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Plea for support in bid to fund vital treatment

by **Andy Morris**
 andy.morris@bullivantmedia.com

'A CHANCE to live a normal life' is the hope of a young Rugby man who is raising money to help him overcome a painful and life-altering skin condition.

George Palmer is suffering from Topical Steroid Withdrawal (TSW) as a result of using high-potency steroid creams, which were prescribed to him from birth to manage his chronic eczema.

Having built up a tolerance to the second most potent steroid cream, the 25-year-old said he was scared his skin would become even more damaged if the same happened with the strongest one.

So he chose to stop using them in favour of a treatment called Cold Atmospheric Plasma (CAP) therapy - which uses ionized gas to kill bacteria, reduce inflammation and stimulate cell repair, and has proven successful in healing skin conditions.

So he headed to a clinic in Thailand which offers CAP - but before treatment could begin he had to stop using steroid creams for two months, which sent his skin 'into shock' with severe burning, oozing and shedding.

The former Bilton Primary and Lawrence Sheriff student said: "For around two months I was bed-bound,

unable to sleep, eat, clean myself, or wash clothes. I had bacterial infections on my skin and fungal infections on my skin and nails."

With his skin now beginning to heal, it is estimated George will need around five years of CAP therapy - but, having spent £26,000 to cover ten months of treatment in Thailand, George now needs to raise a further £23,000 to buy his own CAP machine which would allow him to return home.

He said: "It will enable me to return to life and work, while managing my skin without relying on steroid creams - but it is simply out of reach financially.

"If I were to return to the UK without a machine, my skin would regress to the point where I wouldn't be able to work, sleep, eat or enjoy any activity someone with normal skin can do.

"With the machine, I would be able to play sports, attend events, wear shorts - everything I couldn't do because of my condition.

"It would give me a chance to live a normal life for the first time."

Visit <https://tinyurl.com/yc44ywh> for George's Instagram page, where he is sharing his journey and information about his condition.

Visit <https://tinyurl.com/4ezf6pf5> to donate to his fund-raising campaign.



Rugby Borough Council's town park ranger **Stephanie Huggett** (front, centre) joined volunteers from Cemex to give biodiversity a boost at New Bilton's Gladstone Green and Jubilee Recreation Ground.

BIODIVERSITY has been boosted at New Bilton's Jubilee Recreation Ground and Gladstone Green by a 'ground force' from Cemex.

The team from Rugby Cement Plant joined forces with Rugby Borough Council's parks team to refresh community beds, plant pollinator-friendly plants, and create new habitats for wildlife.

After supplying more than £1,000 worth of

materials, the Cemex team spent two days green-weeding, planting and installing a number of bird, bat, hedgehog and bee boxes.

Jamie Jordan, environment manager at Rugby Cement Plant, said: "We're helping to create a welcoming, vibrant space that benefits the whole community. We hope these improvements inspire more people of all ages to enjoy and care for their local green spaces."



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I've got my life back thanks to charity after living in tent

A GRATEFUL former chef has thanked a regional homelessness charity for helping him rebuild his life after he spent 18 months sleeping rough.

by **Andy Morris**
andy.morris@bullivantmedia.com

Dean was homeless and living in a tent by a brook before Emmaus Coventry & Warwickshire gave him a place to live and the support he needed to turn his life around.

To mark World Homeless Day on Friday (October 10), he shared his experience of homelessness – and his gratitude to the charity.

The Coventry-based charity provides a home, work opportunities, training and tailored support for up to 17 people who have experienced homelessness.

It also helps them to regain confidence, skills and independence through its social enterprises and community life.

Dean became homeless after years of caring for his mother.

He said: "My life was once very

good. I had a great job as a chef and I lived with my mum in her rented house.

"Unfortunately, my mum became ill, so I left work to become her full-time carer. Four years later she sadly passed away.

"I took over tenancy of the house and got a job working as a school cleaner.

"Things could have started to look up, but then I had a car accident which left me injured and unable to keep my job.

"In the end, after about six months of spiralling into debt, I was told I was going to be evicted."

With nowhere to go, Dean was homeless for almost 18 months.

"I slept in a tent alongside a brook. It was the cold temperatures that really got to me. Each day seemed like it lasted a fortnight.

"Some people might think it sounded like an adventure but when it's below zero outside, and you've got a long beard full of ice, it's not fun."

His turning point came when he was introduced to a charity that later led him to Emmaus Coventry & Warwickshire.

He likened Emmaus to 'a stepping stone to get back into reality'.

He added: "They gave me my own room and a reason to get out of bed each morning.

"Emmaus has given me back the confidence that seemed to slip away when I was homeless. My sense of pride returned as well; I always used to be a smartly dressed person, and I feel like myself again.

"Emmaus gave my life back and I'm incredibly thankful."

Visit www.emmaus.org.uk/coventry-warwickshire for more information on Emmaus Coventry & Warwickshire.



'Incredibly thankful' - Dean in the garden of the Emmaus accommodation in Binley.



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Rishard (right) with fellow members of Grapevine's H Team at Coventry canal basin, where the walk ended.



'Dr' Molly attempts to over-medicate Rishard on the canal towpath during one of the performances.

Walking to make a key point on health

A DETERMINED TV and film actor has completed a walk from his home in Rugby to his hometown of Coventry to raise awareness of the barriers to healthcare faced by people with learning disabilities.

Rishard Beckett took on the 16-mile canal route walk alongside his colleagues at local charity Grapevine's Health Team (H Team).

The walk aimed to spread awareness of the findings of a report entitled Learning from Lives and Deaths of People with a Learning Disability and Autistic People (LeDaR), which found that people with a learning disability die 19.5 years younger than the general population on average, and are almost twice as likely to die from an avoidable cause.

Rishard and the H Team have since been invited to consult with the Chief Medical Officer and Chief Integration Officer for NHS Coventry and Warwickshire's Integrated Care Board on addressing these health inequalities.

Rishard, who has Down's syndrome, said: "Over a year ago I came up with the idea that I wanted to walk from Rugby to Coventry."

"I spoke to some really great people who have helped me think about how we might pull it off and how we could raise awareness of health inequalities at the same time."

The walk incorporated four dramatic performances at various stop points, themed on the barriers most frequently faced by people with learning disabilities when they try to access healthcare.

Rishard, who has appeared in TV shows No Offence and Doctors, was accompanied by his Grapevine colleagues Emma and Molly throughout the walk, and was later joined by more members of the H Team, who educate peers and professionals on living longer, healthier lives.

Emma said: "It was extra tricky for Rishard on long stretches of the walk because of narrow, uneven paths and branches hanging

down." Rishard, who trains at his local gym each morning, wanted to see as many people as possible supporting his journey and spreading the message that people with learning disabilities deserve the same level of healthcare as everyone else.

BBC reporter Joan Cummins joined him at the Ansty stop, just outside Coventry, for an interview on the towpath, and to watch his fourth and final performance.

He told Joan: "I want to help people and make sure that their health is OK."

Hits Radio reporter Frances Wall greeted the team at the finish line to find out how the walk went.

Rishard told Frances: "The walk was hard and tiring but when I came to the finish line it was amazing to see everyone cheering me on."

The walk concluded with a powerful narrative read out by Rishard and fellow health advocate Elizabeth, who called on the audience to work with people with learning disabilities to tackle healthcare inequalities.

Mel, Rishard's mum and Grapevine deputy CEO, said: "Rishard has had glasses since he was three-years-old. His vision is also affected by nystagmus—an incurable condition causing involuntary movement in his eyes."

"He is the kind of adaptation though, and most people wouldn't even realise."

"I'm super proud of what Rishard has achieved in raising awareness. He's been training in the gym and I knew he had it in him – I'm super happy."

"To think he wouldn't have his effect on the world for an extra 19 years is really upsetting. You find it difficult to comprehend."

Visit www.grapevinecovandwarks.org for more information on Grapevine.

Rishard was joined on his walk by Grapevine's Emma (left) and Molly.



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Unknown story in contention for film award

by Philippa Mingins

A FILM telling the remarkable story behind a new public artwork in Leamington is up for an award.

The Unknown Refugee, directed by local filmmaker Andrew David Barker, has been nominated in the best documentary category at this year's Birmingham Film Festival.

It charts the journey of a life-size bronze sculpture of the same name by the late Leamington-based artist John Bridgeman. The work, which depicts a mother carrying her child, was the last piece of public art created by the artist and was designed to highlight the plight of those subjected to forced migration.

It was originally commissioned in the 1980s in response to the refugee crisis following the Vietnam War, but political changes at the time meant the sculpture was never cast, and the plaster model remained unseen for more than 40 years. In 2024, Bridgeman's



family donated the work to Warwick District Council (WDC). With the support of the council's arts and green spaces teams, the sculpture was finally cast in bronze and unveiled in Jephson Gardens in March this year, becoming a significant addition to the town's sculpture trail.

Commissioned by WDC's arts section, Barker's film introduces the life and work of Bridgeman through the voices of those who knew him and uses film recorded in the Pangolin Foundry by

The story of The Unknown Refugee is told in Andrew David Barker's film.

Steve Russell Studios, to document the casting process and installation of The Unknown Refugee sculpture.

WDC's arts spokesperson Coun Ella Billiard said: "Andrew's work not only honours John Bridgeman's legacy but also captures the importance of this sculpture for our community – as both a work of art and a symbol of compassion and resilience."

Mr Barker added: "I am thrilled that my first documentary short, The Unknown Refugee, has been officially selected for Birmingham Film Festival. My thanks go to John Bridgeman's family, Warwick District Council, and everyone who helped bring this story to life."

The Unknown Refugee will be screened as part of the Birmingham Film Festival, which runs from November 1 to 10.

Visit www.birminghamfilmfestival.co.uk for more details.



Canal Access - Warwick and Leamington MP Matt Western officially opened the new ramp.

MP opens new canalside ramp

A NEW mobility ramp onto the Grand Union Canal has been officially opened in Leamington.

Waterways charity, Canal and River Trust, installed the ramp at Bridge 35 off the Southam Road at Radford Semele, providing greatly improved access to the canal for walkers, cyclists, wheelchair users, and those with limited mobility.

The project was delivered through a partnership between the Canal and River Trust, national walking and cycling charity

Sustrans, Radford Semele Parish Council and Friends of Radford's Green Environment, with the aim of improving access to the canal towpath from Radford Road.

The ramp connects the local community directly with the towpath and the National Cycle Network and will make it easier for people of all ages and abilities to enjoy the health and wellbeing benefits of being near water and nature.

It was opened by Warwick and Leamington MP Matt Western, who

joined Kenilworth and Southam MP Jeremy Wright MP, supported by Friends of Radford Green Environment (FoRGE).

Other community members were joined by parish councillors Brian Friar and Roger Munn, Leamington mayor Ruggi Singh and county councillor Ben Edwards.

Special thanks went to Martin Openshaw, tenant of the adjoining field who allowed the Canal and River Trust to use parts of it as a works compound for the building scheme.

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We must ALL act to stop hate crime

HATE crime has no place in Warwickshire.

That's the message from the partners of the Safer Warwickshire Board (SWB) following the Manchester synagogue attack in which two people were killed and four injured.

A spokesperson for the SWB, which includes police, councils and multi faith groups, said: "We will do everything we can to guard against this kind of event happening again. As partners, we're reaching out to people who feel most impacted, we're enhancing our response to reported hate crimes and we're increasing the visibility of policing and other local representatives to engage with and reassure communities across Warwickshire.

"We all have a part to play in keeping our communities safe. If you see something that doesn't look or feel right, you can report it."

Warwickshire Police's superintendent for local policing, Steve Flavell, added: "We are deeply saddened by the incident that has occurred in Manchester. Our thoughts are with all those affected, particularly those within the Jewish community.

"Here in Warwickshire, we remain vigilant and are actively monitoring the situation in coordination with national and regional partners. We

by Philippa Mingins

would, however, encourage the public to remain alert but not alarmed, and to report any suspicious activity to us."

Leamington's Ahmadiyya Muslim Community expressed its profound shock and condemnation.

Rafiq Hayat, national president of the Ahmadiyya Muslim Community UK, continued: "We are heartbroken at this evil act of terror and stand in full solidarity with the Jewish community, and all those affected. An attack on a synagogue, a church, or a mosque is an attack on the very conscience of our society.

"We condemn this barbaric act in the strongest possible terms. There can be no justification for such hatred and violence.

"It is incumbent upon all people of faith and goodwill to unite in the face of such evil."

The Ahmadiyya Muslim Community called on political leaders, faith leaders, and wider society to urgently strengthen efforts to root out extremism and hatred.

It also urged the government to ensure robust protection of all places of worship and for all those responsible for this atrocity to face the full force of the law.



The Palestine Youth Movement protest outside the town hall in Leamington.

Call for MP to host open meeting on Gaza

MORE than 80 constituents from across Warwick and Leamington have signed an open letter to MP Matt Western, requesting a public meeting to discuss the situation in Gaza.

Leamington resident, and author of the letter, Angela Walsh, has previously contacted the Warwick and Leamington MP several times seeking to arrange a meeting, but without success.

Mrs Walsh said there was a real strength of feeling on the matter in the constituency, and across the country, and it was vital that elected members of Parliament did not hide away from the scrutiny of those they represent.

She continued: "I have con-

tacted Mr Western requesting that a public meeting take place, and I have been to several events and protests hoping he might attend and engage with his constituents.

"I do not feel that my voice is being heard, or that my questions are being answered, and I am certainly not alone in thinking that. It seems to me that there is a concerted effort to ignore people on the issue of Gaza, and to silence them as far as possible."

In August the Palestine Youth Movement organised a well-attended 'pots and pans' protest outside the Leamington Town Hall in response to Israel having imposed a complete blockade on Gaza.

Mrs Walsh's letter coincided with the Labour Party conference in Liverpool at which members forced through and backed a motion accepting the UN finding that Israel is committing genocide in Gaza, and urging the UK government to act.

Mr Western told the Observer he did not intend to hold a public meeting on Gaza as he did not believe this to be an effective way of listening and responding to the wide array of concerns that so many people in the constituency have.

He added he would be more than happy to meet with Mrs Walsh or any of the other signees of the open letter on a one-to-one or small group basis.

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Golfer aces it twice at odds of 67million to one

by **Andy Morris**
andy.morris@bullivantmedia.com

LIGHTNING struck twice for a Coventry golfer who achieved the near impossible by making not one but two holes-in-one in the same round.

Steve Haymes struck two aces at Coventry Hearsall Golf Club – the odds of which are estimated to be 67million to one.

The 53-year-old, who plays off an 8.5 handicap index, was playing socially with fellow members Andy Thompson and James Charlton when he achieved something most amateur golfers could only dream of.

On the par-three seventh hole, Steve hit an eight-iron towards the elevated green, on which the hole cannot be seen from a distance – and he realised he had made his first ever hole-in-one after 40 years of playing.



He said: "I thought I'd taken too much club, so I didn't realise it had gone in until we got up there."

Ten holes later, lightning struck again on the par-three 17th, where he hit a seven-iron that rolled perfectly into the cup.

Triumphant Steve celebrates his once-in-a-lifetime achievement at Coventry Hearsall Golf Club.

"I caught it really well and we all watched as it tracked straight to the hole," said Steve.

"In 40 years of playing, I've never had a hole-in-one, so to make two in the same round left us all stunned."

Steve, who first picked up golf at the age of 13 before returning to the game at 35, has been a member at Coventry Hearsall for the past nine years. Away from playing, he has also lent his skills as a floor fitter to help fit out the club's new Swing Room and men's locker area.

England Golf Championships director James Crampton said: "The odds of two aces in a round are estimated to be 67million to one, so Steve's achievements are astonishing, especially considering he'd not had a hole in one before, let alone making two!"



Coundon Court FC's under-13 girls' team is seeking new players.

Would-be Lionesses on the ball

FUTURE Lionesses are wanted at a Coventry football club

Coundon Court Football Club is inviting experienced players to join their under-13 girls' team.

The club, which has been recognised by the FA for excellence in grassroots football, is seeking new members for the team, which competes in Division One of the Central Warwickshire Girls Football League.

The club recently won the Birmingham County FA Grassroots Club of

the Year, and has scored multiple wins of the FA Regional Community Club of the Year Award.

U13 girls manager Carl Boyce said: "We're incredibly proud of what our girls have achieved so far."

"Their commitment, teamwork, and passion for the game is second to none, but to keep building on that success, we are looking for experienced strikers and defenders who want to be part of something special."

"With the rise of the Lionesses inspiring a new

generation, there's never been a better time for girls to get involved - and we're here to give them the best possible start."

Based at Coundon Court School, the club is an England Accredited 3 Star Club – meeting the FA's highest standards for providing a safe, inclusive, and development-focused environment for young players.

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Paul Badley is behind bars for sexually assaulting a teenager.

Housing officer jailed for sexual assault on teen

A HOUSING officer committed a 'traumatic' sexual offence against a teenager while on duty in Rugby.

Paul Badley, 58, of Newcombe Road in Birmingham, was found unanimously guilty by a jury of two counts of sexual assault following a four-day trial at Warwick Crown Court.

He was jailed for two years and eight months, was given a seven-year restraining order, and will be placed on the Sex Offenders' Register for life.

In June 2023, Badley was doing agency work as a housing officer on a temporary basis at Rugby Borough Council.

Through this work, he met an 18-year-old. While helping her move, he kissed her and then lifted her top up without consent – kissing her on the chest.

The woman called police shortly after he left and an investigation began.

Badley was identified as the suspect and was arrested two days later.

The council removed him

by **Andy Morris**
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from the role as soon as they were made aware.

Det Const Gemma Kirby, from Warwickshire Police, said: "This was a hugely traumatic incident, and I'd like to commend the victim for the bravery she's shown in coming forward – it's been and continues to be an incredibly challenging time.

"I'd also like to thank the Independent Sexual Violence Advisor from Safeline who was by the victim's side over the course of the investigation and during the court process. Their compassion, communication and commitment made a real difference – and transformed what was a traumatic experience into a much more manageable one for the victim.

"They not only helped make sure the victim felt heard, but that she was supported throughout and was ultimately, able to see justice done.

"I hope Badley's conviction will reassure other victims of sexual offences and give

them the confidence to come forward knowing we will do everything we can to fully investigate."

A Warwickshire Police spokesperson added: "Anyone who has been the victim of a rape or sexual offence is encouraged to report the incident to police, where our specially-trained officers will help victims with care and sensitivity and will work to get the right result for them with their wishes in mind.

"Alternatively, there are many agencies you can approach for help, guidance, or support that offer a variety of services."

A Rugby Borough Council spokesperson said: "Badley was briefly assigned to us through an agency placement in 2023. We run standard verification checks on placement staff with our agency provider, and cancelled Badley's placement as soon as the police notified us of his arrest."

Visit <https://tinyurl.com/4d26tc5p> for more information on support for victims of rape and sexual assault, and for a list of the agencies available in Warwickshire.

Pair arrested over shooting

TWO more suspects have been charged in connection with a shooting in Coventry.

Nicholas Buckley, 35, from Coventry, and Alyxander Fraser, aged 35, from Rhyl in North Wales, have been charged with conspiracy to murder.

Both were remanded to appear at Birmingham

Magistrates' Court for a first hearing.

A 31-year-old man has previously been charged with conspiracy to murder.

When The Observer went to press, a 24-year-old man had also been arrested on suspicion of attempted murder, and was taken into custody.

A man sustained gunshot

injuries in Far Gosford Street on September 13.

The victim continues to recover from his injuries. Police enquires into the incident are ongoing.

Anyone with information is asked to report it via the Live Chat facility at www.westmidlands.police.uk, or by calling 101, quoting log 95 of September 13.

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LEFT: Museum chairman Tony Hiron said he was 'delighted' to welcome Sir Frank's son Ian Whittle to formally open the new gallery. 4025007MMR1

RIGHT: Guest of honour Ian Whittle (with hand on cabinet), museum chairman Tony Hiron (front), Alberto Costa MP (wearing blue suit), Lutterworth Mayor Val Cooper (wearing chains of office), museum staff and invited guests in the new Whittle Room. 4025007MMR2

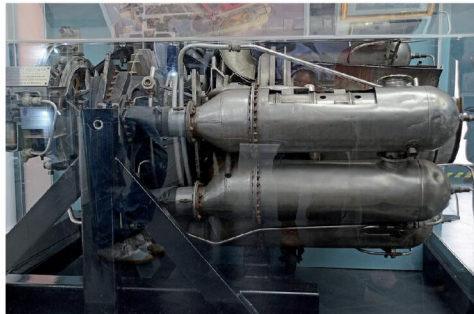


Jet-setters join Whittle exhibition

by Andy Morris
andy.morris@bullivantmedia.com

THE PIONEERING work of Sir Frank Whittle, the inventor of the jet engine, takes centre stage at a new gallery in Lutterworth.

Sir Frank's son Ian Whittle was the guest of honour as he formally opened The Whittle Room, the new aviation display at Lutterworth and District Museum – home to the larg-



The gallery is home to the largest number of Whittle artefacts in the country, including the Whittle W2/700 aero engine. 4025007MMR7

Pictures by Marcus Mingins

est number of Whittle artefacts in the country.

Having taken over the whole of the Highpoint building earlier this year, the museum was able to open the new gallery which covers the history of flight in Lutterworth, much of it centred on the work of Sir Frank, who famously devel-

oped the turbojet engine at the town's Ladywood Works between 1938 and 1943.

The town's Mayor Val Cooper and MP Alberto Costa were among the guests of honour as the museum's chairman Tony Hiron handed a pair of scissors to Mr Whittle, who then formally cut the ribbon on the new display.

Mr Whittle told guests about his father's life and the challenges he faced.

He added that he was 'delighted and amazed' by the artefacts on display and

the story they told – having been disappointed at the content of other Whittle displays he had visited at museums around the country.

He added: "I will definitely be back in the spring next year."

Lutterworth & District Museum moved to its new premises in the centre of Lutterworth in 2021. Since then, it has attracted over 8,000 visitors from more than 40 countries.

Visit www.lutterworthmuseum.org for more information.



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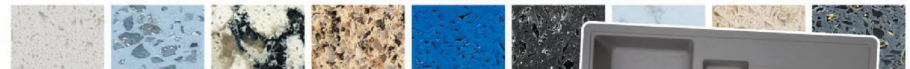


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Joining battle against rabies

THE FIGHT against rabies has begun - in Kenilworth.

South Warwickshire might not be the first place that springs to mind in the global fight against rabies, but on World Rabies Day on September 28, Dogs Trust Kenilworth celebrated the work of one of its own, Helen Barlow, who swapped the streets of Kenilworth for the bustling city of Phnom Penh to help combat one of the world's deadliest diseases.

Last October, Helen, a supporter relations officer at the dog rehoming centre, joined a major international effort led by Mission Rabies to vaccinate dogs and stop the spread of rabies in Cambodia. In just two weeks, the team vaccinated an astonishing 230,000 dogs on the streets of Phnom Penh - a milestone that will save countless lives.

Across the world, every nine minutes, someone dies from rabies, with over 99 per cent of human cases caused by a bite from an infected dog. Tragically, more than 40 per cent of those who die from rabies are children. Once symptoms appear, the disease is almost always fatal. In response to the fear of rabies, millions of healthy dogs are inhumanely killed every year - despite the fact that the disease is entirely preventable.

During the vaccination drive, Helen joined volunteers from Dogs Trust, the Worldwide Veterinary Service (WVS), local vets, and community workers to humanely catch and vaccinate dogs, before returning them to their communities.

Helen said: "Being part of this campaign in Cambodia was life-changing. I work with dogs every day here at Dogs Trust Kenilworth and never have to worry about rabies. But



in Cambodia, many people live in fear of the dogs around them - and the dogs, in turn, suffer because of that fear. When we vaccinate and educate, we're not just preventing disease - we're building understanding and trust between communities and their dogs. "Rabies is preventable. By vaccinating dogs, we're not only saving lives but helping people and dogs live together more safely and compassionately."

Kenilworth's own Helen Barlow is helping the global fight against rabies.

Fundraisers are being called to put their best paws forward for Dogtober.

Walkies for a good cause

WALKIES are taking on a charitable twist this October.

Dogs Trust Kenilworth is encouraging fundraisers to put their best foot, or paw, forward to support dogs in need by taking on a brand-new fundraising challenge - 62 Miles in Dogtober.

Dog lovers can walk, jog, cycle or swim 62 miles throughout the month to raise cash to help the charity continue to fund its vital rehoming services.

People can take part solo, bring their dog along for company, or team up with friends, family, or colleagues for extra motivation.

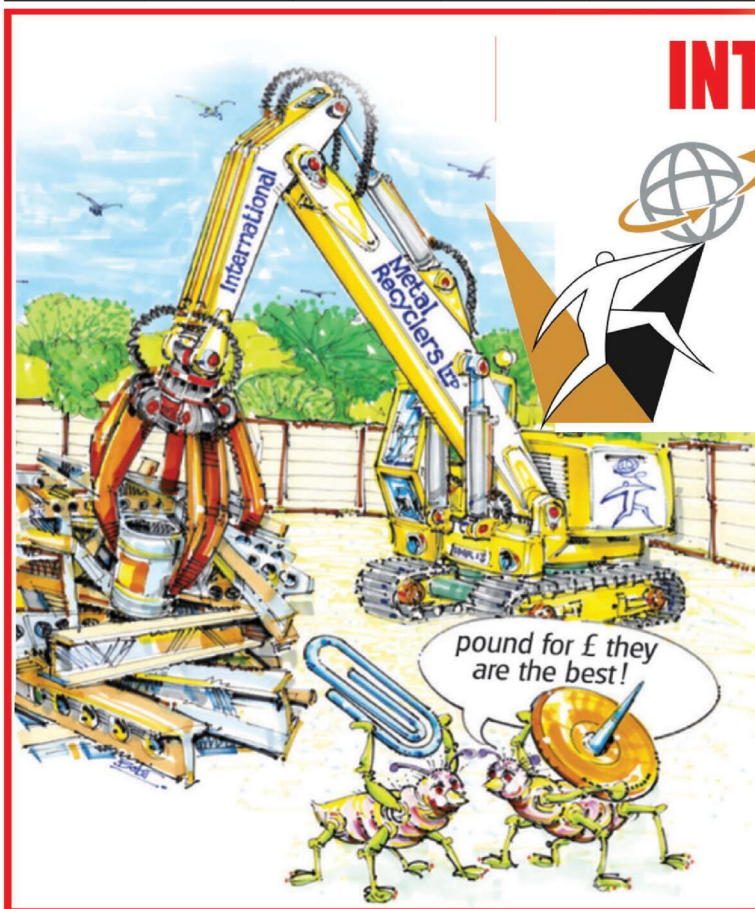
Every participant who signs up will receive a free Dogs Trust t-shirt and an activity card to help track their progress. By raising a target of £150, fundraisers will also earn an exclusive Dogs Trust medal as a thank you

for their incredible efforts, but there is no minimum target.

Community fundraising manager Ellie Shelford said: "The 62 miles in Dogtober challenge is a fun and flexible way to support Dogs Trust dogs, as well as making sure you get out and about, with or without a four-legged friend.

"You can complete your 62 miles as quickly or as gradually as you like at any location you fancy, from the beach to the back garden. If your canine companion fancies joining in, that's fantastic, but no worries if not, all you need is a love of dogs and a desire to help those who have found themselves without a family of their own."

Visit www.dogstrust.org.uk/dogtober to sign up.



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Born out of healthcare and based on the pressure relieving materials used in medical beds on spinal injury units, Mammoth's secret ingredient is Medical Grade™ foam – a naturally cooling, pressure-relieving but supportive material that's shown to be far superior to standard memory foam.

Unlike memory foam, Medical Grade™ foam doesn't require heat to become pliable, nor does it lock sleepers in place where they may seize up with aches and pains. Instead, Medical Grade™ foam instantly contours to the body and provides a supportive yet flexible surface that aids natural spinal alignment.

This is complemented by Mammoth's innovative PostureCells® – independently moving castellations in the foam that provide even support but reduce partner disturbance. Importantly, the air channels between each PostureCell® also serve to wick away the moisture and allergens that typically build up through the night.

Testing excellence

Under laboratory conditions, Medical Grade™ foam mattresses have been found to provide **46% greater pressure relief** and **69% faster cooling** than standard 50kg memory foam. For sleepers that means:

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Determined to go further, Mammoth also put its mattresses through testing at Northumbria University's Centre for Sleep Research. In clinical trials it was shown that Mammoth's mattresses helped sleepers **fall asleep 29% quicker**, experience a **7% increase in sleep efficiency** and report a **21% increase in sleep enjoyment**.

Award wins

Mammoth's unique technologies helped the brand to win a Bright Ideas in Health award for pressure relief and temperature regulation – awards usually reserved for teams working within the NHS.

These impressive results are among the reasons why Mammoth has become the go-to name for elite athletes and professional sports stars – as can be seen through partnerships with the Rugby Players' Association, British Athletes Commission and Professional Cricketers' Association over the years, as well as relationships with Premier League football teams and Olympians.

Combatting back pain

The unique properties of Mammoth's sleep and comfort technologies have made it the go-to mattress range for health professionals. By improving pressure relief, enhancing postural support and increasing circulation, physiotherapists in particular love the positive patient outcomes offered by Mammoth. With over 50% of adults now estimated to suffer from back pain in their lives, it's never been more important to invest in the very best sleep surface to ease pain and discomfort.

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LEFT: Liana and Lara Lenicka created the intricate Slovakian and Greek flags on their cakes. RIGHT: Sami Bent with his Czech-inspired creation.

Cooking up a success

ON your marks, get set, bake! Students at a Rugby secondary school raised more than one type of dough at their very own bake-off.

Year 7 and Year 8 students at The Avon Valley School and Performing Arts were invited to bake or decorate a language-inspired cake as part of the Council of Europe's European Day of Languages.

Around 50 students took to the kitchen as part of the day's celebrations, which coincided with Macmillan Cancer Support's coffee

morning – raising over £230 for the charity in the process.

Sami Bent opted to follow a Czech inspired-bublanina recipe, while Borys Kochanowski baked cupcakes adorned with the Poland flag, Emili Orlovka expertly iced the Union Flag onto her cake, and Liana and Lara Lenicka used icing to create the intricate Slovakian and Greek flags on their cakes.

The treats were sliced up by the school's Year 11 senior leadership team and served to classmates and teachers, helping to raise vital

funds which will go towards supporting the 3.5million people in the UK living with cancer.

Headteacher Blake Francis said: "It was brilliant to see how many students took time to create an entry into our cake competition. The standard of baking and decorating would be worthy of a handshake in the Great British Bake Off tent.

"From pastries and cupcakes to flags and cultural scenes, all were created, sold, and very much enjoyed."

Left to right: Year 7 students Anne Dewes, Borys Kochanowski and Emili Orlovka with their language-inspired cakes.

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Excavated pieces of our Roman history given a permanent home

RARE treasures excavated from the Roman town of Tripontium by Rugby Archaeological Society (RAS) have been donated to Rugby Art Gallery and Museum.

The archaeological finds have been loaned to the museum since it opened its doors in 2000, but in the year Rugby Art Gallery and Museum celebrates its 25th anniversary, the society has announced it has donated the Tripontium collection to the museum on a permanent basis.

A treasure trove of finds from Tripontium feature in a new exhibition which opened at the Little Elbow Street venue last week.

Tripontium: Finds from the Stores includes finds from the Roman settlement which have been in storage for nearly a decade.

Latin for 'place of three bridges', Tripontium was established as a 'mutatio' - or stopping place - on the Roman road to the east of Rugby a few years after the Roman invasion of Britain in AD 44.

Located four miles outside of Rugby on the road later called Watling Street, the stopping place developed into a civilian town and was inhabited for around 400 years before being abandoned in the early 5th century when the Romans departed.

But while the name 'Tripontium' was found in Roman records, the location of the settlement remained a mystery until 1836 when Rugby historian and antiquarian Matthew

RIGHT: A Roman hipposandal, used to protect horses' feet.



LEFT: A tile decorated with a peacock design.

Bloxam found a number of Roman artefacts at the site.

Rugby Archaeological Society started excavations at Tripontium in the early 1960s, work which spanned five decades and resulted in dozens of historic finds.

Tripontium: Finds from the Stores

features pottery, including Samian ware and mortarium, jewellery, and a hipposandal, which were fitted to horses' feet for protection.

The exhibition also includes tiles decorated with writing, drawings and animal prints; painted plaster from Tripontium's bath house;

and a fragment of cloth which was found preserved in a vessel.

Coun Maggie O'Rourke, Rugby Borough Council's (RBC) spokesperson for partnerships and wellbeing, said: "Rugby Archaeological Society spent 47 years excavating the site of Tripontium and many of

the finds loaned to the museum have been on permanent display in the archaeology gallery.

"This new exhibition in the local history gallery brings together pieces from the permanent display with finds which have remained in storage for nearly ten years, finds which have now been donated to the museum thanks to the generosity of the archaeological society."

Irene Glendinning of RAS said: "RAS has had a long-standing association with RBC, established before the formal opening of Rugby Art Gallery and Museum 25 years ago. We are very grateful for all the help and support over the years.

"This new exhibition provides the opportunity to showcase some of the archaeology and more of the important finds from Tripontium which help tell the story of Roman Britain."

Tripontium: Finds from the Stores is now open at Rugby Art Gallery and Museum until Saturday April 11.

Coun Neil Sandison, Rugby Borough Council's Liberal Democrat group spokesperson for partnerships and wellbeing, said: "Visitors to this new exhibition may be surprised at how sophisticated the Tripontium settlement was, with our understanding of the site down to the quality of the artefacts uncovered by the Rugby Archaeological Society."

Visit www.ragn.co.uk for more information.



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Improvements set to boost traffic flow outside city

A MULTI-MILLION plan to improve traffic flow on the outskirts of Coventry has taken a step forward - and will not cost taxpayers a penny.

Warwickshire County Council (WCC) is set to invest £6,411,400 - all funded by a developer - into major upgrades to the B4113 Pickard's Way/Wilsons Lane and the Longford Road Roundabout.

The scheme will enhance road safety and accommodate increased traffic from a nearby residential and commercial development.

The proposed works, undertaken through a Section 278 agreement with the developer, include a new signalised 'left in left out' (LILO) junction on the B4113 Pickard's Way and an emergency access on Wilsons Lane.

The project will also improve the Longford Road Roundabout with the addition of a third gyratory lane and a new toucan crossing.

Safety for pedestrians and cyclists will be boosted with the widening and extension of the shared cycleway and footway along Wilsons Lane.

The council says the highway

improvements are crucial for enabling a new 73-home development which was granted planning permission by Nuneaton and Bedworth Borough Council in 2022.

The developer is set to cover the full cost of the works, including any potential changes or overruns, ensuring no financial impact on the council or local taxpayers.

WCC will be procuring contracts and agreements to begin the works, and is collaborating with Coventry City Council to oversee the parts of the project that cross into its boundary.

WCC leader Coun George Finch said: "We are delighted to take this important step forward to improve junctions in Exhall."

"These developer-funded schemes are a great example of how we can secure significant investment to upgrade our local infrastructure."

"The scheme will not only provide the necessary capacity for the new development but will also deliver essential safety enhancements for all road users, including new crossings and improved cycleways."



Richard Parker is offering free bus travel for parents this October half term.

ALL ABOARD: PARENTS are being given free bus rides to help cut the cost of keeping children busy this half-term.

Parents and carers can apply for a Swift travel card pre-loaded with free bus travel between Monday, October 27 and Sunday, November 2 as part of the region's ongoing campaign to get more people to try buses, under plans announced by the West Midlands Mayor, Richard Parker.

Those who take up the free deal will also be offered a 25 per cent discount on a further week's free travel.

Mayor Richard Parker said: "At a time when family budgets are stretched, I am delighted to offer a free half-term on the buses. This will make it cheaper, easier and greener to take the kids out for the day - perhaps for Halloween or even a

fireworks display. "And while we do that, we are busy bringing our buses back under public control, improving services and creating a transport system that works better for everyone."

The offer is part of a £20 million passenger incentive programme, funded by Government through the Bus Service Improvement Plan, to encourage more people to use the bus.

The offer is available for new and lapsed bus users travelling with a child. Applications will be open from Monday, October 6 through the TWM website.

This follows earlier giveaways including free evening bus travel in the run up to last Christmas and a try-before-you-buy incentive scheme for key workers.

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Chance to join others for a spot of lunch

ELDERLY and lonely people in Rugby are invited to take lunch at a church near the town centre.

Rugby United Reformed Church in Hillmorton Road is offering two course lunches every Friday.

The lunches, which are open to anyone, cost just £6 – and the church also offers £1 takeaway boxes of leftovers.

Simon Burne, one of the volunteer organisers, said: "The Community Lunch has been going for over 20 years and is very popular.

"We have space to welcome more people. Why not come along and give it a try? It's fun, friendly, warm and welcoming - as well as offering delicious food, tea and coffee."

Call June on 01788 335395 for more information, or visit the church from 11.45am on Fridays for a hot drink or a meal.

Diwali celebration will offer light entertainment

A CELEBRATION of Diwali will light up Rugby town centre on Sunday (October 12).

A free town centre community event will mark the occasion – also known as the Festival of Lights – for the third time, following its debut in 2023 and a successful follow-up last year.

Organised by Rugby Indian Communities with support from Rugby First and Rugby Borough Council, the event will include music, dance, food, stalls, festive lighting, family entertainment and a lantern parade.

Diwali is the five-day Festival of Lights, celebrated by millions of Hindus, Sikhs and Jains across the world. It symbolises new beginnings and the triumph of good over evil and light over darkness, and for some also coincides with harvest and new year celebrations.

The festival always falls sometime between October and November, but the exact date varies each year as the Hindu calendar is based on the moon.

Coun Ish Mistry, one of the organisers of the event and Deputy Leader of Rugby Borough Council, said: "Diwali is a very important annual celebration for the Indian community and I am delighted that we are celebrating it in the heart of Rugby town centre again, where everyone will be able to join in the celebrations.

"The dancing, singing, drumming,



Diwali celebrations bring light and colour to Rugby town centre.

and lights and colourful procession will provide a fantastic atmosphere and amazing spectacle in the town centre.

"I would like to say a special thank you to the Indian Communities, Rugby First, Rugby Borough Council and all those taking part for their incredible support and bringing the event to life. Finally, I would like to

wish everyone a Happy Diwali."

Rugby First Business Director Linda Lowne said: "Rugby has an incredibly diverse community, and it is great to see everyone come together to celebrate an event like this, as well as shine a light on the town centre.

"I would encourage everyone not only to come along and enjoy the

event but also take the opportunity to support local town centre businesses who will be open on the day."

The event will run from 1pm to 7pm in Market Place, High Street, Sheep Street and the Asda car park in front of the Swan Centre.

Visit www.rugbyfirst.org for more information.

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Plenty of sleep and a healthy diet can be important



Couple talking an autumn walk. Photo Pixabay

WORLD Mental Health Day is marked every year on October 10 and a reminder of the importance of good mental health and the need to prioritise and invest in it.

Like physical health and fitness, everyone has a different level of mental health. It can be good when happiness, satisfaction with life prevail, but there are times when poor mental health issues are experienced.

Research suggests that each year, a quarter of people each year in England will experience a mental health problem of some kind.

That's one in six people experiencing a common mental health problem like anxiety or depression in any given week.

What is important to realise, however, is that just like physical health, mental health can be improved by working at it. Adopting certain lifestyle and eating habits can really improve resilience for when tough times come to test us.

Ways to support your mental health

Move daily - Regular movement and exercise are one of the most important things you can do to pro-

tect your mental health.

Not only does it improve your mental health, but it also protects against a myriad of chronic health issues, such as stroke, heart disease, and certain forms of cancer.

Yet despite these benefits being well established, over a third of UK adults do not meet the recommended amount of activity.

Current NHS guidelines recommend that people aged 19 to 64 should do a type of physical activity every day. That's at least 150 minutes of moderate intensity activity each week, spread over four to five days per week or daily.

In fact, doing just 15 minutes per day can significantly reduce your risk of getting depression from 10 to 20 per cent.

Prioritise sleep - Mental health and sleep are deeply connected, with poor sleep negatively impacting mental wellbeing. We spend one third (or thereabouts) of our lives doing it poorly, increasing the risk of having poor mental health.

There is no set rule as to how much you need which varies from person to person but eight hours is

a good aim.

Top sleep tips include, going to bed and waking at regular times during the week as this helps set the internal body clock. Avoid caffeine, alcohol and nicotine before sleep as these are stimulants and cause difficulty in dropping off and shallow sleep. Keep the bedroom as a sanctuary for sleep - avoid watching television, scrolling on a mobile or having heavy discussions in the wind down to sleep time. Making it a dark, quiet and comfortable temperature will reduce the likelihood of waking during the night.

Diet - One of the most effective

things that can be done to support good mental health is to pay attention to what is eaten.

A reliance on ultraprocessed and junk foods is going to have a knock-on effect on how someone feels.

Processed foods lead to poor gut health, resulting in an imbalance between beneficial bacteria that live there and pathogenic, unhelpful ones. This gut imbalance is called dysbiosis, and associated with poor mental health.

Enter the gut-brain axis. The bidirectional communication system of neurons that links the gut with the brain. Gut microbes interact with the gut-brain axis, helping to

create many neurotransmitters that are required for good mental health, like serotonin and dopamine.

Everyone can support their gut microbes and production of neurotransmitters by adopting a diet consisting of unprocessed fresh foods (like fish and meat), pulses, whole grains, fruits, and vegetables.

Aim for five portions of fresh vegetables and two pieces of fruit per day.

Visit www.mentalhealth.org.uk for a range of guides and free resources to help support good mental health.

Lise Evans Dip NT, mANP, rGNC

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Getting the measure of power and immorality at the RSC

Theatre review

Measure For Measure
RST Stratford

THANKS to possibly the least subtle introductory video montage ever projected on stage, this Measure For Measure announces its targets from the off as public figures embroiled in sex scandals.

Politicians, presidents, members of the royal family, the super rich - even the disgraced face of TV cooking shows are paraded at full height.

And the text of the play has been trimmed to fit the chosen thrust - less of the comic romp and more of the politics of staying on message.

As has become the case in most recent RST productions the set both impresses and to a certain extent dominates. Frankie Bradshaw's steel, theatre-high prison wall overhung by a vast ceiling of harsh lighting sets the tone and then raises it a level by contracting and adding drop-in glass walls for a tighter, more oppressive cell.

Slick use of trapdoor keeps everything moving seamlessly in a production which somehow feels quicker than its two hours plus.

Beneath this imposing technical and ideological arsenal lurks a production which, while not failing



to live up to the stated theme, is witty, clever and funny enough to hold its own.

Adam James's Duke takes his smiles, cheery patter and gestures from New Labour and exhibits a pleasing lightness and freshness throughout, a complexion which makes the later bursts of anger and impatience even more shocking.

Tom Mothersdale plays a man who confuses, as so many continue to do, the responsibility of power with a carte blanche to do whatever he wishes. A strong seam of insecurity makes the gradual descent into lascivious self-serving all the more chilling.

There's a sparkling performance from Isis Hainsworth as the hapless victim of much of the play's despicably immoral trading.

The play's ambiguous end is beautifully handled. Having witnessed the Duke dispensing what passes for restorative justice - and plainly enjoying every moment of it - we're only a grateful embrace away from the night's happy ending. Only it isn't.

The Duke's somewhat 'droit de seigneur' proposal of marriage leaves Isabella dumbstruck. Having been delivered from subjugation at the hands of a man's will once she's immediately faced by another such predicament. Her final action after swapping frying pan for fire is not 'as wrote' but

makes perfect, if shocking, sense.

With unflagging pace and no opportunity for comedy eschewed, Emily Burns's production is trenchant, relevant and hugely enjoyable.

Another fixture in the current production tick list is live camera projection. Often these feel more a can of 'we can' rather than 'we need to' but in this case, with its obvious flavour of putting errant worthies in the spotlight, it works well. We are all used to pictures of the great and the (not so) good squirming under media questioning and somehow the amplified facial expressions and panicked pauses are even better on the big screen.

Projection also helps in some way to save a fairly basic problem in this theatre and in the show particularly. For much of the play's fairly static content characters are frequently blocked off to areas of the audience by others closer to the front. It's a situation not helped by the almost unbroken ring of benches preventing movement.

Thank goodness we were able to watch some of it on TV.

Matthew Salisbury

Isabella (Isis Hainsworth), Mariana (Emily Benjamin) and Anello (Tom Mothersdale). Picture by Helen Murray (RSC).

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More urged to take up offer of flu vaccine

GET a flu jab is the message for young and old across Warwickshire.

According to the UK Health Security Agency last year in England, flu caused around 8,000 deaths, while vaccination prevented an estimated 96,000 to 120,200 hospitalisations.

WCC health spokeswoman Coun Anne-Marie Sonko said: "The flu vaccine programme focuses on those who are at greatest risk of getting seriously ill. Flu will peak over the festive and New Year due to everyone being together in a confined space. Nobody wants to miss out on the celebrations with friends and family – give your family the best protection they can have by taking up the offer of a winter vaccination."

Many people believe flu to be the same as a cold, which is wrong. Colds and flu do share similar symptoms such as blocked nose, sore throat, high temperature.

But flu will give more severe symptoms including fever, fatigue and aches and pains. Further complications can lead to being seriously ill and having to go to hospital.

Those eligible for a flu vaccine include people with certain long term health conditions, from six months to under 65s

people aged 65 and over, pregnant women, all children aged two or three

on August 31 this year, primary school aged children (from Reception to year 6), secondary school aged children (from year 7 to Year 11), care home residents, carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person, close contacts of immunocompromised individuals and frontline health and social care workers

While pregnant women and children are receiving a vaccination in September, most eligible adults can receive a flu vaccine from October 1.

Visit www.nhs.uk/nhs-services/vaccination-and-booking-services/ or go to the NHS App or call 119 to book an appointment.

Once vaccinated this ensures maximum protection during the peak flu season, typically December to February.

Even those who have had flu before or received a previous vaccine, it's important to get vaccinated again. Immunity fades over time, and flu viruses evolve each year. Being vaccinated means people are more likely to experience milder symptoms and recover faster if they catch flu.

For more information around the flu vaccination including specific information around eligibility and further information about the vaccine itself please go to www.warwickshire.gov.uk/flu.



Erin Moss, Chris Earle and managing director Neil Price from The Box Factory donate £10,000.

GENEROUS GIFT: A LOYAL supporter has donated £10,000 towards The Myton Hospices' 'Give the Gift of a Hospice Bed' campaign.

The Box Factory, based in Leamington, made the donation to help ensure more people across Coventry and Warwickshire can access a hospice bed when they need it most.

Due to limited funding, too many patients are still dying before a bed becomes available at Myton. The Box Factory's donation could fund a hospice bed for over three weeks, providing care for local people at the most difficult time in their lives.

This year, Myton need to raise £12.7 million to continue providing their expert care free of charge to patients and their loved ones.

Despite these challenges, the charity remains committed to keeping their services running and supporting as many people as possible. As the only provider of hospice inpatient beds in

Coventry and Warwickshire, this is critical – and Myton is calling on local businesses and the community to stand with them.

The hospice's spokesperson Chris Willmott said: "We are incredibly grateful to the team at The Box Factory for their continued support over the years. Their donation of £10,000 to our 'Give the Gift of a Hospice Bed' campaign will help us care for more people when they need us most."

"Tragically, there are still too many people dying on our waiting list for a hospice bed at Myton – this is heart-breaking, and this campaign is about changing that. With the support of generous local organisations like The Box Factory, and the wider community, we can ensure Myton is here for everyone, now and in the future."

It costs £450 to fund a hospice bed at Myton for one day and every donation – big or small – makes a difference.

Visit www.mytonhospice.org/Bed to donate.

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Change in the season prompts a call to steer clear of these traps

AS THE nights get darker and the weather turns, a motoring expert says autumn is the season when drivers are most likely to slip up without realising.

Thom Groot, CEO and Co-Founder of The Electric Car Scheme - electriccarscheme.com - said: "Autumn can catch drivers off guard."

"Even little things like using fog lights at the wrong time or not clearing your windscreen properly can leave you with a hefty fine."

Here are the most common autumn driving mistakes and how to avoid them.

Using fog lights incorrectly - £50 fine - Legally, drivers should only use fog lights when visibility drops below 100metres. Those caught using them unnecessarily could face a £50 on-the-spot fine. Mr Groot added: "It's worth familiarising yourself with your dashboard symbols and switching them off the moment conditions improve."

Splashing pedestrians - up to £5,000 fine - The expert said deliberately splashing pedestrians by driving through puddles could land motorists with a significant fine. This offence falls under Section 3 of the Road Traffic Act 1988, which makes it an offence to drive 'without reasonable consideration for other persons using the road'. The fine can reach up to £5,000 in serious cases and motorists can



Don't fall foul of fallen leaves this autumn.

receive between three to nine penalty points on their licence.

Driving with leaves or frost covering your car - £1,000 fine - Fallen leaves and frost can block mirrors, windows, lights and number plates - all of which are illegal to drive with obscured. Failing to fully clear rearview, mirrors or plates can lead to fines of up to £1,000.

Mr Groot added: "It's always worth taking a few extra minutes

before you set off to clear away leaves and scrape off frost properly."

Driving too fast for wet roads - up to £5,000 fine - Once the rain mixes with fallen leaves, the surface gets slick and stopping distances shoot up.

Mr Groot said: "Not adjusting your driving in those conditions is asking for trouble."

"If you end up in a crash and it's clear you didn't slow down or leave

space, you could be hit with careless driving charges."

That can mean fines of up to £5,000, nine penalty points, and even losing your licence.

His advice is simple: "Ease off the accelerator, leave more space and keep your driving smooth."

Worn or underinflated tyres - up to £10,000 fine - Colder weather means tyre pressure drops naturally - and that can be dangerous when combined with wet autumn

roads. Underinflated or worn tyres drastically reduce grip, making it harder to brake, steer, or stop in an emergency.

Mr Groot said: "You can be fined £2,500 per defective tyre and get three penalty points for each one."

"That means if all four tyres are illegal, you're looking at £10,000 in fines and 12 points - enough for an instant ban."

Check tyres weekly, top up pressures regularly and keep tread depth above the 1.6mm legal minimum.

Forgetting your headlights - £50 fine - Many drivers forget to switch headlights on during gloomy daytime conditions, making themselves harder to see. Forgetting can land drivers with a £50 fine.

Mr Groot added: "If your wipers are going, your headlights should be too."

Leaving your car idling while defrosting - £80 fine - Technically, this is an offence and could cost you £80 but it could be more costly than that.

Mr Groot said: "Plenty of cars are stolen every year because people leave them idling and unattended."

"It only takes a few seconds for someone to hop in and disappear with it."

His advice - stick to the basics - grab an ice scraper and stay with your car while it warms up - drivers will save yourself a lot of risk.



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Gardening

Autumn signals the beginning of the great garden tidy-up

OCTOBER heralds the start of autumn and the start of the big garden tidy up getting plants and containers ready for winter. It's also the best month to plant trees, shrubs and perennials as the soil still has some warmth which will help to get them established.

If it's autumn colour you are after, conifers can provide fabulous splashes of orange, blue or purple at this time of year.

They are cone-bearing seed plants and include cedars, cypresses, firs, junipers, larches, pines, spruces and yews.

Whilst being practical and useful, conifers are also visually stunning and can transform a garden into something quite magnificent.

They are easy to look after and although they need good drainage and water to get them established, after that they need little attention as they are pretty disease resistant and maintenance free.

With several hundred varieties of conifers available in the UK, there is one to suit every type of garden and

they look just as good in a container on a patio or balcony as they do in a more spacious setting.

Dormant bare root roses are now available as well and can provide a cost-effective way of creating a mini rose garden for the coming year. Before planting, soak the roots in water, and then mix some good quality compost into the soil and make sure the plants are watered well once planted.

An added bonus of growing roses is that they produce amazing rosehips around this time of year – providing a food source for wildlife and some autumn interest in the garden.

From the wild dog roses of the hedgerow to ornamental hybrid teas in the garden, hips contain rose seeds and their bright colours attract the birds to eat and distribute them.

But some roses develop far more colourful hips, in larger numbers, that last much longer than others such as R. rugosa with its fragrant flowers that are followed by red hips looking like cherry tomatoes. Roses with exceptional hips are also found among the older, classic shrub roses like R. Penelope which is a long-flower-

ing hybrid musk with richly scented creamy-pink flowers and uniquely coral pink hips and R.

Scharlachglut that has huge numbers of pear-shaped red hips following scarlet flowers.

Rosehips can also used as a herbal tea - they are a great source of vitamin C and can also have anti-inflammatory properties.

In addition to planning your autumn planting, top tips from the RHS for October jobs in the garden include:

- Move tender plants into a greenhouse or indoors
- Move or plant trees and shrubs
- Cut back perennials that have died down
- Divide herbaceous perennials such as hosta and iris
- Divide established rhubarb crowns to create new plants
- Plant out spring cabbages
- Harvest apples, pears, grapes and nuts
- Prune climbing roses
- Finish collecting seeds from the garden to sow next year
- Last chance to mow lawns and trim hedges in mild areas



Rosehips in the garden.



October sees the start of autumn and leaves changing on the trees.

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SUDOKU

Complete the grid so that every row, every column and every 3 x 3 box contains every digit from 1 to 9.

EASY

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

HARD

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

PATHFINDER

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

European birds of prey

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

Solutions opposite

CROSSWORD

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

ACROSS

- Jot (4)
- Silence by surprise (6,4)
- Agreeable (8)
- Performs (4)
- Rub out (6)
- Took notice (6)
- Protects (6)
- A planet (6)
- Serpents (4)
- Wins back (8)
- Honest (5,5)
- Transmit (4)

DOWN

- Crawling (2,3,5)
- A continent (4)
- Lubricate (6)
- Drawing (6)
- Nearby (8)
- Recedes (4)
- Moscow citadel (3,7)
- Rough (8)
- Writer (6)
- Gregarious (6)
- Sad to say (4)
- Joins (4)

Scribble pad

LADDER

Using the clues provided, fill in each step of the ladder with a new word, changing one letter at a time.

- Memo
- Facial feature
- Defeated
- Misplaced
- Final



NINER

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

- 12767 gives a girl's name;
- 329784 gives a second girl's name;
- 9755748 gives a third girl's name.

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

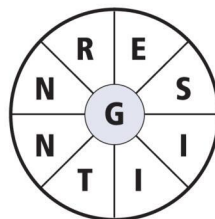
CODEWORD

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

	14	26	12	9		4	10	8	18	15	20	2	24		
A															
B	8		16			20			21		7		8		
C															
D	4		2	15	20	7	25	8	4		9		17		
E															
F	1	24	21				15				11	8	12	21	
G															
H	21		1			21	6	20	9			2		9	
I															
J		8	5	20	3		10			23	21	9	9	16	
K															
L						4			12		20				
M															
N	18	10	20	I	19	21		18		11	26	8	9		
O															
P	1		7	N			23	26	13	21		5		5	
Q															
R	10	8	17	9				26				18	21	8	
S															
T	18		1			26	11	12	20	22	1	21		10	
U															
V	12		24			18			12			10		10	
W	21	14	21	7	9	17	1	12			10	21	12	16	
X															
Y	1	2	3	4	5	6	7	8	N	9	10	11	12	13	
Z	14	15	16	17	18	19	20		I	21	22	23	24	25	26

WORDWHEEL

You have 10 mins to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.

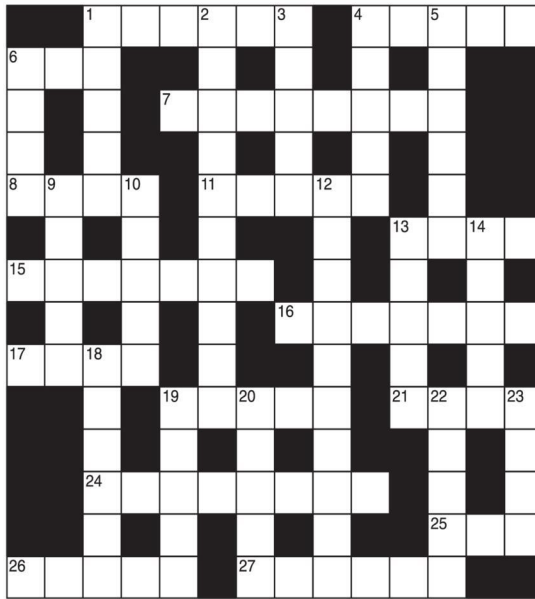


How you rate
 15 words: average 35 words: very good
 25 words: good 40 or more: excellent.

GENERAL KNOWLEDGE CROSSWORD

ACROSS

- 1 River on which Oxford stands (6)
- 4 & 6 Down American whose collections of verse include Hard Lines and Versus (5,4)
- 6 & 19 Across Well-known symphony by Dvorak (3,5)
- 7 'Miss' in German (8)
- 8 Female domestic fowls (4)
- 11 & 13 Across Expanse of sea in the Orkney Islands (5,4)
- 15 Cat's-tail grass, valued for cattle fodder (7)
- 16 Salt of nitric acid, used as a fertiliser (7)
- 17 & 1 Down Pen name of the author of The Adventures of Huckleberry Finn (4,5)
- 19 See 6 Across
- 21 & 24 The Republic of Ireland's first female president (4,8)
- 25 Sea bird such as the puffin, razorbill or guillemot (3)
- 26 Surname of the ace fighter pilot, knighted in 1976 for his work for disabled people (5)
- 27 Preliminary or rough drawing (6)



DOWN

- 1 See 17
- 2 Strong, sweet liqueur made from a black cherry grown in Dalmatia (10)
- 3 A steam bath or bathhouse (5)
- 4 Last letter of the Greek alphabet (5)
- 5 Hebrew prophet who interpreted the dreams of Nebuchadnezzar (6)
- 6 See 4 Across
- 7 In botany, the heath genus (5)
- 8 Loose, protective garment with a gathered yoke (5)
- 9 Word that reads the same backwards and forwards (10)
- 10 A marketplace, especially in ancient Rome (5)
- 11 Aquatic, fish-eating carnivore (5)
- 12 An implement for forcing down a charge in a muzzle-loaded firearm (6)
- 13 Surname of the composer famous for Der Freischutz and Abu Hassan (5)
- 14 Rows of soldiers standing side by side (5)
- 15 The Muslim God (5)
- 16 City on the Ouse traditionally the capital of the North of England (4)

SOLUTIONS

ACROSS: 1 Thames; 4 Ogden; 6 New; 7 Fraulein; 8 Hens; 11 Scapa; 13 Flow; 15 Timothy; 16 Mark; 19 World; 21 Mary; 24 Robinson; 25 Auk; 26 Bader; 27 Sketch. DOWN: 1 Twain; 2 Maraschino; 3 Sauer; 4 Omega; 5 Daniel; 6 Nash; 7 Erica; 8 Smock; 12 Palindrome; 13 Forum; 14 Otter; 18 Ramrod; 19 Weber; 20 Ranks; 22 Allah; 23 York.

General Knowledge Crossword

ACROSS: 1 Iota; 8 Strike dumb; 9 Pleasant; 10 Acts; 12 Efface; 14 Heeded; 15 Guards; 17 Saturn; 18 Asps; 19 Reclaim; 21 Above board; 22 Send; Down: 2 On all fours; 3 Asia; 4 Grease; 5 Sketch; 6 Adjacent; 7 Ebbs; 11 The Kremlin; 13 Abrasive; 16 Scribe; 17 Social; 18 Alias; 20 Adds.

Crossword

WORDWHEEL Pathfinder: Osprey, golden eagle, long-eared owl, hen harrier, red kite, barn owl, buzzard, sparrowhawk, marsh harrier, hobby, little owl, peregrine falcon, tawny owl, lammergeier, honey buzzard, goshawk, griffon vulture, kestrel, merlin, white-tailed eagle. HERALDING: montagu's harrier, snowy owl, gyrfalcon.

WORDWHEEL Ladder: Vote, Note, Nose, Lose, Lost, Last, Cast. CODWORD: 1=U, 2=C, 3=D, 4=G, 5=M, 6=X, 7=N, 8=A, 9=T, 10=R, 11=B, 12=L, 13=K, 14=Y, 15=H, 16=Y, 17=F, 18=P, 19=Z, 20=L, 21=E, 22=Q, 23=L, 24=S, 25=W, 26=O.

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

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

Hard

Easy
Sudoku



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PUBLIC NOTICES

PUBLIC NOTICES

Warwickshire County Council

ROAD TRAFFIC REGULATION ACT 1984

Warwickshire County Council has made the following Temporary Traffic Orders:

A426 NEWBOLD ROAD (ACCESS ROAD ONLY), RUGBY

Order Effect: Road closed to vehicular traffic. Reason for Order: For renewal of a boundary box and installation of a meter. Order Commences: 11 October 2025 for up to 18 months. Anticipated Completion: 12 October 2025. Access & Diversion: No diversion available. Contractor: Chevron TM Ltd, Tel: 03300 080 820.

GRASMERE CLOSE, BROWNSOVER, RUGBY

Order Effect: Road closed to vehicular traffic. Reason for Order: To enable duct laying works. Order Commences: 16 October 2025 for up to 18 months. Anticipated Completion: 16 October 2025. Access & Diversion: There is no available diversion route. Contractor: M J Quinn, Tel: 01543 547 118.

VARIOUS ROADS, RUGBY

Order Effect: The following roads and cycleway will be closed to vehicular traffic:

Table with 2 columns: Road, Location - Between 0800hrs and 1230hrs. Rows include St Peters Road, Lower Hillmorton Road, Kingsley Avenue, Hillmorton Road, Ashlawn Road, Barby Lane, Barby Lane, Onley Lane, Ashlawn Road, Paddock, Rugby, Cycleway Great Central Walk South, Rugby.

Reason for Order: The closures and restrictions are required for the safety of the public and of the participants in the Rugby Half Marathon 2025. Order Effective from: 19 October 2025 for 1 day.

Access & Diversion: Alternative routes will be appropriately signed. Vehicular access & egress will be maintained where possible and safe to do so. Contractor: Highway Traffic Management Ltd Tel: 0121 326 9143

Reason for Order: The closures and restrictions are required for the safety of the public and of the participants in the Rugby Half Marathon 2025. Order Commences: 19 October 2025.

Access & Diversion: Will be appropriately signed. Contractor: Highway Traffic Management Ltd Tel: 01213 269 143.

CORONATION ROAD, CHURCH LAWFIELD

Order Effect: Road closed to vehicular traffic. Reason for Order: Works to replace existing pole. Order Commences: 16 October 2025 for up to 18 months. Anticipated Completion: 16 October 2025. Access & Diversion: Coronation Road, Coventry Road, Limestone Hall Lane, Ling Lane and vice versa. Contractor: Core Highways, Tel: 03300 169 688.

LITTLE LONDON LANE, NEWTON

Order Effect: Road closed to vehicular traffic. Reason for Order: Works to lay approx 250 metres of duct in the carriageway. Order Commences: 15 October 2025 for up to 18 months. Anticipated Completion: 28 October 2025. Access & Diversion: No diversion available. Contractor: Callan Connect, Tel: 01213 275 167.

THE PADDOCK, NEWTON

Order Effect: Road closed to vehicular traffic. Reason for Order: Works to lay approx 100m of duct in the footway and carriageway. Order Commences: 13 October 2025 for up to 18 months. Anticipated Completion: 17 October 2025. Access & Diversion: No diversion available. Contractor: Callan Connect, Tel: 01213 275 167.

BIGGIN HALL LANE, THURLASTON

Order Effect: Road closed to vehicular traffic across the entrance of Biggin Hall to Meadowcroft. Reason for Order: To safely enable the laying of approx 105 metres of duct in the verge. Order Commences: 14 October 2025 for up to 18 months. Anticipated Completion: 16 October 2025. Access & Diversion: No diversion available. Contractor: Callan Connect, Tel: 01213 275 167.

CHURCH LANE, THURLASTON

Order Effect: Road closed to vehicular traffic. Reason for Order: Works to lay approx 70 metres of duct in the carriageway. Order Commences: 13 October 2025 for up to 18 months. Anticipated Completion: 16 October 2025. Access & Diversion: No diversion available. Contractor: Callan Connect, Tel: 01213 275 167.

SAWBRIDGE ROAD, SAWBRIDGE

Order Effect: Road closed to vehicular traffic. Reason for Order: To enable small hydrant installation works. Order Commences: 15 October 2025 for up to 18 months. Anticipated Completion: 17 October 2025. Access & Diversion: Sawbridge Road, Main Street, Park Hill, Daventry Road, Shuckburgh Road, A425 Daventry Road, A425 Staverton Road, Leamington Way, Braunston Road, The Wharf, London Road, Moor Lane, Willoughby Road and vice versa. Contractor: Chevron TM Ltd, Tel: 03300 080 820.

Warwickshire County Council proposes to make the following Temporary Traffic Orders:

BATH STREET, RUGBY

Order Effect: Road closed to vehicular traffic. Reason for Order: To safely enable works to repair/replace defective manhole frame and covers. Order Commences: 30 October 2025 for up to 18 months. Anticipated Completion: 30 October 2025. Access & Diversion: Railway Terrace, Craven Road, Murray Road, Whitehall Road, Clifton Road and vice versa. Contractor: CSP, Tel: 07918 389 363.

CAMPBELL STREET, NEW BILTON, RUGBY

Order Effect: Road closed to vehicular traffic. Reason for Order: To enable pole installation works. Order Commences: 27 October 2025 for up to 18 months. Anticipated Completion: 27 October 2025. Access & Diversion: Campbell Street, Pinfold Street, Lawford Road and vice versa. Contractor: Core Highways, Tel: 03300 169 688.

LILBOURNE ROAD, CLIFTON UPON DUNSMORE

Order Effect: Road closed to vehicular traffic. Reason for Order: To safely enable overhead cabling works. Order Commences: 31 October 2025 for up to 18 months. Anticipated Completion: 31 October 2025. Access & Diversion: Lilbourne Road, Watling Street, A5, Market Harborough Road, Newton Road, Church Street and vice versa. Contractor: Sunbelt Rentals Ltd, Tel: 03700 500 792.

REGENT PLACE, BENN, RUGBY

Order Effect: Road closed to vehicular traffic. Reason for Order: Works for 2 joint holes in modular footway for link box replacement/installation, closed 08.00hrs-16.00hrs. Order Commences: 29 October 2025 for up to 18 months. Anticipated Completion: 29 October 2025. Access & Diversion: Regent Street, Regent Place and vice versa. Contractor: Network Plus, Tel: 08081 642 252.

ALWYN ROAD, BILTON, RUGBY

Order Effect: Road closed to vehicular traffic. Reason for Order: Works to remove trees and hedge row for Homes England project. Order Commences: 28 October 2025 for up to 18 months. Anticipated Completion: 1 November 2025. Access & Diversion: Alwyn Road, Longroad Road, Bawnmore Road, Dunchurch Road, Cycleway From Dunchurch Road To Rugby Road, Rugby Road, Northampton Lane and vice versa. Contractor: Alm Ltd, Tel: 07706 342 453.

EASTWOOD GROVE, HILLMORTON, RUGBY

Order Effect: Road closed to vehicular traffic. Reason for Order: Works to lay duct in the footway and the carriageway. Order Commences: 27 October 2025 for up to 18 months. Anticipated Completion: 29 October 2025. Access & Diversion: No diversion available. Contractor: Omnis Highway Solutions, Tel: 01724 786 286.

ALWYN ROAD, RUGBY

Order Effect: Road closed to vehicular traffic from a point outside property number 40. Reason for Order: To enable repair/replacement of defective manhole cover and frame. Order Commences: 27 October 2025 for up to 18 months. Anticipated Completion: 27 October 2025. Access & Diversion: Main Street, Lawford Lane, Magnet Lane, The Green, Bawnmore Road, Longroad Road and vice versa. Contractor: CSP, Tel: 07918 389 363.

HAWLANDS, RUGBY

Order Effect: Road closed to vehicular traffic from the junction of Bow Fell. Reason for Order: To enable works to repair/replace a defective manhole cover and frame. Order Commences: 27 October 2025 for up to 18 months. Anticipated Completion: 27 October 2025. Access & Diversion: Hawlands, Crowthorns and vice versa. Contractor: CSP, Tel: 07918 389 363.

LAWFORD ROAD, RUGBY

Order Effect: Road Closed to vehicular traffic outside properties 34 to 22. Reason for Order: To enable installation of a new water connection. Order Commences: 25 October 2025 for up to 18 months. Anticipated Completion: 25 October 2025. Access & Diversion: Lawford Road, Warwick Street, Corporation Street, Lawrence Sheriff Street, Dunchurch Road, Russelsheim Way, Bilton Road, Evreux Way, Newbold Road, Leicester Road, Rugby Western Relief Road and vice versa. Contractor: Network Plus, Tel: 01332 820 920.

SHILTON ROAD, BRINKLOW

Order Effect: Road closed to vehicular traffic. Reason for Order: Trial holes works in footway and carriageway. Order Commences: 27 October 2025 for up to 18 months. Anticipated Completion: 27 October 2025. Access & Diversion: Shilton Road, Ansty Road, Ansty Lane, Brinklow Road, Main Road, Hincley Road, A46, Coventry Eastern Bypass, Woodway Lane, Clifford Bridge Road, University Hospital Service Road, Belgrave Road, Harvesters Close, Coventry Road and vice versa. Contractor: GTM, Tel: 07918 294 888.

ENNERDALE, RUGBY

Order Effect: Road closed to vehicular traffic. Reason for Order: To safely enable installation of a small hydrant. Order Commences: 27 October 2025 for up to 18 months. Anticipated Completion: 29 October 2025. Access & Diversion: No diversion available. Contractor: Chevron TM Ltd, Tel: 03300 080 820.

For all of the above temporary orders, pedestrian access to and egress from properties and land situated adjacent to the length of road to be closed will be maintained at all times. Vehicular access will be maintained where possible.

To report any problems with these works or for further details of our current & planned roadworks visit our website warwickshire.gov.uk/roadworksmap or call us 01926 412515.

THE WARWICKSHIRE COUNTY COUNCIL (MAIN STREET C206, WILLEY, RUGBY) (20 MPH SPEED LIMIT) ORDER 2025

Warwickshire County Council has made the above-named Order which revokes the existing 30mph speed limit and introduces a 20mph speed limit within the village of Willey, Rugby, on the lengths of roads described in the Schedule below.

The Order commences on Monday 13th October 2025. A copy of this notice, the Order, the plans showing the lengths of roads affected and a statement of the Council's reasons for making the Order, can be inspected at Shire Hall, Market Place, Warwick during usual opening hours and are available to view on the website at https://www.warwickshire.gov.uk/news/2028/rugby-borough. Any enquiries relating to the Order may be made to Chris Round (Tel: 01926 413789) or emailed to pmc@warwickshire.gov.uk.

Any person who desires to question the validity of the Order or of any provision contained in it on the grounds that it is not within the powers conferred by the Road Traffic Regulation Act 1984, or on the grounds that any requirement of that Act or of any instrument made under it has not been complied with in relation to the Order may within six weeks from the date of the making of the Order apply to the High Court for this purpose.

SCHEDULE (20 MPH SPEED LIMIT)

Main Street, Willey. From a point 138 metres North of its junction with Coal Pit Lane for a distance of 600 metres in a northerly direction through the Village.

S Duxbury, Director of Strategy, Planning & Governance, Shire Hall, Warwick CV34 4RL Date 10 Oct 2025

Classified

TELEPHONE 01527 588688 FACSIMILE 01527 584371

PUBLIC NOTICES

PUBLIC NOTICES

Warwickshire County Council

ROAD TRAFFIC REGULATION ACT 1984

Warwickshire County Council proposes to make the following Temporary Traffic Orders:

BUBBENHALL ROAD, BUBBENHALL

Order Effect: Road closed to vehicular traffic between Stoneleigh Road (Bubbenhall) and Stoneleigh Road (Baginton) at Bubbenhall Bridge. Reason for Order: To enable essential parapet repairs, weekdays only. Order Commences: 28 October 2025 for up to 18 months. Anticipated Completion: 6 December 2025.

Access & Diversion: C33 Bubbenhall Road (between Bubbenhall Bridge to C32 Stoneleigh Rd), C32 Bubbenhall Road (between Coventry Rd to Stoneleigh Rd West), C32 Bubbenhall Road (between Coventry Ln to Chantry Heath Ln), D22040 Chantry Heath Lane, X33 Silver Eagle Way, C33 Silver Eagle Way, X33 Silver Eagle Way, X33 Bubbenhall Road, C33 Bubbenhall Road (between Silver Eagle Way and Bubbenhall Bridge) and vice versa. Contractor: Balfour Beatty, Tel: 03452 415 302.

C18 WHEELWRIGHT LANE, NEALS GREEN

Order Effect: Road Closed to vehicular traffic from Winding House Lane to Carsal Close. Reason for Order: Carriageway patching and associated works, 09.30hrs-15.30hrs. Order Commences: 28 October 2025 for up to 18 months. Anticipated Completion: 28 October 2025. Access & Diversion: Winding House Lane, A444, Newtown Road, Heath Road, Goodyears End Lane, Royal Oak Lane, Ash Green Lane, Wheelwright Lane and vice versa. Contractor: Balfour Beatty, Tel: 03452 415 302.

A45 BIRMINGHAM ROAD (ENTRY SLIP ROAD), GREAT PACKINGTON

Order Effect: Road closed to vehicular traffic between the junction with Maxstoke Lane and the A45 Eastbound. Reason for Order: Carriageway patching and associated works, 09.30hrs-15.30hrs. Order Commences: 31 October 2025 for up to 18 months. Anticipated Completion: 31 October 2025. Access & Diversion: Maxstoke Lane, Birmingham Road, Showell Lane, entry slip road to the A45. Contractor: Balfour Beatty, Tel: 03452 415 302.

MERIDEN ROAD, FILLONGLEY

Order Effect: Road closed to vehicular traffic from the T-junction with Green End Road. Reason for Order: To enable works to replace an existing pole. Order Commences: 28 October 2025 for up to 18 months. Anticipated Completion: 28 October 2025. Access & Diversion: Meriden Road, Fillongley Road, Birmingham Road, Maxstoke Lane, Dunchurch Highway, Pickford Way, Holyhead Road, Coundon Wedge Drive, Sayer Drive, Wall Hill Road, Long Lane, Tamworth Road, Tamworth Road Service Road, Holyfield Lane, Rock Lane, Coventry Road, Ousterne Lane and vice versa. Contractor: Omnis Highway Solutions, Tel: 01724 786 286.

COVENTRY ROAD, COOMBE FIELDS

Order Effect: Road closed to vehicular traffic. Reason for Order: To safely enable trial hole works. Order Commences: 28 October 2025 for up to 18 months. Anticipated Completion: 29 October 2025. Access & Diversion: Shilton Road, Ansty Road, Ansty Lane, Brinklow Road, Main Road, Hincley Road, A46, Coventry Eastern Bypass, Woodway Lane, Clifford Bridge Road, University Hospital Service Road, Belgrave Road, Harvesters Close, Coventry Road and vice versa. Contractor: GTM, Tel: 07918 294 888.

COVENTRY ROAD, COOMBE FIELDS

Order Effect: Road closed to vehicular traffic. Reason for Order: To safely enable trial hole works. Order Commences: 28 October 2025 for up to 18 months. Anticipated Completion: 29 October 2025. Access & Diversion: Shilton Road, Ansty Road, Ansty Lane, Brinklow Road, Main Road, Hincley Road, A46, Coventry Eastern Bypass, Woodway Lane, Clifford Bridge Road, University Hospital Service Road, Belgrave Road, Harvesters Close, Coventry Road and vice versa. Contractor: GTM, Tel: 07918 294 888.

COVENTRY ROAD, COOMBE FIELDS

Order Effect: Road closed to vehicular traffic. Reason for Order: To safely enable trial hole works. Order Commences: 28 October 2025 for up to 18 months. Anticipated Completion: 29 October 2025. Access & Diversion: Shilton Road, Ansty Road, Ansty Lane, Brinklow Road, Main Road, Hincley Road, A46, Coventry Eastern Bypass, Woodway Lane, Clifford Bridge Road, University Hospital Service Road, Belgrave Road, Harvesters Close, Coventry Road and vice versa. Contractor: GTM, Tel: 07918 294 888.

COVENTRY ROAD, COOMBE FIELDS

Order Effect: Road closed to vehicular traffic. Reason for Order: To safely enable trial hole works. Order Commences: 28 October 2025 for up to 18 months. Anticipated Completion: 29 October 2025. Access & Diversion: Shilton Road, Ansty Road, Ansty Lane, Brinklow Road, Main Road, Hincley Road, A46, Coventry Eastern Bypass, Woodway Lane, Clifford Bridge Road, University Hospital Service Road, Belgrave Road, Harvesters Close, Coventry Road and vice versa. Contractor: GTM, Tel: 07918 294 888.

COVENTRY ROAD, COOMBE FIELDS

For all of the above temporary orders, pedestrian access to and egress from properties and land situated adjacent to the length of road to be closed will be maintained at all times. Vehicular access will be maintained where possible. To report any problems with these works or for further details of our current & planned roadworks visit our website warwickshire.gov.uk/roadworksmap or call us 01926 412515.

S Duxbury, Director of Strategy, Planning & Governance, Shire Hall, Warwick CV34 4RL Date 10 Oct 2025

PUBLIC NOTICES

PUBLIC CONSULTATION NOTICE

Proposed Residential Development - Outline Planning Application for up to 90 Dwellings and associated access and open space.

Location: Land South of Ashlawn Road, Rugby, CV22 5QF

Swonders are preparing to submit an Outline Planning Application to Rugby Borough Council for the proposed development of up to 90 new homes and associated public open space with all matters reserved except for access.

As part of our commitment to community engagement, we are holding a public consultation event to give local residents, businesses and stakeholders the opportunity to view and comment on the emerging proposals before the application is submitted.

Public Consultation Event

Date: Wednesday 22nd October 2025

Time: 2:30pm to 8:00pm

Venue: St Andrews Rugby Football Club, Hillmorton Grounds, Ashlawn Road, Rugby, CV22 5QQ

PUBLIC NOTICES

NOTICE OF APPLICATION FOR A NEW PREMISES LICENCE UNDER THE LICENSING ACT 2003

Notice is hereby given that Indigo Flavours Limited has applied to Coventry City Council for a New Premises Licence for Indigo Flavours, The Hub, 4 Jordan Well, Coventry, CV1 5QT. Details of Application: To provide: Live and Recorded Music 24 hours a day, 7 days a week (Indoors), Late Night Refreshment (11.00 pm - 03.00 am 7 days a week (Indoors and Outdoors)), Supply of Alcohol 24 hours a day, 7 days a week (Indoors and Outdoors).

Any person wishing to lodge a representation concerning this application may write to: Licensing Authority, The Council House, Earl Street Coventry CV1 5RR. Or send an email to: licensing@coventry.gov.uk. The application may be viewed during normal office hours at the above address and further information may be available at www.coventry.gov.uk on the public register.

Any Representation relating to this application must be made in writing to the Licensing Authority by 30th October 2025. Please note it is an offence to knowingly or recklessly to make a false statement in connection with an application. The maximum fine on summary conviction for this offence is Unlimited.

Notice of application to vary a Premises Licence under The Gambling Act 2005

Notice is hereby given that Genting Casinos UK Limited, Genting Club Star City Birmingham, B7 5SA are applying under section 187 of the Gambling Act 2005 to vary a converted casino premises licence issued under that Act. The application relates to the following premises: Genting Casino, The Sky Dome Arena, Croft Road, Coventry, CV1 3AZ. The application is to vary the licence as follows: This variation application is for approval of revised premises licence plans reflecting proposed changes to the designated areas licenced for the provision of gambling and non-gambling facilities across the ground floor of the premises. The new premises licence plans specify the designated Table Gaming Areas and Other Gambling Areas to enable the casino to operate as an extended Converted Casino Premises as more particularly detailed in this application and the accompanying Premises Licence Plans. The application has been made to: Licensing Team Coventry City Council, PO Box 7097, Coventry, CV6 9SL. Website: https://www.coventry.gov.uk/

Information about the application is available from the licensing authority, including the arrangements for viewing the details of the application. Any of the following persons may make representations in writing to the licensing authority about the application: A person who lives sufficiently close to the premises to be likely to be affected by the authorised activities. A person who has business interests that might be affected by the authorised activities. A person who represents someone in any of the above two categories. Any representations must be made by the following date: 30th October 2025. It is an offence under section 342 of the Gambling Act 2005 if a person, without reasonable excuse, gives to a licensing authority for a purpose connected with that section information which is false or misleading.

ROY BAUFLOY (Deceased)

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the above named, late of 55 Monks Road Stoke Coventry, CV1 2BZ, who died on 17/08/2025, are required to send written particulars thereof to the undersigned on or before 11/12/2025, after which date the Estate will be distributed having regard only to the claims and interests of which they have had notice.

JOSEPH YOUNG (Deceased)

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the above named, late of 41 New Green Park, Wyken Crk, Coventry, CV2 1HR, who died on 03/08/2025, are required to send written particulars thereof to the undersigned on or before 11/12/2025, after which date the Estate will be distributed having regard only to the claims and interests of which they have had notice.

ANGELS SOLICITORS LLP

117-119 New Union Street Coventry CV1 2NY

Classified

TELEPHONE 01527 588688 FACSIMILE 01527 584371

PUBLIC NOTICES

PUBLIC NOTICES

Warwickshire County Council

ROAD TRAFFIC REGULATION ACT 1984
Warwickshire County Council has made the following Temporary Traffic Orders:

VARIOUS ROADS, NAPTON ON THE HILL
Order Effect: The following roads will be closed to vehicular traffic 09.00hrs-12.00hrs: Dog Lane, Priors Marston Road, Butt Hill, Vicarage Road, School Hill, Poplar Road & Howcombe Lane.

Reason for Order: The closures and restrictions are required for the safety of the public and of the participants in the Napton 10k Fun Run 2025.

Order Commences: 19 October 2025 for 1 day.
Access & Diversion: Will be appropriately signed.
Contact: Simon Diggins Tel: 07917 553 235.

Warwickshire County Council proposes to make the following Temporary Traffic Orders:

STOCKTON ROAD, NAPTON-ON-THE-HILL
Order Effect: Road closed to vehicular traffic.

Reason for Order: To safely enable tree trimming works.

Order Commences: 30 October 2025 for up to 18 months.

Anticipated Completion: 30 October 2025.

Access & Diversion: Stockton Road, Napton Road, Station Road, Calcutt Lane, Tomlow Road and vice versa.

Contractor: Go Traffic Management, Tel: 08006 783 105.

For all of the above temporary orders, pedestrian access to and egress from properties and land situated adjacent to the length of road to be closed will be maintained at all times. Vehicular access will be maintained where possible.

To report any problems with these works or for further details of our current & planned roadworks visit our website warwickshire.gov.uk/roadworksmap or call us 01926 412515.

S Duxbury, Director of Strategy, Planning & Governance,
Shire Hall, Warwick CV34 4RL Date 10 Oct 2025

PUBLIC NOTICES

Rugby Borough Council Town and Country Planning Act 1990 (as amended)

Application Number R24/0296
LAND BETWEEN HINCKLEY ROAD AND THE M69, LAND OFF HINCKLEY ROAD

Retrospective temporary change of use of the land to vehicle storage at land between Hinckley Road and the M69, Rugby.

This is a major development
Application Number R25/0799
25, RUGBY ROAD, PAILTON, RUGBY, CV23 0QH

Convert & Refurbish existing Outhouse / Garage to Self Contained Annex

This development may affect a Listed Building
Application Number R25/0800
25, RUGBY ROAD, PAILTON, RUGBY, CV23 0QH

Listed building consent to convert & Refurbish existing Outhouse / Garage to Self Contained Annex

This development may affect a Listed Building
Application Number R25/0814
TOP FARM, LONG ITCINGTON ROAD, BIRDINGBURY, RUGBY, CV23 8EQ

Extension to existing agricultural unit to create additional space for increased biosecurity needs and staff wellbeing
This development may affect a Public Right of Way

Members of the public may inspect copies of the application, the plans and documents submitted with it online at: www.planningportal.rugby.gov.uk or in an electronic form at: Town Hall, Evreux Way, Rugby CV21 2RR between the hours of 9.00 am and 5.00 pm Monday to Friday until 31 October 2025. Please note a planning officer would not be present.

If you wish to make an appointment to discuss the application, please contact the case officer.

Any person who wishes to make representation to the above mentioned Council about the applications should make them online - www.planningportal.rugby.co.uk (search for application number and select comment) - or in writing by that date to The Chief Officer Growth and Investment, Town Hall, Rugby, CV21 2RR.

If an application is determined by the Planning Committee, members of the public may have the opportunity to speak at the meeting. More details about public speaking are available from the Council or on-line at: www.rugby.gov.uk/speakingatplanning

For householder or minor commercial applications, in the event of an appeal against a refusal of planning permission, dealt with on the basis of representations in writing, any representations made will be sent to the Secretary of State, and there will be no further opportunity to comment at the appeal stage.

Nicola Smith
Chief Officer - Growth and Investment
MRTPI

SALES & WANTS

MISCELLANEOUS

DINING ROOM
TABLE& CHAIRS (inc 2 carvers). Size 3' 2" wide by 4'6" long.

Wrought iron legs with rosewood top table and wrought iron chairs. With burgundy / gold padded seats / back. £285.00 (cost £1995.00) Tel: 07887 803556

DISPLAY (butchers block) stand. Wrought iron with shelves, 2 drawers and wine rack. Size 3'0" wide by 1'7" deep by 6' 0" tall. £75.00 Tel: 07887 803556

MISCELLANEOUS

SUN Lounger. Curving body shaped garden lounger. £25.00. Call 07887 803556

SMALL bedside cabinet solid oak £35. vgc 07977913225

SINGLE bed with hypnosis mattress and head board vgc £45 no marks flame retard label. 07977913225

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Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the above named, late of 179 Main Road, Meriden, Coventry, CV7 7NH, who died on 12/07/2025, are required to send written particulars thereof to the undersigned on or before 11/12/2025, after which date the Estate will be distributed having regard only to the claims and interests of which they have had notice.

Fiona Elizabeth Phelan, The London Gazette (53176), PO Box 3584, Norwich NR7 7WD

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MARGARET JANET JACKSON (otherwise Margaret Janet Pettinger)(Deceased)

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the above named, late of The Willows Park Drive Claverdon Warwick, CV35 8HG, who died on 14/02/2025, are required to send written particulars thereof to the undersigned on or before 11/12/2025, after which date the Estate will be distributed having regard only to the claims and interests of which they have had notice.

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PUBLIC NOTICES

Goods Vehicle Operator's Licence

Mr Lewis Currell trading as LGC Logistics Ltd of 41 St James Crescent, Southam, Warwickshire, CV47 0LX is applying to change an existing licence to keep an extra 2 goods vehicle and 2 trailer at Mitchell Potatoes Ltd, Boots Farm, Bourton-On-Dunsmore, Rugby, CV23 9QQ.

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Dacia continues winning streak

DACIA has continued its winning streak at The News UK Motor Awards 2025, with the brand's newest model, the Bigster, crowned 'Family Car of the Year' to mark the fourth consecutive triumph at the ceremony.

The panel of expert judges from The Times, The Sunday Times and The Sun praised the Bigster for its blend of space, comfort and value, all qualities that have already made it a compelling choice for UK families since its launch earlier

this year. Will Dron, Digital Driving Editor at The Times and Sunday Times, said: "It was only a matter of time before Dacia brought in a larger SUV aimed at growing families, and it has outdone itself.

"The Bigster delivers more space than the excellent Duster, with a huge boot for its class, along with the affordability for which the brand is famous.

"But what nobody saw coming was for Bigster to be so comfortable, high tech and good to drive. For us, it absolutely deserves the title of Family Car of the Year."

The Bigster's win extends Dacia's run of success at The Motor Awards, after the Duster claimed 'Value Car of the Year' in 2024, the fully electric Spring did the same in 2023, while the seven-seat Jogger kicked things off with the title in 2022.

Luke Broad, Dacia Brand Director for the UK, said: "Bigster has struck a real chord with British families since it arrived just a few months ago. They tell us they love the space, the flexibility, the comfort and the robust SUV style, all at a price that makes sense.

"To now see Bigster recognised

as 'Family Car of the Year' by such respected motoring experts is hugely rewarding and proves that Dacia continues to deliver exactly what families are looking for."

Priced from £25,215 on-the-road, the Dacia Bigster has redefined what buyers can expect from a family friendly SUV. Available in three trim levels – Expression, Journey and Extreme – and with a choice of mild-hybrid, hybrid or 4x4 powertrains, it combines rugged looks and generous equipment levels, while staying true to Dacia's no-nonsense, great-value ethos.

Bigster equipment includes keyless entry, a 10.1-inch central touchscreen, dual-zone automatic air conditioning, alloy wheels, multi-view parking camera, and intelligent cruise control with speed limiter. Dacia's famed clever thinking shines through with four YouClip attachment points and easy-fold rear seats, while the popular Extreme trim highlights Dacia's outdoor-ready nature, with modular roof bars and washable MicroCloud TEP upholstery.

Sensational seven win gold for Britain on European stage

by Aaron Sutcliffe
aaron.sutcliffe@bullivantmedia.com

FLAG FOOTBALL: A TOTAL of seven Coventry-based players struck gold for Great Britain's women at the European Flag Football Championships in Paris, France.

Britain claimed a dramatic 34-33 overtime win against Austria in the final to claim back-to-back European titles after also winning the competition in 2023.

The game ended 27-all at the end of regulation time before Emily Kemp's touchdown reception from quarterback Jessica Allen's pass.

And safety Marta Mathews then delivered the crucial play as she broke up a two-point conversion attempt to thwart Austria and seal gold for Britain.

A total of seven players from two Coventry women's clubs formed part of the GB squad.

Reigning British League champions Coventry Panthers provided four players - Emma Dedicato, Hannah Elliott, Laura Carter and Abi Snelson.

And nine-time league champions Coventry Cougars provided three

Picture courtesy of the British American Football Association.



players - Allen, Grace Conway and Ellie Thorpe.

Allen said: "It was such a crazy game."

"We had a slow start, but our offence managed to pull it back and our defence got some really great stops."

"We've worked so hard for this, I'm very proud of the team."

Britain's men's team finished fourth in Paris to achieve their best result since winning bronze

in 2017.

Both Britain's men's and women's teams have now qualified for the 2026 World Championships in Dusseldorf, Germany.

Britain also hope to secure one of the six qualification spots available for the sport at the Los Angeles 2028 Olympic Games.

Flag football is a non-contact variant of American football where players pull off flags from the ball carrier instead of tackling them.

Captain Grimes believes Sky Blues have 'perfect mix'

FOOTBALL: MATT Grimes admits Coventry City are playing with the 'perfect mix' of detail and freedom after thrashing Sheffield Wednesday.

Grimes captained the Sky Blues to another impressive victory as City cruised to a 5-0 win at Hillsborough.

The result saw Coventry move top of the Championship table and Grimes insists the Sky Blues must back up their recent performances after the international break.

Grimes said: "I don't think you can look at the table too much. It's still very early days."

"We're more focused on our consistency and how we can keep improving game-by-game."

"We have to follow it up after the international break. We're in a brilliant place."

"We're playing with the perfect mix of detail and freedom."

"There's going to be highs and lows. We'll just keep working, keep cracking on and see where it takes us."

"We're such a tight-knit group. The camaraderie among the lads is second to none. It's one of the best dressing rooms I've been involved in."

Boss has sympathy for Owls

FRANK Lampard expressed his sympathy to the Sheffield Wednesday supporters after an on-pitch protest took place during Coventry City's 5-0 win at Hillsborough.

The Sky Blues piled more misery on Wednesday who find themselves in the Championship relegation zone amidst off-the-pitch problems.

The game took place just days after Wednesday failed to pay players and staff their wages on time for the fifth time in seven months.

And a number of home supporters entered the field of play on the 10-minute mark after Brandon Thomas-Asante's early goal put Coventry ahead.

The referee paused the game as Wednesday fans protested against the club's owner Dejphon Chansiri.

The protest lasted around five minutes before stewards removed the supporters from the pitch and play resumed.

Coventry went on to win the game five-nil and move top of the

Championship table in the process.

However, Lampard expressed his sympathy towards Wednesday and praised the manner in which the club's players and staff are dealing with the situation.

Lampard said: "I'm never encouraging people to go on the pitch but I understand the frustrations of fans and players and staff."

"We know the basics of what is going on here [at Sheffield Wednesday]. I've got no problem with it."

"It was peaceful. The game carried on. I have big sympathy for what's going on at the club and the players and staff are dealing with it very well."

"It's a tough time for them obviously."

Coventry captain, Matt Grimes added: "What's happening here [at Sheffield Wednesday] is incredibly sad."

"I don't wish that on anyone. I thought it was really well-handled."

"Our thoughts go out to everyone involved at Wednesday."

Blaze celebrate four-point weekend with fine victories against Flames and Devils



The game-winner against Guildford came from Finnish blue-liner Jere Vertanen. Picture by Scott Wiggins.

ICE HOCKEY: COVENTRY Blaze moved top of their Challenge Cup group with victories against Guildford Flames and Cardiff Devils respectively.

Blaze claimed a dramatic 2-1 shootout win against Guildford at the Skydome Arena to move top of the group.

That came after Coventry recovered from a three-goal deficit to beat Cardiff 6-5 in a thriller at the Vindico Arena.

Coventry now lead their Challenge Cup group, two points clear of the Devils.

Blaze and the Flames played out a scoreless first period before Coventry took the lead at 22:58 on the powerplay as Grant Mismash found the net.

However, Guildford equalised at 24:37 as Sean Comrie fired past Blaze netminder Mat Robson to level the game.

Both teams spurned a couple of powerplay opportunities in the third and final period which sent the game into overtime.

Just over one-minute into the extra period, Mismash and Guildford's Jake Gravelle dropped their gloves as tempers boiled over.

And Blaze forced a shootout late on as Robson and the Blaze defence foiled a four-on-three chance for Guildford at the death.

Coventry's Jere Vertanen scored the crucial penalty for Blaze before Robson denied Jamal Watson to seal the points.

That came after Blaze played out an 11-goal thriller against Cardiff as Kevin Moore's side overturned an early three-goal deficit.

The Devils raced into the lead at 5:31 when Ryan Barrow finished Kristoff Kontos's stretch pass which split the Blaze defence.

And Brett Perlini doubled the home side's lead at 9:41 as he fired through traffic to beat Robson in the Coventry net.

Cardiff extended their lead at 13:51 on the powerplay courtesy of Brandon Estes's strike.

Blaze responded just 42 seconds later at 14:33 when Alessio Luciani finished from close range after Mack Stewart shovelled the puck across the face of goal.

And Coventry struck again at 27:14

on the powerplay in the second period as Matthew Gleason scrambled the puck over the line.

That came with the Devils short-handed after Sam Duggan reacted to a strong hit by Vertanen.

The Devils then saw Jimmy Oligny penalised for roughing and Blaze equalised at 28:39 as Sam Ruffin tied the game.

Cardiff coach Paul Thompson called a timeout in an attempt to settle his side and Barrow broke away to put the Devils back in front at 29:11 with his second goal of the game.

Blaze thought they had equalised later in the second period only for the goal to be overturned following a successful coach's challenge for goalkeeper interference.

However, Coventry drew level at 34:20 as Jack Hopkins tipped home Ivan Chukarov's shot.

The visitors took the lead for the first time just 44 seconds into the third period as Colton Saucerman blasted home on the powerplay.

This led to Cardiff changing their goalkeepers as Christian Stoeber replaced Great Britain international Ben Bowns.

And the Devils restored parity at 43:29 when Duggan produced a tight finish from Connor Caponi's pass.

However, Coventry scored the game's decisive goal at 55:29 as Mismash netted Blaze's fourth powerplay goal of the night.

Coventry begin their Elite League campaign against Cardiff Devils on Saturday, October 11 with the face-off at 7pm at the Vindico Arena.

Blaze host Sheffield Steelers in the Challenge Cup on Sunday, October 12 with the face-off at 5.30pm at the Skydome.

GB call-up for wheelchair pair

BASKETBALL: COVENTRY wheelchair basketball athletes Charlotte Moore and Peter Cusack will represent Great Britain at the upcoming European Championships.

Moore and Cusack form part of a 24-player squad selected by British Wheelchair Basketball for the European Wheelchair Basketball Championship in Sarajevo, Bosnia and Herzegovina.

The competition runs from Friday, October 10 to Saturday, October 18 with GB's men's and women's teams both in action.

Moore is a three-time Paralympian and made her debut for GB in 2013 at the European Championships.

She made history at the Birmingham 2022 Commonwealth Games after helping Team England win bronze in the event's first-ever appearance at the Games.

Cusack made his GB debut at the Paris 2024 Paralympic Games where he helped Britain win silver.

Moore said: "As always, it's an honour to represent Great Britain. European Championships are always a lot of fun."

"Every other year you get to see some different places for a tournament, so I'm really excited to go."

"I have never been to Bosnia and Herzegovina, I don't know what to expect but we shall find out."

"It's always nice to represent good old Cov in the grand scheme of things. I think it's really cool that myself and Peter Cusack both grew up around Coventry and have made the team."

"We both started in Cov, and now we're off to the Europeans."

"I think it's really important that wheelchair basketball is exposed to people, because you don't know it's for you until you're around it."

"I think out of all of the disability sports, what's really good about wheelchair basketball is that it brings a lot of people together."

"You know, you might feel isolated or you struggle to do things, but there's always someone in a team that you can relate to."

"I think that that's one of the key things to just show that it is for everyone, there's so many different classifications, all disabilities, we will play on that same court, we're all together."

Cusack added: "I'm super excited to be selected. It's been a long summer and I cannot wait to get to Sarajevo now, hope we will get the job done and medal."

"Paris [2024] was very bitter-sweet as it was my first senior tournament and I was cutting my teeth a bit."

"It feels good now, I've hopefully got a slightly bigger role in the squad and I'm enjoying it."

"We're going for gold again this year. That's the plan - it is that simple really. We're going there to win, and we won't be happy unless we do."

"I played for my club in Coventry for a long time, so it's nice to represent them as well."

"We've got a couple of ex-Coventry players in the GB teams across the men and the women. It's the city of culture."

GB's men's team went undefeated at the European Championships in 2023 en route to winning gold.

Britain's women won silver in 2023 and have lost each of the last three finals to The Netherlands.

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BRINGING YOU ALL THE LATEST SPORTS NEWS AND VIEWS FROM THE AREA

Woods takes silver and bronze for GB

by Aaron Sutcliffe
 aaron.sutcliffe@bullivantmedia.com

CANOEING: KIMBERLEY Woods won silver representing Great Britain at the Canoe Slalom World Championships in Sydney, Australia.

Woods stormed to silver in the women's K1 event to claim her second medal of the Championships.

The Rugby canoeist also won bronze in the women's canoe team final alongside Ellis Miller and Bethan Forrow.

After winning individual silver, Woods said: "I think that touch is going to haunt me for a little bit."

"It was very slight but overall I'm thrilled with that."

"I was flat in the semi final but when



I knew I was in the final my energy just changed and during the warm up one of my race songs came on which has helped to amp me up in the back half of the season.

"I wanted to go out there and give it my best. I really attacked it and I'm really pleased with how I reset after the touch."

"I was going for that finishing line, giving it everything and had nothing left when I crossed the finish line,

which is what I wanted to do.

"This whole event has just been amazing."

Woods touched gate 12 in the K1 final but recovered to take silver ahead of Australia's Katie Ekhardt while Poland's Klaudia Zwolinska won gold.

That came after she helped Britain win bronze in the women's canoe team final.

Britain initially finished eighth after picking up a 50-second time penalty which was later removed.

Team GB also survived an inquiry from fourth-placed Slovakia to eventually come away with bronze.

Britain finished behind Czechia who won gold and Germany who took silver.

Kimberley Woods on the water in Australia. Picture by Romain Bruneau.

Valley out of drop zone as Borough suffer defeat

FOOTBALL: RUGBY Town moved out of the relegation zone after producing a late comeback to win 2-1 against Colehill Town.

Valley scored twice in the space of seven minutes late on as Caine Elliott and Callum Griffin both struck to seal Rugby's first home league win of the season at Butlin Road.

That came after Theo Rowe put Colehill ahead on 69 minutes only for Valley to stage a late comeback.

The result means Rugby sit 18th in the Northern Premier League Midlands table, above the relegation zone on goals scored.

After a goalless first period, Colehill broke the deadlock when former Valley winger Rowe combined with Ben Usher-Shipway before firing a low shot into the corner.

However, the home side equalised on 77 minutes as Elliott found the net from 20-yards out from Griffin's lay-off after good work from Rivel Mardenborough.

And Valley completed the turnaround on 84 minutes when Griffin fooled his marker and wrong-footed Colehill goalkeeper Cameron Belford with a snapshot at his near post.

That came after Valley suffered a penalty shootout defeat against Worcester City to exit the FA Trophy at the third round qualifying stage.

Rugby travel to Basford United on Saturday, October 11 with kick-off at 3pm at Greenwich Avenue.

Elsewhere, Rugby Borough suffered a surprise 1-0 defeat against bottom club Bedworth United to lose for just the second time in the league this season.

A late goal from Tolani Omotola condemned Borough to defeat at The Oval as Rugby saw their four-game unbeaten run come to an end.

Borough are next in action against Bourne Town on Saturday, October 11 with kick-off at 3pm at Kilsby Lane.

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