACE TROOPER (17) P Charalambous & J Clutterbuck 4 9-4 (F) R Kingscote 77 ST

6.00 BETFAIR RACING PODCASTS HANDICAP (4) 7f Winner £5,757 (11 run)

1 (9) 150085 RIOT (24) (V) D O'Meara 7 10-0 (CD) Jason Watson 83 ST 2 (1) 5-6381 BEATTIE IS BACK (13) R Fahey 5 9-9 (D) DOUBTFUL -

6.30 SUMMER WEDDINGS HERE AT CCR NURSERY (6) (2-Y-0) 1m Winner £3,664 (11 run)

GOING: Standard. COURSE: Left-handed Polytrack all-weather course of 1m round. Chutes at the 71 and 1m starts. The run-in is 2f.

7.00 BETSI HANDICAP (6) 1m Winner £3,664 (12 run)

1 (6) 5/4-44 ELTERWATER (267) D & C Kubler 4 9-9 R Kingscote 62 G 2 (1) 420247 HEERATHTRACK (15) (V) M Usher 5 9-9 (C) T Heard 67 ST

7.30 BETTING.BETFAIR.COM HANDICAP (4) 6f Winner £5,757 (11 run)

1 (6) 651-71 FLYING FLETCHER (9) R Fahey 3 10-1 (D) (SF) B Garrity 90 ST 2 (1) 905146 JUSTCALMPEPE (21) (H) E Evans 5 9-9 (CD) Tom Kiely-Marshall (5) 87 ST

8.00 BETFAIR EXCHANGE BEACONS HANDICAP (6) 5f Winner £3,664 (11 run)

1 (6) 124809 SECOND COLLECTION (13) A Carroll 8 9-9 (D) Jack Doughty (5) 57 G 2 (1) 68-P75 TOMHALFSSTRIP (143) R Cowell 3 9-8 Sorin Moldoveanu (7) 51 ST

8.30 BEST ODDS ON THE BETFAIR EXCHANGE HANDICAP (6) 1m 2f Winner £3,664 (14 run)

1 (8) 6-7867 CRACKING FILLY (28) (H) D Ivory 4 9-9 David Egan 57 ST 2 (1) 9-6735 MHAJIM (24) C Banham 5 9-9 (BF) (F) J Haynes 61 SS

RUGBY UNION ENGLAND v SOUTH

HAMILTON GEARS UP FOR ITALY



FORMULA ONE
BY DANIEL MOXON

LEWIS HAMILTON is set to drive a Ferrari Formula One car for the first time in January ahead of his debut season with the Italian team.

The seven-time champion turns 40 on January 7 and will not have to wait much longer to get his first taste of Scuderia machinery.

It is understood Ferrari plan to run him in the 2022 car, most likely at their Fiorano test track.

Ferrari had hoped to run Hamilton (above) at the post-season test in Abu Dhabi but his Mercedes commitments have ruled that out.

His new team principal Frederic Vasseur said: "I am not sure that he needs tons of hours of acclimatisation.

"He is experienced enough to be quick on the first day, or at least very soon. We will have one or two days, plus the test in Bahrain and that

will be enough." Ferrari have an advantage over other teams in that they own the Fiorano track which is right next to their Maranello base.

They will be able to run whatever programmes they would like without any prying eyes.

Ferrari engineers are already working on their schedule to not only prepare the whole team for the 2025 season but to also get Hamilton in a position to hit the ground running at the first race, the Australian Grand Prix.

Reports in Italy had claimed Hamilton would be given the keys to the Maranello house where the company's founding father Enzo Ferrari lived - an honour only bestowed on Michael Schumacher.

But while Hamilton may rent or buy a home near to Ferrari's Italy base, it is most likely he will move between his residences in Monaco and London, as he has done for many years.

SALE GIVES HULL HOPE

RUGBY LEAGUE
BY DAVE CRAVEN

ADAM PEARSON says Hull can enjoy a "bright future" after he agreed to sell the club to a pair of multi-millionaires.

The Black and Whites chairman will soon hand over ownership of the club to former Leeds Rhinos president Andrew Thirkill and fellow Yorkshire businessman David Hood.

Thirkill had long been known as a suitor.

But the involvement of Hood, with an estimated personal wealth of £320million, was only revealed yesterday. Pearson (above) has been in charge since 2011 and led Hull to back-to-back Wembley wins in 2016 and 2017.

But they have failed to make the play-offs for the last four years and have won just three Super League games this term to leave fans crying out for change.

Pearson said: "After

positive and detailed investment discussions, I'm delighted to announce the club has entered into and agreed an exclusivity period with successful Yorkshire businessmen Andrew Thirkill and David Hood OBE. This will allow them to complete the process of the transfer of 100 percent ownership of Hull FC in an orderly manner.

"The new owners have committed to provide sufficient funding to allow the club to regain its Grade A status, and a new management structure and team to improve its ranking in that grade.

"I'll be delighted to hand over the reins to Andrew as the club's new chairman. I will continue to assist the new board in business matters in relation to the club in a consultancy capacity.

"This change of ownership heralds a bright future for Hull FC."



BY ADAM HATHAWAY
HENRY SLADE insists England are not about to put the shutters up and go into their shells when the world champion Springboks come calling on Saturday.

The England centre revealed Steve Borthwick's side will double down on their defensive system as they aim to blitz the Boks.

The last time the teams met, in the 2023 World Cup semi-final, Borthwick devised a conservative kicking-based game plan to contain the South Africans.

He nearly pulled off a miracle in Paris but since then has used the aggressive blitz defensive system - with players rushing off the line to heap pressure on the opposition - and tried to layer on a more open attacking game.

Australia picked the lock last Saturday in a stunning 42-37 win when they scored five tries to condemn England to a second autumn reverse and a fourth defeat on the spin.

But Slade, 31, has urged England to be bold as they attempt to get one over



Rassie Erasmus and his Bomb Squad, who are raging favourites to win.

He said: "We are not going to shut up shop and go away from what we are trying to do. We have got a DNA of how we want to play, how we want to attack and how we want to defend.

"When you look at things as outcome-based, on the surface, nought from two isn't good with the double World Cup winners coming up next - it is not an ideal situation to be in. We have a specific way we want

to play each week, catered to each team, but we have got our DNA what we are trying to be about, which is ever present.

"The blitz is such a way of defending that if there is not a full buy-in, then cracks to appear. But the more understanding everyone has as a group it can be a really powerful way of defending.

"Our discipline was not the best against Australia. If one person, or two people are flying up and one isn't, there is a real disconnect there and at this level,

teams exploit that. We are endeavouring to make sure everyone is together and if you do that there is not a lot of space."

England suffered that 16-15 defeat at France 2023 without Slade, who missed the cut to make the tournament.

But he has become a key leader in the side and has started every one of England's 10 Tests in 2024.

Skipper Jamie George (circle) referenced using the pain of that Paris loss as motivation in the wake of the Wallabies loss.

It did prove England can go toe-to-toe with the Boks but they need to land a knock-out blow.

Slade said: "There have been a couple of mentions of it. I wasn't playing but it looked like the boys were going really hard and really went after SA in a number of areas. We know we are going to have to bring a similar sort of thing again.

"Everyone was flat out in every single area of the game that day. From watching it the boys were all over it, so that is what it is going to take.

"It is going to take monumental effort because obviously they are a fantastic side. We have to be on it."

SLADE ALIVE

Henry sends out Boks battle-cry: We are not going to shut up shop... it is in our DNA to attack

ROCKING THE BOKS
Slade is confident that England can give their rivals a torrid time on Saturday



CIPRIANI: JONES KNEW HE

BY DAVE CRAVEN
DANNY CIPRIANI is the latest former England player to round on Eddie Jones - insisting: "He's not somebody I'd want to lead my country."

The former Gloucester and England fly-half has not played for two years and officially retired in January.

But he is flying in from his new home in the US to feature in Sunday's first hybrid 745 Game in aid of motor neurone disease.

Harlequins scrum-half Danny Care recently attacked Jones' reign as England coach - likening some of the Aussie's tactics to "bullying" and a

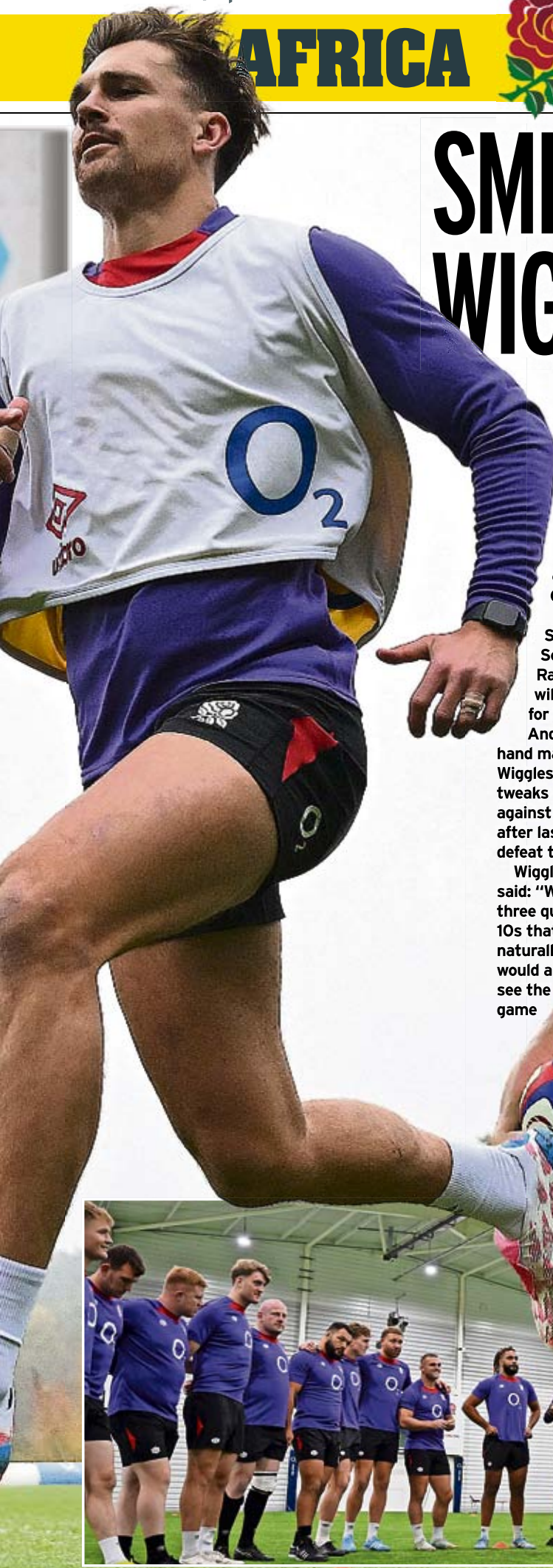
"dictatorship." Cipriani (left) was only capped twice by Jones in his seven-year stint in charge at Twickenham.

He said: "My experiences of Eddie are that he probably felt I would stand up to him too much and he didn't feel like he could bully me, so he just didn't bring me into the environment. I've always said

AFRICA



AUTUMN INTERNATIONAL
TWICKENHAM, SATURDAY, 5.40PM



SMITH TOLD: WE'VE GOT WIGGLE ROOM AT No.10

BY ADAM HATHAWAY
MARCUS SMITH has been warned nobody is safe ahead of England's clash with South Africa.

The fly-half has been the Red Roses best player in narrow defeats to New Zealand and Australia - but faces competition at 10 from George Ford and Fin Smith.

England head coach Steve Borthwick and his South African counterpart Rassie Erasmus (circle) will unveil their teams for the weekend today. And Borthwick's right-

hand man Richard Wigglesworth has hinted at tweaks for the match-up against the South Africans after last weekend's 42-37 defeat to Australia.

Wigglesworth said: "We have three quality 10s that naturally would all see the game

slightly differently. When you play the double World Cup winners, they're going to demand a lot of you and they're going to put you under pressure.

"So you need to be able to deal with that and put them under pressure - and that's what we're going to do. Tactically, that will look a little bit different than it did last week or the week before or in the summer."

Smith (below) was replaced by Ford just over an hour into the 24-22 loss to New Zealand a fortnight ago.

He switched to full-back to accommodate his rival after 62 minutes last weekend. Borthwick will be forced into at least two changes with Tom Curry and Immanuel Feyi-Waboso both ruled out with concussion. Wing Ollie Sleightholme is in pole position to replace

Feyi-Waboso after scoring

twice off the bench last week. Bath's Sam Underhill and Curry's twin brother, Ben, are in the mix to replace the Sale flanker.

Erasmus is expected to make multiple changes.

Back rowers Siya Kolisi and Pieter-Steph du Toit, both on the bench for Sunday's 32-15 win over Scotland, are likely to be reinstated to the starting line-up for a rematch of the 2023 World Cup semi-final in Paris.

Centre Damian de Allende is in line for a recall in midfield.



GAT BETTER Gatland out for a big change in fortunes

Gat looks for Wales pain relief

Wales v Australia
Sunday, kick-off 4.10pm

WARREN GATLAND admitted he did not expect "this much pain" on his return as Wales boss.

And the 61-year-old said he would "probably head to the beach with a glass of wine" if he lost his job as head coach.

Wales have lost their last 10 Test matches and are without a Test win since the 2023 World Cup.

Defeat against in-form Australia on Sunday would inflict a record run of bad results. Wales then host world champions South Africa before kicking off the Six Nations against France in Paris early next year.

Asked if he felt there was confidence in his project from the Welsh Rugby Union, Gatland said: "I am probably not the person to ask. I have been very clear that I am comfortable with the decisions we've made.

"We tried to point out from the outset that we need to go through some pain. I didn't think there would be this much pain, to be honest.

"If a decision is made, I am more than comfortable with that. I've been around the game for long enough.

"I will probably go back to the beach, have a glass of wine and enjoy myself away from the pressure!"

Gatland has made four changes for the match, with wing Mason Grady and scrum-half Tomos Williams both injured and Ellis Bevan and Tom Rogers coming in.

Jac Morgan will make his first Test start in 13 months, replacing Tommy Reffell, and James Botham earns a back-row opportunity in place of Taine Plumtree.

"We have tried to be clear about building and developing this group of youngsters," said Gatland, whose Test results since his return in 2022 stand at played 22, won six, lost 16.

"We know it takes a bit of time. I am well aware you are not always given time. It is about results. I have tried to not shy away from that. I understand that.

"All we can do is keep working hard, hope the tide turns and keep fighting."



FOCUSED ON GLORY

Borthwick will hope his squad (left) make up for the agony of losing to the Aussies

COULDN'T BULLY ME, SO I WAS LEFT OUT IN COLD

what I feel, and what I feel isn't ever controversial.

"It's only controversial to a coach who wants it to be done their way and isn't open to seeing another viewpoint."

On the Japan boss, Cipriani added: "I'm not here to bash Eddie (circle), but he's not somebody that I'd want to lead my country because of the way

he carries himself. I know he's had a tough one, and he's got this chip on his shoulder and he leads with that, and he's always in a fight.

"I don't think he's happy with the way he's behaving and the way he is. I think it's all he knows how to do. So I also have



compassion for him." The unique hybrid rugby clash sees international stars from both codes take part at Headingley.

The game was the brainchild of late Leeds Rhinos legend Rob Burrow and former Leicester and Gloucester forward Ed Slater, a former teammate of Cipriani's who

is battling MND. Cipriani, 37, said: "I've always wanted to play a league game and I'm getting to do a bit of both now.

"But to represent Ed, Doddie Weir and Rob is great.

"This is a game for three men who have put their hearts on the line. The only reason I'd put my boots on was for someone like Ed - and play a

game for the people where we can all create a day which is going to go down in history.

"Ed led with his heart and compassion. And he was one of the few players to stand up to coaches and say the truth."

Cipriani says he is fit enough to still be a pro, but "no one can pay me enough because of all the squabble that goes with it."

Four seek City cash

BY ALAN SMITH

FOUR Premier League clubs have lodged legal notices to seek compensation if Manchester City are found guilty of their 115 alleged breaches of Premier League financial rules.

Manchester United, Liverpool, Arsenal and Tottenham all registered possible claims before a potential statute of limitations deadline last week, reports The Times.

Lawyers are said to have advised the clubs to register now because of the 1980 Limitation Act's six-year period for legal claims for breaches of contract.

German website Der Spiegel first published the Football Leaks documents which started the ball rolling in November 2018.

An independent commission continues to hear City's case and, if guilty, they could face severe punishment. A verdict is not expected until the end of this season, with scope for further appeals.

RESULTS & FIXTURES

UEFA Women's Champions League Group A

GALATASARAY (0)	0	WOLFSBURG (1)	...	5			
ROMA (0)	0	LYON (2)	3			
	P	W	D	L	F	A	Pts
Lyon	3	3	0	0	8	0	9
Roma	3	2	0	1	7	4	6
Wolfsburg	3	1	0	2	5	3	3
Galatasaray	3	0	0	3	1	14	0

Group B

CELTIC (1)	1	CHELSEA (2)	2			
REAL MADRID (2)	..	TWENTE (0)	0			
	P	W	D	L	F	A	Pts
Chelsea	3	3	0	0	8	4	9
Real Madrid	3	2	0	1	13	3	6
Twente	3	1	0	2	3	10	3
Celtic	3	0	0	3	1	8	0

DARTS

PDC GRAND SLAM OF DARTS (Wolverhampton)—2ND RD: M Mansell (Nrl) bt D Noppert (Ned) 10-7, C Menzies (Sco) bt J Wade (Eng) 10-9.

SNOOKER

CHAMPION OF CHAMPIONS (Bolton)—1st rd: J Trump (Eng) bt J Ding (Chn) 4-0; N Robertson (Aus) bt A Carter (Eng) 4-3. **Quarter Final:** M Williams (Wal) bt K Wilson (Eng) 6-5.

TENNIS

NITTO ATP FINALS (Turin, Italy)—**John Newcombe Group:** C Alcaraz (Spa) bt A Rublev (Rus) 6-3 7-6 (10-8) **Bob Bryan Group:** M Arevalo (Esa) & M Pavic (Cro) bt R Bopanna (Ind) & M Ebden (Aus) 7-5 6-3, K Krawietz (Ger) & T Puetz (Ger) bt S Bolelli (Ita) & A Vavassori (Ita) 7-5 6-4.

TODAY'S DIARY

(7.45pm unless stated)

UEFA Nations League A - Group 2

Belgium v Italy.....

France v Israel.....

League B - Group 2

Greece v England.....

(Live on ITV 1)

Rep of Ireland v Finland.....

League B - Group 3

Kazakhstan v Austria (3pm).....

Slovenia v Norway.....

League C - Group 4

Armenia v Faroe Islands (5pm).....

North Macedonia v Latvia.....

Under-21 Friendly Match

Sweden v Rep of Ireland (12noon).....

CRICKET

Third Twenty20 International: West Indies v England (Gros Islet, 8pm).

GOLF

DP World Tour Championship (Jumeirah Golf Estates, Earth Course, Dubai, UAE).

BIRMINGHAM MIDLANDS MELTDOWN

TRAINS, PAINS & AUTOMOBILES



Blues success on the field has not been mirrored OFF it with fans facing transport nightmares on matchdays

SPECIAL REPORT BY NEIL Moxley @neil_moxley

BIRMINGHAM CITY'S new owners have battled against relegation from the Championship, a crumbling stadium and a gloom-ridden playing squad to breathe fresh life into St Andrew's.



But not everyone, it seems, has got the memo. Since assuming control 18 months ago, Knighthead Capital have financed the Blues rebirth to the tune of £60million-plus, regenerating a tired club into one that is fit to lead an assault back into the second tier.

But their short-term ambition has caught people on the hop.

So much so, in fact, that public transport infrastructure is struggling to cope – and so are West Midlands police.

Train travel to and from the nearest serviceable station, Bordesley (above), was stopped last Saturday after the 1-1 draw with Northampton, forcing thousands of fans to make the one-and-a-half-mile trek into the city centre.

Services have been routinely cancelled, leaving regular matchgoers to use their cars instead, adding to the traffic chaos around the stadium.

Logjams after the final whistle in densely populated

vehicle – to ferry fans to St Andrew's from the city centre. And it is planning another route from further afield – from Solihull – to help alleviate problems further.

However, what is adding to the issues blighting any supporter wanting to see what all the fuss is about under new boss Chris Davies is a spate of car-stripping during matches.

Fans have left their cars in nearby sidestreets, only to see body panels, wheels, bonnets, boots and sometimes even the whole vehicle vanish on their return two hours later.

A source said: "The club is trying to do its best to get supporters to and from the

stadium – and is asking for some help. There is a shuttle bus that the club is paying for, but it's designed to complement the public transport system rather than replace it."

It is an issue that is blighting West Midlands football, with Blues – and rivals Aston Villa – both suffering.

While Bordesley, which is rumoured to be closing when HS2 is up and running, has its problems, so too does the station at Aston.

Huge queues form on Lichfield Road outside the station after every match at Villa Park and the inability to service a potential uplift in capacity to 50,000 has been blamed on the inability of the

public transport infrastructure to cope. One season-ticket holder described travel to matches at The Hawthorns as "a living nightmare".

Last week, during Coventry's match at home to Derby, a message midway through the second half relayed that there would not be any trains running from the Coventry Building Society Arena back to the city centre.

Given the prestige and economic value football adds to the region, it is to be wondered – especially as Villa have played on the same site since the 19th century – quite what the policymakers are doing.

As for Birmingham City, it is all casting a shadow over the American investors' long-term vision and stakeholders within the club are beginning to pose a bigger question.

A sports quarter – worth up to £3bn in development cost – is being planned.

For it to receive the green light, the American owners must have buy-in from the West Midlands Combined Authority over transport infrastructure.

The thinking goes that if they cannot service fans attempting to watch a game in the third tier of English football in front of 30,000 people, how on earth will they cope in a stadium housing twice that capacity?

West Midlands Combined Authority were contacted for comment.

If they can't service 30,000 fans at a third-tier game, how will they cope with a stadium hosting twice that capacity?



FOOTBALL CLUBS' FOREIGN TAKEOVER

BARRY: WE'RE NOT AN ISLAND



SLICE OF HOLLYWOOD
Wrexham co-owner Ryan Reynolds has led the influx of foreign owners in the EFL

'They're paying more money than anyone else would'



Hearn: Fans must move with the times and accept foreign owners

EXCLUSIVE
BY AARON FLANAGAN
BARRY HEARN says football fans need to learn to accept foreign ownership and declared: "We've got to move with the times."

Matchroom supremo Hearn, who was the owner of Leyton Orient for the best part of two decades, says the English game needs the investment because it has outgrown the base that it used to operate out of.

Hearn (at Brisbane Road in 2002, right) sold Orient to Italian businessman Francesco Becchetti in 2014 – a move he admits that he regrets.

Seventeen of the 20 Premier League clubs have at least one foreign entity in their controlling ownership groups, while many more are evident in the EFL, including high-profile American investment in Wrexham, Burnley and Birmingham (chairman Tom Wagner and

co-owner Tom Brady at St Andrew's, above inset).

And while some fans turn their nose up to the idea of foreign ownership, Hearn tells today's episode of the podcast 'The Barry Hearn Show' that it is the only way that English football can flourish.

Hearn says: "They're paying more money than anyone else would pay and that's the reason why they're getting their foothold into the Premier League and beyond in other sports as well."

"What we're seeing here is people appreciating it outside the UK more than people operating within the UK and bringing a valuation that is way above what a domestic investor would make."

"We can't blame them for getting involved and let's be honest, on most occasions, they're usually greeted with huge enthusiasm on day one

by the fans of those particular clubs because they think, 'Happy days – open the chequebook. We're gonna win the Champions League tomorrow'.

"The players love it because they've got a bigger budget for their wages and salaries. And goodness me, that is an



unbelievable amount of money.

"But the world changes. And whether it's Saudi investors, whether it's American investors, whether it's investors from China, there's a lot of them and they are paying top dollar because of the image of Premiership football – or even the thought of Premiership football."

"So you're seeing more and more people going into the Championship at the moment, dreaming that if they put in enough money, they can get in a lot cheaper."

"Where you'd say, if I'm gonna buy a Premiership club, I've got to be thinking of a £500million valuation for a Premiership club, and if I go into a Championship club, I'm probably talking about a quarter of that. These are rough figures."

"But we can't blame the fact that the game has outgrown

the base that it used to operate under, and there are new rules out there."

Hearn has secured lucrative deals with foreign investors for Matchroom, which have included boxing and snooker events in Saudi Arabia, but he says he understands why fans have concerns.

"I do understand people worrying about foreign owners coming in," he says. "It does represent a changing world and a set of changing rules and their attitude towards fans, the country they represent, the quality they're bringing in."

"They're not there most of the time but when you buy shares in any company you're not there all the time, are you? "They may like being there and having their picture taken occasionally, but they're still running it as an investment."

"Don't kid yourself. The top half a dozen clubs make a lot of money."



Ainsworth 'a Shrews big coup'

SHREWSBURY believe they have landed a "massive coup" after appointing Gareth Ainsworth as their new head coach.

The 51-year-old arrives at the club following Paul Hurst's exit earlier this month and with the Shrews bottom of League One.

Ainsworth (top) returns to football just over a year out after his dismissal by QPR last October, having previously spent more than a decade in charge at Wycombe.

Shrewsbury director of football Micky Moore told the club's website: "I'm delighted to welcome Gareth and Richard [Dobson]. It is a massive coup for Shrewsbury to have them here."

"I've known Gareth for a long time. He was the standout candidate and he is someone I have always admired for the outstanding work he did at Wycombe."

"He brings to this football club an enthusiasm and a wealth of knowledge having managed more than 150 games in League One. He is exactly what we need."

"I'm sure we will be able to build a football club that will really make the town and our supporters proud."

Ainsworth's first game in charge is on November 23 at home to Birmingham.

Wake-up for Blues

CHELSEA were forced to fight back from a goal down to beat Celtic.

But a frustrating night saw the Blues finish the game with 10 players.

Murphy Agnew gave the home club a surprise lead on 22 minutes in the women's Champions League clash at Celtic Park.

That only served to wake Chelsea up and goals from Maika Hamano and Ashley Lawrence reversed the deficit within 10 minutes.

Chelsea racked up 24 attempts on goal to Celtic's two, but could not break through again, and then Aggie Beaver-Jones was sent off for a second booking in stoppage time.



ALMIRON'S TYNE AT NEWCASTLE COULD BE UP

BY IAN MURTAGH
NEWCASTLE winger Miguel Almiron is set to leave the club in the new year.

The Paraguay international (left) is closing in on 200 appearances for the Magpies since joining from Atlanta United six

years ago. But having been a regular since arriving from the United States, Almiron has been on the periphery so far this term, playing less than two hours of Premier League football.

The 30-year-old was wanted by at least two

Saudi Pro League clubs in the summer but preferred to stay put and fight for his place at St James' Park.

Argentine giants River Plate are the latest to declare an interest in Almiron and a move back to South America would

appeal. Eddie Howe (right) remains a big admirer of the player, who is a popular figure on Tyneside.

But the Toon boss cannot guarantee him game-time with all parties accepting Almiron's Newcastle career could be drawing to a close.





White KO a blow to Gunners

FROM BACK PAGE

been carrying. Arsenal are not putting a timescale on White's return as the versatile right-back has been playing through the pain barrier for the past few weeks.

White, who played in Sunday's draw with Chelsea, elected to have the minor operation during the international break in the hope of missing as little time as possible.

He has become one of the most consistent performers in the Premier League and his absence will be yet another concern for the Gunners, who have fallen nine points behind leaders Liverpool in the title race.

They have only just welcomed back fit-again captain Martin Odegaard and Declan Rice - and Bukayo Saka pulled out of the England squad injured.

Arsenal will be hoping Riccardo Calafiori (above) is fit after the international break so he could play left-back with Jurrien Timber then favourite to cover for White at right-back.

Meanwhile, Arsenal have begun the search for a new sporting director after Edu's departure.

Bentancur is banned

FROM BACK PAGE

with an "aggravated breach" of their rules, and the Uruguayan apologised for "a very bad joke".

Pending an appeal, Bentancur will miss games against Manchester City, Fulham, Bournemouth, Chelsea, Southampton and Liverpool, as well as the Carabao Cup quarter-final with Manchester United.

But the 27-year-old will be eligible for the Europa League clash with Roma on November 28 and Rangers on December 12.

In June Bentancur made the slur against South Korean people on TV. The host asked Bentancur if he could get him a Spurs shirt to which replied: "Sonny's?"

He then added: "It could be Sonny's cousin too as they all look the same."



MANCHESTER UNITED

THE MUGA PARTY



NO BUMPY RIDE
United captain Fernandes (circle) is looking forward to seeing Amorim shine in hot seat

Bruno: Amorim's bond with players can Make United Great Again

BY DAVID McDONNELL
@DiscoMirror

RUBEN AMORIM'S connection with his players can transform Manchester United and make them great again - according to skipper Bruno Fernandes.

Amorim, who officially started in his new role this week, has yet to take his first training session, but United's players are already relishing the chance to play for him.

Fernandes said the relationship Amorim built with his players at Sporting Lisbon - where he won two league titles in four years - was one of the keys to his success there.

That faith and trust in his players, allied to his tactical acumen and conviction in his methods, gives him the best possible chance of hauling United out of their current crisis, according to Fernandes.

The Portugal international believes the emotional farewell Sporting gave Amorim following his last home game in charge - an emphatic 4-1 win over Manchester City - showed how he can connect

with a club and suggested he can do the same at United.

"Obviously for me, what stands out is the connection he has with the players," said Fernandes.

"You see it at the end of the game when a manager is going from your club in the middle of the season and with all the things that they have still to win.

"And you see the way they say goodbye to him, the way they feel, they make him feel

part of the team and how they treat him.

"So it shows that this is a great character and he's someone that gives his all to the players.

"He's also a really smart manager who has done really good things for Sporting tactically. It's really good, what I've seen from the games for Sporting.

"But obviously as we always speak, you can't bring or transform what he has done at

Sporting into here, because you have different players, you have different ways of play and everything.

"I'm pretty sure that the idea of football he has, independent of the way he wants to play, is going to be a good one and it's going to bring us success."

Amorim (left, meeting Mason Mount) helped develop the careers of many top players at Sporting - including United midfielder Manuel Ugarte - as well as showing a commitment to youth.

Fernandes claimed that track record makes him an

ideal fit for United, who pride themselves on giving youngsters a chance, and said his loyalty to his players is an admirable quality.

Fernandes said: "I've seen many, many moments where players were struggling and he kept his faith in them.

"He always goes to the press conference and always defends their players, to give them the best opportunity to shine.

"He had a really youthful team, so they needed that, and hopefully when he comes here he can do the same again with the youth.

"Us players with the most experience, we have to help him to get that and get the best out of every player at this club."

Fernandes - who signed a new deal at United in the summer - scored in Sunday's 3-0 win over Leicester, his 250th appearance since joining for £67million in January 2020.

"Obviously it's an amazing achievement for me," said the 30-year-old.

"I'm really proud of that. It's a big number. I just like to play football. The love I have for this club is huge."



RUBEN WILL CHANGE IT

FROM BACK PAGE

four years with a really youthful team, in a moment of change.

"So, hopefully, he can do the same here for us and it's going to be a successful time for all of us."

Amorim - replacing Erik ten Hag (left) - cannot take his first training session until his work visa is approved, but the 39-year-old has been at United's training ground this week, meeting officials, players and

getting to know his new surroundings. With many players away on international duty, there was only a select group of players - those returning from injury - to meet the new man in charge.

But Amorim showed he will continue with the approach that brought him success at Sporting.

Addressing a group of United players, Amorim said: "I'm thrilled to be here - and, guys, we have to have fun."

GREECE v ENGLAND



NATIONS LEAGUE
LEAGUE B-GROUP 2, KICK-OFF 7.45PM



BIG CHANCE Ace Devenny

Gaffer has Eagle eye on Justin

N Ireland v Belarus
Tomorrow, 7.45pm

BY **DAVID ANDERSON**
MICHAEL O'NEILL admits he had to hand Justin Devenny his first Northern Ireland call-up for making his Crystal Palace debut.

Devenny, 21, made his Palace bow in Saturday's defeat to Fulham and the midfielder is the Eagles Under-21s captain.

And O'Neill says this is the perfect moment to draft him in for tomorrow's Nations League game at home to Belarus and Monday's Luxembourg trip.

Boss O'Neill said: "The number of players we have pushed through from the Under-21s in the past 12 months is extremely high and Justin has been on that pathway.

"Obviously Justin, having made his Premier League debut, has accelerated things and with there not being an Under-21s camp in this international window, it's great to have him in.

"We know what he's capable of and it's a good opportunity for him."

Devenny is joined by winger Conor McMenamin, who marked his first start after knee surgery with both goals in St Mirren's Saturday win over Hibs.

Sheehan on song

Turkey v Wales
Saturday, 5pm

JOSH SHEEHAN believes playing the 'Swansea Way' was the perfect foundation to make his mark in a new era for Wales.

The Bolton midfielder produced a man-of-the-match performance against Montenegro as Craig Bellamy's side maintained their unbeaten Nations League start with a 1-0 win.

"A big part was growing up in the Swans Academy, helping me in my career," he said. "Since Roberto Martinez was there, they've played in a similar ilk to how Wales are playing now.

"The way the new manager sees football complements a lot of players in our squad."

TUCHEL GETS HIS MAN AT LAST

The new England boss couldn't prise Gordon from Everton, but the 'warmth' between the two could pay dividends at the World Cup

FROM **ANDY DUNN** in Athens
ANTHONY GORDON has a head start on most England players hoping to secure a World Cup 2026 spot... as he has already felt "a lot of

January 2023 – told a slightly different story. He said: "It was quite close, to be honest. I was desperate to go at the time and work with him [Tuchel] especially.

"I felt like my style would suit his style of play – the way he was playing at Chelsea was very exciting for me.

"It was a big opportunity for me that didn't end up happening and I'm looking forward to getting to work with him a couple of years later."

Towards the end of the 2021-22 Premier League season, Gordon starred in a crucial one-goal win over Chelsea at Goodison Park

and

Tuchel had a quiet word with the young forward.

Gordon said: "I spoke to him after a game we played against Chelsea when I played for Everton.

"I shook his hand and he said some really complimentary things to me that I'll keep to myself.

"I felt a lot of warmth from him, which then, in turn, made me really want to play for him, but I didn't get that chance." Gordon, 23,

will surely get that chance when Tuchel (below) takes charge of his first England games next March – not only is he a favourite of the new manager, he has been one of the outstanding performers during Lee Carsley's interim tenure.

And even though he suffered a recurrence of a hip problem in last Sunday's win at Nottingham Forest, Gordon never considered joining the mass band of players crying off from Three Lions duty.

"No, that wasn't a possibility," said Gordon. "There was no chance I would not come here. The staff here thought they could help me with the injury. They've done an excellent job because I've been training straight away."

While depleted England face a tough task in Athens against a Greek side on a roll, Gordon is relishing the challenge of having to go on the front foot in a hostile place.

He added: "As a winger, my main role is to go at players and cause trouble and do as much in the final third as I can.

"In an England team, your main focus is to attack. There are very few teams where we sit back and let them have the ball. We're always going to go for it, especially under Lee, that's what we've done so far. I don't expect it to be any different."

warmth" from Thomas Tuchel.

Privately, Tuchel has said "some really complimentary things" to the Newcastle winger, having tried to sign him in 2022 when the German was in charge at Stamford Bridge.

And Gordon (left), who recently agreed a new long-term deal at Newcastle, admits he had been "desperate" to link up with Tuchel at Chelsea, only for Everton to play hardball over the transfer fee.

With Frank Lampard as manager, the Merseyside club turned down two bids from Chelsea, the second coming in at £45million.

At the time, Lampard said the move was never close to happening, but, as he looked forward to Tuchel taking the England reins, Gordon – who joined Newcastle for £60m in

Kane: Thomas is winner

FROM **JOHN CROSS** in Athens
HARRY KANE insists that England have got the right man in Thomas Tuchel to turn them into winners.

England captain Kane played under Tuchel at Bayern Munich (both above) and told ITV: "I think they have [the best man]. He is straight-talking if you are doing well or bad. He treats you like an adult and on the pitch he is demanding.

"You have to try and pick the best coach to win a major tournament and we are at that stage now.

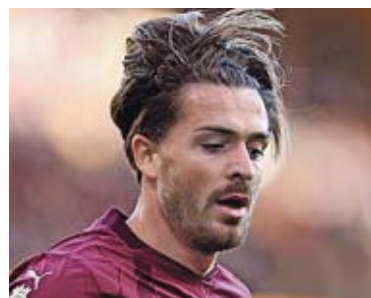
"The only step is to win and Thomas brings a winning mentality – especially at tournaments, something he excels in.

"He is an all-round great person and he will bring a lot of energy and passion to the team."





GREECE v ENGLAND



POP AT PEP ABOUT JACK

FROM **JOHN CROSS** in Athens
LEE CARLSLEY has hit back at Pep Guardiola in the bitter club-versus-country row over Jack Grealish.

Manchester City boss Guardiola was furious after England called up Grealish for the double-header with Greece and Republic of Ireland.

He insisted Grealish (above) was not fit, disparagingly called Carsley "the UK manager" and insisted the FA had not been in contact.

Grealish was one of EIGHT players to withdraw from the England squad on Monday, but Carsley revealed that the City forward did report for duty - only to be sent home again.

Carsley said: "The medical teams are constantly talking throughout squad selection, regardless of whether there are games or not. We are constantly getting updates.

"The medical departments have brilliant communication between club and country.

"It was always the case we were going to get in the players who were potentially going to miss out to be assessed. Jack was one of them. He was assessed and sent back."

England need to beat Greece to stand any chance of winning their group, but they will be without a raft of big names, including Grealish, Bukayo Saka, Declan Rice, Cole Palmer and Trent Alexander-Arnold.

However, Carsley added: "Historically, we have lost a fair number of players in November.

"The plus side is that it gives us a chance to bring in other players and give them opportunities, so we are still in a good place."

CAN'T WAIT FOR FITNESS

BY **JOHN CROSS**

JARRAD BRANTHWAITE will miss England's double-header with Greece and Republic of Ireland.

Liverpool defender Jarell Quansah, 21, will step up for the seniors with Everton centre-half Branthwaite, 22, unable to train this week.

Incredibly, that means England have lost NINE players to injury withdrawals for this squad.

England interim boss Lee Carsley said: "We have tried to give Jarrad as long as we can but he is going to miss out so Jarrel will take part in the rest of the camp.

"Jarrad has been treated for the last two or three days and it's an issue that Everton will now take over when he goes back. We will never gamble with a player's fitness."

CARLSLEY: LET'S GET INTERIM

Lee is plotting all-out attack for the penultimate game of his reign and make up for his Wembley misery

LEAGUE B GROUP 2

	P	W	D	L	F	A	Pts
Greece	4	4	0	0	9	1	12
England	4	3	0	1	8	3	9
Rep Ireland	4	1	0	3	2	7	3
Finland	4	0	0	4	2	10	0



ENGLAND interim boss Lee Carsley has promised to go all-out attack - even after his Wembley nightmare.

Carsley (left) paid a heavy price for trying to get all his big-name stars and forwards into the same starting line-up against Greece.

Jude Bellingham, Cole Palmer, Anthony Gordon, Bukayo Saka and Phil Foden all played and England lost to Greece in one of the biggest upsets seen at Wembley.

That has put England in serious danger of not winning

BY **JOHN CROSS**

From Athens

[@johncrossmirror](#)



their Nations League group when they were expected to win in style. It also perhaps finished any lingering hope Carsley had of getting the job.

Despite all of that, Carsley insists he will go for it again in Athens and has set his sights on getting a two-goal victory to try and overhaul Greece at the top. The interim boss said: "The type of team I will pick - as you can probably guess - will be quite attacking.

"That's the way I coach and how I want their attitudes to be, I want to attack. Hopefully that will work out well.

"We had a disappointing

result against Greece last month (above) and we now have a chance to rectify that. I realise how important that is.

"It's easy to regret something after you know the results and

the performance. I believed in what we tried. It was important to try something different.

"I watch a lot of football and players are even more adaptable to the styles and the

WARMING UP Curtis Jones, Noni Madueke and Ezri Konsa



NATIONS LEAGUE LEAGUE B, GROUP 2, KICK-OFF 7.45PM



HIGH FLYERS Curtis Jones & Anthony Gordon



KANE SLAMS DROP-OUTS

FROM BACK PAGE representing England and the Bayern Munich star says he has always reported up even when not fully fit. Skipper Kane did not hold back as he insisted representing his country is "the most important thing" and admits it has already "started to drift".

England's new boss Thomas Tuchel does not take over until January 1 and a raft of big names have cried off sick and are blaming the demanding fixture list.

But Kane (with Southgate, above), who has been nursing a knock before tonight's clash in Greece, told ITV: "I think England comes before anything. It comes before club and it is the most important thing you play as a professional footballer."

"Gareth was hot on that and he wasn't afraid to make decisions if that started to drift from certain players. It's a shame this week obviously. It's a tough period of the season and maybe that's been taken advantage of a little bit."

"I don't really like it if I'm totally honest. I think England comes before anything, any club situation."

"The joy to play for England, I think Gareth brought that back. Every camp, people were excited to come, every camp people wanted to play for England and that's the most important thing."

LEE'S TRUST IN THE CUBS

FROM JOHN CROSS in Athens ENGLAND can "trust" their young stars to deliver against Greece, insists interim boss Lee Carsley.

Carsley has been forced to call up youngsters for the Nations League ties against Greece and Republic of Ireland after a host of withdrawals.

The likes of Lewis Hall and Taylor Harwood-Bellis got their first senior call-ups while Morgan Rogers has also been drafted in.

Carsley said: "I have a lot of trust in the players. The players who have been called in to the squad, I take into consideration whether they can handle that."

"But they are performing in the Premier League and they are holding their own in that. So I have a lot of confidence in them."

"It's important we remember their age but if the ultimate goal is to win the World Cup then we need to get players in a position where they have experienced these kinds of events and games."

PUSH TO THE LIMIT
Bellingham works hard in training while his pals enjoy some light relief (top right)



GREECE LINE-UP
(4-2-3-1) Vlachodimos, Rota, Mavropanos, Koulterakis, Tsimikas; Mantalos, Siopis; Masouras, Bakasetas, Tzolis, Ioannidis

REFEREE: Daniel Siebert (Germany) **TV TIMES:** ITV, 7pm



HAVING A BALL
Rico Lewis in training

systems that they play, so I definitely don't regret trying something different.

"It's easy to regret things after the event, once you've realised the result, but I am still disappointed in the manner of the goals that we conceded."

"Really poor goals and really poor timing right at the end of the game. But would I have felt any better had we drawn? Probably not."

"It's important we have that leeway to try something because with international fixtures it's difficult to experiment, risk it and get something wrong because of the

spotlight that is on the team and the manager."

Palmer, Saka and Foden are all missing this time. Gordon is set to start and Bellingham will have to shine if England want to beat Greece.

But this is also a chance for England's players to show what they can do to new boss Thomas Tuchel - even if the German does not start until January 1 and will not even be at the game.

Carsley said: "From a long-term point of view it's another opportunity for the new head coach to see something we have tried."

"It maybe gives him some ideas. I 100 percent agree that we need to put the perfor-

mance right. We have a chance now against a good Greek team in Greece."

"In terms of me, I have done four games as England senior manager and have won three and lost one. I still don't think that it's a reflection of myself and 20 years of coaching."

"It's great that the team keeps winning and that's important but I am second, third, fourth if anything and that's the way I have always tried to be in terms of dealing with the criticism - which was justified after the performance."

"It's part and parcel. It's frustrating but ultimately it's been an honour to do this job and hopefully I can finish on a high."



STEPPING UP Aston Villa youngster Morgan Rogers

BENTANCUR'S BAN

BY MARK JONES
TOTTENHAM midfielder Rodrigo Bentancur will be hit with a seven-game domestic ban by the FA for comments he made about

his captain Son Heung-min in the summer. The FA confirmed earlier this year that Bentancur (right) had been charged

TURN TO PAGE 56



WHITE HELL

BY JOHN CROSS
BEN WHITE has delivered another injury blow to Arsenal. Gunners defender White had undergone a surgical procedure to resolve a knee issue which he has

TURN TO PAGE 56



» GREECE v ENGLAND, KICK-OFF 7.45PM



WARM WELCOME Boss Amorim gets a hug from Mason Mount

Bruno: New boss Ruben will change the energy

BY DAVID McDONNELL

BRUNO FERNANDES reckons new Manchester United boss Ruben Amorim can "change the energy" and make the fallen giants great again.

The former Sporting Lisbon boss started work at United this week, with his first game away to Ipswich in the Premier League a week on Sunday.

Fernandes - who made the same move from Sporting to United - is relishing the chance to work with his Portuguese compatriot and reckons his arrival will lift the whole club.

Reflecting on Amorim's success at Sporting, where he won two league titles in four years, the



United skipper (left) said: "I hope he does the same here because sometimes a person can change the energy of a space, if it's the right moment."

"We hope that he can come and that this is the right moment for him to come and bring his energy, bring his qualities and his knowledge of football because he's done something really, really special at Sporting."

"If anyone doubts that, it's about just looking at the past."

"Sporting were about 20 years without winning the league and he got them back to winning the league. He won it two times in

TURN TO PAGE 56

DISSING IN ACTION

FROM JOHN CROSS in Athens

HARRY KANE has launched a blistering attack on England's drop-outs - and accused them of "taking advantage".

England interim boss Lee Carsley has seen a staggering NINE players pull out through injury ahead of their Nations League double-header with Greece tonight and Republic of Ireland on Sunday. Everton's Jarrad Branthwaite

was the latest player to withdraw last night after Jack Grealish, Phil Foden, Trent Alexander-Arnold, Levi Colwill, Cole Palmer, Aaron Ramsdale, Declan Rice and Bukayo Saka all pulled out of the squad on Monday.

But Kane insisted that would not have happened under previous boss Gareth Southgate because he changed the culture of

TURN TO PAGE 59



Kane has amazing blast at stay-away Lions: England comes before **ANYTHING**... you wouldn't have taken advantage like this under Gareth



PLANE SPEAKING Bellingham gets ready for his flight after Kane hit out at Carsley's absentees

Take a break and get your brain in gear



£75 to be won!

PUZZLES

Quizword & Crossword

Two sets of clues, two different answers - all on the same grid. Choose one or the other.

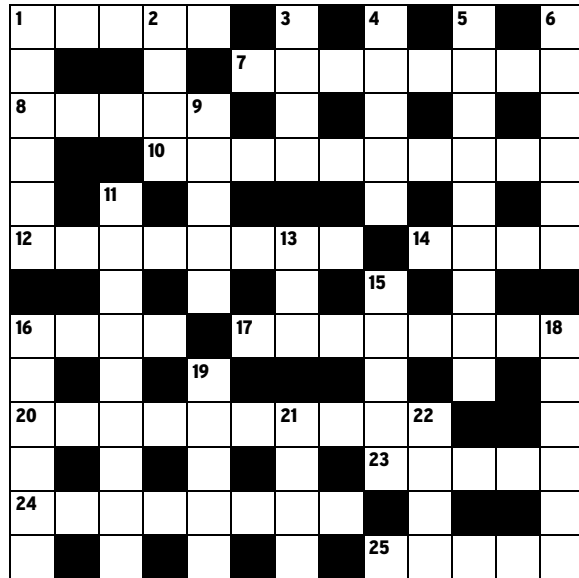
Quizword

ACROSS

- 1 Olof -, prime minister of Sweden assassinated in 1986 (5)
- 7 Erwin -, German stage director who coined the term epic theatre (8)
- 8 Jeremy -, Best Actor in a Leading Role Oscar winner for Reversal of Fortune (5)
- 10 and 11 Down British aviation pioneer and jet aircraft designer associated with warplane the Mosquito (8,2,9)
- 12 John -, Best Actor in a Leading Role Oscar nominee for Pulp Fiction (8)
- 14 William -, winner of the 1953 Pulitzer Prize for Drama for play Picnic (4)
- 16 Classic ballet practice posture with back erect and knees bent (4)
- 17 Member of the western group of the Goths who sacked Rome in 410 AD (8)
- 20 Samuel Beckett novel first published in Paris in 1951 (6,4)
- 23 Wealthy Jewish friend of Shylock in William Shakespeare play The Merchant of Venice (5)
- 24 Billy -, actor-comedian who played Wilf Bond in 2012 comedy-drama Quartet (8)
- 25 David -, author of stage plays American Buffalo and Speed-the-Plow (5)

DOWN

- 1 Shrub with oval dark-green leaves, common as a hedge plant (6)
- 2 Imperial dynasty of China from 1368 to 1644 (4)
- 3 Edith -, French singer known as the Little Sparrow (4)
- 4 The -, 2001 action film starring Robert De Niro and Edward Norton (5)
- 5 1977 novel by Paul Scott (7,2)
- 6 Hugh -, Director-General of the BBC from 1960-69 (6)
- 9 - Rebellion, name by which the Indian Mutiny of 1857-58 was also known (5)
- 11 See 10 Across
- 13 New Zealand bird of the honeyeater family with a bluish-green plumage and white tuft under the throat (3)
- 15 Georges -, French composer of operas Carmen and Djamilah (5)
- 16 Light porous acid volcanic rock used for scouring (6)
- 18 William Shakespeare play featuring characters Fortinbras and Laertes (6)
- 19 Ornamental net loosely holding a woman's hair at the back (5)
- 21 Aromatic Eurasian plant whose leaves are used for flavouring in pickles (4)
- 22 Capital and chief port of Fiji (4)



Crossword

ACROSS

- 1 Era (5)
- 7 Astound or amaze (4,4)
- 8 Abyss (5)
- 10 Australian bird (10)
- 12 Makes bigger (8)
- 14 Available without charge (4)
- 16 Moneyed (4)
- 17 Erudite (4-4)
- 20 Contrite (10)
- 23 Greater or more important (5)
- 24 Kitchen appliances (8)
- 25 Dog's lead (5)

DOWN

- 1 Tax on goods (6)
- 2 Barrel (4)
- 3 Make a reservation (4)
- 4 Card suit (5)
- 5 Remaining fresh and vital (9)
- 6 Thick oily substance (6)
- 9 Feel sorrow for the death of (5)
- 11 Of the voting system (9)
- 13 Night before (3)
- 15 Assert one's right to (5)
- 16 Market or exchange (6)
- 18 Scarcity (6)
- 19 Bingo (5)
- 21 Wheat spikes (4)
- 22 Enclosure with bars (4)

Solutions in tomorrow's Daily Mirror

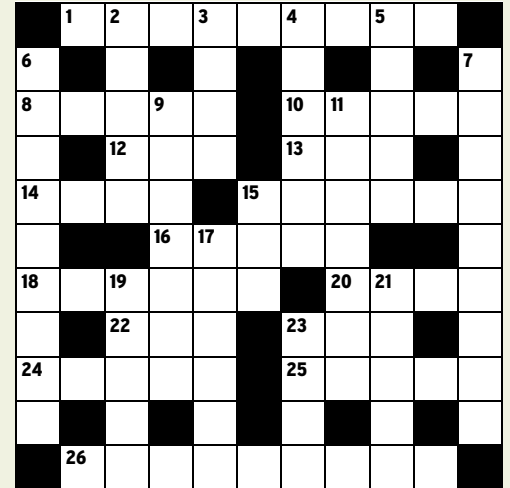
Two-speed coffeebreak

Two sets of clues - but the answers are the same.

Cryptic clues

ACROSS

- 1 Hoax's victim has time for dessert (5,4)
- 8 Fast old speed (5)
- 10 Animated a veil badly (5)
- 12 Run off to get receptacle (3)
- 13 Firm with new prisoner (3)
- 14 Young dog and a smaller youngster (4)
- 15 Braces made of tree trunks (6)
- 16 Angry sign (5)
- 18 Sailor ruined date and subsided (6)
- 20 Row about rite (4)
- 22 Feathery snake? (3)
- 23 Swan enclosure (3)
- 24 Somehow hit road, or part of it (5)
- 25 Groan, using gas (5)
- 26 Separate new Easter egg (9)



DOWN

- 2 Greek character wasted pun on model (3-2)
- 3 Press club (4)
- 4 Commotion about a scarf (6)
- 5 Mention old tree (5)
- 6 Large creatures broke the panels (9)
- 7 Calculating form of geraniums (9)
- 9 Some land or something to farm it (7)
- 11 Throw rest out as seafood (7)
- 15 Payment method for fish (3)
- 17 The aim of literature? (6)
- 19 Put up with a tender point (5)
- 21 Stumbling, otherwise, around bar (5)
- 23 Quietly nag about painful emotion (4)

Quick clues

ACROSS

- 1 Seasonal dupe (5,4)
- 8 Slow section of music (5)
- 10 Living (5)
- 12 Vase (3)
- 13 Deceive (3)
- 14 Immature insect (4)
- 15 Logs (6)
- 16 Irrate (5)
- 18 Calmed down (6)
- 20 Layer (4)
- 22 Constrictor (3)
- 23 Writing implement (3)
- 24 Fraction (5)
- 25 Type of gas (5)
- 26 Set apart (9)

DOWN

- 2 Pictured model (3-2)
- 3 Metal (4)
- 4 Squabble (6)
- 5 Give a view (5)
- 6 Large mammals (9)
- 7 Gauging (9)
- 9 Farm vehicle (7)
- 11 Crustacean (7)
- 15 Food fish (3)
- 17 Lecturer (6)
- 19 Tolerate (5)
- 21 Gold bar (5)
- 23 Sudden pain (4)

Solutions in tomorrow's Daily Mirror

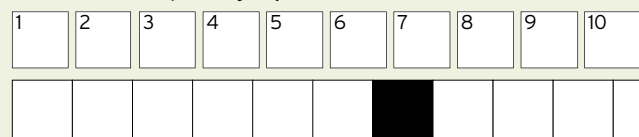
CHECK THE SOLUTIONS NOW!
TWO-SPEED COFFEEBREAK 0903 659 6060 (80p/min)

TERMS & CONDITIONS: Calls cost 80p/min plus your phone company's access charge. Texts cost £1 + 1 standard network rate message. SP Mi Telecom Ltd. Helpdesk 0330 880 6060. Min age 18+. All lines close midnight tonight except where stated. Std Trinity Mirror Rules apply, see www.mirror.co.uk/rules.

CHECK THE SOLUTIONS NOW! Call 0903 659 6060 (80p/min) to hear FULL SOLUTIONS to CROSSWORD and QUIZWORD, and to hear 5 EXTRA CLUES for CROSSWORD and QUIZWORD too! Or text CROSSCLUE or QUIZCLUE to 61011 (£1/text) for 5 clues.

The name game

Hidden in the grid is the name of a vegetable. Answer the questions, then rearrange the letters corresponding to your answers to fill in the name.



Solutions in tomorrow's Daily Mirror

BOX1: The 2015 film Room was adapted from a novel by which author?
Anne Enright (Y)
Emma Donoghue (E)
Colm Toibin (Z)

BOX2: A matryoshka is a type of doll originating from which country?
Hungary (R)
Russia (B)
Poland (Y)

BOX3: What is the sport of the Poole Pirates?
Motorcycle speedway (E)
Rugby league (U)
Water polo (V)

BOX4: In which thriller film did Vincent Cassel play the abusive ballet director Thomas Leroy?
The White Crow (K)
Suspiria (W)
Black Swan (U)

BOX5: Which Canadian singer is the wife of actor Eddie Cibrian?
Shania Twain (Z)
LeAnn Rimes (N)
Celine Dion (T)

BOX6: Pyongyang is the capital city of which country?
North Korea (R)
South Korea (Y)
China (E)

BOX7: Which novelist and diarist's works include Evelina and Camilla?
George Eliot (I)
Jane Austen (K)
Fanny Burney (R)

BOX8: Which character did Patrick Macnee play in TV's The Avengers?
Jason Mare (S)
James Colt (V)
John Steed (N)

BOX9: For which county cricket club did Mike Gatting play for over 20 years?
Derbyshire (S)
Middlesex (N)
Sussex (W)

BOX10: Amelia Dimoldenberg (pictured) is known for her web series in which she interviews celebrities in what sort of establishment?
Sushi bar (V)
Pub (W)
Fried chicken restaurant (A)



30-sec brain teaser

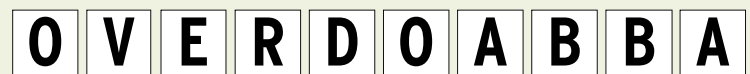
Boost your brain power with our 30-second test. Start with the number on the left and follow the instructions. Beginners should aim to complete the puzzle in 30 seconds. Intermediates should finish their own puzzle and the Beginner's Challenge. Genius players have 30 seconds to complete their own plus the Intermediate. Good luck!

Solutions in tomorrow's Daily Mirror

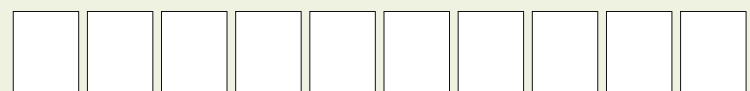
BEGINNER	15	+28	x2	-29	÷3	-12	Square it	+25	50% of this	ANSWER
INTERMEDIATE	48	x6	+45	4/9 of this	+168	75% of this	-45	7/8 of this	+59	ANSWER
ADVANCED	17	x18	-38	Increase by 75%	+145	Reverse the digits	9/13 of this	+182	7/10 of this	ANSWER

Mirrorgram

Solve our ten-letter anagram



Solutions in tomorrow's Daily Mirror



PUZZLES



Speedbreaker

Target time: 23:07 mins
 Test your codecracking skills against us! We took 23 minutes and 7 seconds to complete this puzzle – can you do better? We've taken a completed crossword puzzle and replaced each letter in the grid with the same number throughout. The completed grid will include all letters of the alphabet. If you find it hard to get going, call the Extra Letter line where you will also find a little bit of extra help. Remember, none of the answers are proper nouns.
Solutions in Saturday's Daily Mirror

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

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

£75 to be won!
 Which letter is represented by the number '1' in today's Speedbreaker? Call 0903 681 3000 (£2/call) or text SPEED and your answer, name and postcode to 61011 (£2/text)
 Last Thursday's winner: Michael Nadin, Chesterfield

SOLUTIONS
 Call 0903 659 6060 (80p/min) for 5 extra letters or the full solution, or text SPEEDCLUE to 61011 (£1/text) for 5 extra letters. Deduct one minute from the target time for each extra letter used.

Calls to solutions line cost 80p/min + network access charge and texts cost £1 + 1 standard network rate message. Calls to the Speedbreaker competition line cost £2/call + network access charge and texts cost £2 + 1 standard network rate message. You may receive free promotional messages, to opt out end message with NO INFO. Competition lines close midnight tonight. Min age 18+. SP: MI Telecom Ltd. Helpdesk 0330 880 6060. Full T&C's at www.mirror.co.uk/rules.

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

Just a bit of fun

Which one of our three definitions is correct?

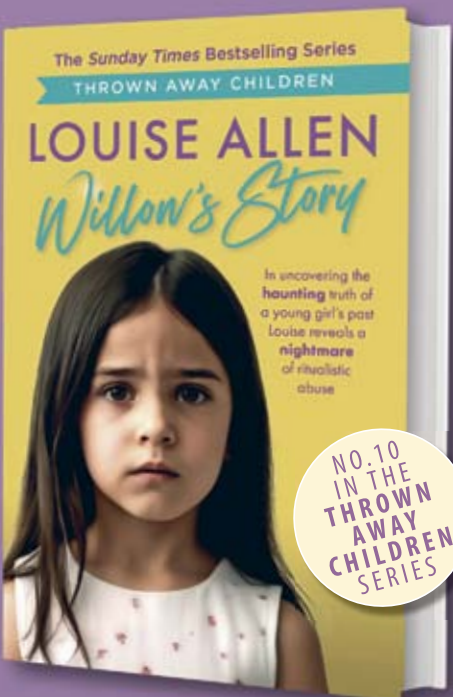
AUTONOMY

- 1 Writing published under author's real name
- 2 Personal inspection
- 3 Right of self-government

Solutions in tomorrow's Daily Mirror

Scribble pad

A BRAND NEW BOOK FROM THE SUNDAY TIMES BESTSELLING AUTHOR
Louise Allen



When Willow arrives in the Allen household, curious things begin to happen...

Available from Amazon, selected supermarkets and all good bookshops. Also available in ebook

Arrow Word

Arrow Words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows.
Solutions in tomorrow's Daily Mirror

Touch	Stop the flow of	Reread work for an exam	Carpal tunnel syndrome (abbr.)	Spud	Belonging to him	Unnoticed			
Sofa									
			Prickle on a plant						
Former pupils	Ultimate (abbr.)	Call on				Fail to remember			
			Top of the milk	Strongbox					
Large jug	Eisenhower's nickname	Soft flat hat	-fi, short for science fiction		Foot part	Ginger _ or _ money			
					Existing as a result of birth				
Musical speed	Additional	Tree type	Organ of sight			Girl	Which person	Also	Press _ popper
			Journey's end	Large mammal	Unwell		Tube		
Industrial protest	Board for carrying things	Pleased contemporary	Lazy					Everything	
				Writing tool	Cain's brother in the Bible	Cartoon character, _ Simpson	Father	Amount of medicine taken	
Snooker ball worth one point		Splattered						Independent Television (abbr.)	Tree type
Wheel surround	Ancient stringed instrument			Kenyan capital	Julia _ pictured	Greasy			
		Closest to the centre						Connected to the Internet	
		Hire car	Succulent tropical plant			Assert openly	Asian country		
				Brigadier (abbr.)				Legal document	Spiritual and ascetic discipline
Code word for K	Whisky grain				Recently				
				Make free of		Ferdinand, pictured			
Opposed to	However				Cake decoration				
				Mineral spring				_ towel, kitchen cloth	



Su-doku corner

EASY SU-DOKU

9x9 grid for Easy Su-doku with some numbers filled in.

The rules for Su-doku couldn't be easier. All you have to do is fill the empty squares so that each row, column and 3x3 block contains all the numbers 1 to 9.

Solutions in tomorrow's Daily Mirror

SU-DOKU TOUGHIE

9x9 grid for Su-doku Toughie with some numbers filled in.

The rules for Su-doku are easy, but this one's a toughie! Each number from 1 to 9 must appear only once in each horizontal and vertical line, and only once in each 3x3 grid.

Solutions in tomorrow's Daily Mirror

KILLER SU-DOKU

9x9 grid for Killer Su-doku with numbers in some cells and dots in others.

Killer Su-doku is based on the traditional grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But the dotted squares must be filled with numbers that add up to that in the left corner.

Solutions in tomorrow's Daily Mirror

FUTOSHIKI

5x5 grid for Futoshiki with comparison symbols (>, <, ^, v) between cells.

Insert the numbers one to five in each row and each column, making sure that no number is repeated. The only symbols to guide you are the "greater than" (>) and "less than" (<) signs.

Solutions in tomorrow's Daily Mirror

CHECK THE SOLUTIONS NOW! Call 0903 659 6060 (80p/min) to hear SU-DOKU 5 NUMBER CLUES or FULL SOLUTIONS to the easy and toughie su-dokus. Or text EASYCLUE or TOUGHCLUE to 61011 (£1/text) for 5 CLUES.

Word Ladder

Word ladder puzzle starting with 'Ripped' and ending with 'Trek', with a 'TURN' in the middle.

Brickwork

Brickwork puzzle with 7 numbered layers of a wall to be filled with anagrams.

Bingo

Bingo card for Thu Nov 14 2024, Game 44 Day 4, with numbers in circles and winning instructions.

Wordsearch

Can you find all the listed songs named for people in the grid? Solutions in tomorrow's Daily Mirror

Wordsearch grid containing letters for finding song names.

- List of names: ALEJANDRO, ANGIE, BUDDY HOLLY, CECILIA, DIANA, ELEANOR RIGBY, FERNANDO, JOLENE, LAYLA, MAGGIE MAY, MANDY, MICHAEL, PEGGY SUE, RHIANNON, RUBY, SUSIE Q

YESTERDAY'S SOLUTIONS

QUIZWORD ACROSS: 3 Status Quo, 8 Esau, 9 Max Payne, 10 Leevies, 13 Sable, 14 Cartier, 15 Can, 16 Ejiofor, 17 Evert, 21 O'Brien, 22 Hospital, 23 Choi, 24 Polyester. DOWN: 1 Wellesley, 2 Barenboim, 4 Tomsk, 5 Texican, 6 Shag, 7 Ulna, 11 Firefight, 12 Britannia, 14 Car, 15 Colitis, 18 Wolde, 19 Tojo, 20 Spey.

CROSSWORD ACROSS: 3 Ignorance, 8 Hole, 9 Attempts, 10 Wash up, 13 Ivory, 14 Fairway, 15 Pin, 16 Cartoon, 17 Corgi, 21 Carpet, 22 Thriller, 23 Walk, 24 Velodrome. DOWN: 1 Showpiece, 2 Plus fours, 4 Grape, 5 Ottoman, 6 Acme, 7 Cute, 11 Swordplay, 12 By mistake, 14 Fin, 15 Popular, 18 Scram, 19 Shoe, 20 Silo.

TWO-SPEED COFFEEBREAK ACROSS: 1 Belt, 4 Bust, 6 Safe, 8 Trap, 11 Lids, 13 Senegal, 14 Oaf, 16 Demur, 18 Mural, 21 Derry, 22 Manor, 24 Pep, 25 Nearest, 28 Then, 30 Eats, 31 Oral, 32 Goat, 33 Char. DOWN: 1 Bats, 2 Lean, 3 Salad, 4 Bed, 5 Toff, 7 Filed, 9 Resume, 10 Pecan, 12 Sour, 15 Arrest, 17 Metre, 19 Rapt, 20 Loner, 23 Renal, 24 Plug, 26 Each, 27 Tsar, 29 Hot.

TUESDAY'S SPEEDBREAKER 1=N, 2=L, 3=X, 4=M, 5=Q, 6=O, 7=T, 8=H, 9=R, 10=P, 11=W, 12=G, 13=Z, 14=I, 15=B, 16=S, 17=Y, 18=K, 19=U, 20=F, 21=E, 22=J, 23=A, 24=D, 25=C, 26=V.

ARROW WORD grid with letters and arrows indicating word directions.

EASY SU-DOKU

9x9 grid for Easy Su-doku.

SU-DOKU TOUGHIE

9x9 grid for Su-doku Toughie.

KILLER SU-DOKU

9x9 grid for Killer Su-doku.

FUTOSHIKI

5x5 grid for Futoshiki.

MIRRORGRAM QUESADILLA

30-SEC BRAIN TEASER Beginner 81; Intermediate 288; Advanced 44.

JUST A BIT OF FUN 1 A rock plant

BRICKWORK Set, Suet, Lutes, Rustle, Rules, Sure, Rue.

WORD LADDER Gold, Hold, Hole, Hose, Rose, Ruse, Rush.

WORDSEARCH

Wordsearch grid with words hidden.

NAME GAME BANANARAMA

1M, 2B, 3N, 4A, 5R, 6A, 7A, 8N, 9A, 10A.

Advertisement for a £1000 prize crossword in the Daily Mirror every Saturday.

RUSSELL GRANT

mirror.co.uk/horoscopes



Aries March 21-April 20

You can be impulsive. You also have a great sense of timing and understand when it's best to be patient. You're facing someone who hates waiting, no matter what the circumstances. Skipping the explanations and focusing on distractions is the best way to avoid a meltdown.

For more call **0905 789 4171** (80p/min + network access charge)

Taurus April 21 - May 21

Hold off from finalising any financial arrangements until after midday. News or a message from afar could push you to make a rushed decision. Make sure to wait before making a travel booking until those you are travelling with have got the time off work.

For more call **0905 789 4172** (80p/min + network access charge)

Gemini May 22 - June 21

No matter where you go, you will find people are contrary. It is a sign you should concentrate on private concerns. A colleague is unhelpful when they're too wrapped up in their own issues or unable to offer support. Ultimately, working independently can lead to the best achievements.

For more call **0905 789 4173** (80p/min + network access charge)

Cancer June 22 - July 23

Your wish to work solo will fade when a challenging new task calls for cooperation from everyone including yourself. It will take a collective effort to sort. The idea of tackling this alone just isn't practical. Also, you will find greater fulfilment through working together as a team.

For more call **0905 789 4174** (80p/min + network access charge)

Leo July 24 - August 23

You prefer to make your own mind up but pay attention to someone who is urging you to rethink a decision already made. After considering their perspective, you might realise your initial choice wasn't the best. Keep your plans adaptable. Signing up for a course will lift your spirits.

For more call **0905 789 4175** (80p/min + network access charge)

Virgo Aug 24 - Sept 23

If you are seeking guidance make sure it is from a trustworthy source. You have several decisions to make but some people could steer you in the wrong direction. Discussing your choices with someone you trust will reinforce your intuition and give you greater confidence about taking action.

For more call **0905 789 4176** (80p/min + network access charge)

Libra Sept 24-Oct 23

Your ruler, Venus, often brings a feeling of balance, but when serious conflicts come up, you understand disagreements will occur. Like you, some people will choose to avoid confrontation so there's unlikely to be a dramatic clash. Instead, discuss these issues as if you're having a relaxed chat.

For more call **0905 789 4177** (80p/min + network access charge)

Scorpio Oct 24 - Nov 23

You have a heightened awareness of your intuition compared to others. This sensitivity can sometimes lead to you being caught up in your own highs and lows. It also gives insight into outside matters that require your attention and at last you have a chance to deal with these issues.

For more call **0905 789 4178** (80p/min + network access charge)

Sagittarius Nov 23 - Dec 21

You and a partner have reached an agreement but there are still some lingering issues you're struggling with. This makes you feel a little helpless. Confront matters head-on. While it may feel uncomfortable at first, the understanding you gain will be valuable for you in the future.

For more call **0905 789 4179** (80p/min + network access charge)

Capricorn Dec 22 - Jan 20

You're feeling uncertain about being able to turn dreams into reality. Friends are cheering you on and they're enthusiastic about your plans yet you're still second-guessing yourself. Pause and reflect on recent experiences and you will realise you actually do have a chance to succeed.

For more call **0905 789 4180** (80p/min + network access charge)

Aquarius Jan 21 - Feb 19

Your ability to collect information and think on your feet is a quality that many people admire. Even so, when it comes to tackling more complex issues, it's important to take your time. These situations call for a blend of thorough analysis and prolonged contemplation too.

For more call **0905 789 4181** (80p/min + network access charge)

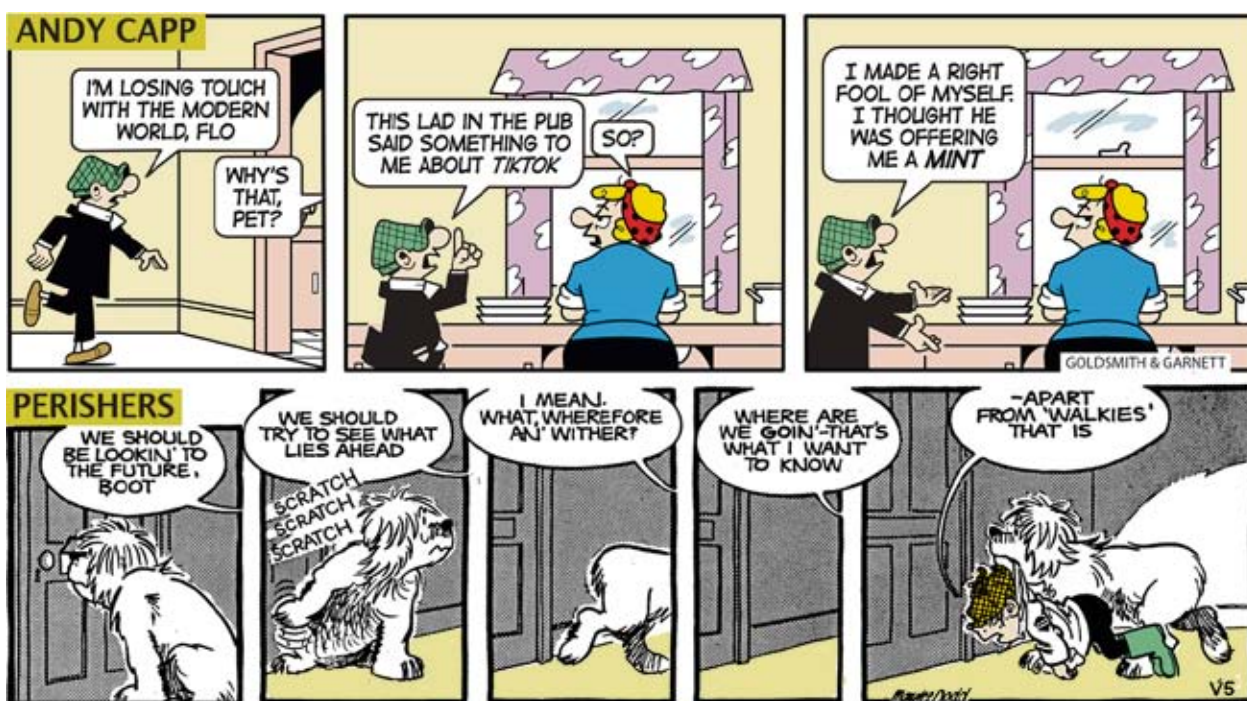
Pisces Feb 20 - Mar 20

Starting a project will have its challenges but your loved ones will be there to help. Although you may feel reluctant to share too much information, keeping things too private could harm relationships. If there's been any dishonesty, it's best to be transparent about it now.

For more call **0905 789 4182** (80p/min + network access charge)

Calls cost 80p per minute plus your telephone company's network access charge - maximum of 5 minutes duration. You must be over 18 and have the bill payer's permission. Service provider Spoke. Helpline 0333 202 3390

CARTOONS



Chocolate delights Good Food daily recipe to collect

Vegan date & chocolate bread & butter pudding

PREP: 15 MINS
COOK: 35 MINS
PLUS SOAKING AND RESTING
EASY
SERVES 6



Use soya milk to make this delicious vegan bread pudding. Dates, cinnamon and vanilla all bring sweetness, so you don't need to add lots of sugar

- 3tbsp cornflour**
- 500ml soya milk**
- ½ tsp ground cinnamon**
- ½ lemon, zested**
- ½ tbsp vanilla bean paste**
- 2tbsp maple or agave syrup**
- Flavourless oil (such as vegetable oil), for the dish**
- 6-8 slices stale vegan white bloomer, halved into triangles**
- 4 medjool dates, pitted and finely sliced**
- 50g vegan dark chocolate chips**

Plain yogurt or vegan ice cream to serve (optional)

- 1** Mix the cornflour, soya milk, cinnamon, lemon zest, vanilla and maple syrup together in a pan and whisk until smooth. Set over a low heat and cook, whisking continuously, for 8-10 mins until the mixture has thickened slightly to a thin custard that just coats the back of a spoon.
- 2** Lightly oil roughly 20 x 25cm wide baking dish. Cut the crusts off the bread, if you like, and arrange in the dish, overlapping slightly. Stir most of the dates into the custard, then pour over the bread, pressing the bread into the mixture

gently with the back of a spoon to help it absorb the liquid. Leave to soak for 15 mins.

- 3** Heat the oven to 200C/180C fan/gas 6. Scatter the chocolate chips and remaining sliced dates over the bread pudding, and bake for 20-25 mins until golden and crisp at the edges. Leave to rest for 10 mins before serving with a spoonful of vegan plain yogurt or dairy-free ice cream, if you like.

Try a subscription to Good Food magazine and get your first 6 issues for just £9.99. Each month you'll receive your copy through the letterbox packed with more than 70 beautifully photographed, thoroughly tested recipes as well as features from your favourite chefs and ways to cut down costs in the kitchen. Subscribe today by visiting buysubscriptions.com/GFMIR24B



TOMORROW'S RECIPE: CHOCOLATE BREAD & BUTTER PUDDING

Available from Amazon, selected supermarkets and all good bookshops. Also available in ebook

