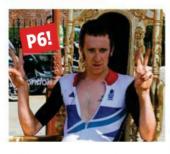


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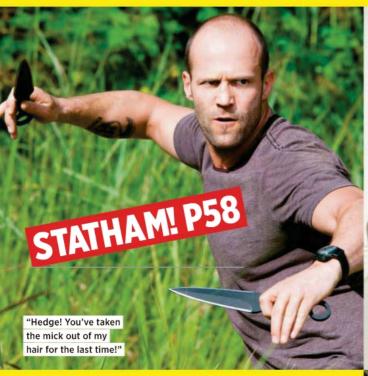
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IN Nuts!





"Ah, so this is why

PREMIER LEAGUE 16-PAGE PULL-OUT: PULL-OUT!

2 JONATHAN PEARCE'S TEAM RATINGS!

10 ALL THE NEW SHIRTS!

12 FUNNY FOOTY TWEETS!

14 ALL-NEW PREMIER LEAGUE LOOKALIKES!

16 PREM PUB AMMO!





Leah has some

fun in the office!

the holiday was so cheap"

Burger King

bring us lunch!





London 2012: ten best bits!

Nuts celebrates our **brilliant Olympics!**

TO BE honest, before it kicked off, it felt like most of the nation was hugely unenthusiastic about the prospect of hosting the Olympics. But thanks to Danny Boyle's amazing opening ceremony, some plucky early medals and the oh-so-glorious "Super Saturday," everyone and his dog got on board. Suddenly the nation was swept up in Olympic fever and it turned into the best thing ever. Here are our highlights.



"I CAN'T BELIEVE THIS IS REAL!"

Sophie Hosking, when it finally sunk in that she and Katherine Copeland had won the lightweight double sculls. "You'll be on a stamp tomorrow!" added John Inverdale.



THE BEST BOWS OUT

The best ever Olympian Michael Phelps added four golds and two silvers to his amazing 18 gold/22 total tally. And he was charming, funny and self-deprecating throughout. Legend.



5 GINGER WINNER!

Hoy, Ennis and chums' golds seemed inevitable, but it was Greg Rutherford who put the cherry on top of "Super Saturday" by snaffling a surprise gold with a staggering 8.31m jump.



THE WORLD'S TOUGHEST SILVER

After being edged out of gold in the double sculls, Mark Hunter and Zac Purchase gave the most heart-wrenching of tearful, apologetic interviews. Chaps: you let no one down.



BOLT FROM THE BLUE

After becoming the first man ever to defend the 100m and 200m Olympic titles, Usain showed how easy this whole running thing was by hitting the deck and doing press-ups.



double amputee Oscar Pistorius ran against able-bodied

competitors, and even qualified for the 400m semi-finals.

3 GIRL FIGHTS!
Women's fly boxer Nicola Adams tore through a five-time world champion, then monstered a three-time world champion to win the Olympics' first ever female boxing gold.



BBC PUNDITS GO MENTAL

6 BBC PUNDITS OF MERITAL
Forget journalistic objectivity. When Mo stormed the 10,000m, the sight of the Beeb's experts on their chairs screaming him on to gold was entirely appropriate.



MO AND WENLOCK

Strangely, the addition of a boisterous hug from the London 2012 cuddly mascot Wenlock made Farah's extraordinary GB running first even more amazing.



BRADLEY WIGGINS TAKES THE THRONE

An absolute genius element of the time trial was that the winners were made to sit on thrones. Bradley bossed his throne like he bossed the race.

Olympic blubbers' corner!



SIR CHRIS HOY



LOUIS SMITH



FELIX SANCHEZ



CHRISTINE OHURUOGU



skydiving record!

Topsy turvy history is made as 138 idiots jump out of an aeroplane!

performed in the middle of a ten-day skydiving festival near Chicago, USA. The previous record had been held since 2009 by 108 free-fallers, who are now all suddenly vesterday's men - the Mark Cavendishes of skydiving, if you will.

Skydiving facts

- Skydivers from the UK, Australia, France, Spain, Norway, Sweden, Switzerland, Ukraine, Russia, Italy and Belgium came together to perform the stunt.
- It took the team 15 attempts across three days to achieve the record-breaking feat.
- The skydivers were all squeezed into six aeroplanes, which then had to climb to heights of 18,500ft so the team had time to get into their 45-metre wide flake formation.
- The participants had to break in sections to all land safely, rather than on top of one another.









A quick word with Terry Tibbs!

The Facejacker legend on sex, Clarkson, and his washing his winkle!



Hello Terry! You've got yourself a new chat show, Verry

Terry. What's it all about? What's it all about? It's a f**king chat show. Who is this?

You've got Mickey Rourke from *The Wrestler* on your first show, who's famous for doing loads of sex scenes in his movies. Who would you like to have a sex scene with on the big screen?

Who's the blonde off *Basic Instinct*? The one who gets her fanny out? Forget the big screen, I'd have her on a windscreen and she wouldn't be the first.

You also have Anthea Turner on, who used to present *Blue Peter*. Do you like kids, Terry? Do you have any of your own? Is there a Mrs Tibbs?

Do I like kids? Do I look like a Catholic priest? Do I have kids? Yes, I f**king do. Two, that I know of. And is there a Mrs Tibbs? Not yet, but I'm holding open auditions nightly, so we'll see.

Who would be your dream guest for a future show? I'd have you on and ask you a bunch of sh*t questions back. Just kidding. I'd have Mick Hucknall... not like that.

Keith Lemon has Celebrity Juice and Lee Nelson has his Well Good Show. Who else would you like to see given a chat show? Whoever those c**ts are, they've got nothing on Terry, plus they've both got sh*t names. As far as potential chat show hosts, I'd give one to that fat opera singer from the insurance ads. You could call it Fat Tw*t Has A Chat.

You made your name as a used car salesman. How's the recession hitting business?

Listen, all this recession talk is starting to get on my t*ts, to be honest. We're in a recession. we're not in a recession: it doesn't matter what the papers say, whatever you've got to do, just get it done, make a list. I'm nearly 60 and I'm living my life the way I want to live it. I'm sprinting to the finish but it wasn't always that way. Come rain or shine, thick or thin, fat or skinny, dark or light, whether it was that time of the month or not, I've always put my head down and finished the job. Yes, it can get messy, but at the end of the day, you've got to ask yourself that question: does washing your

d*ck in a sink make up for not using protection?

You're a man who likes to look smart. Why is image so important in business?

My dear old dad, Perry Tibbs, once said to me, "It ain't about the clothes you wear, son. It's about the clothes you don't." F**k me, dads can give some sh*t advice sometimes.

They say bald is beautiful. Do you agree?

Yes, because I don't like a mouthful of pubes. Do you?

Presumably you know a lot about cars if you sell them for a living. Would you like to be a presenter on Top Gear? In what ways would you be better at the job than Clarkson, Hammond and May? I actually met that Clarkson back in the '80s when Top Gear was sh*t. I was sales managing a Currie Motors in Reigate at the time and this tall c**t walks in wearing stonewash jeans and a leather jacket and says he's looking for a car for his wife. So I sold him one. Sh*t story but there you go.

Thanks, Terry! Hopefully we'll get to find out more about you on your show. In the meantime, tell us a secret about yourself that you've never told anyone before.

I need to take a dump. Badly.

 Catch Verry Terry on Thursday 16 August at 10.55pm as part of C4's Funny Fortnight. Follow @ComedyOn4 for all the latest info on the season.







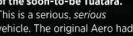




1,300bhp monster!

SSC aims to snatch its world's fastest car title back!

- Mention the Bugatti Veyron and everyone is pretty clear what you're talking about. It was the world's most expensive car, with 986bhp, four-wheel drive, four turbos and 16 cylinders. Oh, and it could do 253mph.
- Then, in 2007, Bugatti's crown was poked pointedly off its head by a very gym-fit American. Shelby SuperCars' (SSC) world-record speed of 255mph got the company, and the car, the Ultimate Aero, a little bit of attention.
- Bugatti were understandably grumped off. So, they did some sketches and fetched the special spanners, and the result was the Veyron Super Sport - a car recorded doing 268mph. It costs almost £2million and even then. customer cars are restricted to a 258mph speed limit.
- Since then, the Washington, USA-based SSC has been carefully plotting its revenge. The recently announced upcoming new model, the Tuatara, will replace the Ultimate Aero as SSC's new baby, and has projected a 273mph top speed and 0-62mph in 2.5 seconds. Gulp.
- But what you're staring at is the final curtain call for the Ultimate Aero the XT. Only five of this run-out model will be made, and they feature the new running gear of the soon-to-be Tuatara.
- This is a serious, serious vehicle. The original Aero had







And for their next trick!

This is the hypercar set to replace the Aero XT – the Tuatara. It packs 1,350bhp into a vehicle that weighs a third less than a Bugatti Veyron and should clear 275mph. Want one? Who wouldn't? It'll set you back around £625k.



a 6,345cc twin-turbo V8, but the XT features the billet aluminium 7.0-litre (6,941cc) Tuatara lump, which has been slightly down-tuned from 1,350bhp to 1,300bhp. Not that you'll notice in a car that weighs 1,271kg.

 The Aero is a two-seater vehicle made of carbon-fibre, with aluminium crash protection structures. The engine lives in the middle, behind occupants' ears, which explains those massive lug-like side scoops.

 Performance-wise, things have predictably improved on the existing Aero. The 0-62mph burst is shaved from 2.78 to a squinty 2.65, despite the Aero XT having "only" 1,004lb/ft compared to the previous 1,112lb/ft. And it should match the Tuatara's projected top whack of 273mph. New fastest car in the world, anyone?

 Its arch rival, the Veyron SS, has managed a 0-186mph blat in 14 seconds. Blimey. SSC has released the stat that the Aero XT will take 15.65 seconds to reach 200mph from a standing start. What a grudge match this is shaping up to be!

Want to buy one? Sorry –
if you have to ask how much
it is, you can't afford one.





Take it on the chin!

Man chops wood. Wood impales man's face. Man goes, "Ouch!"

TREES. AREN'T they lovely? They help provide us with the air we breathe, birds and squirrels live in them and without them, there would be no conkers. But this chap, Zhang Chenggen of Shaanxi Province, China, has reason to dislike them, after one of them impaled him through the jaw.

The poor chap was cutting firewood when he slipped, fell and landed gob-first on a sharp branch. He was stuck squirming for four hours before a neighbour cut him free.

Luckily, the branch missed numerous arteries and Zhang will make a full recovery.

He will then presumably switch to coal fires.







Bad Education gags!

One-liners from Jack Whitehall's new sitcom!



BABY-FACED JESTER Jack Whitehall was one of the funniest things about awesome uni sitcom Fresh Meat, but now he's gone from student to teacher for his new sitcom Bad Education.

Whitehall plays hapless educator Mr Wickers in the show, and here are some of his funniest rib-ticklers from the opening episode. We can't wait to see the rest!

[The deputy head walks in to find Mr Wickers asleep]

Mr Wickers: "And that is how quiet Anne Frank and her family had to be to evade capture by the Nazis!"

Mr Wickers: "I was on my way to the gym for an Ab Attack and I went past Café Rouge reminded me of our little date." Rosie: "It was a staff party." Mr Wickers: "You say potato, I say... date!"

[After student Grayson accosts Mr Wickers in the school hall]

Grayson: "Nice kicks." Mr Wickers: "Um... thank you?" Grayson: "Give them to me!" Mr Wickers: "No! You couldn't even wear them. They have an

orthopaedic heel." Grayson: "Shut up, Downton Abbey!"

Mr Wickers: "They would play havoc with your arches!"

Joe's mum: "Emma Poulter isn't dead."

Mr Wickers: "Denial! First stage of grief."

Joe's mum: "I'm Emma Poulter.'

Mr Wickers: "Second stage! Identity theft!"

Deputy head: "You may think you have balls coming in here, playing your little games. Well let me tell you something, I've got bigger balls than you'll ever have." Mr Wickers: "Well, it's written in the gents, but I assumed that was just a rumour."

[Giving out parts for a production of Pearl Harbor] Mr Wickers: "Finally, we need a member of the Japanese Imperial Air Force [tying the headband around Asian student Jing's head]. The emperor will be proud of you, my lotus flower!"

Mr Wickers: "I make learning fun. If I was a font I'd be Comic Sans. You are so Times New Roman." Head teacher: "Shut the

funk door! You know I'd

be Wingdings!"

Mr Wickers: "The important lesson here is for you to look for the positives in failure. Like, for example, my grandad. He suffered failure lung failure - which meant that I inherited a Volvo. So remember that. Always look for the Volvo."

Mr Wickers: "Give me any student, I'll give you their results."

Deputy head: "Chantelle Parsons." Mr Wickers: "A." Deputy head: "Natalya Lisovskaya."

Mr Wickers: "A." Deputy head: "Natalya Lisovskaya was a double gold-winning Soviet

shot-putter." Mr Wickers: "What they get up to is none of my concern!"

Bad Education starts on

Who's who in the show

ALFIE WICKERS

(Jack Whitehall)



Jack wrote it and stars as the teacher with the slacker attitude!

ROSIE GULLIVER

(Sarah Solemani)



The object of Wickers' affections. biology teacher Miss Gulliver.

FRASER

(Matt Horne)



Idiot head teacher who has a David Brent-esque desire to appear hip.

MISS PICKWELL

(Michelle Gomez)



The deputy head - like every stern teacher we had rolled into one!





How an unlucky white van man's arm turned to jam!

THIS UNLUCKY limb belongs to Basildon Nuts reader Dave Mott - a result of crashing his van into a tunnel on that pesky M25, "After the smash. both doors were bent in half," recalls the 20-yearold roofer, who had to kick through the windscreen to get out.

around and the person helping me threw up! You could see to the bone." Thankfully, it was nothing a spot of plastic surgery

"Then I turned my arm

couldn't fix, and our man is once again in his van. "I was just looking forward to getting on the road again," he adds. We hope this copy of Nuts takes pride of place on

the dashboard!



Win £1,000!

It had been an

experiment

SHREDDE

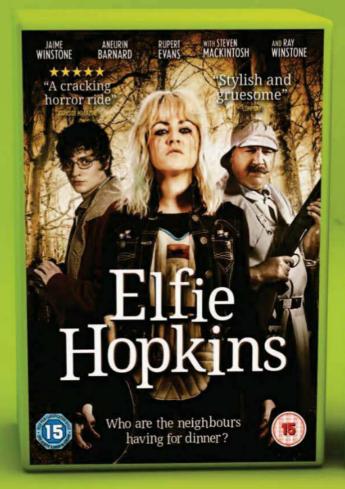
ill-fated waxing

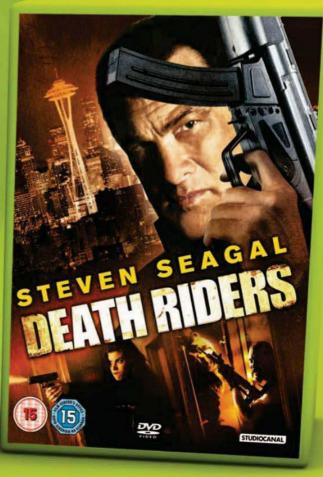
Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2012 will win £1,000 in cash!* Submit your images and contact details to dontlook@ipcmedia.com



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hmv.com



DANNI ORSI, 100% REAL LESBIAN!

recognise Danni from hit TV show Candy Bar Girls on Channel 5

It's all moving too fast!

I've been seeing my new lady for a few weeks and, having just come out of a relationship, I'd like to take things slowly. She won't listen to me, though. I've already met most of her family now and she'd rather I stayed at home with her all the time. How can I get her to back off a little?

CARLOS Wolverhampton

Here's some advice: she loves you and is proud to be with you. I understand you want to take things slowly but if it's all happening naturally don't keep your distance because you're scared to love again. If she's a rebound girlfriend and you don't feel the same, then end things and play the field for a bit. If you have a tight bond you'll be able to tell her about your feelings. Just talk to her – communication is key!



She hates porn!

My missus hates it when I watch porn. I can't understand what's wrong with her. Can you?

BR Belfast

I'm assuming there's more to the story. Do you watch porn alone or have you suggested you watch it with her? If you've watched it alone, did you delete the history on your computer? If you feel you don't need to delete the history, is it a known fact that you watch porn or would it be a shock to your missus? It's always good to keep communication flowing, so invite her in. Make a video of both of you. Once you build trust and calm her jealousy, she'll feel much better about it.

I want tats!

I'm keen to get some tattoos but my fiancé says she'll leave me if I get any. What do I do?

BILLY Edinburah

Would the tattoos be hidden or do you want to flaunt them?

What's your job? Is a tattoo suitable for your workplace? Do you want one to remember something special? If you really want one, which is a serious commitment, then you'll be able to talk her round, but think wisely.

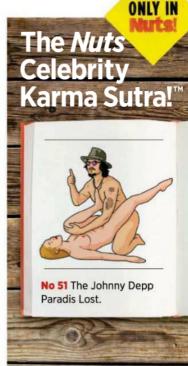
Sprint or marathon?

I've read that girls like sex to last for ages, but I'm always just keen to get down to it. Does that make me a selfish lover?

TED North London

It depends who you're having sex with. Some like it to last for hours but some just want a quick shag. If your lady has no complaints, don't worry, but it doesn't hurt to learn to enjoy the whole of sex – the eye contact, the smell, the touching, poking, rolling, holding, kissing, licking. – the slow passionate attention between each other.

 If you've got something to ask Danni, just email her at thelesbian@nutsmagazine. co.uk or write to her at the usual address on p74.



0

YOURNUTS



Some fin hilarious

Dear Nuts,
We decided that
just putting cling
film on a car was
getting boring.
So we thought we'd
"shark" our pal
Fat Ali while he was
away for a week!

THE CLINGFILM BANDITOS via email

Do sharks really have tusks?





Harry No-Topper

Dear Nuts,

Here's some topless witching, if indeed you want it.

ROB BUXCEY Southampton

Ah Rob, you really had our hopes up for a minute!



She's a tiger!

Dear Nuts, Seriously now – do not try this at home.

LIAM THORNCROFT

We'd be struggling to do that as our last tiger ran away a while back.



It was quite literally a concrete jungle



Ban this filth!

Dear Nuts,

I had no idea that Glade had branched out into this kind of thing! STEVE via text

That's the recession for you, Steve!



Fog off Dear Nuts,

Your magazine always brightens up my day, even when there's a bit of a fog looming.

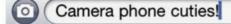
JAMIE DOBSON via email

This looks like a particularly painful bit of stealth bumming.



Win! £100 for Menkind

Send your letters, spam pics and Camera Phone Cuties to nutsletters@ipcmedia.com or alternatively post them to the address on page 74. The week's best letter* wins £100 to spend at ultimate lads' gifting site menkind.co.uk - or in their stores where you can bag yourselves anything from a Rocky dressing gown to a remote control helicopter, and man-friendly gadgets and gizmos galore.



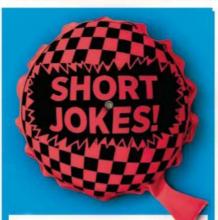
Send

Text 'Nuts' and your camera phone pic to 0771 388 8008









Q: How do you make your wife cry during sex? A: Phone her!

TODD Merton

"When I discovered that my new toaster wasn't waterproof, I was shocked!"

BILLY Nottingham

Q: How do frogs kill themselves? A: They Kermit suicide!

DAN via email

"My mother-in-law fell down a wishing well. I was amazed -I never knew they actually worked!"

CHRIS via email



Shocking scenes

AN ELDERLY couple are celebrating their 50th anniversary at the restaurant where they met.

"Honey, do you remember when we made love against that fence round the back?" the man asks.

"Of course," replies the woman, "In fact, we should do it again, for old times' sake."

The old man agrees with a grin and takes his wife out via the back exit.

Their waiter, having overheard the conversation, decides he has to see if they can actually still do it, and follows them out.

The old dear leans against the fence and they start going at it like rabbits then, after a while, they fall onto the ground and lay there gasping.

The waiter approaches and says, "I'm sorry to seem like a voyeur, but that was some of the most amazing sex I've ever seen. I can't believe you two have been having sex like that for 50 years!"

The old man replies, "We haven't. Fifty years ago that fence wasn't electrified!"

WILLIAM via email



Medal moan

"IT WAS so annoying hearing Olympic athletes banging on about all the 'sacrifices' they supposedly made to compete in the Games. Honestly, what do they want? A bloody medal?"

JAMES Wolverhampton







Sick as a dog

"I TOOK my new puppy for his first shots today, but the poor thing threw up everywhere. I probably should have started him on something weaker than sambuca!"

JACK via email

Model employee

"MY BOSS recently tasked me with giving all our female employees a training course on sexual harassment in the workplace. I didn't want to but they were really asking for it!"

PATRICK WALKER via email



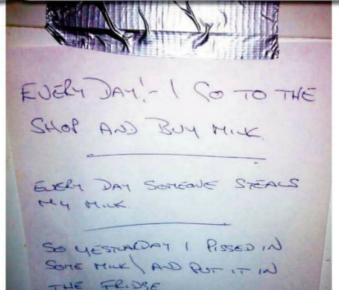
Win a PS3 and *Wilfred*!



Send your jokes to nutsjokes@ipcmedia. com. The sender of this week's best joke* will win a copy of season one and two of the original Wilfred, which is out on DVD on 20 August, and a PS3, all courtesy of Fabulous Films.



Seen something daft? Snap it, send it in and win £100!



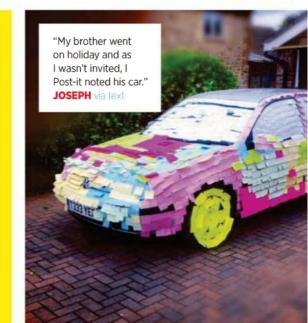
Mar you enjoyed my Mint





NAFF TATS CORNER





"Anyone fancy

a brew? No?"

ANON via text



apply*). Pic Of The Week** wins £100 cash! Terms & conditions on page 72.

Tweets of the week!

Our favourite tweets from the fit and famous!

100% real! 🙆

twitter*

O Follow

SABINE

We're not looking at the hat, young lady!





SABINE @sabinejofficial Me in a bikini in Latvia haha with the hat

USAIN BOLT

We have no idea why the barber is topless.





USAIN BOLT @usainbolt Getting ready for medal ceremony. Big up the barber Maurice Smith

JACK WHITEHALL

The latest victim to succumb to that book.





HITEHALL @iackwhiteha

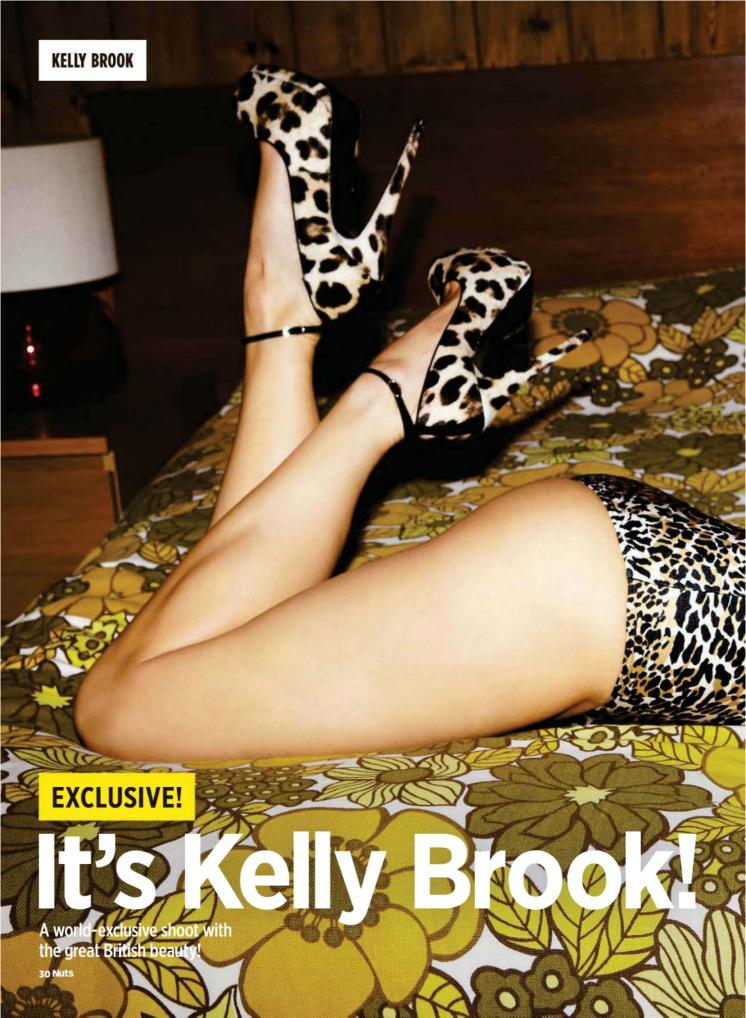
ROSIE JONES

California's loss is definitely the UK's gain!

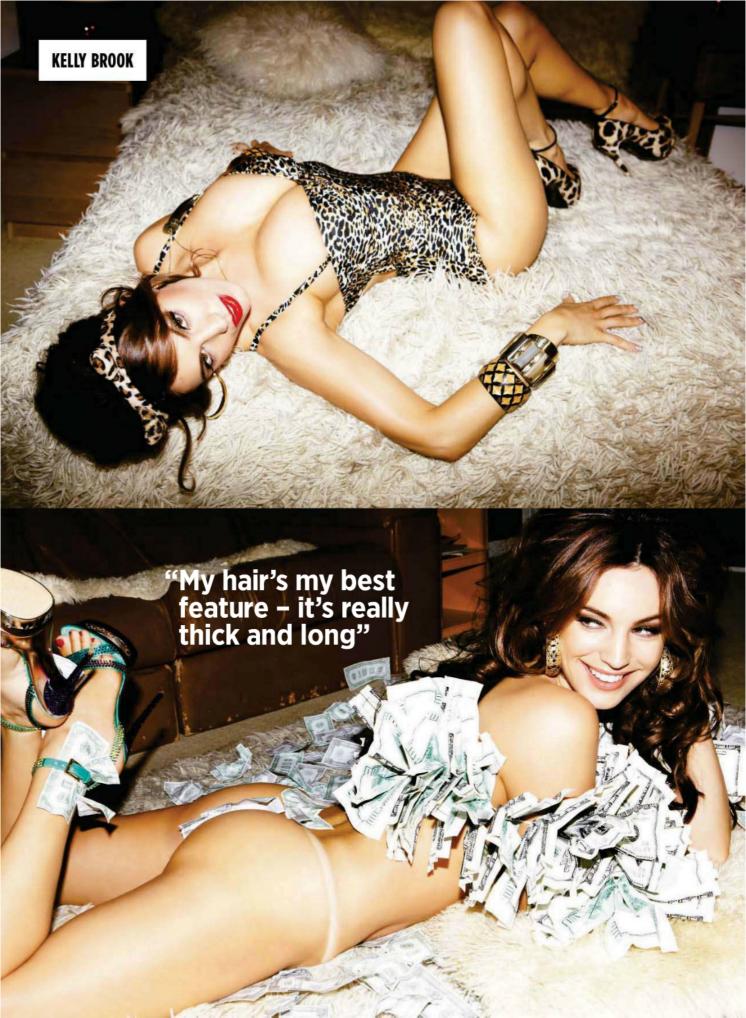




ROSIE JONES @rosieofthejones Goodbye Palm Springs







many things
we can be proud
of in this great
nation of ours.
Our fine gold
medal-winning Olympians,
our (almost) all-conquering
cricketers, the fact that we're
not French... but when it comes
to ladies, we think you'll agree
there's no finer British
institution than the wondrous
creation that is Kelly Brook.

For years, this buxom beauty has captivated the men of Britain with her ability to perform a variety of tasks from within the constraints of the tiniest of tops. And now, perhaps topping it all, this month, she becomes a bonafide movie star, playing herself in *Nuts* favourite Keith Lemon's big screen debut, *Keith Lemon: The Film.*

So, gents, what better way to celebrate than with this world exclusive and, if we don't mind saying ourselves, rather eye-popping – new shoot. Kelly Brook, a proud nation salutes you...

Hi Kelly! In our humble opinion – and, as our pictures prove – you're easily one of the hottest women in the world. Ever. But what do you think is your best feature?

Probably my hair. Everyone thinks I have extensions and I don't. My hair's always been really thick and really long.

Er, you've always had amazing boobs, too.

I literally grew huge boobs when I was at dance college so it really wasn't ideal, but you just have to accept who you are. When I realised I could make money out of having big boobs I grew to like them a lot more. Ha-ha!

Is there a celebrity's body you would swap yours for?

Halle Berry's got an incredible body. And I've always thought Salma Hayek was beautiful – she's petite but really curvy. Both of those actresses have really beautiful figures.





What's your secret to staying in such great shape?

I ride my bike a lot and I'm always doing Pilates. I've done Pilates for years – I think it's the best thing to do for keeping in shape. I love taking my dog for walks and, obviously, when I was dancing on the *Strictly* tour that was a lot of exercise.

You're starring in Keith Lemon's first film, which opens soon, and you're playing yourself...

Yeah, the character I'm playing is me. I'm doing some serious method acting. I've been living the actor's dream finally after all those years spent out in Hollywood. In Hollywood, I wanted to be a film star, or a Bond girl.

So why did Keith choose you? We can't possibly imagine!

Keith said it was easy to cast me as I'm the woman of his dreams. I'm evil in the movie. I do a lot of debunking the stereotype of "nice Kelly".

You didn't mind the sex scenes?

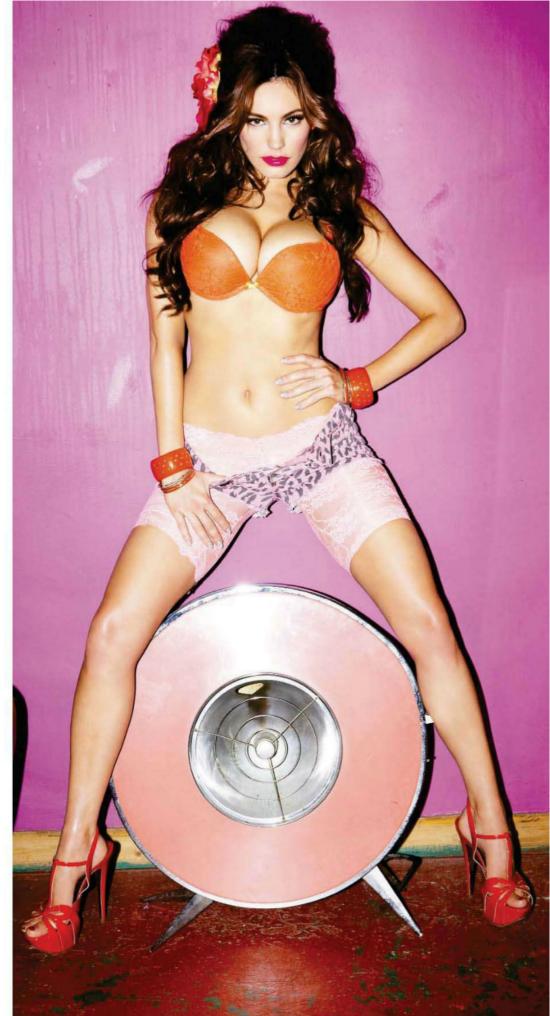
I was the one from the outset requesting all the nudity. And I actually added more nude scenes. There weren't enough in the original script!

How did you prepare for your role in the Keith Lemon film?

Keith made me watch every episode of *Celebrity Juice*, every episode of *Bo! Selecta* and all the specials. And I've got his calendar!

You were in Calendar Girls a while back where you had to be naked on stage. Were you worried the first time that you had to strip off in front of a live audience?

No, that was fine for me, it really was. What was more daunting was just being in a production like that where you have moving stages and props and lots of other people to think about. On my first night that was all I was thinking about – it was just like, get through it, don't drop anything and make sure everything's where it should be.





No, as I was just saying, the thing that made me more nervous was just dealing with the moving stages and props and everything else that I had the responsibility for. That was more daunting than actually getting naked. That was the easy bit.

Will there be any naked clauses in any future contracts?

I make sure I have to get naked in every contract, it's the opposite for me!

Brilliant! But what's this we've read about you not waxing often enough?

Ha-ha! Oh, that was a tiny little joke I made in an interview that's turned into me not waxing my bikini line and it's so not true. My bikini waxer was furious at me! She's the most talented bikini waxer you've ever met. Her name's Lydia and she's phenomenal.

What did you buy with your first big paypacket?

I did a TV pilot in America when I was 21 and I bought myself a brand new powderblue Volkswagen Beetle convertible with the money. It was my first job there and it was such a cute car.

If you were our girlfriend and we were going out, but you only had five minutes to get ready, what would you do?

I'd bung my hair in rollers for a minute to give it some shape, add a bit of blush, chuck on a dress and spray some perfume and I'm done!

Thanks for the chat, Kelly! Finally, Keith's a billionaire in the movie. What would a billionaire like Keith buy you? A boob job?

A boob job? I hardly need a boob job, do I? Keith said I would just be t*ts with legs if I was any bigger!

 Kelly stars in Keith Lemon: The Film, which is in cinemas from 24 August.



TOS: HTTPS://WWW.FACEBOOK.COM/KELLYBROOKOFFICIAL

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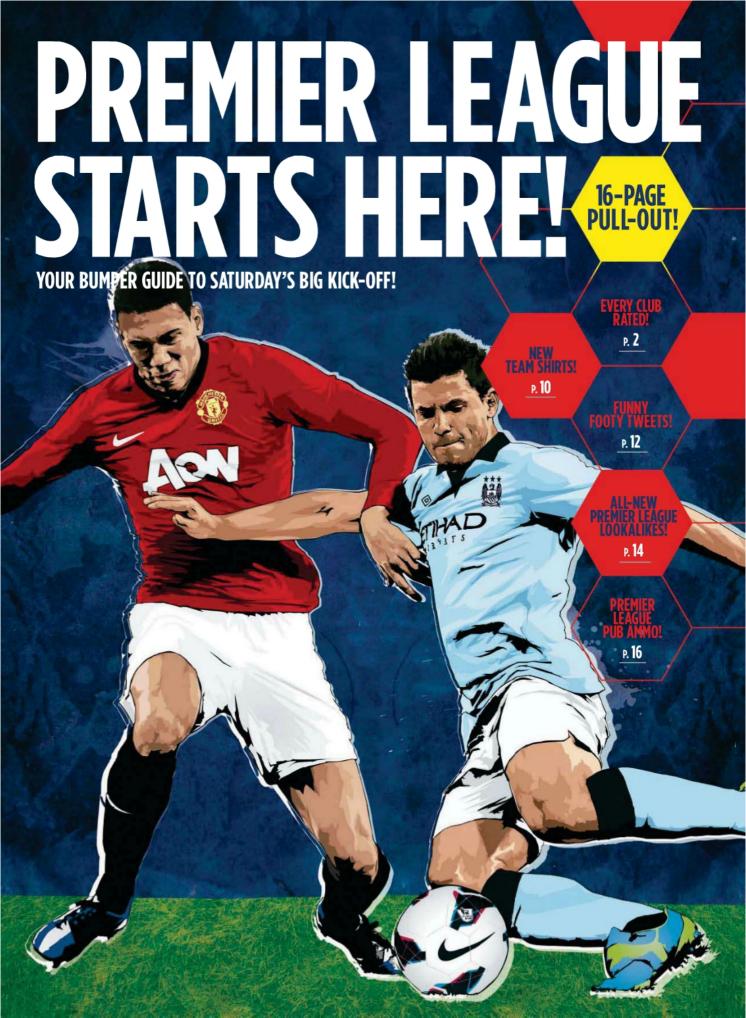




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ASTON VILLA

KEY SIGNINGS > Matthew Lowton (Sheffield United, £3m), Karim El Ahmadi, Ron Vlaar (Feyenoord, undisclosed, £3.2m), Brett Holman (AZ Alkmaar, free)

MONEY SPENT > £6.2m



STRENGTHS

"Darren Bent is a proven scorer, Marc Albrighton, Barry Bannan and Ciaran Clark head an impressive list of youngsters and Shay Given is still one of the Premier League's most reliable keepers. New manager Paul Lambert has started well by bringing in Karim El Ahmadi. But there's a huge amount of work to be done."

WEAKNESSES

"Lambert has a massive job to do to keep them in the division. Villa won just three in 21 matches from the turn of the year. That's relegation form. They're also disturbingly reliant on Darren Bent for goals."





"Matthew Lowton looks like a future England player and midfielder El Ahmadi has been on the radar of Premier League clubs for a few years. Brett Holman has an eye for goal. Ron Vlaar looked cumbersome for the Netherlands at Euro 2012."

PREDICTION

"Another season of struggle lies ahead unless Lambert can inspire the youngsters. But money is tight and rebuilding will be tough. A poor start could spell real trouble unless they bring in support for Bent. Relegation is a real possibility." – **18th**

CHELSEA

KEY SIGNINGS > Eden Hazard (Lille, £32m), Marko Marin (Werder Bremen, £7m), Oscar (Internacional, £25m)

MONEY SPENT > £64m



STRENGTHS

"Chelsea will be buoyed by last season's fantastic finale. **John**

Terry remains an outstanding leader. Ashley Cole has rolled back the years, Ramires now scores regularly and Torres is rediscovering his killer instinct. The signings look sensational. Roberto Di Matteo has revived flagging spirits and careers."

WEAKNESSES

"Terry needs a fast, reliable partner. David Luiz is speedy but defensively naive. Petr Cech isn't the keeper he was. They lack a top quality right-back. Lampard can't go on forever. They'll miss Drogba, too."

TRANSFERS



"Oscar will become one of the world's top midfielders. He reminds me of a younger, more mobile Kaka. Eden Hazard can play anywhere in the front six. Marko Marin is a tricky winger who needs to rediscover the form of his Werder Bremen days."

PREDICTION

"Chelsea are unlikely to reach another Champions League final this season, but they're now genuine title contenders and could split the Manchester clubs if City have a long run in Europe and become distracted by that." - Runners-up



ARSENAL

KEY SIGNINGS > Santi Cazorla (Malaga, £15m), Olivier Giroud (Montpellier, £13m), Lukas Podolski (Cologne, £11m)

MONEY SPENT > £39m



STRENGTHS

Laurent Koscielny and Thomas Vermaelen are consistent centrebacks. Theo Walcott and Alex Oxlade-Chamberlain have pace to burn. New striker Olivier Giroud will be strong in the air and midfielder Jack Wilshere will be like a new signing if he car regain full fitness. Lukas Podolski and Santi Cazorla have international quality

WEAKNES

"The Robin van Persie saga is a distraction. Kieran Gibbs gets too many injuries. Walcott drifts out of too many games. Wojciech Szczesny is errorprone. **Wilshere**'s injury is a concern."



"Podolski hit 18 goals for a poor Cologne side last season but has never regained the thrilling sharpness of the 2006 World Cup. Giroud scored 21 in Montpellier's first French title win. Cazorla has pace and trickery."

PREDICTION

"If the new signings score regularly, if they can stay mentally strong throughout, if Oxlade-Chamberlain continues to improve, if Walcott really delivers, they'll be a top side again. Those are big 'ifs'..."

4th - FA Cup winners

EVERTON

KEY SIGNINGS > Steven Pienaar (Spurs, £4.5m), Steven Naismith (Rangers, free)

MONEY SPENT > £4.5m



STRENGTHS

Manager David Moyes has perennially punched above his weight. Nikica Jelavic will score goals on the evidence of his 11 last season in just 16 games. Marouane Fellaini will cause damage, while Phil Jagielka is reliable. Phil Neville is inspirational and Steven Pienaar's return is a boost. A fully fit Jack Rodwell will impress.

WEAKNESSES

"Despite bringing in Pienaar and Steven Naismith, the squad is still too thin. Moyes will probably have to sell players to fund more signings. Tim Cahill will be missed. They may rely too heavily on Jelavic."



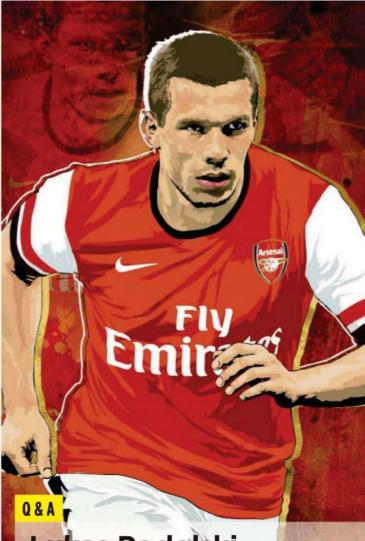


"There's a worrying weight of expectation on the shoulders of Scottish striker Steven Naismith. He hasn't played since a cruciate ligament injury in October. He'll need time but is a livewire. Pienaar will thrive again back at Goodison."

PREDICTION

"Without serious investment it's going to be difficult to see Everton getting into Europe. But, as we've grown accustomed to, under the guidance of Moyes they'll claim a few scalps on the way to another top-half finish." – 9th





Lukas Podolski

i Lukas! Why did you end up joining Arsenal? Arsenal are respected throughout the world for their results but also their football. As soon as I heard they were interested in me, the discussions progressed really quickly and the deal was done. I couldn't be happier.

What reputation do Arsenal have across Europe?

A very good one. They play football in the right way and create lots of chances. Obviously, as a forward I like this! I'm excited about being part of an attacking team and experiencing a new environment at this stage of my career.

It's the first time you've played outside Germany. Why now? At 26 I just feel this could be a good moment for me. The Premier League is strong and, as I say, Arsenal have all the things in a club I am attracted to. They also have a quality manager who knows how to get the best out of players.

Your goals couldn't save Cologne from relegation last season. Was that personally frustrating?

It is a shame what happened. There were so many changes at the club that it was almost inevitable we would have problems. But I must look forward now with Arsenal.

Can Arsenal challenge for the title this season?

We shall see! I'm ambitious and believe I'm joining a club with the same ambitions. I look at the players here, the structure, the youth development, the coach, everything, and conclude this a great club that can achieve great things.

PREMIER LEAGUE SPECIAL

FULHAM

KEY SIGNINGS > Hugo Rodallega (Wigan, free), Mladen Petric (Hamburg, free), George Williams (MK Dons, free), Sascha Riether (Cologne, Ioan)

MONEY SPENT > £0



STRENGTHS

"Clint Dempsey demonstrated last season with his 23 goals that he can strike fear into the heart of any defence. Moussa Dembele is crafty, too. They must keep the pair. Brede Hangeland has become one of the sturdiest top-flight defenders. The back five has experience and 18-year-old Kerim Frei has promise.'

WEAKNESSES

"Andy Johnson, Danny Murphy and Bobby Zamora have gone. Pavel Pogrebnyak decided not to extend his contract. There are question marks over the new signings and speculation about Dempsey leaving."



TRANSFERS

"Hugo Rodallega and Mladen Petric will need to gel quickly. But the Colombian struck just twice in a pitiful last season at Wigan and the Croatian hit just five from free play for Hamburg. Can they score enough to keep Fulham up?"

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PREDICTION

"A tough opening month could leave them struggling from the start, but they won't go down. Owner Mohammed Al-Fayed won't allow that. He'll back his manager with cash and change him if the situation gets dire. Safe, just." – 17th

LIVERPOOL

KEY SIGNINGS >

Fabio Borini (Roma, £10m)

MONEY SPENT > £10m



STRENGTHS

'Childhood Liverpool fan Brendan Rodgers has his dream job and is a believer in playing to feet and "through the thirds" with slick. quick, short passing. He'll revitalise Steven Gerrard. For all his volatility, Luis Suarez is a world-class striker. Martin Skrtel is much improved and Daniel Agger looked great in the Euros."

WEAKNESSES

"Too many individual defensive errors and too many dropped home points left them closer to the bottom three than the top trio. Andy Carroll won't suit the manager's style. Suarez will court controversy again."



TRANSFERS

"They've started to clear out the peripheral figures who aren't up to it but they need to go further. Fabio Borini's two goals for Roma against Inter last season showed his potential but he's only 21 and has played just 37 league games."

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PREDICTION

"Rodgers will be given time and he needs it to change the Liverpool mindset. A tough opening set of home fixtures against Man City, Arsenal and Man United are likely to set the tone for their entire season." – 8th

MANCHESTER UNITED

KEY SIGNINGS > Shinji Kagawa (Dortmund, £17m), Nick Powell (Crewe, £4m)

MONEY SPENT > £21m



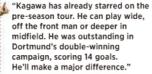
STRENGTHS

"Resilience. They're at their best when they're fighting back from adversity. Wayne Rooney should bounce back from his Euro flop, Danny Welbeck and Phil Jones will improve, Antonio Valencia will be fit. Rafael is a good rightback and Nemanja Vidic will be back. Shinji Kagawa is an inspired signing."

WEAKNESSES

"They lacked experience last season. Ashley Young's form was erratic while Ryan Giggs and Paul Scholes can't play every week. Nani was moody at times. Dimitar Berbatov is a gloomy presence."





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PREDICTION

"United are hungry for revenge and will get it if Man City take their eye off the ball. Chelsea will press them harder this season, but Kagawa could be the first Japanese Footballer Of The Year and they might just nick a 20th title." - Champions

NEWCASTLE UNITED

KEY SIGNINGS > Gael Bigirimana (Coventry, undisclosed), Romain Amalfitano (Reims, free)

MONEY SPENT > Undisclosed

NEWCASTLE UNITED

STRENGTHS

"Papiss Cisse and Demba Ba look like being a goal-laden dynamic duo. Yohan Cabaye was one of the signings of last season. Steven Taylor will hopefully be back to strengthen the defence where Fabricio Coloccini is so improved ahead of a terrific goalkeeper in Tim Krul and behind the hardworking Cheick Tiote."

WEAKNESSES

"They'll have to get used to Thursday night Europa League and Sunday Premier League routines. Defenders will be wiser about Cisse. The squad lacks depth. Expectation levels may be unreasonable."



"Manager Alan Pardew will be hoping he's unearthed another French gem in 22-year-old Romain Amalfitano. The wide forward showed pace and promise in his time at Reims, who finished second in Ligue 2 in France last season."

PREDICTION

"Many people seem to be waiting for them to stumble. I think Pardew's building something special. The top five will elude them as the Europa League takes its toll, but the League Cup could bring them some silverware." 6th – League Cup winners



MANCHESTER CITY

MONEY SPENT > £0



STRENGTHS

'City can cherry-pick the best players in the world. Joe Hart Vincent Kompany and Joleon Lescott were magnificent in the title win. Yaya Toure yomps from box to box with ease. David Silva shimmers with stardust. Sergio Aguero had a great first season. Carlos Tevez and Mario Balotelli can win a match in a second

"Tevez and Balotelli can implode or explode in a second! They have to keep Yaya fit. Roberto Mancini will be under real pressure to win the Champions League and he has to keep 20 major egos happy



"Manager Mancini has been complaining about the lack of speed in bringing in summer targets like Arsenal's Robin van Persie. Daniel Agger and Celtic's Ki Sung-Yueng, but they need to satisfy the Financial Fair Play Regulations."

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PREDICTION

"On paper they should a sharper focus on the Champions League and ten months under the spotlight could see them drop points. They could even be pipped for 2nd."

3rd - Champions League winners

NORWICH CITY

KEY SIGNINGS > Steven Whittaker (Rangers, free), Jacob Butterfield (Barnsley, undisclosed) Robert Snodgrass (Leeds, undisclosed)

MONEY SPENT > Undisclosed



STRENGTHS

"New manager Chris Hughton will galvanise dressing-room spirit. Persuading Grant Holt to stay was a coup. He'll get into double figures again, Ex-Leeds players Jonny Howson, Bradley Johnson and Robert Snodgrass are all talented. Anthony Pilkington chips in with goals. Russell Martin and Wes Hoolahan are underrated."

"They sagged towards the end of the season with three wins in the last 14 games. They lacked experience at some key moments. The defence was vulnerable. They will face secondseason syndrome."



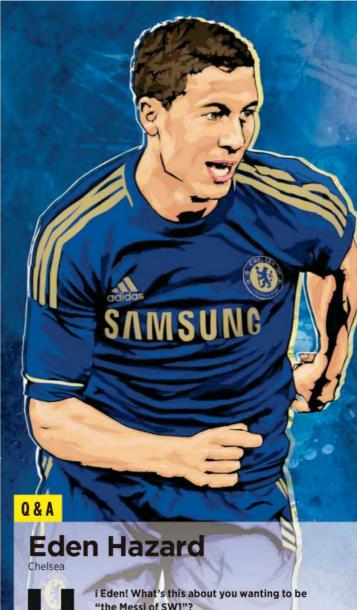


"Snodgrass and Whittaker are astute signings. Snodgrass will provide competition, power and pace in wide positions, weighing in with a few goals. Whittaker will shore up the defence. Butterfield was good for Barnsley last season."

PREDICTION

"Norwich will find it a lot tougher this season and they have a difficult run of games in early autumn. They could well struggle to put results together in the opening months of the season, but I think they have enough about them to stay up." - 14th





"the Messi of SW1"?

I think this was taken out of context a little. What I was saying is that he's a player with a similar style to me who I admire a great deal.

But you're certainly setting your sights high.

You have to. We play for fun but also to win. There will be pressure on me because I'm only 21 and this is a step up in my career. If I'm under pressure it's because I'm at a top club and therefore I've done good things to arrive here.

Why did you decide to choose Chelsea over other clubs? It was always going to be difficult to resist the Premier League. After speaking to Chelsea I believed I could

improve by playing alongside some incredible players. Your brother Thorgan has also now joined you at Stamford Bridge. Did you twist Roberto Di Matteo's arm to sign him? Thorgan is a great footballer in his own right – he doesn't

need any help. It would be incredible to play in the same Chelsea side as him, but it's not for me to say because the coach makes the decisions, not Eden Hazard.

What can Chelsea fans expect from you?

I want to play attractive football and win trophies but I need to get in the team first! I would never be so arrogant as to demand a place. If I start well I hope to earn the supporters' respect. I can only do this through playing well and showing pride and passion in representing a great club.

PREMIER LEAGUE SPECIAL



Mario Balotelli

Manchester City

i Mario! Do you think Manchester City can retain the Premier League title?

Of course. We were the best team last season, with the best players, so I can't see why we will not be the best this season. It's simple!

Will you still be at the club though?

I hope so. I'm very fond of Manchester City and my teammates. This is just the start of the journey, I think.

Did winning the Premier League and then your great performances in the Euros transform you from villain to hero?

I think I will always be a villain, no matter what I do. I make mistakes but many, many of the ones you read about have never actually happened. There are people in and around football who make money out of telling lies.

Do you think you get a rough ride sometimes?

People who don't know me think I'm an idiot. I am not an idiot. I'm a young man and young men do funny things. I get bored quickly and sometimes I end up in unusual situations. But on other occasions things are written about events and I'm actually about 100 miles away!

Roberto Mancini says you can be one of the best players in the world if you learn to behave yourself. Any chance of that?

He has known me from a young boy and has seen me experience many things. He supports me but gets angry when I make mistakes. If he says something, I must listen. For him, I will try harder. I can't make promises though.

QUEENS PARK RANGERS

KEY SIGNINGS) Park Ji-Sung (Man United, undisclosed; Robert Green (West Ham, free), Andy Johnson (Fulham, free), Junior Hoilett (Blackburn, undisclosed)

MONEY SPENT > Undisclosed



STRENGTHS

"A go-ahead chairman in Tony Fernandes, wealthy owners, and a manager in Mark Hughes who's committed to a longterm plan. A fitter Bobby Zamora, now reunited with Andy Johnson. Djibril Cisse's goal sense. A good goalkeeper in Rob Green. The speed of Junior Hoilett. The experience of Park Ji-Sung."

WEAKNESSES

"Twenty-four players have arrived in the last two seasons. Hughes will do well to gel them and keep them happy. One or two players in key areas lack pace. Hughes inherited too many sub-standard players."

TRANSFERS

"Hughes is revolutionising the squad. Robert Green is a much better keeper than his critics will allow. Park has untapped energy reserves. Johnson will thrive on a new challenge and Hollett has bags of pace."

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PREDICTION

"Exciting times could lie ahead at Loftus Road in the next few years if the plan comes to fruition. QPR now have enough firepower and strength to surprise a few big names along the way in the coming season. They'll improve a lot on last season." - 7th

SOUTHAMPTON

KEY SIGNINGS) Jay Rodriguez (Burnley, £6m), Steven Davis (Rangers, free), Nathaniel Clyne (Crystal Palace, compensation to be agreed)

MONEY SPENT > £6m+



STRENGTHS

'Southampton will have gained a great deal of confidence from back-to-back promotions under ex-Scunthorpe manager Nigel Adkins. Striker Ricky Lambert has scored an impressive 88 goals in his three years at the club and will surely bang them in at this level as well. Adam Lallana is a real talent up front, too.'

WEAKNESSES

"The defence looks suspect and keeper Kelvin Davis is now 35. The midfield will be under pressure, too. Chairman Nicola Cortese won't accept failure. Adkins will be under pressure despite his success."



→ → → → → → → → → → → "Experienced Steven Davis was

rexperienced steven Davis was picked up from the Rangers chaos. Jay Rodriguez scored impressively for Burnley last season, but this is a different class. Nathaniel Clyne has attracted scouts to Crystal Palace matches for the last four years."

PREDICTION

"Ricky Lambert is
essential to
Southampton's hopes.
If he does score
goals, they'll stay up
despite a fierce opening
to the season where
they have to play
Arsenal, Man City and
Man United in just four
matches." - 15th

READING

KEY SIGNINGS > Chris Gunter (Nottingham Forest, £2.5m), Adrian Mariappa (Watford, £2.5m), Pavel Pogrebnyak (Fulham, free), Nicky Shorey (West Brom, free)

MONEY SPENT > £5m

STRENGTHS

"Brian McDermott is a fast-rising and muchadmired manager. His director of football Nicky Hammond is very able. The new Russian owner has cash and ambition. Pavel Pogrebnyak's arrival will boost the goal tally. Jimmy Kebe is tricky and skilful. Jem Karacan

Jem Karacan impressed in central midfield in the promotion campaign.

WEARNESSE

"The defence has some old stagers and one or two who've struggled at this level elsewhere. Ian Harte's rise to this level again is astonishing. Adam Le Fondre may struggle to score in the top flight."



TRANSFERS

"Pogrebnyak looked capable of getting goals at Fulham. Nicky Shorey is experienced. It's a step up for Adrian Mariappa from Watford. Chris Gunter must make a success of this after failing in his last Premier League spell at Spurs."

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PREDICTION

"Reading have strengthened but the defence will be hard-pressed. They must negotiate a series of derbies in the run-in. But there are too many pitfalls ahead. They could bounce between the divisions for a couple of years." – 20th

STOKE CITY

KEY SIGNINGS > Jamie Ness (Rangers, free), Michael Kightly (Wolves, undisclosed)

MONEY SPENT > Undisclosed



STRENGTHS

"Durable, physical and a better footballing side than their critics allow. They're now an established Premier League team. Peter Crouch will get into double figures. Jon Walters will work himself into the ground up front and Matthew Etherington will create from the left. Ryan Shawcross will again marshall a consistent defence.

WEAKNESSES.

"They haven't refreshed the squad. The midfield is functional but not sparkling. The fans may grumble if they don't have a cup run. Jermaine Pennant remains a hopeless riddle of a man."

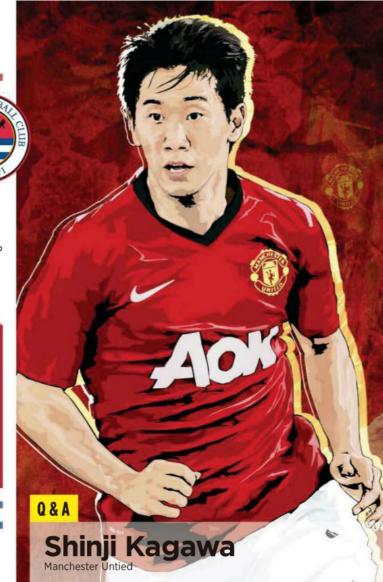




"Ryan Brunt and Matthew Lund – who have been sent out on loan in previous seasons – along with new signings Jamie Ness and Michael Kightly are players brought in by boss Tony Pulis to thicken the squad and bring the average age down."

PREDICTION

"Safe again in mid-table.
Fans mustn't grumble
and fill the chatlines
with calls for another
manager to come in to
'lift the club to the next
level'. That's a horrible
phrase. Pulis deserves
full backing and
will get it from his
chairman." - 11th



H

i Shinji! How does it feel to wear the Manchester United shirt?

An honour, a privilege and a joy to know you're representing a club with such a great history. I'm under no misunderstanding as to the importance of this place.

Do you think you can cope with the pressure?

I believe I can because there have already been many times in my career when I have been asked questions. At Dortmund, people didn't know if I would be successful coming from a different country and I think I answered them. It won't be easy but I'm motivated by what is to come.

What can you bring to United?

Whatever the manager wants me to do! I like to have an attacking mentality and score or create assists.

Which United player has impressed you in training?

Paul Scholes has made an impression. He has been a great player for so many years and you can see immediately the quality he possesses. To play for a top club like Manchester United you have to be special and he is more than that.

How have you got on with the scariest boss in football?

For me, he has been fantastic. I will learn a lot from this man. He's a winner with a record other managers can only dream of. I'm hopeful and confident I can fit in and repay his faith. Technically, I think I will be OK. The trick will be to work, work, work, so I get the required results.

SUNDERLAND

KEY SIGNINGS >

Carlos Cuellar (Aston Villa, free)

MONEY SPENT > £0



STRENGTHS

Simon Mignolet is a top young keeper behind Phil Bardsley, Wes Brown, John O'Shea and Kieran Richardson. Sebastian Larsson, who never seems to get the credit he deserves for slogging up and down, will score from right midfield, while James McClean will torment on the left. Martin O'Neill will motivate them in his usual way."

"Sunderland's defence is particularly suspect against genuine pace and they lack a decent goalscoring threat in depth. Fans will have been disappointed with the lack of summer arrivals at the Stadium Of Light."



TRANSFERS

Carlos Cuellar was brought in by O'Neill from his old club Aston Villa. He hasn't set pulses racing on Wearside. O'Neill has funds to spend. He needs a goalscorer because South Korean Ji misses too many chances.'

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PREDICTION

"Sunderland will have a steady enough season. but there are bound to be a few blips and critics along the way. But they're approaching a crossroads. Martin O'Neill needs investment to bring players in with the wow factor."

- 12th

SWANSEA CITY

KEY SIGNINGS > Michu (Rayo Vallecano, £2m), Chico (Genoa, £2m), Jonathan de Guzman (Villarreal, Ioan)

32Red

MONEY SPENT > £4m



STRENGTHS

'Michel Vorm is a terrific shot-stopper. Joe Allen is a creative passer of the ball and is essential to them. Scott Sinclair is quick and tricky up front. Neil Taylor looked comfortable for Team GB at the Olympics and is a very sound left-back and Ashley Williams had an outstanding first season in the top flight."

WEAKNESSES

"The defence will miss Steven Caulker, who's back at Spurs after his loan. If they lose Allen, they could struggle to create from midfield. The loss of Brendan Rodgers will hit them hard. Teams will have worked them out, too.

TRANSFERS $\rightarrow\rightarrow\rightarrow\rightarrow\rightarrow\rightarrow\rightarrow\rightarrow\rightarrow\rightarrow$

"Spanish defender Chico picks up too many cards. His compatriot Michu looks a better bet having scored 15 for Rayo Vallecano last season. Dutch midfielder Jonathan de Guzman did well for new boss Michael Laudrup at Mallorca.'

PREDICTION

"I can't see them scoring enough goals. The loss of Rodgers will be damaging. Teams will press them in possession now. Anxiety could eat away at them and a run-in against Chelsea, Man City and Man United could sadly finish them." - 19th

WEST BROMWICH ALBION

KEY SIGNINGS > Ben Foster (Birmingham undisclosed), Yassine El Ghanassy (AA Gent, Ioan), Claudio Yacob (Racing Club de Avellaneda, free)

MONEY SPENT > Undisclosed

STRENGTHS

footballing brain. They

game-breaker, though,

leaves or gets injured."

need to find another

in case Odemwingie



TRANSFERS

 \rightarrow \rightarrow \rightarrow \rightarrow \rightarrow \rightarrow \rightarrow \rightarrow

"The permanent signing of Foster was a must. He's now fulfilling the potential of his youth. Holding midfielder Claudio Yacob was a 2007 Under-20 World Cup winner with Argentina. He'll add competition for Mulumbu."

Premier League on fire, but they'll be safe long before their final home game against Manchester United on May 19. That's the day the Premier League title will be won. It'll be that tight

WIGAN ATHLETIC

KEY SIGNINGS > Fraser Evvie (Aberdeen undisclosed), Ivan Ramis (Mallorca, undisclosed)

MONEY SPENT > Undisclosed



STRENGTHS 'Boss Roberto

Martinez tells me he has outstanding youngsters. Certainly, the midfield duo of James McArthur and James McCarthy played enormous roles in keeping the Latics in the Premier League in such astonishing style last season. So did Franco Di Santo in the final weeks of the season. It was stirring stuff."

"The defence was hopeless during the run of nine successive defeats last season that put the skids under the campaign. Goal-scoring is a problem. The loss of Victor Moses would be a blow.

TRANSFERS

 \rightarrow \rightarrow \rightarrow \rightarrow \rightarrow \rightarrow \rightarrow \rightarrow "Nineteen-year-old midfielder

Fraser Fyvie had a promising season with Aberdeen, reaching the Scottish Cup semi-final. He'll be pushing for a starting place. If Ramis can eradicate the mistakes, he could be a good signing."

PREDICTION

"Their lack of firepower is a major concern. But the style of their football under charismatic manager Martinez was so impressive in their surge to safety. They played their way out of trouble. If they do that again, they'll deserve to stay up." - 16th





TOTTENHAM HOTSPUR

KEY SIGNINGS > Jan Vertonghen (Ajax, £10m) Gylfi Sigurdsson (Hoffenheim, £8m)

MONEY SPENT > £18m



STRENGTHS

Kyle Walker, the Young Player Of The Year, could become an outstanding international rightback in the coming seasons. Gareth Bale will flash down the left side having committed himself to the club. Scott Parker cements it altogether. Rafael van der Vaart will get goals. Jermain Defoe is a born goalscorer if he can get a game.'

WEAKNESSES

"Will they rue the departure of Harry Redknapp? Andre Villas-Boas won't have any honeymoon period. The loss of Luka Modric would be keenly felt. Do they have enough players to dig in deep?"

"Jan Vertonghen was rock solid in Ajax's title-winning season and for the fast-rising Belgian national side. New manager Villas-Boas needs to cut down the size of a very big squad and find a replacement for Modric if he leaves."

PREDICTION

"With the size of their squad and the investment made by Daniel Levy, they should challenge for the top four again. But all doesn't seem quite right at the Lane. They might be left lamenting the parting of the ways with Harry." – **5th**

WEST HAM UNITED

KEY SIGNINGS > George McCartney (Sunderland, undisclosed), Modibo Maiga (Sochaux, £5m), James Collins (Aston Villa, 2.5m)

MONEY SPENT > £7.5m+



STRENGTHS

"Bubbles are being blown again at the Boleyn Ground with renewed belief in a healthy future. Kevin Nolan is an experienced leader Matt Taylor gives genuine width on the left. James Tomkins is maturing as a defender. Sam Allardyce has been there, done it, and has good contacts to bring in players.

WEAKNE

1

"They'll miss Robert Green in goal. There are still too many players who struggled in the Premier league relegation campaign. Can Nicky Maynard and Ricardo Vaz Te score in the Premier League?"

TRANSFERS

"The return of James Collins will be welcomed. Modibo Maiga is a striker who scored 24 goals in 63 games for Sochaux in France over the last two years. He could turn out to be another Demba Ba... or another Freddie Piquionne."

 \rightarrow \rightarrow \rightarrow \rightarrow \rightarrow \rightarrow \rightarrow \rightarrow

PREDICTION

"I can see a good start forming the foundation for a satisfactory first season back in the Premier League for West Ham. It's good to see the Hammers back where they belong. Will they move to the Olympic Stadium, though?" – 10th

PEARCE'S FINAL THOUGHTS!

THE CHAMPIONS

"I'll take Manchester United to roar back and claim the title stolen from them in the final moments of last season. They have the ability to challenge year after year. Man City have to

Man City have to learn that knack.
Chelsea will spoil the Manchester party."

ONES TO WATCH

"I like Joe Allen.

He passes the ball
with exquisite grace. Alex
Oxlaide-Chamberlain has
a big season coming up.
He has the power, pace
and hunger to be a real
international-class winger.
Birmingham's Jack Butland
is a good keeper who'll be
in the Premier League soon."

THE CHAMPIONS LEAGUE

"This is where Mancini can really justify all the big spending at **Man City**. They will be buoyed by their title win last season and will really go for Europe.

Barcelona may just have peaked. Real Madrid will be the big dangers."

SIGNING OF

"Kagawa and

Oscar will hog the headlines along with whoever Man City bring in. But the best pound-for-pound signing could be Ben Foster if his saves keep West Brom up. Also, Steven Pienaar will earn Everton some much-needed points."

JP'S LEAGUE TABLE PREDICTION

->	MANGUECTER HIMITER	
-	MANCHESTER UNITED	

2 → CHELSEA

3 → MANCHESTER CITY
4 → ARSENAL

5 → TOTTENHAM HOTSPUR

6 → NEWCASTLE UNITED

7 → QUEENS PARK RANGERS

8 → LIVERPOOL

9 → EVERTON

10 → WEST HAM UNITED

11 → STOKE CITY

12 → SUNDERLAND

13 → WEST BROMWICH ALBION

14 → NORWICH CITY

15 → SOUTHAMPTON

16 → WIGAN ATHLETIC

17 → FULHAM

18 → ASTON VILLA

19 → SWANSEA CITY

20 → READING

BARCIAYS BARCIAYS
BARCIAYS

PREMIER LEAGUE SPECIAL

SHOWDOW

FROM GLORIOUS TO GRUESOME, SOCCER AM'S MAX

RUSHDEN CASTS AN EXPERT EYE OVER THIS SEASON'S

STRIPS GRACING THE PREMIER LEAGUE!



ARSENAL

"I'm excited about the white and blue trim. A good trim makes a shirt. Steve Bould would have looked great in this.'



FULHAM

"As the face of Kappa 09/10, I'm biased. Having said that, I'm not sure about the thin stripes. Hopefully it's not as tight as recent ones.



Money" on the front. It's a good collar, reminiscent of the Ginola days.



NORWICH

"A bit of yellow's vital. If I squint at the telly I can pretend it's Cambridge United! It could have had more green on the sleeves.



QPR

"It's good to have hoops in the Premier League - I'm pleased they survived. I'm not sure what the red things are on the shoulders.



S'LAND

"As stripes go, I prefer the Newcastle kit, although I'll now cancel all future trips to Sunderland! I'd put the Adidas sign on the right.



SWANSEA

"Interesting gold leaf on the shoulders and important as one of only three white kits in the Premier League. It's simple and effective."



SPURS

"I like the kit. It's simple, has nice detail on the shoulders and sleeves and has a good collar. Aurasma sounds like a magician!



has interesting shoulder detail. It has nothing on the 1989 Paul McGrath claret and blue though."



"It doesn't look any different to last season. Maybe it isn't, or maybe I didn't watch them do all that defending closely enough.'



EVERTON

"Delightful white sleeves and a nice, tight white collar, too. The Chang sponsor has elephants. That's nice."



111

Standard Schartered

L'POOL

"Nothing will ever touch the Crown Paints kit of the late '80s. I would have opted for white rather than yellow with this."



MAN CITY

"I'm a big fan of this. It's always good to have a sky blue kit in the Prem. It's very simple, but classy. I like the black trim."



shiny for me. I've never been into shiny, and I've never owned a shell suit. But I'm excited by the collar.



Waitrose

READING

"I have a Waitrose up my street, so that's good. As a purist, I prefer the badge on the left and designer on the right.'



S'HAMPTON

"It's a bit Charlton '87, and redder than a classic Southampton kit. I'd have preferred some old stripes from the Jeff Kenna, Francis Benali days.'



inconsistent stripes. Perhaps I should be more open-minded,

but I think keep it simple."



WBA

"It's identical to Sunderland barring the colours, so my thoughts are similar. We should check they don't swap for their away kits!"



WEST HAM

"In the battle of the claret and blue kits, it's similar to Villa's. Same make, same shoulders. I prefer the Villa collar though it's old school."



WIGAN

"Good, thick stripes and a decent trim. It doesn't do a great deal for me, but much like Wigan's season, by May it'll be the best!"

FOOTBALL MISSIVES MAY BE LONG SHOTS, BUT WE CAN DREAM! TWEETS WEED LONG SHOTS, BUT WE CAN DREAM! LOVE TO SEE!

twitter*



Alex Ferguson @alexferguson Great news @royhodgson! All the English lads are fit and healthy for that friendly against Azerbaijan.

Expand + Reply 13 Retweet * Favorite



Joey Barton @joey7barton Erm, I'm not sure I've got an opinion about that.

Expand ← Reply 13 Retweet ★ Favorite



Howard Webb @howardwebb Well, this whole Respect thing is going well. Thanks for taking your red card like a gentleman @mariobalotelli.

Expand ← Reply t3 Retweet ★ Favorite



John Terry @johnterry Crikey, Eden Hazard's missus is a bit of a looker;)

Expand Reply 13 Retweet * Favorite



Mario Balotelli @mariobalotelli Can't wait for this weekend. Scrabble with the chaps after the match and then a spot of knitting on Sunday.

Expand ← Reply 13 Retweet ★ Favorite



Harry Redknapp @harryredknapp Just filling out my tax returns – starting early this year.

Expand ← Reply 13 Retweet ★ Favorite



Luis Suarez @luis16suarez Hey @patriceevra, fancy a pint after the game?

Expand ← Reply t3 Retweet ★ Favorite



Gary Lineker @garylineker Good news – Lawro's lost his voice! #thereisagod

Expand ← Reply 13 Retweet ★ Favorite

DISCLAIMER: THESE TWEETS ARE NOT REAL AND HAVE BEEN MADE UP FOR AMUSEMENT PURPOSES ONLY

twitter>



Andy Gray @andygray
There are still some tickets left
on the door for my talk at the
Women's Institute.

Expand + Reply + Retweet * Favorite



Richard Keys @richardkeys @andygray hope you smash it!

Expand ← Reply 13 Retweet ★ Favorite



Ashley Young @ashleyyounguk Finally got my stud selection right. There'll be no more falling over in these boots.

Expand ← Reply t3 Retweet ★ Favorite



Jack Wilshere @jack_wilshere
My ankle has never been stronger! It's
an injury-free season for me! :)

Expand ← Reply t3 Retweet ★ Favorite



Tony Pulis @tonypulis
The lads are loving our new tiki-taka playing style. Especially Delap!

Expand ← Reply t3 Retweet ★ Favorite



Carlos Tévez @carlostevez City till I die, I'm City till I die, I know I am, I'm sure I am, I'm City till I die!

Expand ← Reply t3 Retweet ★ Favorite



Mark Hughes @markhughes
And employee of the season, for the second time, goes to @joey7barton!

Expand ← Reply t3 Retweet ★ Favorite



Arsene Wenger @arsenewenger These new specs are great. I can see everything now!

Expand Reply 13 Retweet * Favorite



Andy Carroll @andycarroll
This new short, back and sides really suits me.

Expand ← Reply 13 Retweet ★ Favorite



Fabricio Coloccini @fabriciocoloccini This new short, back and sides really suits me.

Expand ← Reply ★ Retweet ★ Favorite



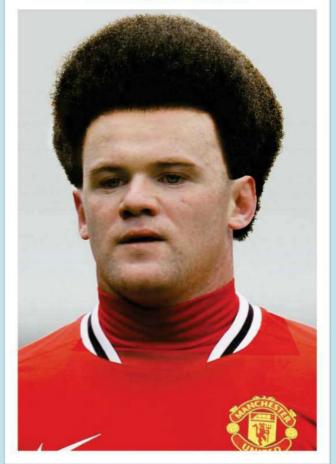
Bacary Sagna @sagnaofficial This new short, back and sides really suits me.

Expand ← Reply 13 Retweet ★ Favorite



Wayne Rooney @waynerooney Not sure about my new afro.

Expand Reply 13 Retweet Favorite



ALL-NEW PREMIER LEAGUE LOOKALIKES!

IS IT JUST US OR DOES SOMETHING LOOK STRANGELY FAMILIAR ABOUT SOME OF THIS SEASON'S FRESH FACES? DECIDE FOR YOURSELF WITH THESE HILARIOUS DOPPELGANGERS!

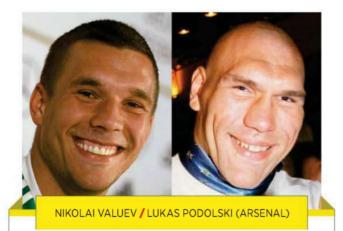


NORMAN WISDOM / CHRIS GUNTER (READING)

Will Reading's rising star be bringing a touch of slapstick to the Madejski this year? Or a flatcap, perhaps? The FA will have a field day when he scores an own goal and drops his keks in front of everyone!



It would be utterly immature of us to point out that Moroccan Karim El Ahmadi has quite a hooter on him. And so we have. But then there are the eyes, too, and the brows. What's going on here? Who knows, but he looks like Muppet Sam!



It's pretty safe to say that we won't be picking any fights with Arsenal's new forward Lukas Podolski any time soon, for fear that he might knock seven bells out of us before standing for Russian Parliament.



The German right-back bears an uncanny resemblance to everyone's favourite novelty rapper-turned-Hollywood star "Marky" Mark Wahlberg. Be sure not to miss Riether in his new film *Ted*, in which his best mate is a stuffed bear.

BORIS JOHNSON / STEVEN NAISMITH (EVERTON)

Apologies in advance to Naismith for comparing him to a man with the worst hair in British politics, but the evidence is pretty damning. Now all he needs is to insult a Liverpudlian and get stuck on a zip-wire – then he'll have full BoJo credentials!



Very rarely does a burly Premier League player make us want to run up to him and give him a jolly good tickle while ruffling his hair, but just look at what a bundle of fun the Magpies' Bigirimana is! Look at him!



PRINCE EDWARD / STEVEN WHITTAKER (NORWICH)

We can think of more aesthetically pleasing royals we'd rather be likened to (Prince Charles, for example) but the combination of a balding barnet and a massive pair of ears means that Edward and Steven could indeed have been separated at birth!



DR DRE / NATHANIEL CLYNE (SOUTHAMPTON)

Nathaniel Clyne looks insanely like Dr Dre! So much so that he could probably walk into his local Argos branch and demand a pair of Beats headphones. That's if his Californian accent is up to scratch, which we're sure it is.



NIKO BELLIC (GTA IV) / MLADEN PETRIC (FULHAM)

The chaps at Craven Cottage must have done a few doubletakes when they first clapped eyes on Mladen Petric here. We don't blame them either! The stubble, the frown, the deep-set intensity – it's all there.



CHESNEY HAWKES / MARKO MARIN (CHELSEA)

Fans of floppy-haired '90s pop everywhere will be overjoyed to know that one-hit wonder Chesney Hawkes is alive and well, and playing in midfield at Stamford Bridge.

Or it looks like he is. Phew!

PREMIER LEAGUE PUB AMMO!

A STADIUM-SIZED COMPENDIUM OF TOP-FLIGHTS FACTS FOR ALL YOUR FOOTY-BASED BANTER!



Aston Villa defender **Richard Dunne** holds the Premier League record for the most own-goals scored, having hit nine past his own keeper.
Liverpool's Jamie Carragher is closing in on the own-goal crown – he's put seven in the wrong net.



One-time

QPR defender
Stephen
Palmer is
the only pro
footballer in
modern history
to be educated
at Cambridge
University. He
has a degree
in software
engineering.



The Premier
League trophy
weighs four
stone and is
officially
classed as
"priceless".





The nylon used to tie the roots of grass together under the pitch at Spurs' White Hart Lane could stretch across the world when laid end-to-end.



According to Pukka Pies, the steak and kidney variety accounts for around 30 per cent of Premier League ground pie sales.





New boys **Reading** have lost two of the highest-scoring matches in the history of the Premier League: 7-4 against Portsmouth and 6-4 against Spurs, both in 2007.



A total of 1,008 **goals** were scored last season.



ORDS: SI CUNNINGHAM, PETER ELLENDER, MICHAEL GOURLEY PHOTOS: ACTION IMA

NUTS HOUDAILES

Know what a *Nuts* girl wants!

Leanne

20 Exeter

Leanne loves a freshsmelling, witty man...

i Leanne!
Describe
your ideal
first date.
I love it when
a guy just
gives me a time and
a dress code, then whisks
me away to somewhere
really random!

How would you give a guy a night to remember?

I'd get the dressing-up box out. Or go to bingo. They love to get their dobbers out!

How could we impress you for £5?

Chips on the seafront, then skinny-dipping to burn off the calories.

What do you think makes a man attractive?

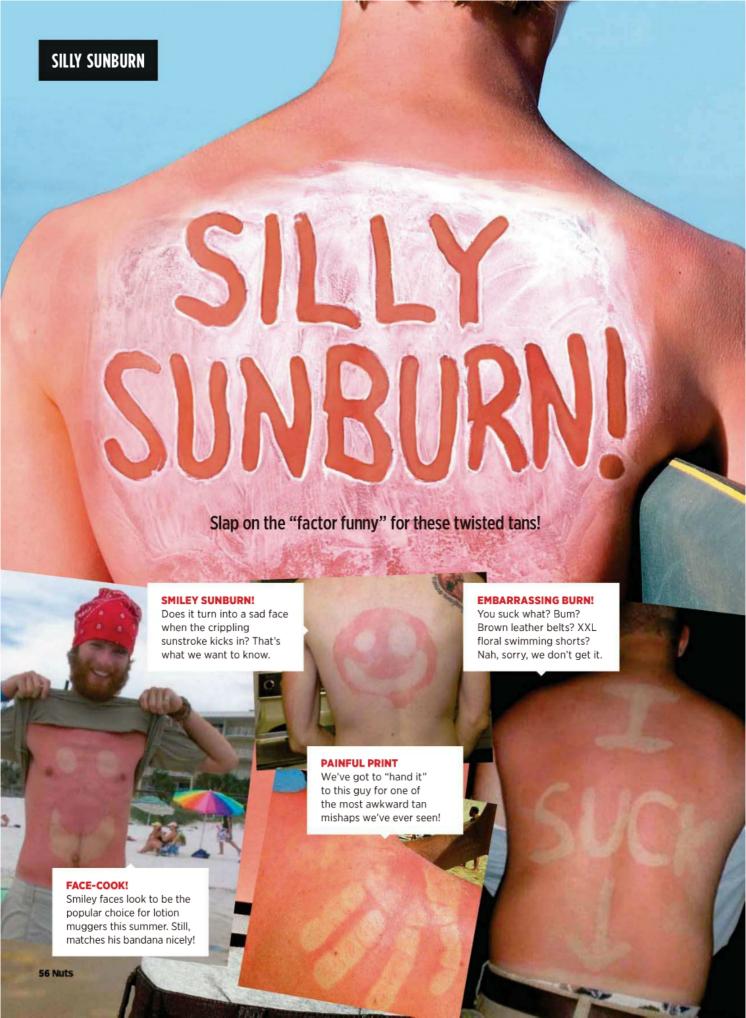
Smelling nice and having a good sense of humour.

Finally, what's the key to your heart?

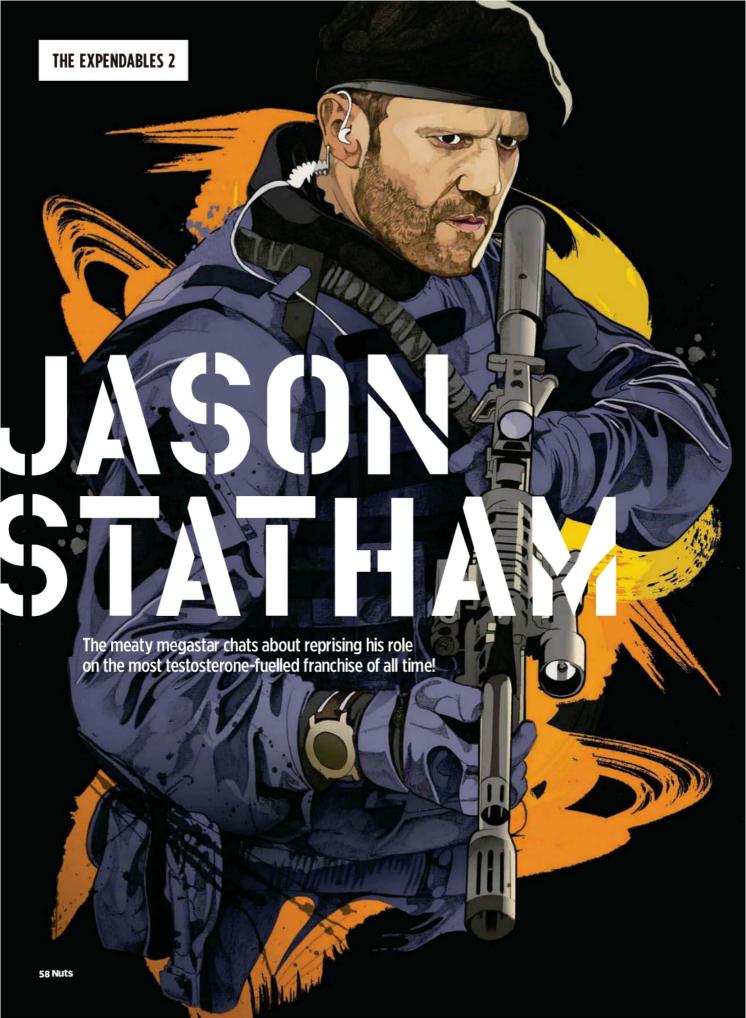
Make me my morning cup of tea and you're halfway there!



CTURE POSED BY MODEL









the cast. Which other new actors do you admire?
The list is endless. I don't want to mention any names but there's a good

You mention Liam

The list is endless. I don't want to mention any names but there's a good bunch out there who could maybe do what we're doing – who knows?

Hemsworth, who's new to

What are you like to work with? Are you a big softy at heart?

Ha-ha! We all share a lot of laughs. It's a great job, but it's the stuntmen who are the unsung heroes. We share a great friendship and to me, it means a lot.

Did you freak out just a tiny bit when you saw the Expendables cast?

It ups your game, as it should. You see all those people who normally you'd see on the big screen. You're there in good company, so you don't forget these things!

i Jason! How does it feel to be the asskicking Brit amongst

all the international action heroes on The Expendables 2?

You've got all of them there! The Brits don't really have many, so it's nice to know I'm the one they celebrate. But we have to tip our hats to Sly, Arnold and Bruce. The phrase "action hero" only appeared because of those chaps.

They're all knocking on quite a bit. Did the cast have to take regular breaks to avoid slipped discs and the like?

Listen, what we do is contact sport and it's inevitable that you're going to get an injury, whether you're 20 years old or 40 years old. But we don't sit on a chair and have some stunt double do it. I have massive respect for them.

Did you take any nasty tumbles yourself?

A few of the other chaps did, but I was lucky enough to get away with it.

You all seem to be more armed-to-the-teeth than normal in this film. Did you have proper training?

There are a lot of big weapons in this film. We've also had plenty of schooling – we've all seen guns many, many times and we all know how to use them. So I think we moved first in the technology of building them. There was no new stuff that we hadn't seen. I think Liam Hemsworth had a big 50-caliber affair, which is very hard to carry and shoot.

It looks as though you and Sly have a right laugh together. Are you BFFs?

We're good friends. The chemistry is either there or it's not. I don't think you can work on that – you can't practise or create chemistry, it's just one of those things. If you've got that sense humour and that sort of banter, it comes easily and if it ain't there, it ain't there.

So what's Arnie like to work with?

Again, he's one of my heroes. Just to see him in a scene is amazing. I remember him pumping iron years ago - I saw a documentary about his body-building and it was one of the best sports documentaries I'd seen at that time. Whatever he turns his hand to, he excels in: seven times Mr Olympia, he's won like, seven Oscars [erm, no he hasn't - Ed.], then he's Governor, not to mention the biggest movie

star in the world. He's done everything he's set out to do. He's achieved the maximum in those fields!

Does the ten-year-old boy inside you go mental working on something like this?

You don't get all stupid about it. I mean, it's like respect – it's a good thing to shake Arnold's hand. To be there and be directed by Sly is terrific, but you don't lose yourself. It's not like a childhood fantasy. You have a lot of respect for the great things that they've done, and to be in their company and give them a good handshake is terrific.

Finally, is there ever a sense of rivalry between Arnold and Sly?

They're best friends!
They have lunch every week. What strikes you about them is their sense of humour.
They're always laughing. I like that about them.

 The Expendables 2 is in cinemas from 16 August.



Stath facts!

- Statham used to be a pro diver and finished 12th in the 1992 World Championships. Expect to see Tom Daley in The Expendables 15 in 2032!
- His missus is sexy model Rosie Huntington-Whiteley, who we're big fans of here at Nuts!







i Lucy! Welcome back to Nuts. What's new with you? Hello! I've just got back from Tenerife. Also, I've been doing loads of partying.

We saw you dressed as fellow sexy redhead, *Mad Men* star Christina Hendricks in a newspaper. How was that?

Ha-ha! It was embarrassing walking around central London in a '60s suit. It was more fun wearing the nice lingerie for the studio shoot. I could be a sexy secretary!

Are you a fan of Mad Men?

I've never watched it, but everyone says to me, "Oh, you look like Christina Hendricks." It's very flattering. She has incredible boobs!

Do you think this is the golden age for redheads?

For me it is, yeah! I think we're more fiery. Also, we're more accessible because people always think as I'm ginger, I can't have been that cool in school. Then again, I wasn't!

Where's the strangest place you've been recognised?

I was out one night and this bloke said, "Oi, I've seen your boobs loads of times. Get 'em out!" So I said, "OK, show us your c*ck then." But he did! I couldn't stop laughing. He then got kicked out of the bar for windmilling his willy!

Crikey! When was the last time you actually did have your boobs out in public?

It was the other day. My house backs on to a cricket pitch, so I often pop my top off and lie on the green with a gin and tonic.

Thanks, Lucy! Finally, if you could invent any Olympic sport, what would it be?

I think we should have something to do with oiling – maybe which girl can oil herself the fastest. That would be fun, wouldn't it?

I love a good oil-up!



Nuts STUFF

The week's best TV, movies, games, fashion, music and tech!



Friday 17 August



Alan Carr's Summer Specstacular 2

CHANNEL 4/HD • 9pm

It's been a stonking summer for GB, so Alan's throwing a big bash and inviting the likes of Wossy, Tulisa (yes!) and Keith Lemon (whoop!) to give London 2012 a gentle ribbing.



Killer Elite

SKY MOVIES PREMIERE/HD • 9.45pm

De Niro only used to star in the best films, but it seems he'll take anything now, like this. It's an average flick following an ex-military bloke (Jason Statham) chasing down some baddie SAS types, who are being protected by another team of mercenaries. It has decent action but it's just alright.



The Angelos Epithemiou Show

CHANNEL 4/HD • 11.05pm

More silliness that involves the host having an arm-wrestling competition with bodybuilder and all-round naughty girl Jodie Marsh (which we bet he loses), and Gupta enjoying some bell ringing with lead singer of Scissor Sisters, Jake Shears.



THE 40-YEAR-OLD VIRGIN

ITV2/HD • 9pm

Steve Carell's chest-waxing scene was totally real. It had to be done in one shot using five cameras, and his reactions expressed genuine pain – ouch!



**

Saturday 18 August



Newcastle vs Spurs

ESPN/HD • 4.30pm

Top-flight footy's back, but there aren't any seriously huge clashes in the opening weekend of the season. This is about as close as we get to a glamour match: two teams likely to be striving for Champions League football get a chance to show their credentials. ****



The X Factor

ITV1/HD • 8pm

Love it or hate it, aside from the pitiful sob stories, these early rounds make for brilliant viewing. The panel has had a slight shake-up too: Kelly Rowland is out and the rather nice Nicole Scherzinger is in. That muppet Louis Walsh is still there - why? No one knows. And Tulisa. Oh Tulisa. We saw your rude video.



Micky Flanagan The Out Out Tour

CHANNEL 4/HD • 9.15pm

Part of the comedy fortnight, Channel 4 have crammed this ace Micky Flanagan stand-up DVD into the schedule. If you've not seen it, for the love of all that is good and pure, watch it. Micky could be reciting the telephone book and it'd still be funny.



ITV1/HD • 7.15pm

Even having Ant and Dec as the hosts of this game show can't save it from being one of the most rubbish. pointless shows



Sunday 19 August



Live Super Sunday

SKY SPORTS 1/HD • From 1pm

We've missed Sunday afternoon double-headers like this. Plucky Wigan take on title hopefuls Chelsea, then, newly promoted Saints get their campaign started, having clearly done something to wind up the fixture computer - they face Man City... away!



I'm Spazticus

CHANNEL 4/HD • 10.10pm

the mick out of disabled people, but this new "hidden camera show" features the disabled pranking Joe Public. Some of it's hard to swallow and some of it's genuinely funny, but we found it hard to know if it's actually alright for us to laugh.

We're not sure how we feel about this. We were brought up not to take

The dance troupe desperately needed an image change

The Function Room

CHANNEL 4 • 10.40pm

This lacklustre sitcom is set in a pub function room. Tonight, it's being used by a community group for a "Meet the Police" event. On the plus side, it stars Blake Harrison, aka The Inbetweeners' Neil. On the downside, it's not hugely funny: tittering, but no belly laughs.



BRING IT ON

CHANNEL 5 . 10.55pm

A film about a bad girl becoming a nice cheerleader, or something like that. The key word here is cheerleader Just about makes it all worthwhile



Nuts 65

Monday 20 August



Everton vs Man United

SKY SPORTS 1/HD • 7pm

If you're suffering from withdrawal symptoms now the weekend's football is over, don't worry, as Monday night footy is back! Both teams begin their Premier League campaigns here, with Man United facing a tricky opening fixture against their bogey side.



Our War

BBC THREE • 9pm

This documentary series captures the full madness and horror of war in its purest form - through the eves of the soldiers themselves. In this astounding series, the BBC pieces together footage shot by soldiers on the ground during the summer of 2010, one of the bloodiest periods in the whole Afghan conflict. Amazing.



Toast Of London

CHANNEL 4/HD • 10pm

In another slice of Channel 4's Comedy Fortnight, this one-off quirky sitcom stars The IT Crowd's Matt Berry as actor Steven Toast. Despite being a highly successful telly actor. Toast has taken to the London stage. But a career move lands him in a racey West End play, which really pees off the public. It's very strange, but Berry is ace.



STEVE COOGAN LIVE 'N' LEWD

CHANNEL 4 ·



Tuesday 21 August

New issue on sale today!



Person Of Interest

CHANNEL 5/HD • 9pm

This thriller continues with ex-CIA man Jim Caviezel and Michael Emerson stopping crimes before they happen. The duo are determined to crack the unsolved murder case of Teresa, a girl who is presumed dead, until the future-predicting machine shoots out her social security number. ★★★★



Falling Skies

FX/HD • 9pm

There's no huge story development in this episode - it's more informative, and fills in some blanks for us. We discover how the relationship between the Skitters and the kids works, meet a girl with scales and claws (really didn't see that one coming) and there's some character back-story development. Meh.



Them From **That Thing**

CHANNEL 4 • 10pm

Sketch shows are often hit-and-miss affairs, but this two-parter might just be a cut above the others. It stars Neil from The Inbetweeners, Facejacker's Kayvan Novak, as well as Sally Phillips and Morgana Robinson, and it boasts Charlie Brooker among its writers!



BAD EDUCATION

BBC THREE •

Set your sights on



66 Nuts

Wednesday 22 August



Wild X Files 2

NAT GEO WILD/HD • 8pm

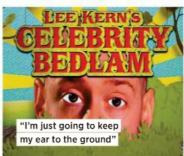
Let's hear it for National Geographic, still providing us with gory tales galore as those nasty sharks out there keep nipping chunks out of unsuspecting bathers! Why anyone would surf or swim at New Smyrna Beach in Florida is a mystery - it accounts for seven per cent of the whole world's attacks. Daft!



Vexed

BBC TWO • 9pm

The tongue-in-cheek police comedy continues. After the lead contestant in a MasterChef-style show is discovered dead, po-po Georgina is sent undercover and becomes the replacement contestant on the show. But she discovers she loves the competition and forgets about actually tracking down the murderer. So silly.



Celebrity Bedlam

E4/HD • 10pm

It's the show that takes pranks to an upsetting new level and, more importantly, the victims are always famous telly types! We love watching a 'sleb being stitched up, even more so when it involves someone from TOWIE and a colonic irrigation! Keep an eye out for someone very familiar dressed as a jelly baby.



RAIDERS OF THE LOST ARK

BBC THREE •

It's a film that's meant to be set in the '30s, but 42 minutes in while Indy is drinking in a street-side cantina, you can spy a bloke strolling about behind in modernday jeans and a T-shirt, D'oh!



Thursday 23 August



Dream On – Wembley FC

ESPN • 10pm

Following the story of Wembley FC a club eight-leagues below the topflight - and their FA Cup ambitions. Terry Venables joins as technical advisor and helps them sign ex-pros, including Seaman and Keown. How far will the boys get in the competition?



Vic And Bob's **Lucky Sexy** Winners

CHANNEL 4/HD • 10pm

BBC Two's decision to axe Shooting Stars was as perplexing as it was annoying, but it didn't take the gang long to find a new home at Channel 4. More quiz fun, plus Eddie Izzard!



Lemon La Vida Loca

ITV2/HD • 10pm

Friend of Nuts Keith Lemon has been using this new "reality" show to give ITV2 viewers a warts-and-all look into his private life, although we're not sure we'd want to share any of his warts, based on his stories! Tell you what though, it's impossible not to laugh at.



SUPERHEROES

SKY ATLANTIC/ HD • 9pm

A show about reallife superheroes! Meet San Diego's Mr Xtreme and Orlando's Master Legend. Awesome



Nuts 67

Nutsaleviews

MOVIES





EXPENDABLES 2

16 August • 15 Sly Stallone's all-star action fest ripples with

biceps, bullets and badass action! Jason Statham, Jet Li,



Terry Crews, Dolph Lundgren,

Randy Couture, Bruce Willis

and Arnold Schwarzenegger

(this time Arnie's packing!)





THE BOURNE LEGACY

Out now • 12A Renner's operative is on the run in the Damon-less fourth

instalment of the spy franchise Nice try, but no cigar. ★★★





TAKE THIS WALTZ

17 August • 15
Seth Rogen gets
caught in a love
triangle in this
superior rom-dram

sure to earn you brownie points with the missus. $\star\star\star\star$

DVD & BLU-RAY





HEADHUNTERS

DVD & Blu-ray • 15
A brilliant thriller loaded with moments of genius dark comedy.

We follow Roger, a bigwig headhunter by day and an art thief by night, who makes the mistake of trying to steal a valuable painting from a former mercenary. This movie is so good, even a copy of your very own *Nuts* magazine makes a cameo – always the sign of a quality film! ***





MC LARS

Greatest Hits

Any rapper who calls on Wheatus and Brett Anderson for guest appearances is not for the hardcore heads. ★★★



THE DARKNESS

Hot Cakes

Yes, they're still around, and not much less brilliant than they were in the noughties. Glam Rock in all its histrionic, absurd majesty. ****



BLOC PARTY

Four

The big bros of indie-rock have hinted that this long-awaited album might be their last. Be sure to catch them on tour this autumn. ****





YEASAYER

Fragrant World

The Brooklyn boys do very well at mashing together trippy synth and guitar vibes. Perfect summer holiday fodder! ***





SLEEPING DOGS

PS3, Xbox 360
To say this is GTA
Hong Kong pays
Sleeping Dogs both
a compliment and

a disservice. It's a familiar set-up: mission-based, open-world

game rolling round a huge city driving, fighting, punching and killing folks. But this is very much its own game in look, feel, and atmosphere, as you take a cop deep undercover into the Triad. And Hong Kong as a venue choice is genius. ***





NEW SUPER MARIO BROS 2

Man in moustache runs/jumps from

left to right. You know the score. You also know how polished and fun it'll be. ★★★★





SLYDRIS

Tetris for slackers.
This is a puzzle
game where you

match blocks, but they're only released when you're ready.
Still surprisingly addictive. ***





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This app turns your speech into a rap, and it costs nothing. Speak. Record. Play. Now you're a rapper! It's that simple. ****

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www.nutsgames.co.uk, register and deposit (we'll match deposits up to £200!) then find a bingo room of your choice.



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Meet some of our Nuts Games winners!



Andrew D won twice, totalling a huge £133,934,

playing 10p bingo! "I'm so happy with my win. I love the site!"



Robert B won £108,867 on 10p 90 ball bingo I'm shocked!

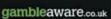
But very happy to win.
I'll be able to pay off
my mortgage now!"



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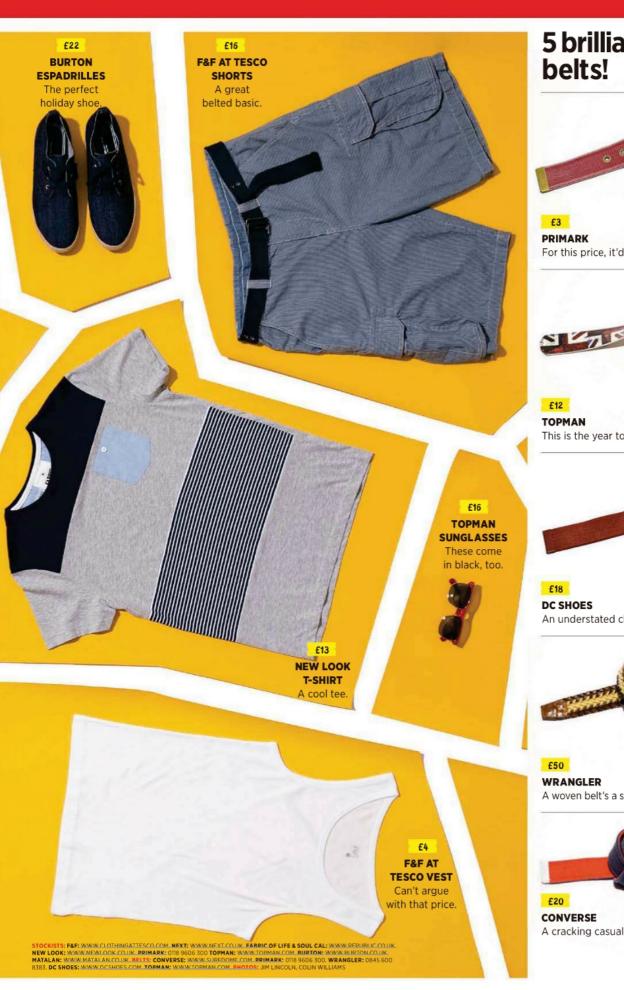
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A LEAP AHEAD Kangaroo leather aids jumping height when going for headers.*

AN APP FOR IT! Bespoke app lets you

customise music presets for your headphones.

Nuts says: A wee memory stick that'll slip on your keyring and take any punishment you dish out – heat, cold, water and droppage.

£35

Sony HT-CT260 speakers

www.sonv.co.uk

Nuts says: This surround sound bar links wirelessly to a subwoofer for your loud man films. It spits out its 300W noise in a 3D effect.

£200

Denon AH-D7100 headphones

<u>www.denon.co.uk</u>

Nuts says: Flagship cans from the audio specialists. You're getting 50mm "Free Edge Nano Fibre" drivers and mahogany ear cups.

£1,000





9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark St. London SE1 OSU Tel: 020 3148 5000 Fax: 020 3148 8107

Email us at: nutsmagazine@ipcmedia.com Website: www.nuts.co.uk

PA/Office Manager 020 3148 6948

Associate Editor - Features

Mark Spence 020 3148 6952

Danielle Graph 020 3148 6944

Nitish Mandalia 020 3148 6930 Senior Designer

James Jarman 020 3148 6931

Senior Picture Researcher

Colin Williams 020 3148 6938

Mike Hall 020 3148 6946

Deputy Art Editor

Andy Seal 0203

Picture Researcher

Editor Dominic Smith

Deputy Editor Nick Soldinger 020 3148 6941

Editor-At-Large

Pete Cashmore 020 3148 6940

Associate Editor - Entertainment

Sam Riley 020 3148 6921 Associate Editor - News

Rory Buckeridge 020 3148 6917

Art Director

Simon Freeborough 020 3148 6934

Art Editor

Barney Hammond 020 3148 6933

PICTURES

Picture Editor John Gooch 020 3148 6937

Deputy Picture Editor

Daffydd Bynon 020 3148 6928

PRODUCTION

Production Editor

Marc Gadian 020 3148 6915

Chief Sub Editor

David Kenning 020 3148 6916 ONLINE

Online Editor

Daniel Foley 020 3148 6855

Online Deputy Editor

Tim Bradley 020 3148 6880

Online Picture Editor Adrian Callaghan 020 3148 6851

Online Producer

Casey Blain 020 3148 6897

Online Assistant

Susie Verrill 020 3148 6881

CONTRIBUTORS

Si Cunningham, Rich Pelley, Graham Wray, Jonny Smith, Andy Jones, Joe Wilson (words); Gaz Lockerby (design); Mark Petty at mark@parkgrande.co.uk_(illustrations); Zander Sankey (online); Duncan Webb, Tamsan Barratt (pictures); Ceri Thomas, Mia Bleach (production); Martyn Beard (repro); Neha Gupta, Lauren Gamp, Jessica Etherington (work experience) FOR WORK EXPERIENCE ENQUIRIES: Contact pete_cashmore@ipcmedia.com

ADVERTISING & PRODUCTION

Group Trading Director Kate Mackenzie 020 3148 3670

Laura Cillo 02

Group Deputy Trading Director

Jon Restall 020

Digital Business Director

Andrew Sanders 020 3148 6716

Director Of Insight

Amanda Wigginton 020 3148 3636

Regional Business Development Manager

Oliver Scull 0161 872 2152

Head Of Agency Sales

Chris Dicker 020 3148 6709

Group Advertising Director's PA Creative Media Director Matt Downs 020

Head Of Creative Media

Rob Hunt 020

Deputy Head Of Creative Media

Neil McSteen

Creative Media Project Manger Elisabeth Hempshall 020 3148 6726

Creative Media Managers

Jade Bousfield 020 3148 6706 Alex Futcher 020 3148 6722

Sally Knight 020 3148 6723 Adam Bulleid 020 3148 6704

Agency Sales Team

Hollie-Anne Shelley

Tim Collins

Stephane Folguet

Josie Westbrook-Caswell

Advertisement Production

Laurie King 020 3148 6729

Classified Ad Manager Robina Shahid 020 3148 2540

Inserts - IPC Innovator

John Firth 020 3148 3704

MARKETING

Senior Marketing Manager Ally Johnstone 020 3148 6780

Press Enquiries

Anna Foster 020 3148 5406

Marketing Executive

Ross Hassell 020 3148 6777

Syndication Sales Executive Cerie McGee 020 3148 5484

PUBLISHING

Chairman and Chief Executive Sylvia Auton

Managing Director

Paul Williams

Publishing Director Jo Smalley Publisher James Thrower

PA to Jo Smalley

Hollie Bishop 020 3148 6848 Financial Administrator

Dan Brightmore 020 3148 6947

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the red one. I'd love one of those. They go like sh*t off a brick."

EMPORIO ARMAN

Clothing

"I'm an ARMANI kind of guy. I get all of my clothes from Rome. They just seem to cut them better out there."

Grooming

"It's all about the hair with me. So I like water, but if I can't get hold of that I'll use BRYLCREEM or VO5."

 Angelos Epithemiou & Friends - Live is out on DVD now.

pavements... it's a real bolt-hole."



Stuff I like!

Shooting Stars' Angelos Epithemiou lets

Nuts in on a few of his favourite things!

"FLIXSTER is good for checking out movies. 'I've got no engagements, I'll flick on Flixster and go to the flicks."



"PANATHINAIKOS are good in the air, tight at the back, wide out back, zip up the front, and they can really hammer the goals in."



"I couldn't go a day without a FRIJJ STRAWBERRY MILKSHAKE. The bottle looks like a cow."



Nuts REAL GIRLS







Pick your winner – and she'll star in *Nuts*!

Emma-Jane 26 Surrey

"A sexy kisser is a must for me!"

Nicola

26 York

"I love a man who's funny and charming!"

Nicole

25 **Glasgow**"I have the sexiest PVC outfit!"



Kimberley

25 **Dundee** 'T'vo boon

"I've been told I have awesome boobs!"

Vote now!

The winner gets her own Bedroom Babes shoot in a future issue of *Nuts*!

Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. Simple!

Ladies! Send your photos to **Real Girls UK, Nuts, 9th Floor, IPC Inspire, the Blue Fin Building,**110 Southwark Street, London SE1 OSU. Or email <u>nutsgirls@ipcmedia.com</u>. You must be over 18.

JULIA UNDERWOOD STYLING: NICOLA SMITH HAIR & MAKE-UP: SAM CAREW

CONFESS! TO OUR SECRETARY!

Racy revelations from our female readers!



'I won my own gold medal'

MY BOYFRIEND and I had been in London watching the Olympics. We had a drink after so by the time we got the train home, it was almost empty. My boyfriend told me that to win my own medal, I had to perform a sexual act on him on the train! I glanced around, told him to shift towards me and got his member out. I gave him oral while he kept lookout. People walked past the window but we just carried on. As things heated up, he was rock hard and I was really wet, so I pulled my pants to the side and straddled him. After, he said that if there was a medal, I'd have won gold! Victoria Belfast

'He soaped my bum'

MY MAN and I decided to do some gardening at the weekend as the grass was almost ankle height. We were filthy by the time we'd finished, so I dived in the bathroom to clean up. Within a minute, the door opened and in he jumped. We both snuggled under the warm spray of water and he started soaping my back and bum. He cheekily squeezed my breasts and I giggled as he did it again. I felt him go hard as he pushed against me to show it. Sliding his hand down between my legs, he stroked me, then turned me around to take me from behind. It was incredibly sexy doing it in the shower – a perfect end to a fruitful day! **Eve Bury St Edmunds**

'We did it in the posh lift'

MY FELLA and I got tickets for the Olympics and he decided to book us into a posh hotel in London for the duration of our stay. After watching some fantastic swimming events, neither of us could wait to spend time alone in bed together. On arrival at the hotel, we checked in, settled into our room and soon got down to business. I suddenly announced that I wanted to do it in the posh lift outside, so later that night, we did. He managed to stop the lift on our floor and within a second I had my arms around his neck, pulling him close and then kissing him passionately. He pushed me back against the mirror, pulling my dress up in seconds and slipping his fingers inside my knickers. We suddenly heard people coming so we had to quickly fall apart and make ourselves suitable. It was so naughty and horny. We'll never forget London 2012, in more ways than one! **Rachel Scotland**



SHARE WITH OUR SECRETARY! Ladies, got a saucy secret you can't keep to yourself? Send your sexy story to our Lou!

'I gave him a squeeze'

I WENT bowling with my boyfriend one night. As we sat down to put our shoes on, he started rubbing my thigh and telling me how sexy I looked in my tight jeans. After we sank back in the big cushioned booth, he kissed me and whispered naughty things in my ear. I knew he wanted me so I teased him by unbuttoning my top to reveal my cleavage, then got up to take my go. I eased my jeans down to reveal my knickers as I bent over. After my go, I saw his mouth was wide open. I went over and put my hand in his lap, squeezing his c*ck, giving him another eyeful. He pulled me into his lap and I could feel him through my jeans. The sexual tension was too much, so we abandoned the game and raced to his! Laura Southampton

Win £50!

Ladies, send your raunchiest confessions to louise_prior@ ipcmedia.com or to the address on page 74. The best one each week* wins £50! Come on, girls!

Nuts SPORT

Steve Claridge's Championship tips!

The Radio 5 pundit and all-round footy legend on the upcoming fight to reach the Premier League!





Brighton

"They've brought in some really good players, most notably Wayne Bridge on a season-long loan from Man City, and they're spending the right kind of money to suggest they're going to have a pop. They really are a club going forward at a rate of knots. Their manager Gus Poyet undoubtedly could have left to move up a level but hasn't because he can see what's going on at the club. They have a hell of a chance."

CLARIDGE SAYS: 3rd – and up through the play-offs.

"Aw! Let me have a go with the ball!"



Bolton Wanderers

"They've got to be up there. I thought that they finished last season in alright shape. I look at their players, I look at Owen Coyle, and you can't give up on them. I said they'd struggle at the start of last year and they did – they brought what I thought were good Championship players. I think it's this season or never – they could, if they're not careful, get lost in the Championship."





The best of the rest

"I could give you the top six on August 18th, but right now? As you can see from my Blackburn writeup, there are more questions to be asked about every team, than answers. Clubs like **DERBY COUNTY** have money and are spending it, clubs like **CARDIFF CITY** have let players go and brought new players in. BURNLEY are building for the future. I may have had WOLVES in my top three but can Stale Solbakken manage at this level? Players like **Kevin** Doyle are being loyal but if some are thinking, "We've no chance with this fella!" why waste a year trying to get into the top flight?



BIRMINGHAM won't be far away, Peter Lovenkrands

is one of several good players. BLACKPOOL are a great example of what a club should do when they reach the Promised Land put an infrastructure into your club. LEICESTER CITY are a bit of a conundrum. I never thought Sven was the right choice. Nigel Pearson's a slow builder and maybe there's less weight of expectation. A club as big as LEEDS should be top three but I'm not convinced they're signing the players to get them out of this league.

All in all, I expect an amazing, impossible-topredict season!"







Surprise transfers kick off what's set to be a belter of a season

I DON'T know if it's the Olympics or the fact that I've been out in the US where football – sorry, "soccer" – doesn't get the same coverage, but I'm not as excited about the fact that the new season kicks off next week as I was this time last year. Still, I imagine I'll be back to normal once I'm back in Britain.

A lot of transfers have caught my eye, but the three that interest me most involve the clubs that were promoted from the Championship. Jay Rodriguez is a really exciting player, an attacker with a great goal ratio, and I think £7million will turn out to be a snip for a club who I expect to comfortably stay up in Southampton.

Slightly older but no less impressive is Jussi Jääskeläinen over at West Ham, who is a superb goalie – I find myself wondering whether Bolton may have stayed up if he hadn't slipped down the pecking order. The transfer that really interests me is Pavel Pogrebnyak at Reading – he had a very successful spell at Fulham and I think we all expected him to sign for them long-term as a matter of course. So, for him to turn down Martin Jol in favour of a newly promoted club suggests that he sees something interesting going on over at the Madejski.

Three fascinating moves to kick off a season that'll be equally as fascinating.



Third in the world? I have to laugh!

I'M SORRY to do this to everybody, but the idea that England are the third best football team in the world is just hilarious. I don't know what planet Fifa are on but they've got Brazil outside the top ten – ten places lower than Roy's boys! England are nowhere near that level at this moment in time but, hopefully, just hopefully, Roy might show the lads the latest rankings and say, "Look, there you are. You know that's not really the level you're at right now - but you could be one day." I doubt if it's putting any extra pressure on the players themselves, anyway. If anything, I think they probably find the whole thing as funny as I do!

 Send jokes, comments, pics etc to <u>kammy@ipcmedia.com</u>. The best one each week wins a signed *Nuts* T-shirt!



GOAL-DEN GIRLS!
The USA's women's football team coming from behind three times against Canada, before beating them in the depths of extra time. Absolutely incredible drama!





POOR PENSI
The British men's
team went out in
a penalty shoot-out,
just like England
always do. We should
have been able to deal
with South Korea
inside the 90 anyway.



Women's football needs a fair crack!

WHILE IN the US, I've been following the women's football in the Olympics – and I'm hooked! The US team play with flair at a level not too far behind the men. Some of the goals have been breathtaking!



Newcastle vs Spurs

18 AUGUST • 5.30pm, ESPN/HD

It's all about André Villas-Boas for me. It takes guts for a man to walk back into a job after what most will perceive to be a failure at Chelsea, especially at one of their London rivals. Still, I can't see him getting a win at Newcastle.

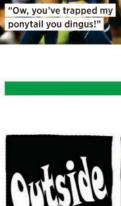
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Key man

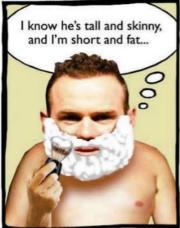
Newcastle's Papiss Cisse banged them in for fun last season, and they were great goals, too keep an eye on him.



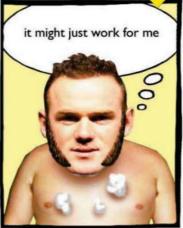
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STEPHEN GULBIS









Sport seen through the Nuts comedy glasses!













MAN-LVVE CORNER!







DRDS: PETE CASHMORE. QUOTES COMPILED BY GRAHAM WRAY. PHOTOS: ACTION IMAGES, GETTY IMAGES, PA PHO

Nuts SPORT

"Quote me on that!"

This week's biggest match debaters!

"Gatlin isn't much of a backside sprinter"

Michael Johnson wants to see more bums on the track.



approach everything holistically and be a bit trendy but sometimes a size ten up the backside is required" Swann accepts a kicking

"The gold medal is going to clash with my hair" Ginger long jumper Greg Rutherford's mane crisis.

"I said some words to Laura that she's probably never heard before" Andy Murray gets pottymouthed in front of a youngster.





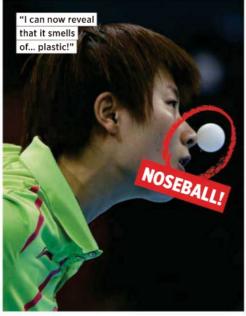


HANDSOME!

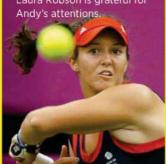
Someone throw

some Lucozade

in my mouth!"



"I want to thank Andy Murray for playing with me" Laura Robson is grateful for Andy's attentions.



"Kaki sometimes comes in the race"

Brendan Foster on what sounds like a very exciting 800m.

"That first length hurt **Becky** Adlington"

Clare Balding sees swimmer handle the big one.





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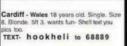




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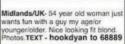
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South West England - Naughty blond TEXT- hookhope to 68889

ancs- Busty blond sexy 20 looking for TEXT- hookmeg to 68889

Essex Sexy 23 years old wants fun

TEXT- hookjess to 68889

Postcode Match. Text NUTS followed by *your* postcode to 68889 for a match. Text swap to try a different woman.



Fun loving Easy to please busty girl 19, nearly 20. **PHOTOS Videos**

> hooklea 68889

South East England- Experienced TEXT- hookteale to 68889

Northwest England 21 year old cute g vants hook ups PHOTOS.
TEXT- hooklibby to 68889



Yorkshire 18 blond cute wants fun- PHOTOS. TEXT- hookkaty to 68889

North England 40 looking for fun especially with younger gu Text- hooksapphire to 68889

TEXT-

68889

hooklu



Edinburgh Sexy Selina 38 wants fun PHOTOS to send you TEXT- hookselina to 68889

This is the Best UK fun mobile ntertainment service we know of!

POSTCODE MATCH!
USE YOUR MOBILE PHONE TO
CONTACT HOT EASY WOMEN
BY TEXT to 68889
Too! NUTTO 1 Text NUTS followed by your postcode to 68889 (for example NUTS E1 9PI) & see who replies -Get photos and hook up....Text SWAP to swap to a diferent women 25p in. £1.50 per recieved billed sms text.

UK Travel rep. Anywhere uk ok

to 68889

Kent/Essex Saucy easy going blond Looking for fun hook ups. Can text you PHOTOS 1st. TEXThooksaucy

68889



TEXT- hookshar to 68889 a text to 68889. £1.50 per text received (Maximum 4 billed messages per reply)

ANYWHERE UK

Text - hookmisti to 68889 Want postcode

match? nuts followed by your

postcode to 68889 for a match (Text swap for new atch) Only 50p to join

.50 per text rece

x 25p) just 25p a text



to 68889

Text - hookleeza

to 68889

GLASGOW UK

where UK



to 68889



Text - hookmil

to 68889



hooknat to 68889





UK/Belfast 39yrs

to 68889



Birmingham/Midlands

to 68889

Strictly 18+. Just 50p to join (2 x 25p) then only 25p for all sms text messages sent to 68889 & £1.50 per received sms ricticy in 8+-, Just Sup to Join (2, x25p), then only 25 por all sins text messages sent to 08609 & 21-080 feet feet from 6889 (Maximum 4 billed messages per reply, including photo/video exchange). 2 automated billed messages pay for 1 photo or video sent in or out. 0 nly 100% real people replying - not a computer. Not a subscription service. Photos are for display purposes. For entertainment/role play/fantasy purposes only. You need a wap enabled phone or browser to be able to view photos. Contact your network for possible download charges. You must be 18+ and the bill payer or have bill payers permisson. Adult text service only. No meeting made or implied. Please see the full virtual hook up service terms at www.britishfunfinder.com Results guaranteed in that you will receive a reply. Virtual fun only offered by text. Sexy hookups via your mobile. You may need to remove your adult barring, if you have not removed your adult content bar you will be assigned and matched to a random persona. By using the service you are confirming you are 18+ & agree to the virtual operator led service t&c's at www. britishfunfinder.com B Talk London WC1N 3XX Customer care-08458388647 or help@allapptext.com Text swap to

swap to a different hot persona with photos. Text stop to 66669 to end service. 18+ only.



MATURE LADIES Hot sexy rated ladies

who are very eager to please you! Very dirty and naughty we would love you to call xxx





SWEET 18'S

Very adventurous and ovely hot fit tight bodies looking for men of all ages who love anything really dirty. Call them x

0909 897 2038



SINGLE MUMS

Lush bodies and filthy minds when you want to get fully excited then just call - You'll love it! x Get hot satisfaction right now

0908 145 0576



SEXY & MATURE

OPEN ALL HOURS 24-7 Experienced ladies - do you want it hard and fast - Just call us to get the best get off in the UK XXX

0909 897 9111



40+YR SHARON

Divorced and sex mad will give you pure relief every time - Total satisfaction X-rated time xxx Real hot extreme relief!

0909 897 9416



POSH TOTTY

Naughty posh girls looking for a bit of rough Get down and horny with hot nympho's with class. Call now for hot relief!

0908 145 0580



STUNNING FIT SEXY BLONDES

Very sensual 100% genuine & really up for it always horny & ready to get you off - Ring now

0908 145 0581



ON THE PULL

Girls who adore horny guys looking for a quick fix with some totally adult relief. Feel the pleasure and call xxx

0908 145 0575



SEXY CHAV BABES

Give the very best relief mutual excitement now Try us now & we will fulfill your dirtiest hot naughty fantasies fast!

0908 145 0579



MIND BLOWING

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Are you ready to enjoy vourself cheap horny live get off. girls desperate to relieve you & their own urges xxx

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Filthy babes behaving badly looking for x-rated fun from these horny little devils. Call for relief

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COLLEGE GIRLS 18+ YEAR OLD CUTIES

Looking for really horny guys of any age to fill their recreation time. So willing and eager to please you and turn you on like crazy! All guys needed urgently for the ultimate get off relief anytime of the day xxx Call us now for a great time - and lets play asap xxx

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0908 145 2544



NAUGHTY WIVES

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0908 145 2542



OUICK FIRE GIRLS

Sexy girls who know when its a 1min quickle session. SUPERFAST **QUICKIE RELIEF just** when you want it xxx

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ooking for many partners, any age/size to unleash their total fantasies Its live, horny & cheap!

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Filthy thrills that'll blow your mind. If you want IT live, Call for serious fast relief now & have the best ever 121 - you'll love it! x

0908 145 2543



ONLY JUST 18⁺

Real hot and up for it! Home alone being naughty Eager & keen to please you right now, Prepare to be totally shocked!

0908 145 2545



RING ME. LISTEN AND GET OFF

Pleasure each other to tally live for full & total relief on the cheap. Girls waiting to hear from you

0909 466 7250



HORNY GIRLS READY AT HOME

Bad girls 18+ to 75+ do the deed live in private on your phone 121. Call now for ulimate relief x

0908 145 3021

NAUGHTY DREAMS

JUST FOR YOU

Looking for instant relief

call us today for a really

back breaking time of

sheer lust & banging relief

0908 145 3020



OLD BETTY 62

She loves a good time can you help? its cheap dirty action - you will get addicted. Its amazing how much you'll be turned on!

0908 145 2975



CHEAP AND LIVE Hot intense cheap adult

121. Like minded ladies in your area craving for deep raw passion in their lives. Call them now x

0909 466 7252



SINGLE & SEXY

Hot alone and ready to give fulfillment superfast! If you want naughty babes, mature ladies, bad chicks or horny wives. Try us x

0908 145 2976

OFFICE JUNIORS Bored at work or very frustrated at home? Give

Very bad women who will do all you desire. Many horny partners needed Please call, available 24-7



STUDENTS 18+

Can you handle these shocking students who will do anything and everything it takes! Call them over & over again x

0908 145 0578



LUSH & LOCAL

Incredibly filthly skilled local babes ready to take a firm grip. They know just how to handle any thing you've got to give

08 145 2974



us a call to unleash our naughty thoughts. Get off superfast in secs x

909 466 7251



DIVORCED & SEX\

urgently for hard play xxx

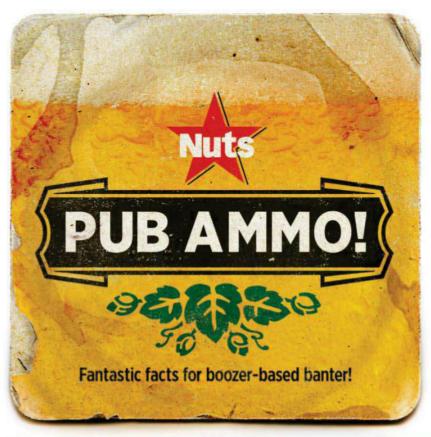


SEXY & PHYSICAL

Easy natured hotties eager to meet guys who love to play rough. They do WHATEVER it takes to get your firm attention

0909 897 9447

TH LOCAL GIRLS - JUST





women-only subway trains in 2005 to combat "chikans" - men who rub and pinch young ladies during rush hour.



There are more than 326 million trillion gallons of water on planet **Earth**.

needed to make a single **Olympic** gold medal cost bronze just £3.





There is a **gadget** development room at British Aerospace have ever been in.



The Porsche Cayenne is the most popular model of Porsche by such a margin that it has to have its own dedicated Cayenne-only factory in Leipzig, Germany.



Despite the rise of digital music files, UK vinyl sales increased by 55 per cent last year.



Pub ammo on... the Italy football team

- Italy midfielder Thiago Motta made two Fifa-recognised full international appearances for Brazil in 2003.
- The highest international scorer in the Italy squad that went to Euro 2012 was Antonio Di Natale, who had just 11 goals to his name.
- England take on Italy in a friendly at the Stade De Suisse Wankdorf in Berne, on Wednesday 15 August. Don't miss it!



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