

Pictures: JOHN MATHER, TERRY O'NEILL / GETTY



Michelle and Lorne recreating the Bobby and Tina look for the new ITV series

## Fair copycat...it's blonde Michelle as Bobby's wife

EX-CORONATION Street brunette Michelle Keegan is barely recognisable after going blonde to play Bobby Moore's wife Tina in an ITV drama about the World Cup hero's married life.

Michelle, 29, wore white and co-star Lorne MacFadyen, 26, copied Bobby's casual look as they recreated an iconic 1972 shot of the couple.

Michelle, who played Corrie's Tina McIntyre from 2008 to 2014, and Grantchester star Lorne were pictured filming on Monday for the three-part drama, based on Tina Moore's memoirs.

England's 1966 winning captain Bobby married Tina in 1962 but they divorced in 1986. He remarried before dying of cancer in 1993, aged 51. In the drama, Patsy Kensit plays Tina's mum and David Bamber is Sir Alf Ramsey.



England soccer hero Bobby Moore and his wife Tina in 1972

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# Letters

The Daily Express, Number 10 Lower Thames Street, London EC3R 6EN. Fax: 0207 098 2704  
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## Tories will take a gamble on an election landslide

SUCH is the frenzied world of politics, no sooner do you back somebody as the next PM than they pull out of the contest ("Grassroots fury at being denied vote in contest", July 12).

Andrea Leadsom pulling out of the Tory party leadership race left me shocked.

Not only was I backing her but I had also renewed my membership just three days earlier to get a vote.

However, on the bright side, the coronation of Theresa May ends a period of doubt. But for how long?

Given the chaos in the Labour Party, if I were to gamble it would be on a general election being held sooner rather than later, and as a result of it, a landslide Tory win.

**Geoffrey Brooking,**  
*Havant, Hants*

## Now time to unite behind our new Prime Minister

ANDREA Leadsom's withdrawal is sad but it was her decision, so instead of Conservative members fretting about how they were denied a vote, let's get behind Theresa May and not act like those Labour activists, who are about to kill their party. It's time to unite and back the new Prime Minister.

**Bill Tait,**  
*Altrincham, Cheshire*

## Backtracking on a Brexit will just alienate voters

I'M a fervent Brexitite but I think Theresa May will do a good job. However, if Brexit doesn't happen I fear many other Leave voters will never vote again.

What is the point voting and winning if others render your view invalid? It is supposed to be a democracy. Would the Remain camp accept the result had it been the other way around?

**Nigel Hamilton-Evans,**  
*Boroughbridge, N Yorks*

## Theresa will respect what the country has decided

I'M sure I'm not alone being relieved the UK has been spared two months in political limbo.

Despite Theresa May's Remain campaign support, I'm certain she will respect the voters' decision to leave the EU and manage it all with strength and ability. I am confident she'll be a good leader, the right person for the task in hand.

It is to be hoped Article 50 will be applied as soon as possible to secure our independence from the EU. I have one thing to say to Mrs May, "Go, girl, you can do it!"

**Ruth Peberdy,**  
*Bridgwater, Somerset*

## Time to make right calls so we become great again

OUT of the two final candidates, in terms of experience Mrs May was the best bet.

Her half-hearted support for the Remain camp suggests she had no real love for the EU and her only pronouncement during the campaign was that should we remain, then freedom of movement still needed to be reviewed.

Given that and her questionable performance as Home Secretary there is concern about her ability to do a deal with the EU and

## Letter of the day

# May's brave new world will keep Labour in turmoil

JEREMY Corbyn and Angela Eagle are finished. They can not compete with the new Conservative Party headed by the fabulous Theresa May ("We'll make a success of Britain leaving the EU", July 12).

I can't wait to see the first Prime Minister's Questions on TV. She will eat Corbyn and Eagle for breakfast.

There is no room left for the old style Labour Party in our new independent UK. We will forge ahead and Labour will be completely forgotten in the not too distant future.

Let us look forward to a new, stronger, independent UK. The new Prime Minister will hopefully make her first project rounding up all the illegal immigrants and foreign criminals from our streets and our jails and kicking them all out back where they came from.

Then we should close the doors and only allow in decent, respectable citizens with skills to offer who can speak English or are prepared to learn and who are financially secure without raiding our benefits system.

**Sidney Greenstreet,**  
*Oxford*



WINNER: New Prime Minister will savage Corbyn

getting the best from Brexit. Hopefully she will send George Osborne and Mark Carney on their way and use Boris and Michael Gove to put Great Britain back in the driving seat.

**Barrie Warren,**  
*Bury, Lancs*

## Leo hits nail on the head over gravy train riders

HOW delightful to read Leo McKinstry's column about our independence from the EU on Monday ("Remainers would do

better to talk up their country", July 11).

It is a tonic to read his views, particularly about the referendum losers and the upset felt by gravy train riders such as the Kinnocks. It really made my day.

**Geoff Turner,**  
*Lytham St Annes, Lancs*

## BBC should be chipping in with more golf coverage

ON the BBC we've just had two weeks of tennis from Wimbledon on BBC1 and BBC2 with lots of

football games from the European Championships broadcast live on many nights too.

Why, though, have we only had an hour on Saturday night and an hour on Sunday night of the Scottish Open golf?

Later this week we have got the Davis Cup in tennis but still only two hours on each night of The Open.

It's a disgrace considering the amount of repeats. It's not worth having a television any more.

**Ian Sampson,**  
*Trowbridge, Wilts*

## Draws giving top tennis seeds an unfair advantage

I KNOW I am not the only person who thinks that women should play five sets of tennis to receive the same prize money as the men.

I also think the actual draw for all the tennis tournaments is biased towards the top seeds, keeping them apart until the later rounds.

It should be an open draw and if the top seeds happen to be drawn against each other in the first round, so be it. As tickets, for at least Wimbledon, are bought well in advance no-one would know who was playing against whom anyway.

I am sure these changes would make no difference to ticket sales.

**Eileen Ainslie,**  
*Wickford, Essex*

## DO FEMALE POLITICIANS DRESS TOO BORINGLY?

**Yes** WELL done Vanessa, it is time somebody told female politicians to change their wardrobe ("Felicity's top of style stakes", July 12).

How can Theresa May and the rest expect to connect with young people and women in particular when they dress like a school mistress from a 1950s boarding school?

Whether they are or not, their clothes give the impression that they are hopelessly out of touch.

I'm not saying they should start wandering around in ripped jeans but they could at least try to be more contemporary.

**Jennifer Robinson,**  
*Bristol*

**No** COME on Vanessa. Get real. Would we really want to see our Prime Minister or Angela Eagle or Angela Merkel wearing ripped jeans and a T-shirt?

Felicity Kendal looks great in the photograph you published but she wasn't on her way to a Cabinet meeting, she was on her way out shopping.

Who knows? Perhaps these ladies would wear something more casual in private, if they had any privacy.

Everywhere they go somebody seems to want to point a camera at them.

**Estelle James,**  
*Dursley, Gloucs*

## Ten things you never knew about... eagles

WILLIAM HARTSTON

Jeremy Corbyn is being challenged for the Labour Party leadership by Angela Eagle, which is a good excuse for some facts about eagles.

1. Angela and Maria Eagle are the only twins to sit in Parliament together for more than 200 years.
2. The only other parliamentary twins were James and Richard Grenville who were elected to represent Buckinghamshire in 1774.
3. The collective noun for eagles is a convocation.
4. Bald eagles are not bald. The name derives from an older meaning of the word, derived from piebald, referring to their white heads.
5. The Eagle was the title of a poem written by

Alfred, Lord Tennyson in 1851 and a silent film with Rudolph Valentino in 1925.

6. The song Eagle, recorded by Abba in 1977, was the longest Abba song ever at 5min 51sec.

7. The largest recorded birds' nest was made by bald eagles.

8. The bald eagle is the national bird of the USA despite Benjamin Franklin calling it "a bird of bad moral character".

9. The Harpy eagle and Philippine eagle have 8ft wing spans. They have been known to kill and carry off prey as large as deer and monkeys.

10. Female eagles are generally larger than male eagles.

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## BEACHCOMBER



## 99 YEARS OLD AND STILL INSPIRED BY GUPPIES...

FISHING around for some nugget of knowledge to cast before you this morning, I chanced upon a paper in the latest issue of the journal *Animal Behaviour* which detailed some intriguing observations on the mating habits of guppies.

The title of the paper is "Male guppies change courtship behaviour in response to their own quality relative to that of a rival male" and it reports the results of an experiment to see what a male guppy does when his woman is approached by another male.

"We show here," they report, "that male guppies abandon their approach to a female only when the rival male is phenotypically superior," or, to put it more simply, the poor bloke gives up if another better-looking bloke turns up. Yet it's not quite as simple as that makes it sound.

It has long been known that female guppies prefer brightly coloured males but the research found that: "Both natural and artificially induced brightly coloured males continue to approach a female when the rival was brightly coloured, but both natural and induced dull-coloured males abandoned their approach to a female when the rival was brightly coloured."

So not only will a drab male give up in the face of a gaudy rival but a gaudy male in drab clothing will also give up. And that remains true even if the apparently gaudy rival is not gaudy at all but is a drab fish in bright disguise.

As I said at the start, I was fishing around for something like this, so I hailed a passing male guppy and asked what he thought of the research.

"Well it stands to reason, don't it?" he said. "I mean if the girls go for flashy types, there's not much sense in trying to chat them up if there's a gaudy rival around."

"Even a drab rival in designer clothing will probably fool the average girl. They're not very bright you know, and they're really superficial when it comes to choosing blokes. One spray-on tan and they're anyone's, if you get my drift."

Just as he had finished saying that, a female guppy swam past and said, "Oi, who are you calling stupid? It makes sense going for brightly coloured men. Not only are they better breeding prospects but it's nice to see a chap who cares about his appearance."

"A fish like that knows how to give a girl a good time. Anyway, a girl gets a bad reputation if she's seen flirting with guys who look like they've just swum out of a sewer."

At that moment, a brightly coloured male swam past nonchalantly and fluttered his gills at the female. She turned to look at him and blinked seductively.

The drab male I'd been talking too looked crestfallen. "I told you she was stupid," he said. "I know that chap. He's got the greyest skin you've ever seen. That colour is entirely spray-on, done in an animal behaviour lab."

"Must go now, I have a Dolce & Gabbana anorak at home which I feel an urgent desire to put on. It's a waste of time trying to pick up girls without it. I'll be back."

So I left him to it.

# As Queen Elizabeth II celebrates her 90th Birthday own the very first stamps of her long reign

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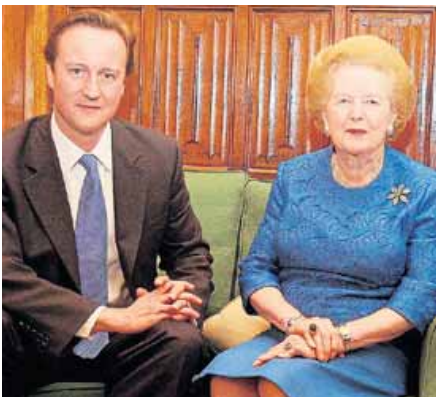
## CAMERON YEARS



APRIL 2006: The Tory leader hugs husky Troika on top of a glacier in the Svalbard Islands, Norway



FEBRUARY 2007: Ryan Florence makes a gun sign behind Mr Cameron's back at a Manchester estate



OCTOBER 2007: Past and future PMs meet up to view the Shadow Cabinet rooms at the Commons

As David Cameron bids farewell to Downing Street we look back in pictures at his years at the helm of the Conservative Party and as Prime Minister



MAY 2010: The smiling new Premier and wife Samantha outside No10 for first time



JUNE 2016: Mr Cameron, flanked by his loyal Samantha, reveals he is resigning



MAY 2010: During a Buckingham Palace audience the Queen invites him to become Prime Minister



MAY 2010: Coalition partners Mr Cameron and Nick Clegg shake hands on Downing Street steps



AUGUST 2012: Olympic cheers from the PM and Duke and Duchess of Cambridge at the Velodrome



MAY 2011: High-fives with American President Barack Obama after table tennis game in London

PICTURES: JONATHAN BUICKMASTER, PA; GETTY



# Violent lawyer in headbutt attack on friend avoids jail

A SOLICITOR who headbutted his friend at a rugby match and left him with life-changing injuries has avoided jail.

Gavin Dowell, 50, launched the attack when Mark Scoble tried to intervene in an argument with the referee.

Dowell, a father-of-five, claimed to have seen his son get assaulted on the pitch and turned to the referee.

When the official told him he could not do anything because he had not seen it, the solicitor argued with him.

Mr Scoble tried to calm the situation but instead of heeding his advice to walk away, Dowell headbutted him in the face. Dowell, formerly of Redland, Bristol, pleaded guilty to grievous bodily harm

By **Allister Hagger**

at Gloucester Crown Court earlier in the year after previously denying it.

Yesterday he was handed a two-year suspended sentence at Taunton Crown Court.

Sentencing him, Judge Ticehurst said: "You committed this offence in temper. It was a deliberate, premeditated act of violence. In my judgment any expressions of regret on your part are for your own benefit."

"The impact on Mr Scoble's life was life-changing for him."

"You could have accepted Mr Scoble's attempts to defuse it rather than

violently head-butting him as you did." The incident between the men, who were coaches for Old Bristolians under-16s, happened in 2014.

The court heard Mr Scoble made repeated attempts to calm his friend down, before standing between him and the referee and putting his hand on Dowell's shoulder.

The solicitor said: "Why, do you want some too?" then launched himself headfirst at Mr Scoble with his hands in his pockets.

Giles Nelson, prosecuting, said: "Mr Scoble was knocked unconscious."

He was taken to hospital and treated for a broken nose.

The swelling on his eye was so bad it was completely closed."

Mr Scoble suffered a detached retina and has had six operations on his eye.

He has had headaches and nausea as a result of the attack.

Dowell was ordered to serve 300 hours of community service and pay £10,000 compensation to Mr Scoble.

He has also received a lifetime ban from Old Bristolians.



**Dowell arrives at court for sentencing yesterday**

Picture: HENRY NICHOLLS / SWNS

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## Gene link to redhead cancer risk

HAVING ginger hair raises the risk of skin cancer as much as 21 years of exposure to the sun, a new study claims.

The gene variant MC1R, which is carried by all redheads, was

By **John Fitzpatrick**

found to increase the number of cancer-causing mutations in skin cells by 42 per cent.

Having MC1R could explain why they are at

higher skin cancer risk. But the gene variant can also occur in people of all hair shades, the researchers found.

Study author Dr David Adams of the Wellcome Trust Sanger

Institute said: "This could help better identify people at higher risk of developing skin cancer."

The results were published in Nature Communications.

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# Your Money

Edited by Harvey Jones • email: harvey.jones@express.co.uk

Picture: GETTY



**WAIVER:** You can get insurance before you go

## Car hire hell can break the bank

IF YOU plan to hire a car for your summer holiday, beware of hidden rip-offs that can drive up the total cost.

British holidaymakers forked out a staggering £475million on extra car hire charges last year, according to holiday comparison site TravelSupermarket.com. More than half have been overcharged on car rental, with one in five saying they never hire a car abroad now as a result.

Common car hire cons include hefty charges for failing to return the car with the right amount of fuel, averaging more

than £97. Those who exceed their agreed mileage pay almost £168 on average.

Car extras can be shockingly expensive with sat nav costs averaging £85, additional drivers costing £132 and child seats a whopping £159.

Motorists typically pay a £169 excess damage waiver fee, which covers the cost of any damages to the vehicle and yet you can buy a standalone multi-trip policy for a fraction of the price.

Bob Atkinson, travel expert at TravelSupermarket.com, said: "Car hire

is a wonderful way to get the most out of your holiday but our research clearly shows some car hire firms are putting Britons off with their hard-sell tactics."

He also advised to book vehicles in advance online rather than rent in the resort: "Do not be misled by the headline price. Work out how all the extras add up and whether you really need them."

Many airlines will carry your child car seat for free, for example, while you can also avoid additional driver costs if just one of you gets behind the wheel.

## The heat's on so make the switch

HOME energy costs are rising once again, as utility companies scrap their cheapest fixed-rate tariffs.

Gas and electricity suppliers are taking advantage of post-Brexit political uncertainty to hike charges in the hope that distracted householders fail to notice.

This has increased the cost of a fixed tariff by up to £105 a year, squeezing household budgets, according to new research by uSwitch.com.

An astonishing 15 energy suppliers have dumped their cheapest fixed-rate deals in the last month alone and replaced them with a range of more expensive plans.

It follows a rise in wholesale energy costs, which recently hit a nine-month high, according to latest figures from ICIS, the independent authority on energy market pricing.

The big energy suppliers generated plenty of anger by

By Harvey Jones

passing on only small price cuts when wholesale oil and gas prices crashed back in 2014 and 2015.

Yet today they are falling over themselves to take advantage of the first opportunity to ramp up prices.

Extra Energy has dumped its cheapest tariff and now charges £105 more, while Sainsbury's Energy charges £94 more. OVO Energy and First Utility have increased their prices by £63 and £48 respectively.

Fears of supply shortages and the higher cost of energy imports following the fall in sterling are also adding to the pressure.

Energy charges may continue

to rise and households worried about rising costs have been urged to switch to a fixed rate energy deal to help protect themselves against future price hikes.

Some suppliers still offer tariffs charging as much as £315 a year less than the average variable tariff from one of the "big six" suppliers: E.ON British Gas, EDF Energy, Npower, ScottishPower and SSE.

Avro Energy's fixed Simple and Summer tariff is the cheapest costing £747 a year on average, uSwitch's figures show.

It is followed by GB Energy's variable rate Premium Energy Saver at £765 and So Energy's fixed rate So Emu plan at £766.

Npower is the only one of the

big six with a top 10 plan – its newly-launched Online Price Fix August 2017 in ninth place costing £786 a year.

For those who want to fix for longer, First Utility's new FU First Fixed June 2019 v2 plus charges £999 a year for three years. However, this plan has a £60 exit fee.

Tom Lyon, energy expert at uSwitch, said: "There are still some very competitive deals on the market, offering significant savings against the average big six standard variable plan."

He said consumers who are concerned about rising energy costs should shop around and consider switching to a fixed-term tariff, offering protection against future price hikes.

Ben Wilson, spokesperson at GoCompare.com Energy, said that half of those who switch save almost £300: "Spending a few minutes comparing the tariffs available can certainly be time well spent."

**'Comparing the tariffs available can be time well spent'**

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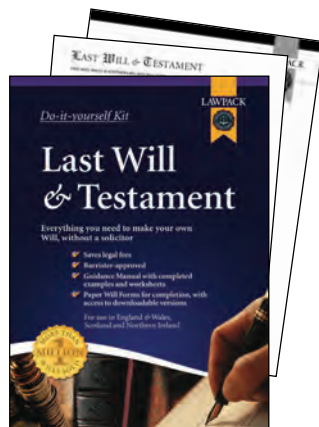


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## YourMoney

# How to make annuities pay after Brexit

By Harvey Jones

RETIREES who are postponing buying an annuity in the wake of Brexit have been warned that the delay could cost them thousands of pounds.

Annuity rates have plunged since the financial crisis and dipped again in the wake of EU referendum uncertainty.

Many retirees may decide to postpone their decision in the hope that rates recover, or because they will get more income when they are older and their life expectancy is lower.

However, new figures suggest this may be a false economy that may cost you in the longer run.

## ANNUITIES LIVE

Despite the numerous reports, the death of the annuity has been exaggerated.

When Chancellor George Osborne gave the over-55s the right to cash in their pension pots from April last year, many thought he had signed the death warrant for the restrictive annuity.

An annuity is an income for life that you buy to fund your retirement. Once you buy one, you are locked in for good.

Sales slumped when the Chancellor announced he was giving older people the flexibility to spend their pension as they wished, but they have picked up.

Around 20,000 people now buy an annuity every quarter, according to figures from the Association of British Insurers. This is roughly the same number as sign up for income drawdown, a more flexible option where you leave your nest egg invested and draw income as you need it.

Buying an annuity is one of the biggest financial decisions you will ever make and it has got even more complicated in recent years, so do your sums carefully.

## FALLING RATES

Annuity rates have plunged by more than 37 per cent since the financial crisis, according to new figures from IFA Hargreaves Lansdown, hammering their popularity.

The trend has accelerated with rates down 3.5 per cent since the referendum, with 14 annuity companies cutting returns.

In July 2008, a 65-year old with £100,000 could buy level income of £7,855 a year, but today they would get just £4,975, which is £2,880 less. A couple would get just £4,514 from a joint life annuity.

These starting incomes would fall to just £3,336 and £2,994 respectively if you bought an annuity that paid an extra three per cent each year to keep up with the rising cost of living.

Tom McPhail, head of retirement policy at Hargreaves Lansdown, says it is not all bad news, as the stock market recovery since the financial crisis means the average £100,000 pension pot has risen 58.9 per cent and is worth £158,960 today.

## HISTORIC LOWS

The FTSE 100 has risen strongly following the initial Brexit shock,



Picture: GETTY

PLAN AHEAD: Annuities are a good bet for a regular income for life

and is now trading at an 11-month high, putting more money into people's pension pots.

However, annuity rates are less likely to recover as bond yields fall to new lows and the Bank of England considers cutting interest rates.

McPhail says: "Even though rates are now at historic lows there is no certainty they will recover any time soon."

There is one big advantage to buying an annuity today: it means you start receiving your income immediately.

An investor with £100,000 who bought an annuity paying £7,855 a year in July 2008 would have banked total income of £62,840 up to today.

If they had decided against buying an annuity and kept their money invested in the average balanced managed pension fund it would have risen in value and be worth £158,960 today.

This could buy them a higher income of £10,138 today at age 73 - £2,283 a year more than in 2008 - but they would have to live to 100 to catch up on lost income from the last eight years.

Whether to delay is a complex calculation, so you cannot expect to get it spot on. McPhail suggests you hedge your bets with a "mix and match strategy", splitting your pension between an annuity and drawdown.

Andrew Tully, pensions technical director at Retirement Advantage, says whatever your decision, you should shop around for an annuity on the open market to get the best rate.

"If you have health problems, or drink or smoke heavily, you could get more from an 'enhanced'

or 'impaired life' annuity, which may pay up to 20 per cent more income as your life expectancy is lower."

## RIGHT DECISION

Patrick Connolly, certified financial planner at Chase de Vere, says that despite falling rates, an annuity is still the right choice for somebody who needs a guaranteed income to last the rest of their lives.

"Everybody should have secure income to cover their basic living costs in retirement as the state pension is unlikely to be enough on its own."

He adds: You need to forget that annuity rates were higher in the past and accept that we are living in a low interest rate environment and this looks likely to continue for some time to come."

The major argument against buying an annuity is that you may be locking in to what you think is an unattractive or insufficient level of income and you cannot reverse your decision afterwards.

Connolly says: "There are plans to launch a second-hand annuity market allowing people to sell their existing annuities, but it is unlikely you will get a good deal by doing this."

Those with larger pension pots could spend half on an annuity and keep the other half invested in income drawdown in the hope of benefiting from future stock market growth.

Income drawdown is riskier because the value of your pot will rise and fall in line with markets. Connolly says: "You shouldn't gamble with the income you need to pay bills and living expenses."



**SUPER-STRENGTH** materials and parts are Permal Gloucester's speciality, putting the manufacturer at the heart of life-saving projects from new bridges to speedy, blast-resistant military vehicles.

The firm has won new defence contracts that will see its armour-lightweight composites that combine fibre and plastic resins – included in the British Army's order for 589 new AJAX reconnaissance and fighting carriers being made by General Dynamics Land Systems.

Permal's £15million, seven-year deal announced last month will secure many jobs within its 75-strong workforce, which has also won the contract to supply protective panels for UK engineering firm Supacat's new HMT Extenda vehicle.

Permal, privately owned by its founders and venture capital house 3i, has boosted its annual turnover to £10million and forecasts a further 50 per cent increase by 2019.

However, the time required from devising a solution and winning a contract to seeing it protect lives on the frontline is not for the fainthearted, says chief executive Dr Colin MacAdam. "We do it by investing heavily in research and development, more than six per cent of turnover, which is relatively high."

"That comes from investors and is also helped by R&D tax credits. There is always pressure on these budgets as they come straight off

# Adding strength to defence



**Maisha Frost**

the bottom line in the short term, but it is essential as we operate in a very competitive, global market."

To win the AJAX order, Permal bought £300,000 of new machinery to make the materials and installed a £1million heating system, which has cut costs and reduced carbon emissions by 400 tonnes a year.

"Many of our processes – bonding, precision cutting, moulding, spraying and pressing – are energy-intensive. We had to have a new, efficient boiler to improve our capability. Besides our scientists and engineers spend a lot of their time destroying very expensive raw materials," adds chemist MacAdam.

A management buyout in 1998 from a French electrical insulation firm was the making of today's Permal, freeing it of lengthy management chains so it could use its agility to adapt and seize new

opportunities. Its standard products became eclipsed by low-cost, volume makers overseas, so it transformed at a time when the UK was engaging in more conflicts internationally and defence requirements had soared.

Advances in technology, alongside the spread of terrorism and the instabilities triggered by climate change, have also driven the firm's progress as demand for composites continues to grow.

"Weight is increasingly an issue. Composites are lighter and stronger and our goal is to replace metal wherever we can," says MacAdam.

Those developments, coinciding with the reduction in defence budgets, have spurred the firm to increase its markets in aerospace, rail, medical and Formula One. For

Boeing, it devised and tested a patch repair system, should panel liners be damaged in the event of a fire breaking out in an aircraft's cargo bays. Permal now supplies them to all airlines operating Boeing 787s.

A groundbreaking project with Arup could make bridges more resilient to floods and storms. The footbridge, which the engineering consultancy designed and which Permal is prototyping, is made of a glass fibre-reinforced resin that weighs up to 70 per cent less than its conventional steel counterpart and can span 35 metres over rail lines, roads and water courses.

"Bridge-building is set to become a simpler process," predicts sales director and founder Nick Baird.

● [Permal.co.uk](http://Permal.co.uk)



**ALL FIRED UP:** Dr Colin MacAdam

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Virgin Money	virginmoney.com	Defined Access e-Saver 6	£1	1.26%	✓				
State Bank of India	sbiuk.com	Online Instant Acc Savings 4	£500	1.25%	✓	✓			
Shawbrook Bank	shawbrook.co.uk	Easy Access - Issue 5	£1,000	1.25%	✓				
Nottingham BS	thenottingham.com	eSaver Instant Issue 4	£500	1.21%	✓				
Virgin Money	virginmoney.com	Saving to Buy 2	£1	1.20%	✓				

### EASY ACCESS ACCOUNTS (with bonus)

Provider	Contact	Account	Min Invest	% AER	Access	Q	B	T	P
Tesco Bank	tesco.com	Internet Saver	£1	1.22%	✓				
Post Office Money®	postoffice.co.uk	Online Saver Issue 21	£1	1.00%	✓				
SAGA	0800 066 5701	Telephone Saver Issue 18	£1,000	1.00%	✓				✓
BM Savings	bmsavings.co.uk	BM Online Extra Issue 21	£25,000	1.00%	✓				
Post Office Money®	0800 783 3012	Instant Saver Issue 8	£500	0.80%	✓	✓	✓	✓	✓
TSB	tsb.co.uk	eSavings	£1	0.75%	✓	✓	✓	✓	✓

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BLME**	blme.com	5 Year Fixed Bond	£25,000	2.35%	✓				
BLME**	blme.com	7 Year Fixed Bond	£25,000	2.35%	✓				
Vanquis Bank	vanquis.co.uk	5 Year Fixed Bond	£1,000	2.31%	✓				
Ikano Bank***	ikano.co.uk	5 Year Fixed Bond	£1,000	2.25%	✓	✓	✓	✓	✓
Milestone Savings**	milestonesavings.co.uk	5 Year Fixed Bond	£10,000	2.25%	✓				

### CASH ISAS - EASY ACCESS

Provider	Contact	Account	Min Invest	% AER	Access	Q	B	T	P
Coventry BS	0800 121 8899	Easy Access ISA 3	£1	1.30%	✓	✓	✓	✓	✓
M&S Bank	0808 002 2222	Advantage Cash ISA	£1	1.30%	✓				✓
Virgin Money	virginmoney.com	Defined Access e-ISA 7	£1	1.26%	✓				
Harpenden BS	01582 765411	Cash ISA - Simply ISA	£1	1.25%	✓	✓	✓	✓	✓
Melton Mowbray BS	01664 414141	Cash ISA	£25	1.25%	✓				✓
Penrith BS	01768 863675	ISA Issue 2	£100	1.25%	✓				✓

### CASH ISAS- LONG TERM FIXED

Provider	Contact	Account	Min Invest	% AER	Access	Q	B	T	P
Nationwide BS	via branch	5 Year Fixed Rate ISA	£1	2.00%	✓	✓			
Leeds BS	0845 045 4048	5 Year Fixed Rate ISA 56	£100	1.90%	✓				✓
Shawbrook Bank	shawbrook.co.uk	5 Year Fixed Rate ISA 3	£5,000	1.90%	✓				
Newcastle BS	0845 606 5522	5 Year Fixed Rate ISA 12	£500	1.80%	✓	✓	✓	✓	✓
Metro Bank	via branch	5 Year Fixed Rate ISA 3	£1	1.75%	✓				✓
Principality BS	0845 045 4048	5 Year Fixed Rate ISA 153	£500	1.75%	✓	✓	✓	✓	✓

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Secure Trust Bank	securetrustbank.com	120 Day Notice (Issue 17)	£1,000	1.56%	✓				✓
Charter Savings Bank	via website	95 Day Notice Issue 9	£1,000	1.55%	✓				
Shawbrook Bank	shawbrook.co.uk	120 Day Notice Issue 35	£1,000	1.55%	✓	✓	✓	✓	✓
Raphaels Bank	01296 436661	6 Month Notice	£5,000	1.55%	✓				✓
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HSBC	0800 032 4735	3.3%	£180.80	£848.00	£10,848.00	
M&S Bank	0800 363400	3.3%	£180.80	£848.00	£10,848.00	
cahoot	cahoot.com	3.4%	£181.14	£868.40	£10,868.40	
Tesco Bank	0345 600 6016	3.4%	£181.23 (C)	£873.80	£10,873.80	
Sainsbury's Bank	0800 169 8503	3.4%	£181.24 (N)	£874.40	£10,874.40	

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\*\* = Expected profit rate, operates under Islamic finance principles.

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N = Nectar Cardholders. C = Clubcard Cardholders. F = Fixed rate. D = Discounted variable rate. V = Variable rate. Mortgages shown are based on true cost and may include incentives, for full details visit [www.moneyfacts.co.uk](http://www.moneyfacts.co.uk)

## MORTGAGES

### FIRST TIME BUYER MORTGAGES

Provider	Contact	Initial Rate	Period	Max LTV	Fee	Redemption charge
Loughborough BS	01509 631950	3.19% (D)	for 2 years	95%	£199	1st 2 yrs
Hanley Economic BS	01782 255000	3.29% (D)	for 2 years	95%	Nil	1st 2 yrs
Furness BS	0800 220568	3.50% (F)	for 2 years	95%	Nil	1st 2 yrs
Yorkshire BS	0345 120 0874	4.08% (F)	to 31.7.19	95%	Nil	To 31.7.19
Saffron BS	0800 072 1100	3.97% (F)	to 30.9.21	95%	£495	To 30.9.21

### REMORTGAGES

Provider	Contact	Initial Rate	Period	Max LTV	Fee	Redemption charge
Furness BS	0800 220568	1.40% (D)	for 2 years	80%	£999	None
The Co-operative Bank	0800 234 6761	1.49% (F)	to 31.8.18	80%	£1,499	To 31.8.18
Melton Mowbray BS	01664 414141	1.50% (D)	for 3 years	65%	Nil	1st 3 yrs
Saffron BS	0800 072 1100	2.19% (D)	for 3 years	80%	Nil	1st 3 yrs
HSBC	0808 256 6876	1.99% (F)	to 31.8.21	60%	£999	To 31.8.21

### VARIABLE RATE FOR TERM MORTGAGES

Provider	Contact	Initial Rate	Period	Max LTV	Fee	Redemption charge
Coventry BS	0800 121 8899	1.75%	for term	65%	£999	None
Coventry BS	0800 121 8899	1.89%	for term	75%	£999	None
Coventry BS	0800 121 8899	1.99%	for term	85%	£999	None
Coventry BS	0800 121 8899	2.19%	for term	85%	£499	None
Coventry BS	0800 121 8899	2.35%	for term	90%	£999	None

### SHORT TERM FIXED RATE MORTGAGES

Provider	Contact	Initial Rate	Period	Max LTV	Fee	Redemption charge
HSBC	0808 256 6876	0.99%	to 31.8.18	65%	£999	To 31.8.18
Yorkshire BS	0345 120 0874	1.64%	to 31.7.18	85%	£975	To 31.7.18
HSBC	0808 256 6876	2.49%	to 31.8.18	90%	Nil	To 31.8.18
Norwich & P'borough BS	0345 300 2522	1.73%	for 3 years	65%	£1,475	1st 3 yrs
Post Office Money®	0800 077 8033	2.67%	to 31.7.19	90%	£995	To 31.7.19

### LONG TERM FIXED RATE MORTGAGES

Provider	Contact	Initial Rate	Period	Max LTV	Fee	Redemption charge
HSBC	0808 256 6876	1.99%	to 31.8.21	60%	£1,499	To 31.8.21
Hinckley & Rugby BS	0800 774499	2.59%	for 5 years	85%	£999	1st 5 yrs
Post Office Money®	0800 077 8033	2.94%	to 31.7.21	90%	£995	To 31.7.21
Coventry BS	0800 121 8899	2.49%	to 30.9.26	65%	£999	To 30.9.26
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Halifax	0845 727 3747	3.79%	to 31.8.18	95%	£495	To 31.8.18
Post Office Money®	0800 077 8033	4.19%	to 31.7.19	95%	Nil	To 31.7.19
Post Office Money®	0800 077 8033	4.48%	to 31.7.21	95%	Nil	To 31.7.21
Halifax	0845 727 3747	4.54%	to 31.8.21	95%	£495	To 31.8.21

## CREDIT CARDS

### LOW PURCHASE RATE

Provider	Contact	Product name	PA	APR
AA	0800 032 2004	Low Rate MasterCard	27.9%	6.4%
Bank of Scotland	0800 328 5984	Plat Low Rate M'Card	6.45%	6.4%
Halifax	0800 028 3258	Low Rate MasterCard	6.45%	6.4%
Lloyds Bank	lloydsbank.com	Plat Low Rate M'Card	6.45%	6.4%
Virgin Money	0800 389 2875	Low Rate MasterCard	27.9%	6.4%
Barclaycard	0800 731 0200	Low Rate Plat Visa	27.9%	6.9%

### CREDIT CARDS

### INTRODUCTORY RATE FOR BALANCE TRANSFERS

Provider	Contact	Product name	Balance transfer	Fee	APR
Halifax	0800 028 3258	40 Mth BT M'Card	0% 40 mths	2.49%	18.9%
Virgin Money	0800 389 2875	40 Mth BT CC M'Cd	0% 40 mths	2.53%	20.9%
MBNA	mbna.co.uk	Plat 40 Mth BT Visa	0% 40 mths	2.55%	18.9%
Sainsbury's Bank	0800 030 4418	Long BT CC M'Cd	0% 40 mths	2.89%	18.9%
Tesco Bank	0345 300 4278	Clubcard BT M'Card	0% 39 mths	2.69%	18.9%
Bank of Scotland	0800 328 5984	Plat 39 Mth BT M'Cd	0% 39 mths	2.95%	18.9%

APR = Annual Percentage Rate.



Source: **Moneyfacts.co.uk** – Helping you make better financial decisions

Rates correct at 12th July 2016. All products subject to change without notice.



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Advertisement Feature

# EXPRESS MONEY

Your weekly finance feature

## Prepaid is prepared

A prepaid funeral plan is one of the best ways to ensure that your funeral is taken care of

**M**aking funeral arrangements in advance can help you beat rising funeral costs and protect your family. However, it is much easier to put off this conversation than it is to have it; curious really as we live in a society that is generally very happy to share their thoughts and opinions.

You may have privately contemplated the minor details of your preferred funeral service, music or even flowers, but the sad fact is that this reluctance

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## Digital Savings

# Are you paying too much for your broadband and home phone services?

You could be saving hundreds of pounds a year by switching to a better broadband service

**P**eople all over the UK could be saving hundreds of pounds simply by switching to a better monthly broadband service. The good news is that free switching support services are here to help as they will make that switching process quick and hassle-free.

The UK's top providers are offering huge discounts on their services this July. With so many great options available, it can make filtering through all of them a daunting prospect.

### **How much could I save?**

The Express Digital Switching Service is the best way to find a package that really provides

the service you need at a great price. In fact, we've managed to save some of our customers up to £336\* a year on their broadband bill just by moving them to a better value deal.

### **What do I have to do?**

We'll put you in touch with a broadband expert, who can search through over 11,000 deals in no time at all and recommend the perfect package for your home. We'll even be on hand throughout the installation, ready to guide you through any difficulties you might run into.

Our service is both independent and regulated by Ofcom, so you can be sure

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### **What happens next?**

Sit back and relax! Our Switching Support team takes the hassle out of switching.

We'll even arrange your installation!

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Give us a call today on **0800 090 1291** and find out how much you could be saving with a better deal

\*20% of Simplifydigital customers received a minimum saving of £192 per year, and the top 10% saved a minimum of £336. Data based on 622 Simplifydigital records between August – October 2015.

\*\*TalkTalk Line rental charge of £17.70 per month. 18 months minimum contract. £7.50 per month in month 19.



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Singapore is Malaysia's food capital, where high-end restaurants sit alongside steaming street food stalls. Fly to the tropical city state where you'll spend one night in a centrally located hotel before embarking your cruise. You'll have plenty of time to discover the city's chaotic hawker markets, traditional temples and futuristic architecture, such as the Marina Bay Sands complex.

Set sail on board the magnificent Queen Mary 2, one of the finest modern cruise liners sailing the five oceans. This is a ship offering a little of the finer things in life to all passengers who sail with her. With a glamorous ballroom, daily afternoon tea and Royal Court Theatre, your days at sea can be spent indulging in the spa or taking in the beautiful sea views from the deck.

Your first port of call is among the soaring Petronas Towers in Kuala Lumpur, followed by multicultural Penang, where you'll find Chinese shophouses, mosques and British colonial architecture in the dilapidated capital of George Town. Take a trip around Little India and Chinatown for a view of a city in miniature, overlooked by gleaming

skyscrapers and shopping malls. Sailing to Sri Lanka you'll visit another city with a varied history, Colombo. The capital of India's teardrop is known as the 'garden city' because of its beautiful parks and tree-lined streets. Take a look at the beautiful Ceylon sapphires, try a cup of tea harvested from the virgin fields of Sri Lanka's tea country, some of the best in the world, or experience a little of its Buddhist culture at one of the city's beautiful temples.

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# Young, gifted and back

**I**N THE back of the satirical magazine Private Eye one advert unfailingly caught my eye. "Dense? Join Densa. The society for stupid people." I'm not sure if there was a real Densa. That's not really the point. The Densa ad justly and smartly took the mickey out of the adverts for Mensa.

More to the point it took the mickey out of Mensa, the society for people with high IQs, and out of every smug, self-congratulating delusionary who ever thought about joining it.

Sadly that one's alive and kicking, along with the daft, outmoded views of intelligence it was built on. There's no better evidence for that than the appearance of a fourth series of **CHILD GENIUS** (C4), in which a Mensa member runs



**Matt Baylis**  
on last  
night's TV

cohorts of children through the sort of computations that are meant to mean they're intelligent.

To be fair a lot of the young contestants in this brain-game fame show are brilliantly, delightfully bright.

They have enquiring minds, they are motivated to learn things, they see the value of knowledge and they're just plain interested in the world around them. Take Mog, 12,

from Rugby. He's not been hothoused by some nightmare, helicopter parent. His interests include sheep and foreign languages. I expect some people tease him for these interests but I expect some of them have no interest in anything.

There are plenty of adults who are allowed to vote, have families and agree bank loans and trade deals who are not remotely interested in anything either.

On those terms I know who I'd rather be stuck in a boat with. But those qualities of interest, enthusiasm and openness to ideas are not the ones being tested or proven by this TV show.

The various rounds and heats prove nothing, except that the children have done a lot of maths and developed very extensive

memory banks of words and facts. There's also a confused set of motives among the people who make and commission this show.

Sometimes it is urging us to cheer the youngsters on, to care about their losses and celebrate their victories. At other times it is zooming in on their griggishness and the questionable pushiness of (some of) their parents and inviting us to snigger away at them like the school bullies at the back of the bus. It seems to think it can have its cake and eat it, in other words, and even the densest person knows that you can't.

Everyone has a **MY WORST JOB** (C4) story. Mine involves choc ices, a hairnet and eight-hour shifts at a task called bottom-checking (which wasn't remotely what it sounds like). Actually I'm not sure that was

as bad as the job I had in Athens, trying to entice backpackers to stay at a hotel that didn't exist (although another far more horrid one did).

Last night's show was a themed collection of similar anecdotes, generally funnier on the grounds of being delivered by faintly famous funny folk, but not especially original. The odd one out, and very welcome for the 30 seconds or so he got on screen, was the writer Will Self who pointed out that people vanish when they are doing menial jobs.

On becoming a young road sweeper, he recalled, pretty girls no longer glanced at him at all. He then added that he'd got the job thanks to his girlfriend, who was also a road sweeper. So maybe that was exactly what she had in mind.

## PICKS OF THE DAY



**Food:** Eat Well For Less?, 8pm, BBC1

Gregg Wallace and Chris Bavin are back for a new series and the first family having their weekly food shopping bill put under the microscope are the Butlers. Their spending is getting out of control, owing to the fact that they all have such different eating habits. Mum Angela loves pre-prepared branded products while her two daughters are on very different sides of the meat debate. While 17-year-old Ffion is a meat lover, her sibling Alice is a committed vegetarian. In amongst it all, dad Neil has seen his shopping bill go through the roof and he desperately needs the help of Gregg and Chris (left, with the Butler family). Can they bring the spending under control and keep everyone happy?



**Comedy:** Man Down, 10pm, C4

The prolific Greg Davies (left) has written and stars in this comedy series. He plays the part of teacher Dan, a man who sees his career in jeopardy when the arrival of a new head teacher at his school leads to trouble. Not helping his cause is the frightening Eastern European caretaker who is making it impossible for him to cover his ineptitude. Away from work, Dan's mother has a new man in her life, Deadalus, but it seems that he may well be up to no good.



**Documentary:** The Secret Life Of Brothers And Sisters, 8pm, C4

It seems odd that this experiment has never been done before but this is the first of its kind in the UK. The footage is taken from a family camping holiday in the woods and we see a group of children as they take part in a hay bale race and other activities. How do siblings such as Lola and Mable (above) offer each other support and encouragement?



**Soap:** Coronation Street, 7.30pm, ITV

When Kylie picks up Bethany's phone she is horrified to see some of the messages from Lauren and her mates. In an emotional conversation, it dawns on Kylie how much her actions have affected her family. Bethany (Lucy Fallon, above right, with Paula Lane as Kylie) admits she wanted to confide in her mum but felt unable to because of her condition. Elsewhere, Gemma is forced to change forged £20 notes at the kebab shop.

/lmx

**Motoring:** 100 Year Old Drivers Rebooted, 8pm, ITV

You can only marvel at the subjects of this motoring documentary from ITV. They include Alan Higgins (right), who sets off with his granddaughter in tow to track down a woman he met a staggering 75 years ago. We also meet a 102-year-old man who is eager to keep driving despite the fact his hearing has started to fail him. Most impressive of all is Jock, a 100-year-old who still gets out and about on his scooter every day.

**NB: NOT IN EIRE**



**DID YOU KNOW?** Greg Davies, who plays a downtrodden teacher in *Man Down* and the sadistic head of sixth form in *The Inbetweeners*, was a secondary school teacher for 13 years before he made his breakthrough as a comedian.

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	BBC One	BBC Two	ITV	Channel 4	Channel 5
	<b>6.00 Breakfast</b> Latest headlines. (S) <b>9.15 Right On The Money</b> A couple whose debts are spiralling out of control. (AD) (W) (S) <b>10.00 Homes Under The Hammer</b> Featuring properties in Kent, Derbyshire and Surrey. (AD) (R) (W) <b>11.00 The Wanted</b> The Quartz Task Force target Leeds' criminals. (AD) (R) <b>11.45 Neighbourhood Blues</b> An officer discovers an incriminating set-up in a suspect's garage. (W) (S) <b>12.15 Bargain Hunt</b> The teams head to Kedleston Hall, Derbyshire. (R) (W) <b>1.00 BBC News At One, Weather</b> <b>1.30 Local News, Weather</b> (S) <b>1.45 Red Rock</b> A strange woman arrives at the bar asking to dance with David Hennessy, while Katie Kiely looks for a job. Sharon discovers the age of the girl Brian was kissing. (AD) <b>2.25 Escape To The Country</b> Sonali Shah helps a Manchester couple looking to move to rural Norfolk on a budget of £400,000. (R) <b>3.25 Garden Rescue</b> Charlie Dimmock and the Rich Brothers compete to design a garden in Bedford for a single mother. (W) (S) <b>4.10 Flog It!</b> Antiques experts Caroline Hawley and Michael Baggot search for antiques at Manchester's Museum of Science and Industry. (R) <b>5.10 Pointless Celebrities</b> Quiz show, with Richard Osman. (R) <b>6.00 BBC News, Weather</b> (W) (S) <b>6.30 Local News, Weather</b> (S)	<b>6.00 Right On The Money</b> (R) (W) <b>6.45 Garden Rescue</b> Charlie Dimmock and the Rich brothers host a garden in Walsall. (R) <b>7.30 The Hairy Builder</b> (R) <b>8.00 Sign Zone: Close Calls: On Camera</b> A family on a safari holiday are attacked by an elephant. (AD) (R) <b>8.30 Sign Zone: The Best Dishes Ever</b> Items suitable for picnics, including Paul Hollywood's quail's egg pork pies. (R) (SL) (W) (S) <b>9.00 Victoria Derbyshire</b> (W) (S) <b>11.00 BBC Newsroom Live</b> (W) (S) <b>11.30 Daily Politics</b> (W) (S) <b>1.00 Pressure Pad</b> Quiz show. (R) <b>1.45 The Big Allotment Challenge</b> The six contestants must present perfect tomatoes. (R) (W) (S) <b>2.45 David Attenborough's Natural Curiosities</b> The broadcaster explores nature's evolutionary anomalies. (R) (W) (S) <b>3.10 Nature's Miracle Babies</b> Endangered animals that evolved on islands, from the Tasmanian devil to the aye-aye of Madagascar. (AD) (R) <b>4.10 Himalaya With Michael Palin</b> Michael watches Gurkha recruits going through their paces. (R) <b>5.10 Antiques Roadshow</b> Fiona Bruce and the team head to the All England Lawn Tennis and Croquet Club at Wimbledon. (R) <b>6.00 Eggheads</b> Quiz show. (W) (S) <b>6.30 The Hairy Builder</b> Dave Myers heads to Dartmoor, Devon. (AD) (W)	<b>6.00 Good Morning Britain</b> With ex boxer Audley Harrison. (W) <b>8.30 Lorraine</b> Ross Kemp chats to the host about his new documentary. <b>9.25 The Jeremy Kyle Show</b> Guests air their differences. (R) (W) <b>10.30 This Morning</b> Celebrity chat and lifestyle features. (W) (S) <b>12.30 Loose Women</b> Topical debate from a female perspective. (W) (S) <b>1.30 ITV News, Weather</b> (W) (S) <b>1.55 Local News, Weather</b> <b>2.00 Judge Rinder</b> Criminal barrister Robert Rinder takes on real-life cases in a studio courtroom. (R) (W) (S) <b>3.00 Dickinson's Real Deal</b> David Dickinson heads to Chingford, where Jo Brayslaw tries to get a deal on a Victorian tea caddy, and Henry Nicholls purchases a vintage musket. <b>3.59 Local Weather</b> (W) (S) <b>4.00 Tipping Point</b> Gameshow hosted by Ben Shephard, in which contestants answer questions to win turns on an arcade-style machine that releases tokens worth thousands of pounds. (R) (W) (S) <b>5.00 The Chase</b> Bradley Walsh presents as four contestants answer general knowledge questions and work as a team to take on ruthless quiz genius the Chaser and secure a cash prize. (R) (W) (S) <b>6.00 Local News, Weather</b> Round-up of regional news. (S) <b>6.30 ITV News, Weather</b> The latest national headlines. (W) (S)	<b>6.00 Countdown</b> Word game. (R, S) <b>6.45 Will &amp; Grace</b> Hit comedy. (R, S) <b>7.10 Will &amp; Grace</b> US sitcom. (R, S) <b>7.35 Will &amp; Grace</b> Hit comedy. (R, S) <b>8.00 Everybody Loves Raymond</b> Sitcom, with Ray Romano. (AD) (R, S) <b>8.30 Everybody Loves Raymond</b> Comedy, with Patricia Heaton. (R, S) <b>9.00 Frasier</b> Classic sitcom. (AD) (R) <b>9.30 Frasier</b> Classic comedy. (R, S) <b>10.00 Undercover Boss</b> (R, S) <b>11.00 A Place In The Sun: Winter Sun</b> Searching for a villa in Estepona on the Costa del Sol. (R, S) <b>12.00 Channel 4 News</b> (S) <b>12.05 A Place In The Sun: Winter Sun</b> Jasmine Harman helps a couple find a seaside home on the Costa Calida. (R, S) <b>1.10 Posh Pawnbrokers</b> Doug Senior and Doug Junior try to agree on a price for a motorbike. (S) <b>2.10 Fifteen To One</b> Fast-paced quiz show, with Sandi Toksvig. (S) <b>3.10 Countdown</b> With Dictionary Corner guest Chris Packham. (S) <b>4.00 The Question Jury</b> An opinionated new juror arrives. (S) <b>5.00 Couples Come Dine With Me</b> Three couples host dinner parties in Bedfordshire. (S) <b>6.00 The Simpsons</b> A film about a tango expert inspires Lisa to take up dancing, but she finds she is not very good at it. (AD) (R, S) <b>6.30 Hollyoaks</b> Harry makes a startling discovery. (AD) (S)	<b>6.00 Milkshake!</b> Fun for youngsters. <b>9.15 The Wright Stuff</b> Talk show. <b>11.15 To B&amp;B The Best</b> A couple in North Bedfordshire hope to unlock the potential of their spare rooms. (S) <b>12.10 5 News Lunchtime</b> (S) <b>12.15 Big Brother: Annihilation</b> Highlights of Monday's action. (R, S) <b>1.10 Access</b> Showbiz news. (S) <b>1.15 Home And Away</b> Ash breaks the news about Billie's pregnancy to VJ and Leah. (AD) (S) <b>1.45 Neighbours</b> Desperate to be a good father, Gary finds himself tempted by his past. (AD) (S) <b>2.15 NCIS: Los Angeles</b> Callen and Sam unearth links to an al-Qaeda recruiting agent after a Navy officer dies following a confrontation involving a dancer and a Sudanese emigre at a strip club. (R, S) <b>3.10 Rosamunde Pilcher: The Other Wife</b> Conclusion. The two wives meet and realise they have a great deal in common. Starring Rupert Everett, Natalia Wornor, John Hannah, Matt Barber and Hilary Connell. (AD) (R, S) <b>5.00 5 News At 5</b> Latest news. (S) <b>5.30 Neighbours</b> Jack's turmoil leaves Paige heartbroken, while Karl takes action over bike safety. (AD) (R) <b>6.00 Home And Away</b> Roo seeks a cure for her guilt-fuelled insomnia and Evie expects Josh to help her take revenge on Andy. (AD) (R, S) <b>6.30 5 News Tonight</b> Latest stories.
7 PM	 THE ONE SHOW: Matt Baker hears all the latest celebrity gossip. 7pm <b>7.00 The One Show</b> Alex Jones hosts the live magazine show, with a team of roving reporters presenting stories of interest from around the UK, plus big-name studio guests. (W) (S) Followed by BBC News, Local News. (W) (S)	 MASTERMIND: John Humphrys hosts the brainy show. 8pm <b>7.00 Great Continental Railway Journeys</b> Michael Portillo ventures deep into the Black Forest, and a masterclass in carving cuckoo clocks demonstrates how Germany's reputation for making quality goods was established. (AD) (R)	 LONG LOST FAMILY: Davina McCall helps families come together. 9pm <b>7.00 Emmerdale</b> Bernice tries to make Lawrence accept his sexuality by forcing him and Ronnie to be alone together. (AD) <b>7.30 Coronation Street</b> ★ Kylie is angry when she finds the bullying texts on Bethany's phone. See <i>Pick Of The Day</i> . (S)	 HOLLYOAKS: Tegan asks Diane not to go to France. 6.30pm <b>7.00 Channel 4 News</b> Including sport and weather. (S) <b>7.55 Dare To Believe: Natasha Baker</b> (S)	 SECRETS OF GREAT BRITISH CASTLES: Dan Jones explores our rich history. 7pm <b>7.00 Secrets Of Great British Castles</b> A look at the history of Warwick Castle, which was established by William the Conqueror in 1068 and transformed into a stone fortress two centuries later. (AD) (R, S) Followed by 5 News Update. (S)
8 PM	<b>8.00 Eat Well For Less?</b> ★ New series. Gregg Wallace and Chris Bavin try to help the Butler family from Wales, whose shopping bill is out of control due to their daughters' very different eating habits. See <i>Pick Of The Day</i> . (AD) (W)	<b>8.00 Mastermind</b> New series. Contestants test their specialist and all-round knowledge in the intelligent quiz show. (W) (S) <b>8.30 Gardeners' World</b> Monty Don demonstrates that it is not too late to starting growing vegetables. (W) (S)	<b>8.00 100 Year Old Drivers</b> ★ Rebooted On the road with some of Britain's oldest motorists, including a 102-year-old who is determined to keep driving despite struggling to hear, and a 95-year-old who goes wing-walking. See <i>Pick Of The Day</i> . (S)	<b>8.00 The Secret Life Of Brothers And Sisters</b> ★ Part one of two. Documentary exploring sibling relationships, including how they interact and encourage each other and how they support siblings in times of need. See <i>Pick Of The Day</i> . (S)	<b>8.00 GPs: Behind Closed Doors</b> Two third-year medical students gain a valuable hands-on experience of working in a GP's surgery, including leading a consultation and the finer points of administering injections. (AD) (S) Followed by 5 News Update.
9 PM	<b>9.00 Saving Lives At Sea</b> New series. Documentary telling the story of the unpaid volunteers who sacrifice their free time to staff more than 200 RNLI lifeboat stations across the UK. The show captures the unpredictable work of the vital rescue service. (AD)	<b>9.00 Exodus: Our Journey To Europe</b> Syrian Kurd Ahmad's attempt to be smuggled into Britain in the back of a lorry finally pays off, and he is sent to Wakefield while his asylum claim is processed. Last in the series. (AD) (W) (S)	<b>9.00 Long Lost Family</b> New series. Two adopted people search for their birth mothers in Singapore, while a 29-year-old woman is desperate to reconnect with her roots in Riobamba, Ecuador. Presented by Nicky Campbell. (W) (S)	<b>9.00 24 Hours In A&amp;E</b> Jack is rushed to A&E after being hit by a motorbike while walking to school. Meanwhile, 24-year-old Jake arrives after being involved in a collision with another car, and 32-year-old Saumeel needs treatment for a cut on his hand.	<b>9.00 The Hotel Inspector</b> Alex Polizzi faces one of her toughest challenges in Bude, Cornwall, where she tries to help the owner of the Atlantic House Hotel, who has a reputation for hiding from his guests. Followed by <i>The Health Lottery draw</i> .
10 PM	<b>10.00 BBC News At Ten</b> (W) (S) <b>10.30 Local News, Weather</b> Followed by Lottery Update. <b>10.45 A Question Of Sport</b> With former NFL star Jason Bell, squash champion Laura Massaro and football pundit Iain Dowie. (W)	<b>10.00 Boy Meets Girl</b> Peggy and Jackie give Dean a tutorial in transgender issues, but the pest controller is out of his depth. (AD) <b>10.30 Newsnight</b> Analysis of the latest headlines. Presented by Evan Davis. (W) (S) Followed by Weather. (W) (S)	<b>10.00 ITV News, Weather</b> (W) <b>10.30 Local News, Weather</b> <b>10.40 Wedding Surprises: Caught On Camera</b> Clips showing what happens when weddings go wrong, including a best man given a £50,000 surprise and how one bride's big day went up in smoke. (R)	<b>10.00 Man Down</b> New series. ★ Dan faces a disciplinary at school. ★ Comedy, starring Greg Davies. See <i>Pick Of The Day</i> . (AD) (S) <b>10.35 8 Out Of 10 Cats Does Countdown</b> Jimmy Carr hosts the panel show's version of the quiz, with Sean Lock and Greg Davies taking on Jon Richardson and Holly Walsh, while Susie Dent is joined by Vic Reeves in Dictionary Corner. (R)	<b>10.00 Big Brother: Annihilation</b> Marcus Bentley narrates as the special week on the hit reality show continues, with the housemates not wanting to put a foot wrong for fear of ending up in Friday's eviction and getting the boot from the compound. (S)
11 PM	<b>11.15 Room 101 - Extra Storage</b> Noel Fielding, Ian Wright and Joanna Scanlan reveal their pet hates to Frank Skinner. (W) (S) Followed by Weather For The Week Ahead.	<b>11.15 People Just Do Nothing</b> New series. Grindah contemplates his choice of godfather for Angel's christening. <b>11.45 Mr Vs Mrs: Call The Mediator</b> Featured couples include Parvez and Robina, who have come to mediation to try to divide their assets. (AD) (R)	<b>11.40 In Plain Sight</b> Mary deals with a terminally ill man and tries to help him reconnect with his estranged children. Drama, starring Mary McCormack. (R) (S) <b>12.30 Jackpot247</b> Live interactive gaming for viewers. (W) <b>3.00 Murder, She Wrote.</b> Detective drama, with Angela Lansbury. (AD) (R) (SL) (S) <b>3.50 ITV Nightscreen</b> (W) <b>5.05-6.00</b> The Jeremy Kyle Show. Families confront each other. (R) (SL) (W)	<b>11.35 The Job Interview</b> A detailed look at the terror and triumph of real-life interviews, following the process for real jobs being offered by genuine employers. (AD) (R, S) <b>12.35 My Worst Job</b> (R, S) <b>1.30</b> Dare To Believe: Natasha Baker (R) <b>1.35 FILM: Wall Street: Money Never Sleeps</b> 2010 (12) Drama sequel, with Michael Douglas. <b>3.50</b> Born On The Same Day (AD) (R, S)	<b>11.05 Big Brother's Bit On The Side</b> Rylan Clark-Neal presents the BB companion show, featuring gossip, chat and features from the house. Including a debate on the burning issues, celebrity guests' thoughts on the latest news and behind-the-scenes insights. (S)
12 midnight	<b>12.00 BBC News</b> The latest national and international headlines. (W) (S)	<b>12.45 Sign Zone: Celebrity MasterChef</b> (AD) (R) (SL) (W) (S) <b>1.15 Sign Zone: Old School With The Hairy Bikers</b> (AD) (R) (SL) (W) (S) <b>2.15-6.00</b> This Is BBC Two. Upcoming BBC Two shows. (W)	<b>12.30 Jackpot247</b> Live interactive gaming for viewers. (W) <b>3.00 Murder, She Wrote.</b> Detective drama, with Angela Lansbury. (AD) (R) (SL) (S) <b>3.50 ITV Nightscreen</b> (W) <b>5.05-6.00</b> The Jeremy Kyle Show. Families confront each other. (R) (SL) (W)	<b>12.35 My Worst Job</b> (R, S) <b>1.30</b> Dare To Believe: Natasha Baker (R) <b>1.35 FILM: Wall Street: Money Never Sleeps</b> 2010 (12) Drama sequel, with Michael Douglas. <b>3.50</b> Born On The Same Day (AD) (R, S)	<b>12.05 On Benefits: Life On The Dole</b> (R, S) <b>1.00 SuperCasino 3.10</b> Can't Pay? We'll Take It Away (R, S) <b>4.00</b> Thieves And Thugs: Caught On Camera (R) (SL) (S) <b>4.45</b> Divine Designs (R) (SL) (S) <b>5.10</b> Great Artists (R) (SL) (S) <b>5.35-6.00</b> House Doctor. Property show. (R) (SL) (S)



## 5STAR

**6.00 Teleshopping** Home shopping.  
**8.00 Access** Latest showbiz gossip.  
**8.10 GPs: Behind Closed Doors** Dr Bower treats a patient who has been suffering from suicidal thoughts.  
**9.00 Nightmare Tenants, Slum Landlords** Alarming tales from all corners of the buy-to-let system.  
**10.00 The Nightmarer Neighbour** Next Door A dispute with a neighbour descends into violence.  
**11.00 That '70s Show** US sitcom. (S)  
**11.30 That '70s Show** Hit comedy.  
**12.00 My Wife And Kids** US comedy.  
**12.30 My Wife And Kids** US sitcom.  
**1.00 Dance Moms** Reality series.  
**1.55 Access** Latest showbiz gossip.  
**2.00 Big Brother: Annihilation**  
**3.00 Neighbours** (AD) (S)  
**3.30 Home And Away** (AD) (S)  
**4.00 8 Simple Rules** US comedy.  
**4.30 8 Simple Rules** US sitcom. (S)  
**5.00 Big Brother: Annihilation** Highlights of Monday's action in the house. Marcus Bentley narrates.  
**5.55 Access** Latest showbiz gossip.  
**6.00 Neighbours** Jack's turmoil leaves Paige heartbroken, while Karl takes action over bike safety. (R,S)  
**6.30 Home And Away** Matt fears he is not capable of taking care of Maddy.  
**7.00 Dance Moms** Mackenzie's pop song climbs the charts and Abby pits two of her teams against each other.  
**8.00 100 Per Cent Hotter** The team helps 23-year-old Jade get over her addiction to hair extensions.  
**9.00 When Kids Kill** Leah Green examines the case of teenage karate instructor Tony Bushby, who used social media to ensnare art student Katy Wynter, before killing her in 2011.  
**10.00 FILM: The Internship** 2013 (12) Two old-fashioned salesmen find their careers derailed by changes in technology. They nevertheless manage to get internships at an internet company, but face a battle to come to terms with modern business methods. Comedy, with Vince Vaughn.  
**12.25 Botched Up Bodies: Brides**  
**1.25 Teen Wolf** **2.20 Teen Wolf** **3.15 That '70s Show** (S) **3.35 That '70s Show** (S) **4.00-6.00 Teleshopping**

## 5USA

**6.00 Teleshopping** Home shopping.  
**9.00 Mr & Mrs Murder** An actress is murdered. Kat Stewart stars. (S)  
**10.00 Access** Latest showbiz gossip.  
**10.10 FILM: Imaginary Friend** 2012 (12) Thriller, starring Lacey Chabert.  
**12.00 CSI: NY** A crime-scene lab technician is murdered. (S)  
**1.00 NCIS** Part two. Gibbs continues to blame himself for Kate's death, and enlists Jenny's help to track down Ari - but they are nearly killed in a shoot-out. Cote de Pablo stars. (S)  
**2.00 Person Of Interest** Reese must find a way to play by the rules at his new day job while the Machine sends Finch and Root on a mysterious errand. Jim Caviezel stars.  
**3.00 Person Of Interest** Finch and Reese are sent to protect the mysterious millionaire CEO of a data-entry company. Amy Acker stars.  
**4.00 NCIS** Gibbs tries to extract information from a convict on death row about where he hid the bodies of his victims. Mark Harmon stars. (S)  
**5.00 CSI: Miami** A businessman is killed and a blood sample implicates his wife as the prime suspect. (AD) (S)  
**6.00 CSI: Miami** A drug lord is gunned down in his mansion. (S)  
**7.00 NCIS** McGee kills an undercover police officer while on duty, and Jenny's approval of an investigation into the death places a strain on her relationship with Gibbs. (AD) (S)  
**8.00 NCIS** A model is killed while filming a reality TV show at a US Marine base. Lauren Holly stars. (S)  
**9.00 Chicago Fire** Herrmann's wife experiences complications with her pregnancy. Jesse Spencer stars.  
**10.00 Law & Order: Special Victims Unit** Detective Chester Lake is suspected of murdering a police officer, and Fin's investigation into his history reveals he has been working with a cold case team. (S)  
**11.00 CSI: NY** Mac is seriously wounded in a shooting. (AD) (S)  
**11.55 CSI: NY** Arsonist Leonard Brooks is connected to two murders.  
**12.55 CSI: Miami** Adam Rodriguez stars. (AD) (S) **1.55 CSI: NY** (AD) (S) **2.50 Ironside** **4.00-6.00 Teleshopping**

## RADIO 1

FM: 97.6-99.8 MHz

**6.30** The Radio 1 Breakfast Show With Nick Grimshaw.  
**10.00** Clara Amfo. **12.45** Newsbeat. **1.00** Scott Mills. **4.00** Greg James. **7.00** Annie Mac. **9.00** The Surgery With Gemma & Dr Radcliffe. **10.00** Huw Stephens. **1.00** Benji B. **4.00-6.30** Adele Roberts.

## RADIO 2

FM: 88-90.2 MHz

**5.00** Vanessa Feltz. **6.30** Sara Cox: Music and topical chat. **9.30** Ken Bruce. **12.00** Paddy O'Connell. **2.00** Steve Wright In The Afternoon. **5.00** Simon Mayo. **7.00** The Folk Show With Mark Radcliffe. **8.00** Jo Whaley. **10.00** Chanson D'Amour. **11.00** The People's Songs. **12.00** After Midnight. **3.00** Pick Of The Pops.

## RADIO 3

FM: 90.2-92.4 MHz

**6.30** Breakfast Petroc Trelawny presents. **9.00** Essential Classics. **12.00** Composer Of The Week: Mozart. **1.00** News: Latest headlines. **1.02** Radio 3 Lunchtime Concert. **2.00** Afternoon On 3: Catriona Young explores further treasures from the 2015 Verbier Festival, with today's programme including Mozart's Exsultate Jubilate and Beethoven's 7th Symphony. **3.30** Choral Evensong: From the Chapel of Eton College with the first Eton Choral Course 2016, with director of music Ben Parry and organist Christopher Whittin. **4.30** In Tune: Suzy Klein presents a lively mix of music, chat and arts news. Including 5.00, 6.00 News. **6.30** Composer Of The Week: Mozart: Donald Macleod explores Mozart's relationship with his home city of Salzburg, focusing on 1774, when his frustrations with his position there were becoming obvious. **7.30** Radio 3 In Concert: The BBC Singers perform in a concert of literature with Dame Janet Suzman, as part of the John Armitage Memorial 'JAM on the Marsh' festival on Kent's Romney Marsh. **10.00** Free Thinking: Philip Dodd discusses war and modern memory with Lt Colonel Lincoln Jopp MC, and the historians, Lloyd Clark, Anna Feigenbaum and Ana Carden-Croyne. **10.45** The Essay: Roald Dahl At 100: Writer, illustrator and performance poet Laura Dockrill remembers growing up with Matilda and discovering through Dahl's heroine that it was OK to be different. **11.00** Late Junction. **12.30-6.30** Through The Night.

## RADIO 4

FM: 92.4-94.6 MHz LW: 198 kHz

**5.30** News Briefing. **5.43** Prayer For The Day. **5.45** Farming Today. **5.58** Tweet Of The Day. **6.00** Today. **8.31** (LW) Yesterday In Parliament. **9.00** The Listening Project Live. **9.30** In Therapy. **9.45** (LW) Daily Service. **9.45** (FM) A Point Of View: After The Vote. **10.00** Woman's Hour. **10.56** The Listening Project. **11.00** The Corby Story. **11.30** Plum House. **12.00** News. **12.01** (LW) Shipping Forecast. **12.04** The Why Factor. **12.15** You And Yours. **12.57** Weather. **1.00** The World At One. **1.45** Cold War: Stories From The Big Freeze: Bridget Kendall tells the story of the development of the hydrogen bomb, featuring Kenneth Ford, Sergei Khushchev and Matsushita Oishi. **2.00** The Archers: Josh loses his rag. **2.15** Drama: Foreign Bodies: Keeping The Wolf Out: By Philip Palmer. Soviet investigators are determined to find a mole in the Ministry, and Franciska finds herself in their sights as her detective husband investigates a murder. **3.00** Money Box Live: Financial questions. **3.30** Inside Health: Dr Mark Porter separates medical fact from fiction, clarifying health issues and shedding light on the latest scientific research. **4.00** Thinking Allowed: Human behaviour, institutions and conventions come under the microscope. Presented by Laurie Taylor. **4.30** The Media Show: Steve Hewlett presents the topical programme about all forms of media, as key players within the industry help to shed light on the issues of the day. **5.00** PM: With Eddie Mair. **5.54** (LW) Shipping Forecast. **6.00** Six O'Clock News: The latest national and international headlines. **6.30** I've Never Seen Star Wars: Marcus Brigstocke encourages Rebecca Front to try new experiences, including taking her first ride on a motorbike and reading her first book on science. **7.00** The Archers: Things are brighter at Bridge Farm. **7.15** Front Row: Arts programme. **7.45** Life Lines: Drama, by Al Smith. **8.00** The Moral Maze: Anne McElvoy, Claire Fox, Giles Fraser and Matthew Taylor join Michael Buerk to discuss the politics of the personal, following Andrea Leadsom's dramatic exit from the Conservative leadership contest. **8.45** David Baddiel Tries To Understand: See Radio Choice. **9.00** Nature: Sound recorderist Chris Watson joins arachnologist Helen Smith as he embarks on a quest to record the male Fen Raft Spiders' courtship behaviour. **9.30** The Listening Project Live: Fi Glover introduces local conversations and asks journalist Kathryn Flett and others how different Sussex seaside towns really are. Live from the De La Warr Pavilion, East Sussex. **9.59** Weather. **10.00** The World Tonight: With Ritula Shah. **10.45** Book at Bedtime: The Muse: By Jessie Burton. **11.00** Expenses Only. **11.15** Bunk Bed. **11.30** Today In Parliament. **12.00** News. **12.30** A Point Of View: After The Vote. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

## REGIONAL VARIATIONS

**ITV Variations** **ITV CHANNEL:** **12.30** ITV Nightscreen. **S4C** **7.00** Cwyl: Holi Hana. **7.10** Cwyl: Yn Yr Ardd. **7.25** Cwyl: Ty Mel. **7.35** Cwyl: Sbridi. **7.55** Cwyl: Ti Fi A Cwyl. **8.00** Cwyl: Guto Gwningen. **8.15** Cwyl: Sbarc. **8.30** Cwyl: Syrcas Deithiol Dewi. **8.40** Cwyl: Boi. **8.50** Cwyl: Bing. **9.00** Cwyl: Twt. **9.10** Cwyl: Do Re Mi Dona. **9.25** Cwyl: Tomos. **9.40** Cwyl: Ffrindiau. **9.55** Cwyl: Ty Cwyl. **10.00** Cwyl: Dywysoges Fach. **10.15** Cwyl: Wnff. **10.25** Cwyl: Cwylwedd. **10.35** Cwyl: Sara A Cwyl. **10.45** Cwyl: Tecwyn Y Tractor. **11.00** Cwyl: Holi Hana. **11.10** Cwyl: Yn Yr Ardd. **11.25** Cwyl: Ty Mel. **11.35** Cwyl: Sbridi. **11.55** Cwyl: Ti Fi A Cwyl. **12.00** Cwyl: Guto Gwningen. **12.15** Cwyl: Sbarc. **12.30** Cwyl: Syrcas Deithiol Dewi. **12.40** Cwyl: Boi. **12.50** Cwyl: Bing. **1.00** Newyddion S4C A'r Tywydd. **1.05** Prynhawn De. **2.00** Seiclo: Le Tour De France. **4.35** Cwyl: **5.00** Seiclo: Sinema'r Byd. **5.15** Stwnsh: Gogs. **5.20** Stwnsh: Lois Yn Erbyn Amni. **5.30** Stwnsh: Llund Ceg. **5.55** Stwnsh: Ffelf. **6.00** Pobol Y Cwm. **6.25** Newyddion S4C A'r Tywydd. **6.30** Bro: Wrecsam. **7.00** Heno. **7.30** Pum Merch, Tri Chopa. **9.00** Cwch. **8.00** Pobol Y Cwm. **8.25** Only Men Aloud. **9.00** Newyddion 9 A'r Tywydd. **9.30** Y Swgws. **10.00** Seiclo: Le Tour De France. **10.30** Fy Nhaf Y Swtan. **11.35** Diwedd

## Radio Choice

## David Baddiel Tries To Understand Radio 4, 8.45pm

If you connect to Wi-Fi while out and about on your phone, there's a good chance that 'The Cloud', a mysterious service, is involved. With the majority of the public completely in the dark regarding

how the internet provider works, comedian David Baddiel goes behind the scenes to find out more. The host speaks to the head of IT for Chartered Institute of Information Technology and visits an IBM data centre as he tries to grapple with what the term actually means.

CHRIS McHUGH

## RADIO 5 LIVE

MW: 909, 693 kHz

**5.00** Morning Reports. **5.15** Wake Up To Money. **6.00** 5 Live Breakfast. **10.00** 5 Live Daily. **1.00** Afternoon Edition. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **7.30** The Open. **9.00** 5 Live Sport: 5 Live Cricket. **10.30** Phil Williams. **1.00-5.00** Up All Night.

## talkSPORT

MW: 1053, 1089, 1071, 1107 kHz

**6.00** The Alan Brazil Sports Breakfast. **10.00** Colin Murray. **1.00** Hawksbee And Jacobs. **4.00** Adrian Durham And Darren Gough. **7.00** Kick-off: With Ian Danter. **10.00** Andy Goldstein And Jason Cundy. **1.00-6.00** The Two Mikes: The latest from the world of sport.

## BBC WORLD SERVICE

on digital only

**5.00** Newsday. **5.30** The Documentary. **6.00** Newsday. **8.30** Business Daily. **8.50** Witness. **9.00** News. **9.06** The Documentary. **10.00** World Update. **11.00** Outside Source. **12.00** News. **12.06** Outlook. **1.00** The Newshour. **1.30** The Documentary. **2.00** Newshour. **3.00** News. **3.06** HARDtalk. **3.30** Click. **4.00** News. **4.06** Business Daily. **4.25** The Essential: Inquiry. **4.30** Sport Today. **5.00** World Have Your Say. **6.00** The Newshour. **6.30** World Business Report. **7.00** The Newshour. **7.30** The Documentary. **8.00** News. **8.06** Outlook. **9.00** Newshour. **10.00** News. **10.06** HARDtalk. **10.30** Healthcheck. **11.00** The Newshour. **11.20** Sports News.

**11.30** World Business Report. **12.00** News. **12.06** The Documentary. **1.00** News. **1.06** Business Matters. **2.00** News. **2.06** Outlook. **3.00** News. **3.06** The Compass. **3.30** Healthcheck. **4.00-5.00** Newsday.

## CLASSIC FM

FM: 100-102 MHz

**6.00** More Music Breakfast. **9.00** John Suchet. **1.00** Anne-Marie Minhall. **5.00** Classic FM Drive. **7.00** Smooth Classics At Seven. **8.00** The Full Works Concert: A Liverpool Celebration - Part Three. **10.00** Smooth Classics. **1.00-6.00** Sam Pittis.

## ABSOLUTE RADIO

MW: 1215, 1197, 1242 kHz

**6.00** Andy Bush: Music and topical chat. **10.00** Leona Graham. **1.00** Chris Martin. **4.00** Danielle Perry. **6.00** Geoff Lloyd. **9.00** Pete Donaldson. **1.00** George Godfrey.

## RADIO WALES

MW: 882, 657 kHz FM: 93.9-95.9, 103.7-103.9 MHz

**5.00** Mal Pope. **6.30** Good Morning Wales. **9.00** Jason Mohammad. **11.00** Wynne Evans. **1.00** Local News. **1.15** Eleri Sion. **4.00** Good Evening Wales. **6.30** The Radio Wales Arts Show. **6.58** Weather. **7.00** Radio Wales Sport. **9.00** Chris Needs. **12.30** Phil The Shelf. **1.00-5.00** As BBC World Service.

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## FILMS

## SKY CINEMA PREMIERE

Sky 301

**6.00am The Walk (2015) (PG)** Fact-based drama, starring Joseph Gordon-Levitt. **8.05 Strange Magic (2015) (U)** Animated fantasy musical, with the voice of Evan Rachel Wood. **9.50 Me And Earl And The Dying Girl (2015) (12)** Comedy drama. **11.40 The Walk (2015) (PG)** Fact-based drama, starring Joseph Gordon-Levitt. **1.50pm Strange Magic (2015) (U)** Animated fantasy musical, with the voice of Evan Rachel Wood. **3.35 Spectre (2015) (12)** James Bond thriller, starring Daniel Craig. **6.10 Me And Earl And The Dying Girl (2015) (12)** Comedy drama. **8.00 Spectre (2015) (12)** Spy thriller, starring Daniel Craig and Christoph Waltz. **10.35 Theeb (2014) (15)** First World War drama. **12.35am Regression (2015) (15)** Psychological thriller, starring Ethan Hawke. **2.35 Theeb (2014) (15)** Premiere. First World War drama, starring Jacir Eid Al-Hwietat. **4.30 Independence Day: Resurgence Special** A preview of the sci-fi sequel. **5.00 Fast & Furious 7 Special** Alex Zane visits the set of the action movie sequel. **5.30 Kingsman: The Secret Service Special** Alex Zane goes behind the scenes on the action comedy.

## SKY CINEMA COMEDY

Sky 308

**7.20am Analyze That (2002) (15)** With Robert De Niro. **9.00 Patch Adams (1998) (12)** With Robin Williams. **11.00 Nacho Libre (2006) (12)** With Jack Black. **12.40pm Pixels (2015) (12)** With Adam Sandler. **2.30 The Bad Education Movie (2015) (15)** With Jack Whitehall. **4.10 Alex Zane's Cinecast 4.30 Let's Be Cops (2014) (15)** With Jake Johnson. **6.20 Billy Madison (1995) (12)** See Today's Choice. **8.00 Pixels (2015) (12)** Four former video games champions are recruited to defend Earth from an invasion of 1980s arcade game characters. Starring Adam Sandler and Peter Dinklage. **10.00 The Bad Education Movie (2015) (15)** With Jack Whitehall. **11.45 Happy Gilmore (1996) (12)** With Adam Sandler. **1.30am South Park: Bigger, Longer & Uncut (1999) (15)** With Trey Parker. **3.00 Better Living Through Chemistry (2014) (15)** With Sam Rockwell. **4.45 Crocodile Dundee In Los Angeles (2001) (PG)** Starring Paul Hogan.

## SKY CINEMA ACTION &amp; ADVENTURE

Sky 307

**6.00am Prince Of Persia: The Sands Of Time (2010) (12)** With Jake Gyllenhaal. **8.00 Teenage Mutant Ninja Turtles (2014) (12)** With Megan Fox. **9.45 Gladiator (2000) (15)** With Russell Crowe.

## ENTERTAINMENT

## ITV2

Freeview 6 - Sky 118

**6.00am** Planet's Funniest Animals **6.20** Dinner Date **7.10** The Ellen DeGeneres Show **8.00** Emmerdale **9.00** Totally Bonkers Guinness World Records **9.30** Psych **10.20** Scorpion **11.15** Dinner Date **12.10pm** Emmerdale **1.45** Totally Bonkers Guinness World Records **1.15** The Ellen DeGeneres Show **2.35** The Jeremy Kyle Show. Guests air their differences. **5.50** Take Me Out. Dating show, presented by Paddy McGuinness. **7.00** You've Been Framed! **Finest 8.00** Two And A Half Men **9.00** Hell's Kitchen **10.00** The Vampire Diaries **10.55** Family Guy **11.55** American Dad! **12.55am** Two And A Half Men **1.25** Hell's Kitchen **2.10** The Hot Desk: Fleur East **2.20** Teleshopping **5.50** ITV2 Nightscreen. Text-based information.

## ITV3

Freeview 10 - Sky 119

**6.00am** Doctor In The House **6.25** Heartbeat **7.30** Where The Heart Is **8.35** The Royal 9.00 Judge Judy **10.55** Murder, She Wrote **Noon** Wycliffe **1.05** Heartbeat **2.05** The Royal **3.10** Where The Heart Is **4.15** Doctor In The House **4.50** On The Buses. Sitcom, starring Reg Varney and Bob Grant. **5.20** Man About The House **5.55** Heartbeat **6.55** Murder, She Wrote **7.55** Foyle's War **10.00** Unforgiven **11.00** Wire In The Blood **12.05am** Inspector Morse **2.00** Teleshopping **2.05** ITV3 Nightscreen. Text-based information service.

## ITV4

Freeview 24 - Sky 120

**6.00am** Gunsmoke **6.55** Minder **7.50** Ironside **8.50** Quincy Me **9.55** Ax Men **10.50** The Chase **11.50** Gunsmoke **1.00pm** Tour De France Highlights **2.00** Tour De France Live **4.30** Storage Wars **4.55** Ironside **6.00** The Saint **7.00** Tour De France Highlights **8.00** British Superbike Championship Highlights **9.00** The Motorbike Show **10.00** Film: The Man With The Golden Gun (1974) (PG) **11.00** CYI Daily **11.05** Film: The Man With The Golden Gun (1974) (PG) **12.35am** Motorway Patrol **1.05** Tour De France Highlights **2.05** Monster Carp **2.55** ITV4 Nightscreen **3.00** Teleshopping. Buy from the comfort of home.

## SKY1

Sky 106

**6.00am** Monkey Life **8.00** Ninja Warrior Women Tournament **9.00** Forever **10.00** Hawaii Five-0 **Noon** Forever **1.00** Hawaii Five-0 **3.00** Road Wars **4.00** Futurama **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** My Lion And Me **9.00** Golf's Funniest Moments **10.00** Chronicles Of A Champion Gaffer **10.30** Sporting Rivalries **11.00** A League Of Their Own **Midnight** Ross Kemp: Extreme World **1.00** Hawaii Five-0 **2.00** A League Of Their Own **3.00** Brit Cops: Rapid Response **4.00** Sport, Search, Seize **5.00** Ninja Warrior Women Tournament

## E4

Freeview 28 - Sky 136

**6.00am** Charmed **7.35** Hollyoaks **8.05** Rules Of Engagement **9.00** The Goldbergs **10.00** Melissa & Joey **11.00** Charmed **1.00pm** How I Met Your Mother **2.00** The Big Bang Theory **3.00** Melissa & Joey **4.00** How I Met Your Mother **5.00** The Goldbergs **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Jane The Virgin **8.30** The Big Bang Theory **9.00** Containment **10.00** Supernatural **11.00** The Big Bang Theory **Midnight** Tattoo Fixers **1.00** Gogglebox **2.05** Containment **2.50** Supernatural **3.35** The New Normal **3.55** Rude(ish) Tube **4.20** Rules Of Engagement

## TODAY'S CHOICE

## BILLY MADISON ★★★★★

## Sky Cinema Comedy, 6.20pm

Twentysomething layabout Billy Madison floats

through life without a care in the world as he waits to inherit his hotel magnate father's business empire and in doing so become a multi-millionaire.

But what he does not predict is his dad getting cold feet about passing his hard-earned fortune down to him.

As he worries about his son's lazy attitude to life, Billy's concerned parent sets a challenge for the laidback slacker - to complete 12 years of school in just 24 weeks or face losing everything to a devious employee.

Comedy, starring Adam Sandler, Bridgette Wilson, Darren McGavin and Bradley Whitford.

## CHRIS McHUGH

**12.20pm Mad Max: Fury Road (2015) (15)** With Tom Hardy. **2.20 The Fast And The Furious: Tokyo Drift (2006) (12)** With Lucas Black. **4.05 Batman Forever (1995) (12)** With Val Kilmer. **6.10 Teenage Mutant Ninja Turtles (2014) (12)** With Megan Fox. **8.00 Mad Max: Fury Road (2015) (15)** A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. Sci-fi thriller sequel, starring Tom Hardy. **10.10 The Fast And The Furious: Tokyo Drift (2006) (12)** With Lucas Black. **12.05am Armageddon (1998) (12)** With Bruce Willis. **2.50 Black Sea (2014) (15)** With Jude Law. **5.00 Avengers: Age Of Ultron Special 5.30 Fast & Furious 7 Special** Starring Alex Zane.

## SKY CINEMA FAMILY

Sky 306

**6.00am Daddy Day Care (2003) (PG)** Family comedy, starring Eddie Murphy. **7.50 Step Dogs (2013) (U)** Family comedy. **9.25 Penguins Of Madagascar (2014) (U)** Animated comedy, with the voice of Benedict Cumberbatch. **11.05 The Boxtrolls (2014) (PG)** Stop-motion animated fantasy. **12.50pm Harry Potter And The Prisoner Of Azkaban (2004) (PG)** Fantasy adventure, starring Daniel Radcliffe. **3.15 Johnny English (2003) (PG)** Spy comedy, starring Rowan Atkinson. **4.45 Penguins Of Madagascar (2014) (U)** Animated comedy, with



the voice of Benedict Cumberbatch. **6.20 The Boxtrolls (2014) (PG)** Stop-motion animated fantasy. **8.00 Harry Potter And The Prisoner Of Azkaban (2004) (PG)** The third in the fantasy adventure series, starring Daniel Radcliffe and Gary Oldman. **10.30 Harry Potter And The Goblet Of Fire (2005) (12)** Fantasy adventure, starring Daniel Radcliffe. **1.15am Step Dogs (2013) (U)** Family comedy. **2.50 Johnny English (2003) (PG)** Spy comedy, starring Rowan Atkinson. **4.20 Daddy Day Care (2003) (PG)** Family comedy, starring Eddie Murphy.

## SKY CINEMA DRAMA &amp; ROMANCE

Sky 310

**6.00am Alex Zane's Cinecast** The new films coming to Sky Cinema this month. **6.15 Just One Day (2013) (15)** With Andy Garcia. **8.05 Steel Magnolias (1989) (PG)** With Sally Field. **10.10 Ghostbusters: Special Interviews** with the cast of the movie sequel. **10.40 Get On Up (2014) (12)** With Chadwick Boseman. **1.05pm The Sound Of Music (1965) (U)** With Julie Andrews. **4.05 Beaches (1988) (12)** With Bette Midler. **6.15 Bridget Jones's Diary (2001) (15)** With Renee Zellweger. **8.00 The Sound Of Music (1965) (U)** Musical, starring Julie Andrews and Christopher Plummer. **11.00 Two Night Stand (2014) (15)** With Analeigh Tipton. **12.35am Coyote Ugly (2000) (12)** With Piper Perabo. **2.25**

## COMEDY CENTRAL

Sky 112

**8.00am** Malcolm In The Middle **9.00** Impractical Jokers **10.00** Friends **1.00pm** The Middle **2.00** Impractical Jokers **3.00** Friends **4.00** Impractical Jokers **9.00** Live At The Apollo **10.00** Russell Howard's Stand Up Central **10.30** Drunk History **11.00** Impractical Jokers: Wild **11.30** Workaholics **Midnight** At midnight: 22 Jump Street **12.30** Impractical Jokers **1.00** South Park **2.00** Russell Howard's Good News **3.50** Two And A Half Men **5.00** Teleshopping

## FOX

Sky 124

**8.00am** Monk. Offbeat detective drama, starring Tony Shalhoub. **10.00** The Closer **11.00** The Mentalist **1.00pm** NCIS **3.00** Leverage **4.00** The Mentalist **6.00** The Closer **7.00** NCIS **9.00** Wayward Pines **10.00** Family Guy **10.30** American Dad! **11.00** Family Guy **Midnight** American Dad! **1.00** Wayward Pines **3.00** Family Guy **4.00** American Dad! **5.00** Teleshopping. Home retail.

## DISCOVERY

Sky 520

**6.00am** How It's Made **7.00** Overhaul! **8.00** Misfit Garage **9.00** Fast N' Loud **11.00** Wheeler Dealers **1.00pm** Railroad Australia **2.00** Gold Rush **3.00** Bear Grylls: Survivor **4.00** Mythbusters **5.00** Wheeler Dealers **6.00** Fast N' Loud **8.00** Outrageous Acts Of Science **9.00** Street Outlaws **10.00** Fat N' Furious: Rolling Thunder **11.00** Naked And Afraid **Midnight** Street Outlaws **1.00** Fat N' Furious: Rolling Thunder **2.00** Alaska: The Last Frontier **3.00** Street Outlaws **3.50** Fat N' Furious: Rolling Thunder **4.40** How It's Made

## MORE4

Freeview 14 - Sky 138

**8.55am** Jamie's Super Food **9.35** A Place In The Sun: Home Or Away **10.35** Food Unwrapped **11.10** River Cottage Bites **11.20** Film: I Was Monty's Double (1958) (U) **1.25pm** Time Team **3.35** A Place In The Sun: Home Or Away **5.45** Selling Houses With Amanda Lamb **6.50** Building The Dream **7.55** Grand Designs **10.00** Britain's Weirdest Council Houses **11.05** 24 Hours In A&E **12.10am** Ramsay's Kitchen Nightmares USA **1.10** Britain's Weirdest Council Houses **2.15** 24 Hours In A&E **3.20** River Cottage Bites

## GOLD

Sky 110

**7.00am** Creature Comforts **7.10** Outnumbered **7.45** The Brittas Empire **8.20** Keeping Up Appearances **9.00** Last Of The Summer Wine **11.00** My Family **12.20pm** Outnumbered **1.00** The Brittas Empire **1.40** Keeping Up Appearances **2.20** Creature Comforts **2.30** Open All Hours **3.10** Last Of The Summer Wine **5.00** My Family **6.40** Open All Hours **7.20** Still Open All Hours **8.40** Miranda **9.20** Harry Enfield And Chums **10.00** Miranda **10.40** Men Behaving Badly **11.20** Red Dwarf **Midnight** Peep Show **1.05** Harry Enfield And Chums **1.45** Men Behaving Badly **2.20** Red Dwarf **2.55** Jeeves And Wooster

## SKY LIVING

Sky 107

**6.00am** Motorway Patrol **7.00** Nothing To Declare **8.00** The Real A&E **9.00** Border Security: Canada's Front Line **10.00** Obese: A Year To Save My Life USA **11.00** CSI: Crime Scene Investigation **Noon** Elementary **1.00** Criminal Minds **3.00** Bones **4.00** Obese: A Year To Save My Life USA **5.00** Sport, Search,

Seize **6.00** Nothing To Declare **6.30** Cooks To Market **6.45** My Kitchen Rules: Australia **8.00** CSI: Crime Scene Investigation **9.00** Shades Of Blue **10.00** Blindspot **11.00** Criminal Minds **Midnight** Bones **1.55** CSI: Crime Scene Investigation **2.55** My Kitchen Rules: Australia

## CBS ACTION

Freeview 64 - Sky 148

**6.00am** Teleshopping **9.00** JAG **10.00** MacGyver **11.00** Star Trek: Deep Space Nine **Noon** Star Trek **1.00** The High Chaparral **2.00** NCIS **4.00** Walker, Texas Ranger **5.00** JAG **6.00** Star Trek **7.00** MacGyver **8.00** Star Trek: Deep Space Nine **9.00** NCIS **10.00** Bad Girls **11.05** Walker, Texas Ranger **12.05am** Ultimate Force **2.15** NCIS **3.10** The Streets Of San Francisco **4.10** Walker, Texas Ranger

## CBS REALITY

Freeview 66 - Sky 146

**6.00am** Teleshopping **9.00** Judge Judy **10.00** It's A Miracle With Roma Downey **11.00** Unsolved Mysteries **Noon** Beyond Belief: Fact Or Fiction? **1.00** Judge Judy **3.00** It's A Miracle With Roma Downey **4.00** Unsolved Mysteries **5.00** Judge Judy **7.00** Medical Detectives **8.00** Troubled Teens: Jail Shock **9.00** Cold Blood **10.00** Ice Cold Killers **11.00** Medical Detectives **Midnight** 48 Hours: Mystery **1.00** Cold Blood **2.00** Ice Cold Killers **3.00** Teleshopping **4.00** Addicted To The Life

## BBC FOUR

Freeview 9 - Sky 116

**7.00pm** World News Today, Weather **7.30** The Wonder Of Animals **8.00** Transporting Live **9.00** Film: The Tifflid Thunderbolt (1953) (PG) **10.20** Ocean Giants **11.20** Horizon: Who's Afraid Of A Big Black Hole? **12.20am** Easter Island: Mysteries Of A Lost World **1.50** Seven Ages Of Britain **2.50** Ocean Giants

## SPORT

## SKY SPORTS THE OPEN

Sky 401

**6.00am** The Open - Official Films **8.00** The Open **9.30** Chronicles Of A Champion Golfer **10.00** The Open - Official Films **11.00** The Open **12.30pm** Chronicles Of A Champion Golfer **1.00** The Open - Official Films **2.00** The Open Live. Coverage of the practice round ahead of the prestigious event, which takes place at Royal Troon Golf Club in Scotland. **5.00** The Open - Official Films **6.00** Chronicles Of A Champion Golfer **6.30** Golf Juice **7.00** The Open. Action from the practice round. **10.00** The Open - Official Films. The 2014 Championship. **11.00** The 2015 Championship. **Midnight** The Open **3.00** Chronicles Of A Champion Golfer **4.00** The Open - Official Films

## SKY SPORTS 2

Sky 402

**6.00am** Cricket Classics **7.00** WWE: Experience **8.00** NatWest T20 Blast Cricket **11.45** Sporting Triumphs **Noon** Cricket Classics **1.00** NatWest T20 Blast Cricket **4.45** Sporting Triumphs **5.00** Sporting Heroes: Phil Tufnell Interviews Tony Adams **6.00** Live NatWest T20 Blast Cricket. Derbyshire Falcons v Lancashire Lightning. Coverage of the North Division match from the County Cricket ground in Derby. **9.45** Top 14 Rugby Round-Up Show **16/17**. A look back at the season in France's top domestic rugby union competition. **10.45** Sporting Triumphs. Michael Atherton relives his most memorable sporting moment. **11.00** Time Of Our Lives. Featuring gold medalists from the 1991 World Athletics Championships.

**Midnight** NatWest T20 Blast Cricket **3.45** Sporting Triumphs **4.00** Cricket Classics **5.00** World Cup Cricket Classics

## SKY SPORTS 3

Sky 403

**6.00am** Super League Gold **6.30** Legends Of Darts **6.45** Darts Gold **7.00** Time Of Our Lives **8.00** Sports Unlimited **9.00** Pro Kabaddi League **10.00** Live ATP Tennis. The German Open. Coverage of the third day of the ATP World Tour 500 series clay court tournament at the Am. Rothenbaum in Hamburg. **4.00pm** Sporting Triumphs **4.30** Sporting Rivalries **5.00** Live ATP Tennis. The German Open. **7.00** Live Greyhound Racing. The UK Festival of Racing meeting. **9.30** Darts Gold. Highlights of the PDC World Darts Championship final of 2007. **10.00** Pro Kabaddi League. Bengaluru Bulls v Jaipur Pink Panthers. **10.30** Women's Pro Kabaddi **11.00** David Beckham's 25 Years Of Sky Sports. **Midnight** WWE From The Vault **12.30** Super Heroes **12.35** Live MLS. New York Red Bulls v Orlando City (Kick-off 12.38am). Coverage of the Eastern Conference match, held at Red Bull Arena in Harrison, New Jersey. **2.40** Football Gold **3.00** Racemax **3.30** WWE From The Vault **4.00** Darts Gold **4.30** Sky Sports Boxing Gold **5.00** Time Of Our Lives

## BT SPORT 1

Sky 413

**5.00am** Baseball Tonight Live **5.30** Formula E - Sound Of The Future **6.00** Cape To Cape MTB **7.00** Port To Port MTB **8.00** Western Bulldogs v Richmond **10.00** W.Coast Eagles v

N.Melbourne **Noon** UK Angling Championship **1.00** Test Match Bowls **2.00** Bo. Barkley & The Big Hurt **3.00** Classic Premier League **4.00** Classic Premier League **5.00** Sailing: New York-Vendee **5.30** Last Week. This Week **5.45** Toyota AFL Highlights Show **6.45** ESPN Classic Boxing **7.45** ESPN Classic Boxing. Muhammad Ali v Chuck Wepner. **9.00** O.J.: Made In America. Episode three. **11.00** ESPN Films: The Dotted Line. Behind the scenes of the sports agent industry. **Midnight** F1M Speedway Highlights **1.00** Sao Paulo V America MG **2.30** ESPN Classic Boxing **3.30** ESPN Classic Boxing **4.45** MotoGP Rewind

## EUROSPORT 1

Sky 410

**7.35am** Rally Raid **7.55** The Commissioner Of Football **8.00** MCE British Superbikes **9.00** Cycling: Tour De France **10.00** UEFA Euro Under-19s Championship Football **11.30** Cycling: Elite Road Series **Noon** Cycling: Tour De France **1.00** Live Cycling: Tour De France Extra **1.15** Live Cycling: Tour De France. Coverage of stage 11 of this year's race, which sees the riders travel 162.5km from Carcassonne to Montpellier. **4.30** Live Cycling: Tour De France Extra. Juan Antonio Flecha reviews stage 11. **5.00** Cycling: Elite Road Series **5.30** Cycling: Elite Road Series **6.00** Davis Cup Tennis **7.00** Tennis: Wimbledon. The men's final. **8.30** Cycling: Tour De France. Action from stage 11. **10.00** Athletics European Championships. A review of the event. **11.30** Sports Insiders. **Midnight** Le Tour By LeMond

• Times quoted are GMT

**Fighting Demons (2015) (15)** Starring Sean Bean. **4.10 Funny Face (1957) (U)** Starring Fred Astaire.

## SKY CINEMA TOM CRUISE

Sky 304

**6.30am Rain Man (1988) (15)** Drama, starring Dustin Hoffman. **8.50 Minority Report (2002) (12)** Sci-fi thriller. **11.20 Mission: Impossible - Rogue Nation (2015) (12)** Spy thriller sequel. **1.40pm Valkyrie (2008) (12)** Fact-based thriller. **3.45 Rain Man (1988) (15)** Drama, starring Dustin Hoffman. **6.00 Cocktail (1988) (15)** Drama. **8.00 Top Gun (1986) (12)** Aerial action adventure, with Kelly McGillis. **10.00 Mission: Impossible - Rogue Nation (2015) (12)** Spy thriller sequel. **12.30am Mission: Impossible - Rogue Nation - Live From The BFI IMAX** A Q&A session with Tom Cruise and the cast of Mission: Impossible - Rogue Nation. **1.15 A Few Good Men (1992) (15)** Military courtroom drama. **3.50 Alex Zane's Cinecast** The new films coming to Sky Cinema this month. **4.10 Mission: Impossible: Rogue Nation - Live From The BFI IMAX** A Q&A session. **4.55 Tom Cruise: Show Me The Movies** Alex Zane chats to the actor.

## TCM

Freeview 512 - Sky 317

**7.05am Rawhide 8.15 Rawhide 9.25 Drums Of Africa (1963) (U)** **11.15 Massacre River (1949) (PG)** **12.50pm Rawhide 1.55 Rawhide 3.00 Return Of The Gunfighter (1967) (U)** **5.00 Tall Man Riding (1955) (U)** **6.50 The Student Prince (1954) (U)** **9.00 Ransom (1996) (18)** Thriller, starring Mel Gibson, Brawley Nolte, Rene Russo and Delroy Lindo. **11.25 Outbreak (1995) (15)** **1.55am Conspiracy Theory With Jesse Ventura 2.50 Conspiracy Theory With Jesse Ventura 3.40 Hollywood's Best Film Directors 4.10 Hollywood's Best Film Directors 5.00 The Student Prince (1954) (U)**

## FILM4

Freeview 15 - Sky 315

**11.00am Indiscreet (1958) (PG)** Romantic comedy, with Cary Grant and Ingrid Bergman. **1.05pm The Black Knight (1954) (U)** Swashbuckling adventure, with Alan Ladd. **2.50 Safari (1956) (U)** Adventure, starring Victor Mature. **4.40 Lonely Are The Brave (1962) (PG)** Western, starring Kirk Douglas. **6.55 The Way Back Back (2013) (12)** Comedy drama, starring Liam James.





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## FAITH, HOPE AND SUE

Lisa Wild



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Rupert cannot understand why the shopman is so gloomy. "Why can't you sell the other Gnomies?" he asks. For reply the man gets up wearily. "They were all in the case and others were in reserve when I went out to lunch," he says. "But when I came back - well, look!" He pulls a curtain revealing two rows of little figures of all sizes. And every one is bright yellow. "They've worked quickly!" gasps Rupert. "I thought they only left their home after dark and worked at night."

© Express Newspapers 2016



He shows the Gnomies, all lined up, Each yellow as a buttercup.



## Popcorn rocky road bars

We're making our favourite USA dessert. No-bake and full of tasty bite-sized bits - kids will love mixing up this sweet treat! Serves 6-8.

## INGREDIENTS

- 100g butter, roughly chopped
- 3 tablespoons golden syrup
- 200g milk chocolate, broken into squares
- 200g dark chocolate, broken into squares
- 150g digestive biscuits, broken into chunks
- 80g marshmallows, snapped into bite-sized pieces
- 80g raisins
- 80g cranberries
- 80g toffee popcorn plus extra to decorate

## METHOD

- 1) Gently melt the butter and syrup in a pan over a low heat. Remove from the heat and tip in the chocolate pieces, stirring to melt them. When you have a smooth melted mixture, tip into a large bowl.
- 2) Stir in the biscuits, marshmallows, raisins, cranberries and popcorn into the chocolate mixture until well-coated, then pour into a 17cm square tin lined with greaseproof paper, spread the mixture out until roughly level and fairly compact, then press some extra popcorn pieces into the top to decorate. Chill until hard, then cut into squares.



● This recipe is brought to you by Lidl. For more great recipes visit [www.lidl.co.uk](http://www.lidl.co.uk)



**ALAN'S TIP OF THE DAY:** Divide overgrown clumps of bearded iris. Improve the soil with more fresh compost, select a few of the strongest pieces, cut back the fan of leaves by half and replant shallowly so the top half of the rhizomes shows above the ground.

Lori Reid  
Our top astrologer

Celebrating on this day: actor Patrick Stewart, 76, and actor Harrison Ford, 74.



## Aries Mar 21 - Apr 20

You'll be glad of today's easier trends. Chatty Mercury following Venus into your romantic skies ushers in a new phase of delight. Focus on what makes you happy and the coming weeks will be fun. Call me to hear why a little generosity goes a long way.



## Taurus Apr 21 - May 21

Look around - all of the work and upheaval has been well worth it. Now, as Venus showers blessings over your family, you can enjoy the fruits of your labour. Good friends are heading your way. Call me to hear why people are seeking your support.



## Gemini May 22 - June 21

Since you're never happier than when you're juggling a variety of jobs, you're bound to relish today's change of pace. Happy planets Venus and Mercury will be living things up very soon. Call me to hear why you need extra pampering now.



## Libra Sep 24 - Oct 23

The focus is your work and it's time for strategic planning. Gather your team, organise the group and make plans. Think creatively and throw your net wide. You'll come up with money-making ideas. Call me to hear why a gift touches your heart.



## Scorpio Oct 24 - Nov 22

Ready to come up with smart projects and plans? You're about to step out centre stage and to put everything you're learnt so far this year into practice. Welcome the success that's coming your way. Call me to hear why a hug puts a smile in your heart.



## Sagittarius Nov 23 - Dec 21

Yearning for something new? Venus and Mercury are drawing your eye and heart to far horizons. If you've had enough of the same old, same old, it's time to make a break and cast off to distant shores. Call me to hear why work is good for your soul.

To hear Lori's weekly and monthly horoscopes, call **0907 181 2948**  
Calls cost £1.50 per min plus your telephone company's network access charge. Max call duration: 8mins.

**LORI'S PSYCHICS**

Call or text my personally selected psychics for confidential one-to-one guidance and see what they can reveal to you

PSYCHIC LINE **0906 150 5800**  
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**WHAT WILL SPRING HAVE IN STORE FOR YOU?**

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Calls cost £1.50 per min plus your telephone company's network access charge. Calls are recorded for your protection. You must be 18 or over. Service available 8am - Midnight, seven days a week, calls made outside of these hours will be charged. Max call duration 20 mins. Booking line open 9am-5.30pm, Mon-Fri. Each text message received costs £1.50. You will receive two response messages per question. Total cost £3. Standard operator rates apply for all messages you send (plus standard network charges). When you text a psychic, you will receive free marketing messages from Daily Express Newspaper. To opt out, text **NOINFO** to 87776. Available in UK only. Customer service: 0333 202 3392 (9am - 5.30pm). The above service is for entertainment only and regulated by PhonepayPlus. Service provider: Spoke.



## Cancer June 22 - July 23

If life has been all work and no play and there's no chance you can get away, do something different. Make time for a hobby, go to a show, spend money on yourself. A little amusement will lighten the heart. Call me to hear why a friend brings solace.



## Leo July 24 - Aug 23

Feel-good queen Venus in your sign brightens your outlook and contributes to a new-found optimism. You're radiating a magnetic aura and your confidence and powers of expression are growing too. Call me to hear why work makes you feel good.



## Virgo Aug 24 - Sep 23

Today is for meetings, exchanging views and making decisions, calls and connections. It's also for sending romantic texts, whispering words of endearment and drawing closer to your loved one. Call me to hear why adventure feeds the soul.



## Capricorn Dec 22 - Jan 20

Invention is the name of the game. So is money. Put the two together and you'll devise clever schemes. Venus and Mercury put the fizz back into your finances. You are smart enough to spend your money wisely. Call me to hear why it's time to treat yourself.



## Aquarius Jan 21 - Feb 19

Being a people's person, what happens over the next few weeks is right up your street. Because negotiating is what you do best, you will shine under the new trends. Romance too will delight your heart. Call me to hear why home is your sanctuary.



## Pisces Feb 20 - Mar 20

Day-to-day activities don't have to be a chore. Open your mind to different ways of operating and establishing new links. Once you see different options, you can begin to extend your creative potential. Call me to hear why a message says it all.

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\*Calls to Starlines cost 80p per minute plus your telephone company's network access charge. Max 8 minutes. Entertainment only. SP: Spoke, 0333 202 3390.