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Monday, March 2, 2020

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VILLA 1 MAN CITY 2**

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8-PAGE PULLOUT INSIDE

15 EASY RECIPES

TIPS FOR SUCCESS

UK VIRUS CASES RISE TO 36

WE'LL PUT CITIES IN LOCKDOWN

Health Sec alert

By KATE FERGUSON

ENTIRE UK cities could be put into lockdown as the country battles to contain coronavirus. After cases here reached 36 yesterday, the PM will today finalise a "battle plan" to tackle the crisis at an emergency meeting. Asked about closing off cities, Health Secretary Matt Hancock, above, warned: "We don't take anything off the table."

Full Story — Pages Four and Five

French call for return of Napoleon III

FRENCH historians are demanding Britain returns the remains of Napoleon III, below, in the wake of Brexit.

The emperor – the nephew of Napoleon Bonaparte – was buried in Farnborough, Hants, in 1873 after he died in exile. Some now want his remains repatriated as part of a Brexit trade deal.



French academic Dimitri Casali said: "It's a gesture of reconciliation. England has the Royals, but we have nobody, we have Macron."

It comes after the Greek government launched a bid to have the Elgin Marbles returned from the British Museum.

AEGEAN SEA HORROR



A DESPERATE migrant cradles a newborn baby in his arms as hundreds arrived in Greece.

Five hundred travellers from Syria, Iraq and Afghanistan made the dangerous trip across the Aegean sea in small boats to Lesbos, Samos and Chios.

Others migrants were rescued from a river in Turkey.



Desperate... river rescue



Budget... Mr Sunak

Cut G&T tax plea to Sunak

EXCLUSIVE by KATE FERGUSON

CHANCELLOR Rishi Sunak's local distillery is urging him to slash the so-called gin and tonic tax in the Budget.

Karl Mason, boss of Masons Yorkshire Gin, lashed "excessively high" taxes and urged him to freeze or cut excise duty on spirits on March 11.

Some 40 members of the UK Spirits Alliance, which represents whisky and gin makers, have written a letter demanding action to Mr Sunak, who represents Richmond, North Yorks.

Britain's spirits are among the most highly taxed in the world with £3 in every £4 going to the Treasury.

A Treasury spokesman said: "We keep all taxes under review."

The Sun Says – Page Ten

BREXIT TRADING ACES

U.S. DEAL TO GIVE UK £3.4BN BOOM



By KATE FERGUSON
Westminster Correspondent

BRITAIN'S economy will enjoy a £3.4billion boom under the Government's plans to strike a free trade deal with America.

Boris Johnson said shoppers will pay ultra-low prices on US goods. And he moved to stamp out Labour

Trump... US deal hopes

PM's economy vow

scare stories by promising to protect the NHS and maintain high food standards.

The PM said: "We have the best negotiators in the business and of course we're going to drive a hard bargain to boost British industry."

"Trading Scottish smoked salmon for Stetson hats, we will deliver lower prices and more choice for our shoppers. "Most importantly, this transatlantic trade deal will

reflect the unique closeness of our two great nations."

No10 is today publishing its five negotiating aims to get an agreement with Donald Trump as the next round of Brexit talks start in Brussels.

The aims are to get a free trade deal, boost Britain's economy, protect the NHS, ensure high standards for consumers and workers, and make sure the deal will survive technological changes.

British makers of ceramics, cars, food and drink products are all set to be the biggest winners in a trade deal.

Government research suggests a deal with America will boost transatlantic trade by some £15.3billion, and add £3.4billion to the UK economy.

Britain's chief trade negotiator David Frost will meet the EU's Michel Barnier for the Brexit trade talks.

France's Europe Minister Amelie De Montchalin told the BBC's Andrew Marr Show it could turn "nasty".

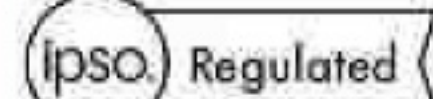
She called for both sides to show "rationality".

kate.ferguson@thesun.co.uk

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16 let-offs before jail

A CRIMINAL appeared in court 16 times for knife possession offences before finally being jailed.

The crook was among the nation's worst repeat offenders revealed in Ministry of Justice data.

Another was let off with a fine last year for possession of cannabis – on their 26th court appearance for drug-related offences.

And a five-times sex attacker dodged jail by getting a community service order.

BIDEN TRIUMPH

FORMER US vice-president Joe Biden has won the latest round in the race to challenge Donald Trump in this year's election.

He won South Carolina's Democratic primary – where voters choose who they want as their candidate.

He warned of a stark

choice between him and left-winger Bernie Sanders, who came second in the state but leads overall.

The first gay candidate, Pete Buttigieg, last night decided to quit the Democratic race, sources revealed.

Another 14 states vote tomorrow – Super Tuesday.

ALERT OVER DIY BRACES

DENTAL experts have warned about "DIY braces" sold online. The Oral Health Foundation said people lured in by price can be permanently damaged.

STARSHIP FLOPS

A SPACEX rocket exploded during testing in a blow to Elon Musk's plans to create a future where humans can set up home on Mars.

The prototype next-generation Starship failed a pressure test as liquid nitrogen escaped on the launch site.

It was seen exploding and

flying off its stand at the Mr Musk's space company's site in Boca Chica, Texas.

It was not meant to take off but it is the second time a prototype has exploded.

Mr Musk, 48, is taking on other entrepreneurs, such as Amazon's Jeff Bezos, in the race into space.



sky NEWS HD

WEATHER with NAZANEEN GHAFAR



TODAY: A wet start across the South East but rain will clear in the morning. Elsewhere will be bright, with sunny spells. Risk of showers in western areas, possibly heavy.

TONIGHT: A dry start to the night, except for showers in the West. Cloud will build in northern England, Scotland, north Wales and Northern Ireland, with rain pushing eastward.

OUTLOOK: Tuesday will see showers in parts of southern England, and Scotland. Elsewhere, largely dry with sunny spells but a few showers – mainly in the West. Wednesday will be a mix of showers and brighter spells.

TUE 9°



WED 8°



THU 8°



Evens

Put any numbers from 1 to 9 in the squares, so each row and column equals totals in circles. Digits cannot be repeated in a row or column and only even numbers go in shaded squares.

				10
				11
				14
				30
22	15	14	14	

PUZZLES: PAGE 38

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Today's birthdays

FIVE-times James Bond DANIEL CRAIG, 52, left, Coldplay's CHRIS MARTIN, 43, actresses REBEL WILSON, 40, right, and Bryce Dallas Howard, 39, former Spurs boss HARRY REDKNAPP, 73, rocker JON BON JOVI, 58, and X Factor winner JAMES ARTHUR, 32.

RIHANNA HAIRNA

Pictures: SAVAGE X FENTY



By JAKE HARRISON

RIHANNA gets ready for a night out with the curls as she sits with her hair in rollers.

The singer, 32, wore a pair of feathered heels and some baby pink lingerie from her own Savage x Fenty range.

She also posed in front of a mirror while wearing a set of baby blue undies from the same range in pics posted on Instagram.

And once those rollers are out, Rihanna will be hoping her new hairdo makes her feel like the Only Curl In The World.

bizarre
SEE PAGES 20&21

**RADIO 1 SNUB
GAGA SINGLE**

PREM SHOCK

Let's not be 'avin ya



BEAUNITED



PAN-ARIES

United profiles were most liked

Norwich supporters least swiped

FANS OF NORWICH CITY 'LEAST SEXY'

NORWICH City fans are bottom of the table of sexiest fans in the Premier League — and least likely to get a date.

A study into all top 20 clubs found Canaries supporters were least likely to get a hook-up on dating site Tinder.

Researchers set up 20 profiles with the same photo, name, age and hobbies for both men and women, with only the team they supported altered.

After three days both male and females supporting Norwich got the fewest swipes right. It is not the first time

EXCLUSIVE
by SIMON COSYNS

the club's fans have been told to raise their game.

At a crunch match against Manchester City in 2005, owner Delia Smith told them: "We need a 12th man here. Let's be 'avin' you!"

The study by Livefootball-tickets.com found that Manchester Utd supporters got most matches and potential dates — 103 more for women than Canaries fans and 65 more for men.

A spokesman for the site said: "Both male and female supporters of Manchester United are more likely to get matches on Tinder compared to other teams."

Fanciable men

1	Manchester United	183
2	Liverpool	170
3	Arsenal	166
4	Manchester City	159
5	Tottenham Hotspur	154
6	Sheffield United	152
7	Aston Villa	150
8	Newcastle	150
9	West Ham	149
10	Everton	142
11	Crystal Palace	139
12	Wolves	135
13	Bournemouth	133
14	Leicester City	133
15	Chelsea	125
16	Brighton	125
17	Burnley	121
18	Southampton	119
19	Watford	119
20	Norwich	118

Fanciable women

1	Manchester United	212
2	Arsenal	202
3	Chelsea	179
4	Liverpool	161
5	West Ham	159
6	Manchester City	157
7	Tottenham Hotspur	143
8	Everton	141
9	Leicester City	138
10	Sheffield United	137
11	Wolves	134
12	Burnley	129
13	Southampton	123
14	Newcastle	122
15	Crystal Palace	119
16	Brighton	118
17	Bournemouth	117
18	Aston Villa	113
19	Watford	110
20	Norwich	109

COVID-19 FLU CRISIS

DESPERATE

CHINESE AIR IS 'CLEANING UP'

NASA revealed how pollution levels plummeted in China as a result of coronavirus.

The US space agency said it coincided with the economic slowdown resulting from the outbreak.

It released a graphic showing the difference in concentrations of nitrogen dioxide over China between January 1 and February 25.

Nasa satellites detected a massive drop in gas emitted from cars, power plants and industrial facilities across the

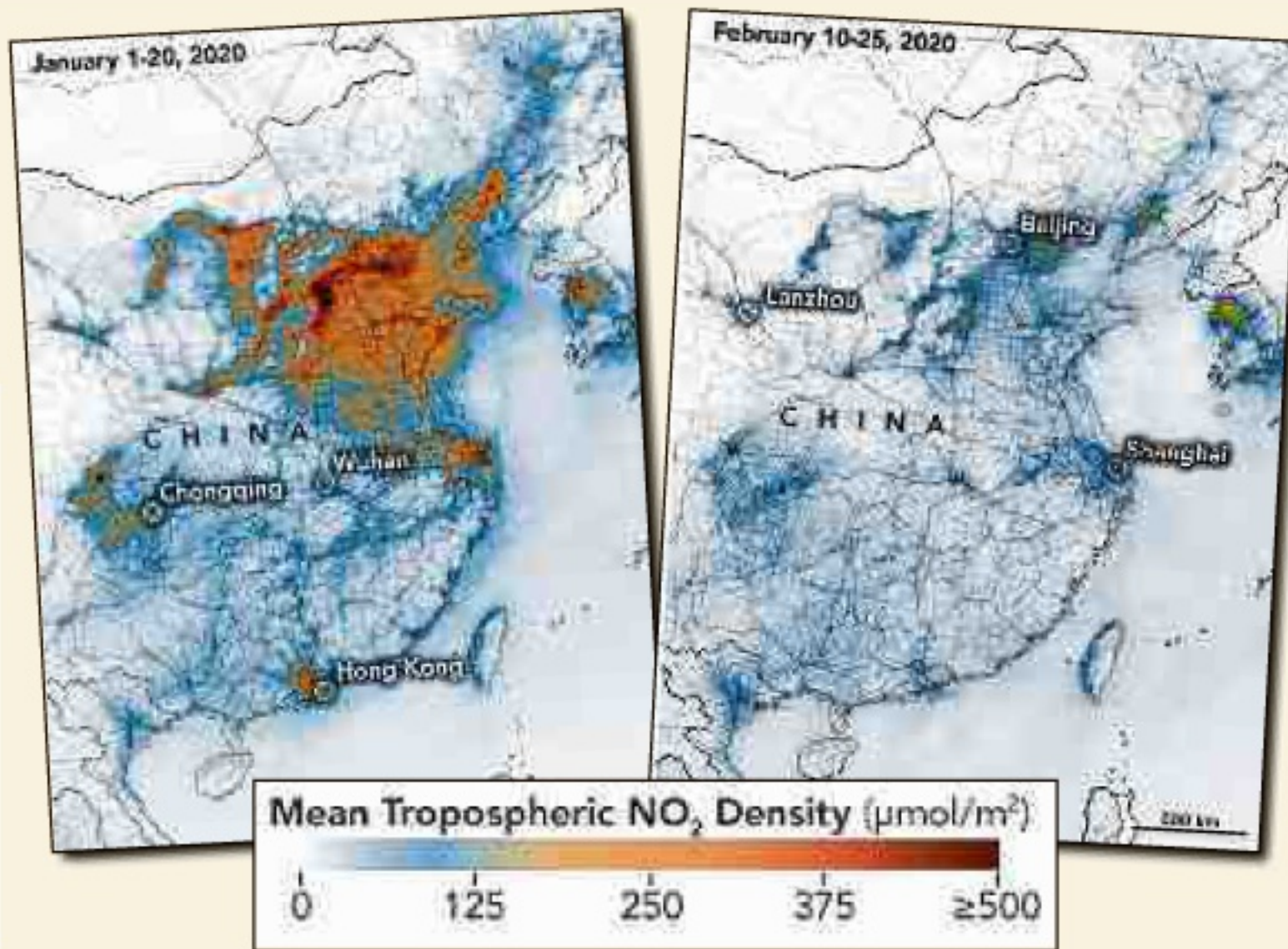
By ISAAC CROWSON

country, where the coronavirus originated.

China has imposed restrictions on transport and business and put millions of people into quarantine.

Nasa researcher Fei Liu said: "This is the first time I have seen such a dramatic drop-off over such a wide area for a specific event."

A fall in the financial crash of 2008 was more gradual, she added.



Star Peter selfie ban

PETER Andre fans were ordered not to have close contact or take selfies with him at a Q&A session because of the coronavirus.

Warning signs, right, went up at the An Evening with Peter Andre event on Saturday night.

They read: "Due to the recent cases of coronavirus please DO NOT have any physical contact with Peter Andre."

Gemma Smith, 35, at the Southampton event, said: "Who does he think he is? Not even The Queen has made such demands."



Virgin NY visit is off

PASSENGERS on Virgin Voyages' first cruise are fuming after being told their New York stop is off due to coronavirus.

The 17-deck Scarlet, which set sail from Dover last month, will now dock in Miami instead.

Passengers have had to cancel hotels and flights back. One said: "The lack of compassion we've been shown is a disgrace."

The firm has offered £150 compensation.

Virgin says there are no coronavirus cases aboard and it plans to go to New York later in the Spring.

Threat to Invictus

PRINCE Harry's Invictus Games are under threat from coronavirus.

The event for wounded service personnel is due to take place for a week in May in the Netherlands.

But the nation had its first case of the deadly flu confirmed on Thursday.

A source said it has thrown Invictus plans into disarray, with organisers concerned about athletes and fans from different countries coming together.

Last night, a games spokesman said organisers "are planning responses to various scenarios".

'Bug not so bad'

A WOMAN who recovered from the coronavirus in Italy has told people not to panic saying: "You can survive it."

The 47-year-old was diagnosed last month in the same town where the first Italian victim, builder Adriano Trevisan, 78, died from the bug.

"It's just a bad cold," she said, as panic gripped Italy following 21 coronavirus deaths.

SING THIS AS YOU WASH HANDS

God save our gracious Queen,
Long live our noble Queen,
God save the Queen;
Send her victorious,
Happy and glorious,
Long to reign over us,
God save the Queen.

By KATE FERGUSON and BEN LEO

BRITS have been told to sing the National Anthem while washing their hands to ward off coronavirus.

Just one verse will ensure mitts are cleaned for long enough to kill the deadly bug, the Health Secretary insisted.

Matt Hancock said hot water and soap were needed, adding: "You should wash your hands for as long as you're singing either Happy Birthday or God Save the Queen."

After 13 more people in the UK became infected yesterday, including the first in Scotland, Boris Johnson will today finalise Britain's battle plan to tackle the outbreak.

Cities may be put into lockdown, more schools closed and football matches cancelled under a doomsday scenario being considered.

The PM will today admit the virus poses a "significant challenge" to Britain as he gathers senior ministers and health officials for an emergency Cobra meeting.

A war room will be set up in the Cabinet Office while the country nervously waits to see if the outbreak becomes a pandemic.

Government and NHS experts will roll out a public campaign and can respond quickly to developments. The PM will today say: "There now seems little doubt it will present a significant challenge for our country. But we are well prepared and the Government and NHS will stop at nothing to fight this virus."

He yesterday visited Public Health England's lab in Colindale, North West Lon-

don, where coronavirus tests are carried out. He then headed to the Royal Free Hospital in London to meet staff treating the infected.

Mr Hancock, below, yesterday said cities could go into lockdown if the crisis grew. He warned on BBC1's The Andrew Marr Show of "significant actions that will have social and economic disruption".

Asked about closing off cities, he said: "We don't take anything off the table at this stage, because you've got to make sure you have all the tools available." He said football matches may be cancelled and millions urged to work

from home. In a dramatic escalation yesterday, 13 more tested positive, bringing the UK total to 36.

Seven had returned from coronavirus hotspot Italy, including Scotland's first victim, in Tayside. However another victim, from Essex, had not been abroad.

Chief medical officer Prof Chris Whitty said three had close contact with the first case transmitted within the UK - believed to be a man in Haslemere, Surrey.

Another school in Reading was affected after an infected teacher returned from Italy. Willow Bank

Infant School was already shut but it emerged she visited Aldryington Primary School for training.

Pupils there were told to stay away while it is deep-cleaned today. But one parent said: "If the head knew she was in Italy, would you not say, 'Don't come in, let's wait?'"

Global deaths have now passed the 3,000 mark. Dr Susan Crossland, president of the Society for Acute Medicine, warned a major outbreak "will have huge implications for already dire patient waiting times".

The Sun Says - Page Ten

GOD SAVE

Hancock: Wash hands to anthem

UK gets 13 more cases in just 1 day



FIGHT TO CONTAIN VIRUS

NOTICE

Due to the recent cases of the coronavirus please **DO NOT** have any physical contact with Peter Andre.

Please **DO NOT** take any selfies with Peter Andre.

Apologies for any inconvenience.
Thank you

CENTRAL HALL
SOUTHAMPTON
EVENTS | CONFERENCES | PERFORMANCES

AIRPORT SCARE AT HANGOVERS

TWO students with hangovers sparked panic at Heathrow when airline staff thought they had coronavirus.

Julia Walentin, 26, had a few too many with a friend at Singapore airport on their way back from Cambodia.

When they got on the plane they asked for somewhere to lie down to nurse their hangovers, hoping for an upgrade.

But cabin crew made them put on face masks and isolated them in their seats.

When they landed at Heath

EXCLUSIVE by
REBECCA HUSSELBEE

row they were met by medics wearing hazmat suits.

Julia, from South London, said: "I tried to explain I was just hungover. I was so embarrassed. Everyone was annoyed that they had been held up because of me."

The pair were tested for the virus and taken for 14 days in quarantine — where Julia claims they ordered Corona lager on room service.



Flightmare . . . Julia's boozing landed her in isolation

THE CLEAN

GLOBAL CASES

88,361

GLOBAL DEATHS

3,001

36 CONFIRMED UK CASES

WIRRAL

Infected passengers from the Diamond Princess cruise tested positive in quarantine at Arrowe Park Hospital

YORK

A student from China and his mother were the first confirmed cases in the UK

NORTHERN IRELAND

A woman who had returned from Italy via Dublin was the first case in Northern Ireland

GLOUCESTERSHIRE, HERTFORDSHIRE AND BERKSHIRE

People who had recently returned from coronavirus hotspots abroad

BUXTON

Thought to be a mother who returned from Tenerife

WALES

Businessman in his 40s from Swansea who caught coronavirus on a skiing trip in northern Italy

LONDON

A woman and two people who had returned from Iran are being treated in the Royal Free Hospital

BRIGHTON

Scout leader Steve Walsh infected five others from Brighton

SURREY

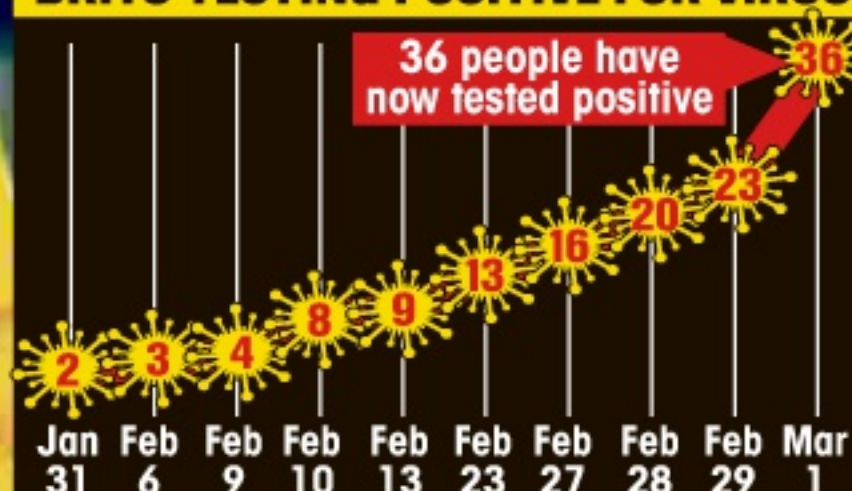
A man from Surrey confirmed as the 20th UK case was hospitalised at Guy's and St Thomas. Another man from Surrey who had returned from Milan was also believed to have Coronavirus

13 NEW CASES

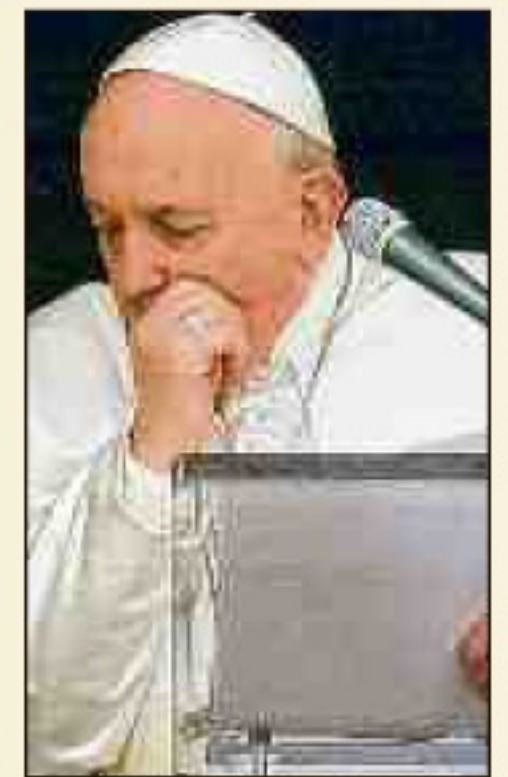
SURREY, ESSEX, LONDON, WEST YORKSHIRE, GREATER MANCHESTER, HERTFORDSHIRE AND GLOUCESTERSHIRE

BRITS TESTING POSITIVE FOR VIRUS

36 people have now tested positive



Yellow alert . . . Boris at coronavirus testing laboratory yesterday



Rumours . . . Pope yesterday

Sneezing Pope just has cold

By NICK PISA

POPE Francis made his first public appearance in four days yesterday and coughed and sneezed his way through his sermon.

He revealed he had a cold to put paid to speculation he had been diagnosed with coronavirus.

But, as he stood at the window of the Apostolic Palace at the Vatican, he confirmed he would be skipping a week-long spiritual Lent retreat.

Pope Francis, 83, had not been seen since Ash Wednesday when he was again spotted coughing and sneezing after greeting pilgrims.

There were wild reports he and two assistants had caught the bug.

But sources at the Vatican denied the rumours.

Embassy quits Iran

BRITAIN is pulling all non-essential staff out of its embassy in Iran where 54 people have died and 978 are ill with the virus.

It came as the husband of jailed Brit Nazanin Zaghari-Ratcliffe said he thought she had Covid-19.

Richard Ratcliffe said she had a "strange cold" but no one would test her.

PRITI 'IS SEXISM TARGET' 'Bully' Patel backed

TORIES last night accused civil servants of sexism against Priti Patel.

They backed the Home Secretary after top mandarin Sir Philip Rutnam resigned claiming she had waged a vicious campaign against him.

But ex-minister Nusrat Ghani said: "She is incredibly determined. Within men that is seen as a fantastic skill and for women sometimes it's seen as challenging."

Ex-Tory leader Iain Duncan Smith called Sir Philip "basically incompetent" and said there was "a touch of misogyny" in briefings against Ms Patel.

Sir Philip - dubbed Sir Calamity - said he was the victim of a brutal briefing war and vowed to sue.

Yesterday, PM

By KATE FERGUSON
Westminster Correspondent

Boris Johnson said: "I absolutely do have confidence in Priti Patel."

"I think she is a fantastic Home Secretary."

Health Secretary Matt Hancock said she was in tune with the public on law and order. He added: "In every dealing I've had with her she's been very courteous."

The Sun Says - Page Ten



Quit... Rutnam

Calamity Phil's list of woes

By KATE FERGUSON

FROM Brexit bumbles to franchise foul-ups, Sir Philip Rutnam has been linked with a series of controversies including:

- Peddling Project Fear by claiming the Army might be deployed to Britain's borders in a No Deal Brexit;

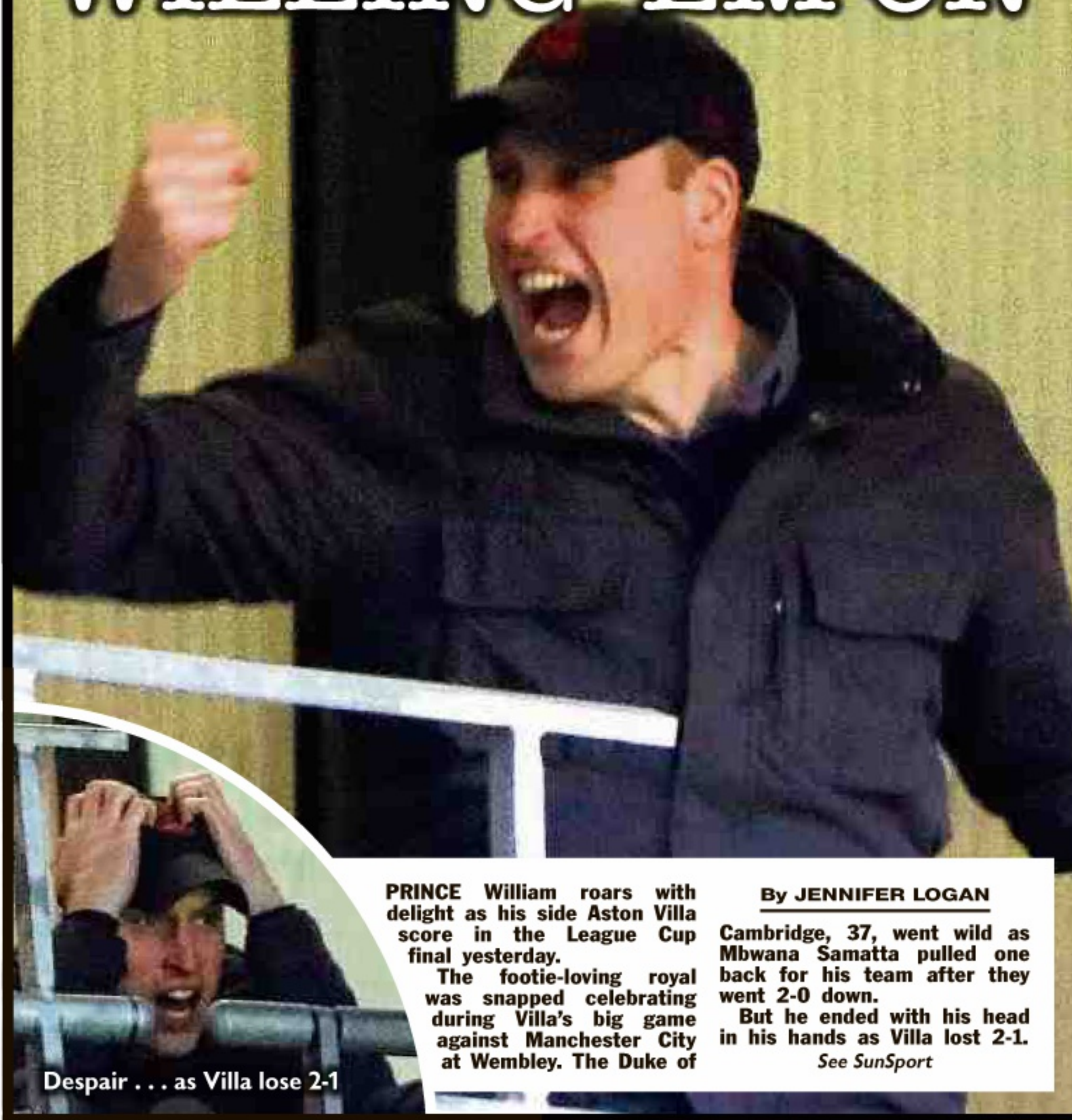
- Costing Home Secretary Amber Rudd her job over blunders in the Windrush scandal about deportation targets;

- Issuing an apology in 2012, while head of the transport department, over the bungled West Coast mainline franchise;

- Supervising a new emergency services communication system which is set to be at least £3billion over budget and three years late;

- Helping to run the HS2 project, which is expected to have doubled in cost to a whopping £106billion.

WILLING 'EM ON



PRINCE William roars with delight as his side Aston Villa score in the League Cup final yesterday.

The footie-loving royal was snapped celebrating during Villa's big game against Manchester City at Wembley. The Duke of

By JENNIFER LOGAN

Cambridge, 37, went wild as Mbwana Samatta pulled one back for his team after they went 2-0 down.

But he ended with his head in his hands as Villa lost 2-1. See SunSport

Despair... as Villa lose 2-1

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Break-up... Fern

Fern: I'm so strong after split

By JAKE HARRISON

FERN Britton says she feels "confident, strong and indestructible" since splitting from celebrity chef hubby Phil Vickery.

The telly host, 62, said: "Over time we realised we weren't necessarily having the kind of life we once did. It seemed right to say, 'Thank you' and move on."

She told Woman & Home magazine that after 20 years of marriage her focus was solely on her children.

She met Phil, 58, on the set of Ready Steady Cook, where they worked alongside each other.

Fern said: "Life has changed for me in the past ten years, especially with my career."

"It's lovely to think that I can just concentrate on writing, the kids and getting on with life."

She has an 18-year-old daughter, Winnie, with Phil and three children from her first marriage.

Ice's Ben slides out

MAGICIAN Ben Hanlin had to disappear off Dancing on Ice last night – after his pro partner Carlotta Edwards slipped in the skate-off.

Head judge Christopher Dean saved Paralympian Libby Clegg, 29, and her pro Mark Hanretty after the panel failed to reach a unanimous decision.

Chris told faultless Ben, 33, that Carlotta's slip did not impact the result.

Libby, actor Joe Swash and Diversity star Perri Kiely are the celebrities taking to the rink in next Sunday's final.

Man held on terror

A SUSPECTED Islamic extremist is to appear in court charged with terrorism offences.

Zakaria Yanaouri, 20, has been remanded in custody ahead of the hearing at Westminster magistrates' court today.

He is charged with five counts of possessing material likely to be of use to a person committing or preparing an act of terrorism, under Section 58 of the Terrorism Act.

Yanaouri, of Worthing, West Sussex, was arrested last week in a counter-terrorism police operation.

ONLY FOOLS CASH-IN



Glovely jubbly... Ricky with Sir David



This time next year Ricky, we'll still be millionaires

'Made up'... Ricky spars with his hero

EXCLUSIVE by STUART PINK

HARDCORE Only Fools and Horses fans paid up to £375 to pose with comedy great Sir David Jason.

The actor, 80, who played wheeler-dealer Del Boy in the hit sitcom, was guest of honour at an exhibition where his character's old flat was reconstructed.

The website had crashed owing to huge demand when tickets – with a top price of £375 – went on sale last year.

And fans, including ex-world boxing champ Ricky Hatton, lapped up the chance to meet the show's stars at the weekend, including Sir David.

Ricky tweeted: "Met one of my heroes today. Sir David Jason (Del Boy). Absolutely made up."

Only Fools and Horses' Boycie and Marlene – played by John Challis and Sue Holderness – were also at the two-day Sir David Jason and Friends Exhibition.

The cheapest ticket, for £55, got fans a photo in the Trotter flat but no access to Sir David.

A silver ticket, at £255, allowed fans to sit for a picture with the star and get an autograph from other cast members, although not from Sir David.

A gold ticket, for £375, included a picture with the actor and an autograph. There was also a special Q&A at the event, held at a Bedford hotel.

It was the first time Sir David, who has a net worth of about £7million, has appeared in person to meet his fans at an exhibition covering his career.

Some of the proceeds are being donated to his chosen charity, Diabetes UK.

Among the starstruck fans was Wayne Maines, who said: "This was always my dream. Can't believe I've met the legend."

Another fan, Alan Garland, added: "What an amazing day today meeting my hero and legend – a pure gentleman."

BBC sitcom Only Fools and Horses ran from 1981 to 2003. The musical based on it was nominated for a newcomer gong at last night's What's On Stage Awards.

At 2018's UK Comic Con, former Doctor Who star Christopher Eccleston sparked fan fury by charging £95 for an autograph.

stuart.pink@the-sun.co.uk

£375 A PHOTO!
(That's a nice little earner, Del Boy)



Popular... TV Trotters

WHAT YOU GET

- 8 page glossy wallet including exhibition entry invitation
- Entry into exhibition
- Souvenir programme
- Your photo in the Trotter flat with Sir David Jason, photo printed, a mount and frame
- 1 autograph from Sir David Jason on an item of your choice
- 1 free in person autograph from each guest actor
- Access to on stage talk with all attending actors

£4M FOR SEE VIEW

A FLAT is on sale for £4.15million – with no mention that 500,000 Tate Modern visitors a year can peer in the windows.

The property on the 18th floor of the Neo Bankside block is 35 yards from a viewing terrace at the London gallery. But the ad

simply states: "You are spoilt with views across the river."

Flat owners were told to put up net curtains as they lost a court battle to get the Tate to put up screens. One online wag said: "I would simply use some of my millions to buy curtains."



OLLY STILL IN SHOCK OVER CAROLINE

See Pages 14&15

ORGANS 'STOLEN'

CHINA has been accused of taking the organs of executed prisoners and covering it up.

Livers, hearts, kidneys, eyes and skin were stolen, an international investigation found.

Sir Geoffrey Nice, who led it, said organ harvesting was

lucrative. He added: "There is a systematic programme to kill people. Our government should take appropriate action."

The Chinese government's claim it kick-started a donor volunteering initiative in 2015 was rubbished by the inquiry.

ANT AND DEC IN WW2 FLAG FURY

POP star Anne-Marie has said sorry after a controversial Rising Sun Japanese flag was used during her appearance on Ant and Dec's Saturday Night Takeaway.

The Geordie hosts wore headbands that bore the symbol as they donned karate outfits to perform with her for their "End of the Show Show".

In East Asia, the Rising Sun is seen to be as offensive as the Nazi swastika due to its use by the Imperial Japanese military who carried out savage war crimes.

Last night the singer, 28, said: "I sincerely apologise to all those who were hurt by my appearance. I want

By **JOE KASPER**, Bizarre Reporter

you to know that I had nothing to do with the costumes on this sketch.

"I am truly sorry and I promise you that this will not happen again."

Anne-Marie, from East Tilbury, Essex, has had hits including Rockabye with Clean Bandit and is also a triple world karate champion.

ITV apologised for the costumes and has edited out the flags in TV repeats and on its Hub on-demand service.

A spokesman said: "We apologise for any offence caused. This was clearly unintended and we have taken steps to re-edit that part of the episode."



Chopped... headbands

Get hang of plastic

BRIT fashion firms can help the planet by using recyclable all-plastic hangers, a study claims.

It said traditional metal-clip hangers are made from five different materials, ruling out recycling.

Professor Tony Ryan of Sheffield University said they get shipped round the world "only to be dumped in landfill".

He said a switch can help recycle 54 tons of plastic every year.

DRIVEN TO SLEEP

Sounds of a car engine, brakes and gear shifts are the best way to get kids off to sleep, a study says.

CARRIE &

CALL

EXCLUSIVE by **DAN WOOTTON** and **KATE FERGUSON**

BORIS Johnson could be calling a midwife to No10 with fiancée Carrie Symonds keen for a home birth.

Britain's new First Lady, 31, is understood to be considering having their baby at the Prime Minister's country retreats or even in Downing Street.

A source told The Sun: "Carrie has told Boris that a home birth is one thing she's very keen on. She likes to do things her way."

"She has a few options where she could have their firstborn. It could mean Downing Street, Chequers or even Chevening."

Just one in 50 women in England and Wales gives birth at home, according to NHS statistics. Last night Boris, 55, said he was "absolutely delighted" that he is going to be a dad for the sixth time.

The tot is expected in late May or early June.

The couple also announced their engagement in Saturday's double-whammy of good news – with Carrie posting an Instagram pic of Boris kissing her cheek.

The baby could have been conceived at the Queen's country estate at Balmoral, where the couple stayed overnight in September.

Mr Johnson has four children with his estranged wife of 25 years Marina Wheeler, who he split from in 2018.

He has a fifth child from an affair with art consultant Helen Macintyre.

The PM and PR executive Carrie, a former Tory press chief, are expected to slip off abroad to marry once his divorce from Ms Wheeler is finalised.

The future Mr and Mrs Johnson made history as the first unmarried couple to officially live together in Downing Street when they moved in last year.

But they have rarely been seen publicly together, even on the election campaign trail.

Yesterday MPs from all parties continued to congratulate the happy couple.

Labour's health chief Jonathan Ashworth sent his best wishes.

But the couple were also trolled on social media, with some saying the timing of the announcement was simply to bury bad news concerning Sir Philip Rutnam's resignation from the Home Office.

Columnist Sarah Vine, wife of Tory Minister Michael Gove, hit back: "Would like to remind everyone this is Carrie's first baby, regardless of anything else. Let's be kind to the pregnant lady."

Boris could be the first PM to take shared parental leave after a 2015 law change gave dads rights to stay at home with a newborn.

The couple are entitled to split up to 50 weeks. David Cameron took brief leave after daughter Florence was born in 2010.

Winston – in honour of Boris's hero Sir Winston Churchill – is the 7/1 favourite name if the new No10 baby is a boy. Charlotte heads the girls names at 8/1.

Carrie's spokeswoman declined to comment on any home birth.

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BOJO'S OTHER FIVE CHILDREN

LARA LETTICE, 26



WRITES for British Vogue and The Spectator. Called Boris a "selfish b*****" after he split from her mum Marina.

MILO ARTHUR, 24



WENT to Westminster School. He can speak Arabic, Russian and French and has worked at men's mag Esquire Middle East.

CASSIA PEACHES, 22



EDUCATED at Highgate School in North London where she was student editor of their magazine The Cholmeleian.

THEODORE APOLLO, 20



YOUNGEST of PM's four children with Marina. Believed to have attended a North London school then Cambridge University.

STEPHANIE, born 2009



LOVECHILD is his daughter from fling with Helen Macintyre. Boris was revealed to be her dad in a 2013 court battle.

HE'S PM FATHER No4



Blairs and baby Leo

BORIS will be the fourth PM in 170 years to have a baby while in office.

Tory David Cameron's wife Sam gave birth to Florence while on holiday in Cornwall in 2010.

Cherie Blair, wife of Labour PM Tony, had son Leo at a London Hospital in May 2000.

In his 1846-52 term, Whig John Russell and second wife Frances had sons George and Francis.



Camerons & Florence

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BORIS PLAN HOME BIRTH

THE MIDWIFE TO No10

10

Nappy birthday . . .
How Carrie, Bojo and
baby might look at
Downing Street

It's the
only Labour
you'll see
in No10



Georgette . . . with her baby Jude

She'll be a
great mum
so be kind

By
GEORGETTE CULLEY
Sun writer and new mum

IF Carrie Symonds is anything like me, she will have felt a tumult of emotions on finding out she was to be a mum for the first time.

I remember feeling shock, terror, excitement and joy all at once when I found out I was expecting.

In other words, was I ready to be a mother?

Like Carrie, I hadn't done it the conventional way (house and marriage first). In fact, I'd only been with my partner for three months.

But, while the timing wasn't ideal, I knew almost immediately that I wanted to keep the baby and fortunately my partner felt exactly the same way — and that was something to celebrate.

Nevertheless, being pregnant brings hormonal changes which can make you feel fragile and emotional. I was a little nervous telling my close family and friends that we were expecting, but I was lucky enough to receive only kindness and support in return.

So my heart sank for Carrie when she revealed her happy news to the world only to be shot down on social media. Just because you are in the public eye it doesn't mean it's OK for others to post hate-filled vitriol online.

It's been just two weeks since the tragic suicide of Love Island presenter Caroline Flack.

Yet the same people who were championing the #bekind movement are now trolling Carrie.

So Carrie, if you're reading this, congratulations. There's no doubt in my mind that you'll make a great mother and show your child the kindness and compassion which is so lacking on social media.

Nothing will beat the moment you hold your little one in your arms for the first time. Good luck and enjoy.

Shock,
terror &
joy all at
once

THE Sun SAYS

Our virus duty

HEALTH Secretary Matt Hancock is quite right to point out that the Government can't tackle the wily coronavirus alone.

Yes, telling us to sing the national anthem while washing our hands may sound patronising.

But every second of every day counts at the stuttering beginnings of an epidemic. And, if the public gets the basics right now, Britain still stands a chance of containing the crisis.

Of course, the Government must put essential precautions in place and be seen to be doing so: it would be wise for Boris Johnson or his Health Secretary to brief the public daily on the evening news, for example.

But given that this virus only travels through droplets from coughs and sneezes, the public taking simple steps may do more to curb the spread than anything the authorities come up with.

And, if staying vigilant about personal hygiene can save Britain from economic and social meltdown, we believe each and every one of us has a duty to do so.

Good riddance

FROM HS2 overspending to the Windrush scandal, mayhem followed the bumbling former mandarin Sir Philip Rutnam wherever he went.

But that didn't put the brakes on his career. Oh, no. Because, in the topsy-turvy world of Whitehall, whopping mistakes mean whopping promotions.

When he screwed up in transport, there was a massive job waiting for him at the Home Office.

And when he screwed up there, they gave him a knighthood.

And so things would have rumbled merrily on, if Priti Patel hadn't come along and put a spanner in the works.

The British people made it clear in December that they wanted big changes to our immigration system and Patel – a no-nonsense Leave voter – came to the job determined to deliver them.

For Rutnam and his fellow over-promoted Home Office pen-pushers, this sounded too much like hard work.

So, with mind-numbing predictability, they turned on the woman with the mission and the mandate.

Britain is lucky that our firebrand Home Secretary fought back. And luckier still to be shot of the useless Rutnam.

Lift our spirits

IF the new Chancellor Rishi Sunak wants to get in Britain's good books, he should listen to his local distillery and slash the eye-watering "gin and tonic" tax.

It is absurd that spirits in this country – where the distilling industry is flourishing – remain among the highest taxed in the world.

Analysis shows that lowering the duty on spirits would bring more jobs, more money for the public coffers and economic growth across the country.

What a welcome tonic for our nation.



trevor.kavanagh@the-sun.co.uk

TREVOR Kavanagh



The other sovereignty war... on mandarins

IT was blunt-spoken Labour Home Secretary John Reid who famously denounced his own department as "not fit for purpose".

That was 14 years ago, and nothing has changed.

The Home Office remains a putrid, leaky swamp, infamous as "the politicians' graveyard".

Victims include Reid himself, Labour's David Blunkett and Charles Clarke and Tories Michael Howard and Amber Rudd – gone but not forgotten.

Priti Patel might have been the latest but for Saturday's resignation bombshell by the mandarin who tried in vain to bring her down.

Her crime? Driving through the crime and illegal immigration crackdown demanded by voters who handed Boris Johnson his landslide victory.

Snoopy Permanent Secretary Sir Philip Rutnam – known by critics as "Sir Calamity" – seemed determined to block, humiliate and undermine his new boss at every turn.

Newspapers quoted highly placed Home Office "insiders" accusing Priti Patel of shouting, swearing and that old stand-by, "bullying".

M15 allegedly barred her from seeing their most secret files – a leak uniquely and officially dismissed by M15 itself.

On TV, lip-trembling Rutnam denied he was the person responsible.

"His denial is unconvincing," says a Cabinet minister from another department. "Either

officials were leaking without his knowledge, in which case he was useless, or it was at his behest, in which case it was indefensible."

The Home Office, a sprawling blanchmange of bungling inertia, stands as a monument to serial Whitehall ineptitude.

Like Japanese soldiers still fighting World War Two long after Armistice Day, it remains stoutly pro-EU.

The same is true of the three other Great Offices of State – HM Treasury, the Ministry of Defence and the Foreign Office – collectively known as The Blob.

The Foreign Office was especially contemptuous of its ex-Foreign Secretary, now our Prime Minister, and leaked copiously about his supposed shortcomings.

Between them, they form a bastion of knighted bureaucrats who see themselves as the real UK government, guarding us from Britain's "here today, gone tomorrow" elected politicians.

They have enormous power

to sabotage policies they dislike or kick them into the long grass.

Crucially, at this point in UK negotiations, they are also universally pro-Brussels and anti-Brexit.

Rutnam, an advocate for Project Fear, is perhaps just the first of these god-like figures to go.

We are witnessing a purge of the mandarin class.

Drama queen

Anti-Brexit Treasury chief Sir Tom Scholar has already been given the Black Spot. Others are on borrowed time.

Casualties could yet include the biggest fish of all, Cabinet Secretary Sir Mark Sedwill – Rutnam's predecessor at the Home Office.

If he survives, it will be at the cost of his second huge job as head of national security.

Few of these shadowy Whitehall aristocrats will welcome Sir Calamity's decision to wash their dirty linen in public.

And with a career-long

catalogue of costly blunders to his name, drama queen Rutnam could yet regret suing for unfair dismissal.

Witnesses might testify to his "sneaky and snivelling" managerial style – including perhaps Amber Rudd, who blames him for destroying her career as a Cabinet high-flier.

Rutnam left her to swing for his department's unforgivable Windrush scandal and the deportation of innocent West Indian migrants.

As Ms Rudd fell on her sword, Rutnam "went missing". "She repeatedly asked for the information but it was never forthcoming," says a friend.

"Then a week after she resigned, the data was made available. The whole thing was very odd."

In other words, it stinks.

Sir Philip had little time for Priti Patel. "He seemed to think Priti was stupid and treated her as such," says an insider. Once exposed to daylight, such arrogance, coupled with third-party allegations of racism, can be politically explosive.

We are witnessing a deceptively important battle on the home front, fought in parallel with Brexit. Downing Street believes it is winning the fight for sovereignty. But the mandarins are fighting a Fifth Column battle to keep Britain tied to the EU's apron strings.

"The first six months are critical," says a senior ministerial source. "It's all to play for."

See The Sun Says

MILLIONAIRE lawyer "Sir" Keir Starmer QC – he pretends to hate the title – is now a racing certainty for Jeremy Corbyn's job as Labour leader.

This chameleon politician is a protégé of Labour dud Gordon Brown. They remain close.

It was Brown who made Starmer Director of Public Prosecutions, a post he disgraced by persecuting innocent journalists for publishing the truth.

He was rewarded with his knighthood and one of Labour's safest seats in posh Holborn and St Pancras, a stone's throw from his Doughty Street Chambers. Labour is welcome to the cad.



Charity... Ryan

Race ace hacked to death with axe

By ANDY JEHRING

A RACING driver has been hacked to death with an axe in the street.

Ryan Lowry, 36, was chased and killed after the alleged killer had a "mental breakdown".

A man of 31 has been arrested on suspicion of murder and held under the Mental Health Act.

Witnesses say the attacker damaged several vehicles moments before the killing at around midnight on Thursday.

A source told The Sun: "It is devastating, the two knew each other but the attacker had a mental breakdown and turned."

Ryan, of Stockport, Gtr Manchester, co-founded the Campaign Against Living Miserably all Porsche trophy series, which raises awareness and money for mental health.

It said in a statement he "died trying to help another near his home".

Screens hit tot kip

CHILDREN as young as one year old are suffering from a lack of sleep after being exposed to screens before bedtime, researchers claim.

The impact on tots' kip was revealed by a study of 60,000 under-fives.

Dr Catherine Hill, a consultant in paediatric sleep medicine at Southampton Children's Hospital, conducted research with a team at University of Strathclyde, Glasgow.

She said the findings should "prompt parents, clinicians and educators to take action to encourage sleep-promoting behaviours such as limiting screen time".

Stag's jet KO rage

A STAG groom clashed with airport staff and cops who kicked his party off a flight for fighting.

Jake Hawkins, 24, and boozy pals were heading to Alicante, Spain, when two started brawling on a plane's boarding staircase.

Hawkins demanded he and seven others not fighting be allowed to fly. But East Midlands Airport staff called cops.

One officer said Hawkins was "dancing around in a rage".

The repairman, of Worksoop, Notts, got 140 hours' unpaid work from JPs in Leicester. He admitted using threatening behaviour in October.

FRUIT AND PEGS

Aquafresh is launching toothpaste flavoured with grapefruit, lemon, watermelon and cucumber in a bid to boost sales.

SKIMTIGHT



By JAKE HARRISON

KIM Kardashian looks like she's having a rub-berry time at husband Kanye West's Sunday Service in Paris.

The 39-year-old US reality star wore a skin-tight latex suit with her hair in a long ponytail for the 42-year-old rapper's religious gig yesterday.

Kim's sister Kourtney, 40, was also there — in a similar latex get-up.

Hope they didn't rubber each other up the wrong way.

Long... Kim's ponytail

WORST ROLE IN TV DRAMA



Chance... Tom plays young Andy, right



GOOD NEWS

EXCLUSIVE
by ROD MCPHEE
Senior Bizarre Reporter

AN unknown actor has landed a key role in *The Crown* — unfortunately as Prince Andrew.

Tom Byrne, 25, will play Randy Andy in the next series.

It is set in the late Seventies and Eighties when the Prince was a bed-hopping pin-up.

But the Duke of York, 60, is now tarred by his notorious friendship with the late paedophile Jeffrey Epstein.

A TV insider said: "Tom probably couldn't believe his luck when he landed a part playing a senior member of the Royal Family."

"After all, he's yet to land a major TV role and the Netflix show is one of the most-watched



Claim... with Virginia

dramas on the planet. But his heart might have sank when he found out he would be playing a man who is now known as being the pal of a notorious paedophile."

Andrew faces allegations he had sex with Epstein's 17-year-old "sex slave" Virginia Roberts.

The Duke categorically denies any sexual contact or relationship with the now 36-year-old.

Tom, who graduated from the Bristol Old Vic Theatre School, has performed with the Royal Shakespeare Company and had small roles in Sky drama *A Discovery of Witches* and Channel 4's *Black Mirror*.

The Queen's second son will be seen finally marrying Sarah Ferguson in 1986.

Lawyers for Andrew's ex Koo Stark, 63, have warned that depicting her as a minx could see them take legal action.

rod.mcphree@the-sun.co.uk

BAD NEWS

You've got a part in Crown

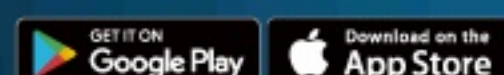
You're playing Prince Andrew

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Abused... naturists

Nudists: We want the law to cover us

By ED McCONNELL

NUDISTS want to follow in the footsteps of vegans and have their way of life recognised as a philosophical belief.

British Naturism says shunning clothes can attract abuse and its president Mark Bass thinks the UK's 3.8million nudists should be protected under hate crime laws.

A tribunal in January ruled that ethical veganism was a philosophical belief and followers should be protected from work discrimination.

But Mr Bass wants the Government to add naturism to a protected list which includes disability, race and religion.

He said: "Abusing somebody because of the colour of their skin, sexual preference or religion is not acceptable. Yet nudists receive abuse based on their dress code."

£12k for sacking

A BANKER won a £12,000 payout after he was wrongly accused of drugging a female colleague at a work party and fired.

Craig Kerins was sacked by Barclays after she said he slipped a codeine tablet into her wine glass.

She claimed that when she fell ill at the bash in a casino in Milton Keynes he came back to her hotel room for a chat and kissed her goodnight as she was in bed.

Mr Kerins was sacked for gross misconduct. But a London employment tribunal saw the casino CCTV and decided she was not drugged and the kiss was not sexual.

Ring find after 9yrs

A MUM has been reunited with her long-lost gold ring — nine years after she mislaid it in a muddy field.

Kate Gough, 32, was moving horses when she lost the heirloom in 2011.

But the mum of two heard how metal detectorist Robin Kynaston, 35, helped find a ring and invited him to hunt for it.

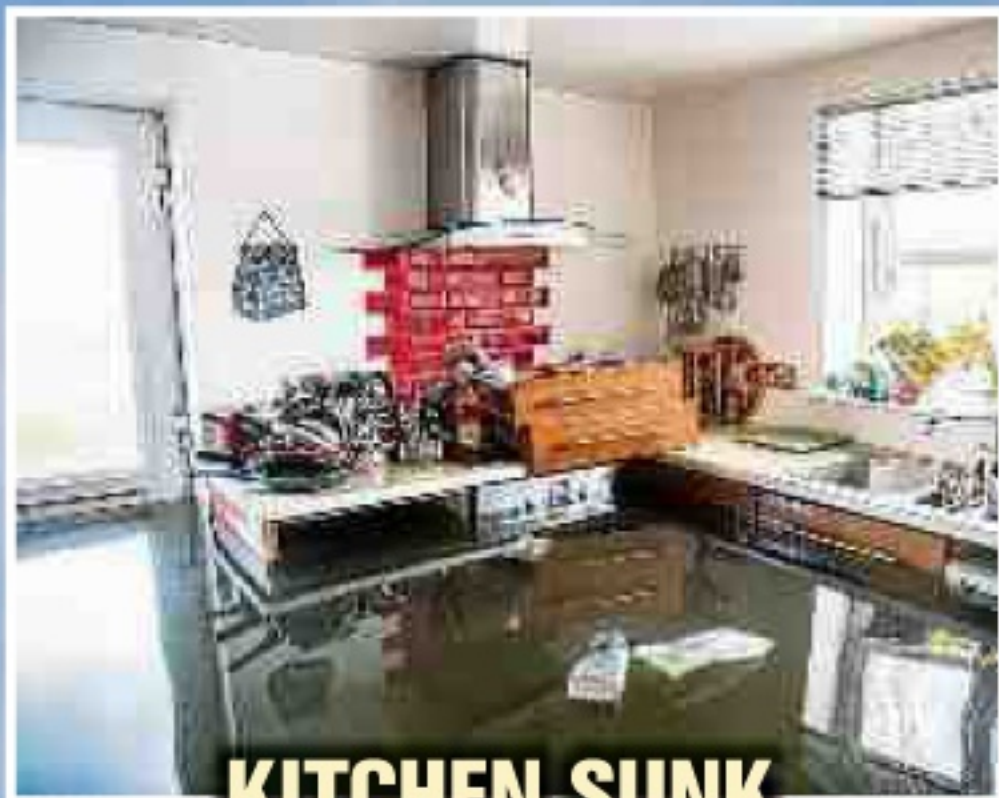
Robin found the ring — which had belonged to Kate's gran — in less than an hour in the field in Telford, Shropshire.

Kate said she was gob-smacked, adding: "I'm so grateful. The ring is not valuable, but is so precious to us."

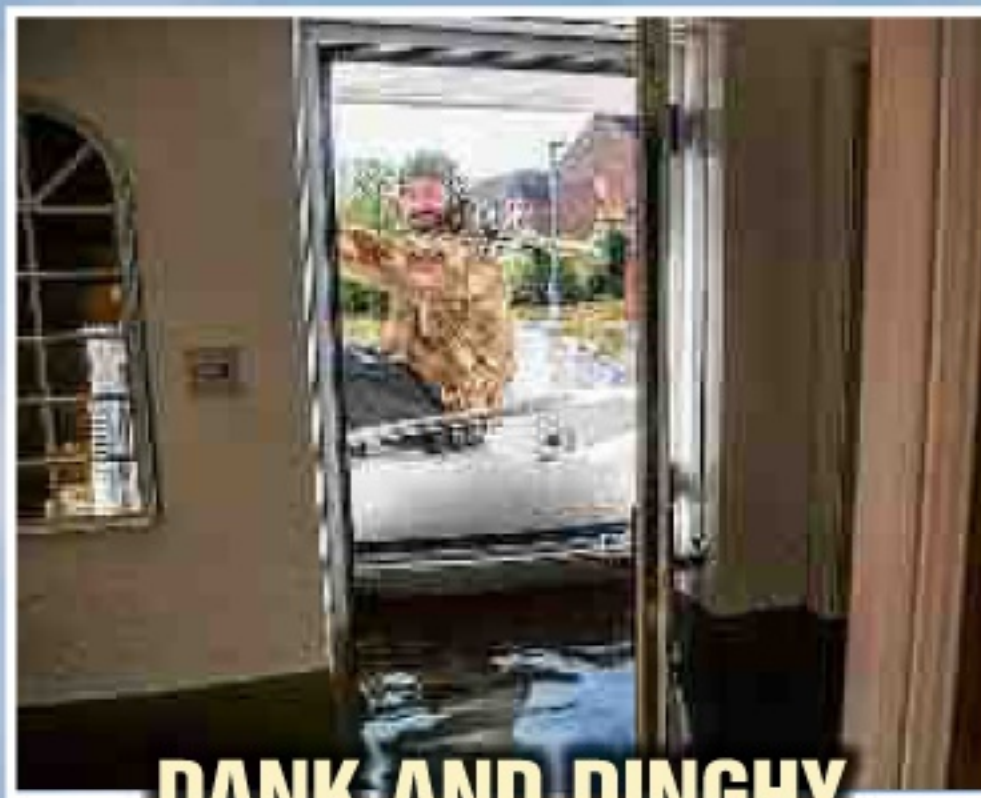
PLUM JOB

Prince Charles is advertising for a head gardener to lead the team tending 15 acres at his Highgrove home, Gloucs.

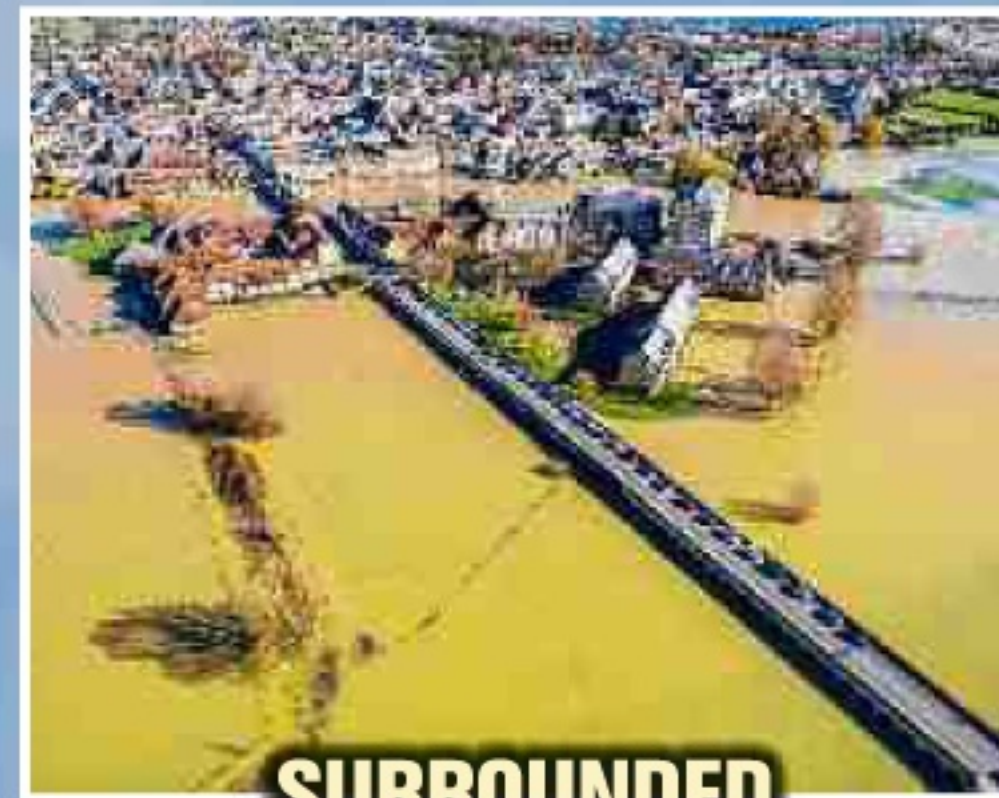
BRITAIN BATTERED AGAIN

**KITCHEN SUNK**

Water up to worktops in Snaith, East Yorks

**DANK AND DINGHY**

Boat owner Dave Towers at his home in Snaith

**SURROUNDED**

St Ives, Cambs, almost cut off after river burst

SHOCK & JOR



Under the weather... home in flood

● Homes almost totally underwater ● 100s of flood warnings in force

By ISAAC CROWSON

A HOME is left with just its roof above water after Britain got yet another soaking from Storm Jorje yesterday.

The water was up to the rooftops in Snaith, East Yorks, where the River Aire burst its banks and flooded 78 homes and businesses.

Garden sheds were seen floating in the flood water after the country was battered by 70mph winds.

Dave Towers, 38, helped devastated residents in Snaith move belongings using his rubber dinghy.

Meanwhile, pregnant nurse Katie Cuckoo, 28, was among dozens sheltering in the town's Priory Church.

She wed husband Scott, 36, there just six weeks ago and

THREE DAY FORECAST		
MONDAY	TUESDAY	WEDNESDAY
High: 9°C Low: 3°C	High: 9°C Low: 2°C	High: 9°C Low: 3°C

said: "I didn't expect to be back in looking a mess because I had been evacuated."

"The community spirit has been amazing. I have been inundated with offers of help. There are people three doors down whose bungalow is completely under water."

Hundreds of flood warnings remained in force in Yorkshire, Lancashire and the Midlands and 15 rivers recorded their highest levels on record.

Emergency teams repaired damaged flood barriers on the River Severn in the West Mid-

lands to prepare for an expected peak in high water levels this afternoon.

The towns of Ironbridge and Bewdley have already borne the brunt. In St Ives, Cambs, the town was surrounded by water after the Great Ouse burst.

More than 4,300 properties in England and Wales were flooded as a result of storms Ciara and Dennis, the Government said, with figures for Storm Jorje still to come.

A UK average of 202.1mm of rain fell last month, beating February 1990 when 193.4mm fell, the Met Office said.

The Environment Agency warned the country to brace itself for "more frequent periods of extreme weather like this" because of climate change.

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... **BUT IT COULD BE WORSE!**



A SAVAGE polar blast in the US left homes encased in ice with doors and windows frozen shut. The "housicles" in Hamburg, New York State, were gripped by icy winds blowing off Lake Erie.



Victim... Ramani

Two held on killing of party row teen

By WILL BARKER

A BOY of 16 was stabbed to death in the street after a row broke out at a house party.

Ramani Morgan was pronounced dead on Saturday night despite efforts to save him by police, paramedics and hospital staff.

Two 17-year-old boys have been arrested on suspicion of murder over the incident in Coventry.

Police forensic search teams were seen yesterday lifting drain covers in the streets where the party took place and where Ramani, from Birmingham, was found.

Chief Supt Mike O'Hara said: "A large house party seems to have got out of hand."

"An altercation between some people spilled out on to the street and a young man was stabbed."

Pie-eyed at victory

AN amateur baker won a top pastry prize after travelling 170 miles to make them – so they qualified as Cornish.

Vanessa Farr is from Bristol but made a three-hour trip to Padstow in Cornwall ahead of the World Pasty Championships being held nearby.

She then baked her delicacy – and won in the Best Amateur category.

Vanessa, 41, who won the same title in 2017 and was runner-up last year, said: "Cornish pasties are the only pasties."

Pro baker David Timmins, from Cornwall, won the overall world title for the third time.

Nap 'sign of illness'

DAYTIME dozing could be an early warning sign of heart disease, cancer, diabetes, high blood pressure or arthritis.

People who nap were 2½ times more likely to develop ticker problems.

They were also more than twice as prone to diabetes and hypertension and faced double the risk of cancer.

Arthritis was 1½ times as common, a US study of 10,930 adults found.

Professor Maurice Ohayon, of Stanford University, California, said excessive daytime sleepiness "can be an early sign of a developing medical condition".

SHORT TEMPERED

Britain's most annoying motorway is Falkirk's M876, analysis of drivers' tweets found, despite being only eight miles long.

STAR ON TRAGEDY OF CLOSE PAL



EXCLUSIVE by
SIMON BOYLE
Bizarre Editor

AFTER ten years in show-business, Olly Murs has endured plenty of highs and lows in the public eye.

But nothing could have prepared him for the tragic loss of his friend and former co-star Caroline Flack.

The 2009 X Factor runner-up became one of the show's biggest success stories – launching a pop career which has boasted six hit albums and 18 singles.

His rise to the top even saw him return to the ITV singing contest as a host alongside Caroline, after the pair cut their teeth together presenting spin-off series The Xtra Factor.

The primetime role placed them at the helm of what was then the biggest entertainment brand on UK TV – but also saw them face vicious abuse from online trolls and critics, which Olly still remembers as the worst he has endured during his career.

Recalling the experience, he tells The Sun: "The worst I've ever had it was when me and Caz worked together presenting The X Factor."

"The online abuse from social media trolls was truly awful."

"I've never minded constructive criticism from my peers but with social media you get commented on – how you're doing your job, how you look, how you speak, and things people wouldn't dare say to your face."

"Eventually I stopped going on social media during the series, but something really does have to change online. Everyone should be verified and accountable on every platform. I'm accountable for what I say, and others should be too."

"Their words would then be attached to their real profile – not just someone hidden behind their computer using a false name."

'I was numb, then I just broke down'

"Then people would think twice about being so abusive."

Five years later, the same online abuse is back in the spotlight after Caroline's tragic death, aged just 40.

The popular Love Island presenter found herself subjected to a torrent of cruel jibes across social media, amid a battle to clear her name after an alleged domestic bust-up with her boyfriend. Caroline was found dead at her London home on February 15, having apparently taken her own life.

The news sent shockwaves through the showbiz industry and Olly admits the devastating telephone call, which broke the news to him, will stay in his mind forever.

He recalls: "Even answering this question doesn't seem right, to be honest. I'm still in shock, really."

"To think I won't have a conversation, a laugh, work, or even just get a random voice note from Cazza again – I just can't get my head around it."

"I heard the news when I was away on holiday. My phone went at 2.23am and I'll never forget it."

"My manager told me and I just stared at my phone for hours, I didn't know what to do. I just didn't want to believe it."

"I was numb to any feelings and then I just broke down. Since then I just have constant waves of emotions – one minute I'm OK, the next I'm so sad for her. It's hard, I'll always miss Caz a lot."

The bombshell news about Caroline's passing came during Olly's recent holiday with girlfriend Amelia Tank.

The break had been planned as part of his much-needed recuperation in the wake of knee surgery – the result of a debilitating injury which caused him to pile on weight.

But last week the singer stunned fans with a pair of before-and-after snaps posted on his Instagram, showing off his 2st weight loss following an intense six-week fitness regime.

And while Olly jokes that his body-builder girlfriend has been a huge support in helping him make the change, she did not force him into it.

Laughing, Olly explains: "No, it was all me really. Although she's definitely been very supportive and helped me stick to it."

"When you have major surgery like I did, there were many days where I

I'm still in shock. To think I'll never laugh or speak with Caz again

SAYS OLLY MURS



ESTRANGED... Olly and twin Ben, right, before their falling out

did nothing at home on the sofa. I couldn't walk, let alone exercise, and I was so bored, so I would often raid the sweet drawer."

"One of the great things about Amelia is she is very active and in the gym a lot, so without her saying it, it encouraged me to get back in there. But I knew I needed to take it slow."

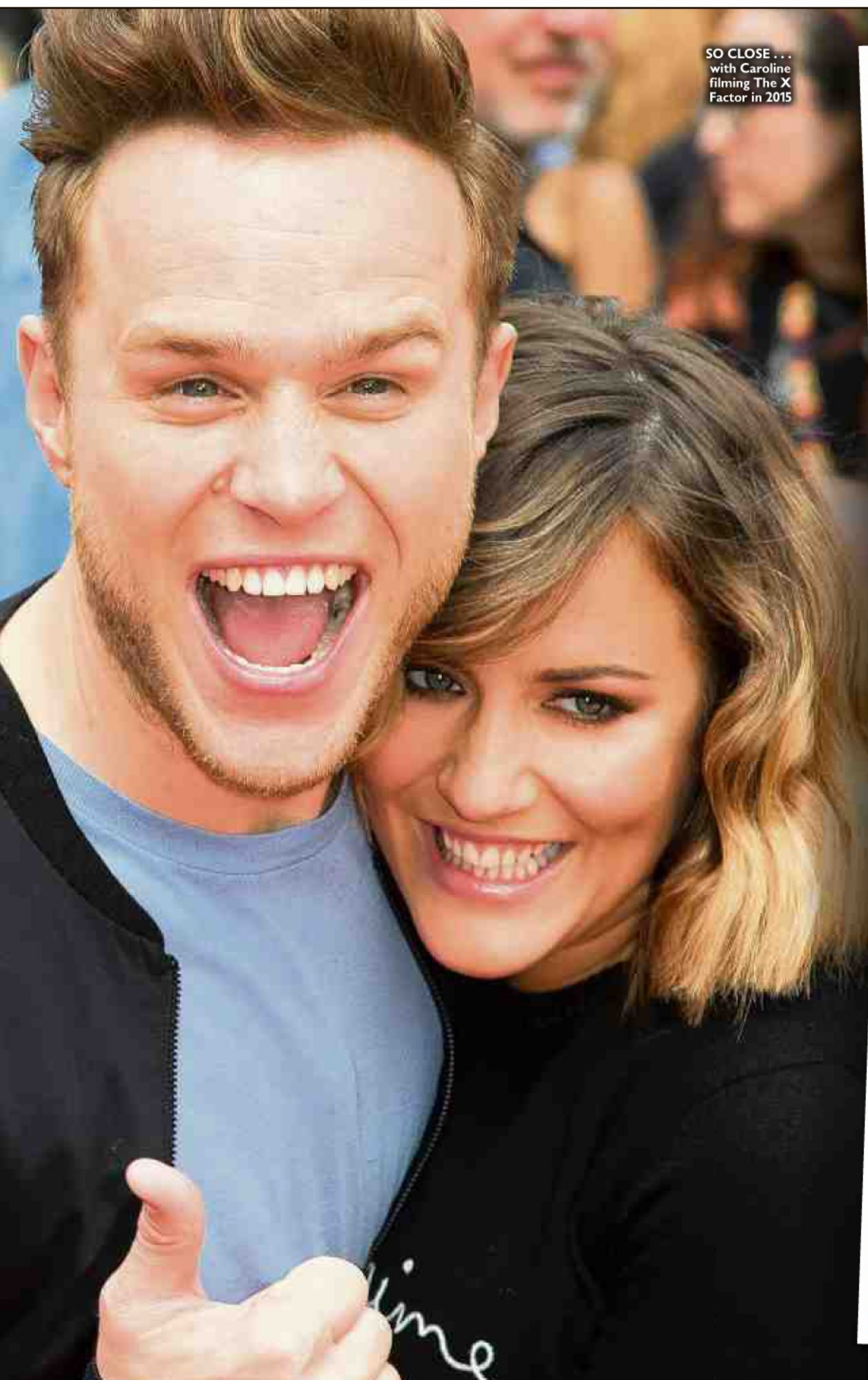
"On January 2, I was 14st 3lb which is the heaviest I've been in a long time, but after surgery and six months of not doing much, it was understandable."

Anyone who knows me knows I love my food, but I needed to change. So I asked the missus to help and she did."

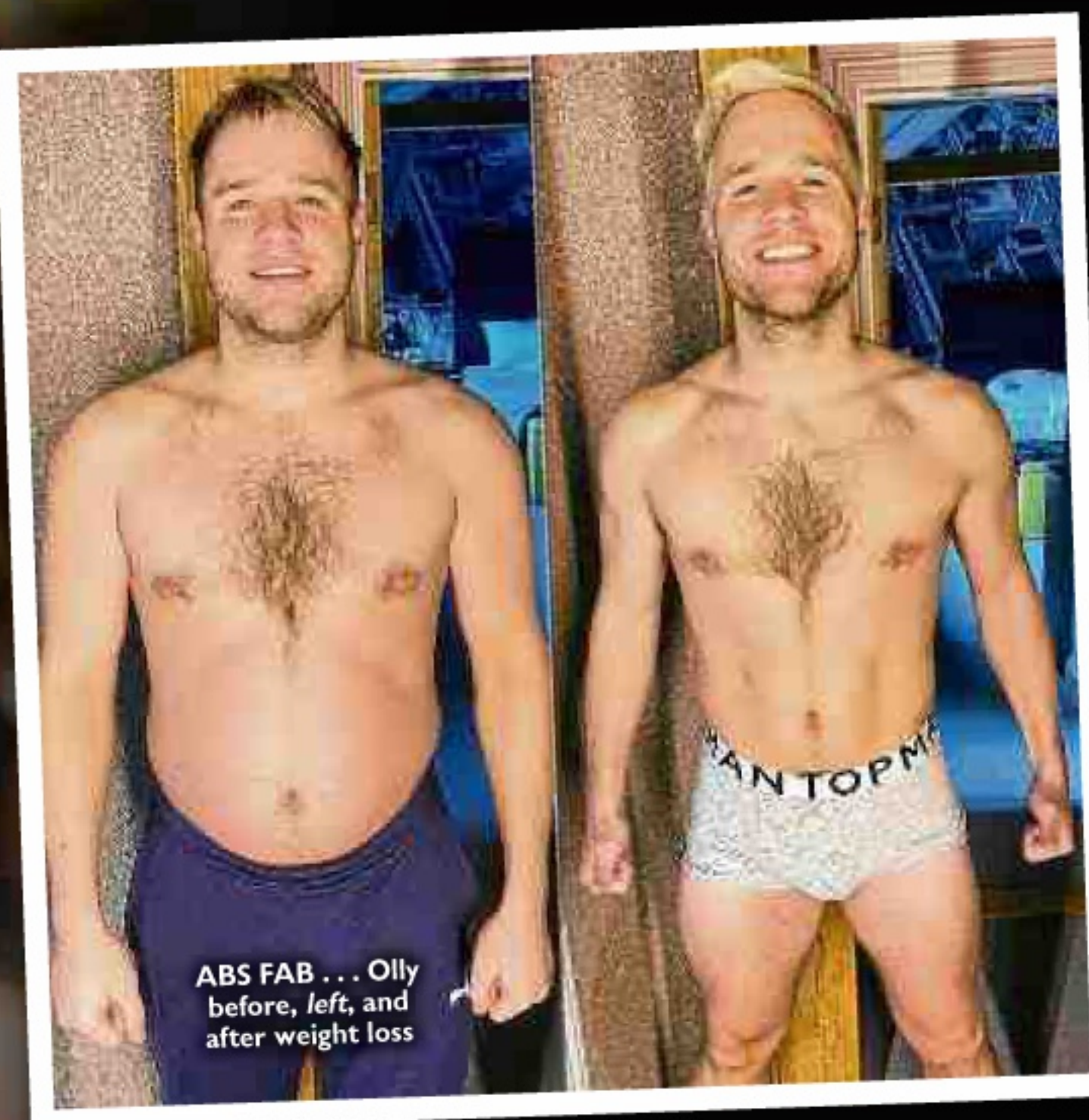
"She basically got me to stick to a strict, lean diet for six weeks, three meals a day, two snacks, but it was actually fun to have that as a focus. "I'm awful in the kitchen and rarely have time to cook, but I was out shopping every week, coming back and cooking all my own food."

"No processed sugar and just a small amount of carbs a day while training five times a week for an hour." Olly also turned to an overseas

CAROLINE FLACK AND TROLL BATTLE

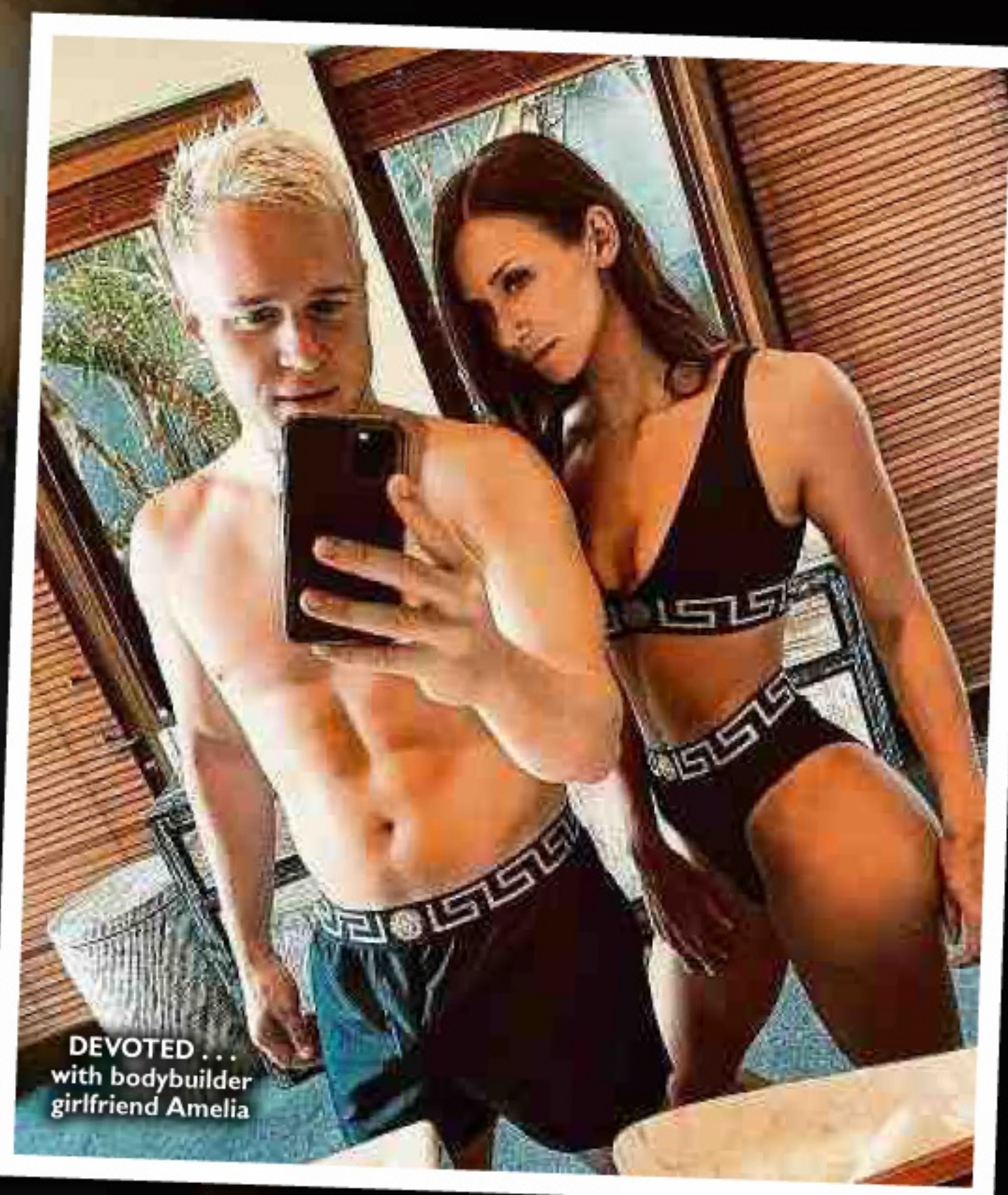


SO CLOSE...
with Caroline
filming The X
Factor in 2015



ABS FAB... Olly
before, left, and
after weight loss

‘I love my food, but I needed to change. So I asked the missus to help and she did’



DEVOTED...
with bodybuilder
girlfriend Amelia

detox retreat popular with a host of celebrities, where he lived on nothing but juice for a week.

He adds: “I went to a juice retreat in Portugal run by a guy called Jason Vale, who I’d spoken to a few times, but I never had a reason to actually go.

“It was incredible – the best thing I’ve ever done – and I dropped another 10lb doing that.

“So, overall, in six weeks I went from 14st 3lb to 12st 10lb. So I lost 20lb. Magic Mike, here I come!”

After overhauling his lifestyle, Olly is back at work on ITV’s The

Voice, where we meet backstage. He’s also busy planning a host of new projects for 2020 after The Sun revealed he had launched his own TV production company.

The pre-recorded Voice auditions are already on air, with Olly now filming the later stages of the competition with his singing hopefuls.

But the standout moment of the series to date saw the star break down in tears over his fractured relationship with twin brother Ben.

After watching twins perform on stage, Olly became overwhelmed as he explained to co-stars Tom

Jones, Meghan Trainor and William that he had drifted apart from his sibling following an explosive row in 2009.

It stemmed from Olly missing his brother’s wedding to perform on The X Factor, with Ben publicly criticising his famous brother in an interview a couple of years ago.

Olly explains: “It completely took me off guard, to be honest.

“Of course, I’ve always been very sad about the situation with my twin, especially with how it’s been played out in the media.

“Being a twin is a special bond

and when that moment came on The Voice and I saw the twins together, it just brought back so many memories of the love, banter and laughs we used to have.

“It’s something I’ve missed very much over the past ten years.”

Chatting about his return to work, Olly explains: “I was starting to get bored at home after the surgery so it’s great to be back at work, and I love the other coaches and this show very much.

“It’s such a great team on and off the camera. But I’ve been enjoying some well-deserved time off. It’s the

longest time I’ve had off since 2009, so it has been nice.

“To keep myself busy I started learning the piano.

“It’s something I’ve always wanted to do, so expect some sad ballads on the next album. But I might have a quieter year on the music front after a big tour last year.

“There are other projects in the pipeline that I’m working on.

“TV has been a big part of my career as well as music, so watch this space!”

● The Voice returns to ITV this Saturday at 8.30pm.

THE Sun SAVERS



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Edited by GISELLE WAINWRIGHT

DEAL OF DAY



EATING out this week? Try Bella Italia. You can get 25% off mains from noon every day except Saturdays. Just visit the website, enter your email and collect the voucher.

CHEAP TREAT



SNAP up an Indian Meal Deal at Waitrose for £10, including two main dishes and two sides. I love the Chicken Biryani.

SAVE: £5.36

My Sun SAVERS fiver

JEAN TERRY, from Birmingham, says: "I'm saving my fivers to treat my granddaughter to a special present, as she'll be 30 this year."

Send your Savers fiver stories to sunsavers.co.uk/fivers and you'll get 28 codes worth £5 if your tip is used. Please include your name and town.

Kitchen sync



COPYCAT KIT CAN STILL LOOK CLASSY

KITCHEN in need of new kit?

While big brands can lure you in with their latest stylish offerings, kitchenware does not always have to be expensive to look good.

Spruce up your cooking space with some uncanny copycats for a lot less cash...

LE CRUSH: Feast your eyes on Lidl's lovely vintage-style new casserole dish, which looks just like Le Creuset's but does not come with the £99 price tag. The range starts at just £3.99 – but don't delay or this bargain will be gone before you know it.

SAVE: Up to £95.01

DOUBLE TROUBLE: Always wanted that Smeg kettle and

toaster duo, but don't have a spare £256 lying around? I love the Swan twin set for just £34.99 on Very, and you'll even get free click-and-collect delivery thrown in.

SAVE: £222 on toaster/kettle set

BLITZ & BLEND: Blenders can take so are super-handy. The eight-piece Nutribullet 600 is the smoothie operator of blenders, but not everyone will want to spend £57.99. If you fancy a similar product for less money, Homgeek is selling a 13-piece multifunctional blender for £29.99 on Amazon, which comes with a range of different-sized cups and does a great job.

SAVE: £28 on blender

COPPA DEAL Copper and rose gold are definitely in fashion in the kitchen right now. But you don't need to spend a

fortune on top names to get the look. I like the £125 John Lewis set, but I'm in love with the price tag of similar, five-piece sets found on Amazon for £39.99 with free delivery. What is not to like?

SAVE: £85.01 on pans

SAVE YOUR DOUGH: A tip for the bakers among us – the £299 KitchenAid is something you probably dream of but are reluctant to fork out for, so get the look for less by heading to Wilko who have their own grey stand-mixer for just £60.

SAVE: £239 on stand mixer

● ALL prices on this page are correct at time of going to press. Deals/offers subject to availability.

TOP SWAP



£4.50

BEN & Jerry's Cookie Dough Ice Cream is £4.50 a tub at Waitrose, but if you pop to Aldi you can grab their cheaper version for just £1.89. It's a great alternative.

SAVE: £2.61



£1.89

Reader's saving tip

NORMA EATON, from Heathfield, East Sussex, says: "If you want to make your minced beef go further, just add some fresh breadcrumbs to the mix."

● Send your tips to sunsavers.co.uk/tips and get 28 codes worth £5 if your tip is used. Please include your name and town.

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THE Oral-b Pro 600 Cross Action rechargeable toothbrush is down to £20, from £50, at Asda.

SAVE: £30

HOT RIGHT NOW

GET 30 per cent off selected womenswear lines for a limited time at Peacocks. Be quick.



Grieving... Geldof

Bob still sobs for Peaches

By BEN LEO

SIR Bob Geldof still sobs over daughter Peaches – who died of a heroin overdose – and says time does not heal.

The Boomtown Rat, 68, said: "I'll be at the traffic lights and I start to weep and I think, 'You're weeping'. And I say, 'Let it go. Let it happen'."

"Then I begin to sob, racked sobs. I weep then I sob. Then I wise up and look around to check that nobody's taking pictures or filming."

Bob added: "This subconscious flood of emotion inhabits you, utterly. 'I just let it happen. Then I'm empty.'"

He said he told a friend that "time doesn't heal, it accommodates".

Peaches died aged 25 in 2014. Bob said she had been to rehab but then ran away.

Her mum Paula Yates also died of a heroin overdose in 2000.

Bob now helps son-in-law Thomas Cohen with Peaches' two sons.

I'm gaffer at Jaffas

A MAN has been crowned the nation's unofficial Jaffa Cake eating champion after gobbling 36 in just three minutes.

Gaming machine technician Stu Hayler, 39, chomped one every five seconds at the British Eating League contest.

Local Stu beat four others at The George Pub & Grill in Stockton-on-Tees, Co Durham.

Organiser Craig Harker said: "I'm over the moon to launch the British Eating League." The next contest is to eat a double chocolate fudge cake in the quickest time.

SELFIE WITH WW2 LIVE SHELL



WW2-HIGH-EXPLOSIVE

The rusting shell dug up by gardeners

Does my bomb look big in this?

Relief... Stephen, left, with his colleagues and, main pic, cradling casing



GARDENERS THOUGHT IT WAS A DUD

By ROBIN PERRIE

WORKMEN took selfies with a "dud" World War Two bomb before being told it may still explode.

Landscape gardener Stephen Cochrane and his men found the high explosive while erecting a fence.

His metal detectorist brother-in-law told them it was safe – but Stephen, 36, later sent a photo of it to police.

They alerted the bomb squad, who immediately evacuated the street in Weeton, North Yorks.

Dad-of-three Stephen said: "It was mental. We were passing it around and having a look."

"I didn't realise how serious it was until the police said we weren't allowed to clean our tools up or anything."

"When I got home later, it was a sense of, 'Bloody hell that was dangerous', but also relief."

Stephen, of Otley, said a pal from the military later told him it may have exploded. He added: "I was quite silly not to get an expert opinion straight away."

North Yorkshire Police said a cordon was set up on Thursday before bomb disposal experts removed the shell – believed to be a high explosive tank round.

robin.perrie@the-sun.co.uk

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Car stab kills dad

A NEW dad was murdered in a car park on his way to work.

The 24-year-old is thought to have been stabbed while sitting in his VW Polo.

Wounded, he drove to a nearby street before crashing into a parked car in Hendon, North London. He died in hospital later that night.

He had left his girlfriend and newborn at home in Edgware 15 minutes before the attack on Saturday evening.

Det Chief Insp Andy Partridge said: "It is likely that a number of people in the Belle Vue Estate may have witnessed the attack."

Brought to book

A BOY of 13 has gained 100,000 followers after being bullied over his Instagram account featuring his favourite books.

Callum Manning got nasty group messages off kids at school about his page Cal's Book Account.

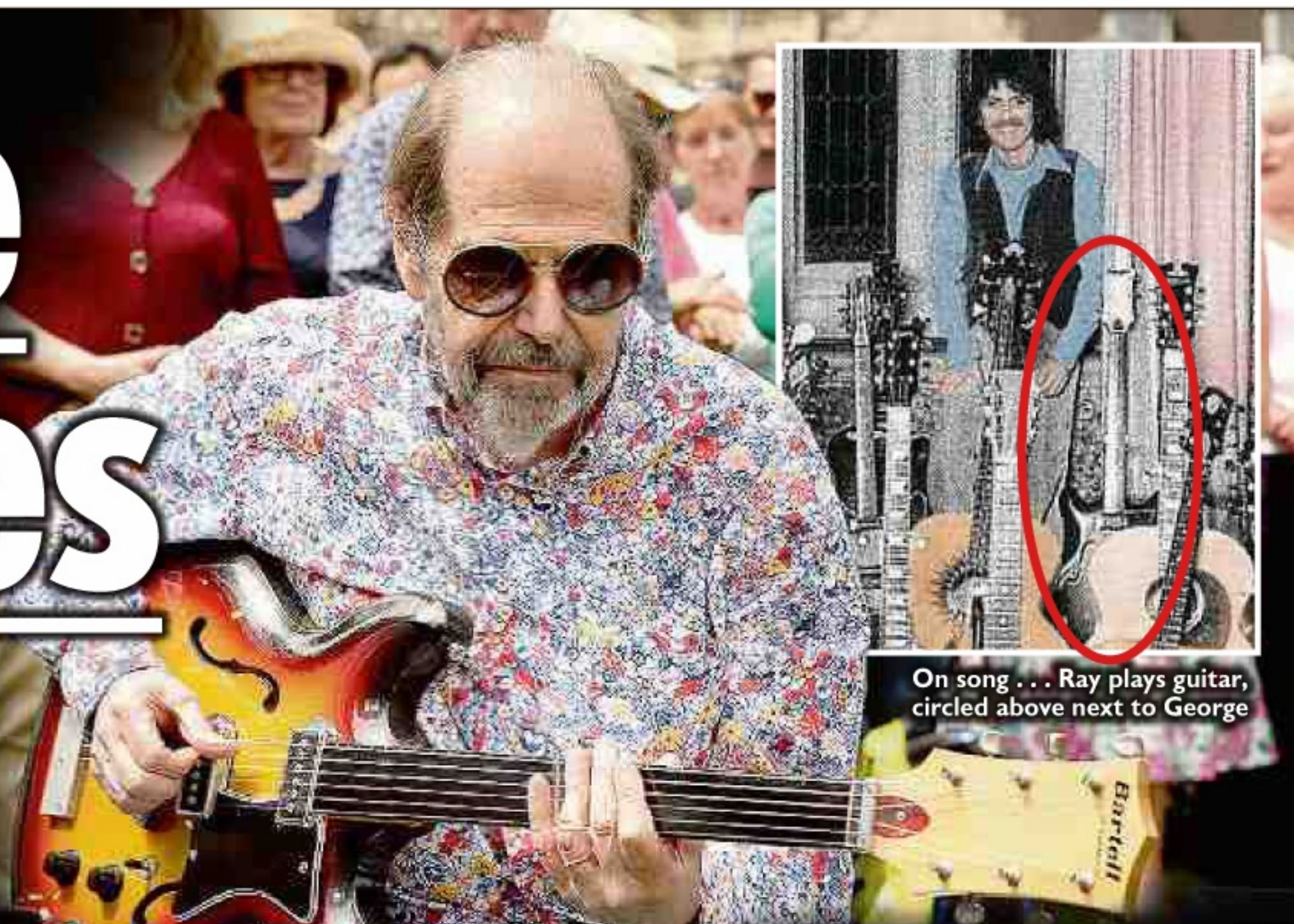
The avid reader loves everything from Harry Potter to Jane Austen and Dostoyevsky.

His big sister Ellis Landreth, 24, wrote about the bullying on Twitter.

Thousands, including one of his favourite authors, Caroline Kepnes, sent messages of support. Callum, of South Shields, Tyne and Wear said: "There's still people in the world who are nice."

GEORGE'S £400k GUITAR

Here comes the sun



On song . . . Ray plays guitar, circled above next to George

AN "exceptionally rare" guitar once owned by George Harrison has been valued at £400,000 on Antiques Roadshow.

Musician Ray Russell, 72, told last night's show he was given it by George in 1985.

At the time, Ray worked for the Beatles' production company

By JOE KASPER

HandMade Films and was playing the instrument when Here Comes The Sun writer George said Ray seemed to be getting more out of it than he did – so he should have it.

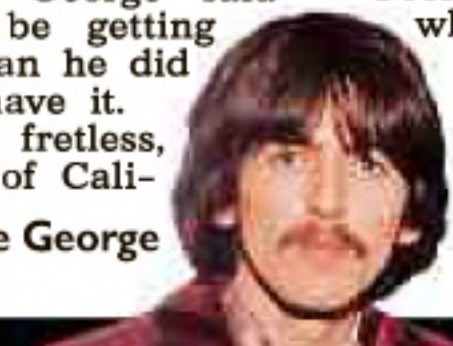
The prototype fretless, made by Bartell of Cali-

Generous . . . Beatle George

fornia in the 1960s, was first owned by John Lennon, who later gave it to his bandmate.

Ray also had a 1970s photo of George and his guitar collection – which included the fretless.

BBC1 show expert Jon Baddeley called the picture the "icing on the cake". Ray said: "I didn't realise it was worth so much. It's lucky I don't keep it in the house."



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Tragic... Natasha

Crooks' fake fund page for Natasha

EXCLUSIVE by
ANDY JEHRING

FRAUDSTERS tried to profit from the apparent suicide of an ex-Jeremy Kyle researcher with a fake online funding page. Natasha Reddican, 31, lost her job when the controversial show went off air. She was found dead by her boyfriend at his home in Manchester on Thursday.

But pal Laura Hey-Casale was sickened to find her own name and pic on a misspelled plea for a "Natasha Reddican memorable fund".

It was messaged to her contacts causing her to have to post to stop anyone donating money.

She wrote: "Why someone would personally target me and my friends to gain profit from her death is beyond me."

The page had been disabled last night.

Dhansak for Klopp

A SUBTITLING error blamed Liverpool's shock first league defeat of the season on curry.

The spicy food was confused with Watford's Abdoulaye Doucoure on Match of the Day's text commentary on BBC1.

Troy Deeney also got confused with DNA ahead of Ismaila Sarr's opener.

The goal in Jurgen Klopp's side's 3-0 loss was described: "It's gone over DNA, the curry is there, Sarr! Watford lead!"

A viewer joked: "Those subtitles are clearly paying as much attention to the game as Liverpool."

The error was fixed for Sunday morning's repeat.

Dogged rescuers

A DOG walker was rescued from a river yesterday after she jumped in to save her pooch and got into trouble herself.

The pet was swept away in flood waters and the woman shouted for help before leaping in.

A nearby boat owner heard her cries, launched his boat and managed to reach her.

After persuading her to let go of the dog, he pulled her on board near a marina in Christchurch, Dorset. A canoeist managed to save her pet.

The RNLI warned owners not to attempt to rescue animals who get into trouble in water.

BRONZE ACE

The first time Ava Bray, eight, used a metal detector she found a Bronze Age axe on Southbourne beach, Dorset.

POSH & BEXECUTIVE



In the hotseat... Beckham

By ISAAC CROWSON

DAVID Beckham is suited and booted with wife Victoria and celebrity pals ahead of his new club's first match.

The football legend, 44, had support from celeb chef pal Gordon Ramsay in Los Angeles for the occasion.

It was the first game for Inter Miami, a new club which the former England captain co-owns.

Ahead of the match against LAFC the club posted a grinning photo of Beckham with the caption: "First day of school vibes." But it didn't end well — they lost 1-0.



I'm stirring up support... chef

WHITE HOUSE FARM RANT

BAMBER: TV SHOW GOT ME ALL WRONG



Killer critic... Bamber, above. Freddie, right

EXCLUSIVE by ROD MCPHEE
Senior Bizarre Reporter

JEREMY Bamber has broken his silence and slated ITV drama White House Farm, based on his murders.

He posted a lengthy blog criticising the thriller, despite admitting he had only watched trailers. Bamber, 59, played

Killer's jail moan

in the show by Freddie Fox, was writing from prison where he is serving life for gunning down his mother, father, sister and two nephews in 1985.

He wrote: "I am so sorry that people had to watch such nonsense, because for some odd reason no one was portrayed in a positive way from what I have been told."

"I did see the adverts and felt embarrassed by how

badly Freddie Fox played me, and my friends and supporters were put in a position of having to defend me. "I am not now or have ever been anything like the drama portrayed me."

"But it's not me that matters, it is the fact that mum and dad were so misrepresented by the way I was portrayed."

The killer is not allowed access to a computer in

Wakefield prison, West Yorkshire, and likely dictated the note to a supporter.

Bamber shot dead his adopted parents, June and Nevill Bamber, both 61, at their Essex farmhouse, White House Farm, to inherit the property and estate.

He also killed his twin nephews, aged six, and their mother Sheila Caffell, 28.

He tried to make it look like she had carried out the atrocity before turning the gun on herself.

But police eventually uncovered his lies and he was jailed in 1986.

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HARRY STYLE IS DOUBTFUL

HARRY STYLES' latest outfit inspiration seems to be taken from Mrs Doubtfire. The ONE DIRECTION singer sported a string of pearls, having surprised fans with an intimate gig in the Big Apple while wearing a lime-coloured suit jacket. His style combo reminds me of ROBIN WILLIAMS' cross-dressing character from the 1993 movie. Harry's other recent outfits include a MICK JAGGER-inspired yellow suit at the Brit Awards, an ELTON JOHN-style jumpsuit and a jacket similar to one worn by PAUL McCARTNEY. And they say there's no such thing as originality.

GOT A STORY?

We pay for great showbiz scoops. Email me or call my team on 0207 782 4152



Email: simon.boyle@the-sun.co.uk Twitter: @simonboyle87

SHADY, JUSTIN

JUSTIN TIMBERLAKE is bringing Sexy Back but in the most inappropriate way.

The Can't Stop The Feeling singer says the soundtrack for new kids' movie Trolls 2: World Tour has a Fifty Shades Of Grey feel to it.

Justin admitted he has channelled the lead character from the kinky film, Christian Grey, into the main characters in Trolls, Poppy and Branch.

He said: "I have a ballad which I co-wrote. It is the only song on the album that I sing by myself. I have possibly gone Grey again. Let's just say the tension between Poppy and Branch is very sexual. There's definitely something for the adults. Have I gone Grey again? Maybe Fifty Shades. You can't beat a bit of blue for the dads."

biZZ bit

RADIOHEAD's THOM YORKE is the latest artist named on the All Points East line-up. He joins MASSIVE ATTACK as a special guest at the London festival this May.

biZZ meter

KYLIE JENNER and **TRAVIS SCOTT** have confirmed The Sun's exclusive that they are back together. She posted old photos of her and the rapper looking loved up on Instagram. The **KARDASHIAN** family member wrote: "It's a mood." The pair were also seen together with daughter Stormi.

MYLES STEPHENSON has left intensive care after his near-fatal snowboarding accident in Andorra. The **RAK-SU** singer said: "After 12 days I've made it out of ICU and on to a general ward. Now time for physio in breathing properly and to start walking, hopefully by Wednesday."

ROCK band **CIRCA WAVES** are marking the release of their forthcoming album *Sad Happy*, out on March 13, by planting their very own cider orchard. The Liverpool lads are doing it to offset their touring carbon footprint. Now that's the type of activism I can get on board with.

OZZY OSBOURNE says his latest album "saved my life" after being in and out of hospital over the past two years as well as being diagnosed with Parkinson's. He told **PIERS MORGAN** on GMB: "When you're ill and all you've got is your own head, my head never says, 'Oh, you're gonna be fine'. It says, 'Oh, it's the end.'"



CELINE DION looks like she's joined a running club in this high-vis tracksuit she wore after a gig in New York.

But the clobber the glamorous My Heart Will Go On singer was sporting was no cheap knock-off you find at the local market.

It would have set her back £1,250 as it was made by high-end fashion label Balenciaga.

She could have saved herself a few quid and got something just as good at Sports Direct.

CELINE'S NEW TRACK SUITS HER

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biZZ ticker

● Jennifer
● Christina

SIMON BOYLE'S

Carre

MY TEAM: Howell Davies, Ellie Henman and Joe Kasper

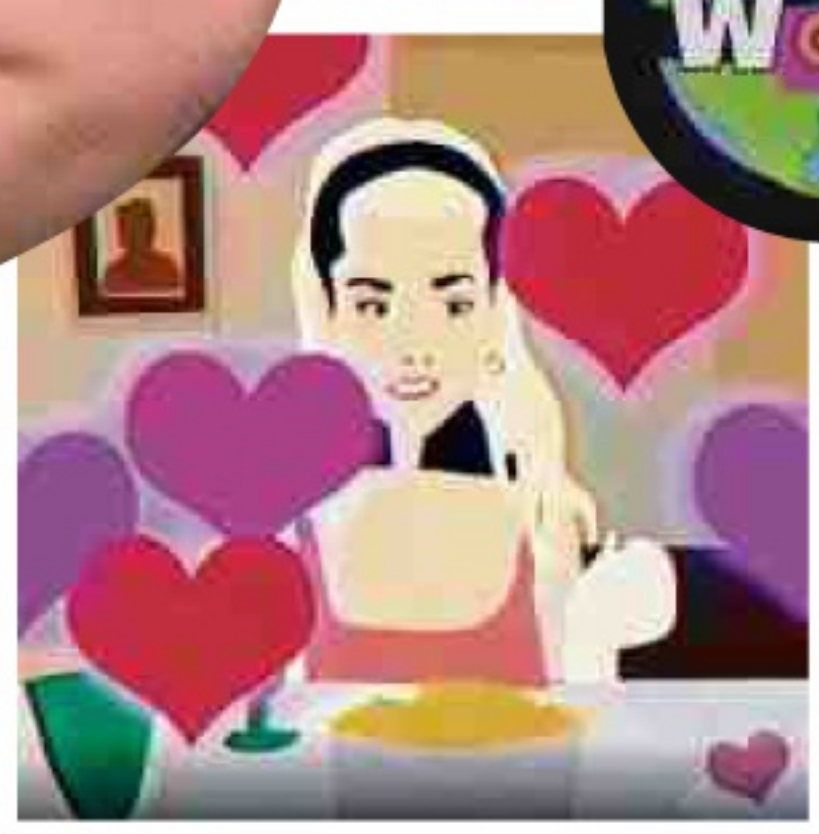
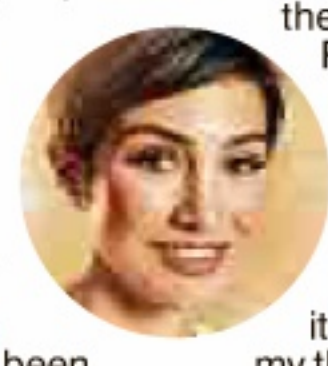


DUA LIPA has got her skates on as she prepares to release her first album in three years. The New Rules singer wore a psychedelic outfit with heels and wheels attached at Sydney's Mardi Gras party. Her record, *Future Nostalgia*, is out on April 3. Over the weekend Dua released a short mock-1990s American sitcom episode which appeared to be a spoof of TV series *The Nanny*. Titled *Dua's World*, it portrayed the hitmaker as a diva constantly changing outfits. The clip also featured a cartoon version of her, *inset*. Despite the wooden acting, it was mildly entertaining.

FRANKIE'S CLEAN SWEEP

FRANKIE BRIDGE has revealed that her OCD meant she used to use only plastic cutlery because she doesn't trust people to clean knives and forks properly. **THE SATURDAYS** singer, *right*, says it manifested when she was in the girl band, which was active from 2007 until 2014. Frankie said: "I went through a phase of carrying plastic cutlery everywhere. "We stopped off at so many service stations and I just couldn't trust that the knives and forks had been cleaned properly. The texture of the cutlery became an issue too – I couldn't bear the feeling of tinny metal, or a bent prong, in my

mouth. When we go on holiday, a rented villa is my worst nightmare, because I worry about whether the last people who stayed there washed the cutlery properly. Public toilets are a problem, too. These anxieties mean I spend a lot of time on holiday or in certain public places tense and unable to relax – cringing inside." Speaking in her book *Open*, Frankie added: "I've had times when it feels like OCD is overshadowing all my thoughts, but I've learned to live with it. "I know these thoughts are bred from my anxiety and I've taught myself to recognise them as a sign that my mood is slipping."



Snubbing Gaga?

So Stupid, Love

NEW SINGLE NOT ON MAIN RADIO 1 PLAYLISTS

LADY GAGA has proved herself to be one of the most versatile and talented women in pop, but clearly **Radio 1** hasn't caught on. She launched her comeback with brilliant banger *Stupid Love* on Friday, which is undoubtedly the best pop song of 2020 so far. Yet the single has been snubbed by the station's snobby playlisters. Instead of being put into regular rotation on its A, B or C playlists, it was relegated to "tune of the

weekend" which gave it just a handful of plays. It's about time pop-phobic **Radio 1** stopped trying to be cool and embraced exciting, vibrant artists with longevity again – instead of just jumping on whatever new star drops a song. *Gaga, right, has more than proved her credentials, having scored five UK No.1s.* And *Stupid Love* has got off to an exceptional start. It is the most downloaded song on iTunes globally and at No2

in the midweek chart update here. Even **Radio 2** has failed to add *Stupid Love* to its playlists, despite it being on the A list at Capital FM, who seem more switched on. It's snobby and ageist for the BBC to not put such a major record on their playlists. When **JUSTIN BIEBER's** comeback single *Yummy* came out last month, it went straight on **Radio 1's** A list – why isn't an equally successful female star being recognised in the same way? In



recent weeks, **BILLIE EILISH's** *Bond* theme *No Time To Die* and **DUA LIPA's** *Physical* went straight on the A list – meaning they got the maximum number of plays. But it seems BBC bosses have decided *Gaga*, aged just 33, is past it. Defending the decision, **Radio 1** said: "Each track is considered for the playlist based on its musical merit and whether it is right for our target audience." *Whether the station likes it or not, this is what young people are listening to. The sooner the BBC sees the error of its ways, the better.*

NIC'S BABY ZINGER...

THE PUSSYCAT DOLLS reunion has got **NICOLE SCHERZINGER** broody as she wants a little real-life doll of her own. They've only been dating for a few months but the singer has already told boyfriend **THOM EVANS** she wants to be pregnant by the end of the year. And the rugby ace, who met *Nicole, left*, last year while filming *The X Factor: Celebrity*, has moved into her Los Angeles pad in a bid to make it in Hollywood. A source close to *Thom* said: "Nicole's told him she wants a baby this year and while it's early days, her clock is ticking and she doesn't have time to wait so she's already dropped the baby bomb on him, which was heavy." "Nicole's also going to finally help get his acting career going over there. He's been back and forth for pilot season for the past few years with little success and now he's got a star girlfriend, he's hoping he can finally make it Stateside and get a name for himself after years of coasting."



TRACKED FELONS KILL 309

Freed crims scandal

THE number of people murdered by offenders on probation has almost doubled in the past five years, stats reveal.

Some 138 were killed by monitored criminals last year, up from 71 in 2014 – with most under the watch of private firms.

A total of 309 have been murdered by criminals monitored by the firms in the six years since privatisation began. It outnumbered the 196 killed by those managed by the National Probation Service in the same period.

Conner Marshall, 18, was killed in Porthcawl, South Wales, in 2015 by David Braddon, who was on probation under a private firm at the time.

His mum Nadine told the Daily Mirror: "It's tragic. Conner's death was senseless and unnecessary. The lessons just aren't being learned."

Private community rehabilitation companies manage

Killed . . . Conner



By **DANIEL HAMMOND**

150,000 medium and low-risk offenders. The Government's NPS is responsible for 106,000 high-risk criminals.

All probation will be put back in the public sector from December.

The Ministry of Justice said 800 new probation officers are being trained.

It added that "less than 0.5 per cent of offenders on probation are convicted of a serious further offence".

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Did our leap year ladies



WEDDING PLANS . . . Stuart and Claire

'I made breakfast and gave him The Sun page to read'

A SLEEPLESS night lay in store for Claire Jacobs as she prepared to propose to Stuart Butcher on their one-year anniversary. And after an early-morning dash to the newsagents for a copy of The Sun, she was thrilled when bathroom and kitchen fitter Stuart accepted her wish for him to be her husband.

The mum of one, 35, from Brighton, says: "I was so excited but nervous at the same time."

"I made some breakfast and gave him the paper to read with it already turned to the right page. Watching Stuart read the paper, my tummy was in knots."

"It was a long silence, but he said yes and I was over the moon. We went out for dinner to celebrate."

"I have had to keep it a secret for the last month and when he agreed it was like a cork had been released. He is my Mr Perfect and I love him to bits."

Stuart, 38, says: "I was stunned at the amount of planning Claire put into this. She's an amazing woman."

YES!

'We have to fit the wedding around lambing season'

CARE WORKER Sal Truscott-James is over the moon after her farmer fella John Pascoe agreed to marry her – but not until lambing season is over.

Sal, 45, from Newlyn, Cornwall, says: "I got up super-early to try to catch him before he went off to his animals. It was around 5am and I was absolutely terrified. I was filled with nerves."

She adds: "I showed him the article and asked him to marry me. He was just standing in the bathroom looking rather stunned – it was quite funny."

"He is a man of few words and I half-expected him to say no. But he said yes, which is a massive relief."

"However, he's added it has to be a long engagement and we have to fit it around the lambing season and the cattle sales."

John, 54, who has been dating Sal since October 2017, says: "She definitely caught me off guard – I didn't even realise it was a leap year."

YES!



DELIGHTED . . . John said yes to girlfriend Sal



PROPOSAL . . . Saturday Sun

By **YASMIN HARISHA**

FIVE brave ladies celebrated leap year by popping the question to their fellas in The Sun – but did they get the answer they hoped for?

By tradition, on February 29, a woman can ask a man to marry her.

So in Saturday's paper we gave these wannabe brides the chance to open their hearts with a romantic plea to their boyfriends.

Here is how they got on . . .

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get answer they wanted?



NOT READY... Tom with Amanda

'I wanted to fast track our lives'

IT WAS a shock for Amanda Phillip's boyfriend Tom Fitzgerald when, armed with the paper, she proposed over a lunch date.

And Tom, an IT boss, turned her leap year proposal down as he was not yet ready to marry his girlfriend of 18 months.

Admin assistant Amanda, 27, from Ilford, Essex, says: "I knew I was taking a chance but seeing all my friends marry and have kids made me realise a leap year proposal was a way to fast-track our lives."

"As soon as I told Tom what I'd done I realised he wasn't ready."

She adds: "I get the feeling that Tom and I may take a 'relationship break'. He is off on a three-week work trip over-seas next week."

Tom, 31, says: "I love Amanda but we're nowhere near ready for marriage. My work is my priority."

NO

'It wasn't no and it wasn't a yes'

SHE was ready for both answers, and that was what fitness instructor Teresa Farrell got from carpenter boyfriend Peter Woodward.

Teresa popped the question while having a latte in bed with Peter, 53, before rushing off to work – he didn't say "yes" or "no" but instead needs time. Teresa, 52, from Birmingham, says: "I asked him if he knew what day it is, and he replied, 'Saturday' – to which I reminded him that it was a leap year."

"I had the ring ready and walked round to him and said, 'Will you marry me?' After a few tense seconds, he said 'I'm not ready'. So it wasn't a no and it wasn't a yes. I wasn't upset at all because I understood him."

"I am ready to take the leap of faith, but he isn't quite yet – which is fine."

Peter says: "It was a shock as I forgot what day it was. I love Teresa but I am just not ready yet. It doesn't change the way I feel about her."

MAYBE



WE'RE ON HOLD... Teresa and Peter



WAITING... Claire with her fella Ryan

'He wanted to do it himself'

FOR the past year Claire Foster has been dropping hints for IT boss Ryan Barrett to pop the question – so the student was a bit upset when he declined her offer.

However, after talking it through with Ryan, Claire discovered he plans to get down on one knee himself to propose in the future.

Claire, 29, from Carnon Downs, Cornwall, says: "I gave him the paper to read and as he got to the page, he was absolutely gob-smacked. It wasn't a no and it wasn't a yes."

"It was one of the moments where it just went silent. I got talking with him, because I thought I might have scared him off."

"But I didn't realise he was old-fashioned and wanted to do it himself."

Ryan, 30, says: "We are great together as a couple – I didn't say no, I just want to be the one to plan it properly and make it memorable."

NO

CALL ME MEGHAN MARVEL

She wants hero role

MEGHAN wants to star in a Marvel-style superhero movie and has tasked her agents to look for roles, it is claimed.

The Duchess of Sussex, 38, is planning a series of Hollywood meetings in her bid to be part of a comic-book film franchise.

Her agent, Nick Collins, of Gersh Agency, has been "actively seeking" parts and a source said: "He's saying she is available and open to the best offers."

By JAMES BEAL, US Editor

"There used to be a stigma attached to Marvel films but now they are the biggest market in the world. That's what Meghan wants."

The ex-Suits star has already reportedly signed a charity voice-over deal with Disney. She could do similar work in a film – or appear on screen.

The source said: "She knows she can't carry a film as an actress. People won't be able to get past

the fact she's Meghan Markle. But she's determined to act again and thinks a big, ensemble film is the way to go."

"Something that pays big but doesn't put her front and centre."

But a Disney source said: "Meghan needs Disney more than the other way round."

Scarlett Johansson, 35, got over £25million as Black Widow in Marvel's Avengers: Endgame, says Forbes.



Mock-up... Meg

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Clash... cops and fans

Firework arrest as 8 held at Prem tie

By PETER NUTTALL

EIGHT fans were arrested at clashes between bitter Premier League rivals – including a man suspected of bringing a firework into the stadium. Black smoke was seen pouring from the stands at Saturday lunchtime's Brighton vs Crystal Palace match.

A woman, 50, was held on suspicion of possessing an offensive weapon. British Transport Police referred itself to the cop watchdog over an incident where a man was injured while being removed from Brighton city centre. He was later discharged from hospital.

Three men, 19, 24, and 27, were held in the centre on suspicion of public order offences at 10am.

Five were arrested at Amex Stadium including the firework suspect, 21, of Croydon, South London, and the woman, of Westerham, Kent.

All were in custody yesterday. Palace won 1-0.

IT'S now too late to start collecting for our great Hols from £9.50. But if you already began, today's token and codeword are below. If you are collecting Sun Savers codes for your break, find today's on Page 16.

Booking closes at midnight on March, 20. T&Cs apply.



PAY WITH YOUR **SUN SAVERS** WALLET

Old lens 'danger'

AN eye doctor fitted hospital patients with contact lenses that went out of date as far back as 1995, a disciplinary panel heard. Stuart Beaver, 42, kept them in a carrier bag.

He also reused disposable contacts at University Hospitals Birmingham, putting patients at risk.

Beaver, who resigned in 2017, was given a one-year supervision order by the General Optical Council.

CAN'T BRING IT BACK

A unique £150,000 piano with four pedals was destroyed when workers taking it out of a Berlin studio dropped it.

SERIES 2 BEGINS TONIGHT...WHO IS KILLER?

IT was the ITV thriller that gripped the nation in 2017.

Liar returns tonight for a second outing with another mystery to solve. More than 7million viewers tuned in to the first season, which saw teacher Laura Nielson, played by Downton Abbey's Joanne Froggatt, battle to prove she was raped by

By ROD MCPHEE

surgeon Andrew Earlham. The fiend, portrayed by Ioan Gruffudd, was eventually exposed as a serial sex attacker and went on the run.

The grisly conclusion saw Earlham found dead weeks later with his throat cut on remote marshland.

Fans speculated that Earlham could have faked his own death but tonight's episode confirms he is gone and Laura is firmly in the frame for his murder.

But her character is not the only suspect, so who else had the motivation to bump off Earlham. Here are the other likely culprits.

● Liar returns to ITV tonight at 9pm.



LAURA NIELSON

LAURA (Joanne Froggatt) is a prime suspect after she was raped by Earlham.

We saw the teacher go to desperate measures to extract a confession, including spiking her attacker's drink and tying him up. When he wriggled free and escaped justice, Laura may have wanted to exact revenge.

But she could be too obvious a choice as writers Harry and Jack Williams like their plots to have more twists than spaghetti junction.



VANESSA HARMON

AFTER investigating Laura's rape, DI Harmon (Shelley Conn) became convinced of Earlham's guilt. It led to her becoming his next victim – a particularly daring and twisted move even for this rapist.

DI Harmon was present when a drugged Earlham was cornered by Laura, only to escape. Sensing he was about to get away scot-free, the traumatised DI could have used her police training to locate her rapist and put an end to his evil crimes for good.



Nail that Liar

DS RORY MAXWELL

DS MAXWELL (Danny Webb) knew the full horrifying story of the Earlham case, including the rape of his own colleague DI Vanessa Harmon.

The detective could have feared Earlham would be found not guilty if it ever went to court and decided to take matters into his own hands. After all, Rory had the ability to track down the rapist and overpower him.

The fact Rory is in the new series to solve the murder suggests he plays an important role in how things unravel.



JENN ROBERTSON

JENNIFER (Jill Halfpenny), the wife of DI Harmon, appeared angrier about her partner's rape than the detective. And tonight we see her express no remorse for the death of Earlham.

In the first series, we saw Jennifer serving with the Army in Iraq, so we know she could be capable of killing if necessary.

Would the partner of a detective be able to conceal such a serious crime? In this show, anything is possible.



LUKE EARLHAM

EARLHAM'S son Luke (Jamie Flatters) has been to hell and back after losing his mother. Then he has to endure his father being in the frame for raping a teacher at his school.

When Luke heard the allegations against his dad, it might have tipped him over the edge, leading to a confrontation.

Tonight, we see him break down as he discovers the extent of Earlham's crimes and that he has been killed.

But could that sobbing really be crocodile tears?



DEAD GOOD... Katherine, Ioan and Joanne in the new series

KATY SUTCLIFFE

NURSE Katy (Zoe Tapper) worked in the hospital with her sister Laura's rapist.

At the end of series one, her affair with Laura's ex-boyfriend PC Tom Bailey (Warren Brown) was exposed.

It led to her husband Liam (Richie Campbell) leaving her.

After hitting rock bottom and feeling she had nothing to lose, could Katy have killed Earlham to make amends?

Her job means she had easy access to a scalpel, which could have been used in the murder.



FEARLESS KATH IS ON THE CASE

KATHERINE KELLY joins the cast as no-nonsense detective Karen Renton – drafted in from the Metropolitan Police to solve the high-profile case.

The fearless, bullish cop is just who is needed to cut through the web of lies that spans the small seaside town Liar is set in.

Former Coronation Street star Katherine says: "This case

would be on every news channel and the front page of every newspaper.

"So who, out of everybody they have at the Met, would they bring in to solve this case quickly? And what characteristics would it take for her to be cherry-picked?"

"That was so important to us. We didn't want her to feel like a part on top of everything else,

or a narrator – she needed to feel like an important role.

"DI Karen Renton has come in to solve this case and no one else could do it. She can be unemotional about something because emotion clouds an issue and it's unprofessional.

"It's not her job to have empathy and sympathy."

Katherine says she was spurred on to sign up because

Liar was such a phenomenon – and it was the only TV show she could recall during the haze of becoming a mum for the second time, to daughter Rose, in January 2017.

She said: "I remember it vividly, which is amazing as it was at a time when my nights and days blurred into one."

DETECTIVE... Katherine





Avalanche... Andrew

Fears for missing climber

By JOE DUGGAN

RESCUERS were becoming "increasingly concerned" as a third day's search ended for a top climber missing after an avalanche in the Scottish mountains.

Andrew Vine, 41, from Manchester, hit trouble on Friday on 4,006ft Aonach Mor – two miles north east of Ben Nevis.

His female climbing partner was said to have had a "lucky escape" after being swept "several hundred metres" by the snow.

She was airlifted to hospital and her condition was unknown.

Mr Vine had experience of climbing in the Himalayas and Alps.

John Stevenson, leader of Lochaber Mountain Rescue Team, said: "Unfortunately, we can't find him. We had 35 people out today and they have done a great job but the weather is so bad with strong winds, snow, rain – the lot.

"His wife is in the area and being kept informed."

Shakes in pill hope

A NEW drug could help Parkinson's sufferers who develop the shakes.

Most patients who take drug levodopa later suffer twitching and jerking.

But possible breakthrough drug NLX-112 has been shown not only to control these side effects, but also relieve Parkinson's symptoms when taken on its own.

The tests by US firm Neurolix and Parkinson's UK have been on lab animals but human trials may start soon.

The charity's Dr Arthur Roach said: "This promising research offers hope."

PAWTRAIT GALLERY



By THEA JACOBS

THESE stunning shots prove photographer Julian Murphy has the eye of the tiger.

The Brit snapper, 35, left, waited hours to get the lion, panda and tiger to look down his lens at the Smithsonian National Zoo, Washington DC, where he works.

He said: "I think they create a private moment between man and beast."

£500k DAMAGES CLAIM

POLE FALL STRIPPER CALLS FOR HIS BRIEFS



A STRIPPER who broke his leg and knocked out a gran when his pole fell is suing a club for £500,000.

Lewis Riches, 32, grabbed the pole at the start of his

Recovering... Lewis in hospital

EXCLUSIVE by BEN LEO

routine – but it came away from the ceiling.

The Sun told last week how the dad of two was sent flying and the falling pole smashed a 76-year-old gran on the head.

She was knocked unconscious and taken to hospital but later

discharged. But self-employed Lewis, also a personal trainer, shattered his leg in two places and had a four-hour op to fix it.

He now faces two months in a wheelchair and up to six months off work unpaid.

Dreamboys dancer Lewis, from Southend, Essex, wants damages from venue For Your Eyes Only in Shoreditch, East London. A pal

said: "Lewis has suffered immensely. He faces a drawn-out recovery and months with no pay. He fully blames the club."

"There was no logical reason for the pole not to have been attached to the ceiling properly and he's now got a case being taken up by injury lawyers."

The club was unavailable for comment. ben.leo@the-sun.co.uk

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SEX RING LIES COST US £600k

PAEDOPHILE fantasist Carl Beech has cost taxpayers £605,804 in legal aid and court costs.

Beech, who lied that there was a VIP child molesting ring involving top politicians, ran up a £333,040 bill trying to dodge justice for fraud and his own child sex crimes.

The rest of the bill was prosecution costs from the 51-year-old's trial, where he was jailed for 18 years.

The amount is likely to rise as not every cost has yet been billed.

Beech's claims sparked a six-year £2.5million Scotland Yard probe.

Ex-Labour MP Tom Watson, who said he had "clear intelligence" supporting the claims, has been slammed for taking the fraudster's side.

A probe by Prof Jail... Beech

EXCLUSIVE
by TOM WELLS

Alexis Jay found no evidence to back up Beech and Watson's accounts.

Beech, known as Nick, was convicted of perverting justice, fraud and skipping bail in July.

Among those he falsely accused was former Tory PM Sir Edward Heath.

tom.wells@the-sun.co.uk



STILL TO COME IN

THE Sun

bi arrey

Beeb axes its failing rival to Bake Off

PAGE 31



Fabulous DAILY

Secret behind mum's anxiety and migraines

PAGES 32 & 33

WOMEN'S WIN OFF WALNUTS

A COUPLE of handfuls of walnuts every week may help women live longer and stay healthy, a study has revealed.

Women in their late 50s and early 60s who ate at least two servings were more likely to be what the researchers called healthy agers.

This group had sound mental health and no major diseases or physical problems after they reached the age of 65.

Researchers used data from 33,931 women who took part in the US Nurses' Health Study from 1998 to 2002.

About one in six were healthy agers and women who ate walnuts were more likely to be in this group. Walnuts were the only nut

Boost... the nuts



linked to significantly better odds of healthy ageing after other factors such as exercise were taken into account.

Dr Francine Grodstein, of Harvard University, said: "There's no one solution to slowing effects of ageing."

"But adopting habits like snacking on walnuts can help."

EXCLUSIVE: LINDA ROBSON ON

IN showbiz since the age of ten, *Birds Of A Feather* actress and *Loose Women* star Linda Robson has always been a survivor.

But 18 months ago, she suffered a breakdown that saw her life spiral out of control as she turned to alcohol and nearly destroyed her close-knit family.

Finally, after three stints in various clinics, her erratic behaviour was attributed to a rare, allergic reaction to an anti-depressant, and she is now on the road to recovery.

Linda, 61, has bravely chosen to share her story in the hope it might help others.



EXCLUSIVE
by JANE MOORE

AFTER 18 months of struggle and treatment in three different clinics, actress Linda is now on the other side of the mental breakdown that nearly destroyed her.

But a couple of her old habits are proving harder to crack.

"Can I smell bleach?" I say, as I walk up the stairs to her living room on the first floor.

"Yes," she smiles sheepishly. "I've been cleaning. But only a little bit..."

She's also nursing a small bottle of nicotine nasal spray that, during our regular appearances together on *Loose Women*, she keeps tucked in her bra.

"I've got quite an addictive personality. The doctor is trying to get me off the spray but I said, 'I'm not drinking, so at least let me have something.'"

"I've put a wash on today, but when I was really bad, I was having four or five baths a day because I never felt clean, and obsessing about washing everyone's bedding and clothes all the time."

Anxiety got worse

"If there was even a couple of teabags in the bin, I'd have to empty it and put it outside."

Linda's problems first started when, after years of taking a sleeping tablet and having a couple of glasses of white wine before bed, she gave up alcohol and her anxiety and insomnia got worse.

Consequently, she was put on an anti-depressant, which she now knows she was allergic to, but at the time it drove her back to alcohol and made her behaviour more erratic.

"I'm as better as I can be really." She smiles with palpable relief. "I'm no longer waking up in the early hours of the morning and thinking, 'Oh God, what am I going to do all day?'"

"I go to bed at around 11pm and I wake up at 7am so that's not bad at all. These days, my main obsession is watching box sets."

After a year-long absence from *Loose Women* while she tackled her issues, Linda returned to the ITV daytime show on January 10 this year



JUICE-Y GOSSIP... Linda with *Birds of a Feather's* Lesley Joseph

BACK ON TRACK...
Linda says she looks forward to each day

after getting the go-ahead from her doctor.

"I was so nervous about going in that day because I hadn't been there for so long. I didn't sleep well the night before, but when I walked in everyone was so lovely that I felt like crying."

"I talked on the show about what I'd been through because I wanted to help anyone else who might be going through the same thing."

"Afterwards, I felt so relieved. I wasn't forced to explain - it was something I wanted to do because I had been away a long time and people had been asking."

They certainly had. Last October, *Loose Women* celebrated its 20th anniversary and, with so many nostalgic clips featuring Linda, thousands

of viewers bombarded myself and the other panellists with questions about why she was absent and when she might return.

We had stayed in close contact with her and her family, so knew the answers. But, of course, we didn't say anything.

"Looking back, I can see why everyone was so worried about me. I look at some of the photos from the time and I was so thin. My face was completely caved in." She winces at the memory.

"I'd always been quite photogenic then, suddenly, I wasn't. I hated how I looked and wouldn't look in the mirror. Everything, even my hair, was horrible. It just wasn't me."

"Then, in the Priory, I started eating properly again. They

watch everything you ate in there and made me three meals a day, so started falling back into

"I used to be 13st, dropped to eight, and now about 11."

Linda's *Birds Of A Feather* co-star Lesley Joseph stars in regular touch and so did the other *Loose Women* stars.

But on the couple of occasions we coaxed her out socially in late 2018, we could tell the old spark was still missing.

Then, last October, after a third and final spell in a London ev, Linda turned up unexpectedly at a central London event where all attending and visibly healthier and happier.

She'd turned a corner. A couple of weeks later, she joined us for a spa week

N

HOW SHE BEAT BREAKDOWN



Kids say: Mum you've done well. They're so right

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Surrey's Pennyhill Park, to celebrate Stacey Solomon's 30th birthday.

Worried that some of us would be drinking alcohol, I contacted Linda's oldest daughter, Lauren, to ask if that would be ok.

"You were worried about that, weren't you?" she smiles. "I remember you coming into my room and removing a bottle of champagne, just in case."

'Did I misbehave?'

"There was a point when any house I'd go to, they'd hide the alcohol because I would drink it."

"But, as Lauren told you, I'm fine around alcohol now. There's wine in the fridge here, and I'm not interested. It's been a year since I've had a drink." Looking

back, she does not think that alcohol was ever the core problem.

"At the Priory, I found out that I was ill, and it was because of an allergic reaction to a particular anti-depressant. No one had said it to me before."

"All these things I'd blamed myself for weren't actually my fault. It was a relief because it could be fixed."

But, following her eight-week stay in the clinic, she still attended Alcoholics Anonymous, just to be on the safe side.

"I'd go every single night to one. Sometimes two a day. That's what I was told to do when I came out."

"The first few times I went, I got recognised and someone would say, 'I can't wait to hear

what you've got to say,' which put me off speaking at first, but it was fine in the end."

"I got my 90-day chip [sobriety token], but then I just stopped going because, as I say, I don't think alcohol was the real problem."

At first, Linda dreaded walking around her local area because she felt everyone knew she had been having issues.

"Not least because there's quite a few bars or restaurants around here where I'd go in, neck alcohol, and leave."

"These days, I pop my head in and say, 'Am I all right to come in, or did I misbehave in here?' she laughs."

"But since I spoke about it on Loose Women, people now know what the problem was and have been so lovely to me."

I want to thank them all for not judging me."

Linda is now doing yoga twice a week and, when she's not working, she goes to nearby Great Ormond Street Hospital for Children.

"I'm a trustee and I go there to write personal letters or cards to supporters or people going through a tough time."

She has also signed up to be the Good Fairy in pantomime in Liverpool this Christmas.

"I'd done pantos for quite a few years, but I wasn't well the last time I was asked to do one, and now I'm better I thought, 'Why not?'"

"My grandkids love pantos and they've never seen me in one, so I'm going to rent a house and the family will come with me and stay there. I'm

really looking forward to it." Linda now takes one low dose of anti-depressant a day and sees the doctor every six weeks.

"I'm allowed to stay on my own indoors now, I can look after my grandchildren again, and I'm happy alone with my thoughts," she says.

"My kids keep saying, 'Mum, you don't know how well you've done.' And when I look back on how bad I was, they're right."

"It will take a long time for me to stop feeling that I let them down but, otherwise, life is back to how it was before I became ill, and I'm looking forward to each day instead of dreading it."

● If you need confidential help with depression or mental health issues call the Samaritans free on 116 123 or email jo@samaritans.org.

tvguide Monday



6am Breakfast (S,HD)
9.15 Britain's Housing Scandal With Matt Allwright. (S,HD)
10.00 Homes Under The Hammer Property auctions. (R,S,HD)
11.00 Wanted Down Under (R,S,HD)
11.45 Saved On Camera Stories of bravery captured on phones, CCTV and dashcams. Presented by Kevin Duala. (S,HD)
12.15 Bargain Hunt (S,HD)
1.00 BBC News At One (S,HD)
1.30 Regional News (S)
1.45 Doctors Valerie and Sid uncover an uncomfortable truth. (S,HD)
2.15 Jimmy McGovern's Moving On A man just released from prison neglects to tell his new girlfriend he is fitted with a tag. (S,HD)
3.00 Escape To The Country (S,HD)
3.45 Money For Nothing Sarah Moore visits Wallyford Recycling Centre in East Lothian. Items include a clothes airer. (S,HD)
4.30 Ready Steady Cook Rylan Clark-Neal hosts a revival of the culinary duel in which two chefs create a meal in 20 minutes. (S,HD)
5.15 Pointless Quiz show. (R,S,HD)
6.00 BBC News At Six (S,HD)
6.30 Regional News (S)



6am Flog It! (R,S,HD)
6.45 Bargain Hunt (R,S,HD)
7.30 Sign Zone: Best Home Cook Competition. (R,S,SL,HD)
8.30 The Week In Parliament The week's stories. (S,HD)
9.00 BBC News At 9 (S,HD)
10.00 Victoria Derbyshire (S,HD)
11.00 BBC Newsroom Live (S,HD)
12.15 Politics Live (S,HD)
1.00 Hardball (R,S,HD)
1.45 Best House In Town (R,S,HD)
2.30 Terry And Mason's Great Food Trip (R,S,HD)
3.00 Red Rock Paudge's rage leads to questionable actions. (R,S,HD)
3.45 The Great Interior Design Challenge (R,S,HD)
4.45 Portillo's State Secrets Michael Portillo trawls through the National Archives. (R,S,HD)
5.15 Flog It! An edition from Dover Castle. (S,HD)
6.00 Richard Osman's House Of Games With Chizzy Akudolu, Miles Jupp, Amol Rajan and Ellie Taylor. (S,HD)
6.30 Great British Railway Journeys Michael Portillo travels from Newry to Portadown. (R,S,HD)



6am Good Morning Britain Sharon and Ozzy Osbourne invite Piers Morgan into their Los Angeles home to discuss their recent marriage struggles and Ozzy's life-changing diagnosis of Parkinson's disease. (S,HD)
9.00 Lorraine Entertainment and fashion news. (S,HD)
10.00 This Morning Celebrity chat and lifestyle features. (S,HD)
12.30 Loose Women Celebrity interviews and topical studio discussion. (S,HD)
1.30 ITV Lunchtime News (S,HD)
1.55 Regional News (S,HD)
2.00 Judge Rinder Real-life cases in a studio courtroom. (S,HD)
3.00 Tenable Five friends with a shared love of music and dance compete. (R,S,HD)
4.00 Tipping Point Quiz hosted by Ben Shephard. (S,HD)
5.00 The Chase Bradley Walsh asks the questions as contestants work as a team to take on a ruthless quiz genius and secure a cash prize. (S,HD)
6.00 Regional News (S,HD)
6.30 ITV Evening News (S,HD)



6.30 am Cheers (R,S,HD)
7.25 The King Of Queens (R,S)
8.10 Everybody Loves Raymond Double bill. (R,S)
9.10 Frasier (R,S)
10.10 Undercover Boss Canada With Greg Roberts. (R,S,HD)
11.05 Ramsay's Kitchen Nightmares USA In California. (R,S)
12.00 C4 News Summary (S,HD)
12.05 Find It, Fix It, Flog It The team visits Swindon and Chippenham. (R,S,HD)
1.05 Posh Pawn James test drives a high-performance motorbike on sale for £35,000. (R,S,HD)
2.10 Countdown (S,HD)
3.00 A Place In The Sun (R,S,HD)
4.00 A New Life In The Sun: Where Are They Now? Catching up with the owners of a unique B&B in rural France. (S,HD)
5.00 Come Dine With Me Four contestants from the Liverpool area compete. (R,S,HD)
6.00 The Simpsons Homer wakes up to find he and the world around him are made of Lego. (R,S,HD)
6.30 Hollyoaks Warren is on the warpath after Liam's latest stunt. (R,S,HD)



6am Milkshake!
9.15 Jeremy Vine (S,HD)
11.15 Nightmare Tenants, Slum Landlords A couple who unwittingly rented a property to a confidence trickster. (R,S,HD)
12.10 5 News At Lunchtime (S,HD)
12.15 Paddington Station 24/7 A lorry rips the safety barriers off a level crossing. (R,S,HD)
1.10 Access Showbiz news and gossip. (S,HD)
1.15 Home And Away (R,S,HD)
1.45 Neighbours (S,HD)
2.15 PREMIERE Famous And Fatal A woman becomes the target of a stalker after being hired to home-school the son of a celebrity. Thriller starring Sarah Roemer. (2019) ★★★ (S,HD)
4.00 Friends (R,S,HD)
4.30 Friends Frank makes an announcement. (R,S,HD)
5.00 5 News At 5 (S,HD)
5.30 Neighbours Finn struggles, and Terese's plan has unforeseen consequences. (R,S,HD)
6.00 Home And Away Ryder needs to convince Colby of his innocence. (R,S,HD)
6.30 5 News Tonight (S,HD)

THE WEIGHT IS OVER

7.00 The One Show With Alex Jones. (S,HD)
7.30 Coronavirus: Everything You Need To Know A panel of experts answers questions on the outbreak. (S)
8.00 EastEnders Keegan and Tiffany are stunned to bump into a burglar escaping from their flat. (S,HD)
8.30 Spying On The Scammers: Panorama Rajini Vaidyanathan reports on criminal call centres in India, tracking down one of the men behind such scams and hearing from British victims who have been conned. (S,HD)
9.00 The Split (4/6) Secrets come out and lies unravel as Hannah deals with the fallout from her anniversary party, while the Noble Hale Defoe team attends an awards ceremony for Ruth. (S,HD)
10.00 BBC News At Ten (S,HD)
10.25 Regional News (S)
10.35 This Country (3/6) An infamous Mucklowe family member returns to the village and causes Kerry to re-evaluate her living arrangements. Meanwhile, the vicar and Kurtan help Len get back on his feet. (S,HD)
11.05 Young, Welsh And Pretty Minted (2/6) Barry-born make-up entrepreneurs Hannah and Sophie have a photoshoot in Ibiza, while Gonth makes a new friend who shares his passion for fast cars. (S,HD)
11.35 Live At The Apollo (4/6) Jon Richardson hosts an evening of stand-up. (R,S,HD)
12.20 A Question Of Sport (R,S,HD) Followed by **Weather For The Week Ahead**
12.55-6am BBC News (S,HD)

7.00 Coastal Path (2/5) Paul Rose explores the north Cornish coast. (R,S,HD)
7.30 Mastermind (23/31) Four contenders answer questions on the specialist subjects of British breweries, the life and works of John Lennon, Lorenzo de' Medici and the Back To The Future trilogy. (S,HD)
8.00 Only Connect (24/28) Victoria Coren Mitchell asks the questions as the Orwellians take on the Turopoles in the last of the quarter-final matches, with a place in the semi-finals at stake. (S,HD)
8.30 University Challenge (30/37) In the sixth of the quarter-final matches, two more teams compete to make it to the next stage of the competition. Jeremy Paxman asks the questions. (S,HD)
9.00 Murder 24/7 (4/5) Detectives investigate a double stabbing in Colchester's homeless community that leaves Carl Hopkins dead and the other victim seriously injured. (S,HD)
10.00 Inside No 9 (5/6) Seven disparate characters share their stories with a camera, their fates inevitably, inextricably, and unknowingly set for a head-on collision. Maxine Peake and Phil Davis star. (S,HD)
10.30 Newsnight (S,HD) Followed by **Weather**
11.15 Hospital (3/8) An 81-year-old who has a hole in his heart after suffering a heart attack, faces a complex procedure that carries a high-mortality rate. (R,S,HD)
12.15 Sign Zone: The Farmers' Country Showdown (R,S,SL,HD) **1.00** Countryfile (R,S,SL,HD) **2.00-3am** Secrets Of The Museum (R,S,SL,HD)

7.00 Emmerdale April receives an unwelcome message regarding her dad. Tracy finds herself clashing with Cara. Billy is offered a new job by someone unexpected. (S,HD)
7.30 Coronation Street Daniel bags up Sinead's belongings for Beth, Alya seeks the true story behind Yasmeen's tears, and Sarah and Bethany remain at loggerheads. (S,HD)
8.00 St Davids: Britain's Smallest City Documentary following locals in the Pembrokeshire community as they cope with the busiest summer season in history with tourists flocking to the UK's smallest city. (S,HD)
8.30 Coronation Street The Barlows and Platts convene for Adam and Sarah's wedding, Yasmeen's absence sends Geoff into a panic, and Jade gets short shrift from Tyrone. (S,HD)
9.00 Liar (1/6) Andrew's body is found on the Kent marshes, but Laura once again finds herself drawn into his destructive path. Return of the thriller starring Joanne Froggatt and Ioan Gruffudd. (S,HD)
10.00 ITV News At Ten (S,HD)
10.35 Regional News (S,HD)
10.45 Tyson Fury: The Gypsy King (1/3) Documentary following the boxer as he prepares for his rematch with Deontay Wilder. (R,S,HD)
11.45 All Elite Wrestling: Dynamite Action from the latest edition of the weekly AEW event, featuring all of the biggest stars on the roster, including Adam Page. (S,HD)
12.35 Teleshopping (HD) **3.00** James Martin's French Adventure. The port of Marseille. (R,S,SL,HD) **3.50** Nightscreen (HD) **5.05-6am** Judge Rinder (R,S,SL,HD)

7.00 C4 News (S,HD)
8.00 Dispatches: Starbucks & Nespresso - The Truth About Your Coffee Antony Barnett reports on young children working long hours in gruelling conditions in Guatemala picking coffee beans that are supplied to Starbucks and Nespresso. (S,HD)
8.30 Food Unwrapped Helen Lawal searches for the secret to perfectly shelled walnuts, Matt Tebbutt hopes to discover what makes sweets sour and Andi Oliver investigates cloudy beers. (S,HD)
9.00 Prison (3/3) The emotionally charged difficulties of being a mother in prison, with staff at Foston Hall believing that keeping family contact is vital to reduce reoffending. Kelly challenges the family court. (S,HD)
10.00 Baghdad Central (5/6) Zubeida Rashid offers to help Khafaji find Sawzan, while a murder in the Green Zone wrecks Parodi's investigation and brings him into conflict with Temple and Evans. (S,HD)
11.00 Emergency Helicopter Medics An appearance at a charity event is cut short by an emergency, a worker at a wind farm suffers a cardiac arrest, and an off-road motorcyclist breaks his thigh bone. (R,S,HD)
12.00 Ramsay's Kitchen Nightmares USA Trobiano's in Great Neck, New York. (R,S) **12.55** Hunted. Jess and Ella are running scared in rural Yorkshire with the Hunters in hot pursuit. (R,S,SL,HD) **1.50** The Supervet (R,S,HD) **2.45** Liberty (R,HD) **3.55** Come Dine With Me (R,S,HD) **4.50** Location, Location, Location (R,S,HD) **5.50-6.30am** Countdown (R,S,HD)

7.00 Gallagher Premiership Rugby Highlights Action from the 12th round of fixtures, including Harlequins v Exeter Chiefs at The Stoop and Bath v Bristol Bears at The Recreation Ground. (S,HD)
8.00 Traffic Cops (23/24) On the outskirts of Chesterfield, Jim Payne responds to a call for backup from colleague PC Tom Strachan, who is surrounded by a mob following a report of dangerous driving. (S,HD) Followed by **5 News Update**
9.00 Warship: Life At Sea (4/5) As Iranian forces take control of the British-flagged oil tanker Stena Impero and hold the crew hostage, HMS Duncan is ordered to the Persian Gulf. (S,HD)
10.00 Monster Warship Of WWI: The Mighty Dreadnought Charting the history of the warship from the dawn of the 20th century to the present day, drawing on expert interviews, footage and computer-generated animations. This episode focuses on the history of the turbine-powered, big-gun dreadnoughts, which revolutionised the rules of engagement on the high seas. (R,S,HD)
11.05 Run All Night A disillusioned hitman turns against the crime family he works for to protect his estranged son from assassination. Action thriller starring Liam Neeson and Ed Harris. (2015) ★★★ (S,HD)
1.15 The 21.co.uk Live Casino Show (S,HD) **3.15** The Hotel Inspector: Checking In, Checking Out (R,S,HD) **4.00** Tattoo Disasters UK (R,S,SL,HD) **4.45** House Doctor (R,S,SL) **5.10** Nick's Quest (R,S,SL) **5.35-6am** Wildlife SOS (R,S,SL,HD)

sky one HD

6am Monkey Life Double bill. (R,S)
7.00 RSPCA Animal Rescue (R,S)
8.00 The Dog Whisperer (R,HD)
9.00 Stop, Search, Seize Ken White puts two sniffer dogs through their paces. (R,S,HD)
10.00 Brit Cops: Law & Disorder Documentary. (R,S)
11.00 NCIS: Los Angeles (R,S,HD)
1.00 Hawaii Five-0 Double bill. Danny is exposed to a lethal neurological agent. Then, criminal mastermind Wo Fat tries to put an end to the team. (R,S,HD)
3.00 MacGyver The team tries to extinguish a huge oil well fire in a Nigerian village. (R,S,HD)
4.00 Modern Family Double bill. A conflicted Haley is forced to make a big decision. Then, the Dunphy-Pritchett-Tucker clan deals with unexpected news. (R,S,HD)
5.00 The Simpsons Comic Book Guy has a heart attack, so Bart and Milhouse take his place behind the counter while he recuperates. (R,S,HD)
5.30 Futurama Double bill. Rising temperatures threaten life on Earth. Then, Fry unearths the remains of his beloved dog. (R,S)

Slimming
WORLD

6.30 The Simpsons
 (13, 14 & 15/21) Triple bill. Sideshow Bob hypnotises Bart. Next, Bart, Milhouse, Nelson and Ralph are 'discovered' by record producer LT Smash and recruited as singers in a boy band. Then, Homer uncovers a plan to move the Springfield Isotopes baseball team to New Mexico and goes on hunger strike in protest. (R,S,HD)
8.00 Men In Black II
FILM An alien plots to destroy humanity – and the only one who can stop her is a retired agent whose memory has been wiped. Sci-fi comedy sequel starring Will Smith, Tommy Lee Jones and Rosario Dawson. (2002) ⓂⓂ (HD)
9.45 A League Of Their Own
 (2/10) Ashley Cole, Noel Fielding and Aisling Bea join host James Corden, captains Jamie Redknapp and Andrew Flintoff and regular panellist Jack Whitehall on the sports-based quiz. (R,S,HD)
10.45 Avenue 5
 (6/9) Ryan and Billie try to identify the source of an incessant beeping. (R,HD)
11.20 Strike Back: Vendetta
 (1/10) A seemingly-straightforward rescue mission for Section 20 uncovers a conspiracy. Return of the action adventure, starring Warren Brown and Jamie Bamber. (R,S,HD)
12.25 Flintoff: Lord Of The Fries
 (R,S,HD) **1.25 Road Wars** (R,S)
2.00 NEW The Trip To Greece (HD) **3.00 Jett** (R,S,HD) **4.00 Stop, Search, Seize** (R,S,HD)
5.00-6am Futurama (R,S)

REGIONAL VARIATIONS

S4C 6am Cwyl **12.00** Newyddion **12.05** Ysgol Ddawns Anti Karen **12.30** Heno **1.30** Nyrsys **2.00** Newyddion **2.05** Prynhawn Da **3.00** Newyddion **3.05** Ysgol Ni: Maesincla **4.00** Awr Fawr: Timpio **4.10** Nos Da Cwyl **4.15** Do Re Mi Dona **4.30** Digbi Draig **4.45** Cacanwinci **5.00** Stwnsh: Pat A Stan **5.05** Mwy O Stwnsh Sadwm **5.25** Sgorio **5.50** Ffleil **6.00** Carys Matthews A'r Goeden Faled **6.30** Heno **7.30** Newyddion **8.00** Pobol Y Cwm **8.25** Dan Do **8.55** Newyddion **9.00** Ffermio **9.30** Ein Byd: Cacen **10.00-**

SKY SPORTS MAIN EVENT

6am LIVE Women's ICC World T20 Cricket. Australia v New Zealand. **7.30** Good Morning Sports Fans **10.00** Football Centre **11.30** Ref Watch **12.00** Sky Sports News **5.00** Sky Sports News At 5 **6.00** Carabao Cup Final Highlights
7.00 Best Goals: Carabao Cup 2019/20
7.30 LIVE EFL Middlesbrough v Nottingham Forest.
10.00 The Debate Discussion on the latest football news.
11pm-6am LIVE Test Cricket New Zealand v India.

SKY SPORTS PREMIER LEAGUE

6am PL Greatest Games **7.00** PL Legends: Robbie Fowler **7.30** Goals On Sunday **9.00** PL Highlights **10.00** PL Years **12.00** PL Highlights **3.00** Best PL Goals: Man Utd v Everton **3.30** Best PL Goals: Newcastle v Liverpool **4.00** PL Highlights **5.00** Soccer AM: The Best Bits **5.30** Premier League 100 Club **6.00** PL Highlights
7.00 PL Review Recent fixtures in the Premier League.
8.00 Gary Neville's Soccerbox
9.00 PL Review Recent fixtures in the Premier League.
10.00 The Debate Discussion on the latest football news.
11.00 PL Best Goals 14/15
12.00 The Debate **1.00** PL Years **3.00** PL Greatest Games **4.00** PL Best Goals 15/16 **5.00** Best PL Goals: Tottenham v Chelsea **5.30-6am** PL 100 Club: England's Finest

SKY SPORTS FOOTBALL

6am EFL Greatest Games **6.45** SPFL Greatest Games **7.00** Greatest Players **7.30** Football Countdowns **8.00** Football Years **8.30** EFL Greatest Games **8.45** One2Eleven **9.00** SPFL Greatest Games **9.15** EFL Greatest Games **9.30** Carabao Cup Final Highlights **10.30** EFL Greatest Games **11.15** SPFL Greatest Games **11.30** Greatest Players **12.00** Football Countdowns **12.30** Football Years **1.00** EFL Greatest Games **1.30** SPFL Greatest Games **1.45** One2Eleven **2.00** Carabao Cup Final Highlights **3.00** Greatest Players **3.30** Football Countdowns **4.00** Football Years **4.30** Carabao Cup Final Highlights **5.30** Best Goals: Carabao Cup 2019/20 **6.00** Soccer AM: The Best Bits **6.30** EFL Goals: Leagues 1 & 2 **7.00 Best Goals: Carabao Cup 2019/20**
7.30 LIVE EFL Middlesbrough v Nottingham Forest.
10.00 The Debate Discussion on the latest football news.
11.00 MLS Round-Up Show
11.30 EFL Greatest Games
12.00 Football Years **12.30** SPFL Greatest Games **1.00** Football Countdowns **1.30** Football Years **2.00** EFL: Championship Season Review **3.00** EFL Play-Off Final Highlights **4.00** EFL Play-Off Final Highlights **5.00-6am** Carling Cup Final 2007/08

SKY SPORTS ACTION

6am Boxing Gold **7.00** Sporting Records **8.00** NFL: A Football Life **9.00** NFL: America's Game **10.00** Sporting Records **11.00** NFL: America's Game **12.00** NFL: A Football Life **1.00** Sporting Records **2.00** Darts Gold **2.30** Boxing Gold **3.30** Darts Gold **4.30** Betfred Super League Highlights **5.00** NBA **6.45** NBC's Pro-Football Talk **8.45** Fight Night Mikey Garcia v Jesse Vargas.
1.15 Darts Gold **1.30** Super League Gold **2.00** NFL: Greatest Games **3.30** Darts Gold **4.00** Sporting Records **5.00-6am** Sporting Greats

SKY SPORTS ARENA

6am Sporting Greats **7.00** Super League Gold **8.00** Sporting Greats **9.00** Betfred Super League Highlights **9.30** Sporting Records **10.00** Boxing Gold **11.00** Super League Gold **11.30** Sporting Greats **12.00** Netball Superleague **2.00** Sail GP **5.00** Netball Superleague **6.45** LIVE Netball Superleague. Surrey Storm v London Pulse.
8.45 NBA GameTime News and analysis.
9.15 NBA Los Angeles Clippers v Philadelphia 76ers.
11.00 Live NBA: The Warm Up
12.00 NBA Classic Games: Spurs @ Heat 2013 **1.00** Sporting Records **2.00** Super League Gold **3.00** Sporting Records **4.00** Sporting Greats **5.00-6am** Sporting Records

BT SPORT 1

6am UEFA Champions League Highlights **7.00** WWE SmackDown Highlights **8.00** WWE NXT UK **9.00** Premier League Review **10.00** Premier League **11.30** FA Women's Super League Continental Cup **1.00** UEFA Champions League Magazine **1.30** Premier League Review **2.30** Premier League World **3.00** Ligue 1 Highlights **4.00** WWE Raw **6.00** Early Kick-Off **6.15** No Filter Boxing **6.45** The Emirates FA Cup Preview **7.15** LIVE Emirates FA Cup. Portsmouth v Arsenal. **10.00** BT Sport Score Best Bits **10.30** BT Sport Goals Reload **11.00** WWE Raw Highlights **12.00** WWE SmackDown Highlights **1.00** LIVE WWE Monday Night Raw. WWE Superstars face-off inside the ring. **4.15** Early Kick-Off **4.30** Classic MOTD: Thrillers **5.00** Classic MOTD: Thrillers **5.30-6am** Classic MOTD: Thrillers

BT SPORT 2

6am FA Women's Super League Continental Cup **7.30** Gallagher Premiership Rugby Highlights **10.00** MotoGP **11.00** MotoGP Highlights **12.00** MotoGP Highlights **1.00** MotoGP Highlights **2.00** MotoGP Highlights **3.00** Gallagher Premiership Rugby Highlights **5.30** UEFA Champions League Magazine **6.00** V8 Supercars Highlights **8.00** LIVE MLB. Chicago Cubs v Los Angeles Angels. **11.00** UFC **2.00** UFC on ESPN **3.00** BT Sport Goals Reload **3.15** Gallagher Premiership Tonight **4.00** Inside Sailing **4.30-6am** 30 For 30

BT SPORT 3

6am Bundesliga **6.00** Ligue 1 Highlights **7.00** Bundesliga Highlights Show **8.00** Hyundai A-League Highlights **9.00** Fishing: On The Bank **10.00** Gallagher Premiership Tonight **10.45** 30 For 30 Shorts **11.00** Premier League Review **12.00** World Poker Tour Series **2.00** Ligue 1 Highlights **3.00** Bundesliga **4.30-6am** Bundesliga

11.45pm Cwyl Rygbi **BBC ONE WALES 7.00-7.30pm** X-Ray **8.30** Flooded Out Of My Home **9.00-10.00** Hidden **10.35** Split **11.35** Panorama **12.05** This Country **12.35** Live At The Apollo **1.25-6am** News **BBC ONE NORTH WEST 11.35pm-12.20am** Super League Show **BBC TWO WALES 7.00-7.30pm** One Show **11.15** NEW New Voices From Wales **11.30** Rugby Union: PRO14 Highlights **12.30-1am** Coast **ITV WALES 8.00-8.30pm** Wales This Week **10.45** Sharp End **11.15** Britain's Smallest City **11.45pm-12.35am** Tyson Fury: The Gypsy King

TONIGHT'S PICKS

Liar
ITV, 9pm

IT'S back. Andrew Earlham is dead but who killed him? Joanne Froggatt returns as Katherine Kelly joins the twisty drama.

Dispatches: The Truth About
Your Coffee, C4, 8pm

SOME global brands claim to source all their coffee beans ethically but this documentary alleges the supply chains use child labour.

Ready Steady Cook
BBC1, 4.30pm

RYLAN CLARK-NEAL hosts the revamped cookery competition. Who will taste victory – green peppers or red tomatoes?

The Split
BBC1, 9pm

NOT the greatest drama in the world, perhaps, but addictive. Christie and Nathan face off at another awkward gathering.



FREE
with
Sun
every
Saturday

Slimming
WORLDGRAB YOUR TASTY
RECIPE PULLOUT

Don't miss exclusive pullouts every day this week, with delicious recipes from Slimming World's new book 'Free Food A-Z'

CONTINUES IN **Sun** TOMORROW

tvguide Monday

Satellite & Digital

FREEVIEW



FIRST DATES ABROAD, E4, 8pm

As the restaurant-based dating show returns to Australia, 29-year-old Italian-born electrician Daniel sits down with 30-year-old Alex, who is half Italian, in the hopes of finding love.

BBC FOUR freeview 9

7pm Beyond 100 Days 7.30 Francesco's Mediterranean Voyage 8.00 New Zealand: Earth's Mythical Islands 9.00 Age Of The Image 10.00 The Accused: Damned Or Devoted? Storyville 11.15 Art Of France 12.15 Leonora Carrington: The Lost Surrealist 1.15 Rude Britannia 2.15-3.15am New Zealand: Earth's Mythical Islands

ITV2 freeview 6

6am Teleshopping 7.00 The Ellen DeGeneres Show 7.50 Emmerdale 8.20 Coronation Street 9.20 Superstore 10.15 Dinner Date 11.15 Dress To Impress 12.15 Emmerdale 12.45 Coronation Street

ENTERTAINMENT

SKY ATLANTIC

6am Storm City 7.00 Without A Trace 10.00 The West Wing 12.00 Blue Bloods 1.00 CSI: Crime Scene Investigation 2.00 The West Wing 4.00 Without A Trace 7.00 CSI: Crime Scene Investigation 8.00 Blue Bloods 9.00 The Outsider 10.05 The End. Oberon hits an unexpected obstacle as he seeks testosterone therapy. Meanwhile, a confession changes Edie and Pamela's relationship. 10.40 True Blood 1.00 The L Word: Generation Q 2.10 Oz 3.25 Californication 4.00-6am The West Wing

SKY WITNESS

6am Nothing To Declare 8.00 Paramedics 9.00 Blue Bloods 10.00 Criminal Minds 11.00 CSI: Crime Scene Investigation 12.00 Elementary 1.00 Blue Bloods 2.00 Law & Order 3.00 The Real A&E 4.00 Stop, Search, Seize 5.00 Nothing To Declare. Six episodes. 8.00 Ghost Whisperer 9.00 Criminal Minds. Garcia leads a hacking competition.

MOVIES

SKY CINEMA PREMIERE

6am The 2020 Top Ten Show 6.15 UFO (12, 2018) ★★★★★ 8.00 Tell It To The Bees (15, 2018) ★★★★★ 10.00 Hot Air (15, 2018) ★★★★★ 12.00 The 2020 Top Ten Show 12.15 Godzilla: King Of The Monsters (12, 2019) ★★★★★ 2.30 Killers Anonymous (15, 2019) ★★★★★ 4.15 American Woman (15, 2018) ★★★★★ 6.15 UFO (12, 2018) ★★★★★ 8.00 Godzilla: King Of The Monsters (12, 2019) ★★★★★ 10.15 Mapplethorpe (18, 2018) ★★★★★ 12.10 Killers Anonymous (15, 2019) ★★★★★ 1.55 Extracurricular (18, 2018) ★★★★★ 3.35 Tell It To The Bees (15, 2018) ★★★★★ 5.30-6am The Hurricane Heist: The Eye Of The Storm

SKY CINEMA COMEDY

7.05am We're The Millers (15, 2013) ★★★★★ 9.00 Last Vegas (12, 2013) ★★★★★ 10.50 All About Steve (12, 2009) ★★★★★ 12.35 Little Monsters (15, 2019) ★★★★★ 2.15 We're The Millers (15, 2013) ★★★★★ 4.10 Last Vegas (12, 2013) ★★★★★ 6.00 Trading Places (15, 1983) ★★★★★ 8.00 Identity Thief (15, 2013) ★★★★★ 9.55 Little Monsters (15, 2019) ★★★★★ 11.35 All About Steve (12, 2009) ★★★★★ 1.15 Dirty Cops (18, 2018) ★★★★★ 3.20 Trading Places (15, 1983) ★★★★★ 5.20-7.10am Our Man Flint (PG, 1966) ★★

SKY CINEMA ACTION

6am Ghost Rider (12, 2007) ★★★★★ 8.00 Gunfight At The OK Corral (PG, 1957) ★★★★★ 10.15 The 2020 Top Ten Show 10.30 Hotel Artemis (15, 2018) ★★★★★ 12.15 Mortal Engines (12, 2018) ★★★★★ 2.30 Escape Plan 3 (15, 2019) ★★★★★ 4.15 Ghost Rider (12, 2007) ★★★★★ 6.15 Hotel Artemis (15, 2018) ★★★★★ 8.00 Mortal Engines (12, 2018) Fantasy adventure starring Hera Hilmar. ★★★★★ 10.15 Escape Plan 3 (15, 2019) ★★★★★ 12.00 Red Heat (18, 1988) ★★★★★ 2.00 The Last Warrior (18, 2018) ★★★★★ 3.50-6am Gunfight At The OK Corral (PG, 1957) ★★★★★

SKY CINEMA KIDS BOOKS

6am Cloudy With A Chance Of Meatballs (U, 2009) ★★★★★ 7.35 Matilda (PG, 1996) ★★★★★ 9.15 Goosebumps 2 (PG, 2018) ★★★★★ 10.50 Harry Potter And The Philosopher's Stone (PG, 2001) ★★★★★ 1.25 The Little Vampire (U, 2017) ★★★★★ 3.05 Sinbad: Legend Of The Seven Seas (U, 2003) ★★★★★ 4.40 Matilda (PG, 1996) ★★★★★ 6.25 Cloudy With A Chance Of Meatballs (U, 2009) ★★★★★ 8.00 Harry Potter And The Philosopher's Stone (PG, 2001) Fantasy adventure. ★★★★★ 10.40 Goosebumps 2 (PG, 2018) ★★★★★ 12.20 The Little Vampire (U, 2017) ★★★★★ 2.05 Sinbad: Legend Of The Seven Seas (U, 2003) ★★★★★ 3.50-6am Percy Jackson & The Lightning Thief (PG, 2010) ★★★★★

1.50 The Ellen DeGeneres Show 2.45 Dinner Date 3.50 Dress To Impress 4.50 Take Me Out 6.00 You've Been Framed! Gold 8.00 Two And A Half Men 9.00 Family Guy 9.30 American Dad! 10.00 The Stand Up Sketch Show 10.30 Family Guy 11.30 American Dad! 11.55 The Cleveland Show 12.25 Two And A Half Men 1.25 Hey Tracey! 2.05 Plebs 3.05 Totally Bonkers Guinness World Records 3.20 Nightscreen 3.30-6am Teleshopping

ITV3 freeview 10

6am Classic Coronation Street 6.55 Classic Emmerdale 7.55 Heartbeat 8.55 The Darling Buds Of May 10.00 That's My Boy 10.30 Inspector Morse 12.40 Heartbeat 1.45 Classic Emmerdale 2.50 Classic Coronation Street 3.55 Midsomer Murders 6.00 Heartbeat 7.00 Poirot 8.00 Endeavour 10.00 Scott & Bailey 11.00 Inspector Morse 3.10 Nightscreen 3.30-6am Teleshopping

ITV4 freeview 24

6am Quincy ME 6.50 Kojak 7.50 The Saint 8.55 Minder 10.05 The Professionals 11.10 The Sweeney 12.15 Quincy ME 1.20 Kojak 2.20 The Saint 3.30 Minder 4.30 The Professionals 5.35 The Sweeney 6.45 FILM Goldfinger (1964) 9.00 Giant Lobster Hunters 10.00 FILM Cop Land (1997) 12.05 Car Crash Global: Caught On Camera 1.05 The Contender 2.20 Auto Mundial 2.50-3am Nightscreen

E4 freeview 13

6am Hollyoaks 7.00 How I Met Your Mother 8.00 Baby Daddy 9.00 Mike & Molly 10.00 The Big Bang Theory 11.00 The Goldbergs 12.00 Brooklyn Nine-Nine 1.00 The Big Bang Theory 2.00 Baby Daddy 3.00 Mike & Molly 4.00 The Goldbergs

10.00 Blue Bloods. New series. Danny and Baez grapple with a year-old homicide investigation brought to their attention, while Jamie and Eddie go apartment-hunting. 11.00 Law & Order: Special Victims Unit. A single mother faces up to her past. 12.00 CSI: Crime Scene Investigation 1.00 The Good Doctor 2.00 Law & Order: Special Victims Unit 3.00 Shades Of Blue 4.00 Ghost Whisperer 5.00-6am Brit Cops: Frontline Crime UK

FOX

8am Republic Of Doyle 9.00 Bones 10.00 Bull 11.00 NCIS 12.00 Bones 2.00 The Mentalist 3.00 NCIS 4.00 Bull 5.00 Bones 6.00 The Mentalist 7.00 NCIS 9.00 The Walking Dead. The group must defend Alexandria from a threatening force. 10.00 Talking Dead. A discussion on the latest episode. 11.00 American Dad! 12.00 Family Guy 1.00 American Dad! 2.00 Family Guy 3.00 American Dad! 4.00 Republic Of Doyle 5.00-8am Teleshopping

5.00 Brooklyn Nine-Nine 6.00 The Big Bang Theory 7.00 Hollyoaks 7.30 Man With A Plan 8.00 Don't Tell The Bride 9.00 Celebs Go Dating 10.00 The Sex Clinic 11.05 The Big Bang Theory 12.00 Brooklyn Nine-Nine 1.00 Celebs Go Dating 2.05 Don't Tell The Bride 3.00 The Sex Clinic 3.55 The Big Bang Theory 4.45-6am How I Met Your Mother

MORE4 freeview 18

8.55am Kirstie's Vintage Gems 9.15 A Place In The Sun: Summer Sun 10.05 A Place In The Sun: Winter Sun 11.05 Emergency Helicopter Medics 12.10 999: On The Front Line 1.15 Escape To The Château: DIY 2.15 Four In A Bed 4.55 The Secret Life Of The Zoo 5.55 Car S.O.S 6.55 Escape To The Château: Zoo 7.55 Grand Designs: The Street 9.00 Car S.O.S 10.00 Inside Bentley: A Great British Motor Car 11.00 24 Hours In A&E 12.00 8 Out Of 10 Cats Does Countdown 1.05 Car S.O.S 2.05 24 Hours In A&E 3.10-3.40am Best Of Food Unwrapped

5USA freeview 21

6am Teleshopping 9.00 Access 9.05 Criminals: Caught On Camera 9.30 CSI: NY 11.10 The Mysteries Of Laura. A diabetic boy is kidnapped. 12.10 Law & Order 8.00 NCIS: New Orleans 9.00 Law & Order: Criminal Intent 10.00 Law & Order: Special Victims Unit 1.55 Law & Order: Los Angeles 3.50 Access 4.00-6am Teleshopping

5STAR freeview 30

6am Teleshopping 7.00 High Street TV 8.00 3rd Rock From The Sun 8.20 House 10.05 Nightmare Tenants, Slum Landlords 12.05 Can't Pay? We'll Take It Away! 1.00 Can't Pay Special: Secrets & Lies 2.00 Can't Pay? We'll Take It Away! 3.00 Neighbours

GOLD

6am Teleshopping 7.25 You Rang, M'Lord? 8.20 The Good Life 9.00 Porridge 9.40 Hi-De-Hi! 10.20 Last Of The Summer Wine 12.20 Keeping Up Appearances 1.00 Porridge 1.40 Hi-De-Hi! 2.20 The Good Life 3.00 Keeping Up Appearances 3.35 Dad's Army 4.20 Last Of The Summer Wine 6.20 The Good Life 7.00 Porridge 7.40 Dad's Army 9.40 Live At The Apollo 10.40 Peep Show 11.40 Upstart Crow 12.20 Black Books 2.00 Peep Show 2.25 Live At The Apollo 3.15 Harry Hill's TV Burp 4.00-6am Teleshopping

COMEDY CENTRAL

6am Teleshopping 8.00 Will & Grace 10.00 The US Office 11.00 Friends 3.00 My Name Is Earl 5.00 Friends 7.00 Friends: First Dates 7.30 Friends 9.00 Russell Howard's Good News 10.00 Impractical Jokers 11.00 FILM Eurotrip (2004) 1.00 The Mick 2.00 The Ricky Gervais Show 3.00 South Park 3.25 Bad Robots 4.15-5am The US Office

W

6.10am MasterChef Australia 7.00 My Dream Home 8.00 Tipping Point 10.00 The Bill 11.00 Supernanny US 12.00 Tipping Point 2.00 MasterChef USA 3.00 My Dream Home 5.00 Tipping Point 7.00 My Dream Home 8.00 The Wedding Fixer 9.00 One Born Every Minute 10.00 One Born: What Happened Next? 11.00 Inside The Ambulance 12.00 One Born Every Minute 1.00 Great Ormond Street 1.50 Code Black 2.35 Renovate My Home: Leave It To Bryan 3.00-6.10am Teleshopping

SKY COMEDY

6am Teleshopping 8.00 Everybody Hates Chris 9.00 Parks And Recreation 10.30 30 Rock 12.00 The Mindy Project. Triple bill. 1.30 Modern Family 2.30 Everybody Hates Chris 3.30 Parks And Recreation 5.00 30 Rock 6.30 Modern Family 7.30 The Mindy Project 9.00 Miracle Workers. God seeks potential investors for his new restaurant.

RADIO



HAWKSBEE AND JACOBS, TALKSPORT, 1pm

Andy Jacobs and Paul Hawksbee debate the latest sporting issues and keep an eye on the afternoon's events. Plus, the duo serve up the hottest sports news as well as big guests.

VIRGIN RADIO DAB virginradio.co.uk

6.30am The Chris Evans Breakfast Show With Sam Pinkham. The host steps in for Chris. 10.00 Eddy Temple-Morris 1.00 Tim Cocker 4.00 Kate Lawler 7.00 Steve Denyer 10.00 Amy Voo 1.00 Virgin Radio Through The Night 4.00-6.30am Christian William

TALKRADIO DAB talkradio.co.uk

6.30am Julia Hartley-Brewer 10.00 Mike Graham 1.00 The Matthew Wright Show 4.00 Ian Collins 7.00 James White Feat Ash 10.00 The Late Night Alternative With Iain Lee 1.00 Darryl Morris 5.00-6.30am James Max

TALKSPORT 105.3 108.9MW talksport.com

6am The Alan Brazil Sports Breakfast 10.00 White And Sawyer 1.00 Hawksbee And Jacobs 4.00 Adrian Durham And Darren Gough 7.00 The PressBox 10.00 Sports Bar 1.00 Extra Time With Paul Ross 5.00-6am Early Breakfast

TALKSPORT 2 DAB talksport.com

6am Sportsday 9.00 TalkSPORT 2 Today 10.00 TalkSPORT Exclusives 2.00 The TalkSPORT 2 Social 6.00 Women's Football Weekly 7.00 Gloryhunters 8.00 The Game 9.00 TalkSPORT 2 Tonight 5.00-6am Early Breakfast

RADIO 1 97.6-99.8FM bbc.co.uk/radio1

6.30am The Zoe Ball Breakfast Show 9.30 Ken Bruce 12.00 Jeremy Vine 2.00 Steve Wright In The Afternoon 5.00 Sara Cox 7.00 Jo Whiley 9.00 The Blues Show With Cerys Matthews 10.00 Trevor Nelson's Rhythm Nation 12.00 OJ Borg 3.00 Sounds Of The 70s With Johnnie Walker (R) 5.00-6.30am Vanessa Feltz

RADIO 2 88-91FM bbc.co.uk/radio2

6.30am The Zoe Ball Breakfast Show 9.30 Ken Bruce 12.00 Jeremy Vine 2.00 Steve Wright In The Afternoon 5.00 Sara Cox 7.00 Jo Whiley 9.00 The Blues Show With Cerys Matthews 10.00 Trevor Nelson's Rhythm Nation 12.00 OJ Borg 3.00 Sounds Of The 70s With Johnnie Walker (R) 5.00-6.30am Vanessa Feltz

REALLY freeview 17

6am Fantasy Homes By The Sea 7.00 Cruise TV With LoveItBookIt 8.00 Homes Under The Hammer 10.00 Celebrity Antiques Road Trip 11.00 Antiques Road Trip 1.00 Celebrity Fantasy Homes 2.00 Fantasy Homes By The Sea 3.00 French Collection 4.00 DIY SOS: The Big Build 6.00 Celebrity Antiques Road Trip 7.00 Antiques Road Trip 9.00 Saving Lives At Sea 10.00 Cops UK: Bodycam Squad 11.00 Helicopter ER 12.00 Ghost Adventures 1.00 Most Haunted 2.00 Teleshopping 4.00-6am Antiques Road Trip

YESTERDAY freeview 25

6am Ronnie Kray And The Pervert Peer 7.10 Impossible Railways 8.00 Forbidden History 9.00 Hunting Down The Nazis 10.00 True Evil: The Making Of A Nazi 11.00 Underground Worlds 12.00 Impossible Railways 1.00 Secrets Of Althorp: The Spencers 2.00 Walking Through History 3.00 Underground Worlds 4.00 Impossible Railways 5.00 Secret Nazi Bases 6.00 Nazi Victory: The Post-War Plan 7.00 Underground Worlds 8.00 Chris Tarrant: Extreme Railway Journeys 9.00 Bangers And Cash 10.00 Trains That Changed The World 11.00 The Two Ronnies 12.40 Nazi Victory: The Post-War Plan 1.40 Ronnie Kray And The Pervert Peer 2.35-3am David Attenborough's Natural Curiosities

SONY MOVIES freeview 32

9am FILM The Perfect Marriage (2006) 11.05 FILM The Wrong Girl (1999) 1.00 FILM Garage Sale Mystery (2013) 2.50 FILM Inspired To Kill (2017) 4.40 FILM The Jane Austen Book Club (2007) 6.50 FILM Catch And Release (2007) 9.00 FILM Reign Of Fire (2002) 11.05pm-1.15am FILM Elysium (2013)

DISCOVERY

6am Combat Dealers 7.00 Robson Green: Extreme Fisherman 8.00 Bitchin' Rides 9.00 Code Of The Wild 10.00 UFOs: The Lost Evidence 11.00 Wheeler Dealers 12.00 Gold Rush: White Water 1.00 Alaska: The Last Frontier 2.00 Combat Dealers 3.00 World War Two: The Complete History 4.00 Building Off The Grid 5.00 Wheeler Dealers 6.00 Fast N' Loud 7.00 Outback Truckers 8.00 Texas Metal 9.00 Wheeler Dealers 10.00 Twin Turbos 11.00 Dirty Mudder Trucks 12.00 Wheeler Dealers 1.00 Twin Turbos 2.00 Deadliest Catch 3.00 Wheeler Dealers 3.50 Kindig Customs 5.30-6am How It's Made

RADIO 3 90.2-92.4FM bbc.co.uk/radio3

6.30am Breakfast 9.00 Essential Classics 12.00 Composer Of The Week: Price. The impact of racial prejudice on Price's life and career. 1.00 Lunchtime Concert. Lise Berthaud and David Soudubray perform Schubert and Brahms. 2.00 Afternoon Concert. The BBC Symphony Orchestra performs Beethoven and John Adams. 4.30 Early Music Now. Pieces by Handel and CPE Bach. 5.00 In Tune. With the Linos Piano Trio, Elizabeth Llewellyn and Igudesmann & Joo. 7.00 In Tune Mixtape. An eclectic non-stop mix of music. 7.30 Radio 3 In Concert. The BBC SO performs music by Anders Hillborg. 10.00 Music Matters. A new production of Beethoven's Fidelio. (R) 10.45 The Essay: Women Writers To Put Back On The Bookshelf. Sophie Coulombeau champions poet and novelist Charlotte Turner Smith. 11.00 Night Tracks 12.30-6.30am Through The Night

RADIO 4 92.4-94.6FM bbc.co.uk/radio4

6am Today 9.00 Start The Week 9.45 Book Of The Week: Guest House For Young Widows 9.45 LW: Daily Service 10.00 Woman's Hour 11.00 Out Of The Ordinary 11.30 Loose Ends (R) 12.00 News: LW: Shipping Forecast 12.04 Apeiron. By Colum McCann. 12.18 You And Yours. Consumer affairs. 1.00 The World At One. Current affairs. 1.45 The Californian Century. The story of Silicon Valley's troubled founder William Shockley. 2.00 The Archers. Lynda is left disappointed. (R) 2.15 Drama: This Thing Of Darkness. By Lucy Haynes. 3.00 Round Britain Quiz. The North of England take on the Midlands. 3.30 The Food Programme. David Attenborough discusses life after Great British Bake Off. (R) 4.00 OK, Boomer! Rhys Jones explores the history of generational conflict. 4.30 The Digital Human. Aleks Krotoski explores social media's effect on friendships. 5.00 PM. News headlines; LW: Shipping Forecast 5.57 Weather 6.00 News 6.30 Nature Table. With Lucy Cooke, Erica McAlister and Kiri Pritchard-McLean. 7.00 The Archers. Johnny is on a mission. 7.15 Front Row. Arts programme. 7.45 The Book Of Strange New Things. By Michel Faber. (R) 8.00 Class Talk. Conversations across the class divide. 8.30 Analysis. How Canada has been sucked into a dispute between the US and China. 9.00 Peach Fuzz. Mona Chalabi examines the issue of female facial hair. (R) 9.30 Start The Week. Hilary Mantel talks about the final book in her Cromwell trilogy. (R) Weather 10.00 The World Tonight. News round-up. 10.45 Book At Bedtime: Apeiron. By Colum McCann. (R) 11.00 Night Vision 11.30 Today In Parliament 12.00 News And Weather 12.30 Book Of The Week: Guest House For Young Widows (R) 12.48 Shipping Forecast 1.00 As BBC World Service 5.20 Shipping Forecast 5.30 News Briefing: Prayer For The Day 5.45 Farming Today 5.58-6am Tweet Of The Day (R)

RADIO 5 909MW bbc.co.uk/fivelive

6am 5 Live Breakfast 9.00 Your Call 10.00 The Emma Barnett Show 1.00 Nihal Arthanayake. An afternoon of news, big name interviews and conversation. 4.00 5 Live Drive. With Tony Livesey and Sarah Brett. 7.00 5 Live Sport. Mark Chapman presents coverage of the FA Cup 5th round as Portsmouth welcome Arsenal. 7.45 5 Live Sport: FA Cup Football 2019-20. Portsmouth v Arsenal. Kick-off at 7.45. 10.30 Geoff Lloyd. Geoff sits in for Sarah. 1.00 Up All Night 5.00 Morning Reports 5.15-6am Wake Up To Money

must watch

WHAT? Panorama, BBC1, 8.30pm
WHY? The documentary series takes us inside a call centre in India run by criminals to show how thousands of Britons are conned out of cash using phone scams.



biZZarre TV

Email: andy.halls@the-sun.co.uk Twitter: @AndyBizarre
 With Rod McPhee



HARASSED... Berry

MARY'S CHEF SO SLEAZY

MARY BERRY has revealed she was once the victim of sexual harassment at work.

The baking legend is one of many stars who have suffered inappropriate behaviour during their career and admits her experience while working in a hotel kitchen with a drunken male chef left her "very frightened".

Mary, 84, says she sees it as a time she would rather forget.

She said: "I worked in a hotel which is no more and they had a very drunk chef who was very lazy."

"He had his beer on the table and anything that needed a bit of stock, he would just tip his beer in."

"He would always be after the girls. I hated every day and I was only there four weeks."

"I was very frightened, I never knew what he was going to do next."

But Mary feels the industry has undergone a welcome change with female chefs calling out sexual harassment.

Mary said: "Catering kitchens have so improved."

ON YOUR MARKS, GET SET, GO FOR IT!

HERE are the brave contestants about to tackle TV challenge Race Across The World – one of the best formats on the box right now. The BBC2 series' second run, which starts on Sunday evening,

will see teams of two travel from Mexico City to the world's most southerly city, Ushuaia in Argentina, without taking a single flight or using smartphones. The first pair to battle their way to

the finish line will win a cash prize of £20,000. In the first episode, which is great viewing, the teams must negotiate manic Mexico City, the largest Spanish-speaking urban sprawl on

the planet. During the race, they must pass through seven checkpoints.

There are very few shows on telly that I would want to have a crack at but this one is right up there.



MARRIED ROB and **JEN**, both 33, are from Reading. Rob is deaf in one ear and has 20 per cent hearing in the other. Jen hopes the trip will boost Rob's confidence and improve communication.

COUPLE MICHAEL, 47, and **SHUNTELLE**, 40, from South London, met three years ago. Ex-military man Michael wants to get Shuntelle, who likes first class travel, out of her comfort zone.

BROTHER and sister **DOM**, 22, and **LIZZIE**, 21, who are from Wetherby, West Yorks, hope that the race will help them to become close again after they drifted apart as teenagers.

MUM and son **JO**, 54, and **SAM**, 19, are from Manchester. Sam suffers from ADHD and struggled at school. His mum went backpacking 30 years ago and wants to do it again this time with her son.

UNCLE and nephew **EMON**, 35, and **JAMIUL**, 25, are from Oldham, Lancs. Emon spent ten years apart from Jamiul until they met up at a family wedding three months before the race.

biZZbit

TOWIE's **JESS WRIGHT** has got engaged to boyfriend William Lee-Kemp after dating him for 13 months. She revealed the news on Instagram yesterday by posting an image of them kissing on a holiday in the French Alps.

JASON'S SMOKING

JASON WATKINS got the ultimate praise for playing pipe-smoking Harold Wilson in *The Crown*.

The actor, currently in ITV's *McDonald & Dodds*, befriended one of the late Prime Minister's close relatives, who got in touch to say how much they liked his version of Wilson.

Jason has even been invited to Wilson's old university, and he jokes that he might deliver his "impersonation" of him.

He said: "Jesus College in Oxford want me to be their guest of honour – I'm going to take my pipe."

Bake Off take off taken off

BEEB AXES BIG FAMILY COOKING SHOWDOWN

WHEN they lost *The Great British Bake Off* to Channel 4 three years ago, the BBC bit back with rival show *The Big Family Cooking Showdown*.

But it struggled in the ratings – and has now been axed by BBC2 bosses.

It debuted with a respectable 2.2million viewers in August 2017, fronted by **ZOE BALL** and 2015 *Great British Bake Off* winner **NADIYA HUSSAIN**, and judged by Michelin star chef **GIORGIO LOCATELLI** and cookery teacher **ROSEMARY SHRAGER**.

But neither of its two star presenters returned for the second series the next year, as 2017 *Celebrity MasterChef* winner **ANGELICA BELL**, and Michelin-star

chef **TOMMY BANKS** stepped in as co-hosts and judges – and the ratings slumped to 1.3million, while 6.5million watched *The Great British Bake Off*.

The show did not appear in the schedules last year as it was quietly sidelined – and now the BBC has confirmed:

"There are currently no plans for another series of *The Big Family Cooking Showdown*." The show was an obvious imitation of

of Off, HOST... Nadiya and, above, launch

except families took to the kitchen to create dishes.

A show insider added: "Channel 4 saw this show as such a rival to *Bake Off* that they decided to air their show on the same night, at the same time. But the BBC backed down and moved

their show from a Tuesday to a Thursday – grumbling that the clash wasn't in the best interests of public service broadcasting."

It's fair to say, the BBC lost the big showdown with Channel 4.



ED BACK ON HIS TRAVELS

HE immersed himself in the world of homeless people, now survival expert **ED STAFFORD** is about to do the same with the gypsy and traveller communities.

Three-part documentary series, *60 Days With The Gypsies*, will air on Channel 4 later this month with the former soldier and explorer stepping outside his comfort zone once again.

It follows *60 Days On The Streets*, which last year saw Ed spend two months sleeping rough to examine the rise in homelessness on the streets of Britain.

He said: "Like homelessness, gypsy and traveller communities are often shrouded in negativity despite very little understanding and I want to learn more."

"I have no qualms about immersing myself in every ritual, tradition and aspect of the culture in order to get to know the individuals and unpick the stereotypes."

This is a documentary that's guaranteed to spark debate.

Fabulous DAILY

Edited by
**JOELY
CHILCOTT**



MUM'S

SIMPLE FOODS CHICKEN ACHARI



Serves four

YOU NEED:

1 tspn each of mustard seeds, fennel seeds and cumin seeds
2 red chillies
1 onion, finely sliced
2in fresh ginger, peeled and crushed
4 cloves of garlic, crushed
1½ tbsp tomato puree
½ tspn ground turmeric
½ tspn onion powder
2 tspn hot chilli powder
750g boneless, skinless chicken thighs
100g yoghurt
Chopped fresh coriander, to serve

METHOD: Heat a large pan over a medium heat and spray with some oil. Add the mustard seeds, fennel seeds and cumin seeds and fry for about a minute until they start to sizzle, then add the chillies whole.

Add the sliced onion and fry until it is just turning golden and has softened. Add the ginger and garlic and stir well.

Next, stir in the tomato puree, turmeric, onion powder and chilli powder, cooking for a few more minutes.

Then add the chicken to the pan and stir

gently until well coated. Pour in 100ml of water and bring to the boil, then cover the pan and reduce to a simmer over a low heat. Cook for 20 minutes, stirring occasionally, then remove from the heat and add the yoghurt, stirring gently.

Continue to stir occasionally for another 5 minutes or so, then serve, sprinkled with chopped coriander.

● **TwoChubbyCubs: The Cookbook**, by James and Paul Anderson is out now (*Yellow Kite*, £20).

FEEL GREAT, LOOK KATE

KATE FERDINAND has launched a fitness range with **Dare 2b** for women of all shapes and sizes.

With ten key pieces, the range includes sculpting leggings, sports bras and vests. Here, we check it out.



Printed Vest, £20



Sports bra, £30



Coral top, £25



Leggings, £35



Jacket, £80



All Kate Ferdinand X Dare 2B (out now at dare2b.com)

CLAIRE DUNWELL thought she was going crazy when, after turning 40, she began to suffer heart palpitations, migraines and crippling anxiety.

After going back and forth to her GP, she was given medication for anxiety, beta-blockers for her heart and even sent for an ECG heart check.

Claire, 42, now knows she is going through the perimenopause, a phase before menopause when hormone levels can fluctuate. She is now undergoing hormone

replacement therapy to ease the effects. But it should all have been diagnosed sooner.

A Mumsnet poll found one in four women with menopausal symptoms sees a GP three times before getting the right help. One in four is told she is too young to be perimenopausal.

Here, Claire, a writer who lives in Wakefield, West Yorks, with husband Ian, 55, a chip shop owner, and sons Sam, 13, and Louie, ten - shares her story.

SOAKING up the rays, I should have been living my best life.

It was last August, blazing hot, and we were halfway through a two-week family holiday in Crete.

While my husband Ian had his head buried in a book, planning his next trip to the all-inclusive bar, I was frantically searching Google on my phone, hoping for answers to explain the way I was feeling.

Since hitting 40 the previous February, I had been plunged into a dark, unfamiliar world.

I had become anxious, irritable and zapped of energy. When my head wasn't thick with brain fog it throbbed with migraines, and trying to concentrate on anything for longer than half an hour had become a battle.

I felt like someone I didn't recognise - not the fun, happy-go-lucky person I was in my carefree twenties and thirties.

I'd always been fit, healthy and a "cup half full" kind of girl.

I exercised three times a week, ate healthily and was incredibly lucky to have a loving husband, two healthy children, great friends and a successful career.

From the outside looking in, I had it all. But on the inside, I had suddenly lost control.

Even the most mundane jobs such as unloading the washing machine and trying to pair up socks overwhelmed me.

Headaches, fatigue, anxiety and palpitations made matters worse.

It was three months after I turned 40 when the repeat trips to my GP surgery began.

I beat myself up for wasting precious NHS time. I felt like a fledgling hypochondriac.

At each visit, doctors tried hard to treat my list of ailments but nothing worked for long.

For the migraines, which I'd never suffered before and became so unbearable I struggled to hold conversation and just wanted to sleep, a doctor prescribed Sumatriptan.

I took it when the migraines hit and although they helped with the head pain, they made me feel sick and groggy.

At another appointment, this time with a nurse, it was suggested I try a high dose of aspirin as soon as I felt a migraine coming. If that didn't work, she would refer me to a local migraine support group.

Next came the unexplained anxiety and heart palpitations, which were at their worst during the two weeks before my period.

Some days, I felt as though I was going crazy. I could be enjoying coffee with a friend one minute and gripped by an irrational panic the next. My heart raced, worrying something terrible was about to happen.

My husband took the brunt of my bad moods. I felt exhausted all the time because nodding off on the sofa by 9pm most nights meant I struggled to get a good night's sleep.

I was less tolerant with the kids too. All of this was completely out of character.

Despite the odd night every few weeks when I woke up in the night drenched in sweat, it never dawned on me that it could be down to my hormones.

Sobbing to my GP at yet another appointment, I was prescribed Citalopram, an anti-anxiety medication which I hoped could be a magic pill.

I was desperate to try anything.

They even gave me an ECG for the palpitations, but it showed my heart was perfectly normal. It's only now, looking back, that I realise it was around this

FACT:
1 in 4 women with symptoms have to see GP 3 times to get right help

FACT:
A quarter are told they are too young to be premenopausal

'From outside I had it all. But inside I had lost control'

MIGRAINES, ANXIETY AND PALPITATIONS

For two years I felt I was going crazy. Now I know it was perimenopause

time my periods changed. Some months they were lighter than normal and others they were shorter in length. Neither me, nor my GP, made the link that I could be heading towards "The Change".

It was during that family holiday to Crete last year that I finally reached the end of my tether. I was six months into the Citalopram but because it wasn't making any difference, I stopped it.

I made another appointment with my GP and was handed a prescription for beta blockers which slow the heart rate and can help with anxiety. Instead, they left me feeling spaced out and sluggish, so I could only take them at night.

It was during my son Louie's routine asthma check-up last September when everything began to fall into place.

Tearful, I begged a friendly nurse for five minutes of her time.

"You're not going crazy," she reassured me, as I blurted everything out. "You're perimenopausal."

Improve future health

The nurse said how all my symptoms were likely to be down to a drop in my hormone levels. At first, the idea seemed ridiculous. I was 41, and the average age women reach menopause – when regular periods stop – is 51.

But the more I pieced together my sudden onset of symptoms, the more it made sense.

When I asked if there was a blood test I could have to check my hormone levels, I was told it would be difficult to get a reliable result because hormones fluctuate daily.

The nurse prescribed the mini Pill hoping the top-up of progesterone would help. She suggested trying oestrogen later.

I went away feeling both relieved and confident that I was finally on the right path.

But while the mini Pill helped with the migraines and eased the anxiety, it caused frequent heavy bleeding.

I was determined to find another solution, so I tracked down Dr Louise Newton, a GP specialising in menopause, and author of the Haynes Menopause Manual.

At her clinic in Stratford-upon-Avon she talked through my symptoms and I was given a blood test which found I had low levels of both oestrogen and testosterone.

While Louise said my results suggested I was perimenopausal, she stressed it is better to go on a patient's symptoms than blood tests alone.

"Hormone levels change all the time," she told me. "We could do three tests on three consecutive days and get completely different results, so the most important part of the diagnosis is the history from the patient."

When Louise went on to explain how it is not unusual for some women to

YOUR AGE IS KEY TO DIAGNOSIS



THE average woman experiences the menopause – when regular periods stop – aged 51. But hormone levels can fluctuate several years earlier and in some people this can have side-effects.

This is known as the perimenopause. Dr Louise Newton, above, says: "Most women get some symptoms linked to changing hormone levels during perimenopause. Some have symptoms for a decade before the menopause. Guidance from the National Institute for Health and Care Excellence (Nice) says that if a woman is over 45, we don't need to test for perimenopause or menopause. "If they're 40 to 45 tests can be useful, and if they're under 40 it's important to get a diagnosis. In these situations a woman experiencing menopausal symptoms should seek help and advice from a doctor who specialises in the menopause."

See menopausedoctor.co.uk

experience menopausal symptoms up to a decade before "The Change", I felt a huge weight lift. Louise explained: "Without hormones, it's like trying to drive a car without oil. The menopause occurs because our ovaries run out of eggs and stop producing hormones. Many women find that their hormone levels start reducing several years before this."

Louise said that the perimenopause could be just as mentally and physically draining as the real thing.

Cells in our hearts, brains, bones, muscles, bladders and blood vessels respond to oestrogen so when levels reduce, all kinds of symptoms can ensue.

My hot flushes, night sweats, low mood, anxiety, joint pains, headaches and even my reduced libido could all be attributed to this fluctuation. Low testosterone levels can also lead to brain fog, low energy, reduced stamina and reduced libido.

In my case, Louise prescribed an oestrogen gel as well as progesterone tablets, a type of Hormone Replacement Therapy.

She told me: "The only way to find out if a drop in hormones is causing the symptoms is by replacing them and then seeing what happens."

"The guidelines are very clear that for the majority of women who take HRT, the benefits outweigh the risks. The menopause needs to be seen as a long-term female hormone deficiency rather than just a natural process that causes symptoms."

"By replacing these hormones, we can really improve our future health as well as our symptoms."

I never imagined I'd be taking HRT at the age of 42, but I could not contemplate going on for several more years feeling like I had been.

Four weeks into the treatment, I've found it has already made a huge difference.

To say that it has changed my life is an understatement. The migraines are gone, the anxiety has stopped, and I feel like myself for the first time in two years.

My sleep has improved, the brain fog has vanished and aches, like a nagging pain in my coccyx, have eased up. Even my sex drive has hit a purple patch.

My only regret is not getting the right help sooner – we all need to know about perimenopause.

FACT:
The average woman hits menopause at age 51



BETTER... Claire, Ian and sons Sam and Louie

FEELING a bit out of the loop at the start of another working week?

If so, Fabulous Daily's Monday barometer is here to tell you what's hot... and what's not.



HOT MOM: Remember Stifler's mother in American Pie? Looking sexy as ever, actress Jennifer Coolidge turned up at Paris Fashion Week alongside Karlie Kloss.



READY TO WED: Netflix's binge-worthy new watch is Love Is Blind. Contestants get engaged before meeting, then have four weeks to decide whether to walk down the aisle. Cheesy, trashy and addictive.



SPRING IN YOUR STEP: Primark has a luxe pair of mules for £10, in mint, nude and black. We're calling it early – they are the must-have shoe for when the weather finally improves.



FLORAL WALLS: Laura Ashley is in debt after shoppers turned their backs on its busy designs. One in five of us has painted a room grey – and the trend shows no sign of fading.



FUN POLICE: Cambridge researchers reckon banning big wine glasses will make us drink less. A study found people order more plonk dining out if they drink from a 370ml glass, rather than 300ml. Hmm.



SUITS NO ONE: Baggy boyfriend suits are cool but Bella Hadid has gone too far. You could fit three other people in there with her.

Oh hi! ...

See you, bye ...

Gtech

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Two cordless vacuums; one mighty combination



'Tackle your entire home with the Gtech System – our award winning upright AirRam combined with our handheld Multi for above the floor cleaning.'

Nick Grey, inventor and owner of Gtech

- Cordless
- 60 minute combined runtime*
- Multitasking attachments
- LED headlights
- Lightweight

Brilliant... The lightness of the System means I have no problem in lifting and manoeuvring it and it stores away in a tiny corner. The cleaning is wonderful, my carpets have taken on a newer look. Mrs. Brooks - Trustpilot

Performance cleaning

Our AirRam is designed specifically for floor cleaning, moving seamlessly from carpets to hard floors with no settings to change. The compact Multi puts the attachments from your upright cleaner in the palm of your hand. Both vacuums feature LED headlights to illuminate your cleaning area, meaning there's no place for dirt or dust to hide.

Cordless convenience

The AirRam has an ultra low profile handle design, allowing you to reach under tables, chairs and other furniture. The Multi's powered brush head is ideal for awkward spaces like the stairs, car interior and sofa

cushions. It also includes an extension tube that can be used to reach up high or down low with a choice of different nozzles.

Lightweight

Thanks to its streamlined design, which does away with so many bulky parts, the AirRam weighs just 3.2kg. The handheld Multi weighs just 1.5kg**, offering a lightweight cleaning option.

1 hour runtime*

Our AirRam provides up to 40 minutes of runtime with each 4 hour charge*, while the Multi gives you up to 20 minutes of additional above the floor cleaning*.



Offer includes: Gtech AirRam (RRP £199.99), Gtech Multi (RRP £149.99) and Gtech Car Accessory Kit (RRP £50). Normal bundle price £399.98. Order before 23.03.2020 using code **WP92** for just £249.98 and save £150.

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★★★★★
Gtech's Trustpilot rating is
4.6 out of 5
after **65,000** reviews

*Offer only available directly from Gtech. Offer ends 23rd March 2020 or while stocks last. A AirLOC technology is patent-pending – WO2017/144922. *Runtimes quoted may vary depending on surfaces cleaned. **Weight = 1.5kg with nozzle; weight may vary according to attachment used. Limited 2-year manufacturers guarantee. Free attempted next day delivery services apply 7 days a week and to orders placed up until 7pm, excluding UK highlands and islands. This promotional code is not transferable and cannot be used in conjunction with any other offer or discount. See www.gtech.co.uk for full details. Grey Technology Ltd t/a Gtech, Brindley Road, Warndon, Worcester, WR4 9FB.

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letter

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HURTFUL PHONE STUNT TO END DATE

Dear Deidre

I WENT for a date with a woman I'd met online and it was so humiliating. She headed for the loo within minutes of saying hello and returned with her phone ringing, saying she had to leave immediately because of an "emergency".

It was obviously staged and I said as much. She walked off without another word. I felt ugly. Am I so different from my photos?

I am 45. Other dates seemed to go well only for the other person to message saying they didn't want to meet again. I'm so lonely.

■ DEIDRE SAYS: Both parties want to get something out of any relationship, so think about what you are offering.

Neediness is offputting to someone new but looks matter less than how you present yourself. Think what would make a woman feel positively towards you.

Ask a female friend, colleague or relative about your dress sense. Does it need updating? Or maybe get a new haircut.

Get some activities going so you have an active social life already on the go but ask your date lots about her life too. My e-leaflet Feeling Lonely? will help.

WIFE NOW BORED OF OUR SEXY ROUTINE

Dear Deidre

ON Saturdays after she's been at work, my wife comes down from a hot bath in sexy underwear.

We put on music and enjoy a glass of wine. It's great but now she is getting bored with our routine.

She is 47, I am 49 and we celebrate our silver wedding anniversary this summer. We already use sex toys and I don't know what else to do.

I love my wife and she has a great body. But how do we bring the excitement back?

■ DEIDRE SAYS: You have been using props and ideas gleaned from porn and male-focused ideas of sex.

Men tend to be aroused by visual stimuli far more than women, who are into physical and emotional stimulation. Take things back to basics with your wife, exploring one another through touch while you tell her how much you love her.

Ban intercourse for now and explore other ways to arouse and satisfy one another. Try role-play, too – pretending you have just met or are secret lovers.

Congratulations on your silver wedding – but variety brings fresh spice.

My e-leaflet 50 Ways To Add Fun To Sex will help you on that front.

deidre's photo casebook

NEV'S NEW LODGINGS: DAY 1



Continues tomorrow

Hot sex with my hubby's trainee

Dear Deidre

I AM having wild sex with a young plumber's mate – the only trouble is he works for my husband.

I feel so guilty, as I still love my hubby, but I just can't turn off my feelings for his 19-year-old apprentice.

My husband owns his own plumbing business. He's doing well, employs a couple of older guys and took on an apprentice last year. I am 33, he is 37.

He is a good provider and we have a lovely home. But he works long hours and stress often makes him bad-tempered.

We have three children, aged ten, seven and five and I often feel like a single parent.

Our sex life fizzled out after I had our third child, and we've stopped communicating.

This apprentice was like a breath of fresh air. He lives near us and calls round most mornings to get a lift to work.

As my husband is busy organising stuff for the day ahead, I often make his apprentice a cup of coffee as we chat in the kitchen. I

topic4today

GIRLS as young as ten have been found to worry about their weight. But how best to help them stay a healthy weight through their teens without triggering an eating disorder? My leaflet on Young Weight Worries explains. Email me for a copy.

problems@deardeidre.org

am also getting the kids ready, so we are interrupted a lot.

But one day my husband found a bathroom he was fitting hadn't been delivered, so he went on another job and said he'd pick up the apprentice later.

After I got the kids to school, we had a lovely couple of hours chatting. It got a bit flirty.

He said it was lovely to see me laughing – as I usually look pretty miserable – and I should do it more often.

He has regular days at college and started coming round in his

lunch hour "to cheer me up", or so he said. One day we kissed – then ended up having sex.

He's a very good lover, especially for someone so young, and it's been wonderful to feel wanted.

I feel stuck with my husband and even though I love him, I'm not in love with him any more.

I am also developing feelings for this young man, though I know it's just a bit of fun for him.

■ DEIDRE SAYS: For you, it has already stopped feeling fun. The sex may be great but overall, your fling is dragging you further down.

Tell your young lover you two must stop having sex now – before you risk losing your marriage and he almost certainly loses his apprenticeship. No more lunchtimes round yours.

I realise it will be painful but focus on the positive changes you can make in your marriage so your future becomes more hopeful.

Tell your husband your relationship is in crisis and he must find time for his family. Be specific. Insist he take one evening and a weekend day every week for family time.

Work towards intimacy by sharing relaxing massages. My e-leaflet on Couples Massage explains.

Dear Deidre

A GETAWAY to celebrate my 30th birthday was ruined by my partner constantly sexting other women.

I got suspicious because he was on his phone non-stop while we were waiting for the flight and in the hotel.

I sneaked a look at his phone and was devastated by what I found. The messages were sexually explicit and I can't trust him now. I constantly check his social media to see who he is talking to. He is 29.

■ DEIDRE SAYS: It doesn't sound like you have confronted his behaviour. Say it is hurtful when he is on his phone non-stop and that it is natural for you to wonder what or who is more important than you.

Insist you agree to put your phones away most of the time you are together – just check them three times a day. Also put fresh energy into your relationship. How is your sex life? Are you taking one another for granted? Spot the gaps and fill them.

Dear Deidre

MY girlfriend hates my best friend. It's taking a toll on me.

For both of us, this is our first serious lesbian relationship. We've been together for six months and love one another deeply.

But it's led to me neglecting my best friend from school. She is straight but we messed about briefly before I met my girlfriend – which my girlfriend knows about.

She has her own friends but she says it kills her that I am in

contact with my pal and she guilt-trips me. We are all in our mid-twenties.

My friend is angry and says my girlfriend is not treating me with respect.

■ DEIDRE SAYS: Reassure your girlfriend that your best friend is just a mate now. But don't let her be controlling like this. It won't go well long-term.

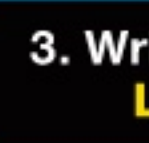
If she sulks or complains, say you are sorry she feels that way but stick with your plans. My e-leaflet Dealing With Jealousy explains.

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Key have a wide range of different products to suit different needs, over 20 years' experience and have helped over a million people decide if equity release is right for them. And, what's more, all our advice now is free of charge.

Will we still own our home?

Yes and with Key's plans you can stay in it for as long as you like, subject to your plans terms and conditions. However, **you should always think carefully before securing a loan against your home.**

Will we have to make monthly repayments?

No – Key Equity Release plans involve **a lifetime mortgage, which is a loan secured against your home. There are typically no monthly repayments as the loan, plus roll-up interest, is repaid when the plan ends.**

Could our family inherit the debt?

No – all of Key Equity Release's plans come with a **'no negative equity'** guarantee, so you'll never owe more than your home is worth and there'll never be an equity release debt for your family to take on. We always encourage people to discuss plans with family as **equity release will reduce the value of your estate and may affect your entitlement to means-tested benefits.**

How much can we release?

This depends on your age, how much your house is worth and your general health. On average, Key customers had access to £90,374 in 2019.

What do people usually use the money for?

Key customers spend the tax-free cash they release on many different things – some of the most popular are travel, home improvements and repaying existing debts.

Is equity release safe?

Yes. You need to receive qualified advice before committing to equity release, which is exactly what you get from Key. We are members of the Equity Release Council and authorised and regulated by, the Financial Conduct Authority.

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Michael and Carol, Key customers



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The page where you tell Britain what you think

FLESH And Blood, starring Russell Tovey and Imelda Staunton, was brilliant. I hope there will be a follow-up after that great ending.

JENNY RIDING
Castleford, West Yorks
HOW irresponsible to let children play truant to attend a demonstration in Bristol. Perfect for the spread of coronavirus.

CHARLES WALDEN
Horncastle, Lincs
WE are tackling climate change OK on our own. We don't need Greta Thunberg. Our children who marched will still throw their rubbish down on the streets.

COLIN ROBINS
Weston-super-Mare, Somerset

DOES the EU not understand "free"? How can we have a free-trade deal if it costs us fishing rights, EU rules and regulations and the involvement of the European Court of Justice? They are right about one thing: We are not as far away as Canada. But we are an independent country and able to make our own rules and laws.

BARRY McDONALD
Slough, Berks
NO prizes for guessing who designer Harikrishnan had in mind when he came up with his inflatable trousers: Johnny Farpants and Buster Gonad of Viz fame.

JOHN OWEN
Wimbledon, South West London

Build airport on reclaimed land

£50 LETTER
THE court decision on the proposed Heathrow airport expansion should now be the end of the matter.

Heathrow is an expanded Thirties airfield, hemmed in on all sides and lacks whole-site integration.

Our future prosperity needs high-speed, modern transport connections. Until something better comes along, that means air travel. So it is the perfect time to look again at a purpose-built airport on land reclaimed from the sea, away from housing and connected to London by high-speed links.

Far from being a lunatic idea, it is the solution already adopted by many other progressive and prosperous countries.

IAN McNICHOLAS
Ebbw Vale, Blaenau Gwent

NOT coming from the South East, I have never understood this obsession with a third runway at Heathrow.

Not everyone who visits the UK wants to go to London and the South East. Boris talks of closing the North-South divide.

Surely any new runways should be built in the Midlands or northern England.

JOHN THARME
Bristol
THE court ruling against Heathrow expansion is a blow to UK plc.

Strategic infrastructure is critical to our post-Brexit competitiveness. These must include HS2, a fixed link

to Belfast and the expansion of Heathrow.

JOHN BARSTOW
Pulborough, West Sussex
THE High Court ruled against Heathrow's expansion because the Government "unlawfully" failed to consider the Paris Agreement.

But several other European Union member states that signed up plan their own airport developments. Among them are Charles de Gaulle Airport in France and Spain's Madrid-Barajas. Why do climate-change campaigners only seem to target UK infrastructure?

JIM SOKOL
Minehead, Somerset

WHY must taxpayers foot the bill for Harry and Meghan's security when they have chosen not to be part of the Royal Family and aren't living in this country?

MARILYN DYER
Eastbourne

CANADA says it will not provide security for Harry and Meghan, who now expect the British taxpayer to cover the cost while they drift around making a fortune. The cheek is mind-blowing. This money could be spent on our health service.

TREVOR SPACKMAN
Morden, South London

THE answer to Harry and Meghan wanting protection is let the Royal Family pay. Sorted. Canada has said they will finish in the next few weeks. Well done to them.

KEITH SMITH
Tamworth, Staffs



BILL... royal pair

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YESTERDAY'S SOLUTIONS

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

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

Word Square
ACROSS: 1 Mabel, 2 Image, 3 Lucre, 4 Asked, 5 Nests. DOWN: 1 Milan, 2 Amuse, 3 Backs, 4 Egret, 5 Leeds.

Word Ladder
One way is: Flap, Slap, Soap, Soak, Sock, Jock, Jack.

Just So
1. Crossed eyes
2. Bookends

SUN Keijo®1
2 3 1 4
1 2 4 3
4 1 3 2
3 4 2 1

Sumthing
3x9=27,
6+8=14,
9+1=10

Tetrominoes
B N G S
S U M A
Y E I S
P N S N

Futoshiki
5 3 1 4 2
4 1 5 2 3
2 4 3 1 5
3 2 4 5 1
1 5 2 3 4

Numbercrunch
Easy 53;
Medium 97;
Harder 306.

Sunmoji
Rosie and Jim,
John Barrowman,
Pecan

Quizword
ACROSS: 1 Basis, 4 Bristol, 7 Japes, 10 Chataway, 11 Candyfloss, 13 Cantonese, 14 Fanfares, 16 Excuse, 18 Psalms, 20 Ruler, 21 Employ, 23 Rhododendron, 26 Billie Eilish, 28 Heckle, 30 Dowse, 31 Sacrum, 33 Jenner, 37 Imitator, 39 Spartacus, 42 Hawfinches, 43 Patriots, 44 Egret, 45 Shepard, 46 Lures. DOWN: 1 Bicycle, 2 Spawn, 3 Shadows, 4 Braces, 5 Tearful, 6 Lydon, 7 Jaffa orange, 8 Propeller, 9 So-so, 12 Herschel, 15 Bronze, 17 Cop, 19 Side, 21 Embody, 22 Oliver Twist, 24 Disguise, 25 Fens, 27 Lawnmower, 29 Kin, 32 Cortege, 34 Estoril, 35 Resists, 36 Hazard, 38 Tickles, 40 Choir, 41 Shoe.

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

Number Fit
7 8 7 2 0 4 1 5 1 4 2 9
6 4 5 2 4 3
4 0 5 0 4 5 6 2 1 2 5 0
8 9 7 7 6 8
7 8 6 4 1 2 4 0 4 5 4 0
9 8 6 3
2 4 5 0 8 4 4 5 7 2 6 9
7 2 7 5 7 1 2 4 5 6 5 2
3 0 1 1 1 9
4 5 7 4 6 7 9 8 1 5 4 1
1 0 9 7 6 9 5
4 6 1 2 3 5 2 4 5 6 2 0

Follow On
Tuba, aioli, intern, ninja, absorb, ball, lava

ALBANIA

Mini Fit
ODE, PLOT

Celebrity Word Match
Summer, spiral, dance, tunnel, piano, steady, ladder, green, prince, liver, speech, garden

MINNIE DRIVER

Mini Code
1 R; 2 I; 3 S; 4 E; 5 A; 6 T; 7 F; 8 P.

Summit Up 110, 85, 93

Clue Square
Chess, cities, cries, rinse, scent, stern, chests, crests, ethics, nicest, resist, stretch, insects, inserts, shrines, cisterns, richness, CHRISTENS

Adderword
1 Sap 2 Taps 3 Paste
4 Palest 5 Stapler
6 Plasters 7 Repasts
8 Spears 9 Spare 10 Reap
11 Par

Minidoku
4 2 3 1 4 3 2 1
3 1 2 4 2 1 4 3
2 4 1 3 3 4 1 2
1 3 4 2 1 2 3 4

Pathfinder
A Y N D T E A G
O N P R R U B N
C R E N S T O G
L G L U E S T R A
F N L M E G E G
V E A T O U A T N
B A R T H U R T

Pub Quiz
1 Jason Momoa, 2 Italian, 3 Paul Eddington, 4 Lord's, 5 Florida, 6 Pascal, 7 Jules Verne, 8 Judy Garland, 9 b) A sailing ship, 10 Marylebone Road, 11 Beales, 12 Unicorn

Two-speed Crossword
ACROSS: 1 Balsa 4 R-a(r)mada-N 8 Re-put-ed 9 So-r-um 10 Duration 12 Shed 14 Ma-lad-y 15 S-cor-ch 18 F-ace 19 Adjacent 21 Brain 22 I-m-pulse 24 Ex-tre-m-e 25 Dig-it. DOWN: 1 Boredom 2 Lip 3 Altitude 4 Red-hot 5 Mist (missed) 6 Dark-horse 7 No-mad 11 Relu-ct-ant 13 Scrapped 16 Hot seat 17 Advise 18 Fab-le 20 On-c-e 23 Log.

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

SUN Keijo®2
3 1 4 2
4 3 2 1
1 2 3 4
2 4 1 3

Events
1423
8957
3219
2638

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ARIES March 21 - April 20

With Mars and Venus both strongly placed in your chart, a relationship run mostly to suit one partner can be revised into one that benefits both equally, upgrading passion. If you are single, new love has your favourite name. A job that involves talking to an audience is a daring choice - but you could ace it.

TAURUS April 21 - May 21

You deal with your finances in cool, determined ways, being fair with money and generous with your time. Later on, as the moon squares up to the sun, you could fall in love faster and deeper than you thought possible. A new job offer for a friend inspires you to revive an ambition. See how far it could take you!

GEMINI May 22 - June 21

The moon checks into your sign, adding warmth and a dash of glamour to all you do. At home, the way you style a room works brilliantly this time. If you are single, lucky Jupiter in your passion zone helps you spot sincere and sexy love candidates. The smooth operators simply won't impress you.

CANCER June 22 - July 22

As Mercury continues to twist and turn in your truth chart, you see a partner, or potential partner, as they truly are - less perfect, perhaps, but more lovable. A plan for a family reunion goes from local to global. At work, a newcomer who speaks four languages inspires you to be more ambitious.

LEO July 23 - August 23

A reconciliation moon gives you the generosity of spirit to forgive a friend, plus the wisdom to see why the mistake was made. Work-wise, your calm problem-solving takes you three key steps closer to a new job that will make proud of what you do. Romance gets you smiling but real love is a sexy challenge.

VIRGO August 24 - September 22

New people and unusual projects may delay your progress, yet you are smart enough to see your chance to shine. Make sure you take it. In fitness terms, you are ready for a sideways step to push a personal plan forward. Passion grows stronger when it is tested, so don't simply look for the easy way out.

LIBRA September 23 - October 23

You may assume your ideas are too big or too bold for others but Mercury encourages you to share them. Just make sure you leave enough room for feedback. Setting limits on how far you will go to win a love contest is the best way to safeguard your heart and play fair. That intriguing name in a book is lucky.

SCORPIO October 24 - November 22

Your family zone is becoming more flexible and that is so positive for you. It is worth asking people close to you to look again to ensure a cash deal is as good as it can be. Emotional rewards for the love you put into a partnership start to come through. Single? Your new love could be a frontline medic.

SAGITTARIUS November 23 - December 21

Resist overthinking and overexplaining as talk planet Mercury is still drifting in reverse. Just let your sincerity and genuine interest show. If you are single, sparks fly when that sexy voice from the past gets in touch. The mutual attraction is still there. If you are attached, plan spontaneous outdoor time together.

CAPRICORN December 22 - January 20

Just when you think you worked out what you want and why, Mercury stirs everything up and kicks off an exciting phase of friendship and love. New faces are part of it but also fresh ways of handling people in your life. You can return to a simpler, less demanding cash time if you speak in a clear, calm way.

AQUARIUS January 21 - February 18

Big personal decisions are up for grabs again. This time you can put yourself first instead of feeling overstretched by demands. Some quiet me-time is what you need to be confident and fighting fit. Love is ready to commit. You can decide exactly how, what and where. Single? Look for eyes filled with laughter.

PISCES February 19 - March 20

If you need to distance yourself from certain words or actions, this is the time. You can say difficult things but know when to stop, showing how far you have come. If you are in love, Venus' final two days in your values zone bring dazzling promises. Single? Someone who works in fashion has a lot to offer.

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puzzles

BRAINBUSTER

Team up three pairs of words to create three new words or phrases, then rearrange the letters of the remaining two words to spell out a plant.

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Who's the singer?



We've got all your favourite brain teasers

PAGE 2 **EVENS SOLUTION:** Line 1 **1324** Line 2 **5231** Line 3 **7412** Line 4 **9687**

TWO-SPEED CROSSWORD

Two sets of clues but the answers are the same

Cryptic clues

ACROSS

- 1 Rough Russian outside old hotel (7)
- 5 Feature expert in business paper (5)
- 8 Turner in hall at Henley (5)
- 9 Driller dies — TNT unstable (7)
- 10 Plates so arranged for Last Supper men (8)
- 11 At some point held in immigration centre (4)
- 13 Note on tax returned in pub (6)
- 15 Queen in rage when drunk (6)
- 18 Some complicit youth in large town (4)
- 19 Twin at university to share room (6,2)
- 22 Purist crashed round bend in cycle race (7)
- 23 Moore for one is okay (5)
- 24 Goat for Mary Poppins? (5)
- 25 Opening right inside tonsil repaired (7)

DOWN

- 1 Be left secure in Ulster city (7)
- 2 In goalless game, United better (5)
- 3 Tom cries out in severe weather phenomenon (3,5)
- 4 Concealed single theologian in feathery layer? (6)
- 5 Dry ground (4)
- 6 Song about one island wine (7)
- 7 Taken from Poirot, it lends book name (5)
- 12 D-d-dog watching nether regions? (8)
- 14 Even rat cooked for old soldier (7)
- 16 Clothes appear torn on student (7)
- 17 Run as horse given start on town (6)
- 18 Chicken in vessel crossing river (5)
- 20 Keen listener gathers tips on grapevine (5)
- 21 Young man called out for lift (4)

Check today's answers before midnight by calling 0906 757 7142 for Across and 0906 757 7143 for Down. Calls cost 80p per minute plus your telephone company's network access charge.

Purchase the latest Sun Puzzle Books, including crosswords, wordsearches & sudoku, for as little as £4.99 from the HarperCollins website harpercollins.co.uk or phone 0844 576 8120

Coffee time

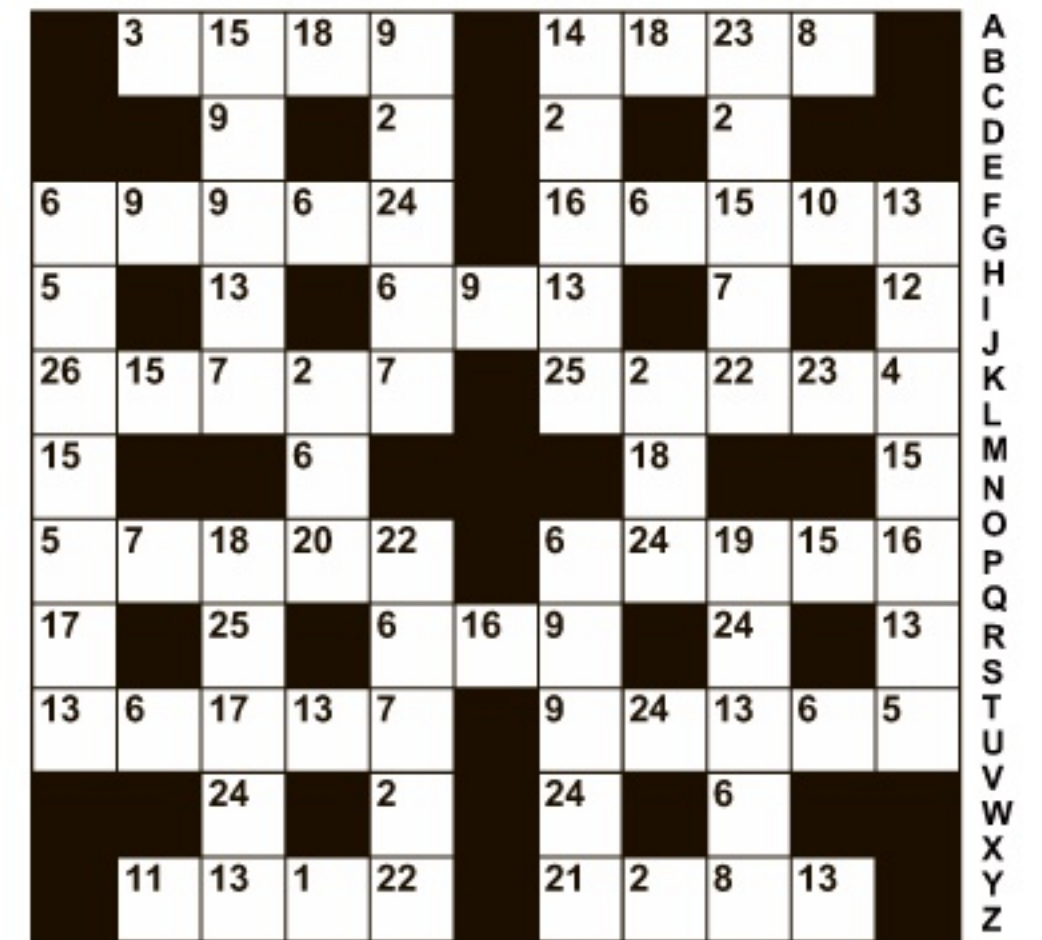
ACROSS

- 1 Ill-mannered (7)
- 5 Cut gemstone surface (5)
- 8 Wood-shaping device (5)
- 9 Tooth doctor (7)
- 10 Christian messengers (8)
- 11 In the past (4)
- 13 Alehouse (6)
- 15 Her Majesty's Latin title (6)
- 18 Metropolis (4)
- 19 Crumple with pain (6,2)
- 22 Hobby or interest (7)
- 23 Male name (5)
- 24 Child minder (5)
- 25 Nasal aperture (7)

DOWN

- 1 Northern Irish capital (7)
- 2 Surpass (5)
- 3 Frozen rain event (3,5)
- 4 Secret (6)
- 5 Financial penalty (4)
- 6 Italian red (7)
- 7 Championship (5)
- 12 Three-headed canine of myth (8)
- 14 Experienced (7)
- 16 Garments (7)
- 17 Lancashire location (6)
- 18 Poultry type (5)
- 20 Zealous (5)
- 21 Floating marker (4)

WORD WORKOUT



THIS is the world's best brainteaser. Each grid number in our Word Workout game represents a letter. So if you think 5 is the letter A, write A in all the squares with a 5. All the alphabet is used and we have supplied some letters to start you off. We will print the answers tomorrow.

YESTERDAY — ACROSS: Saluki, Rout, Keel, Dimwit, Substandard, Picnic, Flog, Deer, Ersatz. DOWN: Have, Qualms, Birdwatcher, Gram, Junior, Unisex, Defuse, Nary, Oath.

For 4 Extra Clues Call 0901 322 5002 or text SUNWORD to 84901.

Calls cost 75p plus your telephone company's network access charge. Texts cost £1 plus your standard network rate.

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TODAY'S TEASER

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

TODAY'S TOUGHIE

CALL 0906 757 7113 FOR CLUES OR SOLUTION (80PPM)

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

Calls for extra clues and answers last no longer than two minutes (Sundial answers may vary).
Helpline: 0333 202 3390 (9am-5.30pm).
Service provider: Spoke, W1B 2AG

WORDSEARCH

Find seven things made of glass in the grid. Words can run forwards, backwards or diagonally. Solution below.



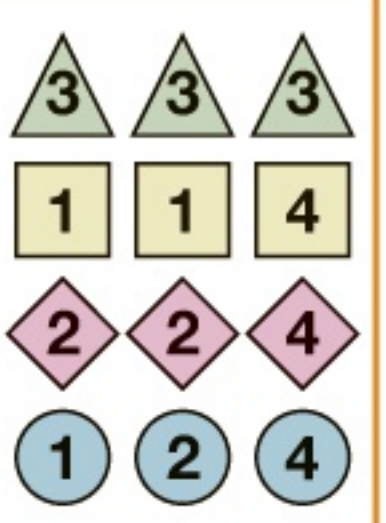
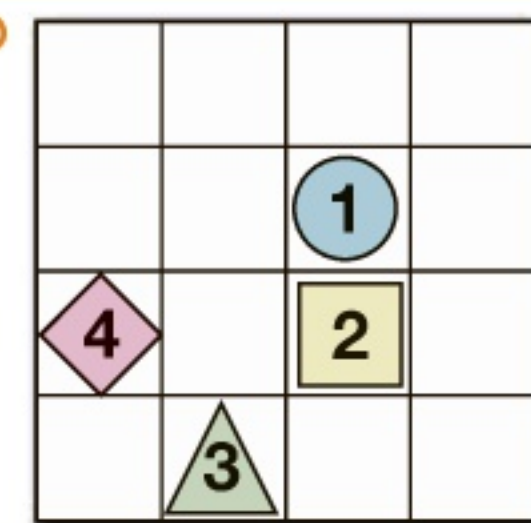
NEWSPAPERS SUPPORT RECYCLING

The recycled paper content of UK newspapers in 2018 was 69.2%

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

KEIJO®

Place the tiles into the grid so that four different numbers and four different shapes appear in each row and column of the grid. Solution below.



THE NAME GAME

EACH clue leads to a well-known name. Put the initials or stated letters in the appropriate squares to identify a darts player:

1	2	3	4	5	6	7	8	9	10	11	12	13	14
1 & 10	Scottish international rugby union player who joined French club Racing 92 in 2018												
2 & 8	Actress best known for playing staff nurse Robyn Miller in Casualty												
3 & 4	British-Canadian star who appeared as Samantha Jones in Sex And The City and its spin-off films (last two letters of surname)												
6 & 13	Australian singer and songwriter who fronted post-punk band The Birthday Party												
5 & 12	Radio presenter who co-hosts a Radio 1 show with Charlie Hedges and Melvin Odoom (fifth and sixth letters of surname)												
7 & 14	American tennis player; women's singles champion at the 2020 Australian Open												
9 & 11	American star of the films Them That Follow and Booksmart (last two letters of surname)												

● Yesterday: Filmmaker DAVID LYNCH (Dave Vitty, (Kevin) Kilbane, (Jennifer) Kirby, Danny Lloyd, Christine Hamilton). Another Name Game in The Sun tomorrow.

■ If you can't wait until tomorrow for the answers, just call 0901 322 5001. Calls cost 75p plus your telephone company's network access charge.

30-SEC NUMBERCRUNCH

HERE is our fantastic puzzle, the 30-second NumberCrunch. There's no better way to keep your brain trained than playing our great teasers. So if you want to stay ahead of the game, you will love this challenge. Starting at the left with the number provided, work your way across the three lines one at a time, applying all the mathematical instructions to your running total. Don't reach for your calculator — that would be cheating! Write your final answer in the last box of the line. You should be aiming to complete each round in about 30 seconds. Good luck!

BEGINNER										ANSWER
12	x5	-12	÷3	+40	÷7	+68	÷2	-24	x4	
INTERMEDIATE										ANSWER
95	-17	2/3 of this	-18	÷2	+9	x4	-71	+1/3 of this	+41	
ADVANCED										ANSWER
61	x6	-177	÷7	-18	Squared	+108	x2	-246	+2/3 of this	

SUNDIAL



SEE how many words of four or more letters you can "dial" using the one at the centre in each word. You can make at least one word using all of them. Don't use the letters more than once in any word. No proper names or plurals.

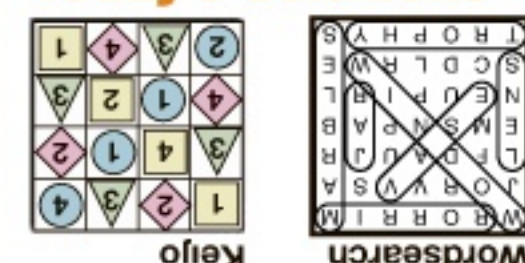
Words from Collins Concise Dictionary.
BRILLIANT: 56. EXCELLENT: 48. GOOD: 39. GREAT SCORE FOR KIDS: 31.

YESTERDAY: Code, codes, cods, coif, coifs, coin, coined, coins, cone, coned, cones, confide, cons, cosied, cosine, dice, dices, disc, disco, fisc, iced, ices, icon, nice, once, oscine, scion, scone, second, since, sonic.
Eight-letter word: Confides.

Check today's answers by calling 0906 757 7145 before midnight. Calls cost 80p per minute plus your telephone company's network access charge.

Yesterday's solutions are on today's Letters page

Today's Solutions



Numbercrunch: 56, 58, 220
Brainbuster: ANTELOPE, CUPBOARD, SNOW ANGEL, REAL and VEND make LAVENDER
Sunmoji: Neil Tennant

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- The Funeral Protection Promis is a life insurance policy, it is not a Funeral Plan

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¹Average costs, YouGov Cost of Funeral Survey 2019. ²Valid claims paid within 2 business days of us receiving correctly completed claims documentation. ³Terms and conditions apply, visit www.promislife.co.uk/terms-conditions for details. **Eligible customers will receive a Gift Card if they pay their first 6 premiums when due.** A Gift card will be dispatched up to 8 weeks from the day we receive the sixth premium. Excludes customers referred by 3rd parties. Premiums depend on age and cover. Prices valid on 1st January 2020. ⁴Weekly equivalent of £3,025 cover (or Cover Amount shown) for a 55 year old with Increasing Premiums and a 12 month Accidental Death Period, paying monthly. Premiums depend on age and cover. ⁵The 11% multi policy discount is only valid until 30th April 2020. Gift card offer and multi policy discount can be withdrawn at any time. Funeral Protection Promis is promoted by Global Life Distribution (UK) Limited trading as Promis Life, authorised and regulated by the Financial Conduct Authority number 629767. Global Life Distribution (UK) Ltd, registered in England and Wales company registration number 08933807. Registered office: The St Botolph Building, 138 Houndsditch, London EC3A 7AR. The product is administered and underwritten by iptiQ Life S.A. UK Branch registered in England and Wales. Registration No: BR017015. Registered Office: 30 St Mary Axe, London EC3A 8EP. iptiQ Life S.A. is a public limited company (société anonyme) incorporated and registered in Luxembourg. Authorised by Le Commissariat aux Assurances. Registered Office: 2a, rue Albert Borschette, L-1246 Luxembourg. R.C.S. Luxembourg B 184281

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PA20MR6

CHELTENHAM COUNTDOWN: EIGHT DAYS TO GO

EVAN'S ABOVE

Williams eyes £100,000 bonus

WELSH wizard Evan Williams reckons he has got just the Man to win a £100,000 bonus at the Festival.

The Cardiff-based trainer has plotted up Mack The Man for an audacious quickfire double at Sandown and Cheltenham.

First the six-year-old has to win Saturday's Imperial Cup.

If he does that he will be in line to bank the Paddy Power bonus, by going on to win the Festival's County Hurdle.

In all, the bonus has been won three times – each time by the Pipe family.

Martin won it twice – in 1993 with Olympian,

By TOM PEPPER

who went on to win the Coral Cup, and again with Blowing Wind who followed up in the County Hurdle in 1998.

Son David then took over the licence and the mare Gaspara landed the booty in 2007 by winning the Fred Winter.

Mack The Man is a red-hot 5-1 favourite to win the Imperial Cup and Williams, who had a link to Olympian, is praying his star can grab the gold.

Williams said: "To be brutally honest with you I am desperate to win the bonus.

"I had quite a lot to do with Olympian, and I've always found the bonus an interesting angle with the horse.

"It's great for the public's imagination going into Cheltenham – and while I'm not saying I'm going to do it, I'd love to

have a crack. Mack The Man would have to win at Sandown to get into the County Hurdle, and the bonus just makes it more attractive.

"The fact it hasn't been done for so long means I'd love to do it even more.

"Jimmy Neville sent Olympian down to the Pipes, having opened a yard in Newport and turned it into a racing yard. I did pre-training and had a lot to do with Jimmy.

"Thinking back, Olympian is one of those great stories.

"I've always wanted to have a horse to try and do the double."

Mack The Man was right in the mix when brought down in the Betfair Hurdle last time.

Williams added: "He's come out of Newbury grand. He's had a couple of schooling sessions and he has gone well. He's in A1 condition."



MACK ATTACK
... Evan Williams (left) is at the double with Mack The Man

PUMPED FOR CHELTENHAM

TRAINER Matthew Smith is hoping stable star Ronald Pump packs a punch in the Stayers' Hurdle.

The Irish ace holds entries in the Pertemps and the Stayers' Hurdle at the Cheltenham Festival – but after being rated 6lb higher by the British handicapper than he is in Ireland,

he is now all set to take on hot favourite Paisley Park at Prestbury Park.

Smith said: "I'd say we'll go for the Stayers' Hurdle. I've had a chat with the lads, and they are happy to give it a go.

"The British handicapper gave him a mark of 156, which makes him top-weight in the Pertemps. He'd have to give 16lb to the favourite, Phoenix Way.

"Paisley Park will be hard to beat in the Stayers, but I'd say the Pertemps would be just as tough for Ronald Pump (right) – carrying all that weight.

"When you look through the

Stayers' Hurdle field, Summerville Boy is the second favourite, and we're actually rated the same as him."

Smith is perhaps best known for training winning machine One Cool Poet to land three Flat races in the same week at the Galway Festival.

And the shrewd handler added: "Just to have a horse good enough to take to the Cheltenham Festival is great.

"We've nothing to lose and we just want to get him there in good health and we'll see what happens."



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2.00 LIVE STREAMS ON RACINGTV EXTRA MAIDEN HURDLE (Class 5); winner £3,508; 3m. (3 runners)

1 53-3233 ACCORDINGTOGINO 62 (BF) D Skelton 7-11-3..... Harry Skelton 099
2 /627-84 BLUEFORTYTWO 43 J Ewart 7-11-3..... Brian Hughes 90
3 1/15 LE CHEVAL NOIR 86 R Dobbin 6-11-3..... Craig Nichol 71

BETTING: 4-6 Accordingtogo, 9-4 Bluefortytwo, 11-2 Le Cheval Noir

WHERE FAVOURITES FINISHED AND 2019: No corresponding meeting.

2.35 TICKETS AT WETHERBYRACING.CO.UK NOVICES' HANDICAP CHASE (4); £4,809; 1m 7f. (8 runners)

1 5-44P92 THE CRAZED MOON 27 (P*) T M Scudamore 8-11-12..... Brendan Powell 099
2 44/3P-4 RELKADAM 28 T Easterby 6-11-12..... Mr William Easterby 57
3 50008 STEEL YARD 11 O Greenall 5-11-7..... Henry Brooke 73
4 F/5-876 SNOUGAR 36 D McCain 7-11-4..... Brian Hughes 98
5 64-5476 GOING MOBILE 78 (T*) S England 5-10-13..... Jonathan England 84
6 99666-P TAKEMEBACK 295 (H*) T Symonds 8-10-9..... Benjamin Poste 78
7 /76-444 CARLINGFORD PRINCE 34 T Reed 11-10-2..... Harry Reed (3) 96
8 336-248 ANGEL'S ENVY 182 L Morgan 8-10-0..... Ross Chapman 93

BETTING: 5-2 The Crazy Moon, 4 Snougar, 5 Relkadam, 6 Takeback, 8 Going Mobile, 10 Angel's Envy, Steel Yard, 12 Carlingford Prince

Sun Racing FORM

THE CRAZED MOON (11-12) 7-1 led, headed 2 out, no extra, b7n 71 by Lady Master (11-5) (9 ran) (Market Rasen 2m 3f (4) £4,614 soft).

RELKADAM (10-9) 16-1 weakened, last of 4 to Dorking Cook (11-6) (Carlisle 2m hcap ch (4) £6,498 soft).

STEEL YARD (11-2) 150-1 lost place after 4 out, 8th of 10 (b7n 231) to Fugitives Drift (11-2) (Huntingdon 2m nov hdl (4) £4,224 heavy).

SNOUGAR (11-12) 13-2 ridden after 2 out, weakened last, 6th of 12 (b7n 131) to Roxyflet (10-5) (Sedgefield 2m 1f hcap hdl (5) £2,794 soft).

GOING MOBILE (10-12) 66-1 held up, weakened after 3 out, 6th of 8 (well b7n) to Shan Blue (10-12) (Southwell 2m mdn hdl (5) £2,794 heavy).

TAKEMEBACK p/up latest, (9-12) 12-1 soon led, headed last and weakened, 6th of 11 (b7n 151) to Stoughton Cross (10-13) (Kilbeggan 2 1/2m hcap ch £7,858 soft).

CARLINGFORD PRINCE (10-8) 14-1 led 1st, headed 4th, lost a few places 5th, weakened, 4th of 9 (151) to What's The Scoop (11-12) (Newcastle 2m hcap ch (4) £4,289 soft).

ANGEL'S ENVY (10-9) 7-2 chased leaders, lost place 3rd, slow 5th, well beaten after 3 out, 8th of 9 (well b7n) to Court Baloo (10-4) (Hexham 2m 7f hcap hdl (5) £4,159 good).

3.10 RACING TV IN STUNNING HD NOVICES' HURDLE (4); value to the winner £4,159; 2m. (5 runners)

1 80-2716 THOR DE CERISY 77 (D) M Scudamore 6-11-8..... Brendan Powell 94
2 2 DIODORUS 14 T Davidson 6-11-1..... Harry Reed (3) 97
3 2-1550 MCGARRY 25 P Kirby 6-11-1..... Thomas Dowson 90
4 51-2623 YOUNG LIEUTENANT 35 W Greatrex 6-11-1..... Richard Johnson 099
5 6F ELLA NUTRARGILE 191 (H*) S G West 6-10-8..... John Kingston -

BETTING: 11-8 Young Lieutenant, 9-4 Thor De Cerisy, 7-2 Diodorus, 7 MCGarry, 33 Ella Nutrargile

3.40 RACING TV PROFITS RETURNED TO RACING HCAP CHASE (4); winner £4,809; 2m 3f. (7 runners)

1 52-552U MORTENS LEAM 67 M Hawker 8-11-12..... Philip Donovan (7) 96
2 24U71P WELL SMITTEN 25 (P,D) S England 8-11-9..... Jonathan England 099
3 4-57231 CASUAL CAVALIER 31 (P,D) T Davidson 12-11-7..... Harry Reed (3) 97
4 2562/45 UN GUET APENS 60 (B) J Ewart 12-11-7..... Brian Hughes 90
5 746-P88 ENVOI DE LA COUR 27 M Scudamore 6-11-10..... Brendan Powell 98
6 /P61332 MAXED OUT KING 42 (D) Sue Smith 12-10-13..... Danny Cook 96
7 PF34332 FRANKIE BALLOU 11 (T,V*) J Foster 11-10-0..... Sean Quinlan 93

BETTING: 5-2 Casual Cavalier, 3 Maxed Out King, 5 Well Smitten, 6 Mortens Leam, 7 Un Guet Apens, 8 Frankie Ballou, 16 Envoi De La Cour

Sun Racing FORM

MORTENS LEAM u/rider latest, (11-7) 2-1 fav waited with, going well 3 out, produced to lead last, headed and no extra finish, b7n 11 by Hugo's Reflection (11-7) (7 ran) (Fontwell 2 1/2m hcap ch (4) £4,289 soft).

WELL SMITTEN p/up latest, (11-0) 4-1 lost place and behind 7th, rallied before 2 out, stayed on to lead final 110 yards, soon clear, bt Fiddlers Bow (11-10) 3/4 (6 ran) (Doncaster 2m 3f hcap ch (4) £4,289 soft).

CASUAL CAVALIER (11-11) 5-1 led 4 out, held on near finish, bt Jolie Crickette (10-2) 7/4 (9 ran) (Catterick 2m 3f hcap ch (4) £4,809 soft).

CASUAL CAVALIER (10-11) 4-1 kept on same pace, b7n 91 by Ard Chros

(11-5) **UN GUET APENS** (11-8) 9-2 tailed off 4 out, last (b7n 321) (Ayr 2m hcap ch (4) £4,289 soft).

ENVOI DE LA COUR (11-0) 10-1 led, headed 3 out, lost place 2 out, 8th of 9 (b7n 191) to Ballyhome (11-10) (Market Rasen 2m 5f cond hcap hdl (4) £6,498 good to soft).

MAXED OUT KING (11-2) 3-1 raced wide, rallied into 2nd between last 2, no chance with winner, b7n 91 by Dunly (10-10) (5 ran) (Newcastle 2m hcap ch (4) £4,289 soft).

FRANKIE BALLOU (10-10) 7-1 in touch, left in lead 2 out, headed last, kept on same pace, b7n 37/4 by Roxyflet (11-0) (11 ran) (Sedgefield 2m hcap ch (5) £2,989 heavy).

JOCKEY FORM

TOTAL WINS	WINS TO RIDES	RIDES	1 LEVEL	STAKE
133	B Hughes	3-23	2	-86
115	R Johnson	4-7	2	-153
93	S Twiston-Davies	3-23	7	-103
92	H Skelton	3-17	1	-134
80	H Cobden	7-22	1	-34

TRAINER FORM

TOTAL WINS	WINS TO RUNNERS	STAKE	1 LEVEL	STAKE
114	N Henderson	4-12	28	0
113	D Skelton	3-22	17	-35
92	P Nicholls	13-37	22	-19
72	P Hobbs	2-9	19	-23
66	N Twiston-Davies	0-9	17	-6

GOING: HEAVY (INSPECTION 8AM)

TEMPLEGATE

2.00Accordingtogo
2.35The Crazy Moon
3.10Young Lieutenant
3.40Maxed Out King
4.15McGowan's Pass
4.45Spirit Of Hale

TOM PEPPER

2.00Accordingtogo
2.35The Crazy Moon
3.10Diodorus
3.40Casual Cavalier
4.15Main Fact (nb)
4.45Ector

TEMPLEGATE'S TRIO: Unforgiving Minute and Van Dijk (double, both Wolverhampton) with Young Lieutenant (Wetherby). **TOM PEPPER'S DOUBLE:** Sky Defender (Wolverhampton) and Main Fact (Wetherby). **SUNRATINGS' NAP:** THE CRAZED MOON (2.35 Wetherby). **SIRIUS, Sun On Sunday, nap: UNFORGIVING MINUTE (6.45 Wolverhampton).**

■TIC-TAC: Left-handed, undulating track of 1m 4f with 9 stiff fences to a circuit and a run-in of 200yds. ■LEADING TRAINERS (2015-2020): D Skelton 41-144, P Kirby 29-178, M Hammond 22-293, Mrs S Smith 16-179. THIS SEASON: D Skelton 6, P Kirby 4, R Jefferson 4. ■TOP JOCKEYS (2015-2020): H Skelton 35-116, B Hughes 34-240, D Cook 21-191, R Johnson 18-78. THIS SEASON: B Hughes 6, H Skelton 4, J Hamilton 3. ■LONGEST TRAVELLER: Main Fact (4.15) & Westerner Ocean (4.45). Round trip of 526 miles. ■FIRST RUN SINCE WIND OP: Going Mobile (2.35), Snougar (2.35), Takeback (2.35), Thor De Cerisy (3.10). ■LIVE ON RACING TV

4.15 JOIN RACING TV NOW HANDICAP HURDLE (3); value to the winner £6,758; 2m. (9 runners)

1 11-55P3 KHAGE 30 (D) H Whittington 7-11-12..... Gavin Sheehan 98
2 3/16-61 SECRET STREAM 30 (CD) R Jefferson 11-11-11..... Jamie Hamilton 98
3 20-FPUU ZIZANEUR 44 P Hobbs 5-11-5..... Mr David Maxwell (3) 92
4 513-20 FLEGMATIK 23 (CD) D Skelton 5-11-5..... Harry Skelton 96
5 /U48-12 MCGOWAN'S PASS 35 (D) A M Thomson 9-11-2..... Ryan Mania 099
6 1/64-6 KEYBOARD GANGSTER 121 (T,D) D Williams 9-11-1..... Callum Williams (3) 85
7 43-3113 BARACALU 12 (P,D) C Pogson 9-11-1..... Charlie Todd (5) 98
8 65-4131 GENNADY 58 (D) S England 6-11-0..... Jonathan England 97
9 14/3111 MAIN FACT 32 (C,D) D Pipe 7-11-0..... Mr Fergus Gillard (7) 98

BETTING: 15-8 Main Fact, 5 Gennady, 6 Secret Stream, 7 Khage, 8 Zizaneur, 10 Flegmatik, Baracalu, 16 McGowan's Pass, 20 Keyboard Gangster

Sun Racing FORM

SECRET STREAM (11-7) 18-1 handy, lost place 5th, headway 8th, led flat, held on, bt Weather Front (11-1) sh hd KHAGE (11-12) 8-1 no extra finish, 3rd (b7n 27/1) (12 ran) (Wetherby 2 1/2m hcap hdl (3) £6,238 soft).

ZIZANEUR u/rider latest, (10-11) 50-1 prominent, mistake 4th, weakened, 16th of 21 (b7n 261) to Band of Outlaws (11-8) (Cheltenham 2m hcap hdl Grd 3 (1) £45,016 soft).

FLEGMATIK (10-3) 33-1 outpaced 4 out, hampered last, 13th of 24 (121) to Pic D'Orhy (11-5) (Newbury 2m hcap hdl Grd 3 (1) £87,218 good).

MCGOWAN'S PASS (10-2) 9-2 led 5th, headed last, one pace, b7n 6/1 by

The Con Man (10-5) (6 ran) (Kelso 2m 5f hcap hdl (2) £12,512 soft).

KEYBOARD GANGSTER (10-8) 8-1 soon weakened, tailed off, 6th of 7 (b7n 441) to Elvis Mail (11-2) (Ayr 2m hcap hdl (2) £19,494 soft).

BARACALU (11-8) 12-1 led turning in, headed last, no extra, 3rd of 10 (41) to Bean in Trouble (11-11) (Ludlow 2m hcap hdl (3) £6,238 soft).

GENNADY (11-12) led 2 out, bt Crackdeloust (11-0) 1/4 (10 ran) (Newcastle 2m hcap hdl (4) £3,769 soft).

MAIN FACT (11-7) 5-4 fav led after 2 out, soon clear, comfortably, bt Mick Manhattan (12-0) 101 (12 ran) (Ffos Las 2m hcap hdl (4) £3,769 soft).

4.45 BET AT RACINGTV.COM HANDICAP CHASE (5); value to the winner £3,509; 3m. (11 runners)

1 /75-584 ALBERTO'S DREAM 24 (D) K Price 11-12-1..... Benjamin Poste 099
2 1-7P57P NEWBERRY NEW 39 (P,C) W Bethell 8-11-12..... Danny Cook 92
3 143/3P4 SMUGGLER'S STASH 60 (V,D) R Dobbin 10-11-6..... Craig Nichol 95
4 8P12-55 PURPLE HARRY 51 (P,T) T Jackson 12-11-5..... Ross Chapman 85
5 P-45481 SPIRIT OF HALE 11 (T,V,D) J Candlish 9-11-2..... Sean Quinlan 98
6 453413P SIGURD 23 (T,V*) CD J Foster 8-11-0..... Jamie Hamilton 98
7 0/P185P TRIMMERS LANE 28 M Hammond 10-10-11..... Alain Cawley 98
8 442-P65 THE DAWN MAN 73 M Scudamore 9-10-10..... Brendan Powell 91
9 7663544 ROLLERBALL ROCCO 23 (B,D) C Pogson 8-10-6..... Charlie Hamilton (3) 97
10 PF8263 ECTOR 23 (P) W Greatrex 6-10-4..... Gavin Sheehan 98
11 8-0545P WESTERNER OCEAN 41 (P) A Dunn 8-10-0..... Adam Wedge 96

BETTING: 11-8 Spirit Of Hale, 6 Ector, J Alberto's Dream, 8 Smuggler's Stash, 12 Sigurd, Rollerball Rocco, 14 Newberry New, Westerner Ocean

TEMPLEGATE'S TOP TIPS

★ **UNFORGIVING MINUTE** (6.45 Wolverhampton, nap) can punish his rivals. He's hard to beat in this class and stormed away for his fifth claimer win in six attempts at Lingfield last time. Adam Kirby gets on well with the veteran and can land another victory.

★ **VAN DIJK** (7.45 Wolverhampton, nb) didn't get the breaks here last time. He was bumped when making his challenge and had to settle for second. This race looks no tougher.

★ **YOUNG LIEUTENANT** (3.10 Wetherby, treble) can give Richard Johnson another winner and will appreciate this testing ground.

RACING RESULTS ROUND-UP

■TOP tipster Templegate landed a 14-1 Sedgefield double with nap ROXYFET (9-4) and next best FLOWERY (7-2) doing the business.

HUNTINGDON

2.20: 1 PETRASTAR K Woods (9-1); 2 Imperial Icon (7-2); 3 De Barley Basket (16-1). 5 ran (Fearless 1-3 fav). 14; 111. D Jeffreys. T: £8.20; £3. £1.30. Ex: £35.20. T: £118.40. CF: £40.18. NR: Isolate, Jenny Ren, Shareef Star.

2.50: 1 LITTLE RED LION F Gillard (5-1); 2 Little Boy Boru (16-1); 3 Another Frontier (20-1); 4 Out The Glen (4-1). 17 ran. shd: 8/1; nk. D Pipe. T: £5.90. Ex: £59.10. T: £154.32. T: £1239.80. CF: £80.24. NR: Ninth Wave.

3.25: 1 EQUUS SECRETUS D Bass (11-10); 2 Lies About Milan (2-1); 3 Royale Pagaille (11-4). 3 ran. hd: 191. B Paulling. Ex: £3. T: £3. CF: £3.54.

3.55: 1 CANELO T Cannon (14-1); 2 Ibleo (3-1); 3 Mr Mcgo (9-1). 9 ran. 4/1; 61. A King. T: £13.30; £4.10. Ex: £58.60. T: £408.28. T: £336. CF: £57.42. NR: Baby King, Cougar's Gold, Outthofthisworld, Royal Magic.

4.30: 1 TEGEREX J O'Neill Jr. (2-1); 2 Blazing Saddles (4-1); 3 Bon Calvados (4-1). 6 ran. 10; 71. J J O'Neill. T: £2.40; £1.80. £1.60. Ex: £12.10. T: £28. CF: £10.27. NR: Golconda Prince.

5.00: 1 GRANNY'S SECRET N De Boiville (9-4); 2 That's The Truth (5-4 fav); 3 Tuscan Pearl (40-1). 8 ran. 5; 131. B Paulling. Ex: £3. T: £3. Ex: £6.10. T: £123.70. CF: £5.91. NR: Eton Pride.

5.30: 1 MARTINHAL T Scudamore (6-5); 2 Gumbo Flyer (14-1); 3 Fortunate Fred (11-8). 7 ran. 3; 6/1. D Pipe. T: £2.20; £1.70. Ex: £15.40. T: £36.10. CF: £17.70. NR: Irish Sovereign.

JACKPOT: Not won, £8,526.02 c/o. P/POT: £167.30 Q/POT: £11.10.

SEDFIELD

2.10: 1 ROXYFET E Smith-Chaston (9-4 fav); 2 Oxwich Bay (3-1); 3 Snowed In (9-1). 7 ran. 7/1; 171. M Hammond. T: £3. Ex: £9.50. T: £28.60. CF: £9.17.

2.40: 1 BARON DE MIDDLETON B Hughes (4-1); 2 Strong Glance (1-5 fav); 3 Jour A La Plage (33-1). 4 ran. 32; 261. B Ellison. T: £3.50; Ex: £8.10. Trifecta: £12.50. CF: £5.59.

3.15: 1 ROCK ON FRUITY R McLernon (20-1); 2 Justforjames (10-1); 3 Abolitionist (11-2). 6 ran (Hard To Forget 10-11 fav). 4/1; 221. B Haslam. T: £23.30; £8.50. £2.30. Ex: £130.50. Trifecta: £554.60. CF: £169.45.

3.45: 1 ANIKMAN T Dowson (2-1 fav); 2 King Gypsy (14-1); 3 Shocona's Joy (22-1). 9 ran. 37; 261. P Kirby. T: £2.70; £1.10. £3.30. Ex: £29.90. T: £470.98. T: £253.50. CF: £27.58. NR: Duty Girl.

4.20: 1 FLOWERY C O'Farrell (7-2); 2 Bolin Ace (13-2); 3 The Paddy Pie (5-2 fav). 9 ran. 2/1; 7/1. J Jardine. T: £3.60; £1.80. £1.80. £1.10. Ex: £26. T: £66.28. T: £123.70. CF: £26.99.

4.50: 1 FEDERICI A McCain (33-1); 2 Rare Clouds (5-4); 3 Cedar Hill (10-1). 6 ran. 2; 71. D McCain. T: £36.10. Ex: £67.80. T: £536.10. CF: £77.13.

P/POT: £1,066.50 Q/POT: £119.90

LEOPARDSTOWN

2.00: 1 LARQUEBUSE D N Russell (2-1 fav); 2 Mrs Milner (9-1); 3 Darrens Hope (9-2). 8 ran. 10; 7/1. G Elliott. T: £2.80; £1.20. £2.50. £1.80. Ex: £16.80. Trifecta: £69.40. CF: £21.19.

EACH-WAY THIEF

HAVE an each-way double at Wolverhampton. **BIG LACHIE** (5.45) is rock solid at this level and can bounce back to winning ways. Pair him with unexposed **LAKEVIEW** (7.45).

GREYHOUND SELECTIONS AND RETURNS

■PERRY BARR: 11.03 Neuro Paper (6-4-2) 11.19 Tommy Flash (6-3-1) 11.34 Ballyroyal Capri (nap) (4-3-1) 11.48 Glenamoy Zee (3-1-4) 12.04 Orabeg Delish (5-6-1) 12.18 Rafas Wee Frisky (1-4-5) 12.33 Houdini Act (1-2-5) 12.48 Sawpit Successor (6-1-3) 1.04 Ballymac Lash (2-4-5) 1.19 Cur Sigh Caley (5-4-2) 1.33 Supasonic Samson (4-5-1) 1.51 Indian Veronica (3-2-1)

■SWINDON: 11.11 Pocket Princess (2-4-1) 11.26 Brickfield Grace (1-5-6) 11.41 Jet Set Eve (3-6-5) 11.56 Swift Gabriel (6-3-4) 12.11 Wychwood Harvey (nap) (4-5-3) 12.26 Jubilee Brae (3-1-2) 12.42 Lady Red Moon (6-4-1) 12.57 Dorris Green (1-3-4) 1.12 Mohican Kingsley (4-5-1) 1.27 Tip Ex (nb) (5-2-6) 1.44 Lisle Butty (2-1-5) 1.59 Wee Jigger (4-3-2)

■SHEFFIELD: 2.08 Corrig Hieldi (4-2-5) 2.27 Coney Karat (3-4-5) 2.47 Cowart Chief (1-4-3) 3.07 Saxon Sean (1-2-6) 3.27 Coney Calypso (nb) (4-6-2) 3.47 Swift Benedict (5-6-4) 4.07 Expensive Annie (5-3-1) 4.27 Geelo Steel (2-4-1) 4.46 Total Eclipse (5-8-3) 5.06 Herolic Hero (6-5-2) 5.22 Milli Candy (4-1-5) 5.39 Coney Calcan (3-1-2) 5.56 Autumn Reeper (2-4-6) 6.11 Kelseys Turbo (3-2-1)

■YARMOUTH: 6.22 Roxya Emma (1-4-6) 6.39 Swift Napp (2-4-3) 6.55 Sheidiesel (1-3-3) 7.09 Thischarmingman (3-4-6) 7.26 Swift Dixon (nap) (1-3-5) 7.42 Somersham Beauty (4-2-3) 7.57 Boomlin Jet (3-1-4) 8.13 Jens Penny (nb) (2-6-1) 8.29 Jura Jockey (4-3-1) 8.44 Saleen Emma (1-2-3) 8.59 Drumbrance Olive (1-2-3) 9.14 Colski Flyer (1-2-4)

■BELLE VUE: 11.03 Ballymac Dorothy 5-4f (3-4-6) 11.34 Lucy 9-6 TC £19.81. 1-1. Blistering Flash 9-2 (5-3-2) £22.02 TC £50.99. 11.34 Knockmatt Ace 3-1 (4-6-5) £14.89 TC £37.24. 11.4

WOLVERHAMPTON

4.45 HANDICAP (Class 6); winner £2,782; 1m 1f 104yds. (10 runners)

- 1 (5) 02-4 CREATIVE TALENT 18 (CD) A Carroll 8-9-8 T Marquand
 2 (10) -058 ALLUX BOY 10 (P,T,CD) N Tinkler 6-9-7 F McManoman (5)
 3 (2) 28-0 TEMUJIN 18 M Appleby 4-9-6 G Rooke (5)
 4 (6) 50-4 CAFE SYDNEY 21 A Carroll 4-9-4 G Downing
 5 (3) 3365 THAWRY 7 (P+) A Brittain 5-9-3 C Hardie
 6 (4) 1545 SEAFORTH 10 (CD) A Wintle 8-9-2 F Marsh (3)
 7 (8) 3264 PIKE CORNER CROSS 10 (T,V,CD) P Evans 8-8-3 C Shepherd
 8 (9) 6-70 PADURA BRAVE 44 (H,P) M Usher 4-8-7 D Probert
 9 (1) 94-7 FINAL ATTACK 42 (P,CD) S Hollinshead 9-8-7 JP Sullivan
 10 (7) 999-MOON ARTIST 80 M Blanshard 4-8-7 D Keenan (3)
Allux Boy ● 99, *Temujin* 98, *Creative Talent* 97.
 11-4 Creative Talent, 4 Thawry, 5 Seaforth, 6 Cafe Sydney, Pike Corner Cross, 10 Allux Boy, 14 Temujin

Sun Racing FORM

CREATIVE TALENT (9-3) 20-1 held up, not clear run 1f out, ran on final 100 yards, nearest finish, 4th of 12 (btn 3/4) to Dyagilev (8-8) **TEMUJIN** (8-13) 12-1 soon led, headed 2f out, weakened inside final furlong, 11th (btn 8) (Chelmsford 1/7m hcap (6) £2,846 AW).

ALLUX BOY (8-13) 11-1 held up in mid-division, not much room 5f out, kept on final 75 yards, 8th of 12 (btn 3/4) to Daafir (9-3) (W'hampton 1m 1f hcap (6) £2,782 AW).

CAFE SYDNEY (9-9) 33-1 held up in last pair, headway 1f out, kept on one pace, 4th of 8 (btn 2) to Windsorlot (9-1) (W'hampton 1m 1f hcap (6) £2,782 AW).

THAWRY (8-8) 8-1 rear, headway 2f out, every chance, ridden 1f out, kept on, 5th of 13 (btn 2/4) to Beau Geste (8-13) (W'hampton 1m 1f hcap (6) £2,782 AW).

PIKE CORNER CROSS (8-7) 7-1 headway when not clear run 1f out, ran on, 4th of 9 (btn 4) to Beatbybeatbybeat (9-9) **SEAFORTH** (9-1) 9-2 headway 1f out, driven under pressure, one pace final furlong, held, 5th (btn 4/4) (9 ran) (W'hampton 1m 1f hcap (6) £2,782 AW).

PADURA BRAVE (8-12) 20-1 every chance, soon one pace and held, 11th of 13 (btn 6/4) to Subliminal (9-9) (Lingfield 1/7m hcap (6) £2,782 AW).

FINAL ATTACK (8-7) 14-1 rear, pushed along 2f out, never a factor, 7th of 10 (btn 5/4) to Last Enchantment (9-3) (W'hampton 1/7m hcap (6) £3,429 AW).

PIKE CORNER CROSS (9-9) 4-1 mid-division, headway 1f out, plugged on, 7th of 10 (btn 7/4) to the King's Steed (9-5) **MOON ARTIST** (8-11) 33-1 mid-division, some headway 2f out, weakened 1f out, 9th (btn 10) (10 ran) (Chelmsford 1m hcap (6) £2,782 AW).

5.15 HANDICAP (6); winner £2,782; 1m 1f 104yds. (9 runners)

- 1 (3) -191 TRAVELLER 10 (T,V,CD) A Brittain 6-9-9 C Hardie
 2 (8) 78-14 THOORAYAH 11 D M Simcock 4-9-7 J P Spencer
 3 (8) -442 CHEEKY RASCAL 7 (V) T Ward 5-9-7 T Marquand
 4 (1) 3992 AMOR FATI 10 (CD) P Evans 5-9-4 A Kirby
 5 (9) 4664 DECORATION OF WAR 4 (P,T,CD) M Appleby 5-9-4 Rawlinson
 6 (4) 078-CORMIER 118 B Ellison 4-9-2 T Eaves
 7 (7) -476 LYRICAL BALLAD 14 (B+) N Mulholland 4-8-11 S W Kelly
 8 (6) 000-GOLD STANDARD 137 A Carroll 4-8-8 E Whittington (7)
 9 (5) -380 VALENTINE MIST 28 J Grassick 8-8-7 S Ralston (5)
Valentine Mist ● 99, *Amor Fati* 98, *Cheeky Rascal* 97.
 5-2 Traveller, 11-4 Cheeky Rascal, 10-3 Amor Fati, 8 Decoration Of War, 14 Al Thoorayah, 16 Valentine Mist,

Sun Racing FORM

TRAVELLER (9-6) 7-2 it fav headway 2f out, ridden final furlong, ran on, bit **AMOR FATI** (8-9) 16-1 rear, ridden and headway over 1f out, kept on well towards finish, sh hd (9 ran) (W'hampton 1m 1f hcap (6) £2,782 AW).

AL THOORAYAH (9-4) 10-1 last of 8 (btn 15) to Equidae (8-13) (Southwell 7f hcap (6) £2,782 AW).

CHEEKY RASCAL (9-2) 11-2 led final furlong, soon headed, no extra towards finish, btn 7/4 by Beau Geste (8-13) (13 ran) (W'hampton 1m 1f hcap (6) £2,782 AW).

DECORATION OF WAR (9-1) 20-1 behind, stayed on final furlong, nearest finish, 4th of 12 (btn 6/4) to Bird To Love (8-11) (Chelmsford 1/7m hcap (6) £2,846 AW).

CORMIER (9-1) 12-1 led until 3f out, 8th of 10 (well btn) to Twpsyn (9-5) (Southwell 1/7m hcap (6) £2,782 AW).

LYRICAL BALLAD (8-13) 20-1 held up rear, ridden and stayed on from 1f out, 6th of 9 (btn 3/4) to Penarth Pier (9-7) (Kempton 7f hcap (6) £3,105 AW).

GOLD STANDARD (9-6) 50-1 15th of 24 (btn 19) to Ultra Pride (9-8) (Curragh 1/7m hcap €6,911 yielding to soft).

VALENTINE MIST (9-2) 22-1 led until 7f out, pushed along 2f out, weakened inside final 2f, last of 12 (well btn) to Claria (9-0) (W'hampton 1/7m hcap (6) £2,782 AW).

5.45 HANDICAP (5); winner £3,429; 6f. (9 runners)

- 1 (6) 7312 TABAHHY 7 (C) D O'Meara 5-9-8 D Nolan
 2 (8) 3-1 SLOWMO 399 (CD) A Brittain 4-9-7 C Hardie
 3 (7) -620 BIG LACHIE 16 (CD) M Loughnane 6-9-6 H Doyle
 4 (3) -561 JOHNNY REB 19 (B) J Ferguson 4-9-5 D Muscatt
 5 (1) 5-14 BUGLER BOB 14 (V,D) J J Quinn 4-9-5 J Hart
 6 (4) 3-37 DESERT LAND 27 (H+) J Boyle 4-9-3 T Marquand
 7 (5) 3-50 CALIN'S LAD 16 B Haslam 5-9-0 A Mullen
 8 (9) 0-84 MADRINHO 13 (CD) A Carroll 7-8-13 B Curtis
 9 (2) 4595 ISABELLA RUBY 19 (H,P,CD) L Williamson 5-8-7 E Whittington (7)
Calin's Lad ● 99, *Bugler Bob* 98, *Tabaahy* 97.
 5-2 Tabaahy, 4 Johnny Reb, 5 Slowmo, 6 Bugler Bob, 8 Madrinho, 10 Desert Land, Big Lachie, 16 Calin's Lad

Sun Racing FORM

TABAHHY (9-5) 4-1 rear, headway 1f out, every chance run-in, just held close home, btn hd by Mutabaahy (9-1) (8 ran) (W'hampton 5f hcap (5) £3,429 AW).

SLOWMO (9-3) evens fav quickly away, made all, clear 1f out, ran on well unchallenged, bt Sybil Grand (8-0) 2/4 (7 ran) (W'hampton 6f claim (6) £3,105 AW).

BIG LACHIE (9-4) 7-1 tracked leaders, outpaced 2f out, lost place 1f out, ridden, beaten, 10th of 14 (btn 6/4) to Aloysius Lilius (9-6) (Newcastle 5f hcap (5) £3,429 AW).

JOHNNY REB (9-7) 10-1 made all, clear 2f out, reduced lead run-in, driven, just held on, bt True Belief (9-9) hd (10 ran) (Kempton 7f hcap (6) £3,105 AW).

BUGLER BOB (9-6) 6-1 chased leader, every chance, ridden 1f out, one pace close home, 4th of 9 (btn 4) to Knowing Lance (9-4) (Lingfield 7f hcap (5) £3,817 AW).

DESERT LAND (8-11) 8-1 held up in touch, ridden over 2f out, weakened over 1f out, 7th of 10 (btn 12) to Brigham Young (9-6) (Kempton 7f hcap (4) £6,469 AW).

CALIN'S LAD (8-12) 12-1 held up behind, outpaced when hampered 1f out, never involved, 10th of 11 (btn 10) to I Know How (8-10) (Newcastle 6f hcap (5) £3,429 AW).

MADRINHO (9-4) 11-2 slowly into stride, in rear, switched, outpaced 2f out, stayed on, 4th of 6 (btn 5/4) to Global Humor (9-2) (Southwell 6f hcap (6) £2,782 AW).

ISABELLA RUBY (8-5) 16-1 held up rear, ridden 1f out, never dangerous, 5th of 7 (btn 9) to Gorgeous General (9-1) (Southwell 6f app hcap (6) £2,782 AW).

6.15 HANDICAP (2); winner £11,828; 1m 4f. (5 runners)

- 1 (3) -121 SKY DEFENDER 15 (D) M Johnston 4-9-9 J Fanning
 2 (2) 3-34 DEAL A DOLLAR 15 (B,D) D M Simcock 4-9-7 J P Spencer
 3 (5) -723 ORIGINAL CHOICE 11 (B,C,D) A Kilgallon 6-9-4 H Doyle
 4 (4) 005 COSMEAPOLITAN 104 (T,K,D) L King 7-9-2 M Marley
 5 (1) 214-KODIAC HARBOUR 247 (BF) R Briland 5-8-11 L Morris
Deal A Dollar ● 99, *Original Choice* 98, *Sky Defender* 97.
 5-4 Sky Defender, 4 Deal A Dollar, 5 Kodiak Harbour, Original Choice, 13-2 Cosmeapolitan

Sun Racing FORM

SKY DEFENDER (9-7) 4-1 led 2f out, ran on strongly, bt Calling The Wind (8-12) 21 **DEAL A DOLLAR** (9-10) 7-1 held up, outpaced 2f out, headway 1f out, ran on, 4th (btn 2/4) (7 ran) (Kempton 1/7m hcap (2) £15,562 AW).

ORIGINAL CHOICE (9-12) 6-1 led 2f out, headed 1f out, driven but one pace close home, 3rd of 7 (btn 2) to Cosmelli (8-11) (Chelmsford 1/7m hcap (3) £8,410 AW).

COSMEAPOLITAN (9-5) 33-1 held up, headway 1f out, nearest finish, 5th of 14 (btn 2/4) to All Yours (8-12) (Kempton 1m 3f hcap (2) £43,575 AW).

KODIAC HARBOUR (9-0) 3-1 it fav chased leaders, ridden 2f out, one pace from 1f out, 4th of 5 (btn 3/4) to Waarif (9-12) (Windsor 1m hcap (2) £12,450 good to firm).

GOING: STANDARD

TEMPLEGATE

- 4.45.....Thawry
 5.15.....Cheeky Rascal
 5.45.....Johnny Reb
 6.15.....Sky Defender
 6.45.....UNFORGIVING MINUTE (nap)
 7.15.....Dear Power
 7.45.....Van Dijk (nb)

TOM PEPPER

- 4.45.....Creative Talent
 5.15.....Amor Fati
 5.45.....Big Lachie
 6.15.....SKY DEFENDER (nap)
 6.45.....Unforgiving Minute
 7.15.....Macho Touch
 7.45.....Bowling Russian

■TIC-TAC: L-H very tight Tapeta track of 1m, with a 330yd run-in. ■DRAW: Little effect. ■LEADING TRAINERS WITH RUNNERS (2015-2020): P Evans 80-688, M Johnston 66-473, M Appleby 63-636, R Fahey 58-531. THIS SEASON: A Carroll 9, A Brittain 6, D Loughnane 6. ■TOP JOCKEYS WITH RIDES (2015-2020): L Morris 154-1262, A Kirby 119-568, J Fanning 74-534, M Harley 55-331. THIS SEASON: B Curtis 11, L Morris 10, C Hardie 7. ■LONGEST TRAVELLER: Tabaaahy (5:45) trained at Upper Helmsley, Round trip of 310 miles. ■FIRST RUN SINCE WIND OP: None. ■JACKPOT: 1-6. ■LIVE ON SKY SPORTS RACING

6.45 CLAIMER (6); winner £2,782; 1m 1f. (7 runners)

- 1 (3) 5667 SCOFFLAW 9 (B,CD) P Evans 6-9-10 L Pearson (7)
 2 (7) 1-31 UNFORGIVING MINUTE 31 (C) S Curran 9-9-10 A Kirby
 3 (4) 587-BAZOOKA 133 (B,T,D) D Flood 9-9-4 D Probert
 4 (6) 090-SUNVISOR 137 G Harris 4-8-12 J Fahy
 5 (5) 7523 VIPIN 3 (P) W Muir 5-8-12 T Marquand
 6 (1) 114-LADY RESET 280 (BF) P Evans 4-8-11 G Mangani (7)
 7 (2) 2287 ROCKESBURY 10 (B,C) D Loughnane 5-8-8 L Morris
Unforgiving Minute ● 99, *Scofflaw* 93, *Rockesbury* 90.
 2 Unforgiving Minute, 3 Lady Reset, 9-2 Scofflaw, 10 Vipin

Sun Racing FORM

SCOFFLAW (9-8) 14-1 keen, close up on inside, ridden 1f out, weakened inside final furlong, 7th of 11 (btn 4/4) to Crimewave (9-5) (Lingfield 1/7m hcap (5) £3,429 AW).

UNFORGIVING MINUTE (10-0) 4-7 fav held up, headway 2f out, soon switched right, led entering final furlong, went clear, easily, bt Moon Trouble (10-0) 4l (7 ran) (Lingfield 7f claim (6) £2,782 AW).

BAZOOKA (11-0) 28-1 never a factor, 7th of 14 to Para Queen (10-2) (Windsor 1m 3f hcap (6) £2,683 heavy).

SUNVISOR (9-1) 25-1 no threat, 11th of 12 (btn 15) to Zefferino (9-3) (Chelmsford 1m hcap (6) £3,105 AW).

VIPIN (8-12) 15-8 tracked leader, led 2f out, headed, no impression on winner, 3rd of 6 (btn 5/4) to Miss Elsa (8-11) (Lingfield 1/7m claim (5) £3,429 AW).

LADY RESET (9-7) 9-4 it fav raced wide close up, headway 2f out, unable to quicken 1f out, ridden and kept on same pace, 4th of 5 (btn 7) to Dorah (9-6) (Leicester 1/7m hcap (4) £5,531 good to firm).

ROCKESBURY (8-11) 8-1 led, headed 6f out, ridden 2f out, no extra well inside final furlong, 7th of 12 (btn 3/4) to Daafir (9-3) (W'hampton 1m 1f hcap (6) £2,782 AW).

7.15 NOVICE STAKES (5); winner £3,429; 6f. (11 runners)

- 1 (3) 5-7 WILDMOUNTAINTHyme 46 S Barclay 4-9-11 C Hardie
 2 (9) 18-DEAR POWER 179 (D) R Varian 3-9-4 S De Sousa
 3 (7) 4-BURSEA LADY 15 K Burke 3-8-11 M Stainton
 4 (4) 5-4 COCK A HOOP 45 B Haslam 3-8-11 J P Spencer
 5 (2) 9-KYLLA LOOKS 44 M Murphy 3-8-11 S W Kelly
 6 (1) LITTLE RED SOCKS K Burke 3-8-11 B Curtis
 7 (5) 3-LOVERS CRY 31 R Fahey 3-8-11 P J McDonald
 8 (6) LUCKY FACE J Butler 3-8-11 D Keenan (3)
 9 (8) 65-MACHO TOUCH 290 K Burke 3-8-11 C Lee
 10 (11) MIDNITE BRIDE K Ryan 3-8-11 T Eaves
 11 (10) 5-MY SISTER JO 25 R Fahey 3-8-11 S P Davis (3)
Dear Power ● 99, *My Sister Jo* 82, *Lovers Cry* 80.
 5-4 Dear Power, 3 Macho Touch, 8 Midnite Bride, Lovers Cry, 10 Little Red Socks, My Sister Jo, 20 Cock A Hoop,

Sun Racing FORM

WILDMOUNTAINTHyme (9-0) 150-1 last of 7 (btn 14) to Redesdale Rebel (9-5) (Newcastle 6f (5) £3,429 AW).

DEAR POWER (9-0) 17-2 one pace, 8th of 10 (btn 14) to Dark Lady (9-0) (Salisbury 6f Grp 3 £25,520 good).

BURSEA LADY (9-0) 20-1 rear, ran on, 4th of 6 (btn 12) to Clog Maker (9-5) (Kempton 6f nov (5) £3,881 AW).

COCK A HOOP (9-0) 22-1 kept on, 4th of 6 (btn 5/4) to Tommy de Vito (9-5) (Newcastle 6f hcap (4) £5,208 AW).

KYLLA LOOKS (8-5) 40-1 last of 9 (well btn) to Elmejoir (10-7) (Chelmsford 7f nov (5) £4,787 AW).

LOVERS CRY (8-6) 12-1 stayed on, 3rd of 5 (btn 3/4) to Nigel Nott (10-2) (Lingfield 5f nov (5) £3,429 AW).

MACHO TOUCH (8-12) 50-1 rear, ridden and headway 1f out, kept on, 5th of 18 (btn 6/4) to Good Vibes (8-12) (York 5f Listed (1) £28,355 good to firm).

MY SISTER JO (8-5) 9-1 stayed on, 5th of 7 (btn 1/4) to Say It Simple (8-8) (Newcastle 6f nov (5) £3,429 AW).

7.45 HANDICAP (5); 3-y-o; winner £3,429; 6f. (9 runners)

- 1 (4) 59-1 BOWLING RUSSIAN 14 (P,D) G Baker 9-11 G Rooke (5)
 2 (6) 2323 YUKON MISSION 14 (B) J J Quinn 9-7 J Hart
 3 (9) 5115 LORD P 14 (D) R Hannon 9-7 T Hammer Hansen (5)
 4 (5) 6-64 LAKEVIEW 21 (T,B,F) D Loughnane 9-5 S De Sousa
 5 (7) 053-WITH VIRTUE 226 (P+) J Tate 9-3 P J McDonald
 6 (3) -635 FEEL GOOD FACTOR 5 M Appleby 9-1 B Curtis
 7 (1) 8-71 EGOTISTIC 35 (CD) J Butler 8-12 J Haynes
 8 (2) 00-2 VAN DIJK 26 A Brittain 8-11 C Hardie
 9 (8) 8-38 LILI WEN FACH 21 R J Price 8-10 H Doyle
Lakeview ● 99, *Yukon Mission* 98, *Feel Good Factor* 97.
 5-2 Bowling Russian, 9-2 Yukon Mission, 11-2 With Virtue, 6 Lord P, 13-2 Van Dijk, 10 Lakeview, Egotistic

Sun Racing FORM

BOWLING RUSSIAN (9-5) 3-1 fav led 2f out, stayed on, bt Almayvif (9-4) 7/4 **YUKON MISSION** (9-13) 4-1 headway 1f out, switched and stayed on final furlong, 3rd (btn 1/4) (9 ran) (Lingfield 6f hcap (6) £3,332 AW).

LORD P (8-13) 4-1 ridden 1f out, 5th of 9 (btn 5) to inevitable Outcome (8-13) (Kempton 7f hcap (5) £3,752 AW).

LAKEVIEW (9-5) 3-1 it fav prominent, driven 1f out, stayed on same pace, 4th of 8 (btn 2/4) to Mountain Brave (9-7) **LILI WEN FACH** (8-13) 33-1 always behind, last (btn 9/4) (W'hampton 7f hcap (5) £3,429 AW).

WITH VIRTUE (9-0) 12-1 held up, pushed along and every chance over 1f out, one pace final furlong, 3rd of 7 (btn 4/4) to Cloudeau (9-0) (Ripon 5f mdn (4) £5,175 good).

FEEL GOOD FACTOR (8-7) 10-1 behind, headway over 1f out, never on terms, 5th of 8 (btn 5) to You Don't Own Me (8-11) (Kempton 6f app hcap (6) £3,105 AW).

EGOTISTIC (8-2) 14-1 effort 1f out, led final furlong, stayed on, bt Xian Expression (9-3) 2l **LILI WEN FACH** (8-0) 9-4 effort 2f out, not clear run, kept on, 3rd (btn 5) (7 ran) (W'hampton 6f claim (6) £2,782 AW).

VAN DIJK (9-3) 50-1 behind, ran on, btn 7/4 by Inductive (8-13) (11 ran) (W'hampton 7f hcap (6) £2,782 AW).

LONG SHOT OF THE DAY

SLOWMO (5.45 Wolverhampton) is making his debut for a new trainer and won well on his last run, which was over this track & trip.

HE IS SO SPECIAL
Folau the leader for Dragons

By GARY CARTER

ISRAEL FOLAU'S "special play" silenced the boo-boys as Catalans snatched victory – after getting the reception he would have predicted.

The Aussie, sacked by his country's rugby union for a homophobic social media post, was jeered for his first Super League touch on English soil. Hull ran in 24 unanswered points but Sam Tomkins' stunning show helped the Dragons overturn an 18-point deficit late on.

After Marc Sneyd's drop goal, Folau rose to claim the restart and from there, James Maloney snatched the winning try, much to boss Steve McNamara's delight.

He said: "It was a special play, it was a special catch. For Izzy to take the short kick-off one handed gave us a chance to win the game. But

Hull FC.....29
 Catalans.....34

we could've used him more. He was solid without being spectacular but he came up with that big play."

Fouad Yaha's try added to the first of Ben Jullien's brace to put Catalans 10-4 up, Lee Radford's men kicked into gear with Mahe Fonua getting his second before Carlos Tuimavave, Jamie Shaul and Man Ma'u crossed.

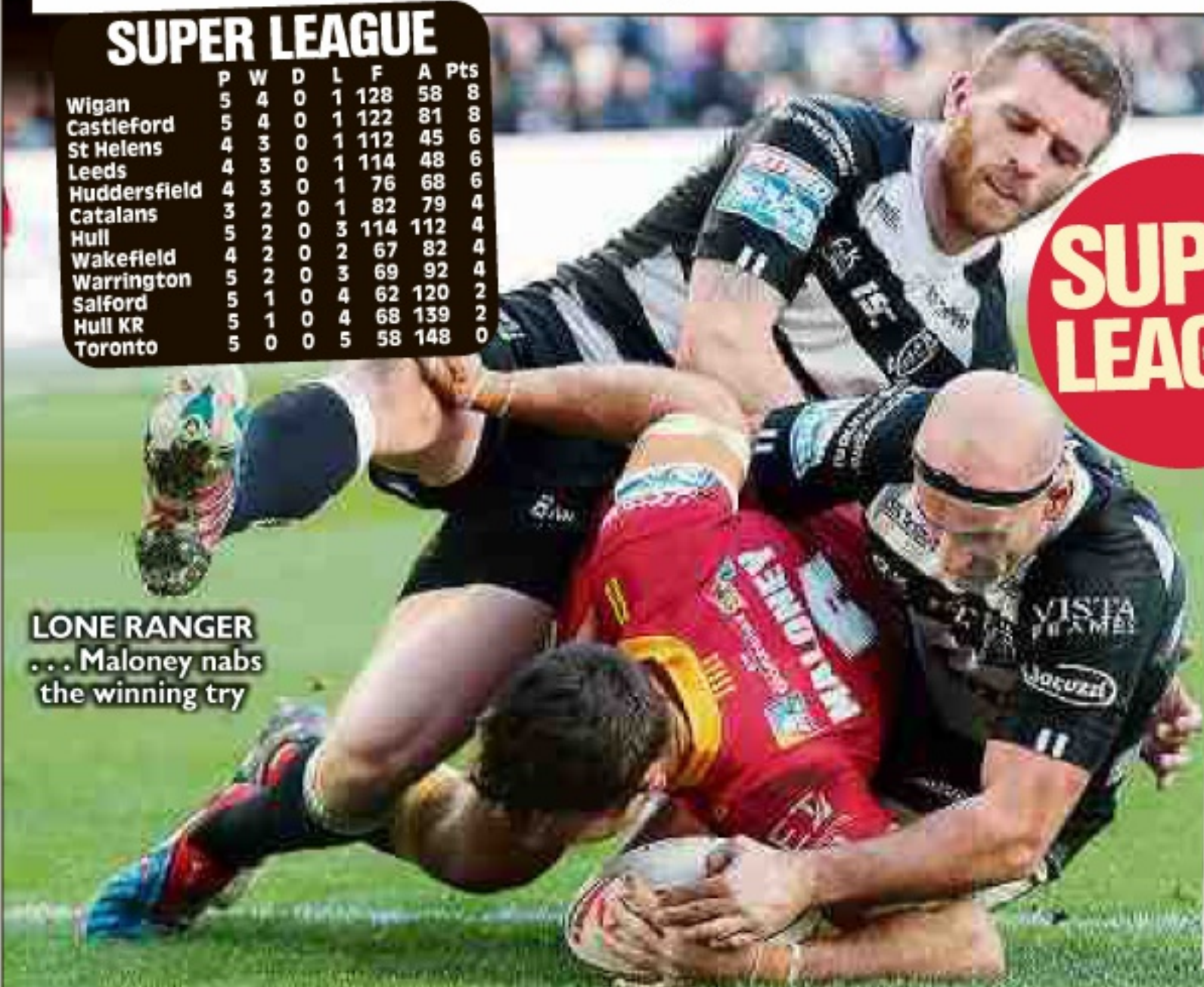
Catalans hit back, though, when Tomkins' break sent Josh Drinkwater over and the England ace set up Samisoni Langi's leveller. Enter Folau for his pivotal moment.

Hull boss Lee Radford said: "We can prepare for things like the restart but we don't have anyone who is 8ft 2in or can jump that high!"

SUPER LEAGUE

	P	W	D	L	F	A	Pts
Wigan	5	4	0	1	128	58	8
Castleford	4	5	0	1	122	81	8
St Helens	4	3	0	1	112	45	6
Leeds	4	3	0	1	112	48	6
Huddersfield	3	2	0	1	76	68	6
Catalans	3	2	0	1	82	79	4
Hull	5	2	0	3	114	112	4
Wakefield	4	2	0	2	67	82	4
Warrington	5	2	0	3	69	92	2
Salford	5	1	0	4	62	120	2
Hull KR	5	1	0	4	68	139	2
Toronto	5	0	0	5	58	148	0

LONE RANGER
 ... Maloney nabs the winning try



SPORTS ROUND-UP: RESULTS & FIXTURES

RUGBY UNION

GALLAGHER PREMIERSHIP



WATSON... lifting trophy

Watson's a winner

By ROB MAUL

HEATHER WATSON ended a four-year trophy drought on her tenth championship point at the Mexican Open.

The Brit banked £34,000 after beating Canadian Leylah Fernandez 6-4 6-7 6-1 in Acapulco.

Watson, 27, wasted five match points against the 17-year-old in the second set tie-break but regained her composure in the third to lift a fourth WTA career crown.

She said: "It's been a few years, so I'm just really, really happy I came through that match."

In the men's section, Rafa Nadal battered American Taylor Fritz 6-3 6-2.

Beer row Finnshed

FINN RUSSELL could return for Scotland's July tour after talks with boss Gregor Townsend over their beer bust-up.

Russell has been absent for the whole Six Nations after reportedly ordering a third drink at the team hotel ahead of their opener against Ireland, breaching the squad's pre-agreed limit of two.

The fly-half said he did not have a 'personal relationship' with Townsend, who also coached him at Glasgow Warriors.

And the pair agreed he will remain unavailable for the final two games of the competition.

But Russell is expected to be available for the July fixtures against world champions South Africa and New Zealand, where he could win his 50th cap.

Bearing up well

BRISTOL jumped to third in the Premiership after ending a 14-year winless run at close rivals BATH.

The Bears were 14-6 up at half-time thanks to tries from Christopher Vui and Alapati Leiua.

Rhys Priestland replied with two penalties but Harry Randall touched down for Bristol's third try to kill off any chance of a comeback.

Will Chudley got a second for Bath to earn a losing bonus point.

Bristol are now just six points off leaders Exeter.

Elsewhere, WASPS improved their bid for European rugby with a bonus-point 36-26 win at LONDON IRISH.

Four second-half tries from Ben Harris, Marcus Watson, Dan Robson and Jacob Umaga sealed it.

Mother of all golds for Eli

ELINOR BARKER ended her parents' jinx as she became points race world champion for the second time.

In doing so she spared the blushes of under-fire British Cycling chiefs by winning the team's only gold medal on the final day of the UCI Track Cycling World Championships.

And it was fitting that the proud Welshwoman should triumph on St David's Day, her country's national day.

Barker made a decisive, lung-bursting attack between sprints eight and nine to secure 20 points for gaining a lap on the rest of the field.

That elevated her to the top of the rankings with 50 points, sealing her third world title in four years.

Barker, 25, was watched in the stands by mum Sue and dad Graham but revealed they were almost BANNED from coming to Berlin. The Cardiff star, who

From ROB MAUL in Berlin

also won this event in 2017, said: "I almost told them not to come this week."

"They've only come to the Worlds when I've not won. But they booked their flights before they told me."

And she joked they now have her permission to book tickets to the Tokyo Olympics.

Barker (right) said: "They can go now!"

"Am I in the form of my life? It's pretty close. I'm feeling good. It's not an Olympic event, but it doesn't make it feel any less incredible."

Katy Marchant was eliminated from the women's keirin semi-finals. Ethan Hayter and team-mate Oliver Wood were ninth in the men's madison.

Great Britain finished with four

medals — one gold, two silvers and a bronze — matching last year's haul.

It was their worst championship performance directly before an Olympics since Sydney 2000.

British Cycling boss Stephen Park reckons new bikes and kit this month will make a big difference in the summer.

But he warned against unrealistic expectations after 11 medals — including six golds — at the Rio Olympics four years ago.

Park said: "The days of any nation winning ten-plus medals have probably gone."

"That's not a result of GB's performances decreasing. It's a result of the worldwide competition increasing."



RAISING THE FLAG... Elinor Barker celebrates winning our only gold at the Track Cycling World Championships in Berlin

ENGLAND v WALES 5 DAYS TO GO

WUNDERFUL

By JONNY FORDHAM

SAM UNDERHILL needs no history lessons on England's bitter rivalry with Wales.

The flanker not only went to Cardiff University, he also started his career at Ospreys in rugby-mad Llanelli before being snapped up by Bath.

Underhill (right), 23, goes into Saturday's game having watched his fair share of Six Nations scraps behind enemy lines.

He said: "I also remember watching the World Cup one at Twickenham in the Taff, which was the student union pub."

"To be fair, it was full of Cardiff students from Surrey so it wasn't really the same atmosphere as I'm sure it was in Neath!"

"But there's definitely a special sense of occasion, a bit more to the game than just rugby."

"You definitely sense there's an edge, an added emotion."

"From living there I've seen how much it means to them as

Sam relishes clash with historic rivals

a nation. You get pretty impressive support, particularly for this game.

"As a player it's always one to look forward to. It's the game you want to play in."

"I don't think the game has got sterile by any stretch of the imagination but I suppose there's a bit more emotion in a game like this."

Wales have won just five times at Twickenham in the last 35 years — and they might have to go into the latest clash without Dan Biggar.

Their inspirational fly-half injured his right knee just 20 minutes into Northampton's defeat to Saracens on Saturday.

Biggar linked up with Wales last night and boss Wayne Pivac will learn today if he is

likely to be fit for the show-down at Twickenham — or whether he has to throw international rookie Jarrod Evans in at the deep end.

Saints chief Chris Boyd said: "It's one of those ones where we'll wait and see but I don't think it is serious."

"He hyper-extended his leg in a collision and seems to be moving relatively OK."

Pivac, who is also waiting to see if wing George North will be available after his head knock against France, was handed another injury blow when lock Will Rowlands limped off in Wasps' 36-26 win at London Irish yesterday.

Rowlands, 28, made his international debut off the bench against the French and was in

line for a squad spot in this weekend's clash with England.

Wasps interim head coach Lee Blackett said: "He felt a knee knock. Hopefully he can go back to Wales with the potential of playing next week."

However, one piece of good news for Pivac is the return of back-row Justin Tipuric — and old Ospreys pal Underhill cannot wait to face him.

He said: "I learnt a lot from him. He's a phenomenal player, the most skilful back row I've played with or against."

"He's a special kind of player — and those are the guys you want to play against."

THE Six Nations could be taken off free-to-air BBC and ITV. Sky appear to be winning the race in a £300million rights deal that would also include autumn internationals.



★ **DEONTAY WILDER** has triggered his rematch clause to fight Tyson Fury a third time. The heavyweights will clash before the Tokyo Olympics, which are due to start on July 24. Fury's US promoter, Bob Arum, said: "It's going to happen."

SPORTS UPDATE

Legese legs it to victory

By ROB MAUL

★ **STARS** Birhanu Legese and Lonah Chemtai Salpeter won the Tokyo Marathon — but nobody saw it.

The Ethiopian (below) and Israeli won the men's and women's races but streets were empty due to the coronavirus outbreak.

Organisers reduced the entries to 200 elite runners and wheelchair athletes. The Olympics start on July 24 but will be under threat if the infection's spread is not contained.

● Ethiopian Kenenisa Bekele broke Mo Farah's course record to win the Vitality Big Half in London in 60min 22sec.

Brit Lily Partridge was best woman in 70:50.



★ **BRIT ace Tommy Fleetwood's** hopes of winning the Honda Classic sunk last night. Needing a birdie to force a play-off, he hit his approach at the 18th into the water. It gave victory to South Korean Sunjae Im who was six under.

Judd lands a high five

By HECTOR NUNNS

JUDD TRUMP joined an elite group with a record-equalling fifth ranking title of the season last night.

The world No1 beat China's Yan Bingtao 10-4 to win the Players Championship in Southport.

And that means reigning world champion Trump (right) matches a feat achieved only by Stephen Hendry, Ronnie O'Sullivan, Mark Selby and Ding Junhui.

Trump said: "It is amazing to win another title, to equal some of the greats."

"That makes me very proud, the last two years with all I have won have been very exciting."

"Yan put me under pressure from 6-1 down and he has done more than I had at 20."

● **SPINNER** Sophie Ecclestone took 3-7 as England beat the West Indies by 46 runs to reach the Women's T20 World Cup semi-finals in Australia.

Nat Sciver hit 57 in England's 143-5. The Windies were skittled for 97.



FA CUP FIFTH ROUND**PORTSMOUTH v ARSENAL**7:45PM, BT Sport 1 & **talkSPORT**

You're barred!

GUNNERS PUB SNUB FOR SEAN

SEAN RAGGETT recalls the day he took on his Arsenal heroes – then got stopped from entering a pub because he did not have a match-day ticket!

The Portsmouth defender, 26, was a star of then non-league Lincoln's FA Cup run to the quarter-finals in 2017.

He scored a last-minute winner to topple Burnley at Turf Moor and set up that clash at the Emirates.

After locking horns with the likes of Mesut Ozil, Alexis Sanchez, Theo Walcott and Olivier Giroud live on TV, he was brought crashing down to earth at a boozer outside.

He said: "My best pal is an Arsenal fan and we'd arranged to meet up afterwards in this pub near the stadium."

"There was a bouncer at the door asking if I had a ticket

EXCLUSIVE by JUSTIN ALLEN

from the game and I answered, 'No, I haven't'. He insisted I couldn't go in.

"I told him, 'I haven't got a ticket because I was just playing centre-half in the game!'"

"I was there wearing my Lincoln tracksuit, carrying my boots and Laurent Koscielny's shirt he had swapped with me! "He finally let me in but I had to put a coat over my tracksuit as the pub was for Arsenal fans."

The irony is, Raggett is a lifelong Arsenal fan and two nights before that match, SunSport arranged for him and teammate Nathan Arnold to meet Gunners legend Thierry Henry.

Raggett said: "Henry was my hero growing up because, when I was a kid, I was a striker."

"As soon as I heard his voice I melted. It was the most nervous I had been in my life. It

was surreal. What I loved about it was that after he did an interview with us for The Sun, I thought he'd shoot off but he walked around with us and even took us on to the pitch."

Lincoln held out until the stroke of half-time when Walcott got the breakthrough and Arsenal then ran out 5-0 winners.

Raggett's memory of the game was Ozil's display as he prepares to face him again.

He said: "I've always been a big fan although he gets criticism. When we were playing them, every time I looked up he was in loads of space yet I never saw him move. He kept getting into so much space but didn't look like he was doing anything."

That FA Cup run elevated

Raggett and he was snapped up the following season by Norwich. But niggling injuries have frustrated his progress.

After an injury-hit loan spell with Championship Rotherham last season the centre-back is finally getting a run of games at Pompey, who are now just two points behind the automatic promotion spots in League One.

Raggett said: "Yes, I've been a bit unfortunate with injuries that have set me back a little bit."

"But now I'm happy to be playing every week and we're challenging at the top of League One."

"If you told me that's where I'd be just over 3½ years ago when I was still playing for Dover in the National League, I'd have snapped your hand off."

UP POMPEY... Sean Raggett at Portsmouth Harbour before trying to sink the Gunners



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MIKEL GUNN FIRE WARNING

MIKEL ARTETA warned that Arsenal face a summer firesale if they miss out on the Champions League for a **FOURTH** consecutive season.

The Gunners boss fears last week's shock Europa League exit is likely to have severe financial consequences.

And he may be forced to sell some of his leading stars to make up for the cash shortfall, with the futures of Pierre-Emerick Aubameyang, Alexandre Lacazette, Bukayo Saka, Granit Xhaka and Shkodran

By MARK IRWIN

Mustafi all up in the air. Arteta knows the club simply cannot afford to miss out on European qualification for the first time since 1995.

He said: "The damage caused by the club not being in the Champions League is really big."

"The financial impact is enormous because Arsenal is structured to be in the Champions League."

"While you can sustain being out of it for one year or two years, after that you have to

start making big decisions. We will have to make decisions about players depending on the scenario we find ourselves in, whether we are in the Champions League, the Europa League or nowhere near either."

"The planning has started and we'll have a very clear idea of what we want to do, depending on where we finish the season."

Arteta, 37, added: "It's a no-brainer it will be easier to get players to sign contracts with us if we are in the Champions League. Everyone knows we want to be in that competi-

tion but even without it there are ways to convince players."

"If it's not them, it's their wives who want to live in London. We'll find a way, don't worry."

Thursday's Europa League elimination at the hands of Olympiakos leaves the FA Cup as Arsenal's last hope.

And Arteta knows tonight's fifth-round trip to Portsmouth is a potential banana skin.

He warned: "I played at Fratton Park ten years ago and still have memories of matches there."

"It is going to be a very tough place for us to get a result."



CUP FEVER... Gunners take a break in training yesterday

HEAD TO HEAD RECORD

Portsmouth wins 24

Draws 24

Arsenal wins 32



LAMPARD... frustrated

LAMPS STILL HIT 'N MISS

IT'S not only the drop battle that is getting tasty — the fight for fourth and fifth is too.

A lot of that is down to Chelsea's results, they were nine points clear of fifth place in November.

Manchester United drawing with Everton and Spurs losing to Wolves yesterday did them a favour.

But Chelsea lack consistency. Boss Frank Lampard is searching for his best formation and best team.

He had injuries in terms of N'Golo Kante, Christian Pulisic and Tammy Abraham — plus defenders coming in and out — but he's still searching for that consistency in selection and performance.

They had 73 per cent possession at Bournemouth and 20-odd shots yet still came away with only a 2-2 draw on Saturday.

It's slightly worrying that Marcos Alonso is the one putting the ball in back of the net.

Chelsea look dodgy defensively, they have conceded too many — plus yet another from a set-piece.

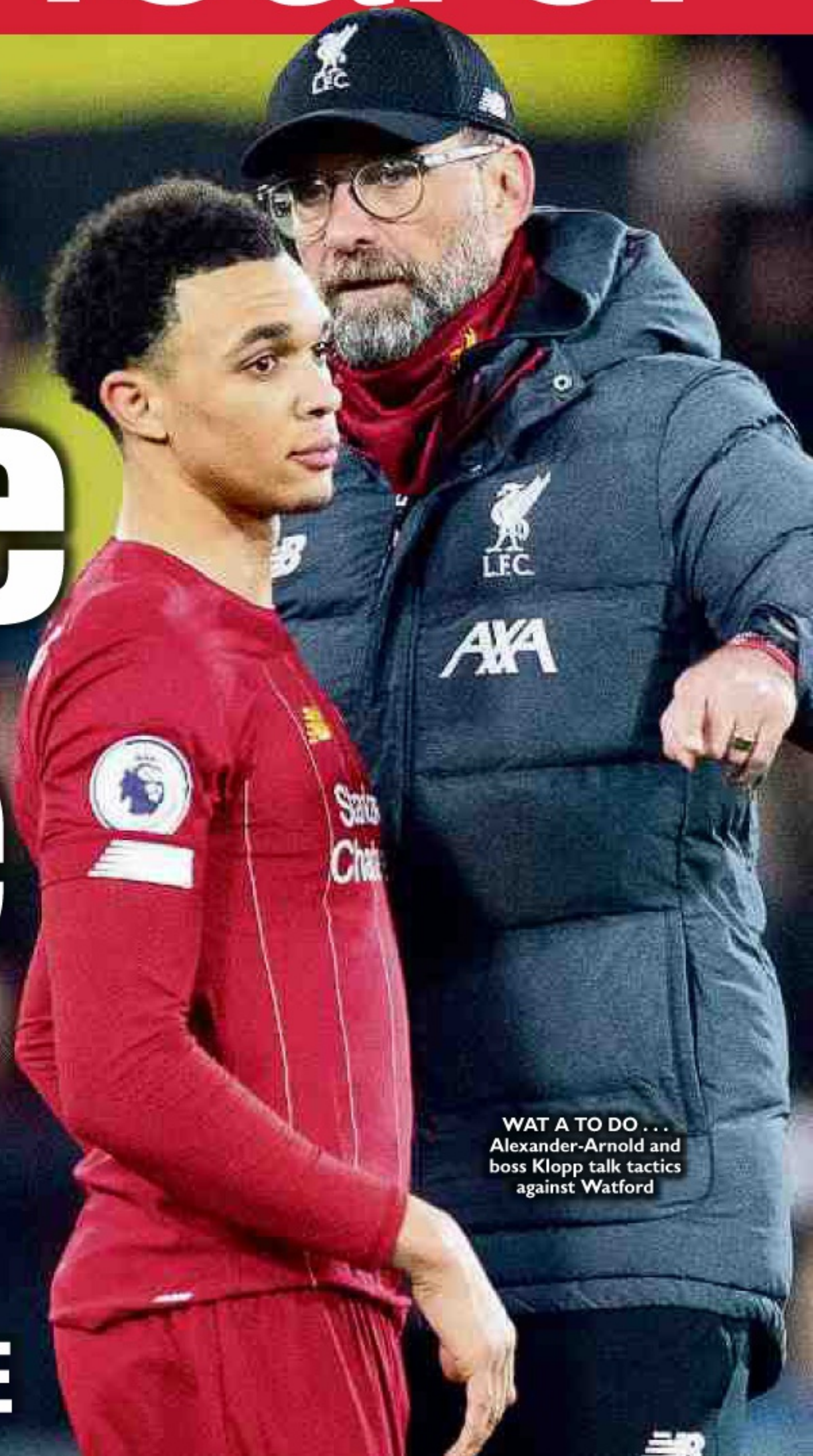
A great result against Tottenham, then they have the midweek loss to Bayern Munich and Bournemouth.

But, like Liverpool, they've got the chance to go again tomorrow in the FA Cup fifth round at Anfield.

Alan Shearer

There may be Treble ahead

KLOPP CAN DO A FERGIE



WAT A TO DO... Alexander-Arnold and boss Klopp talk tactics against Watford

Gerro not in last Tavern

JAMES TAVERNIER pleaded with boss Steven Gerrard not to quit.

Rangers chief Gerrard admitted he was considering his own future in the wake of the 1-0 Scottish Cup exit at Hearts.

SunSport understands Gerrard (right) has NOT tendered his resignation, with talk of youth coaches Kevin Thomson and Peter Lovenkrands taking over being wide of the mark.

Skipper Tavernier insists it is the players who are to blame.

He said: "He has given everything to the boys and we have not delivered two seasons in a row. The league was in our hands but we have now given ourselves a mountain to climb."

"We are going to look at ourselves. We want him to be here, definitely. He has driven the standards right up and if selected by him we have to deliver."



UEFA MEETING SET OVER VIRUS

FA CHIEFS will fly to Amsterdam today for emergency talks over the impact of the coronavirus.

After Health Secretary Matt Hancock hinted the Government could ban public gatherings, forcing matches to be played behind closed doors, England's friendlies with Italy and Denmark this month seem unlikely to go ahead.

And Wembley bosses will meet Uefa chiefs ahead of European football's annual congress for the latest advice.

That could mean Champions League matches also being played without fans after public bans by the Italian, Swiss and French governments.

It also casts doubt over Euro 2020, due to be played in 12 countries in June and July.

Former Manchester United chief David Gill will attend today's Uefa executive committee

By MARTIN LIPTON

on behalf of the FA, when president Aleksander Ceferin will come under pressure.

So far the FA position is that all scheduled games go ahead.

Chief executive Mark Bullingham said: "We'll continue to work with the Government to assess every game."

England rugby bosses will only cancel Saturday's match with Wales if forced to.

In Italy, Inter Milan chief Giuseppe Marotta admitted the Serie A season may not finish.

Five games were postponed by Serie A on Saturday, and now all games are on hold until at least Sunday.

Marotta told Gazzetta dello Sport: "If more matches are called off we run that risk."

The MotoGP in Qatar, scheduled for next weekend, has also been cancelled.



Wenger and FA in the zone

By MARTIN LIPTON

THE FA is cautious about endorsing Arsene Wenger's offside law changes.

But Fifa president Gianni Infantino's support for the radical plan from Wenger (above) means Wembley chiefs are set to fall into line.

Prem bosses gave the OK to use "thicker VAR lines", creating a 10cm "tolerance zone" next term.

Infantino will push for Wenger's proposal meaning that an attacker would be deemed onside if any legitimate goalscoring part of his body was level or behind the last defender.

FA chief executive Mark Bullingham warned: "It will be an absolutely huge change to the game at every level, there's no question of that."

"There will inevitably be unforeseen consequences."

Our columnists are the talk of football

OK, so Jurgen Klopp's men finally lost — but their rivals should not be celebrating just yet.

Liverpool have still got a brilliant chance of putting themselves in the history books like Manchester United did in 1999, by winning the Treble.

They were battered by Watford, all over the pitch, but what can happen now is they can use it as a positive in terms of the cup results. It could just spur them on.

Klopp's side are not going to lose the Premier League, they've won that, it's just a matter of time.

Now they can forget about being Invincibles, they can forget about the pressure of winning the record number of games on the trot.

They can concentrate on doing what United did and win all three of the Prem, Champions League and FA Cup.

It'll be interesting to see what team Klopp puts out tomorrow night against Chelsea in the FA Cup.

I understand their priority is to win the Prem but being just four wins from the title, it's going to happen.

He could play the big guns tomorrow, rest two or three against Bournemouth on Saturday and be ready again for the Champions League round of 16 second leg next week against Atletico Madrid, where they are a goal down.

I've seen the Arsenal tweets, congratulating Liverpool on a great run and another saying 'phew...' It's slightly tongue in cheek!

Given how brilliant this Liverpool team are, it just goes to show what an

incredible achievement that was by Arsenal in 2003-2004. To go the whole season unbeaten is unbelievable, and likely to never be done again.

You've got to appreciate how difficult it is for any team to churn out results week-in week out, when everyone's talking about it, when things are not quite going for you, then you've got to find that extra gear to go again.

Every Saturday, Tuesday, Saturday — put all the travelling in that. That is so, so tough to maintain.

However, let's put things in perspective, that's only two league games Liverpool have lost in almost two seasons. It's a measure of how brutal, how brilliant, how dominant Liverpool have been.

It's staggering.

Their performance against Watford was totally out of character. It's quite normal to have one, two, three maybe even four players off form — but to have every single player have an absolute nightmare, that's very rare.

We haven't seen that at all, the sloppiness, the laziness. The three up front never had a kick, you couldn't even tell they were on the pitch.

The result is a blip, they are an unbelievable team with a fantastic manager. They'll be back and potentially a bigger threat in those cups.

The good thing when you have a battering like that, you have a game so soon after. You don't want to stew on that for a week. They've got a great chance on Tuesday to get another win, a big win and make a statement in the FA Cup.

That's only two games Liverpool have lost in nearly two seasons



TWO GOOD ... Sarr reels away after netting Watford's second goal against Liverpool



MO WAY ... Salah is shocked by 3-0 result



BOSSING IT ... Pearson and Klopp

CREDIT'S DUE FOR HORNETS

IT IS hugely important we give Watford some credit because they absolutely dominated Liverpool from start to finish.

And it could have been worse for Liverpool, or better for Watford. Ismaila Sarr missed a sitter for his hat-trick and Troy Deeney missed a big chance too.

In every single position they bossed the league leaders and fully deserved their three points.

You can only imagine what that can do for their confidence going forward in this relegation battle.

We could analyse any position and they came out on top — how good they were defensively, how they bullied the opposition, how Deeney and Sarr battered the whole back four. Not just Dejan Lovren, the whole back four.

Now it's really hotting up down at the bottom. It's going to be the survival of the fittest and will be an exciting finish.

It's been a terrible weekend for Aston Villa in terms of league position — and for Brighton.

The great thing is at the moment the teams at the bottom are going for it against the top clubs, thinking it's a free hit.

Bottom club Norwich beat third-placed Leicester. Watford second-bottom beating the champions-elect.

Then we had Bournemouth taking a point off Chelsea and West Ham getting a great win.

You feel for Norwich as they get the win but then everyone around them does as well.

Shame

From Back Page

call. It feels like someone has hit us in the face — and we deserved it.

"We feel a bit ashamed because there's no excuse for that performance."

The Reds defender believes Saturday's shock 3-0 defeat at Vicarage Road will be the kick up the backside they need to get the title wrapped up.

But he said: "It really hurts because from the beginning to the end we were missing all the things we usually have."

"The manager looked at us when he came into the dressing room and I think he knows we are missing something."

"I think it was about the aggression when we lost the ball and not recovering it as quickly as possible."

"Usually we do it without a problem but against Watford they were always winning the second balls



SARR ... double

— and that doesn't usually happen with us.

"We need to look at this and realise that we have to do much, much better."

Liverpool were uncharacteristically shaky in defence as two goals from Ismaila Sarr and one from Troy Deeney saw their unbeaten record smashed, while the Reds hardly created a chance themselves.

But Lovren is adamant Liverpool's heaviest league defeat since October 2017 will only spur them on in the coming weeks.

He warns: "I don't want to say this result is good for us but it can be a benefit to help us get to the end of the season."

"We are calm because we just need to learn from this game."

"Our unbeaten run is over but one poor performance won't ruin everything."

"We can still make this a perfect season."

POMPEY OUTGUNNED?

FA CUP 5TH ROUND

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CARABAO CUP FINAL VILLA CAN'T

ONE FOR THE FODE

Star man Phil makes it a Greally rough day for Jack

THIS was supposed to be the Jack Grealish show – only for a pesky teenager to steal the Wembley limelight with a man-of-the-match display.

Phil Foden does not turn 20 until May 28 but was the precocious talent everyone was talking about as Manchester City added yet another pot to their collection.

Foden was instrumental in City's opening goal after 20 minutes.

He wriggled free of Matt Targett's shackles at the back post and cushioned a header from Rodri's cross into the path of Sergio Aguero, who did what comes naturally to him by shooting home.

From that moment on, Villa were fearful of midfielder Foden's threat in behind them.

Left-back Targett will cop flak

By **GRAEME BRYCE**



from some Villa fans for failing to deal with the problem teenager.

But it was significant that Pep Guardiola used his England Under-21 star on the one side of the pitch he knew he would get space.

Targett needed Grealish and Anwar El Ghazi to track back and assist him – but that is not really their strength.

And so Foden had a field day as he became a Wembley winner.

No doubt he will be back here countless times in his career for club and country.

For Grealish, there were only tears for souvenirs this time as he was consoled by boss Dean Smith

and No2 John Terry at full-time. This final seemed set up for Grealish to showcase his lavish talents and add another £10million or so to his rapidly-rising price-tag.

But it fell flat for Villa's talisman and his tired pass in stoppage time summed up his day.

The 24-year-old remains a huge talent but he was usurped by Foden yesterday.

And Grealish could not complain, for he had stolen the show in the same manner on his first appearance at the national stadium five years ago.

The Solihull lad, then a fresh-faced 19-year-old, burst on to the scene here in Villa's FA Cup semi-final win over Liverpool – having only made his first Premier League start 12 days earlier against QPR.

Tim Sherwood saw enough to let

him loose on Liverpool – and the youngster stole the show.

Grealish played with a carefree innocence, as if he was having a kickabout on the school playground, and it totally unnerved a Liverpool side which included Steve Gerrard in his swansong season.

The Liverpool legend had been told it was written in the stars that his final game for the Reds would be that year's final against Arsenal at Wembley – played on the day of his 35th birthday.

Instead, Grealish snatched the moment from him – a baby taking candy from an adult!

His swivel hips mesmerised Liverpool's midfield, which had no answer to his boyish impudence.

Wind on five years and all eyes were now on Grealish and the weight of expectation was

suddenly on his sizeable shoulders. The kid had filled out into a top athlete and leader. This was his chance to seize the day and show all the rumours surrounding his supposed summer move to Manchester United, or to one of his many other admirers, was justified.

Yet it was City's Foden who shone brightest. Grealish will be back here at Wembley, possibly for more finals and almost certainly in an England shirt soon, potentially at this summer Euros.

To do that, he must find a way past Raheem Sterling, Marcus Rashford, Ross Barkley and Jadon Sancho for starters.

He better hurry, because it will not be long before Foden gatecrashes that party too.



JOY . . . Foden gets thumbs-up from boss Guardiola



DESPAIR . . . Grealish consoled by Villa No2 Terry



FALLING IDOL . . . Villa talisman Grealish tumbles under pressure from City whizkid Foden at Wembley

THEIR MATCH STATS			
FODEN		GREALISH	
90	MINS PLAYED	90	
0	GOALS	0	
1	ASSISTS	0	
71	TOUCHES	46	
51	PASSES	32	
2	KEY PASSES	1	
41	PASSES IN OPP HALF	19	
90%	PASS ACCURACY	75%	
2	CROSSES	2	
5	TOTAL SHOTS	0	
2	TACKLES	0	
0	FOULS WON	2	
2	FOULS CONCEDED	0	

DETHRONE THE CITY KINGS

PEP: BRAVO, CLAUDIO



WILLIAM... in stands

Will's got no way

PRINCE WILLIAM gave Aston Villa a dressing room pep talk — but it failed to stop Manchester City becoming kings.

The heir picked Villa to support as a kid because "I wanted a team that was more mid-table, that could give me more emotional rollercoaster moments".

And after telling players what the club meant to him, he certainly had that.

He celebrated wildly when Mbwana Samatta pulled the Carabao Cup final scoreline back to 2-1. But the Duke of Cambridge, 37, was left heartbroken when Bjorn Engels' late header was saved by Claudio Bravo.

City's third straight League Cup win ensured a Supersonic celebration for fan Noel Gallagher.

Full-back Bernard Mendy posted pictures with the Oasis man in the dressing room, writing: "Looks like Noel Gallagher enjoyed my private show."



WONDERS ALL... Guardiola and Gallagher

Teen can take bao

By MARTIN BLACKBURN

PHIL FODEN says he will take huge confidence from his man-of-the-match Wembley performance.

The Manchester City midfielder, 19, was a surprise starter in the Carabao Cup final.

Foden set up Sergio Aguero's opener and was a real headache for Aston Villa as he added another medal to his collection.

He said: "When you are involved in goals it gives you confidence, being the attacking player that I am."

"I'm always trying to score and assist, that is the standard I set myself."

"It's a special feeling to play in the final. I'm over the moon we have won."

England hopeful Foden now has his eyes on more silverware.

He said: "The biggest trophy is the Champions League — we are trying to win every game."

PEP GUARDIOLA lavished praise on Claudio Bravo after Manchester City clinched their third Carabao Cup in a row.

The back-up keeper, 36, made a superb late save to push a Bjorn Engels header on to a post.

City boss Guardiola said: "He was involved in a lot of titles."

"He's one of the most incredible pros I've ever seen. Other players

By MARTIN BLACKBURN

can learn from him — he's an extraordinary person, he will have success whatever he does in life.

"The keepers in a final have to save it. I never doubted his quality as a keeper."

While Chile international Bravo excelled at Wembley, England's John Stones slipped up to hand

Villa a way back into the final. Centre-back Stones fell over as he tried to deal with a high ball and allowed Anwar El Ghazi to pounce and produce a superb cross for Mbwana Samatta to head home.

Ex-City defender Micah Richards said: "I feel sorry for him. I feel like he hasn't come in fresh and he is gonna be judged on his mistake. "He's just having a bad moment."

BRAVO TO HERO... the City keeper pulls off a stunning late save to prevent extra-time and (inset) John Stones' error for Villa's goal



Don't let it drop

SMITH RALLY CRY

DEFIANT Dean Smith hauled his players into a huddle before they headed up the Wembley steps to collect their losers' medals.

Then he told every one of them they were winners in his eyes — and that was the standard he expected from them in their 11 remaining Premier League games.

Despite their Wembley heroics, and Bjorn Engels' late header agonisingly striking a post, Villa still slipped into the relegation places at the weekend and now face a desperate battle for survival.

Smith (below) used his impromptu huddle to draw a line in the sand and told his players to prepare for 11 more finals in the run-in.

The beaten Villa boss said: "We had a little chat at the end and I told them I was proud of their performance."

"But that's the standard we need week in, week out now."

"We were written off after our performance at Southampton and I asked for a reaction and I thought I got that against one of the top teams in the world."

"We saw that from City at the Bernabeu during the week but we took them on and went toe-to-toe with them at the death, Bravo pulling off a great save from a header to stop the game from going into extra-time."

"That performance will get you wins against other teams in this league."

"We came here to win a final, to win a trophy, but we didn't manage to do that."

"Our focus now shifts to Premier League survival."

"Every game is a cup final to us now. But we will go toe-to-toe with top teams if we do that every week. We

By GRAEME BRYCE



will be okay if we do that. We had that huddle at the end and yes they were disappointed and they'll feel that tonight but they'll wake up with pride tomorrow."

Smith suffered a 6-1 drubbing at the hands of City in January but says he never feared the worst when his side went 2-0 down near half-time.

Although it must have felt the world was against them as TV replays showed Jack Grealish had not conceded the corner which led to Rodrigo's winning header, the ball instead rebounding off Ilkay Gundogan.

Smith said: "At 1-0 we were always in the game and it certainly wasn't a corner but there's nothing I could do about that."

"It was a goal kick but we've got to defend the corner better. That's the be-all and end-all, really."

"I was never concerned that the game was going to run away from us, even then."

"I could tell from the players' body language from the pitch and their eyes when they went out there that they were ready for this game."

"We had good moments but it wasn't our day today."

"We came here with an awful lot of belief although everybody had written us off, I think we were 18-1 to win it!"

"There was a lot of people in that dressing room determined to prove people wrong."

"There was never a sense of a backwards step from my players and that's what pleased me more than anything."

MARK HALSEY
The whistleblower

RODRI headed Manchester City's decisive goal from a corner which should never have been awarded. Aston Villa can feel aggrieved because Jack Grealish's block bounced off Ilkay Gundogan — a clear goal-kick.

Assistant referee Ian Hussin flagged for a corner but whistler Lee Mason was in a better position and should have overruled him. People will ask why VAR didn't get involved because one pass later the ball was in the net. But an error leading up to a corner is not in the current protocol.

Villa boss Dean Smith went ballistic at the decision and I sympathise with him.



SMOKING GUN... Ilkay Gundogan gets final touch

CARABAO CUP FINAL ASTON VILLA

SAMATTA 41



AGUERO... 'so happy'

PEP

From Back Page

win the titles, eight from nine is something remarkable. We have won the last six. It is incredible.

"It would be so difficult for anyone to do it again — not just us but our opponents.

"What we'd like to give to this organisation for the future is, what we've done helps the club to know if we did it they have to do it, to win titles as this group of players have done.

"Sergio Aguero has won 13 since he was here.

"His legacy for the new strikers coming will have to compare to his high standard — if you want to compete in Europe you have to do that."

But Guardiola told his players there is no time to enjoy the moment as they are back in FA Cup action on Wednesday night.

The holders travel to Sheffield Wednesday in the fifth round.

They are also going well in the Champions League after a 2-1 last-16 first-leg win over Real Madrid in the Bernabeu last week.

Boss Pep added: "There is no time to rest or celebrate.

"I think when you review what you have done in the last nine competitions, it's because this group has something special.

"It's not just about one title. Sometimes you win a title and then you don't win for a long time."

Guardiola has now won 30 trophies in his 11-year managerial career.

He said: "Of course I'm so pleased but for the incredible group of people — Barcelona, Bayern Munich and Manchester City.

"I'll always be grateful to have been part of it.

"They are incredible numbers in a short time."

Aguero's early strike and a Rodri header put City in command before Mbwana Samatta halved the deficit.

Aguero, City's all-time leading scorer with 253 goals, said: "I am so happy for the goal but I am happy because we have won the cup.

"I want to say thanks to the club, because when I came here my aim was to win titles and now I am so happy because it is one more title."

Rodri added: "Villa are a very tough team to play. They are tall and strong and we knew we couldn't give up.

"We conceded and then suffered towards the end but I am happy for the team. It has not been easy for us this year but it is the second title of the season."

DOMESTIC

Winning under-fire League Cup

HOT ROD... City's Rodri climbs high to score second goal



KING OF COOL... Sergio Aguero clinically finds net



IT may be coming to an end soon, this era of Silva here, Silva there and silverware everywhere.

But by collecting their sixth domestic trophy out of the last seven — eight out of nine if you include Community Shields — Manchester City offered a silver lining to the dark Financial Fair Play clouds over the Etihad.

Such is the sense of paranoia around City following their two-year Uefa ban, that they will expect somebody in a blazer to come along and strip them of all these baubles before long.

Yet despite winning the League Cup five times in seven years, despite Pep Guardiola suggesting the competition ought to be scrapped — and despite City failing to sell out their half of Wembley — this win clearly mattered to the victimised victors.

The Carabao Cup final threatened to become a cake-walk when Sergio Aguero and Rodri propelled City into a 2-0 lead by the half-hour mark.

Yet Aston Villa — who were the romantics' choice with their local manager, Dean Smith, and the richly promising local skipper, Jack Grealish — made City fight to the bitter end.

After Mbwana Samatta headed Villa back into the contest, it took a magnificent late save from the much-ridiculed Claudio Bravo to keep out a Bjorn Engels header and

By **DAVE KIDD**

CHIEF SPORTS WRITER



prevent extra-time. But Villa's relegation fight can surely only be boosted by the manner of this performance.

For City, there was a taste of the future as homegrown Phil Foden played the 90 minutes and assisted Aguero's opener as part of a man-of-the-match display.

Foden, 19, will surely be one of the chief beneficiaries should City's Champions League ban be upheld and some of their stellar names start looking for the exit door.

Here, playing wide on the right, we saw a cute header to set up Aguero, a brilliant tackle to rob Grealish — and even a spot of keepie-uffie in the second half.

Foden has needed the virtue of patience but Guardiola is adamant he trusts the teenager fully. This day will have made the wait feel worthwhile.

Aguero netted his 253rd City goal — as many as Wayne Rooney scored for United — and Rodri added just his fourth for the club.

But it was to the immense credit of Smith's Premier League strugglers that City were left to sweat, then sigh with relief, either side of the final whistle.

The omens had not been good for Villa.

City sauntered to a 6-1 win at Villa Park in January — and had won their previous

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Sun Sport



CARLO SEES RED
EVERTON 1 MAN UTD 1

JOSE GONE SOFT
SPURS 2 WOLVES 3

SEE YOUR No1 PULLOUT



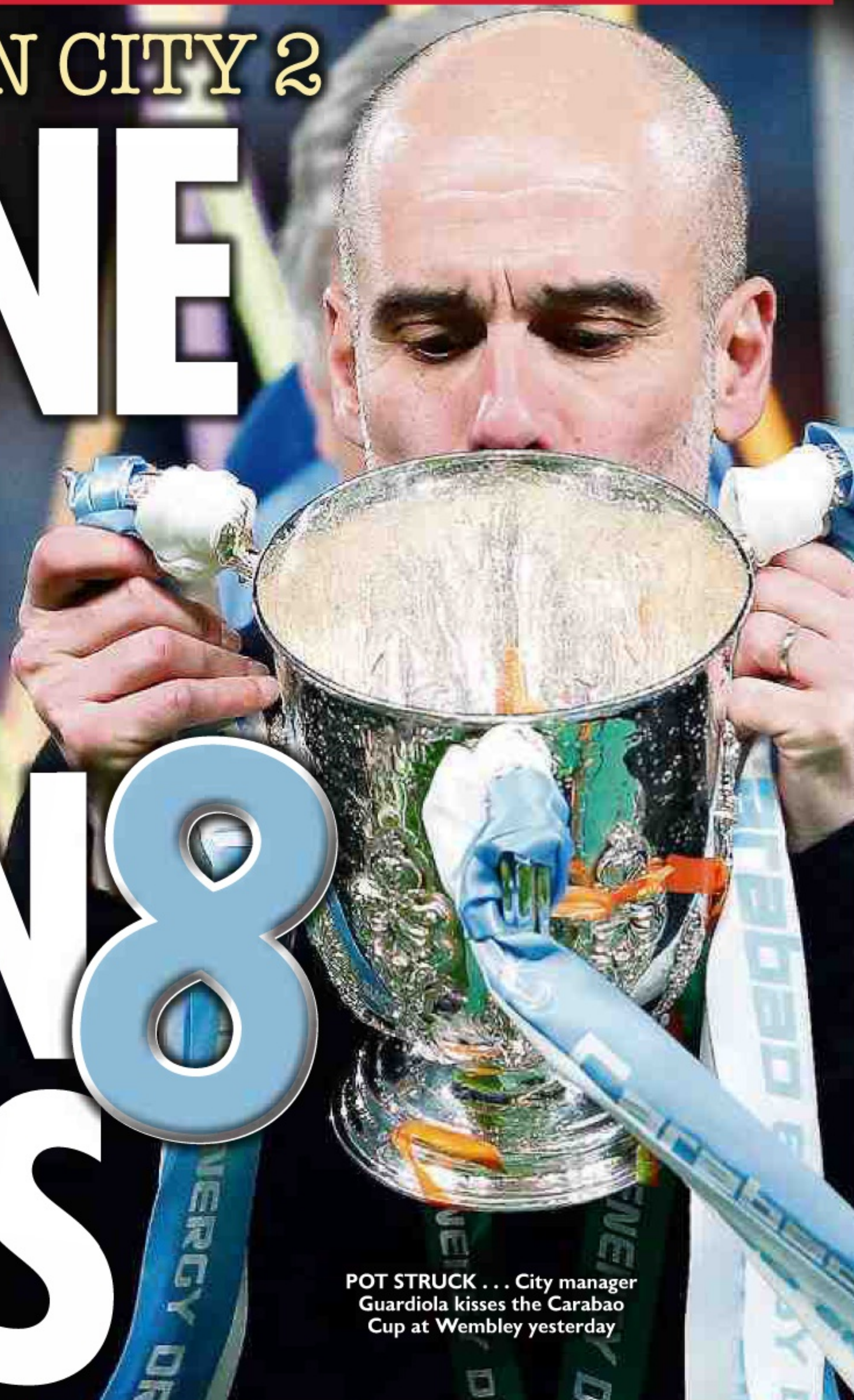
DEJAN'S SHAME

By MARK IRWIN

HUMBLED Dejan Lovren says Liverpool are "ashamed" of losing their Invincible dreams. Jurgen Klopp's men were sent crashing by relegation-threatened Watford. And Lovren (left) said: "This is a proper wake-up. Turn to Page 47

ASTON VILLA 1 MAN CITY 2

NO ONE WILL DOMINATE LIKE US



POT STRUCK . . . City manager Guardiola kisses the Carabao Cup at Wembley yesterday

Pep hails City's eight of nine pots as they make it SIX on spin



THE HAND OF FOD . . . man of the match Phil Foden and goalscorer Rodri

By MARTIN BLACKBURN

PEP GUARDIOLA says Manchester City's glittering haul of EIGHT trophies out of nine may never be repeated.

Goals from Sergio Aguero and Rodri proved to be enough to see off Aston Villa and clinch a third-straight Carabao Cup.

It means City have now won the last six pieces of domestic silverware, including Community Shields.

And Pep believes his trophy-laden side are putting down a legacy their rivals and the club's next generation of stars will struggle to live up to.

He said: "The important thing is that everyone knows we have responsibility to

Turn to Page 50



SOFT...SIDE

Monday,
March 2, 2020

goals

in association with



Tottenham.....2 Wolves.....3

JOSE MOURINHO claimed his Spurs stars are "too nice". He told his players to be more physical like Wolves after Raul Jimenez's late strike sunk Tottenham. But manager

By **PAUL JIGGINS**

Mourinho (left) also reckoned more than two Wolves players deserved yellow cards. He said: "I think that's the way a team has to play" *Turn to Page 5*



Calvert-Lewin

Maguire

Sigurdsson

De Gea

CALVERT-LEWIN'S shot is deflected off Maguire but the grounded Sigurdsson is ruled offside by VAR.

OFF...SIDE

Carlo sees red as VAR rules out late 'winner'



CAR-LOW ... Ancelotti sent off

Everton.....1
Manchester United.....1

By **NEIL CUSTIS**

CARLO ANCELOTTI was red carded at Goodison Park after Everton had an injury-time 'winner' ruled out by the VAR.

Dominic Calvert-Lewin's shot deflected in off Manchester United's Harry Maguire.

But Gyfla Sigurdsson was lying in an offside position and, while the ball did not touch him, he was ruled to be in David De Gea's eyeline enough to disallow it. Ancelotti said: "I have a lot of things to say and, yes, I asked for an explanation but he sent me off. After that I spoke with him" *Turn to Page 3*

VAR-D LUCK ... De Gea could not see past Sigurdsson



William HILL

Portsmouth v Arsenal | Live on BT Sport KO 7.45pm

Arsenal to win both halves

WAS
2/1

NOW
9/4

WHEN
THE
FUN
STOPS
STOP

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PREMIER LEAGUE



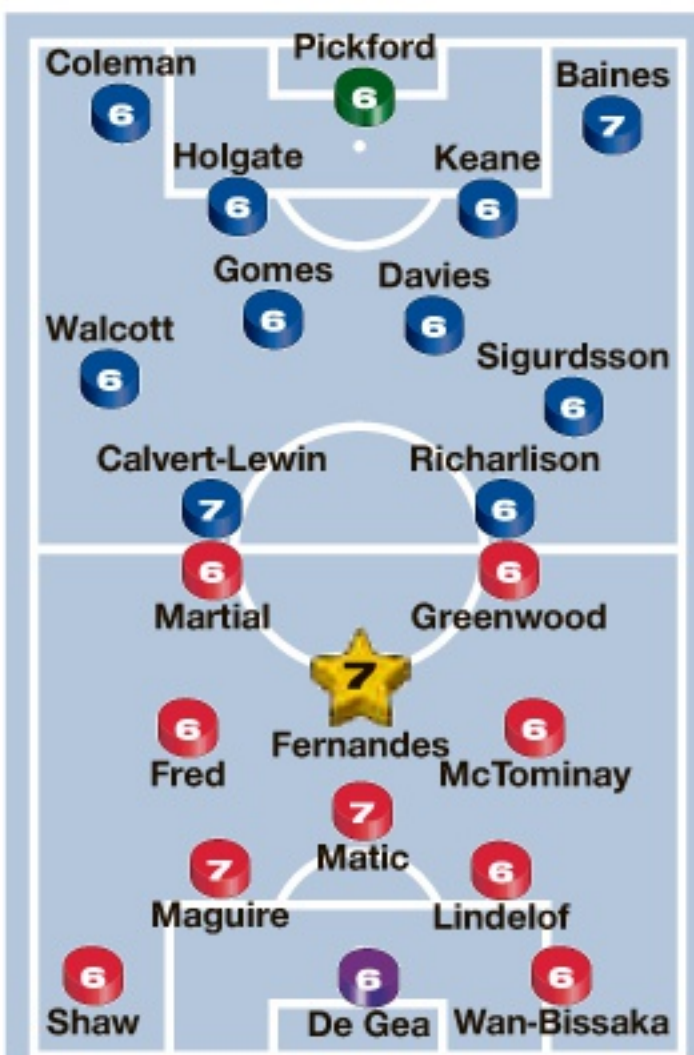
EVERTON are yet to lose at home in the Premier League since Carlo Ancelotti took charge. In seven games at Goodison Park, the Italian has led them to four wins and three draws.



REFEREE: Chris Kavanagh

ATTENDANCE: 39,374

DREAM TEAM RATINGS



SUBS — EVERTON: Sidibe (Coleman 28) 6, Bernard (Walcott 63) 5, Kean (Gomes 82) 6. Not used: Neves, Delph, Mina, Iwobi. Booked: Sidibe, Davies, Calvert-Lewin.
MAN UNITED: Ighalo (Greenwood 72) 6, Mata (McTominay 72) 6, Williams (Martial 89) 6. Not used: Romero, Bailly, Lingard, Pereira. Booked: Fred, Shaw, Lindelof, Maguire.

Ratings supplied by whoscored.com

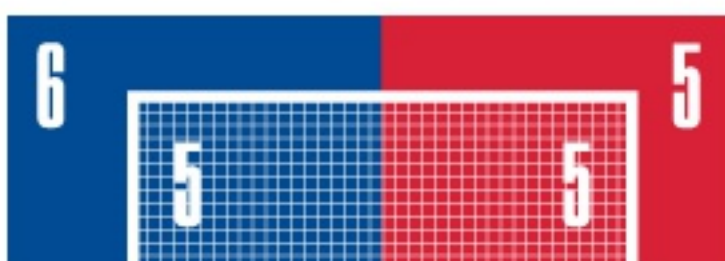
MATCH STATS

EVERTON	MAN UTD
327.....	Total passes.....426
241.....	Completed passes.....330
29.....	Touches in opposition box.....18
16.....	Total shots.....14
5.....	Blocked shots.....4
100.....	Sprints.....67
66.3.....	Miles covered.....63.4
11.....	Fouls conceded.....11
28.....	Total crosses.....21
37%.....	Possession (1st half).....63%
52%.....	Possession (2nd half).....48%
3/0.....	Yellow/red cards.....4/0

POSSESSION

44% 56%

SHOTS ON/OFF TARGET



CORNERS

13 8

OFFSIDES

3 1

PLAYER MOSTS

Passes.....	Fernandes 58
Touches.....	Fernandes 93
Total shots.....	Fernandes 6
Crosses.....	Baines 12
Clearances.....	Maguire 15
Top speed (mph)....	Greenwood 22.4

PICK 'N MIX

Keepers' late heroics make up for howlers

By NEIL CUSTIS

Everton.....1

Calvert-Lewin 3

Man United.....1

Fernandes 31

IN the end both keepers can claim redemption with saves that earned their respective teams a point.

But when you are in that position on the pitch, with the high profiles that David De Gea and Jordan Pickford have, it is the clangers that people remember.

Both of these two are dropping too many. It is a huge headache for bosses Ole Gunnar Solskjaer and Carlo Ancelotti.

Then, of course, there is the watching Gareth Southgate, for whom Pickford is currently his No1 ahead of England's bid for the Euros this summer.

First De Gea. It was not that long ago he was being hailed as the best goalkeeper in the world and last year he was rewarded with a new long-term contract by Manchester United.

Not that anyone was banging the door down to buy him — that stopped some time ago as his form became to falter.

Yesterday's early blunder was one of his worst and the list is beginning to grow.

Indeed, no other Premier League keeper has made more errors resulting in goals since the start of last season than De Gea, with seven. He is level on that figure with, among others, Pickford.

It is as well former United captain Roy Keane was in the TV studio rather than on the pitch when he addressed what De Gea did after just three minutes. First

Nemanja Matic laid the ball back to him. There was no pressure, nobody chasing him down.

Dominic Calvert-Lewin only got close to him because he was sick of waiting for De Gea to decide what to do.

He ran into the box, jumped and as De Gea finally kicked it, the ball hit the outstretched boot of the Everton striker and flew in.

"You'd kill him!" was Keane's damning verdict on De Gea when he assessed what the reaction of his manager and team-mates would be.

He added: "I would have lynched him at half-time."

"I have no time for that carry on. I would love to ask him what

he is waiting for. It was almost a bit of arrogance."

United's Dean Henderson, on loan at Sheffield United, is earning rave reviews.

Could Solskjaer really consider bringing him back to be his No1 next season?

Keane claimed his former team-mate "would be thinking it over".

Mind you, Pickford was not getting away with it at the other end as Keane launched into him too for United's equaliser in the 31st minute.

Bruno Fernandes' low, long-range shot was good and dipped, but it went under the dive of Pickford at his near post.

Keane blasted: "He's not a good

goalkeeper. He's not up to it." You had to wonder whether the watching Southgate was thinking the same.

After chucking one in at Crystal Palace last month, Pickford made an extraordinary attack on pundits and the media, claiming they were all out to get him.

He said: "Everyone hates you for some reason, that's part of being an England player."

"I think the press and everybody, the punters — look at Gary Neville — they just want to come for England players."

Well they do not actually, you just get extra scrutiny when the future of the Three Lions is in your hands going into a major



MISSED A GEA... David De Gea apologises after his howler (left) led to Everton's opening goal



**STAT
ATTACK****LEADING GOALSCORERS**

League goals	
Pierre-Emerick Aubameyang (Arsenal).....	17
Jamie Vardy (Leicester).....	17
Sergio Aguero (Man City).....	16
Danny Ings (Southampton).....	15

**20
GOALS SCORED****AVE PER GAME
2.5****0 31**

in association with

William HILL

CAN'T LOOK... Jordan Pickford knows he has dropped a clanger after Bruno Fernandes' equaliser (below) but (bottom) makes up for it with a great save from United sub Odion Ighalo

MOST ERRORS LEADING TO GOALS IN PREM SINCE START OF LAST SEASON (goalkeepers)

	David de Gea (Man Utd)	7
	Jordan Pickford (Everton)	7
	Martin Dubravka (Newcastle)	7
	Bernd Leno (Arsenal)	7
	Asmir Begovic (Bournemouth)	5



tournament. Right now, those hands do not look very safe.

To be fair, let us move on to the redeeming moments for both.

De Gea made a fine fingertip save to deny Calvert-Lewin a second just two minutes after his blunder.

What was even better was his stop with an outstretched right boot that denied Gylfi Sigurdsson in injury-time winner as it all went off at the end.

Sigurdsson had toe-poked his close-range shot but it was still a fine stop.

The problem then was the disappointed Everton player stayed down in the six-yard box, wallowing in his disappointment

as Calvert-Lewin fired a shot back in.

It rebounded off Harry Maguire and Sigurdsson, in an offside position, quickly moved his legs so as to not make any contact as the ball beat the wrong-footed De Gea.

It was down to VAR Jon Moss and he believed Sigurdsson was in De Gea's eyeline and therefore interfering and offside.

Just before that Pickford had his moment to erase the disappointment of his lame attempt to stop Fernandes' shot.

United's new Portuguese playmaker (right) was involved again, charging into the Everton box and hitting a shot that Pickford palmed across goal. Sub

Odion Ighalo was on to it just a few yards out but Pickford leapt back across his line and superbly stopped the on-loan striker's shot with an outstretched foot.

At the final whistle Everton boss Ancelotti was incandescent over Everton's late goal being disallowed and got himself a red card as he barked in referee Chris Kavanagh's face.

It takes something to ruffle this guy's feathers but VAR is currently doing that, turning seemingly sane people mad.

Goalkeepers can do that, too, as both managers may privately confirm.

Tweet @ncustisTheSun

OFF...SIDE

From Page 1

and I had a conversation with him. I would like to keep that private.

"It was a situation that was borderline.

"Gylfi was offside but in our opinion he didn't affect De Gea. It is really difficult to decide but the game is finished.

"The vision of De Gea was clear because Gylfi was on the floor but he was in an offside position.

"He was in front of the keeper so you have to decide whether the vision is affected or not.

"Everyone knows the decision of the referee is very difficult."

Ancelotti says he does not know whether he will appeal the red card after he barked in referee Chris Kavanagh's face while VAR Jon Moss was safely locked away in Stockley Park.

As it stands he will be banned for his return to Chelsea next weekend where he won the title back in 2009-10.

He said: "I hope not because I didn't disrespect the ref, he knows this, but if I have to get banned I can go to the stands at Stamford Bridge. It is not a big problem."

Calvert-Lewin watched a replay of the incident straight after the game before being interviewed.

He said: "In the moment I wasn't sure but seeing it back Gylfi doesn't obstruct the line of sight.

"It may be offside but the deflection takes the

PREM TABLE

	P	W	D	L	F	A	Pts
Liverpool	28	26	1	1	64	20	79
Man City	27	18	3	6	68	29	57
Leicester	28	15	5	8	54	28	50
Chelsea	28	13	6	9	47	39	45
Man Utd	28	11	9	8	42	30	42
Wolves	28	10	12	6	41	34	42
Tottenham	28	11	7	10	46	39	40
Sheff Utd	27	10	10	7	29	25	40
Burnley	28	11	5	12	33	39	38
Arsenal	27	8	13	6	39	36	37
Everton	28	10	7	11	37	42	37
C Palace	28	9	9	10	25	32	36
Southampton	28	10	4	14	35	51	34
Newcastle	28	8	8	12	24	41	32
Brighton	28	6	10	12	32	40	28
West Ham	28	7	6	15	35	49	27
Watford	28	6	9	13	27	43	27
Bournemouth	28	7	6	15	28	45	27
Aston Villa	27	7	4	16	34	52	25
Norwich	28	5	6	17	25	51	21

ball away from him and the goalkeeper was already going the other way.

"As a striker it is a goal but VAR says otherwise and cancels out the emotion so what can you do."

United boss Ole Gunnar Solskjaer praised De Gea's one-footed save from Sigurdsson before Calvert-Lewin followed up for the late disallowed goal.

It made up for a third-minute howler when his kick was charged down by Calvert-Lewin to score the opening goal.

Solskjaer said: "It's a fantastic save to make amends."

But De Gea insisted to his manager that he was distracted by Sigurdsson.

Ole added: "He tells me he got distracted by the boy in front. They know the rules more than me."

Tough call but Moss has his law in order

EVERTON'S disallowed injury-time goal against Manchester United was a really tough decision for the match official.

Toffees midfielder Gylfi Sigurdsson prevented David De Gea from playing or being able to play the ball by clearly obstructing his line of vision as per Law 11: Offside and VAR official Jon Moss made the right call.

The Everton ace was right in front of De Gea, so much so that he impacted on the keeper before Harry Maguire deflected Dominic Calvert-Lewin's shot into the net.

I'm sure the decision will split football but it was easier to give offside than a goal at such a crucial



time in the game. Ref Chris Kavanagh — who initially gave a goal — didn't need to speak to his assistant as VAR automatically checked it and the situation was resolved quickly.

Carlo Ancelotti was frustrated but he is experienced enough to know he cannot go arguing with officials on the pitch like that.

Kavanagh asked him to leave but he refused and will face an FA charge for improper conduct.



SCORER...
Calvert-Lewin

Gareth's got a Cal to make

the ANALYST
DANNY HIGGINBOTHAM TALKS TACTICS

DOMINIC CALVERT-LEWIN just HAS to be in the next England squad.

Three Lions boss Gareth Southgate was at Goodison Park yesterday to see the 22-year-old continue his run of goalscoring form under new Everton boss Carlo Ancelotti.

Southgate must be considering — with Harry Kane and Marcus Rashford out injured — letting the Everton No9 lead his line when Italy come to Wembley on March 27, with Denmark at the stadium four days later for another friendly.

Calvert-Lewin claimed the only goal in Ancelotti's first game in charge, against Burnley, and his strike against United was his eighth in ten league games.

It was Duncan Ferguson who switched to a 4-4-2 after Marco Silva left — Ancelotti stuck with the formation and Calvert-Lewin has now formed an outstanding partnership with Richarlison.

When Everton were playing more of a 4-2-3-1, his unselfishness and work rate probably prevented him from getting the goals he deserved.

When he was playing as a lone striker earlier in the season, he would go wide to the left to help and when the balls were coming into the box he wasn't there. At times he was isolated.

Now he can be a focal point when the balls are coming in.

His hold-up play is brilliant and because Everton play with two holding midfielders, with two centre-backs behind them, he has always got support around him as the full-backs can both push up.

Yes, Calvert-Lewin's goal yesterday came from a David De Gea error but he closed him down really well.

As for Manchester United, Bruno Fernandes once again looked a great buy for Ole Gunnar Solskjaer. Playing at the tip of the diamond just behind the front two, he causes such big problems for defences.

He scored from long range — something he gained a reputation for doing at Sporting Lisbon.

Knowing he has that in his locker causes a headache for defenders.

Centre-backs might feel the need to step out and stop him shooting and that leaves the space in behind that Anthony Martial or Mason Greenwood can exploit.

Fernandes completely changes the dynamic of United.

It was also brilliant to see Andre Gomes make his first start since suffering that horrific ankle injury against Tottenham on November 3.

Credit to him for coming back so soon and also to Everton's doctor John Hollingsworth — Gomes claims his treatment on the pitch straight after the injury sped up his recovery by two months.





REFEREE: Stuart Attwell
ATTENDANCE: 58,064

DREAM TEAM RATINGS



SUBS — TOTTENHAM: Ndombéle (Tangana 76) 6, Fernandes (Aurier 82) 6, Parrott (Davies 90) 5. **Not used:** Alderweireld, Vertonghen, Vorm, Skipp. **Booked:** Lo Celso, Winks, Davies. **WOLVES:** Neto (Traore 74) 6, Dendoncker (Jota 79) 6, Podence (Jimenez 90) 5. **Not used:** Gibbs-White, Ruddy, Kilman, Buur. **Booked:** Boly, Dendoncker.

Ratings supplied by whoscored.com

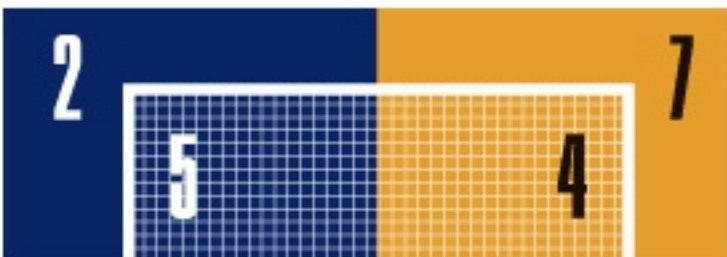
MATCH STATS

TOTTENHAM	WOLVES
617	322
529	238
23	25
13	14
6	3
107	87
67.1	66.2
12	14
23	16
64%	36%
66%	34%
3/0	2/0

POSSESSION



SHOTS ON/OFF TARGET



CORNERS



OFFSIDES



PLAYER MOSTS

Passes	Sanchez 89
Touches	Aurier 101
Total shots	Jimenez 5
Crosses	Moutinho 9
Clearances	Saiss 8
Top speed (mph)	Traore 22.8

PREMIER LEAGUE



TOTTENHAM have lost three in a row in all comps for the first time since May last year while Jose Mourinho has done so for only the fourth time in his career.

Student Nuno teaches Jose a lesson

SANTO'S MASTERPLAN

JOSE MOURINHO must be one helluva teacher.

The master was defeated by one of his apprentices for the second weekend running.

After losing 2-1 at Frank Lampard's Chelsea last Saturday, Tottenham boss Mourinho saw his strikerless side slip to another defeat at the hands of Nuno Espirito Santo's Wolves.

The Wanderers manager used to be Mourinho's reserve goalkeeper at Porto.

Nuno may not have any of his old gaffer's charisma but, as Mourinho replied when this was put to him at his press conference on Friday: "Charisma does not win you football matches."

Yet the Molineux chief does have Mourinho's way of winning matches by sticking to his guns.

And the way things are going Nuno and Wolves could also end up taking Mourinho and Spurs' Champions League place next season — even without winning the Europa League.

This victory saw Nuno's men

leapfrog the north Londoners in the battle for Euro spots at the top of the Premier League table.

Wolves moved up to sixth place, level on points with Manchester United in fifth, while Tottenham dropped to seventh, two points below, their season savaged by injuries.

Keeper and captain Hugo Lloris, having only recently returned from a dislocated elbow, returned to the sick bay with a groin problem.

And with no recognised strikers, owing to the long-term absences of Harry Kane and Son Heung-min, Spurs' season is in serious danger of going nipless north.

Wanderers arrived here after a midweek trip to Barcelona's second club Espanyol, where they

made it through to the last 16 of the Europa League.

Yet, despite having one of the smallest squads in the Premier League, they looked as fresh as daisies in their **FORTY-SIXTH** fixture of the campaign.

Mind you, they love coming to London.

Wolves have not lost any of their nine league matches in the capital since their promotion back to the top flight in 2018.

They managed to serve up some more capital punishment, despite falling

behind twice. Tottenham looked all over the place before they took a 13th-minute lead against the run of play with a swift counter attack.

Giovani Lo Celso played in Serge Aurier down the right channel and the Ivorian wing-back's low ball across the box fell perfectly for Dele Alli.

Wolves keeper Rui Patricio did brilliantly to block the England midfielder's shot but could do nothing to keep out Steven Bergwijn's follow-up.

This seemed to settle Spurs and the signs looked ominous for the visitors when Davinson Sanchez hooked a dipping shot just over the crossbar moments later.

But Wolves drew themselves level in the 27th minute as Spurs' defensive flaws were highlighted again.

Ruben Vinagre played a lovely one-two

By **PAUL JIGGINS**



Tottenham....2

Bergwijn 13; Aurier 45

Wolves.....3

Doherty 27; Jota 57; Jimenez 73

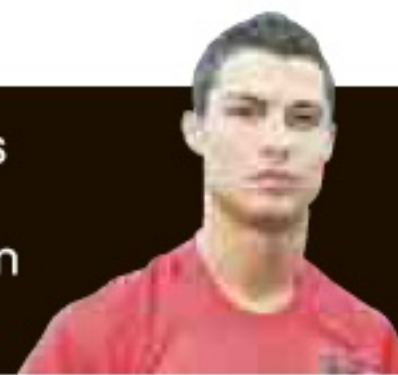


LUC AT US ...
Moura helps Aurier celebrate

in association with

William HILL**112**

WOLVES have won successive league games at Tottenham for the first time in 112 years — dating back to 1908. They won 3-1 last season when the game was played at Wembley.

**TOP 5****MOST PREM GOALS BY PORTUGUESE PLAYERS**

Cristiano Ronaldo (left)	84
Luis Boa Morte	29
Nani	26
Bernardo Silva	18
Diogo Jota	15

MOST POINTS WON FROM LOSING POSITIONS IN PREM THIS SEASON

	WOLVES	21
	Arsenal.....	15
	Sheffield Utd.....	13
	Liverpool.....	13
	Leicester.....	12
	Tottenham.....	12

SOFT

From Page 1

football. That's the way they did. The referee is there to punish but they had the correct mentality.

"We were punished not just on the second and third goal but for quite a long time because we don't have that aggression, ruthlessness.

"We are too good, too nice. That was the only thing that made a difference."

Tottenham twice threw away the lead as strikes by Steven Bergwijn and Serge Aurier were cancelled out by Matt Doherty and Diogo Jota — before Jimenez's 73rd-minute clincher.

Mourinho (with Nuno Espirito Santo, right) added: "I don't think the result is fair. It was a good game but nobody was happy with a draw."

The Spurs chief also slammed ref Stuart Attwell for letting early fouls on Spurs players go unpunished.

Mourinho said: "In the first minute Ruben Neves makes a tackle on Lucas Moura. The game is from the first to the last second. If there's a penalty in the first minute it's a penalty.

"That is where the referee shows immediately what you can and cannot do."

**Winning's not really Special**

NUNO ESPIRITO SANTO insisted beating The Special One was nothing special.

The Wolves boss, who played under Jose Mourinho at Porto, said: "It's nothing special, it was a very tough game.

"I have huge admiration for Jose but this was just another game."

This was Wolves' 46th fixture of the season following their passage into the last 16 of the Europa League. Nuno said: "It's amazing the energy levels we put into the game.

"It's a challenge and when you really embrace the challenge you give everything and this is what we are doing.

"Tottenham are an amazing team and can create so many problems. The second half was much, much better and the movements for the goal were good."

Wolves twice came from behind before Raul Jimenez (above) thumped in a 73rd-minute winner.

He said: "It's an amazing feeling. This is our spirit, this is what we want, this is what characterises us.

"We are looking at top five. If we can keep fighting like this, we can do it."



THERE YOU GO, DIOGO ...
Jota is gifted Wolves' second

with Ruben Neves on the left before getting in behind Aurier and firing in a cross.

Eric Dier failed to cut it out and Japhet Tanganga miscontrolled, gifting Arsenal fan Matt Doherty the simplest and sweetest of close-range finishes.

Spurs had shot themselves in the foot again — but, to their credit, they recovered and retook the lead on the stroke of half-time.

And once again that man Aurier was involved as he collected Dele's angled ball on the corner of the box, cut inside Vinagre and curled a left-footed shot beyond Patricio and into the far corner of the net to stun Wolves — and just about everyone else.

Who knew Aurier had a left foot?

It was the defender's first Premier League goal since he netted in Spurs' 4-1 win at Bournemouth on March 11, 2018.

An unmarked Dele should have increased the lead after the break when he headed Ben Davies' cross wide from eight yards.

And the miss was to prove

costly. Diogo Jota, who had earlier flicked a header on to the roof of the net, tapped in Wolves' second equaliser of the afternoon in the 57th minute after keeper Paulo Gazzaniga could only get an outstretched boot to Doherty's toe-poked cross-shot.

Jota then turned provider to set up the 73rd-minute winner for Raul Jimenez, who turned inside Tanganga in the box and curled a shot into the far corner.

Tottenham have kept only three clean sheets in Mourinho's 23 games in charge and their fans will be wondering why the manager kept Toby Alderweireld on the bench.

The home crowd showed what they thought of his decision not to send 18-year-old striker Troy Parrott on until the final minute as they greeted the substitution with ironic cheers.

Tottenham showed plenty of spirit but still look a mess at both ends of the pitch.

Mourinho should be proud of himself, though.

He clearly taught Nuno well.



OLD GOLD RUSH ...
Jimenez sweeps home
winner for Wolves

Portsmouth v Arsenal
Live on BT Sport | KO 7.45pm

Ronan Curtis to score anytime (90 mins).

Enhanced Odds

WAS
13/5

NOW
3/1



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Billing's angry that Alonso has his Phil

PHILIP BILLING was angry that Chelsea stole a point at Bournemouth — and even angrier that it was Marcos Alonso who got the goals.

Alonso's double strike helped bounce the Cherries back into the drop zone, aided by Watford's shock win over Liverpool.

The Spanish defender twice popped up in the penalty box to punish the home team and even headed a third effort just wide.

Alonso's razor sharp goalscoring instinct was not lost on midfielder Billing, 23, who early in the match missed two sitters with only keeper Willy Caballero to beat.

He said: "When I saw it was Alonso again I couldn't believe it."

"But he is a goalscoring defender and

he was in the right place at the right time.

"It was a tough one to take. It was obviously the bounce, the way it bounced back to him. If he had got three I would have had a go at someone!"

"It's the story of our season so far. We've conceded too many sloppy goals."

"In a game like this we really should have taken three points."

Billing (*left*) says the team will take confidence into next weekend's trip to Liverpool and added: "We didn't drop our heads."

"We showed against a good Chelsea side that we can control the game and had chances. We just have to bring that to Liverpool as well."



goals PREMIER BLUE

Lamps hopes Cup clash with Klopp will fire 'em up

BLUE AWAY

IT'S been a tale of two halves for Chelsea in their 14 away Prem games this season — picking up a 71% win rate in their first seven compared with just 29% from last seven away.

CHELSEA AWAY IN PREM THIS SEASON

First 7 away	CHELSEA	Last 7 away
5 Wins		2
0 Draws		3
2 Defeats		2
19 For		10
14 Against		10
71% Win rate		29%



FRANK LAMPARD was smelling Red blood long before he heard the Anfield beast had finally been taken down at Watford.

Champions-elect Liverpool's 3-0 loss against the Hornets may just be a small scar in their slick season but next up are Chelsea in the FA Cup. And exactly which Blues team the wounded league leaders will face in London is anyone's guess — after Lampard's boys once again flattered to deceive on the south coast.

This Chelsea clan was taught a lesson in finishing at home by Manchester United, then outclassed Tottenham before having their bottoms spanked by Bayern Munich.

Some observers claim this young team has lost direction, which may explain why none of them found their way to the mixed zone in Bournemouth to be interviewed.

But after scraping a draw against the relegation-threatened Cherries, in a match they clearly should have won, Lamps jettisoned his chin in defiance. When asked if he would

By **GRAHAM NICKLESS**

rotate or cement this team to get the better of Jurgen Klopp's table-toppers the young gaffer insisted: "Cement and go for victory."

"It's Liverpool. Our fans want us to overturn the best team in the land."

"It doesn't mean I don't change a couple of people, bring in fresh legs or a couple of different options but I won't pick a team casually just to be giving minutes."

"I will be treating it with the care I would give a Premier League game."

So there you have it. Fighting talk as always from a man who gave everything in a Blues shirt in his marauding midfield days.

But whether his boys are giving everything for every minute on the grass is not quite so clear after yet another bewildering performance.

Little wonder then former Blues star Pat Nevin was left shaking his head with utter incredulity at what

LEAGUE**1**

JOSH KING has scored in his last three Prem home games against Chelsea, four in total. Only v West Ham does he have more (five).

TOP 5**PL GOALS BY DEFENDERS SINCE START OF 2017-18**

Marcos Alonso (Chelsea)	13
Patrick van Aanholt (Crystal Palace)	11
Virgil van Dijk (Liverpool)	8
Nathan Ake (Bournemouth)	8
Matt Doherty (Wolves)	8

in association with

William HILL

ARE YA?

DREAM TEAM

BOURNEMOUTH: Ramsdale 7, Stacey 7, S Cook 6, Ake 7, Smith 5, Billing 7, Lerma 8, I Cook 7 (Gosling 5), Fraser 7, C Wilson 6, King 7 (Stanislas 5). Subs not used: Boruc, Francis, Solanke, Rico, H Wilson. Booked: Smith, C Wilson.

CHELSEA: Caballero 6, Azpilicueta 7, Christensen 6, Tomori 6 (Willian 6), James 7, Jorginho 5 (Barkley 6), Kovacic 7, Alonso 9, Mount 7, Pedro 7, Giroud 6 (Batshuayi 6). Subs not used: Arizabalaga, Rudiger, Loftus-Cheek, Gilmour. Booked: Jorginho, Christensen.

BOURNEMOUTH	CHELSEA
27%..... Possession	73%
300..... Passes	807
208..... Completed passes	706
5/3..... Shots on/off target	6/12
4..... Corners	14
71.1..... Miles covered	68.7
69..... Sprints	59
Att: 10,667	Referee: Andre Marriner

MATCH RECAP

06 Billing squanders his second gilt-edged chance in just a few minutes.

33 Blues pressure pays off as Marcos Alonso thumps in after an Olivier Giroud miss.

54 Jefferson Lerma's powerful header from Ryan Fraser's corner finds the net.

57 Josh King slots the Cherries in front after fine work by Fraser, Billing and Stacey.

85 Alonso pops up in the box again to rescue a point after Ramsdale saves Pedro's volley.

90 Alonso sees a hat-trick go begging when he heads a simple opportunity wide.

**B'mouth.....2**

Lerma 54; King 57

Chelsea.....2

Alonso 33, 85

he had just reported on. The TV and radio celebrity left the media room still lamenting the fact his old side had no Eden Hazard to save the day.

As it turned out the Blues twice had to rely on their Spanish wing-back Marcos Alonso to earn them a point.

Chelsea overcame a rocky opening spell against a spirited Cherries side, who should have taken the lead with Philip Billing missing two sitters.

Alonso broke the deadlock on 33 minutes after Olivier Giroud flicked a volley on to the bar.

Yet when Giroud contrived to miskick right in front of goal soon after the break the hosts suddenly got a shot of adrenaline.

Jefferson Lerma leapt majestically on 54 minutes to head home his first goal of the season from Ryan Fraser's corner and three minutes later the

Blues defence was breached again. Fraser and Billing combined to send in Jack Stacey who picked out Josh King to score at the back post.

Lamps retreated to his bench out of the freezing rain no doubt wondering if he would get a reaction.

This time he did and despite keeper Aaron Ramsdale's best efforts in the home goal, Alonso popped up to level four minutes from time.

That's 19 goals the Spaniard has netted for the club since he arrived in London in August 2016 – a Premier league high for a defender.

Lamps felt his boys had been given a "reality check" by the German giants in the Champions League but here he saw some redemption.

He said: "Every reaction is important whether you lose a game or not. It was a difficult game against Bayern, we all know that.

"When you are winning games you have to react to sustain performances and results.

"So yeah I have been pleased with the reaction.

"I didn't feel there was a bad reaction in between, the lads have had a determined look on their face and they gave everything today."

Portsmouth v Arsenal

Live on BT Sport | KO 7.45pm

Eddie Nketiah to score first (90 mins).

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3/1NOW
4/1

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William HILLWHEN THE **FUN** STOPS **STOP**

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goals WEEK AHEAD



SEAN DYCHE (*left*) saw his Burnley side fail to register a shot on target in the first half. They have done that ten times in the Prem this season — a joint high with Crystal Palace.

(7.45 unless stated)

TODAY

EMIRATES FA CUP Fifth Round

Portsmouth v Arsenal.....

SKY BET CHAMPIONSHIP

Middlesbrough v Nottm Forest

BETVICTOR NORTHERN PREMIER -

Basford Utd v Nantwich Town.

TOMORROW

EMIRATES FA CUP Fifth Round

Chelsea v Liverpool.....

Reading v Sheff Utd..... 8.0

West Brom v Newcastle..... 8.0

SKY BET LEAGUE ONE

Ipswich v Fleetwood Town.....

SKY BET LEAGUE TWO

Exeter v Crewe.....

Plymouth v Grimsby.....

Swindon v Scunthorpe.....

LADBROKES PREMIERSHIP - Hibernian v Hearts.

LADBROKES CHAMPIONSHIP - Ayr v Dundee Utd, Dundee v Alloa, Inverness CT v Morton, Partick v Queen of South.

LADBROKES LEAGUE ONE - Clyde v Montrose, Dumbarton v Forfar, Raith v Falkirk.

LADBROKES LEAGUE TWO - Cowdenbeath v Albion, Stirling v Stenhousemuir.

BUILDBASE FA TROPHY: Quarter-final - Concord Rangers v Royston Town.

VANARAMA NATIONAL LEAGUE - Barnet v Boreham Wood, Chesterfield v Harrogate Town, Chorley v Eastleigh, FC Halifax v Sutton Utd, Solihull Moors v Hartlepool.

VANARAMA NATIONAL NORTH - Brackley v Boston Utd, Leamington v King's Lynn Town, York v Hereford FC.

VANARAMA NATIONAL SOUTH - Billericay v Havant & Waterlooville, Tonbridge Angels v Wealdstone.

BETVICTOR SOUTHERN PREMIER CENTRAL - Banbury Utd v Needham Market, Biggleswade Town v Alvechurch.

BETVICTOR SOUTHERN PREMIER SOUTH - Beaconsfield Town v Tiverton Town, Weston-S-Mare v Blackfield & Langley.

BETVICTOR ISTHMIAN PREMIER - Corinthian Casuals v East Thurrock, Enfield Town v Lewes, Leatherhead v Potters Bar Town.

BETVICTOR NORTHERN PREMIER - Ashton Utd v Warrington Town, Gainsborough v Radcliffe, Matlock Town v Morpeth Town, Whitby v Mickleover Sports.

WEDNESDAY

EMIRATES FA CUP Fifth Round

Leicester v Birmingham.....

Sheff Wed v Man City.....

Tottenham v Norwich.....

LADBROKES PREMIERSHIP - Kilmarnock v Aberdeen, Livingston v Celtic, Motherwell v Ross County, Rangers v Hamilton, St Mirren v St Johnstone.

LADBROKES CHAMPIONSHIP - Arbroath v Dunfermline.

LADBROKES LEAGUE TWO - Brechin v Annan Athletic.

BETVICTOR SOUTHERN PREMIER SOUTH - Taunton Town v Hendon.

BETVICTOR ISTHMIAN PREMIER - Kingstonian v Haringey Borough.

THURSDAY

EMIRATES FA CUP Fifth Round

Derby v Man Utd.....

FRIDAY

SKY BET CHAMPIONSHIP

Nottm Forest v Millwall.....

WOMEN'S INTERNATIONAL

USA v England..... 12am

JD CYMRU PREMIER - Bala Town v Connah's Quay Nomads, Caernarfon Town v Newtown, Cefn Druids v Aberystwyth Town, Penybont v Cardiff Met Uni.

(3.0 unless stated)

SATURDAY

PREMIER LEAGUE

Arsenal v West Ham.....

Burnley v Tottenham..... 5.30

Crystal Palace v Watford.....

Liverpool v Bournemouth... 12.30

Sheff Utd v Norwich.....

Southampton v Newcastle.....

Wolves v Brighton.....

SKY BET CHAMPIONSHIP

Barnsley v Cardiff.....

Birmingham v Reading.....

Brentford v Sheff Wed.....

Bristol City v Fulham..... 12.30

Charlton v Middlesbrough.....

Leeds v Huddersfield.....

Preston v QPR.....

Stoke v Hull.....

Swansea v West Brom.....

Wigan v Luton.....

SKY BET LEAGUE ONE

AFC Wimbledon v Bolton.....

Accrington v Tranmere.....

Fleetwood Town v Blackpool.....

Ipswich v Coventry.....

Lincoln City v Burton Albion.....

MK Dons v Doncaster.....

Peterborough v Portsmouth.....

Rochdale v Rotherham.....

Shrewsbury v Oxford Utd.....

Southend v Bristol Rovers.....

Sunderland v Gillingham.....

SKY BET LEAGUE TWO

Carlisle v Colchester.....

Cheltenham v Port Vale.....

Crawley Town v Oldham.....

Crewe v Stevenage.....

Leyton Orient v Cambridge Utd....

Newport County v Morecambe.....

Northampton v Mansfield.....

Plymouth v Macclesfield.....

Salford City v Bradford.....

Scunthorpe v Grimsby..... 1.0

Swindon v Forest Green.....

Walsall v Exeter.....

LADBROKES PREMIERSHIP - Aberdeen v Hibernian, Celtic v St Mirren, Hamilton v Kilmarnock, Hearts v Motherwell, St Johnstone v Livingston.

LADBROKES CHAMPIONSHIP - Alloa v Inverness CT, Ayr v Dundee, Dundee Utd v Partick, Dunfermline v Queen of South, Morton v Arbroath.

LADBROKES LEAGUE ONE - Airdrieonians v East Fife, Clyde v Dumbarton, Falkirk v Peterhead, Montrose v Stranraer, Raith v Forfar.

LADBROKES LEAGUE TWO - Annan Athletic v Cowdenbeath, Cove Rangers v Brechin, Edinburgh City v Albion, Elgin v Stirling, Stenhousemuir v Queen's Park.

VANARAMA NATIONAL LEAGUE - AFC Fylde v Solihull Moors, Aldershot v Dagenham & Redbridge, Barrow v Notts County, Chorley v Chesterfield, Dover v Yeovil, FC Halifax v Woking, Harrogate Town v Bromley (5.20), Hartlepool v Ebbsfleet Utd, Maldenhead Utd v Boreham Wood, Stockport County v Barnet, Sutton Utd v Torquay, Wrexham v Eastleigh.

VANARAMA NATIONAL NORTH - AFC Telford v Darlington, Alfreton Town v York, Altrincham v Spennymoor Town, Brackley v Blyth Spartans, Bradford PA v Chester FC, Curzon Ashton v Boston Utd, Farsley Celtic v Hereford FC, Gateshead v King's Lynn Town, Guiseley v Leamington, Kettering v Gloucester, Southport v Kidderminster.

VANARAMA NATIONAL SOUTH - Bath City v Weymouth, Billericay v Braintree Town, Chelmsford v Concord Rangers, Havant & Waterlooville v Hampton & Richmond, Hemel Hempstead v Dorking Wanderers, Maidstone Utd v Welling, Oxford City v Chippenham, Slough v Hungerford Town, St Albans v Dartford, Tonbridge Angels v Eastbourne Borough, Wealdstone v Dulwich.

BETVICTOR SOUTHERN PREMIER CENTRAL - Alvechurch v Nuneaton Borough, Banbury Utd v AFC Rushden & Diamonds, Bromsgrove Sporting v Barwell, Coalville Town v Hitchin Town, Leiston v Kings Langley, Lowestoft Town v Biggleswade Town, Peterborough Sports v Needham Market, Redditch Utd v Hednesford Town, Royston Town v St Ives Town, Rushall Olympic v Stourbridge, Tamworth v Stratford Town.

BETVICTOR SOUTHERN PREMIER SOUTH - Beaconsfield Town v Gosport Borough, Blackfield & Langley v Poole Town, Chesham Utd v Hartley Wintney, Dorchester Town v Wimborne Town, Farnborough v Yate Town, Hayes & Yeading Utd v Swindon Supermarine, Met Police v Harrow Borough, Salisbury FC v Merthyr Town, Tiverton Town v Weston-Super-Mare, Truro City v Taunton Town, Walton Casuals v Hendon.

BETVICTOR ISTHMIAN PREMIER - Bishop's Cleeve v Haringey Borough, Carshalton Athletic v Cheshunt, Corinthian Casuals v Hornchurch, Cray Wanderers v Brightlingsea Regent, Folkestone Invicta v Enfield Town, Horsham v Potters Bar Town, Leatherhead v East Thurrock, Lewes v Kingstonian, Margate v Bowers & Pitsea, Merstham v Bognor Regis Town, Worthing v Wingate & Finchley.

BETVICTOR NORTHERN PREMIER - Ashton Utd v Scarborough Athletic, Atherton Collieries v Grantham, Bamber Bridge v South Shields, Basford Utd v Buxton, Hyde Utd v Matlock Town, Lancaster City v Gainsborough, Mickleover Sports v FC United of Manchester, Morpeth Town v Wilton Albion, Radcliffe v Nantwich Town, Stafford Rangers v Whitby, Stalybridge v Warrington Town.

JD CYMRU PREMIER - Carmarthen Town v Airbus UK Broughton (2.30).

SUNDAY

PREMIER LEAGUE

Chelsea v Everton..... 2.0

Man Utd v Man City..... 4.30

SKY BET CHAMPIONSHIP

Derby v Blackburn.....

LADBROKES PREMIERSHIP - Ross County v Rangers (12.0).

WOMEN'S INTERNATIONAL

Japan v England.....6.15

MONDAY

PREMIER LEAGUE

Leicester v Aston Villa..... 8.0

VANARAMA NATIONAL NORTH - Gloucester v Farsley Celtic (7.45).

JOELINTON IN PREMIER LEAGUE - LAST 25 GAMES

Minutes played 2,024 (33hr 44min)

Total attempts 35

When last scored in Prem Aug 25 v Spurs 188 days ago

NEWCASTLE'S LAST 4 PREM GAMES

54 Attempts on goal

13 Shots on target

0 Goals scored

39 Days ago since last goal (at Everton)



GOOD NEWS

£40M JOE'LL GET GOALS

BAD NEWS

It may not be until next season

SUMMER cannot come soon enough for Toon boss Steve Bruce.

His side have gone **SIX HOURS** without scoring and are desperately scrambling for a couple more wins to ensure their top-flight status.

Newcastle failed to buy a striker in January to spark their impotent attack — and Bruce has now told sceptical fans to wait until next season for his misfiring side to come good.

A change of shape against Burnley brought 21 shots but the lack of nous and cutting edge in the final third has the Toon Army worried.

With results flatlining after one win in ten games, they are just five points above the drop and grave pre-season predictions of a relegation battle are slowly coming true.

The heat has been on Joelinton, who has a pitiful return of one goal in 28 Prem appearances since arriving from Hoffenheim for a club-record £40million.

Bruce shifted him from centre-forward to the left against Burnley, with Dwight Gayle through the middle ahead of a four-man defence.

And while the Brazilian appeared more comfortable than in recent weeks, he

By **OSCAR PAUL**



Newcastle.0
Burnley..... 0

looked no closer to scoring. Newcastle strike legend Alan Shearer labelled the club's recruitment 'rotten' on Match of the Day on Saturday.

Salomon Rondon and Ayoze Perez provided 21 goals last season but have been replaced by Joelinton and Allan Saint-Maximin, neither natural strikers, and a forever-injured Andy Carroll.

Joelinton, 23, has looked like a duck out of water but Bruce believes it is unfair to expect much in his first year. He said: "It's difficult when they're coming from afar to settle in the Premier League. "Especially if you are a forward because you have to be a top player to score more than a dozen goals here.

"I can understand the way the club were thinking.

"They wanted a big centre-forward to lead the line, the No9 for Newcastle, and you search around England and think, 'Where do you get one of those?' So, of course, you

go to Europe. And if you look at Sebastien Haller at West Ham and Wesley at Aston Villa, who's another big No9, they have all found it difficult.

"It takes maybe 12 months. Of course you can't wait that long, that's the problem."

The problem for Bruce is that Haller has seven goals to Joelinton's one — and if West Ham's recruitment is sharper than yours then you know you are in trouble.

But Bruce, who is already on the lookout for summer signings, takes pride from the fact only Liverpool have conceded fewer goals at home — 11 to his side's 12.

Sean Dyche bemoaned his own side's lack of attacking edge but heralded their 11th clean sheet of the season.

Clarets centre-back James Tarkowski, a colossus in front of watching England boss Gareth Southgate, said: "We are built on defence and a point away is always good."



Hope you didn't come to see loads of goals

Turf MOOR English

GARETH SOUTHGATE (*above*) was at St James' Park on Saturday to watch a Burnley side who started with more English players than any other side in the Prem this weekend. Sadly, for Gareth he was also at the only top-flight game without a goal...

ENGLISH PLAYERS IN PREM

MOST IN STARTING XI THIS WEEKEND

BURNLEY	8
Everton	7
Bournemouth	6
West Ham	6
Newcastle	5
Brighton	4
Leicester	4
Man Utd	4
Southampton	4
Tottenham	4
Chelsea	3
Crystal Palace	3
Norwich	3
Liverpool	2
Wolves	1

MOST USED THIS SEASON

Bournemouth	15
BURNLEY	12
Man Utd	12
Sheff Utd	12
Aston Villa	10
West Ham	10
Everton	9
Leicester	9
Southampton	9
Tottenham	9
Arsenal	8
Crystal Palace	8
Liverpool	8
Newcastle	8
Watford	8
Chelsea	7
Brighton	6
Norwich	5
Man City	4
Wolves	4

DREAM TEAM

NEWCASTLE: Dubravka 6, Manquillo 6, Fernandez 6, Lascelles 6, Rose 6, Ritchie 7, Hayden 7, Shelvey 6, Joelinton 6 (Saint-Maximin 6), Almiron 7, Gayle 6. Subs not used: Schar, Lejeune, Yedlin, Darlow, S Longstaff, Bentaleb. Booked: Rose, Gayle, Shelvey, Manquillo.

BURNLEY: Pope 7, Bardsley 6, **Tarkowski 8**, Mee 7, Taylor 6, Hendrick 7, Cork 7, Westwood 6, McNeil 6, Vydra 6 (Wood 6), Rodriguez 6. Subs not used: Brownhill, Brady, Hart, Pieters, Lennon, Long. Booked: Bardsley, Tarkowski, Mee.

NEWCASTLE	BURNLEY
54%.....Possession.....	46%
372.....Passes.....	320
250.....Completed passes.....	210
4/6.....Shots on/off target.....	1/4
11.....Corners.....	7
64.4.....Miles covered.....	65.7
99.....Sprints.....	76

Att: 52,219 Referee: Andrew Madley

MATCH RECAP

27 Miguel Almiron skins Ben Mee on the edge of the box but shoots tamely at Nick Pope.

32 Dwight Gayle whips a deep cross to Matt Ritchie, whose close-range header is inches wide.

44 Gayle — on his first start in six weeks — fires straight at Pope after a rapid Toon counter.

92 The best opening of the second half falls to Ritchie at the death. Jonjo Shelvey strides forward before feeding the winger, who cuts back on to his left and the shot is blocked.

POOLS CHECK

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16

CRYSTAL PALACE have been goalless at half-time in 16 of their 28 Premier League games this season. That is at least five more times than any other side.



TOP 5

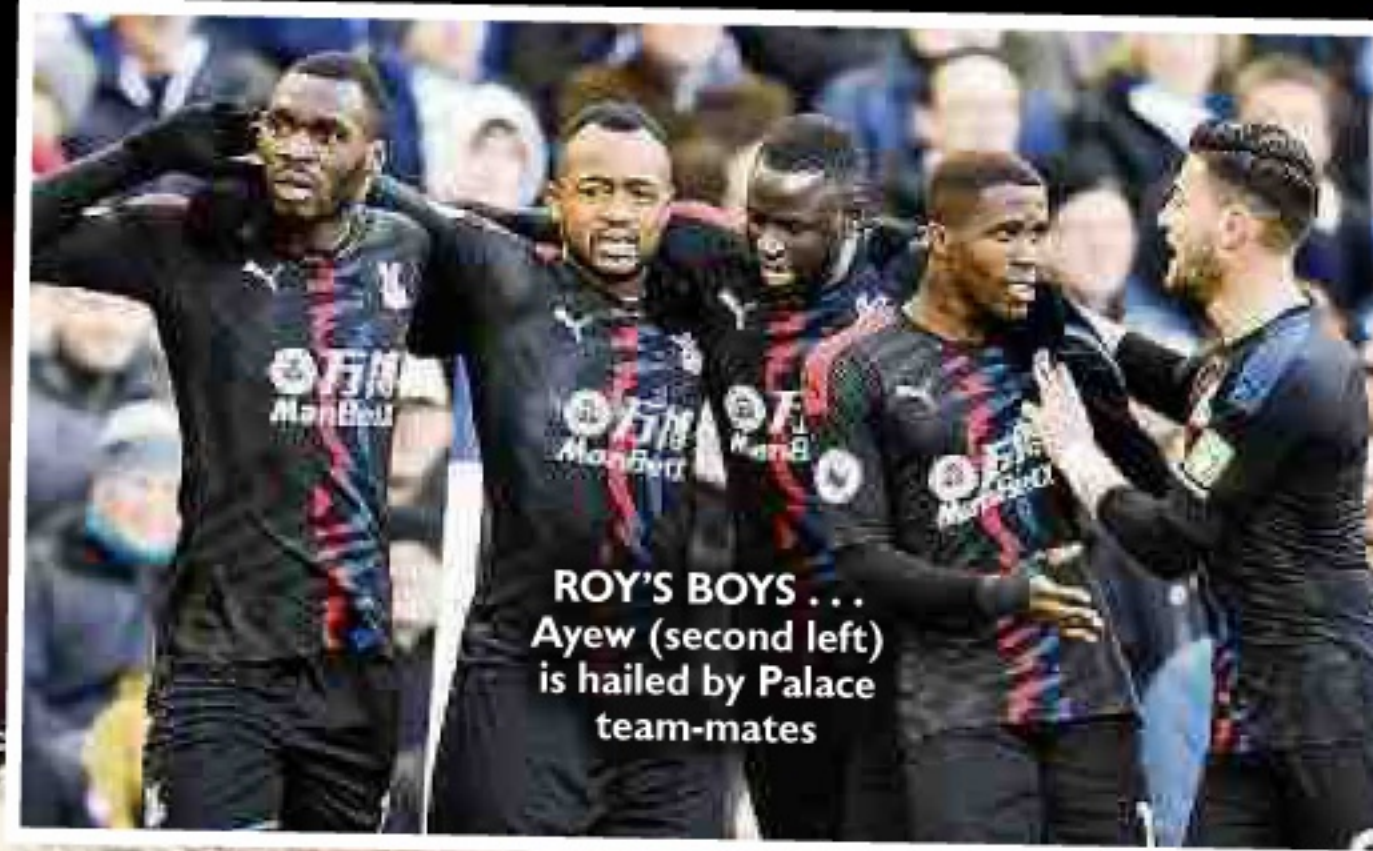
MOST FOULS WON IN PREM THIS SEASON

Jack Grealish (Aston Villa)	122
Wilfried Zaha (Crystal Palace, left)	91
James Maddison (Leicester)	80
Jordan Ayew (Crystal Palace)	71
Adama Traore (Wolves)	62

in association with



ONE IN THE AY
... Jordan Ayew clinches derby win



ROY'S BOYS ...
Ayew (second left) is hailed by Palace team-mates

Let's hear it for the Roy

WARD: HE'S TONDERFUL

ROY HODGSON celebrated 100 Premier League games in charge of Crystal Palace by pulling off the club's first win at rivals Brighton in the top flight.

And Joel Ward became the latest Eagles player to reiterate the increasing desire for Hodgson to manage another 100.

The ex-England boss is due to meet with chairman Steve Parish this week for talks over a new contract and his transfer budget.

Hodgson, who spent just £6million this term compared to Brighton's outlay which was more than ten times that, could not have made his case better for being deserving of fresh terms after this win at the Amex.

Jordan Ayew's late winner took the south Londoners to the brink of safety on 36 points – nine from the relegation zone.

And right-back Ward claims the whole squad want to see a new deal struck to prevent the 72-year-old from walking away in the summer.

The defender, 30, said: "The players are keen to see the

manager stay and enjoy playing for him. You can see that from the results and the way we have played this season.

"I am pretty sure it is the highest points tally we have had in the Premier League at this stage of the season, which we are delighted about. We want to continue to build and move forward and set our sights high."

While Brighton are in a sweat after gambling on the more progressive Graham Potter, Palace are sitting comfort-

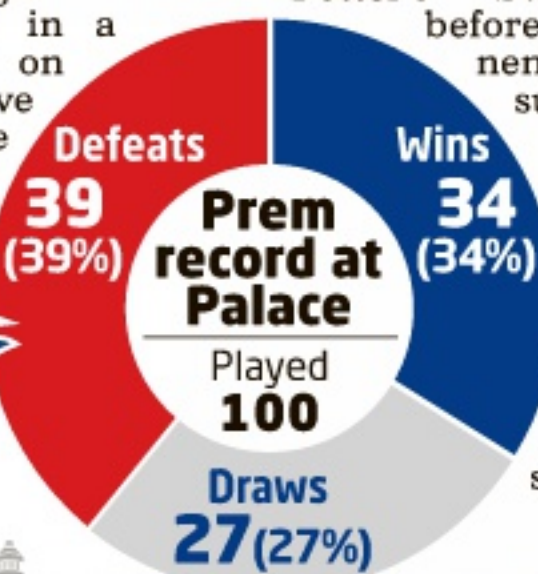
HODGSON'S HUNDRED CLUB

By **TOM BARCLAY**



Brighton... 0
C Palace... 1

Ayew 70



ably in the safe hands of pragmatic Hodgson.

The football he has his team playing may not be the prettiest but it is effective – and achieved on a shoestring budget.

The capture of match-winner Ayew epitomises that canny approach in the transfer market.

The Ghanaian was loaned from Potter's Swansea last term before signing permanently for £2m in the summer.

It did not look the most inspiring switch at the time but the 28-year-old is now a key member of the squad.

He has worked tirelessly and is on seven goals for the

season – equalling his best Premier League return. Hodgson has spoken of how the club needs to invest much more in the squad and youth set-up if they are to kick on.

But if mere survival remains the realistic goal, the former England manager has proved time and again he is the man for the job – with this A23 derby triumph the latest example.

Ward added: "The gaffer has also been in the game long enough to know what these matches mean. He spoke to us to make sure we were ready and got our minds on the game away from the hype."

"I don't think there have been many pretty games between us and Brighton."

"The ones I have played have always been a bit of a scrap."

"But we'll take those sort of wins and sometimes you need to win like that."

"It is part and parcel of football – dig in when your backs are against the wall."

Hodgson certainly has the backing of his Palace squad, who hope the same is true for the club's hierarchy.

Murray: It is not over yet

GLENN MURRAY reckons the Premier League's unpredictability this season gives Brighton hope despite their horror fixture list.

Albion have Wolves, Arsenal, Leicester, Manchester United, Liverpool and Manchester City to come – having failed to beat five relegation rivals in their last six.

Yet December's win at the Emirates proves Graham Potter's men can pull off shock results.

And no one would have foreseen Watford's 3-0 hammering of Liverpool.

Former Palace striker **Murray (right)**, 36, said: "If the Premier League was that simple that you sat down and predicted all the scores, who would be interested?"

"No one had us winning away at Arsenal and playing the way we did, so you just never know with this league – and that's why we love it, that's why we watch it."

"We're still in it. You guys are talking like we're relegated already but we're not."

"We've got plenty of points to play for and we'll be doing that – and you just never know in this league where points are going to come from. You can't predict it, which is why we like it."



NOT SO BRIGHT

BRIGHTON are the only side without a Prem win in 2020.

Jan 1	Chelsea (h)	D 1-1
Jan 11	Everton (a)	L 1-0
Jan 18	Aston Villa (h)	D 1-1
Jan 21	Bournemouth (a)	L 3-1
Feb 1	West Ham (a)	D 3-3
Feb 8	Watford (h)	D 1-1
Feb 22	Sheff Utd (a)	D 1-1
Feb 29	Crystal Palace (h)	L 1-0

DREAM TEAM

BRIGHTON: Ryan 6, Montoya 6 (Jahanbakhsh 6), Webster 7, Dunk 7, Burn 7, Propper 6, Bissouma 7 (Alzate 6), Mooy 7, Trossard 6, March 6 (Murray 6), Maupay 6. Subs not used: Stephens, Gross, Schelotto, Button. Booked: Schelotto, Montoya.

CRYSTAL PALACE: Guaita 8, Ward 6, Dann 7, Cahill 7, Van Aanholt 7, McCarthy 7 (Riedewald 6), Zaha 6, Kouyate 7, McArthur 7, Ayew 7, Benteke 7 (Tosun 6). Subs not used: Milivojevic, Meyer, Townsend, Hennessey, Kelly. Booked: Benteke.

BRIGHTON	C PALACE
67%	Possession.....33%
538	Passes.....273
444	Completed passes.....187
8/9	Shots on/off target.....3/6
8	Corners.....7
68	Miles covered.....67.9
104	Sprints.....74

Att: 30,124 Referee: Martin Atkinson

MATCH RECAP

35 Brighton's Solly March smashes Leandro Trossard's cross into the side-netting.

48 Lewis Dunk's header from a corner is going in – until it hits team-mate Neal Maupay's face.

56 Maupay wastes Albion's best chance, firing straight at Vincente Guaita when through.

71 Jordan Ayew fires Benteke's through ball past Mat Ryan to win it for Palace.

90 Zaha misses two chances at the death, first hitting the post and then blazing over the bar.

goals

PREMIER LEAGUE



1

JARROD BOWEN became the first English player to score on his first Premier League start for West Ham since Kevin Nolan (left) against Aston Villa in August 2012.

DREAM TEAM

WEST HAM: Fabianski 6, Ngakia 6, Diop 6, Ogborn 7, Cresswell 6, Noble 6, Rice 7, Bowen 8 (Snodgrass 6), Fornals 7 (Anderson 5), Antonio 8, **Haller 9**. Subs not used: Balbuena, Zabaleta, Lanzini, Masuaku, Randolph. Booked: Cresswell.

SOUTHAMPTON: McCarthy 5, Ward-Prowse 7, Stephens 5, Bednarek 7, Bertrand 6, Armstrong 6, Smallbone 6 (Romeu 6), Hojbjerg 7, Boufal 6 (Ings 6), Long 6, Obafemi 6 (Vestergaard 6). Subs not used: Adams, Walker-Peters, Gunn, Valery. Booked: Stephens.

WEST HAM	S'THAMPTON
34%..... Possession.....	66%
260..... Passes.....	525
152..... Completed passes.....	393
7/5..... Shots on/off target.....	2/3
4..... Corners.....	9
64.5..... Miles covered.....	66.1
102..... Sprints.....	129

Att: 59,962 Referee: Anthony Taylor

MATCH RECAP

15 Jarrod Bowen dinks it over Alex McCarthy after racing on to a pass from Pablo Fornals.

19 Michail Antonio picks out Sebastien Haller but his header is straight at McCarthy.

31 Michael Obafemi caps off an excellent team move from Southampton with a looping finish.

40 Haller superbly hooks the ball over the line after initially beating McCarthy in the air.

54 Antonio races on to another Fornals pass and blasts it in.

61 Antonio is through again after a rabona from Haller but McCarthy pushes wide.

86 A late flurry from Saints as Danny Ings shoots wide.

Haller

OPTIONS UP FRONT BUT MOYES MUST SORT HIS DEFENCE

By **BEN HUNT**



West Ham.... **3**

Brown 15; Haller 40; Antonio 54

Southampton. **1**

Obafemi 31

WEST HAM have a front three to worry the big boys – now David Moyes needs to sort out a leaky defence.

After sinking Southampton with goals from Jarrod Bowen, Michail Antonio and Sebastien Haller (*all below*), the Hammers have crunch fixtures coming up against Arsenal, Wolves, Tottenham and Chelsea.

That attacking trio should have enough fire-power to pull them clear of the relegation zone.

But boss Moyes, himself a former defender, knows where the real problems lie.

He said: "Suddenly we have a choice and a wee bit of competition up front.

"For periods in recent weeks I didn't have people on the bench who can change games.

"You can have all the attacking options in the world but if you are going to lose lots of goals you will always be in trouble.

"We need to make sure we don't concede so the boys get the opportunity to miss one or two.

"We can't just have all the attacking players and not have good enough defenders.

"The biggest example is Liverpool. Over the last two years they had really good attacking players but not defenders.

"Then they go and sign the best defender and best goalkeeper. Suddenly they now have the team and that matters."

The impressive Bowen scored on his home debut following his £22million switch from Hull to set the Hammers on their way.

It was a fine finish as he raced on to Pablo Fornals' pass before dinking it over Alex McCarthy.

Bowen, 23, has settled quickly in East London and hopes the club can now go on a run to pull clear of the relegation zone.

He said: "It is a dream come true to score on my home debut. I was wondering if it would be chalked off for offside but as soon as I asked the referee and he said 'no, it's good' I could celebrate.

"I have settled in London really well. I have found a place I will move into soon and it is important to feel settled off the pitch to get the best performances on it. Of course,

there were always going to be nerves. My first start, at home. The fans are expecting big things of me.

"I feel those expectations with the goals I have scored.

"So to get the opening goal and put us on the front foot was really pleasing and it was important to get the three points.

"It could be a turning point. The performance against Liverpool was also another turning point.

"We took that performance and built on it to get the three points."

Haller put West Ham back in front after Michael Obafemi levelled.

And Antonio completed the scoring when he latched on to another Fornals pass before firing past McCarthy.

It was only his second goal of an injury-plagued season and Moyes is now trying to keep the 29-year-old fit for the rest of the campaign.

He added: "He's missed a lot of games. I don't know when he last played three 90-minute games.

"He gives us something different, he can play different positions.

"He will not play all the time because of his injuries. We want to keep him as fresh as we can.

"We want to get Michy into a position where he is physically fit and game fit as well.

"He's a striker who needs to do repetitive sprinting and to do repetitive sprinting he needs a good endurance tank.

"When you're injured, it's very difficult to get to that top level of fitness, but we're getting him through.

"We're giving him the minutes which I hope will get him to a big energy tank which will then give him repetitive sprinting and actions when we need it."

Tweet @benjhunt

THEIR MATCH STATS		
ANTONIO	BOWEN	HALLER
Shots 2	Shots 4	Shots 3
Goals 1	Goals 1	Goals 1
Assists 1	Assists 0	Assists 0

Middlesbrough v Nottingham Forest
Live on Sky Sports | KO 7.45pm

Middlesbrough
to score in
both halves.

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16/5

NOW
4/1



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TOP 5
MOST DIFFERENT SCORERS IN PREM HISTORY

West Ham.....	152
Newcastle.....	150
Tottenham.....	149
Everton.....	143
Chelsea.....	140

in association with

William HILL

Iujah!

HALLER IN PREM
 Where he's scored 'em

HIS GOALS	Min
Aug 24 Watford (a)	64
Aug 24 Watford (a)	73
Aug 31 Norwich (h)	24
Oct 5 C Palace (h)	54
Dec 14 Soton (a)	37
Jan 1 B'mouth (h)	25
Feb 25 Soton (h)	40

IT'S NOT A DRAG FOR OBAFEMI

MICHAEL OBAFEMI says Southampton are looking up — so they are not dragged into a relegation battle.

The Saints' defeat to West Ham dropped them to 13th, seven points above the drop zone. With games coming up with strugglers Newcastle, Norwich and Watford, plus Arsenal and Manchester City, there is a fear they could slip into trouble.

But goalscorer Obafemi is refusing to listen to the doom mongers.

He said: "The equaliser was a good finish but it was a shame it did not mean anything in the end."

"We are looking onwards and upwards."

"Confidence is key. We are coming to the end of the season and have to pick up as many points as possible."

Saints boss Ralph Hasenhuttl delivered a more damning verdict, though.

He added: "If we played like this against a team in a relegation battle, you are also very quickly back in the relegation battle."

"For me, it was simply not good enough. The opponent wanted to fight for everything and we didn't seem serious enough."

HALL BEING WELL ...
 Sebastien Haller celebrates scoring West Ham's second (inset) with Michail Antonio

DT COACH


IT'S been a bizarre Game Week for Dream Team connoisseurs, with points being picked up by rare names.

Norwich's win over Leicester and Watford thrashing Liverpool gave us some unlikely fantasy football heroes.

New faces Bruno Fernandes, Steven Bergwijn and Jarrod Bowen also starred.

MARCOS ALONSO (£3m)

Many of us had all but given up on Chelsea's attack-minded wing-back.

The Spaniard has been a Dream Team favourite with goals and assists but has been selected by just 2.5 per cent of managers this term.

But with two goals at Bournemouth and his winner against Spurs last time out, it could be time to give Alonso's absence in your line-up a rethink.

JAMAL LEWIS (£0.5m)

Norwich's young full-back was statistically the worst player you could pick with -13.

But after his super strike on Friday earned the Canaries a valuable 1-0 win over Leicester, the Northern Ireland international picked up 18 points to bring his total back up to 5.

BRUNO FERNANDES (£3.4m)

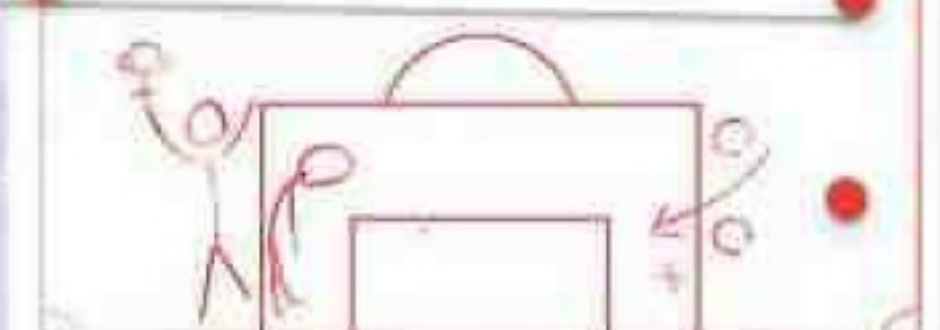
Six games into his Man United career and Bruno is already shaping up to be the club's player of the season.

A goal in each of his last three games — including his first from open play against Everton yesterday — coupled with his two assists so far has made him a Dream Team must-have.

ISMAILA SARR (£2.9m)

After a slow start to life at Vicarage Road, Sarr has been one of the stars of Watford's recent revival and really lived up to his summer fee on Saturday with a sensational run-out against Liverpool.

After netting the Hornets' first two goals, he assisted Troy Deeney for the third and tormented the Prem's run-away leaders to finish up as the Game Week's most eye-catching player.



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PREMIER LEAGUE

goals

EX
Factor

FORMER striker **RONNY ROSENTHAL** gives his verdict on his old clubs Watford (1997-99) and Liverpool (1990-94).

Wat a day for old-boy Ron

WOW! What a result that was for my old club Watford on Saturday evening...

There are going to be so many more twists and turns between now and mid-May after the Premier League's bottom three all won on the same weekend for the first time in more than five years.

I was so surprised to see Watford struggling this season because they have so much quality in their squad.

But the arrival of Nigel Pearson as boss in December and the return from injury of inspirational Troy Deeney has given them massive belief.

They will also take confidence from Saturday's result and those three points could be the difference if they stay up at the end of the season.

I think any three from the bottom six will go down. From Southampton up the rest are OK.

Every team is scrapping to stay in the Premier League because it is so difficult when you drop down to then get the momentum to come back up.

It is really difficult to say who the three will be but I am so pleased to see Watford — where I spent two years at the end of my career — showing just what they are capable of.

For my other old team Liverpool this has been a quite brilliant season.

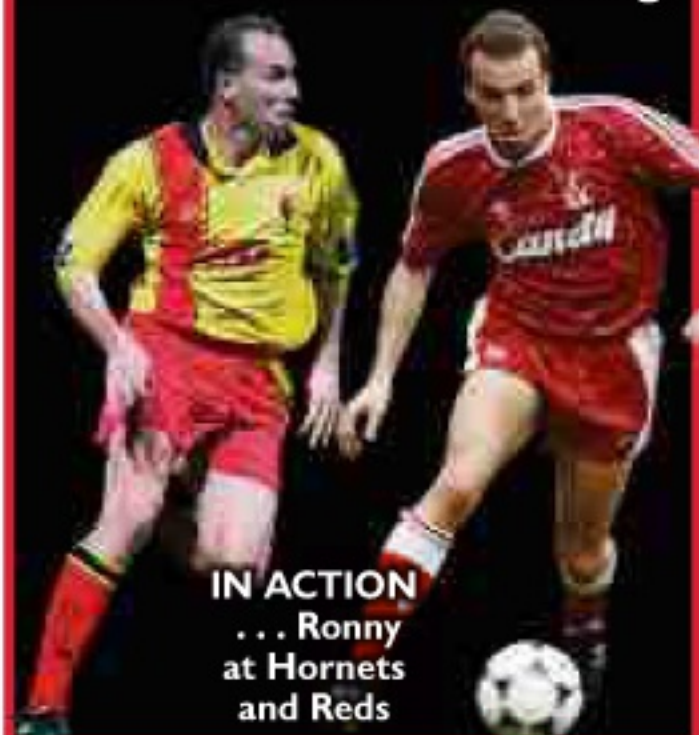
Forget Saturday's result. That was just a minor blip on a quite unbelievable campaign.

I was part of Liverpool's last top-flight winning campaign in 1990 — and they are memories I will never forget.

I have absolutely no doubt Jurgen Klopp and Liverpool will clinch the title in the next few weeks in one of the most dominating seasons I have ever known in the top flight.

Where Liverpool are so good is that they have players on the bench who are as strong if not better than players they are replacing. Their strength in depth now is frighteningly good.

INTERVIEW: Russell Lanning



IN ACTION
... Ronny
at Hornets
and Reds

THE DEES

Deeney inspired by Fury..and yoga



UH-OH... Sarr
breaches the Reds'
defence for opener



SCOOPER MAN...
Sarr lifts his second
over Alisson for 2-0



THREE-NEY...
Deeney rubs salt in
Liverpool wounds



THAT'LL DOU... Hornets
skipper salutes his goal with
pal Abdoulaye Doucoure
Picture: RICHARD PELHAM

TROY DEENEY thought it was his perfect day until someone went and ruined it by mentioning Arsenal.

Watford's no-nonsense captain has been at war with the Gunners ever since he famously questioned the cojones of Arsene Wenger's team.

So the fact that he had just helped to preserve the Invincibles' place in football history meant less than nothing to him.

Social media was awash with grateful Arsenal fans thanking him for helping to inflict Liverpool's first league defeat of the season.

But Deeney was having none of it and said: "Arsenal fans like me now? There's a first."

"I suppose this result is significant for people who care about the Invincibles thing but I'm not bothered what the Arsenal

fans think. Everyone had written us off before this game and said we were going to get hammered. "I read all the comments and I see all the nonsense that people write on social media.

"Now they'll be saying how good we were and that they knew we could win this game. But they're all full of s***."

There was never any danger of football's straightest talker getting carried away by this stunning result — inspired by Tyson Fury and a day of downward dog.

Deeney, 31, revealed: "In the build-up to this game, we had our

By **MARK IRWIN**



Watford..... 3

Sarr 54, 60; Deeney 72

Liverpool..... 0

least demanding week in months, and that's the God's honest truth.

"On Thursday we came away from the training ground and went to the Nuffield health club for a day of yoga and swimming.

"Everyone was putting too much pressure on this game and the gaffer wanted to clear our minds.

"That was testimony to his man-management and not getting caught up in all the hype over the importance of winning this match.

"When we were planning for the game, we took our lead from Tyson Fury. We thought we were going to go on the front foot and

have it out with them. They had some monstrous players but we put on a monstrous performance and I think they had one shot on target all day.

"It was our best team performance for many seasons.

"From front to back, everyone was an eight or nine out of ten. "So it's been a perfect weekend but let's call it as it is.

"We got a bit lucky and they were a bit off. Let's not act like they were at their best.

"Liverpool are an unbelievable side. European champions, World Club Champions and soon to be Prem Champions. Just because they're not Invincibles doesn't mean they're anything less.

"So I'm not going to be disrespectful to them because it ends up sticking with me for the next seven years and I'm trying to be a good boy."

Deeney's 72nd-minute strike sealed this famous victory after

two goals from Ismaila Sarr.

That was a total shell-shock for Pearson's second season.

But Deeney's victory was a Crystal Palace extra point and we just became bottom team.

"I'll be relegated won't be that game."

"There's we've got to win. I know Palace are rolling our eyes."

Deeney



GOGGLEBOX: All of Watford's 27 goals in the Prem this term have come from inside the box. Only twice has a team finished a season with all inside the box — Boro and Man City (95-96).



MOST SHOTS IN PREM THIS WEEKEND

Ismaila Sarr (Watford)	6
Solly March (Brighton)	5
Neal Maupay (Brighton)	5
Marcos Alonso (Chelsea)	5
Bruno Fernandes (Man Utd)	5

in association with



TROYER

WATFORD IN PREM THIS SEASON

With Troy	Without Troy
16..... Games	12
5..... Wins	1
4..... Draws	5
7..... Defeats	6
11..... Ave goals for	0.8
12..... Against	2.0
1.2..... Pts per game	0.7
31%..... Win rate	8%

Calm Klopp's at peace with loss

JURGEN KLOPP never got carried away when Liverpool won 18 league games in a row — so he certainly isn't going to panic over a first defeat in more than a year.

Instead the Liverpool boss is now ready to press the reset button after denying suggestions that his players had grown complacent on the back of this season's record run.

As the shock of this 3-0 setback at Vicarage Road hit home, Klopp said: "We have never underestimated our opponents and we have never thought it was easy."

"These boys are working extremely hard but it's not the first time in our lives that we have lost and in the next games we'll see how we react."

"Sometimes it's important to take a little knock."

"A kick up the backside? Why

By MARK IRWIN

not? I don't see anything negative in that. From time to time if you are not good enough you see the effect of it.

"So now the run is over and we can start again with whatever we did before."

The all-conquering Liverpool boss is not at all worried about his players getting affected by the criticism they are suddenly receiving on social media for their recent dip in form.

The German (left) said: "You cannot win the amount of games the boys have done if you are easily influenced by the outside world."

"I've never won 18 games in a row before and it's the first time in my life we didn't lose in 44 or whatever it was."

"So maybe it becomes more important the longer the run goes on but nothing has changed."

"Sometimes we score late goals and sometimes we are influenced by misfortune or whatever."

"I'm not bothered but I'm not sure how other people think about that, so from now on we can play free football again."

"What the boys did so far is exceptional — but it's not over. We'll go again."

Now Klopp must decide whether to persist with his policy of playing the kids in the FA Cup or sending out a full-strength team for tomorrow's fifth-round trip to Chelsea.

He promised: "You'll find out later how this result has affected my thinking."



ls from the unstoppable Sarr had put Watford in command against the packed Champions-elect. was enough to lift Nigel team out of the n zone for only the time this season. Deeney warned this famous will count for nothing if e don't back it up at Palace on Saturday. ded: "We don't get an int for beating Liverpool can't think it's job done cause we're out of the three. e p**** off if we get in two months' time. I e thinking 'oh, remember e against Liverpool?" s ten games to go and t to graft. This is just one now what's coming from n Saturday so we have to sleeves up again." y was full of praise for

fellow scouse scourge Sarr, who terrified Liverpool's labouring defence with his blistering pace. Deeney said: "He cost £40million for a reason and you can't replicate that pace and power." "He's a really good player but he still has a lot to learn and room to grow." "This is what Watford do. We buy players of potential. We did it with Richarlison and hopefully Ismaila continues to get better." "But it's his first season in English football and he's taken to it like a duck to water." Arsenal apart, there was one other dark cloud for Deeney — with the potential season-ending injury for Gerard Deulofeu. It is feared the winger, 25, has serious knee ligament damage. Deeney added: "It doesn't look great — I said to him at half-time that we would win this for him and thankfully today I'm a man of my word."

DREAM TEAM

WATFORD: Foster 6, Femenia 7, Kabasele 7, Cathcart 7, Masina 7, Hughes 7, Capoue 7, Sarr 9 (Pussetto 6), Doucoure 7 (Chalobah 6), Deulofeu 6 (Pereyra 6), Deeney 8. Subs not used: Gomes, Dawson, Welbeck, Gray.

LIVERPOOL: Alisson 5, Alexander-Arnold 4, Lovren 6, Van Dijk 6, Robertson 5, Oxlade-Chamberlain 5 (Origi 6), Fabinho 6, Wijnaldum 5 (Lallana 6), Salah 5, Firmino 6 (Minamino 6), Mane 6. Subs not used: Adrian, Matip, Jones, Hoever.

WATFORD	LIVERPOOL
29%..... Possession	71%
300..... Passes	730
197..... Completed passes	618
5/7..... Shots on/off target	1/4
2..... Blocked shots	2
3..... Corners	5
13..... Tackles	8
4..... Fouls conceded	8
70.8..... Miles covered	68.5
81..... Sprints	63
0/0..... Yellow/red cards	0/0
Att: 21,634	Referee: Michael Oliver

MATCH RECAP

33 Gerard Deulofeu suffers suspected knee ligament damage, catching his studs in the turf in a tackle with Virgil van Dijk.

54 Dejan Lovren fails to deal with a bouncing throw and Abdoulaye Doucoure holds off Van Dijk to cross for Sarr's opener.

60 Deeney's angled pass sends Sarr racing away from van Dijk and the Watford winger holds his nerve to lift the ball in for 2-0.

67 Adam Lallana pounces on a Robert Pereyra clearance to hit the post from outside the box.

72 Game over when Sarr nicks a dreadful backpass from Trent Alexander-Arnold to tee up Deeney for Watford's killer third.

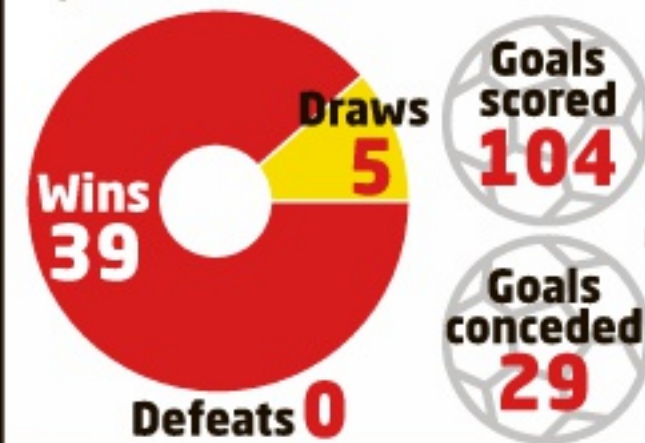
82 Sarr leaves to a standing ovation after spurning a hat-trick opportunity.



IT'S A FAIR KOP

STATS LIFE pays tribute to Liverpool's stunning unbeaten league run, which came to an end at Watford on Saturday after 422 days and 44 games. Here are where Jurgen Klopp's side sit in the history tables after their amazing streak.

REDS' 44-GAME UNBEATEN PL RUN (Jan 12, 2019-Feb 29, 2020)



Total shots	Shots on target	Blocked shots	Shots off target
684	261	175	248

PREM GOALS SCORED

0-15min	16-30	31-45	46-60	61-75	76-90
13	17	19	16	13	26

ALL-TIME UNBEATEN TOP-FLIGHT RUNS

Date of last game	Team	W	D	TOTAL
Oct 2004	Arsenal	36	13	49
Feb 2020	LIVERPOOL	39	5	44
Nov 1978	Nottm Forest	21	21	42
Oct 2005	Chelsea	33	7	40
Aug 1969	Leeds	19	15	34

1 LIVERPOOL had just one shot on target at Watford — the first time they have managed such a low figure since a 0-0 draw at Manchester United in Feb 2019 (also one).

REDS' ALL-TIME UNBEATEN STREAKS

Last game	W	D	TOTAL
Feb 2020	39	5	44
Mar 1988	23	8	31
Sep 1894	22	8	30
Oct 1978	19	4	23
Sep 1982	18	5	23
Nov 1990	19	4	23

36 REDS failed to net in a PL game for the first time since March 2019 (v Everton 0-0), ending a run of scoring in 36 games in a row.

CONSECUTIVE WINS IN TOP FLIGHT HISTORY

LAST GAME	TEAM	WINNING STREAK
Feb 2020	LIVERPOOL	*****18
Dec 2017	Man City	*****18
Oct 2019	Liverpool	*****17
Aug 2019	Man City	*****15
Aug 2002	Arsenal	*****14

APR 23 2017 NIGEL PEARSON (right) became the first English boss to beat Liverpool since Sam Allardyce for Palace at Anfield nearly TWO years ago (2017 — 1,042 days).



ALL-TIME UNBEATEN AWAY LEAGUE GAMES

Last game	Team	W	D	TOTAL
Sep 2004	Arsenal	17	10	27
Sep 2002	Arsenal	16	7	23
Feb 2020	LIVERPOOL	17	4	21
Nov 1978	Nottm Forest	10	11	21
Dec 2008	Chelsea	16	4	20



FOOTBALL FROM AROUND THE WORLD

SERIE-OUS GOAL GLUT

THE coronavirus ensured there were just two games in Italy yesterday — but they produced 16 goals. **ATALANTA** made it a staggering 32 goals in nine Serie A matches with a 7-2 win at Lecce.

Duvan Zapata scored three to keep a sixth-place lead over Roma in fifth.

ROMA held on to beat Cagliari 4-3. Ex-Blackburn striker Nikola Kalinic got two, the crucial fourth from former City ace Aleksandar Kolarov.

ACTION ABROAD

SPAIN

Played yesterday - Athletic Bilbao 1 Villarreal 0; Espanyol 1 Atletico Madrid 1; Mallorca 0 Getafe 1; Real Madrid 2 Barcelona 0; Sevilla 3 Osasuna 2. **Saturday** - Elbar 3 Levante 0; Granada 0 Celta Vigo 0; Leganes 1 Alaves 1; Valencia 2 Real Betis 1. **Friday** - Real Sociedad 1 Valladolid 0.

	P	W	D	L	F	A	Pts
Real Madrid	26	16	8	2	48	17	56
Barcelona	26	17	4	5	62	31	55
Sevilla	26	13	7	6	37	27	46
Celta Vigo	26	13	6	7	37	25	45
A. Madrid	26	11	11	4	29	19	44
R. Sociedad	25	13	4	8	43	31	43
Valencia	26	11	8	7	37	38	41
Villarreal	26	11	5	10	43	36	38
Granada	26	11	4	11	32	31	37
A. Bilbao	26	8	10	8	25	22	34
Levante	26	10	2	14	31	39	32
Osasuna	26	7	10	9	33	38	31
Alaves	26	8	7	11	28	36	31
R. Betis	26	7	9	10	36	42	30
R. Valladolid	26	6	11	9	22	29	29
Elbar	25	7	6	12	25	37	27
Celta Vigo	26	5	10	11	22	34	25
Mallorca	26	6	4	16	26	43	22
Leganes	26	4	8	14	19	38	20
Espanyol	26	4	8	14	23	45	20

ITALY

Played yesterday - Cagliari 3 Roma 4; Lecce 2 Atalanta 7. **Saturday** - Lazio 2 Bologna 0; Napoli 2 Torino 1.

	P	W	D	L	F	A	Pts
Lazio	26	19	5	2	60	23	62
Juventus	25	19	3	3	48	24	60
Inter	24	16	6	2	49	22	54
Atalanta	25	14	6	5	70	34	48
Roma	26	13	6	7	51	35	45
Napoli	26	11	6	9	41	36	39
Milan	25	10	6	9	27	32	36
Verona	24	9	8	7	28	24	35
Parma	24	10	5	9	32	30	35
Bologna	26	9	7	10	38	42	34
Cagliari	25	8	8	9	41	40	32
Sassuolo	24	8	5	11	38	39	29
Florentina	25	7	8	10	32	36	29
Udinese	25	7	6	12	21	37	27
Torino	25	8	3	14	28	45	27
Lecce	26	6	7	13	34	56	25
Sampdoria	24	6	5	13	26	43	23
Genoa	25	5	7	13	29	46	22
Brescia	25	4	4	17	22	46	16
SPAL	25	4	3	18	19	44	15

GERMANY

Played yesterday - RB Leipzig 1 Bayer Leverkusen 1; Union Berlin 2 Wolfsburg 2. **Saturday** - Augsburg 2 Borussia Mönchengladbach 3; Borussia Dortmund 1 Freiburg 0; Cologne 3 Schalke 0; Hoffenheim 0 Bayern Munich 6; Mainz 2 Paderborn 0. **Friday** - Fortuna Düsseldorf 3 Hertha Berlin 3.

	P	W	D	L	F	A	Pts
B. Munich	24	16	4	4	71	26	52
RB Leipzig	24	14	7	3	62	26	49
B. Dortmund	24	14	6	4	66	32	48
B. M'gladbach	23	14	4	5	46	27	46
B. Leverkusen	24	13	5	6	41	30	44
Schalke	24	9	9	6	32	35	36
Wolfsburg	24	9	8	7	34	30	35
Hoffenheim	24	10	4	10	34	42	34
Freiburg	24	9	6	9	31	34	33
Union Berlin	24	9	3	12	31	38	30
Cologne	23	9	2	12	36	42	29
E. Frankfurt	23	8	4	11	38	37	28
Augsburg	24	7	6	11	36	50	27
Hertha Berlin	24	7	6	11	30	46	27
Mainz	24	8	1	15	33	52	25
F. Düsseldorf	24	5	6	13	26	49	21
W. Bremen	23	4	5	14	25	53	17
Paderborn	24	4	4	16	29	52	16

FRANCE

Played yesterday - Bordeaux 1 Nice 1; Lyon 2 Saint-Etienne 0; Nantes 0 Lille 1. **Saturday** - Amiens 0 Metz 1; Brest 0 Angers 1; Monaco 1 Reims 1; Montpellier 3 Strasbourg 0; PSG 4 Dijon 0; Toulouse 0 Rennes 2. **Friday** - Nimes 2 Marseille 3.

	P	W	D	L	F	A	Pts
PSG	27	22	2	3	75	24	68
Marseille	27	16	7	4	59	27	55
Rennes	27	14	5	8	33	24	47
Lille	27	14	4	9	34	27	46
Lyon	27	11	7	9	42	26	40
Montpellier	27	11	7	9	35	29	40
Monaco	27	11	7	9	43	42	40
Reims	27	9	11	7	25	21	38
Nice	27	10	8	9	39	37	38
Strasbourg	27	11	5	11	32	32	38
Nantes	27	11	4	12	28	29	37
Bordeaux	27	9	9	9	39	33	36
Angers	27	10	6	11	26	33	36
Brest	27	8	10	9	34	36	34
Metz	27	7	10	10	25	34	31
St Etienne	27	8	5	14	28	44	29
Dijon	27	6	9	12	25	36	27
Nimes	27	7	6	14	28	42	27
Amiens	27	4	10	13	29	48	22
Toulouse	27	3	4	20	21	56	13

LET'S GET THIS PARTY STARTED... Beckham joins fans before the game



I'm Beck Inter it

By DAVID WOODS

DAVID BECKHAM'S MLS dream finally became a reality last night.

And Becks, who once starred for LA Galaxy, was back in Los Angeles meeting adoring fans prior to the big kick-off.

The former England captain, 44, and wife Victoria were at high-flying Los Angeles FC to see his Inter Miami team play their first competitive match.

Miami's first home game in their new stadium is still two weeks away — against Galaxy.

But life in MLS started badly for Becks' boys as they lost 1-0, with ex-Gunner Carlos Vela scoring for LAFC with a trademark chipped effort from the edge of the box.



WHAT A VIEW... Becks gets ready for historic debut

BAYERN FANS HOPPING MAD



MIND YOUR BANNERS... Berlin fans target Hopp

BAYERN Ultras vowed to carry on abusing Hoffenheim owner Dietmar Hopp after their banner caused the teams' Bundesliga clash to end in chaos.

Saturday's game at Hoffenheim's PreZero Arena was temporarily stopped in the 75th minute after fans unfurled a banner reading "Dietmar Hopp remains a son of a b****".

The ref took the players off the pitch and into the tunnel.

Both teams then emerged to complete the final 15 minutes — but only after agreeing not to score.

Hopp is despised by many fans in Germany for bankrolling Hoffenheim's rise to the top flight. As

By JORDAN DAVIES

Union Berlin fans also vented their fury yesterday, the hardcore Bayern supporters told the German Football Federation: "We used the words 'son of a b****' in a banner."

"The words became a big topic only with the criticism of Hoffenheim and its owner Dietmar Hopp."

"You do not have to approve of the wording but this is the only way to get the necessary attention."

"If you want to interrupt matches whenever such insults are expressed, you will not be able to play a game."

"Football remains dirty — fans remain rebellious. F*** you DFB!" The statement went on to blast

the DFB for banning Borussia Dortmund fans from the PreZero for two years over similar banners.

Attacks against Hopp continued yesterday as Union Berlin's game with Wolfsburg was also halted.

It happened after Berlin fans unfurled banners which read, "Son of a b****" and, "collective punishments scrapped".

Their message ended in similar style to the Bayern fans' statement saying: "F*** you, DFB."

Clubs like Hoffenheim and RB Leipzig are disliked as they have bypassed a rule ensuring big investors are limited to 49 per cent ownership stakes, with fans holding a majority of voting rights.

Vini moans



ONLY WAY IS UP... scorer Vinicius Jr helps Real hit LaLiga top spot

BARCA UNDONE BY JR

By JORDAN DAVIES

VINICIUS JR struck late to help Real Madrid knock Barcelona off top spot.

Los Blancos came into the 244th El Clasico on the brink of crisis after recent poor showings both in LaLiga and the Champions League.

But Madrid's season is back on course after Vinicius Jr's 71st-minute strike set them on their way.

The Brazilian forward became the youngest player to score in El Clasico at 19 years 233 days — beating Lionel Messi's record set in 2007.

Gerard Pique played a huge role in the goal, diving in and deflecting the effort past his own keeper Marc Ter Stegen.

Substitute Mariano Diaz then finished Barca off with an injury-time strike.

Real boss Zinedine Zidane, who was under pressure going into this crunch clash, has bought himself more time with his side now a point ahead of their rivals.

There are still 12 games left but this

Real Madrid.....	2
Barcelona.....	0

could prove to be a huge psychological blow to the Catalans.

Looking to stretch their LaLiga lead at the top to a formidable five points, Barca began brightly. Thibaut Courtois was called into action to stop Messi and Arthur in a first half that otherwise lacked any real cutting edge.

Jordi Alba was walking on a tightrope however, lucky not to be shown a second yellow on 32 minutes for a rash challenge on Federico Valverde.

Real Madrid took control of the second half from the off with Isco's curling effort from 25 yards kept out by Ter Stegen.

Isco then saw a header cleared off the line as Madrid pushed for the opener.

And it came as Vinicius Jr found space down the left to slot home with Real legend Cristiano Ronaldo watching on.

JUSTIN ALLEN



IN A LEAGUE OF HIS OWN

@justinallen1976

★ THE football authorities put another nail in the coffin of the FA Cup. It is a disgrace the fifth-round fixtures are spread over the week — starting tonight with Portsmouth hosting Arsenal — with games also being played on Tuesday, Wednesday and Thursday. One of this country's greatest assets is tradition — and sadly the FA Cup has succumbed to greed. And once again the fans, who mainly love this competition, are being treated like mugs.

REAL KIKI IN THE TEETH

HOW ironic Leeds were wearing Kick It Out T-shirts ahead of their game at Hull on Saturday — less than 24 hours after keeper Kiko Casilla was found guilty by the FA of racism. The club's show of support for the anti-discrimination campaign (below) was planned before Casilla was charged. Racism sadly continues to rear its ugly head in the game, I couldn't believe how many people were quick to troll the victim, Charlton's Jonathan Leko, yet support Casilla.

One moron tweeted: "Should be wearing Casilla shirts instead." That's social media for you.



DANNIE BULMAN is the oldest swinger in town... Crawley Town.

The midfielder continues to take his place in the League Two team at the age of 41.

Not bad, for someone who rates himself "below mediocre" as a player.

When asked if he feels enormous pride to be the oldest professional footballer in England's top four divisions, he said: "People have a perception you've got to be a certain age, be quick, this, that and the other — but I've been mediocre throughout my career."

"In fact, I'm below mediocre. I do the dirty work, I'm the water-carrier."

"I try to be a team player. I remember Joey Barton once saying he wasn't the best player, that he just won the ball and gave it to the better ones."

"You need players in your team who can do that, otherwise your better players don't get enough time with the ball."

Bulman has been the oldest league player for a while now, although Rochdale striker Aaron Wilbraham joined him in the 40s club in October, while Morecambe winger Kevin Ellison turned 41 last weekend — but has not played since January.

So how does he manage to keep himself in the right shape alongside and against many players young enough to be his children?

He admitted: "I haven't a clue. Injuries have played a big part because, touch wood, I've never had a serious one."

"The most I've missed is about six weeks at a time and they were more impact injuries."

"I've never had knee or ankle injuries, so either I must be built a certain way or don't tackle. That is probably it!"

"I don't feel any different. I'm the first one out for training, kicking balls and having a

laugh. You can't do things you were doing at 21 but I do just get on with it."

Bulman may say he is "below mediocre" — but not many lower-league footballers have played at Old Trafford against Manchester United, or taken on Liverpool in an FA Cup semi-final.

The midfielder loves sharing his Jamie Carragher story.

The ex-Liverpool and England star, now a Sky Sports pundit, was 23 at the time of the last-four clash played at Villa Park against Wycombe Wanderers. And Bulman said: "They had Michael Owen, Robbie Fowler and Steven Gerrard, and Emile Heskey came on as subs. But I ended up being disappointed to swap shirts with Carragher."

"He wasn't the legend then that he turned out to be for Liverpool. I was gutted at the time — but I'm buzzing now."

Wycombe were edged out 2-1 on the day, which is an incredible achievement when you consider the Chairboys were a League One club.

Bulman took on the might of Manchester United with Crawley in the FA Cup fifth round in 2011.

And while the then National League club were only beaten by a Wes Brown goal, live on prime time Saturday evening television, Bulman's overriding memory was the post-match antics of his former boss Steve Evans.

He said: "We were waiting on the coach afterwards and he's having a drink with Sir Alex Ferguson. We're waiting ages and he's milking it, downing the red wine."

"The lads then look outside the bus and he's

getting a selfie with Sir Alex. Fergie is in his car — and Evans is leaning right back into his car window!"

"The strange thing about that game was that the only person to get a shirt was David Hunt. He got Wayne Rooney's."

"Manchester United's kitman put a load of shirts in a plastic bin bag and gave them to us."

"One by one, the players had to file into our manager's office and ask for a shirt."

"There were shirts in there from players who didn't even play."

"You want to be exchanging shirts at the end — otherwise it takes the shine off it." Larger-than-life Evans, now in charge at Gillingham, was one of the hardest managers he worked for.

Bulman said: "In training, I was running rings around most of the players in the team."

"But Evans told me, 'I can't wait to get you fit'. What a cheek — that coming from him as well!"

Tony Adams is rated the worst manager he played for at Wycombe because he "sucked the life out of the team" and led them to relegation.

But Bulman has won four promotions, two at Wembley with Oxford and Wimbledon, and two automatics with Crawley. And his advice to any rookie?:

"Don't do it. It takes away your weekends and Christmas! I've seen players with 100 times more ability than me, attitude is more important. If you have both, then you'll go far."



IT'S CORONA CONFUSION

THE EFL do not know what they would do if the government orders football matches to be suspended for months to contain the coronavirus outbreak.

There is nothing stipulated in their rules to cater for major events that could curtail a season — such as war or pandemic.

This would throw up some difficult questions with regards to promotion and relegation. How would they work it all out? Or would the 2019-20 season just be called void?

After asking the EFL what would happen, they issued me the following statement: "The EFL remains in close contact with the government regarding the ongoing concerns posed by the coronavirus."

"We will continue that dialogue, alongside monitoring the advice issued by the relevant authorities, ensuring clubs are updated with any developments."

Clearly, clubs would have to debate and then vote on the right direction to take.

GOLDEN WONDER

Evergreen Dannie still
Crawley's rock of
ages at 41

OLDEST PLAYERS IN TOP FOUR TIERS THIS SEASON

PLAYER	AGE*
Dannie Bulman (Crawley)	41years 26days
Kevin Ellison (Morecambe)	40y 312d
Aaron Wilbraham (Rochdale)	40y 130d
James Coppinger (Doncaster)	39y 35d
Gareth Barry (West Brom)	38y 309d

*At time of last appearance

JUST A NUMBER... veteran midfielder Dannie Bulman, 41, is still going strong in League Two



goals



Blackburn.....2
Swansea.....2

BEN BRERETON has been told to toughen up by boss Tony Mowbray.

Sub Brereton, 20, impressed and won a penalty — missed by Danny Graham — in Blackburn's fightback.

Mowbray said: "With the ball at his feet, he is an extraordinary talent."

"I said to him this is a working-class town. People pay hard-earned money to watch him — they want to see him dribble, shoot and score but also fight. He has to learn that."

Rhian Brewster and an Andre Ayew penalty (above) put Swans 2-1 up after Sam Gallagher's opener. Bradley Johnson hit a late leveller that Swans boss Steve Cooper called "gut-wrenching".

	P	W	D	L	F	A	Pts
West Brom	36	19	12	5	64	37	69
Leeds	36	20	8	8	54	30	68
Fulham	36	18	9	9	51	37	63
Nottm Forest	35	16	11	8	46	33	59
Brentford	36	16	9	11	59	33	57
Preston	36	16	8	12	49	42	56
Bristol City	36	15	9	12	50	52	54
Blackburn	36	14	11	11	52	42	53
Swansea	36	13	13	10	46	45	52
Millwall	36	12	15	9	41	40	51
Cardiff	36	12	15	9	50	50	51
Sheff Wed	36	13	9	14	46	44	48
Derby	36	12	12	12	46	49	48
QPR	36	13	8	15	55	61	47
Birmingham	36	12	11	13	47	54	47
Reading	36	12	9	15	43	41	45
Huddersfield	36	11	9	16	45	56	42
Hull	36	11	8	17	48	58	41
Wigan	36	10	10	16	38	50	40
Charlton	36	10	9	17	44	53	39
Stoke	36	11	6	19	44	54	39
Middlesbrough	35	8	13	14	34	45	37
Barnsley	36	8	10	18	42	60	34
Luton	36	10	4	22	43	71	34

Played Saturday			
BLACKBURN (1) 2	SWANSEA (1) 2		
Gallagher 25	Brewster 45		
Johnson 90	Ayew 48 (pen)		
Att: 13,099			
CARDIFF (2) 2	BRENTFORD (2) 2		
Hoilett 34	Racic 5		
Ralls 45	Mbeumo 21		
Att: 22,393			
FULHAM (0) 2	PRESTON (0) 0		
Nugent (og) 58			
Kamara 90	Att: 19,020		
HUDDERSFIELD (1) 4	CHARLTON (0) 0		
Grant 25, 90			
Mounie 75	Att: 21,539		
Bacuna 90			
HULL (0) 0	LEEDS (1) 4		
Att: 16,178	Ayling 5		
	Hernandez 47		
	Roberts 81, 84		
LUTON (0) 1	STOKE (1) 1		
Collins 90 (pen)	Vokes 9		
	Att: 10,070		
MILLWALL (0) 1	BRISTOL CITY (1) 1		
Kalas (og) 51	Pereira 10		
	Att: 13,584		
QPR (0) 2	BIRMINGHAM (1) 2		
Pugh 51	Hogan 24, 81		
Hugill 55	Att: 14,113		
READING (1) 2	BARNSELY (0) 0		
Meite 18	Att: 13,263		
Puscas 60			
SHEFFIELD WED (0) 1	DERBY (3) 3		
Windass 74	Lawrence 7, 24		
Att: 25,148	Knight 30		
WEST BROM (0) 0	WIGAN (0) 1		
Att: 24,942	Morsy 73		

TODAY'S MATCH
MIDDLESBROUGH v
NOTTINGHAM FOREST
(7.45pm, Sky Sports Football)

CHAMPIONSHIP

Fulham.....2
Preston.....0

By JUSTIN ALLEN

TOM CAIRNEY loves the Championship when it gets to the business end of the season.

And the Fulham skipper is certainly not daunted by upcoming games against promotion rivals Bristol City, Brentford and Leeds.

Cairney has seen it, done it and got the T-shirt after Fulham's promotion via the play-offs two years ago.

He said: "On one hand, you can say we're playing teams around us so it'll be hard, or we can look at it as an opportunity to take points from the teams we need to beat."

"It's going to be an exciting finish."

"The bottom of the table is tight and hopefully the top will be too."

Cairney is one of several Fulham players who were

in the team that clinched their top-flight place.

He said: "To get promoted, you need big personalities, big-game players."

"You come to the business end of the season and everything's about moments and hitting form at the right time."

"It's about playing the way you know under pressure — it's easy to take the easy way out by kicking it long or whatever."

"There are lots of factors

but hopefully when you've done it before — and you have others in the squad who have — that will help."

David Nugent headed into his own net and sub Abou Kamara sealed the points in injury-time.

Cairney believes Fulham are doing well to be third — and thinks boss Scott Parker has done a great job.

He said: "Scott's been brilliant. It's so enjoyable."

"Sometimes it's strange when you've played with

someone and then they become manager but I don't think he's getting as much credit as he deserves."

"It's his first full season in charge and first full-time job."

"You see teams that get relegated, sometimes they have really bad seasons and don't come straight up."

"To be in the position we are in now compared to last season, it shows how quickly he's turned things around. Look at how many

teams bounce straight back. Not a lot. We've put ourselves in a good position."

Preston were the better team in the first half but faded in the second and have now lost three of their last four games.

Boss Alex Neil fumed: "There aren't really any positives to take."

"The performance means nothing if you don't get anything. All that's happening is I'm going home p****d off."

CANDID KAMARA...
Abou Kamara celebrates scoring Fulham's second



MOST HOME POINTS IN CHAMPIONSHIP THIS TERM

FULHAM	38
Preston	36
Derby	34
Leeds	34
Brentford	32
Cardiff	32
Blackburn	32
West Brom	31
Millwall	31
QPR	29

PICK UP THE PIECES, LADS

By JAMES CANDY

LUKA RACIC says the only way Brentford are gaining promotion is if they sort out their set-piece woes.

The Bees have conceded two set-piece goals in a week to take their tally to 12 for the season.

And Racic, 20, has urged his team-mates to toughen up against the division's bully boys.

The Danish centre-half, who netted his first senior goal against Cardiff, said: "It's so disappointing to give away a two-goal lead,

Cardiff.....2
Brentford.....2

especially from a defender's point of view.

"The second one, from the long throw, is such an annoying goal to concede."

"The first one came from a counter-attack, which is also sloppy."

"We just have to get rid of these sloppy goals and then we will get back to winning ways."

Bryan Mbeumo's free-kick put the Bees 2-0 up but

they had to swallow a fifth league game without a win.

Junior Hoilett headed in before Joe Ralls punished some passive defending to nod home at the back post from Will Vaulks' long throw-in.

Vaulks was lucky to be on the pitch after appearing to use his knee to connect with the head of Christian Norgaard after the Bees midfielder slid in to tackle.

Ethan Pinnock also got away with a foul on Hoilett inside his own box.

Hoilett, 29, moaned: "It was a clear penalty."



HEAD BOY... Ralls nets leveller from a long Cardiff throw

**STAT
ATTACK****LEADING GOALSCORERS**

League goals	
Aleksandar Mitrovic (Fulham)	23
Ollie Watkins (Brentford)	22
Lewis Grabban (Nottm Forest)	16
Kieran Grant (Huddersfield, left)	16

33
GOALS SCORED

AVE PER GAME
3.0

0

32

in association with



COLLINS... practised

Collins' deja vu

Luton.....1
Stoke.....1

By GARETH DAVIES

JAMES COLLINS told how he scored Luton's point-saving penalty 24 hours BEFORE facing Stoke.

There was huge pressure on him as he stepped up in injury time after James Chester had downed sub Callum McManaman.

Collins had rammed his previous spot-kick against the bar — but the skipper fired hard and low past Stoke keeper Jack Butland.

He said: "On a Friday I always practise my penalties. It's a competition where we get three penalties each."

"It paid off, I took one that was a mirror image of the one against Stoke."

The Potters were not so happy. Boss Michael O'Neill rated the penalty award 'soft' and the result left his team hovering just two points above the bottom three.

But striker Sam Vokes, who shot City ahead in the ninth minute, said: "There's a lot of football to be played and we've got the teams around us to play yet, so it's in our hands. We believe we can get out of it."

Bullish Bowen

Reading.....2
Barnsley.....0

By CARL LONG

READING manager Mark Bowen expects a tight FA Cup clash with the Blades — but admits his side will not practise penalties.

The Robins host Premier League Sheffield United in the fifth round tomorrow. Goals from Yakou Meite and George Puscas gave Reading a morale-boosting win over Barnsley. And Bowen now expects a tough night at the Madejski.

He said: "The whole country knows what Sheffield United are like and they'll come down here with a strong side."

"It could go to penalties — but on the night you don't know who will be on the pitch at the end."

"It's about making sure they're positive in their minds and they strike it clean and well."

The Tykes are five points off safety. Boss Gerhard Struber said: "I trust my boys and I believe in them."



MOR TO COME...
Morsy smashes home
the second-half winner

MOST PTS IN LAST SIX GAMES

West Brom	13
Leeds	13
WIGAN	11
Fulham	11

SHOW 'EM NO MORSY

Sam loves Bagging against big rivals

By GRAHAM HILL

SAM MORSY'S celebration told you exactly how much his winner at The Hawthorns meant to him — and Wigan.

The midfielder not only boosted Latics' survival hopes at the expense of table-toppers West Brom, he got to do something he later joked on Twitter he had been waiting for his whole career.

The Wigan skipper, 28, is a fan of Albion's arch-rivals Wolves and came through the academy at Molineux where he spent nine years before joining Port Vale.

So after his 73rd-minute winner against the Baggies, he could not resist copying the celebration of former Albion striker Lee Hughes.

Morsy also said the win was for Wigan team-mate Chey Dunkley, who suffered a fractured tibia and fibula against Reading last week and had surgery on Friday.

But Morsy could not hide his

West Brom.....0
Wigan.....1

delight at beating the Baggies. He said: "It was brilliant to score here and I did the Lee Hughes celebration!"

"I was with Hughsey at Port Vale and he's a great lad. We beat Albion last season as well, to the delight of my friends and family who are all big Wolves fans."

"This is the game I look for home and away. I grew up as a Wolves fan, in among all the Black Country derbies."

"I watched them for years and saw the rivalry with Albion for years. But I genuinely hope Albion go up so that we can see those games again next season."

"I almost scored at our place too this season but it was credited as an own goal."

Morsy wants Albion to go up for

another reason — he is pals with Baggies defender Ahmed Hegazi. The pair are Egypt team-mates with Morsy able to play through his father's country of birth.

He said: "Ahmed's a fantastic guy who really helped me when I first joined the Egypt squad."

"He built my confidence, it can be tough if you only know a little bit of Arabic. Hopefully we'll see him in the Premier League next season."

"There's a new manager with Egypt now, so hopefully, if I keep playing well, I can get back in."

"Has my Arabic improved? No...work in progress!" Baggies midfielder Filip Krovincic moaned: "It seems we are only losing to the teams who are down in the table. But in the last seven or eight games we've played some good football and we're top of the table."



GRAND SAM...
Morsy hails his
winning goal



BOWYER... pressure

Bowyer buoyant

Huddersfield.....4
Charlton.....0

By KEN LAWRENCE

LEE BOWYER is oddly upbeat — after seeing his Charlton side fall apart in this relegation showdown.

They lost three goals in the last 15 minutes as hosts Huddersfield ran riot.

The Addicks are two points off the drop zone and host fellow strugglers Boro on Saturday.

But Bowyer stressed: "Actually I'm looking forward to it because I think my players are honest."

"Of course we're under real pressure and things have got really tough."

"Yet I'm looking forward to the game because I believe the team will respond in the right way."

A Karlan Grant double — either side of sub Steve Mounie's strike — had the Terriers 3-0 up.

And deep in injury-time Juninho Bacuna got the fourth with an exocet from 25 yards.

The Dutchman sported a shocking pink hair-do — but he may change it up for the Terriers' trip to Leeds on Saturday.

He said: "I let my hair-dresser show me the colours and go from there. We will see."

LoveLee end, City

Millwall.....1
Bristol City.....1

By NEIL SILVER

LEE JOHNSON believes he is about to find out if his Bristol City team have what it takes to go up.

Half of the Robins' final ten games of the season are against sides who currently sit in the top ten.

City, just one place outside the play-offs, are at home to fellow promotion hopefuls Fulham on Saturday, and also have matches against Blackburn, Nottingham Forest, Swansea and Preston.

Boss Johnson said: "This is where we see what we are made of, the last ten games, against the top teams."

Pedro Pereira put the Robins ahead on ten minutes but a Tomas Kalas own goal after the break gave Millwall a draw.

Lions are in tenth but midfielder Jayson Molumby warned: "It is all to play for and we just need to keep picking up points."



HULK HOGAN...
Scott Hogan opens
the scoring for City

Hogan's run

By JOHN DILLON

SCOTT HOGAN was hailed by former boss Mark Warburton despite his double costing Rangers.

The striker's double rescued a point for Birmingham and extended their unbeaten league run to ten games.

QPR boss Warburton signed Hogan — on loan at City from Aston Villa — for Brentford from Rochdale for £750,000 in 2014. He

QPR.....2
Birmingham.....2

said: "Scott has had two major cruciate ligament injuries which has been horrific for him but he's shown great character."

"I have no doubt about his quality whatsoever. I'm not surprised to see what he did here. He's a very talented player."

Hogan also played for Stockbridge Park Steels, the

non-league club that produced Jamie Vardy. And his strikes book-ended Rangers goals from Marc Pugh and Jordan Hugill.

City defender Harlee Dean spent three years with Hogan at Brentford.

He said: "Scott will score goals anywhere. I'm delighted for him. He's one of my best mates and it's good to see him happy."

"We're getting results and don't feel we're going to lose. We felt like we should have won this one."

Chelsea v Liverpool

Live on BBC One | KO Tuesday 7.45pm

Chelsea to win both halves.

WAS
5/1NOW
6/1

it's who you play with

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goals CH'SHIP

LOTS IN

Roberts and



By COLIN YOUNG

ILLAN MESLIER may not be the only one to step up and help Leeds seal their long-awaited Premier League return.

With Kiko Casilla banned for racially abusing Charlton's Jonathan Leko, the rookie keeper has seven more games to make the No1 shirt his own.

Meslier – who celebrates his 20th birthday today – was hardly called upon in his league debut against the toothless Tigers.

But to the delight of boss Marcelo Bielsa, the Frenchman looked confident in his saves, catching and kicking, even when Norbert Balogh's drive slapped against his post.

With Patrick Bamford struggling at the other end to add to his 12 goals, striker Tyler Roberts is also ready for a start.

Roberts replaced Bamford – who has now failed to score in seven games – and slammed home two late goals in three minutes to properly reflect Leeds' total dominance.

Hitman Roberts said: "I'm just happy to come back, contribute and get out on the pitch with the boys. They've done fantastic, winning games and spirits are high right



LANKY former striker Roger Davies helped Derby win their second First Division crown in 1974-75.

The 6ft 3in frontman also played as a back-up in the Rams' other title success in 1971-72 after Brian Clough signed him for £12,000 from Worcester.

Now 69, Davies went on to play in America for three different clubs and was Player of the Year for Belgian club Brugge in 1977.

After retiring, he worked as a senior manager at Rolls-Royce for 27 years, combining his duties with football commentary and analysis for the BBC and commercial radio stations.

He was also involved in Derby's match-day hospitality and in 2015, he was approached by chairman, Mel Morris, and asked to become the club's full-time ambassador. Davies said: "I left Rolls-Royce on the

Where are they now?

Roger Davies

Derby (1971-76), Preston (1972, loan), Club Brugge (1976-78), Leicester (1978-79), Tulsa (1979), Derby (1979-80), Seattle (1980-82), Fort Lauderdale (1983), Burnley (1983), Darlington (1983-84).

Friday evening and joined Derby on the Monday morning. "I was very proud to work for Rolls-Royce, having started in the factory and worked myself up to a management role.

"The company is everything you would expect them to be – absolutely meticulous from top to bottom."

Davies adores his role as club ambassador and cannot compliment Morris enough for the job he is doing at Pride Park.

He said: "It's been a frustrating season for the club, results-wise, after getting to the play-

offs last season. New manager Phillip Cocu is building the side again but the loss of Fikayo Tomori, Mason Mount and Harry Wilson – who are all now playing in the Premier League – has been a huge blow.

"The arrival of Wayne Rooney in January has given the second half of the season a major injection and I've been impressed with his commitment.

"I want Derby to succeed under Mel because of his love of the club and the little things he does that go unnoticed but are so refreshing. For example,

the club has a scheme called Golden Rams – fans who are 85 or older.

"We have a social occasion for them on the first of every month and the club gives them free season-tickets."

Davies is as enthusiastic about football today as he was in his heyday under Cloughie.

Back then, the Baseball Ground was notorious for its horrendous playing surface.

He admitted: "When people talk of the skill of players today, I look at the way Archie Gemmill used to glide over that horror surface week after week. What a player he was.

"And Brian was a one-off. I remember one reserve game he came to watch and I was subbed after an hour.

"Afterwards he said 'D'ya know, I lost interest in the game when you came off'.

"It was such a compliment and gave me such a high."

Interview: RUSSELL LANNING



TOMMY GUN
... Lawrence
hails his opener



**HULL'S
LAST 10 IN
THE LEAGUE**

LLLLLDLDDL

**POSS
PTS: 30
PTS
WON: 2**

in association with



RESERVE

Illan can be Leeding men

HE'S A LONG SHOT...
Tyler Roberts hails his first goal (left) before leaving Hull keeper George Long stranded for his second



Hull.....0
Leeds.....4

now. The football we played here is what we've been doing all season.

"It was good to top it off with a couple of goals in front of our fans. We hit the crossbar and the post as well as scoring four and that shows how sharp we are."

"The Championship is a crazy league. We're not going to get ahead of ourselves. We know what happened last season and we've learnt from that but, hopefully, the gap will get bigger."

Luke Ayling and Pablo Hernandez netted in the early minutes of each

half as Leeds cut West Brom's lead at the top to one point.

The visitors could have scored ten had it not been for Tigers keeper George Long.

Sorry Hull are in free-fall and just four points above the drop zone, with no wins in ten league games now.

They are clearly reeling from the January departures of Jarrod Bowen and Kamil Grosicki to West Ham and West Brom respectively.

The millions raised may be good money for unpopular owner Assem Allam but it could prove costly.

Manager Grant McCann, who had nine missing, has no time for players feeling sorry for themselves.

And he revealed he has a surprise in store for them as he tries to stop the rot and prevent Hull dropping into League One for the first time in 15 years.

He said: "If you feel sorry for yourself, tell me and get yourself back home or play in the under-23s."

"But that's not going to be the issue with this group. After the game they hurt but it doesn't last long."

"I'm sure the supporters' belief has been waning for a couple of weeks."

"We understand that but we have to keep fighting and believing."

"We've something different planned for the boys this week and we'll see if that brings them back a bit."

"I'll keep it to myself – but we're definitely not going paintballing."

LEEDS LAST FIVE

4 Wins 0 Defeats 1 Draws

Win rate.. 80%
Goals..... 8
Conceded.. 1

FIVE BEFORE THAT

Win rate.. 20%
Goals..... 3
Conceded.. 8

1 Wins 4 Defeats 0 Draws

Way to go, Wayne

By **MICHAEL MORGAN**

WAYNE ROONEY'S time as a red-hot striker for Manchester United and England may be over — but he remains a class act.

These days, at the age of 34, he is directing operations from the heart of Derby's midfield.

And Rams boss Phillip Cocu reckons Rooney will prove he can still mix it with the best when United invade Pride Park for an FA Cup fifth-round showdown on Thursday.

Former Barcelona star Cocu said: "Wayne has made a big impact with us and he remains a huge influence."

"At the moment, I think playing in a deeper role is his best position."

"But, of course, he can play as a No10. Or when we play with only one

Sheff Wed.....1
Derby.....3

sitting and holding, he can be one of the two offensive midfielders.

"United are a very big team with many good players. But we will now welcome the challenge."

A Tom Lawrence double and Jason Knight strike put the Rams 3-0 up at half-time — before a Josh Windass consolation.

It was hardly the ideal preparation for Wednesday night's Cup clash at home to Premier League champions Manchester City.

Windass, on loan from Wigan, said: "There were individual errors and a lack of confidence. Derby probably took their foot off the gas."



HOWSON... belief

Put ya Hows on it

JONNY HOWSON has been relegated three times in his career — but he is confident that pain will help get Middlesbrough out of the mire.

Boro slipped into the bottom three after losing 1-0 to Leeds and face dropping to the third-tier for the first time since 1986.

It ramps up pressure on boss Jonathan Woodgate as Boro host Nottingham Forest tonight.

Howson, 31, suffered the drop with Leeds in 2007 and from the Prem with Norwich in 2014 and 2016. He said: "Experience is

**Middlesbrough v
Nottm Forest**
7.45pm, sky sports football

needed. I've been in this position before and I believe we have the firepower to get out of trouble."

"I wouldn't say it is a concern, I am very confident in the lads."

Boro have not won since New Year's Day and Howson added: "It's not a shock where we are."

"It is down to us to get those wins and get back up."

Chelsea v Liverpool

Live on BBC One | KO Tuesday 7.45pm

Divock Origi to score & Liverpool to win (90 mins).

WAS
5/1

NOW
6/1



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LEAGUE ONE

Record scorer has Aki breaky heart



ADEBAYO AKINFENWA was in no mood for a party after breaking Wycombe's scoring record.

The Beast, 37, became the Chairboys' record Football League scorer by netting a 54th goal on 67 minutes.

But Rovers bagged the win thanks to strikes from Niall Ennis and Kieran Sadlier, plus Jason McCarthy's own goal.

Akinfenwa (left) said: "It's not that the record means nothing but the three points

Doncaster.....3
Wycombe.....1

were more important. Individual awards are beautiful at the end of your career and I'll look back at all my achievements with a smile.

"It was hard to embrace it at the end of this game because I was disappointed."

Donny left-back Danny Amos said: "We want to keep climbing."



Stop the home Rot and it's a go Joe for the title

JOE MATTOCK wants Rotherham to go up as champions — but they must stop dropping points at home.

Freddie Ladapo got the early opener but MK Dons quickly levelled through Rhys Healey.

Leaders Coventry are now two points clear but full-back Mattock said: "We want to go on and win the league. We have got to keep the momentum going."

"I know we've had a couple of draws but we're still in good form. We want to go up to the

Rotherham.....1
MK Dons.....1

Championship on a massive high. If we're going to win the league, we have to finish teams off, especially at home."

Ladapo (left) missed a great chance to win it late on.

Dons boss Russell Martin said: "I thought we might have nicked all three but it was a battling point in the end."

Middlesbrough v Nottingham Forest
Live on Sky Sports | KO 7.45pm

Lewis Grabban to score first.

WAS
7/2

NOW
9/2

Enhanced Odds

it's who you play with

William HILL

WHEN THE **FUN** STOPS **STOP**

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GODDD

Matt finish is heaven-sent for Sky Blues

By JOHN CURTIS

MATTY GODDEN fired Coventry into top spot for the first time in nearly six months.

Godden stretched the Sky Blues' unbeaten league run to 13 games with a second-minute strike — his 14th of the campaign.

The result saw Coventry move two points above Rotherham — and with a game in hand.

It is a massive boost for a club forced to play at Birmingham's St



Wag loses rag at boos

By BEN BACON

SCOTT WAGSTAFF accused Gillingham fans of being "out of order" — but enjoyed getting the last laugh.

The Wimbledon captain believes the boo-boys were wrong to target former Priestfield players.

Dons had four ex-Gills stars in their line-up, including Kent-born Wagstaff, 29, so the victory was even sweeter.

He said: "We got a bit of stick which I thought was out of order."

"We all wanted to prove a point... that the club should not have let us go."

"The excitement on Callum Reilly's face after he

Gillingham.....1
AFC Wimbledon.....2

scored the winner in injury-time told its own story."

Joe Pigott, who once had a loan spell at Priestfield, put the Dons ahead and Reilly, who made 40 league appearances for the Gills, nicked at the death.

Regan Charles-Cook scored in between those strikes for the home side and said: "We'll pick ourselves up."

"We're only seven points off the play-offs and we back ourselves to win three on the bounce."

WIMBLEDON have never lost away at Gillingham in six previous league visits (three wins and three draws).

STAT
ATTACK

LEADING GOALSCORERS

League goals	
Ivan Toney (Peterborough).....	23
Armand Gnandjillet (Blackpool).....	15
Paddy Madden (Fleetwood).....	15
Mohamed Elsa (Peterborough, left).....	14

22
GOALS SCOREDAVE PER GAME
2.2

0

31

in association with

William HILL

HALL TO PLAY FOR

KIERNAN DEWSBURY-HALL is happy if Blackpool keep leaving it late.

The Leicester loanee midfielder (far left), 21, grabbed a last-minute winner against Bolton in midweek.

This time around it was Joe Nuttall who sent the home fans into hysteria as his 93rd-minute winner put a dent in Ipswich's promotion bid.

Freddie Sears had equalised on 54 minutes after Dewsbury-Hall put the Seasiders ahead with his second goal in as many games on 26 minutes.

He said: "Two last-minute winners

Blackpool.....2
Ipswich.....1

in four days. It doesn't get better than that. It's the best feeling in the world to win a game that late, especially against a good team like Ipswich.

"We're so happy in the dressing room, we're absolutely buzzing. We really needed those moments this week. They really lift you as a team and we've got a great spirit now."

Pool went ten games without a win. But with David Dunn in interim charge they have turned a corner – winning three of their last six.

Dewsbury-Hall added: "We can go into games with more confidence now. "We had a bit of a rough patch where we weren't getting results.

"But we're grinding out results now. We're not giving up on games and are winning in the 92nd or 93rd minute."

Ipswich scorer Sears said: "It hurts, it's really tough to take. It just sums up the way it's going at the minute."

ALMIGHTY

Coventry.....1
Sunderland.....0

Andrew's stadium due to the Wasps dispute over the Ricoh Arena.

Boss Mark Robins said: "It was a brilliant finish by Matty and we defended against a strong and powerful team who came here full of confidence.

"This win is a huge boost for us. It's a brilliant club that has been

booted around for far too long. Ours is a mid-table budget – and we are out-performing that which we always tend to do.

"But if you start looking too far ahead then you can come unstuck. "We've achieved zero so far. It is going to go right to the end of the season before anything is decided.

"But you read things, see things, players will start looking at tables and things like that and you can take your focus off things at times."

Coventry needed only 95 seconds

to break the deadlock through Godden's fourth goal in five games. Recalled Jamie Allen supplied the through ball and Godden drilled a low shot past Jon McLaughlin.

Tom Flanagan wasted a golden chance to level for the Black Cats after finding himself unmarked at the far post. The defender volleyed

over from six yards after getting on the end of Chris Maguire's free-kick.

Defeat dealt a blow to Sunderland's own promotion hopes and Luke O'Nien had a second-half effort ruled out for offside.

But Black Cats boss Phil Parkinson said: "The effort was there but we were a bit frantic and lacked quality.

"We gave the ball up cheaply and after conceding we tried to chase too early."

MATCH STATS

COVENTRY	SUNDERLAND
4/4.....	Shots on/off target 2/3
2.....	Blocked shots 4
48%.....	Possession 52%
390.....	Passes 417
1/4.....	Corners/offside 7/4
1/0.....	Yellow/red cards 0/0

GOAL TO THE GODD... Godden fires in and (right) is mobbed

Bristol Rovers..0
Shrewsbury.....1

DANIEL UDOH made sure his story had a happy ending.

Striker Udoh, 23, hit the 70th-minute winner, then revealed he told his team-mates a tale as part of a belated initiation ceremony.

The summer signing said: "At other clubs new boys sing songs but we tell each other our story. They thought it was a decent one."

Rovers boss Ben Garner said: "I'm going home to take a long, hard look in the mirror."



Gard goal knees-up

By BOB HAYES

LEWIS GARD still had plenty to celebrate after Southend slumped to their sixth successive defeat.

Gard, 20, marked an end to his 16-month knee injury nightmare with a goal on his first start for the Blues.

The midfielder said: "It was brilliant just playing. It meant a lot after being out so long."

Promotion-chasing Oxford led through a penalty by James Henry (left) before Gard struck from Tom Clifford's cross.

Gard said: "I should have got ahead of the defender then it was a blur. "All of a sudden the ball

was on the line and I tapped it in. It was the easiest goal ever to be honest but I will take it.

"The 16 months out were very frustrating but now it's about looking forward."

Oxford snatched their fourth successive win thanks to Matty Taylor.

Defender Anthony Forde admitted they struggled in their ninth game in February. He said: "We have tired legs and weren't at our best."

23
SOUTHEND have lost the most games (24 of 34) of any third-tier side at this stage since Oxford in 2000-01 (25).Bolton.....0
Accrington.....0

REMI MATTHEWS urged his Bolton team-mates to be more ruthless in front of goal.

The troubled Trotters were largely on top against Accrington.

But they only got a point thanks to two superb Matthews saves from Jordan Clark.

The keeper said: "We need to be more clinical and that will come.

"We were the better side, certainly first half. Stanley's Joe Bursik said: "We need to keep taking our chances."



LEVEL HEADED... Brayford celebrates

Frazer eyes perfect ten

Burton.....1
Peterborough.....1

FRAZER BLAKE-TRACY said Posh will fight for ten wins from their last ten games as they gun for promotion.

Mo Eisa fired Peterborough ahead on 52 minutes but John Brayford's header pushed them down to seventh.

But Blake-Tracy, 24, insisted: "We've still got ten games to play and 30 points left to take.

"We are at the business end of the season and we're very confident.

"It's not the result we wanted – we didn't have enough quality in the final third.

"But we'll have Ivan Toney back for our next game against Portsmouth.

"We boast enough firepower to trouble any team and promotion is still 100 per cent on."

Albion schemer Joe Powell, 21, said: "We were the better team overall and the skipper hit a fantastic goal.

"We created plenty of chances and got on top against a very good side."



LEAGUE TWO



CHELTHENHAM'S victory at Colchester saw them claim back-to-back away wins in the league for just the second time this season (also in September).

Danny's in Old routine

Oldham.....5
Newport.....0

DANNY ROWE reckons he is slowly getting to grips with the EFL.

The Oldham striker, 30, had only netted one in eight outings before his double helped down Newport.

Rowe smashed 192 goals in 293 games for non-league AFC Fylde before joining the Latics in January.

He said: "Scoring gives you confidence and a few of the lads were asking when I was going to score again!"

"Hopefully I can go on to get a few more. I feel like I have now got used to the sort of players I am playing with and that I've settled in well."

Zach Dearnley, Thomas Hamer and Jonny Smith also struck in this rout.

Newport boss Michael Flynn said: "Goals change games and the goals we conceded were dreadful."

5 OLDHAM are unbeaten in five league games on home soil, with three wins and two draws. They last time they went five without defeat at home was April 2019.

	P	W	D	L	F	A	Pts
Swindon	34	20	6	8	60	37	66
Crewe	35	19	8	8	63	41	65
Exeter	35	18	10	7	51	39	64
Cheltenham	35	17	12	6	52	27	63
Plymouth	35	18	8	9	55	39	62
Northampton	36	17	7	12	53	38	58
Port Vale	36	14	14	8	50	44	56
Colchester	36	14	13	9	49	37	55
Bradford	36	14	12	10	44	38	54
Salford City	36	12	11	13	47	46	47
Forest Green	35	12	10	13	41	40	46
Crawley Town	36	10	15	11	48	47	45
Cambridge Utd	36	12	9	15	39	46	45
Grimsby	35	11	11	13	43	48	44
Walsall	35	12	8	15	37	48	44
Newport County	34	11	10	13	31	37	43
Oldham	36	9	14	13	44	54	41
Scunthorpe	35	10	10	15	44	52	40
Leyton Orient	35	9	12	14	45	54	39
Carlisle	35	9	12	14	37	53	39
Mansfield	35	8	11	16	46	54	35
Morecambe	36	7	11	18	35	59	32
Macclesfield	36	7	15	14	32	44	30
Stevenage	35	3	13	19	23	47	22

(Macclesfield deducted six points)

Played Saturday			
BRADFORD	(2) 2	PLYMOUTH	(0) 1
Richards-Everson 6 Connolly 45			
CAMBRIDGE UTD	(0) 1	CARLISLE	(1) 2
Lambe 82 Att: 4,122			
COLCHESTER	(0) 0	CHELTHENHAM	(1) 2
Att: 3,698			
EXETER	(0) 1	CRAWLEY TOWN	(1) 1
Dickenson 82			
FOREST GREEN	(-) P	LEYTON ORIENT	(-) P
(Postponed due to waterlogged pitch)			
GRIMSBY	(0) 0	NORTHAMPTON	(2) 3
Att: 4,879			
MACCLESFIELD	(0) 0	SALFORD CITY	(2) 2
Att: 2,317			
MANSFIELD	(-) P	SWINDON	(-) P
(Postponed due to waterlogged pitch)			
MORECAMBE	(0) 1	CREWE	(0) 1
Wildig 68			
OLDHAM	(2) 5	NEWPORT CO	(0) 0
Rowe 25, 52 Dearnley 27 Hamer 62 Smith 83			
PORT VALE	(1) 2	SCUNTHORPE	(0) 2
Cullen 16 Smith 78			
STEVENAGE	(-) P	WALSALL	(-) P
(Postponed due to waterlogged pitch)			



CONN JOB... Dylan Connolly after making it 2-0

EVER READY

BRADFORD defender Ben Richards-Everson is ready to stand tall in the play-off chase.

Boss Stuart McCall has demanded more set-piece goals from his players.

And Bantams centre-half Richards-Everson obliged by heading an early opener against their promotion rivals – as they moved two points off the play-off places.

It was the former Accrington player's first

Bradford.....2 Plymouth.....1

goal at Valley Parade and he said: "I should be scoring more with my height and physique."

"We were working on a few things Thursday and Friday and the gaffer told me to get round the back post at corners. We all need to chip in for the team."

Bradford made it 2-0 on half-time with a great strike from Dylan

Connolly. Plymouth had skipper Gary Sawyer sent off on 40 minutes for a bad foul on Connolly, then Antoni Sarcevic saw red late on for a second yellow.

The nine men replied through Ryan Hardie.

Pilgrims dropped to fifth but upbeat boss Ryan Lowe said: "We're relishing the opportunity to do something special."



LEGGE... positive

Vale get a Legge up

Port Vale.....2
Scunthorpe.....2

LEON LEGGE has called for one final push from his Port Vale team-mates.

Vale are back in the play-off spots but were forced to settle for a point after a late leveller.

Mark Cullen and Nathan Smith struck for John Askey's either side of Alex Gilliead's effort.

But George Miller snatched a point for Scunthorpe on 90 minutes.

Defender Legge said: "We've worked hard to get where we are and it's the final stretch – we have to keep that momentum up."

"It's frustrating because I thought we did enough and they score right at the death. It's a bitter pill to swallow."

"We've got to go again. The positive is we're back in the play-offs but we would have liked those extra points."

Cheltenham at the races

BEN BETS ON PROMOTION PARTY

CLINCHER... Chris Hussey is mobbed

Colchester.....0
Cheltenham.....2

By MEL HENDERSON

BIRTHDAY-BOY Ben Tozer is happy to put the party on hold for now.

The Cheltenham defender, who turned 30 yesterday, hopes to make it a double celebration by helping his side to a top-three finish.

Goals from Alfie May and Chris Hussey earned the Robins an impressive fifth win on the trot.

And with League Two's best defensive record they are now just a point off the automatic promotion spots.

Tozer said of their win at Colchester: "It is a tough place to come because they have done well against the teams in the top seven."

"To win is massive for us. It was a difficult pitch and we were quite poor for the first 35 minutes."

"There will be no party yet and no chance we will get ahead of ourselves."

"If you do that and take your foot off the gas that's when things can go wrong."

Tozer confessed it was not pretty as both teams battled against the wind and rain.

But he was happy to grind out a victory.

He said: "It's five wins on the bounce and compared to earlier in the season they've not been the prettiest."

"But I'd say, if we can win pretty and also win ugly, that's brilliant for us."

May burst through before the break to open the scoring and Hussey fired in a rocket free-kick from a tight angle late on.

Play-off hopefuls Colchester offered little threat as they dropped to eighth after their third defeat in four.

And they had Omar Sowunmi sent off in stoppage time for a second yellow.

But midfielder Ben Stevenson, 22, insisted: "It's important we don't get too bogged down by this result."

"We need to stay positive about what we can achieve."



LAST FIVE IN THE LEAGUE

Carlisle (a) W 1-0
Leyton Orient (h) W 2-1
Mansfield (h) W 1-0
Northampton (h) W 2-1
Colchester (a) W 2-0



Mud and thunder from Lenny

By ROBERT THOMSON

NEIL LENNON says Celtic once again showed the steel needed to keep winning silverware.

The Bhoys bounced back from Thursday's crushing Europa League exit at home to Copenhagen – battling their way past St Johnstone.

It was not easy or pretty at a windy, boggy McDiarmid Park – but Ryan Christie's 81st-minute free-kick took them through to a Scottish Cup semi-final meeting with Aberdeen.

Amazingly, this was Celtic's 34th domestic cup tie unbeaten and next

St Johnstone.....0
Celtic.....1

month they head to Hampden for the 15th straight time since 2016.

Boss Lennon said: "This can end at any time but the players want to keep it running as long as they can – they are coming up against all sorts of opposition and they're dealing with it."

"The game was difficult, mentally and physically, after Thursday."

"They have picked themselves up again on a really heavy pitch and

came through it unscathed. The pitch was a leveller – a proper cup tie."

"Some of them were out on their feet, which is understandable."

"You know what? They are human beings and they can't keep churning out result after result and performance after performance."

"People expect that of them, however it's really not easy."

Despite another cup semi-final on the horizon, Lennon urged his league leaders to focus on the title.

He said: "Aberdeen will be tough but it would have been anyway, no matter who we had drawn. Hibs are in good

STAT
ATTACK

LEADING GOALSCORERS

League goals	
Eoin Doyle (Swindon, left).....	23
Nicky Maynard (Mansfield).....	14
Ollie Palmer (Crawley Town).....	13
Jerry Yates (Swindon).....	13

26
GOALS SCOREDAVE PER GAME
2.9

4

21

in association with



EXETER skipper Jake Taylor fired a warning to promotion rivals Crewe: You won't like our patched-up pitch.

The Grecians host second-placed Crewe tomorrow night at St James Park.

Exeter are a point behind the Railwaymen after a stunner from Brennan Dickenson cancelled out Ashley Nadesan's opener.

Taylor, 28, said: "It will

Exeter.....1 Crawley.....1

be interesting to see how Crewe react to our pitch. "The conditions aren't going to get any better — but we need to hit this game with everything.

"These are games you want to be involved in. "We have played Crewe plenty of times and they are a really good footballing team.

"I'm not sure they will

like our bobbly surface, though."

Crawley have gone 15 league games without a win on the road.

Town striker Ricky German said: "Spirits are high and this was a good performance on a boggy pitch.

"We went a goal up and really should have added to it."



MORTON... double

No more close Calls

Grimsby.....0 Northampton...3

CALLUM MORTON says the Cobblers have finally mastered the art of game management.

The Northampton ace, 20, bagged a goal in each half after Charlie Goode opened the scoring in blustery conditions.

His double took the young gun, on loan from West Brom, to five goals in just eight appearances — and the Cobblers up to sixth place.

Morton beamed: "I'm delighted to get two more goals of course.

"But more importantly we were on the right side of the result.

"We knew that we might not be secure — even with a 2-0 lead.

"As they say, 2-0 can be a dangerous scoreline.

"We have given it away a few times but, with the quality we have now, we saw out the game quite comfortably."

Gutted Grimsby boss Ian Holloway said: "It's very disappointing to lose in that manner at home."

Morecambe.....1 Crewe.....1

ADAM PHILLIPS' sending off sparked a war of words between the managers.

Morecambe midfielder Phillips saw red for a late lunge on Perry Ng that stopped a Crewe break.

Alex chief Dave Artell raged: "It's one of the worst tackles I've seen in 20 years. It's scandalous. "He's tried to break my lad's leg."

But Shrimps boss Derek Adams said: "If Dave thinks that's the worst tackle in 20 years... he hasn't watched himself on video many times."

Ng had given Crewe the lead after the break but Aaron Wildig levelled.

NON-LEAGUE RESULTS & TABLES

THE BUILDUP FA TROPHY

Quarter-Finals
AFC Fylde 2 Harrogate Town 3 (aet, 2-2 at 90mins); Barnet 1 Halesowen Town 2 (aet, 1-1 at 90mins); Notts Co 5 Avelley 0. **OFF** - Concord v Royston (waterlogged pitch).

VANARAMA NATIONAL LEAGUE

Barrow 2 Dag & Red 1; Boreham Wood 1 Hartlepool 1; Bromley 0 Sutton Utd 1; Ebbsfleet Utd 0 Stockport County 1; Solihull Moors 3 Dover 0; Torquay 2 Chorley 0; Woking 2 Maldenhead Utd 0; Yeovil 3 Wrexham 0. **OFF** - Eastleigh v FC Halifax (waterlogged pitch).

Barrow	P	W	D	L	F	A	Pts
Barrow	36	21	7	8	68	37	70
Harrogate	35	18	8	9	56	40	62
Yeovil	36	16	9	11	60	44	57
Boreham Wd	35	15	11	9	52	38	56
FC Halifax	34	16	7	11	49	46	55
Solihull Moors	36	15	9	12	48	36	54
Stockport	37	15	9	13	48	52	54

Dover	P	W	D	L	F	A	Pts
Dover	36	15	8	13	48	47	53
Woking	36	14	10	12	47	52	52
Notts County	34	13	12	9	50	36	51
Hartlepool	36	13	12	11	54	48	51
Bromley	37	14	9	14	56	51	51
Barnet	32	13	10	9	46	38	49
Torquay	35	14	6	15	56	59	48
Sutton Utd	35	11	13	11	44	40	46
Aldershot	36	12	10	14	42	50	46
Wrexham	36	11	9	16	46	49	42
Eastleigh	34	10	12	12	41	50	42
Dag & Red	35	10	11	14	38	42	41
Maldenhead	36	12	5	19	43	55	41

Chesterfield 35 10 10 15 49 61 40
Ebbsfleet Utd 37 8 12 17 45 68 36
AFC Fylde 33 7 11 15 40 57 32
Chorley 36 4 14 18 29 61 26

Vanarama National North	P	W	D	L	F	A	Pts
Darlington 1 Brackley 1; Hereford FC 0 Altrincham 2; Spennymoor Town 3 AFC Telford 3; York 1 Curzon Ashton 1. OFF - Blyth Spartans v Kettering, Boston Utd v Farsley Celtic, Gloucester v Alfreton Town, Kidderminster v Guiseley, King's Lynn Town v Southport, Leamington v Bradford PA (waterlogged pitches), Chester FC v Gateshead (bad weather).							
York	32	18	9	5	48	23	63
King's Lynn	28	18	6	4	61	36	60
Boston Utd	30	17	5	8	45	31	56

Vanarama National South	P	W	D	L	F	A	Pts
Gateshead 30 14 10 6 46 29 52 Farsley Celtic 31 13 6 12 44 39 45 Darlington 31 13 6 12 39 45 45 Guiseley 31 12 8 11 48 41 44 Southport 31 12 7 12 39 39 43 Alfreton 30 12 4 14 45 48 40 AFC Telford 32 10 9 13 47 53 39 Kidderminster 32 9 8 15 37 42 35 Leamington 30 9 7 14 39 48 34 Hereford FC 31 7 11 13 33 50 32 Hendon 28 7 9 12 34 42 30 Curzon A'ton 31 7 9 15 31 41 30 Cloucester 28 8 5 15 36 55 29							
Blyth Spartans	32	6	5	21	30	73	23
Bradford PA	30	3	5	22	22	77	14

Vanarama National South
Braintree Town 2 Bath City 0; Chippenham 2 St Albans 1; Dartford 0 Wealdstone 0; Dorking Wanderers 3 Slough 5; Dulwich 0 Tonbridge Angels 1; Eastbourne Borough 1; Billerica 1; Weymouth 5 Maldenhead Utd 1. **OFF** - Hampton & Richmond v Chelmsford, Hungerford Town v Hemel Hempstead, Welling v Havant & Waterlooville (waterlogged pitches).

Wealdstone	P	W	D	L	F	A	Pts
Wealdstone	31	21	3	7	66	33	66
Slough	33	17	9	7	51	34	60
Weymouth	33	16	11	6	58	35	59
Bath City	33	17	8	8	49	37	58
Havant & W	31	16	10	5	59	36	58
Dartford	32	14	8	10	55	50	50
Dorking Wdres	33	14	8	11	57	53	50

Hampton & R	P	W	D	L	F	A	Pts
Hampton & R	31	14	4	13	50	47	46
Chelmsford	32	11	10	11	54	52	43
Maldenhead	31	11	9	11	45	40	42
Hemel H'stead	32	11	8	13	34	41	41
Oxford City	32	11	8	13	45	56	41
Welling	32	11	6	15	35	43	39
Chippenham	33	9	11	13	35	43	38
Concord R	30	10	5	15	40	44	35
Tonbridge A	30	9	8	13	43	51	35
Eastbourne	32	7	14	11	35	54	35
Braintree	33	10	5	18	43	64	35
Dulwich	33	8	10	15	48	47	34
Billerica	29	7	13	9	44	51	34

St Albans 33 8 10 15 39 52 34
Hungerford 31 7 4 20 36 63 25

BETVICTOR SOUTHERN PREMIER CENTRAL

Stourbridge 2 Lowestoft Town 0. **OFF** - AFC Rushden & Diamonds v Rushall Olympic, Barwell v Redditch Utd, Biggleswade Town v Banbury Utd, Hednesford Town v Leiston, Hitchin Town v Peterborough Sports, Kings Langley v Coalville Town, Needham Market v Tamworth, Nuneaton Borough v Bromsgrove Sporting, St Ives Town v Alvechurch, Stourbridge v Lowestoft Town (waterlogged pitches).

BETVICTOR SOUTHERN PREMIER SOUTH

Hendon 1 Truro City 4; Merthyr Town 0 Beaconsfield Town 0; Wimborne Town 1 Chesham Utd 2. **OFF** - Gosport Borough v Farnborough, Harrow Borough v Salisbury FC, Hartley Wintney v Blackfield & Langley, Poole Town v Hayes & Yeading Utd, Swindon Supermarine v Tiverton Town, Taunton Town v Walton Casuals, Weston-S-Mare v Met Police, Yate Town v Dorchester Town (waterlogged pitches).

BETVICTOR ISTHMIAN PREMIER

Worthing 33 20 8 5 68 39 68

BETVICTOR NORTHERN PREMIER

South Shields 30 18 6 6 56 30 60

BETVICTOR SOUTHERN PREMIER CENTRAL

Basford Utd 29 16 7 6 49 34 55
FC United 30 15 9 6 66 46 54
Lancaster City 32 15 7 10 57 44 52
Nantwich Tn 28 14 6 8 51 36 48

BETVICTOR SOUTHERN PREMIER SOUTH

Warrington 29 12 12 5 51 41 48
Whitby 27 14 5 8 49 36 47
Scarboro Ath 33 13 8 12 43 45 47
Stalybridge 32 12 6 14 42 48 42
Morpeth Tn 24 12 5 7 42 33 41
Hyde Utd 31 11 7 13 51 52 40
Bamber Bridge 32 12 4 16 52 62 40
Witton Alb 29 10 8 11 37 39 38
Mickleover 26 11 4 11 40 44 37
Radcliffe 29 11 3 15 29 42 36
Gainsborough 29 9 8 12 46 47 35
Buxton 31 7 11 13 54 52 32
Ashton Utd 26 8 6 12 34 43 29
Grantham 30 7 8 15 37 68 29
Matlock Tn 25 8 4 13 32 36 28

BETVICTOR ISTHMIAN PREMIER

Atherton Coll 25 7 4 14 34 49 25
Stafford R 31 3 10 18 25 50 19
(Ashton Utd deducted 1 point)

CUP ARDLEY COUNTS

NOTTS COUNTY boss Neal Ardley says a Football League return is his priority — even if the club reach Wembley. After the Magpies thumped AVELEY 5-0 in their FA Trophy quarter-final, Ardley said: "It would be no good getting to Wembley and finishing 12th or 13th."

HALESOWEN and HARROGATE are also in the semis after wins over BARNET and FYLDE, while CONCORD RANGERS' clash with ROYSTON was postponed.



LEW BEAUTY... Alessandra (second left) takes the acclaim after his opener

Cambridge.....1 Carlisle.....2

By TONY RUSHMER

CARLISLE gaffer Chris Beech put in a cheeky request for a wedding invite after his side did the business at Cambridge.

Before the match, Blues' fan Jonny Johnston received a marriage proposal from his girlfriend — in the spirit of the February 29 custom.

He duly shared his response on Twitter, outlining how a Carlisle win or a draw would result in a "Yes" answer.

But if they suffered a defeat Johnston told his partner to "come back in 2024" — the next leap year.

Happily for Carlisle — and the couple — they recorded a first victory in six matches.

Beech found out about the story on Saturday night and got

WALK DOWN THE ISLE
Beech wedding 'invite'

in touch with Johnston via a message from Carlisle's official Twitter account.

It said: "Gaffer Chris Beech has spotted this as he sits on the bus on the journey home.

"Firstly he passes on his congratulations. Secondly, he wants to let you know that he's really chuffed that the lads delivered for you both. Thirdly — where's his invite!"

The Cumbrians' solid all-round performance left them 17 points clear of bottom.

But Beech said: "I've told them we're still not safe and I

will not take anything for granted. We need to make sure that we drive on, keep pushing.

"It's important that we keep improving — myself, the staff and the players. One hundred per cent, I want more. There's everything to play for."

Lewis Alessandra's first-half strike and Nick Anderton's 73rd-minute finish sealed it.

Sub Reggie Lambe replied with a late screamer for U's.

United defender Harry Darling said: "That's just not the level we've set over the last month. We're all gutted."

'n Bhoys

form, Hearts had a great win on Saturday over Rangers and Aberdeen can beat anybody on their day.

"The good thing is we have a semi-final to look forward to and we can park it now. We still have a lot to play for this season."

Midfielder Callum McGregor picked up an injury to his elbow from a Nir Bitton clearance.

And winger James Forrest will be assessed after getting a dead leg from a Jamie McCart tackle.

Lennon said: "Callum got whacked by Bitton. Nir's calling it a pass! But Callum was in agony."



TURF CALL... Jullien (left) claimed a touch but Christie's free-kick went straight in

William Hill Cup Quarter-Finals	
Played yesterday	
ST J'STONE (0) 0 CELTIC (0) 1	
Att: 8,181	Christie 81
Played Saturday	
HEARTS (0) 1 RANGERS (0) 0	
Bozanic 58	Att: 11,428
ST MIRREN (0) 0 ABERDEEN (1) 2	
Att: 4,479	Ferguson 7 Cosgrove 90 (pen)
Played Friday	
HIBERNIAN (1) 5 INVERNESS (0) 2	
Jackson 38	Tremarco 75
Allan 58	Todorov 88
Docherty 71	Att: 9,937
Omeonga 81	
Gullan 84	

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Slimming[®]
WORLD

The get ready for summer plan

‘Now I feel as glam as I did 20 years ago’

FORMER air stewardess Sarah Jones was all glammed up for a party with colleagues she had not seen in 20 years.

But as she got together with her still-slim pals, her confidence dived – and every time someone got a camera out, she darted to the back of the group.

Sarah, 52, who is from Henley-in-Arden, Warks, had been a size 12-14 when working as cabin crew. But, two decades later, her dress size was 18-20 and she weighed 16st 3lbs.

Sarah says: “I felt really self-conscious and, as we reminisced about the good old days, I couldn’t help wondering if my friends were looking at me thinking, ‘She’s really let herself go.’”

It was the nudge she needed to start her weight-loss journey.

Sarah’s mum had been attending a local Slimming World group and Sarah decided to join her.

She says: “I was determined to lose 5st.

“The unfailing encouragement and support from other members became the lifeline that helped me all the way to my target.

“Now I’m back down to a size 12, I feel glamorous again.”

Read her full story on Page 3.

**JOIN YOUR
LOCAL
GROUP
FOR FREE
OR GET
£15 OFF
ONLINE
PAGE 8**

**LOSE UP TO HALF A
STONE IN TWO WEEKS***

WHAT if we said you could lose up to half a stone in two weeks but still snack on chocolate, eat your favourite food and never go hungry?

Today we bring you The Sun’s exclusive five-day eating plan from Slimming World to help you lose weight and feel good.

With easy-to-follow recipes, this ultimate healthy eating plan covers every breakfast, lunch and dinner for five days – and could see you drop a dress size in as little

as a month. No fads, no starving yourself, no expensive subscriptions.

Plus, all this week, we will be bringing you mouth-watering Slimming World collectable recipes to help you shed pounds – and keep them off for good.

From family feasts to delicious desserts, the easy-to-prepare meals will keep you feeling full while dropping weight. So what are you waiting for? Start your weight-loss journey today.



**5-DAY MEAL
PLAN INSIDE**

Tasty breakfasts

PAGES 2 & 3

Filling lunches

PAGES 4 & 5

Delicious dinners

PAGES 6 & 7





BREAKFAST (choose 1, all serve 1)

5-DAY EATING PLAN HOW IT WORKS

● CHOOSE one breakfast, one lunch and one dinner every day. Feel free to repeat meals you enjoy. You can find more ideas at slimmingworld.co.uk or when you join your local Slimming World group or sign up to Slimming World Online.

● Foods printed in **bold** are "Free Food", which you can enjoy freely without needing to weigh, measure or count at all. Base meals around Free Food, such as **lean meat**, plain **tofu**, **Quorn**, **fish**, **pasta**, **rice**, **potatoes**, **eggs**, **pulses**, **fat-free dairy**, **fruit**, **vegetables** and more. If you feel hungry between meals, snack on these. For the best weight loss, reach for fresh **fruit** or **vegetables** first.

● As well as Free Food, stock your store cupboard with fat-free dressings, herbs, low-calorie cooking spray, oil-free tomato purée, seasoning, soy sauce, spices and stock cubes, most of which can be used freely to flavour meals.

● To help support an overall healthy balanced diet, Slimming World encourages you to enjoy measured amounts of foods that provide calcium, such as milk and cheese (two per day), and those providing fibre, other essential minerals and healthy oils, such as wholemeal bread, high-fibre cereals, crispbreads, nuts and seeds (one per day). These can be enjoyed as part of your meals, and where we've included them as such in this plan, we've given specific measurements.

Alternatively, you may choose to use them in hot drinks, or on their own as a snack.

Where you're enjoying them separately in this plan: Choose 350ml skimmed milk, 250ml semi-skimmed milk or 400ml plain and unsweetened soya milk with added calcium.

● Or you can opt for 30g full-fat hard cheese or 40g reduced-fat hard cheese. Other varieties are available, too. You'll find out more when you join.

● Boost your fibre intake by enjoying two slices of wholemeal bread (from a small 400g loaf), a 60g wholemeal roll, 60g wholemeal pitta or 60g brown, high-fibre white or multi-seed, gluten-free bread/roll.

Enjoy up to two snacks from the list provided every day.

THE TOP TIPS FOR SUCCESS

● Trim all visible fat off meats and remove skin from poultry.

● For extra health benefits and filling power, choose wholegrains, e.g. wholemeal pasta or wholegrain rice, where you can.

● Aim to have between 6 and 8 drinks a day – choose water, sugar-free drinks, tea and coffee. Remember, any milk needs to come from your allowance.

● The most successful slimmers join a group or online programme for shared support, inspiration and motivation.

See Page 8 for special offer

Smoked salmon and cream cheese omelette

WHISK 3 **egg** yolks and 75g low-fat cream cheese until smooth, then season well. Add strips of smoked **salmon** and stir. Whisk the **egg** whites until they form stiff peaks. Preheat your grill to medium-high. Spray a frying pan with low-calorie cooking spray, then place over a medium-high heat. Fold the **egg** yolk mixture into the **egg** whites, then pour into the pan and cook for 2-3 minutes. Brown the top under the grill for 1-2 minutes. Serve with chopped fresh chives.



French toast

SOAK 2 slices of wholemeal bread (from a small 400g loaf) in beaten **egg**, clementine zest, a squeeze of clementine juice, a pinch of sweetener and 1 tsp cinnamon. Fry in a pan sprayed with low-calorie cooking

spray for a few minutes on each side, until golden brown. Serve with sliced **clementines** and **fat-free natural fromage frais**. Dust with ½ level tsp icing sugar and serve with extra clementine zest.



Mushroom & egg Benedict

PREHEAT your grill to high. Spray a portobello **mushroom** with low-calorie cooking spray and place on a baking tray with lean **bacon** rashers (all visible fat removed). Grill for 2-3 minutes on each side.

In a microwaveable bowl, whisk 2 level tbsp extra-light mayo with 1 tbsp water and ½ tsp tarragon. Cover with cling film and microwave on high for 30 seconds. Stir and repeat until steaming hot, stir in **fat-free natural fromage frais** and a squeeze of lemon juice to taste.

Put the **mushroom** on a plate and top with wilted **spinach**, the **bacon** and a poached **egg**. Pour over the hollandaise-style sauce. Add a twist of freshly ground black pepper to serve.



Avocado breakfast bowl

PREHEAT the oven to 220C/200C fan/gas 7. Grill lean **bacon** rashers (all visible fat removed) and roughly chop. Transfer to a plate and set aside. Spray a frying pan with low-calorie cooking spray. Add chopped **mushrooms** and fry until cooked, adding some baby leaf **spinach** to wilt for the last few minutes. Transfer to the plate. Wipe the pan and stir-fry cherry **tomatoes** for about 5

minutes. Mix together the **bacon, mushrooms, spinach, tomatoes** and some diced lean **ham** (all visible fat removed) and season. Spoon the mixture into an ovenproof dish, cover with foil and bake for 10 minutes. Remove the foil, crack an **egg** into the centre and return to the oven uncovered until the **egg** is cooked. Serve with ¼ of an avocado, sliced, and freshly chopped chives.



Berry bowl

ENJOY a bowl of fat-free natural Greek-style yoghurt topped with frozen berries.



ALL CHANGE... Sarah at her biggest and after shedding the pounds

'I'm as slim as I was back in my cabin crew days and, at 52, I feel glamorous again!'

WHEN former air stewardess Sarah Jones walked into a birthday party for an ex-colleague she had not seen in 20 years, she instantly felt self-conscious.

The 52-year-old, who lives with husband Andrew in Henley-in-Arden, Warks, had slowly been piling on the pounds following the birth of her children Courtney, now 20 and 17-year-old Alex. Speaking to CAROLINE IGGULDEN, Sarah, who is now a teaching assistant, says:

‘I TOOK a deep breath, mustered my biggest smile and walked into the room.

It was a birthday party for a woman I'd worked with more than 20 years ago when I was cabin crew. I couldn't wait to catch up with her as well as my other flying friends.

I'd spent ages on my hair and make-up and was wearing a black, stretchy size 18-20 dress I'd bought especially.

It was the only one in the shop that had fitted without looking "too bad" . . . or so I'd thought at the time.

Now, as I caught sight of my still-slim friends, I felt really self-conscious. I hid at the back of the group every time a camera came out.

As we reminisced about the good old days, I couldn't help wondering if my friends were looking at me thinking, 'She's really let herself go'.

During my years working as a cabin crew member in my 20s, I was a size 12-14.

But, after giving birth to my daughter Courtney, I decided not to return to the airline.

When my son Alex came along three years later, I really struggled to lose the baby weight.

I thought simply restricting my portions would work. I was getting so hungry each evening though that I started going to bed at the same time as the children to try to stop myself from snacking. But it

BEFORE

Breakfast: Toast, cereal or McDonalds breakfast

Lunch: Supermarket meal deal with sandwich, crisps and full-fat cola

Dinner: Takeaway curry

Snacks: Doritos

16st 3lbs

AFTER

Breakfast: Porridge with blueberries, raspberries and banana

Lunch: Slimming World turkey burgers, salad and Slimming World wedges

Dinner: Slimming world curry

Snacks: Satsumas

11st 3lbs

was no way to live, so I soon gave up completely and my weight began to rise again.

By the time I went to my friend's birthday party around Christmas 2013, I was the biggest I'd ever been.

It wasn't just about feeling unhappy in a dress, my asthma had been getting worse as my weight increased.

And, on a recent holiday to Spain, I'd struggled so badly to get up a hill that I thought I'd be going down it again in an ambulance. My mum had been

going to a Slimming World group in Claverdon, Warks. So I decided to join her in January 2014.

As I stood on the scales for the first time, my tummy was in knots. And when 16st 3lbs appeared, I couldn't believe it.

Stepping off, I knew what my target was going to be. I was determined to lose 5st.

Tuesday night at the group would be my night – a time to focus on me. And the unfailing encouragement and support from other members became the lifeline that helped me all the way to target.

I found Slimming World great to follow because the recipes are so nice and I didn't feel like there were things I couldn't have.

I would encourage anyone to give it a go.

My asthma is so much better since my weight loss, I now don't even use an inhaler.

I enjoyed Slimming World so much that, in 2015, I became a consultant myself and now run groups in Claverdon and Henley-in-Arden.

Now that I'm back to a size 12 and just over 11st, getting dressed up for parties no longer means going with the only outfit that I think is "OK".

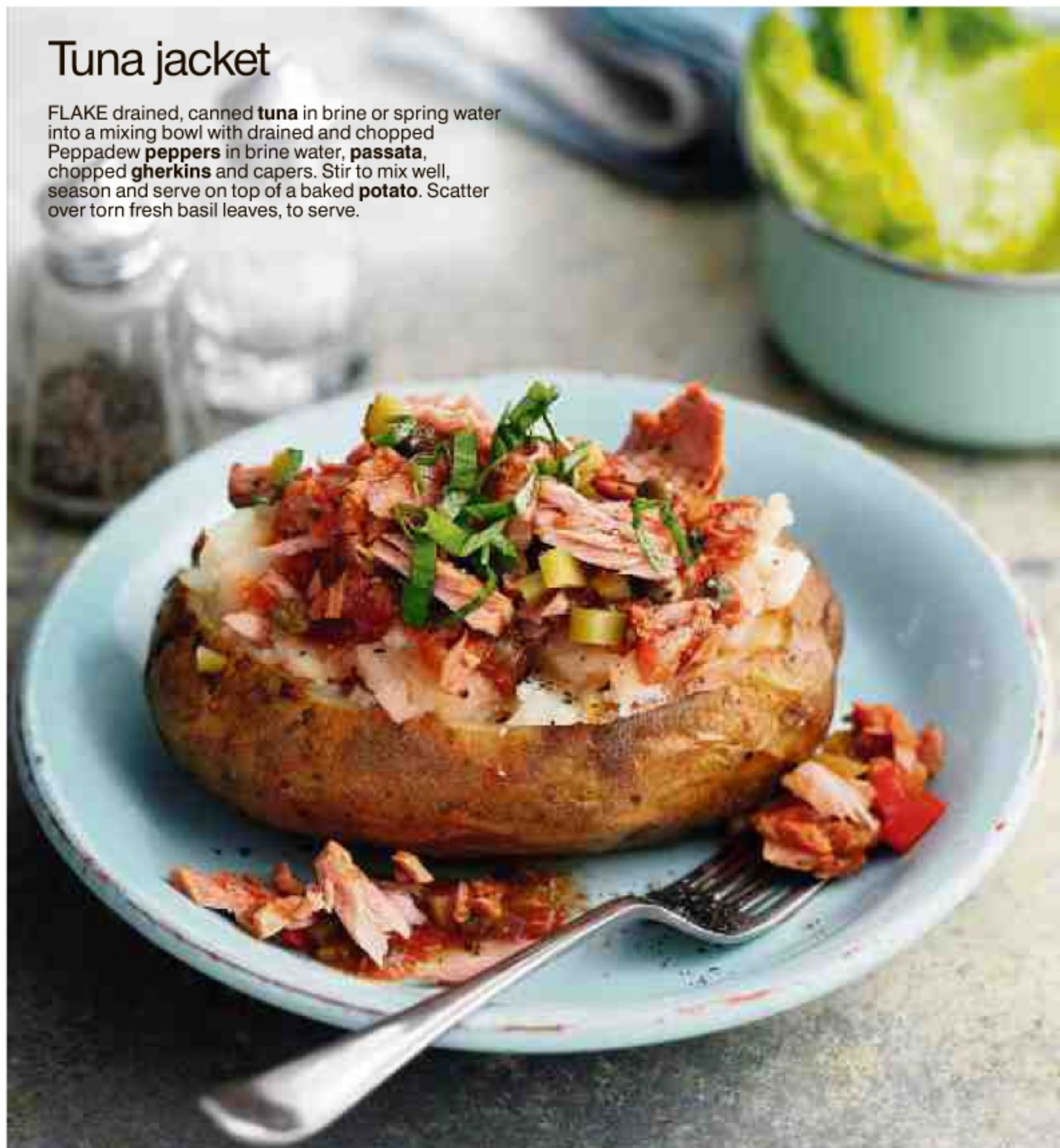
I love nothing more than putting on a slinky dress and some sky-high heels.

I'm as slim as I was back in my cabin-crew days and, at 52, I feel glamorous again. ☺

Slimming **LUNCH** (choose 1, all serve 1)

Tuna jacket

FLAKE drained, canned **tuna** in brine or spring water into a mixing bowl with drained and chopped Peppadew **peppers** in brine water, **passata**, chopped **gherkins** and capers. Stir to mix well, season and serve on top of a baked **potato**. Scatter over torn fresh basil leaves, to serve.



Curried carrot soup with zhoug

PLACE a saucepan over a medium heat and add sliced **onion**, **carrots**, **celery** and 4 tbsp water. Cover and cook for about 10 minutes.

Add ginger, turmeric, curry powder and garlic and cook for 2 more minutes. Pour in 250ml stock and bring to the boil.

Reduce the heat to low, cover

and simmer for 15-20 minutes or until the **carrots** are tender. Meanwhile, make the zhoug. Put fresh coriander in a small food processor and add chillies, cumin, lemon zest and juice and garlic.

Whizz to a smoothish paste. Stir in some plain **quark**, add

sea salt to taste and then chill until it is needed.

Blitz the **carrot** soup until smooth using a stick blender or food processor.

Season to taste and serve, adding a swirl of zhoug and finely chopped coriander to each bowl.



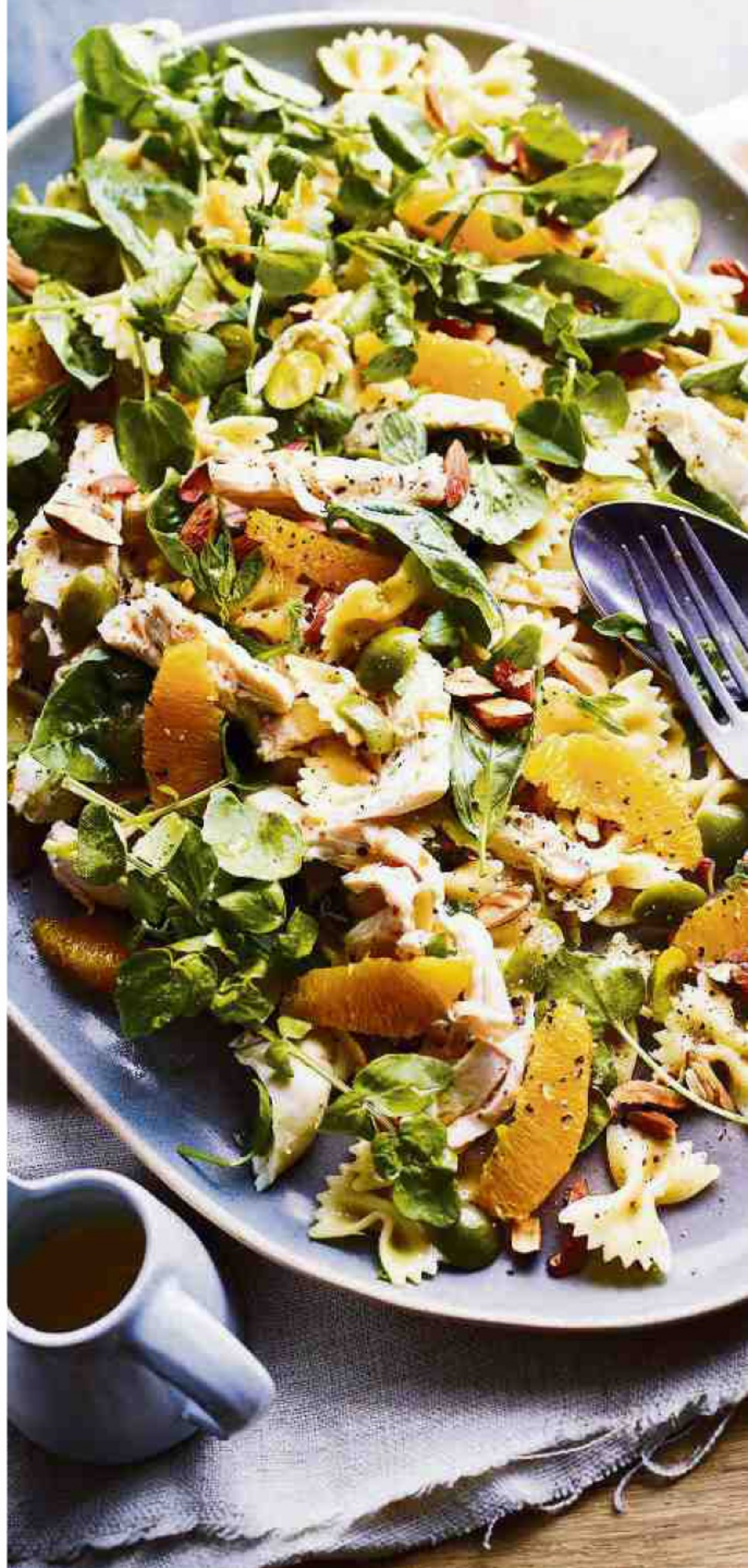
Chicken, watercress & orange pasta salad

PREHEAT your oven to 200C/180C fan/gas 6. Put a skinless and boneless **chicken** breast, oregano and crushed garlic in the middle of a large piece of foil. Grate over the zest from an orange, cut 2 thick slices from it and add to the **chicken**. Set the remaining **orange** aside.

Wrap the **chicken** up in the foil to form a parcel. Bake for 30 minutes. While the **chicken** is cooking, put 20 almonds (from your allowance) on a non-stick baking tray and bake for 5 minutes until toasted. Set

aside to cool. Cook the dried **pasta** shapes according to the pack instructions, then drain. Discard the garlic and **orange** slices from the **chicken** parcel then shred the **chicken**, using 2 forks, into a bowl.

Add the juices and oregano from the foil. Toss through the **pasta** with the remaining oregano, the almonds, **orange** segments, basil and **watercress**. Squeeze over the juice from an **orange** and sprinkle over cider vinegar and black pepper to serve.





Doner kebab

PREHEAT your oven to 180C/160C fan/gas 4. Add **onion**, garlic, 125g lean **beef mince** (5 per cent fat or less), ground ginger, ground cumin, ground cinnamon, paprika, dried mixed herbs and an **egg** into a food processor and blitz into a smooth paste.

Spray a loaf tin with low-calorie cooking spray. Transfer the mixture to the tin, pack down tightly and smooth the top. Cover with foil and bake for 30 minutes. Increase the heat to 200C/180C fan/gas 6, then discard the foil. Bake for a further 10-15 minutes. Leave to rest in the tin for 5 minutes.

Meanwhile, lightly toast a 60g wholemeal pitta bread and stir crushed garlic into **fat-free natural Greek yoghurt** to make a dressing. Tip the doner meat out on to a chopping board and thinly slice.

Fill pitta bread with the meat along with **lettuce**, **tomatoes**, **onion**, **gherkin** slices and the yoghurt dressing. Add a twist of black pepper to serve.



Bulgar wheat and sweet potato cakes

PREHEAT the oven to 200C/180C fan/gas 6. Coarsely grate **cucumber** and squeeze out liquid using kitchen paper. Put most of the **cucumber** in a small bowl and stir in some **fat-free natural Greek yoghurt**, cumin and a little seasoning to taste. Top with the remaining **cucumber** and a pinch of cumin, then chill.

Cook the **bulgar wheat** according to the pack instructions. Meanwhile, boil a peeled and chopped sweet **potato** over a high heat for 8-10 minutes. Drain well and tip back into the pan. Mash well, then add the **bulgar wheat** and some **adzuki**

beans and stir to combine. Spray a frying pan with low-calorie cooking spray and place over a medium heat.

Add sliced **onion** and cook for about 5 minutes. Sprinkle over some cumin, turmeric, ground cinnamon and cayenne pepper and cook for 1-2 minutes, stirring continuously. Add to the **bulgar wheat** mixture and beat in one **egg** and chopped, fresh coriander. Season to taste.

Divide the mixture into 2 portions and shape them into cakes. Spray them with low-calorie cooking spray and bake for 15-20 minutes. Serve hot with the **yoghurt** and a chunky **salad**.





DINNER (choose 1, all serve 4)

Double chicken burger, chips and slaw

Cooking time: Ready in 50 minutes

INGREDIENTS

1kg floury **potatoes**, sliced into chips
Low-calorie cooking spray
½ pointed spring **cabbage**, core removed and shredded
200g **carrots**, peeled and coarsely grated
1 red **onion**, finely sliced
150g **fat-free natural Greek yoghurt**
1 garlic clove, crushed
Juice of 1 lemon

4 large skinless and boneless **chicken** breasts
1½ tsp sweet or hot smoked paprika
4 x 60g wholemeal rolls, split
1 beef **tomato**, cut into 4 slices
Salad leaves to serve

METHOD: Preheat your oven to 200C/180C fan/gas 6. Spread the chips on 1 or 2 non-stick baking trays in a single layer and spray with low-calorie cooking spray. Season and cook

for 40 minutes, or until golden, turning halfway.

Meanwhile, put the cabbage, carrots, onion, yoghurt, garlic and lemon juice in a large mixing bowl with some seasoning. Use your hands to mix everything and coat the veg in the yoghurt. Set aside.

Put the chicken breasts between 2 pieces of baking paper and use a rolling pin or frying pan to bash them so they flatten out to about 1cm thick. Cut each breast in half, then dust with the paprika and spray with low-calorie cooking spray.

Heat a non-stick griddle pan until smoking, then cook the chicken for 1½-2 minutes on each side in 2 batches, keeping the cooked pieces warm under foil on a plate while you cook the rest.

If you like, toast the split sides of the rolls on the griddle. Fill each roll with a tomato slice, a few salad leaves, 2 chicken burgers and a dollop of coleslaw. Serve with the chips, the remaining slaw and the salad leaves on the side.



Sweet potato and carrot tagine

Cooking time: Ready in 25-30 minutes

INGREDIENTS

1 large **onion**, peeled and finely chopped
2 garlic cloves, peeled and crushed
1 tsp finely grated root ginger
2 tsp each of ground cumin and ground cinnamon
1 tsp each of ground coriander, turmeric and dried red chilli flakes

400g can chopped **tomatoes**
½ level tsp sweetener
250ml vegetable stock
300g **potatoes**, peeled and cut into 1.5cm cubes
300g sweet **potatoes**, peeled and cut into 1.5cm cubes
2 large **carrots**, peeled and cut into 1.5cm cubes
Plain dried **couscous**, to serve
Roughly chopped fresh coriander, to garnish

METHOD: Place all the ingredients (except the couscous and coriander) in a large, lidded non-stick frying pan and place over a medium heat.

Bring to the boil, reduce the heat to medium, cover and simmer gently for 15-20 minutes or until the vegetables are tender.

Season well and serve over cooked couscous, garnished with chopped coriander.



Fish pie

Cooking time: Ready in 1 hour 10 minutes

INGREDIENTS

Low-calorie cooking spray
2 large **leeks**, halved lengthways and thinly sliced
4 level tbsp cornflour
200ml skimmed milk
500ml fish stock
200ml **fat-free natural fromage frais**
1 small pack of fresh flat-leaf parsley, finely chopped, reserving some to serve
1 tbsp dried dill
3 tbsp diced **gherkins**
3 tbsp capers, drained and rinsed
Zest and juice of 2 unwaxed lemons
200g frozen **peas**
1½kg skinless and boneless firm white **fish** fillets, cut into chunks
Thin-stemmed **broccoli** and **runner beans**, steamed, to serve
For the topping:
800g floury **potatoes**, cut into large chunks
800g **celeriac**, peeled and cut into large chunks

METHOD: Spray a large casserole dish with low-calorie cooking spray and place over a medium heat. Add the leeks and cook for 5 minutes until softened. Meanwhile, put the cornflour in a bowl and gradually whisk in a few splashes of the milk to make a smooth, runny paste.

Add the rest of the milk and 400ml stock to the casserole dish, then stir in the cornflour mixture.

Keep stirring until the sauce thickens, then remove from the heat and stir in the fromage frais, parsley, dill, gherkins, capers and lemon zest. Gently stir in the peas and fish.

Preheat your oven to 200C/180C fan/gas 6. Boil the potatoes and celeriac separately for 12-15 minutes, or until tender. Drain separately, then purée the celeriac in a food processor with the remaining fish stock and the lemon juice. Mash the potatoes well, then stir through the celeriac. Divide the topping over the 2 pies and spread to the edges using a fork.

Bake the other pie for 30 minutes until bubbling. Scatter over the reserved parsley.

Divide between 4 plates, add a twist of freshly ground black pepper and serve with the steamed veg.





Sausage & spinach mac 'n' cheese

Cooking time: Ready in 1 hour

INGREDIENTS:

Low-calorie cooking spray
2 red **onions**, finely sliced
6 frozen **Slimming World Free Food Pork Sausages** (from Iceland), defrosted and cut into 2cm chunks
400g dried **macaroni**
1 tsp garlic granules
1 tsp dried thyme
3 sprigs of fresh rosemary
800ml chicken stock
3 level tbsp cornflour
100g **spinach**
40g fresh Parmesan, finely grated
1 head of **broccoli**, cut into florets, to serve

METHOD: Preheat your oven to 220C/200C fan/gas 7. Spray a large, non-stick frying pan with low-calorie cooking spray and place over a medium heat. Add the onions and fry for 5 minutes until starting to soften, stirring frequently. Add the sausages and fry for a further 5 minutes over a medium-high

heat until browned. Meanwhile, cook the macaroni for 2 minutes less than the pack instructions, then drain.

When the sausages are browned, add the garlic granules, thyme and rosemary with a splash of water, and fry for 2-3 minutes until fragrant. Mix a little stock into the cornflour to make a smooth paste, then add to the frying pan with the remaining stock to thicken the sauce. Slowly bring to the boil, stirring frequently.

Simmer for 5 minutes until the sauce lightly coats the back of a spoon, then season to taste.

Stir in the pasta and spinach, then pour into an ovenproof dish. Evenly scatter over the Parmesan and bake for 25 minutes until bubbling and the top is golden.

Meanwhile, boil the broccoli for 3-4 minutes, then drain. Divide the pasta bake and broccoli between 4 plates, discarding the rosemary before eating.



Turkey chow mein

Cooking time: Ready in 30 minutes

INGREDIENTS

3 tbsp light soy sauce
1 level tbsp hot chilli sauce
2 tsp rice wine vinegar or white wine vinegar
4 garlic cloves, crushed
2cm piece of root ginger, peeled and finely grated
1 tsp Chinese five-spice powder
3 skinless and boneless **turkey** breast steaks, thinly sliced
300g dried egg **noodles**
Low-calorie cooking spray

200g **mangetout**, cut into thin strips
225g can **water chestnuts**, drained and sliced
225g can **bamboo shoots**, drained
1 red **pepper**, deseeded and thinly sliced
Bunch of spring **onions**, sliced diagonally
1 level tbsp sweet chilli sauce
3 tbsp dark soy sauce

METHOD: Put the light soy sauce, hot chilli sauce, vinegar, garlic, ginger and five-spice powder in a large bowl and mix them all

together. Add the turkey and stir to coat well in the dressing. Leave to marinate for 10 minutes. Meanwhile, cook the noodles according to the pack instructions and drain well.

Spray a large non-stick wok or frying pan with low-calorie cooking spray and place over a high heat.

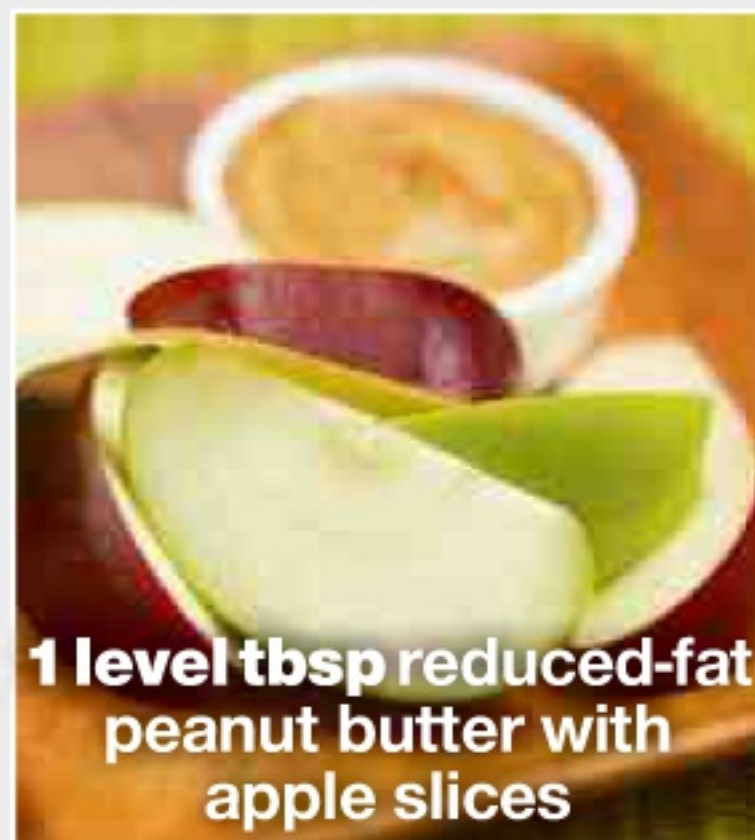
Add the turkey mixture and stir-fry for 4-5 minutes or until the turkey is lightly browned.

Add all the vegetables and stir-fry for a further 5 minutes. Add the cooked noodles, sweet chilli sauce and dark soy sauce and cook for 4 minutes or until piping hot and serve.





SNACKS (choose up to two per day)



25g fruit cake



1 large chocolate-coated rice cake



2 EXCLUSIVE SLIMMING WORLD OFFERS

Join your local group for **FREE**

RESEARCH shows that by joining a group you are more likely to be successful in the long-term than if you go it alone – so give yourself the best chance of slimming success.

Join your nearest Slimming World group for free when you purchase a 12-week Countdown before March 15, 2020, plus 12 weeks for the price of ten – saving £19.90.

Standard membership fee is £10 and weekly group fee is £4.95. To find your nearest Slimming World group, log on to slimmingworld.co.uk or call 0344 897 8000.

For full terms and conditions, please visit slimmingworld.co.uk/sun-terms.

Please complete this voucher, on the right, and give it to your Slimming World Consultant when you join a group.



OFFER March 2-15



Your name:

Your address:

.....

Telephone number:

Email:

Date:

To the Consultant:

Your name:

Consultant code:

Group code:

Sign to confirm that the member has joined:

Save **£15** when you join online

SAVE £15 with this exclusive discount.

If you can not make a Slimming World group or there is not one nearby – or if you would prefer to lose weight with web-based support – then the updated Slimming World Online site could be the perfect choice for you.

Slimming World Online has all the tools you need to lose weight successfully and stay on track, including delicious recipes, motivational tips and inspirational stories from other members, plus a weight-loss planner.

Visit slimmingworld.co.uk/thesun before midnight on March 15, 2020, and enter voucher code SUN2020 to save £15.

Full terms and conditions available at the above address.

Consultants: Remember to save your vouchers and return them to head office immediately after the offer closes

*Slimming World recommends a safe and steady weight loss of one to two pounds per week, but you may lose more in your first weeks. ©Slimming World 2020 "Slimming World" and "Free Food" are trademarks of Miles-Bramwell Executive Services operating as Slimming World. IMAGES: Slimming World/Gareth Morgans, Nassima Rothacker, Toby Scott, Maja Smend, Sam Folan, David Cummings **Pregnant women, the elderly, babies and toddlers are advised to choose eggs showing the British Lion stamp if eating raw or partially cooked eggs.

ONLY IN TOMORROW'S : EXCLUSIVE NEW SLIMMING WORLD RECIPES